

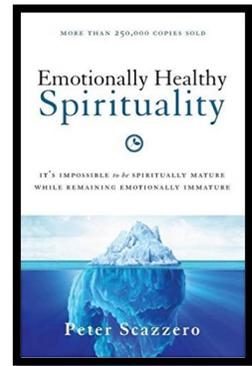


Emotionally Healthy Spirituality Series

Wednesday ReUp | April 4, 2018

Pastor Tommy Kyllonen, Lead Pastor

Pastor Christopher Harris, Facilitator



Tonight's Primary Scripture: 1 Samuel 15: 7-24

SERIES OVERVIEW

- ❖ **April 4, 2018 – Session 1** (The Problem of Emotionally Unhealthy Spirituality)
- ❖ **April 11, 2018 – Session 2** (Know Yourself That You May Know God) & (Going Back In Order To Go Forward)
- ❖ **April 18, 2018 – Session 3** (Journey Through The Wall) & (Enlarge Your Soul Through Grief and Loss)
- ❖ **April 25, 2018 – Session 4** (Discover The Rhythms of the Daily Office & Sabbath)
- ❖ **May 2, 2018 – Session 5** (Grow Into An Emotionally Mature Adult)
- ❖ **May 9, 2018 – Session 6** (Go To The Next Step To Develop A 'Rule of Life')

Introduction

Many people are not experiencing _____ in our churches.

What's the Answer?

Our Discipleship Model is too _____.

Emotional _____ and Spiritual _____ are inseparable and ARE linked together.

DEFINED:

Emotionally Health

Contemplative Spirituality

10 Symptoms of Emotionally Unhealthy Spirituality

Using _____ to run from God.

Ignoring the emotions of _____.

Dying to the _____ things.

Denying the _____ impact on the present.

Diving our lives into _____ compartments.

Doing _____ God instead of _____ God.

_____ away conflict.

Covering over _____.

Living without _____.

Judging other people's _____.

Notes From 1 Samuel 15: 7-24

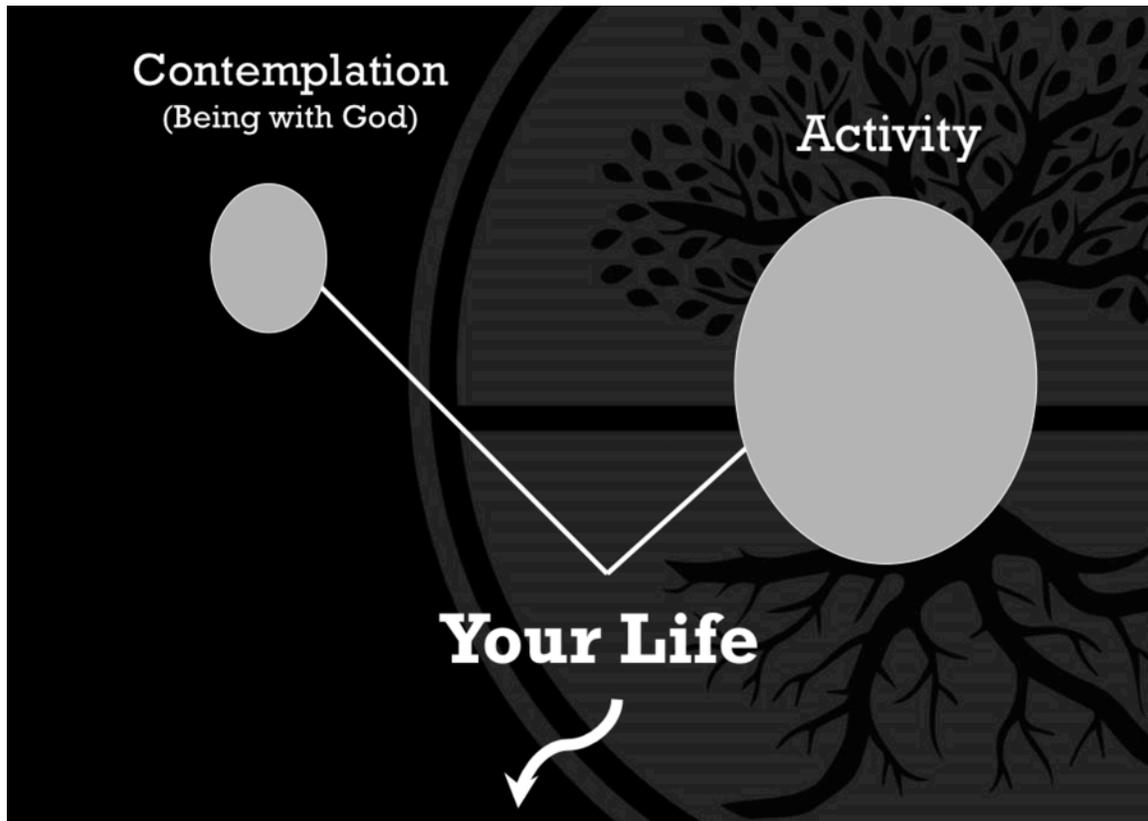
GROUP DISCUSSION:

Action 1: Read 1 Samuel 15: 7-24

- A. What's your reaction to this text?
 - a. In Verse 11, what do you notice about God and Samuel's responses to Saul's failure to fully obey?
 - b. How does this differ from Saul's response in verses 12-13?
 - c. Reread verses 12 and 24. What might have been going on beneath the surface of Saul's life (iceberg) that he was unaware of?
 - d. Reread verse 22-23. Describe in your own words how Samuel explains Saul's disobedience.
 - e. Note the seriousness of verse 23a. What positive step(s) could Saul have taken to become aware of his own iceberg and hear God in his situation? What might be one positive step for you?
- B. In what ways can you relate, or not relate, to Saul?

Action 2:

1. In your groups, share individually – what gives you life? What do you enjoy doing that “refuels” you?
2. What challenges keep you from slowing down your life to be with God?
3. In what ways have you gone through the motions of making “burnt offerings” and “sacrifices” rather than obeying the word of the Lord (e.g. – acting or speaking from fear of what others think, or being one person at church and another person at work or home, or not having a place in your life to be still and listen to the Lord)?



Action 3:

Now, using the two circles like the one's above, draw your own diagram to illustrate how your activities (your doing) balance with your contemplative life (your being with God).

Action 4:

Next week - Add 10 minutes per day to whatever time you currently "spend WITH" God. (*i.e. – if you are currently spending 10 minutes, now it should be 20 minutes or if its 30 minutes, it should not be 40 minutes.*)