

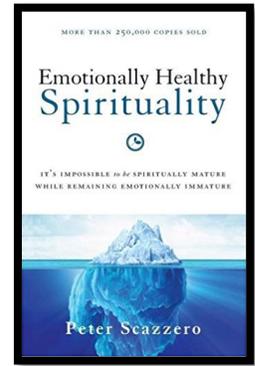


Emotionally Healthy Spirituality Series

Wednesday ReUp | April 11, 2018

Pastor Tommy Kyllonen, Lead Pastor

Pastor Christopher Harris, Facilitator



Tonight's Primary Scripture: 1 Samuel 17: 26-45; Genesis 50: 15-21

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')

Review

Introduction

Emotionally healthy spirituality is about _____.

3 Keys Things For Today:

- 1) _____ is intricately related to our relationship with God.
- 2) The _____ going back two to three generations profoundly impact who we are today.
- 3) Discipleship requires putting off the _____ and relearning how to do life God's way in God's family

Self - Awareness

Ephesians 4: 22, 24: "To put off your old self...and to put on the new self, created to be like God in true righteousness and holiness."



When we deny our pain, losses, and feelings year after year, we become _____.

Major Truths:

The journey of genuine transformation to emotionally healthy spirituality begins with a commitment to allow yourself _____.

Ref: Gen. 1: 25, 31; Gen. 6:6; Exodus 20:5; Isaiah 42:14; Jeremiah 30: 24; Jeremiah 31:3; Luke 10:21

You feel – Even if you are _____ of it.

_____ don't die.

God can handle our _____.

DISCOVERING GOD'S WILL & YOUR EMOTIONS

Ignatius of Loyola

- His development of a set of guidelines that respected the important place of emotions in discerning God's will has served believers for 450 years.
- He RIGHTLY emphasized the foundation of a complete commitment to do God's will, follow scripture, and seek wise counsel.
- YET, in addition, he provided excellent guidelines for sorting out how God speaks to us through the raw material of our emotions.
- The issue is not, by any means, to blindly follow our feelings, but to acknowledge them as a part of the way God communicates to us.

- He explored – the DIFFERENCE between CONSOLATIONS (those interior movements and feelings that bring life, joy, peace, and the fruit of the Spirit) and DESOLATIONS (that which brings us 'death', inner turmoil, disquiet, and 'spiritual turbulence').

1 John 4: 1 - "do not believe every spirit, but test the spirits to see whether they are from God."

ALLOW yourself to FEEL the full weight of your _____.

DISCOVERING OUR TRUE SELVES

According to Luke 4: 1-13, 3 Temptations For A False Self

1. I Am _____ I D_____ (P_____)
2. I Am _____ I _____ (P_____)
3. I Am _____ Others _____ (P_____)

DEVELOPING OUR AUTHENTIC SELVES

1. Pay attention to _____ in silence.
2. Find _____ companions
3. Move _____
4. Pray for _____

FAMILY – Going Back To Go Forward

Family Patterns

- On one level, the blessings given to Abraham because of his obedience passed from generation to generation – to his children (Isaac), grandchildren (Jacob), and great-grandchildren (Joseph and his brothers). At the same time we observe a pattern of sin and brokenness transmitted through the generations. Truly, more is caught than taught.
 - For example, we observe:
 - A Pattern of Lying In Each Generation
 - Abraham lied twice about Sarah
 - Isaac and Rebecca's marriage was characterized by lies.
 - Jacob lied to almost everyone; his name means "deceiver"
 - Ten of Jacob's children lied about Joseph's death, faking a funeral and keeping a "family secret" for more than 10 years.
 - Favoritism By At Least One Parent In Each Generation
 - Abraham favored Ishmael
 - Isaac favored Esau
 - Jacob favored Joseph and later Benjamin
 - Brothers Experiencing A Cutoff From One Another In Each Generation
 - Isaac and Ishmael (Abraham's sons) were cut off from one another
 - Jacob fled his brother Esau and was completely cut off for years
 - Joseph was cut off from his ten brothers for more than a decade
 - Poor Intimacy In The Marriages Of Each Generation
 - Abraham had a child out of wedlock with Hagar
 - Isaac had a terrible relationship with Rebecca
 - Jacob had two wives and two concubines

1. MONEY

- Money is the best source of security.
- The more money you have, the more important you are.
- Make lots of money to prove you "made" it.

2. CONFLICT

- Avoid conflict at all costs.
- Don't get people mad at you.
- Loud, angry, constant fighting is normal.

3. SEX

- Sex is not to be spoken about openly.
- Men can be promiscuous; women must be chaste.

4. GRIEF AND LOSS

- Sadness is a sign of weakness.
- You are not allowed to be depressed.
- Get over losses quickly and move on.

5. EXPRESSING ANGER

- Anger is dangerous and bad.
- Explode in anger to make a point.
- Sarcasm is an acceptable way to release anger.

6. FAMILY

- You owe your parents for all they've done for you.
- Don't speak of your family's "dirty laundry" in public.
- Duty to family and culture comes before everything.

7. RELATIONSHIPS

- Don't trust people. They will let you down.
- Don't ever let anyone hurt you.
- Don't show vulnerability.

8. ATTITUDES TOWARD OTHER CULTURES

- Only be close friends with people who are like you.
- Do not marry a person of another race or culture.
- Certain cultures/races are not as good as ours.

9. SUCCESS

- Is getting into the "best schools."
- Is making lots of money.
- Is getting married and having children.

10. FEELINGS AND EMOTIONS

- You are not allowed to have certain feelings.
- Your feelings are not important.
- Reacting with your feelings without thinking is okay.

GROUP DISCUSSION

1. What obstacles, difficulties, or successes did you experience in meeting with God this past week?
2. Have you ever thought about God as an emotional being?
3. What conversations (or training/exposure) have you had to processing your feelings? (From family – growing up, to friends, etc.)
 - a. How have you “handled” your emotions in life?
 - b. Where in your life, or with whom, are you able to be your TRUE self (ex.: to speak honestly, say “no”, or not be afraid of what others think)?
4. How would you describe the family atmosphere you grew up in? Try to use just a word or two (ex.: affirming, complaining, critical, approachable, angry, tense, cooperative, competitive, close, distant, fun, serious, etc.).
 - a. You can think/reflect on the life messages you received from each of your parents / caretakers (ex.: Don't be weak. Education is everything. You must achieve to be loved. Don't be sad, things could be worse. Make a lot of money. Don't trust people; they will hurt you.)
 - b. List any “earthquake” events that sent “aftershocks” into your extended family (ex.: abuse, premature or sudden deaths/losses, divorces, shameful secrets revealed, etc.).
5. Let's look “into” our **Genograms**. Follow the lead of your Group Leader.

HOMEWORK

1. **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.)*
2. **Complete your GENOGRAM.** None of us come from perfect families with perfect parents. Most parents did the best they could with what they brought with them into adulthood. And it is likely that some of the things that did hurt us, such as criticism or rejection, were a result of what was handed to them by their families of origin rather than a reflection on us or their love for us. The work of going back in order to go forward is necessary and requires a lot of courage.