



## 2

# The Emotionally Healthy Discipleship Personal Assessment

## CHAPTER HIGHLIGHTS

- The foundational definition of an emotionally healthy disciple: “An emotionally healthy disciple slows down to be *with Jesus*, goes beneath the surface of their life to be deeply transformed *by Jesus*, and offers their life as a gift to the world *for Jesus*.”
- Seven marks of an emotionally healthy disciple:
  1. Be Before You Do
  2. Follow the Crucified, Not the Americanized Jesus
  3. Embrace God’s Gift of Limits
  4. Discover the Hidden Treasures Buried in Grief and Loss
  5. Make Love the Measure of Spiritual Maturity
  6. Break the Power of the Past
  7. Lead Out of Weakness and Vulnerability
- Being an emotionally healthy disciple is not an all-or-nothing condition; it operates on a continuum that ranges from mild to severe and may change from one season of life and ministry to the next.
- In the process of becoming emotionally healthy, we progress through growth stages: emotional infant, emotional child, emotional adolescent, emotional adult.

## DISCUSSION

**Before beginning, read aloud “Discussion Guidelines for the Group” (page 6).**

- 1.** What was it like for you to complete “The Emotionally Healthy Discipleship Personal Assessment”? For example, did you feel apprehensive, relieved, skeptical, surprised? Briefly explain why.
- 2.** One of the benefits of any assessment is that it provides a snapshot of current reality to help identify needs and plan for future learning and growth.
  - How would you describe your assessment “snapshot”?
  - What are one or two things you learned about yourself? For example, what surprised you most?
- 3.** Which of the seven marks is the greatest challenge for you personally or in leadership? If you feel comfortable, note the statements from the assessment you find especially relevant.
- 4.** Although the assessment focuses on you as an individual, the seven marks of Emotionally Healthy Discipleship can also characterize Christian organizations and groups.
  - Which of the seven marks might be the greatest challenge for your church, ministry, or organization as a whole?
  - Which of the seven marks might be the greatest source of health and strength for your church, ministry, or organization?
- 5.** In the book, briefly review the descriptions of an emotional infant, emotional child, emotional adolescent, and emotional adult (pages 33–34).
  - What one or two statements from the descriptions resonate most with you right now?
  - What patterns did you discern, either from reading the descriptions or from plotting your results to create the graph?
  - Even if your assessment results are sobering, they can also be a source of encouragement and motivation. In what ways does your assessment give you hope or motivate you to become an emotionally healthier disciple and leader?



## READING ASSIGNMENT

Before your next meeting, read Chapter 3, “Be Before You Do.” Between now and then, take note of any challenges you face in slowing down your life to be with God, to care for yourself, to be with loved ones, or to have integrity in the way you lead others.

## GOING DEEPER

In the book, review your assessment totals and graph on page 32. Use the mark of emotionally healthy discipleship in which you scored the lowest to journal your responses to the following prompts.

- Over the last week, I have observed my level of maturity (infant, child, adolescent, adult) in this area in the following ways . . .
- My level of maturity in this area impacts my relationships in various ways.

It impacts how I relate to God by . . .

It impacts how I relate to myself by . . .

It impacts how I relate to others by . . .

It impacts how I relate to those I lead by . . .