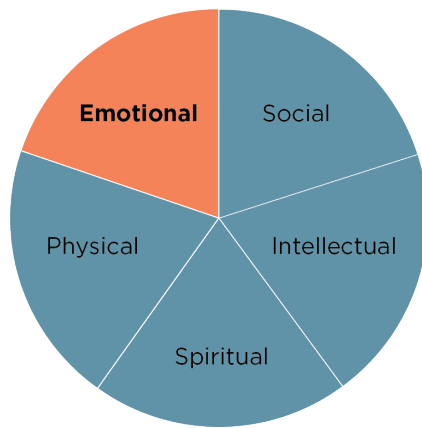




Week 1:

The Problem of Emotionally Unhealthy Spirituality

- Emotional health and spiritual maturity cannot be separated. It is not possible to be spiritually mature while remaining emotionally immature.



- To feel is to be human. To minimize or deny what we feel is a distortion of what it means to be image bearers of God. To the degree that we are unable to express our emotions, we remain impaired in our ability to love God, others, and ourselves well. Why? Because our feelings are a component of what it means to be made in the image of God. To cut them out of our spirituality is to slice off an essential part of our humanity.

Three Attributes of Saul's emotionally unhealthy spirituality

1. Saul says **no** to reflection and self-awareness
2. Saul says **no** to cultivating his personal relationship with God.
3. Saul says **no** to being broken through setbacks and difficulties.

10 AREAS OF EMOTIONAL UNHEALTH

1. **Using God to run from God**
 - I fill my life with Christian activities to avoid dealing with the problems in my life.
2. **Ignoring the emotions of anger, sadness and fear**
 - I'm rarely honest with myself or others about the feelings, hurts, and pains beneath the surface of my life.
3. **Dying to the wrong things**
 - I tend to deny healthy, God-given desires such as friendships, joy, and music while at the same time I find it difficult to die to my defensiveness and lack of vulnerability.
4. **Denying the past's impact on the present**
 - I rarely consider how my family of origin and people and events from the past have shaped my life.
5. **Dividing life into "secular" and "sacred" compartments**
 - I can compartmentalize God to "Christian activities" while forgetting about Him when I am working, shopping, etc...
6. **Doing for God instead of being with God**
 - I tend to evaluate my spirituality based on how much I am doing for God.
7. **Spiritualizing away conflict**
 - I tend to miss out on true peace by smoothing over arguments and tensions and avoiding conflict rather than disrupting false peace as Jesus did.
8. **Covering over brokenness, weakness and failure**
 - I have a hard time speaking freely about my weaknesses failures and mistakes.
9. **Living without limits**
 - Those close to me would say that I often "try to do it all."
10. **Judging the spiritual journeys of others**
 - I often find myself occupied and bothered by the faults of those around me.

