

Notes

Top Ten Symptoms of Emotionally UNhealthy Spirituality

1. Using God to run from God.
2. Ignoring anger, sadness and fear.
3. Dying to the wrong things.
4. Denying the impact of the past on the present.
5. Dividing life into “secular” and “sacred” compartments.
6. Doing for God instead of being with God.
7. Spiritualizing away conflict.
8. Covering over brokenness, weakness and failure.
9. Living without limits.
10. Judging other people’s spiritual journey.

Four Ways to Dive Deep for Emotionally Healthy Spirituality

1. Develop an awareness of what you are feeling and doing.
2. Ask the “why” (motivation) question.
3. Link the Gospel to emotional health.
4. Get rid of the “glittering image.”

We’re saying goodbye to 2020 and turning the page to 2021. What has been the BEST part of the past year for you? What has been your biggest challenge?

1. Read Proverbs 4:23.

What do you think the phrase “guard your heart” means in this verse? How might guarding your heart determine the course of your life?

2. Read Matthew 8:10, Mark 3:1-5, Mark 10:13-14, and v.21, Luke 7:11-15, John 11:33-36, and John 15:9-11.

What emotions do you see Jesus display in these verses? Do any of them surprise you? If so, in what way?

Reconsider your answer to what it means to “guard your heart.” Does your understanding of that concept align with how Jesus displayed His emotions?

3. Read Proverbs 27:19 and Matthew 15:18.

What do your emotions reveal about the true condition of your heart? What are you feeling and how are you responding or reacting to those feelings?

Why do you feel the way you do? Why do you respond or react the way you do?

4. Read Ephesians 1:4-8.

What does this passage say about God’s heart toward you? How do these words bring healing to the broken places in your heart?

5. Read Jeremiah 17:9.

Where do you need to work on aligning your public and private lives? What step will you take to rid yourself of any false self that you portray to others or hide from others?