

Emotionally Healthy Spirituality
Chapter 2: Questions Taken from the Workbook

1. What stood out to you most from this chapter's teaching on knowing yourself that you may know God?

2. On the bottom of page 43 and top of 44, Scazzero lists eight main families of feelings: anger, sadness, fear, enjoyment, love, surprise, disgust, shame. While it is true that we are not to be **led** by our emotions, they do serve a critical function in our discipleship and discernment of God's will. Take a few minutes and pay attention to your feelings – this can be concerning finances, relationships, health, work, etc.
 - a. What are you angry about?

 - b. What are you sad about?

 - c. What are you anxious about?

 - d. What are you glad about?

3. On page 45, Scazzero makes the point that our God feels as he lists 10 verses that reveal God's emotions. Were you surprised or encouraged by any of these? Explain.

4. Have you ever considered how ignoring part of yourself (i.e. certain emotions) may hinder or limit your ability to connect with God?

5. On pages 50-53, Scazzero names three temptations in our lives that tell us we are not lovable: 1. I am what I do (performance); 2. I am what I have (possessions); and 3. I am what others think (popularity). Which temptation do you find yourself most often battling (or believing)?

- a. What might be on specific way that you give in to expectations of others rather than being faithful to what Jesus has for you?

- 6. From the scale printed on pages 59 and 60, where do you place yourself?

- 7. On page 62, Scazzero says: "By God's grace we are to be the freest people on earth! The issue then is how to dismantle the false self and allow our true self in Christ to emerge." He then lists four practical ways that can help us begin our transition to our true self in Christ: 1. Pay attention to your interior in silent and solitude; 2. Find trusted companions; 3. Move out of your comfort zone; and 4. Pray for courage.
 - a. Which of these steps do you find God is calling you to take?