

Emotionally Healthy Spirituality

“The Problem of Emotionally Unhealthy Spirituality”

August 23 2015

Upcoming Current Series

EMOTIONALLY HEALTHY SPIRITUALITY		
An 8-Week Sermon Series on Spiritual and Emotional Maturity		
Date	Message Title	Bible Text
Aug. 23	Emotionally Healthy Spirituality	1 Corinthians 13
Aug. 30	Becoming Your Authentic Self	Ephesians 4:22-25
Sept. 6	How Your Family Tree Affects Your Life	Genesis 37-50
Sept. 13	The Dark Night of the Soul	2 Corinthians 12:1-10
Sept. 20	Good Grief (The Inside Out Movie)	Book of Job
Sept. 27	Slowing Down to Be With Jesus	Psalms 46:10
Oct. 4	Learning New Skills to Love Well	Romans 12:9-21
Oct. 11	Secret to Loving Christ Above All Else	Matthew 22:37-39

1. Can we separate _____ health and Spiritual maturity?

- NO!
- “When we ignore the emotional component of our lives, we move through the motions of Christian disciplines, activities, and behaviors, but deeply rooted behavioral patterns from our pasts continue to hinder us from an authentic life of maturity in Christ.”
- Peter Scazzero
- *Jeff’s story of moment of crisis*
- 1 Corinthians 13 indicates that spiritual maturity without emotional health is pretty much worthless.
- Often the church places so much emphasis on our doing that we neglect our being.
- **Philippians 2:13** “For it is God Who works in you to will and to act according to His great purpose”
- “We often neglect to reflect on what is going on inside us and around us (*emotional health*) and are too busy to slow down to be with God (*contemplative spirituality*). As a result, we run a high risk of remaining stuck as spiritual infants, failing to develop into spiritually/emotionally mature adults in Christ.

2. What is _____ and how do we get there?

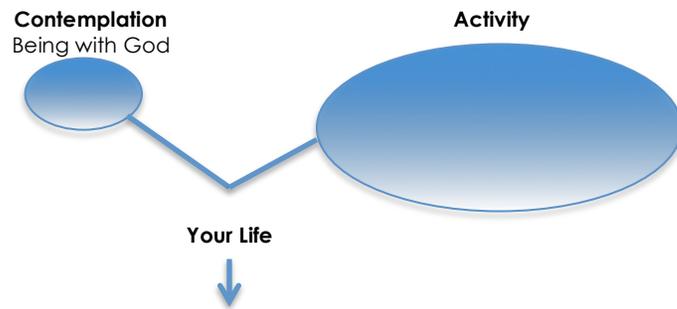
- 1 Corinthians 13:4-8a gives us some indicators.
 - Patient
 - Kind
 - Not jealous
 - Not boastful or arrogant
 - Is not unbecoming
 - Does not seek its own
 - Not provoked
 - Forgives
 - Does not rejoice in unrighteousness
 - Rejoices in truth
 - Bears, believes, hopes and endures in all things
 - Never fails
- Many of these behaviors are learned and passed down from years and generations. Many of our emotions and emotional responses are subconscious and come from deep within us.
- In order to become emotionally healthy we cannot change from the outside in, we need to change from the inside out.
- This requires us allowing God to bring all those things we have spent a lifetime seeking to stuff, hide and bury to the surface so that through the power of His Holy Spirit we can address, forgive, and surrender those things to Him.
- *Abbey’s story*

What is _____ ?

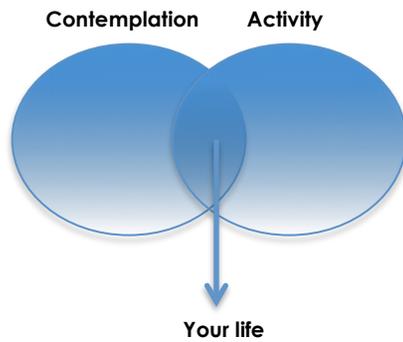
- Contemplative Spirituality is in essence, the slowing down to be with God. How deeply we give God access is the degree to which He will change us and give us freedom.
- We need to quit compartmentalizing our lives and allow God into every area of our life.
- The top ten symptoms of emotionally unhealthy spirituality are:

- **Using God to run from God**
- **Ignoring the emotions of anger, sadness and fear**
- **Dying to the wrong things**
- **Denying the past's impact on the present**
- **Dividing life into "secular" and "sacred" compartments**
- **Doing for God instead of being with God**
- **Spiritualizing away conflict**
- **Covering over my brokenness, weakness, and failure**
- **Living without limits**
- **Judging the spiritual journeys of others**

- Unhealthy Living:



- Healthy Living:



- Application: Lord, with the help of Your Spirit, begin to reveal to me ways and areas where I am emotionally unhealthy. I understand that this will be a process and ask that You walk me through this so that I can know You more deeply and love other well. Steps I choose to make today are:
 - I choose to continue through this study and discover how to be a healthy person emotionally and spiritually.
 - I choose to join/ start a community group and walk this process out with other believers.
 - I choose to be vulnerable to God and others so that I can heal and grow.
 - I choose to read the book "*Emotionally Healthy Spirituality*" along with attending for the next eight weeks so as to listen to what God might want to reveal in me.
 - I choose to slow down and spend more time with God!
 - _____
 - _____