

Life Group Preparation Notes:

Emotionally Healthy Spirituality

Session 1 - The problem of Emotionally Unhealthy Spirituality

Purpose: To take a first step towards slowing down and focusing on God.

Worship: Suggested song is “Oceans (Where Feet May Fail) / You Make Me Brave” By Hillsong United. After singing or reading the words, chose one line from the song that affected your emotions and share this with the group. Don't go around in a circle; wait for each person to pray.

Pray: Take 2 minutes of silence to “be still and know that I am God.” Psalm 46:10. Then pray prayers of thanks for His presence.

Check-in: Share briefly with the group a few words about what makes you fully alive.

Overview: “Emotional health and spiritual maturity cannot be separated. It is impossible to be spiritually mature while remaining emotionally immature. We know. We tried unsuccessfully for years.

When we ignore the emotional component of our lives, we move through the motions of Christian disciplines, activities, and behaviours, but deeply rooted behavioural patterns from our past continue to hinder us from an authentic life of maturity in Christ.

We often neglect to reflect on what is going on inside us and around us (emotional health) and are too busy to slow down to be with God (contemplative spirituality). As a result, we run the high risk of remaining stuck as spiritual infants, failing to develop into spiritually/emotionally mature adults in Christ.”

Watch Vimeo: Session 1. <https://vimeo.com/254359342/bf6dcd3076> Share one phrase that impacted you most from the video.

10 Symptoms: Hand out copies of the 10 Symptoms (you can find this pdf in EHS folder on the website). In a time of silence, consider which symptom is most relevant in your life today.

Share that symptom with the group and why you chose that one.

Bible Study: 1 Samuel 15:7-24

Group Discussion:

1. Verse 11 describes God's and Samuel's responses to Saul's actions. What about their responses impacts you?

How does this differ from Saul's response in verses 12-13?

2. What might have been going on beneath the surface of Saul's life that he was unaware of?
3. Reread verses 22-23. How does Samuel explain Saul's disobedience?
4. What are some examples of how we go through the motions of making "burnt offerings" and "sacrifices" rather than obeying the word of the Lord?
5. Note the seriousness of verse 23a. What positive steps could Saul have taken to become aware of his own feelings and hear God in his situation? What might be one positive step for you?

In what ways can you relate, or not relate, to Saul?

Check-out: What one single decision can you make towards taking a first step to slow down your life and spend more time focused on God?

Application:

Review your diary for the next 7 days. Insert specific times to focus only on God.

Others:

Watch for opportunities to share with others an aspect that has been meaningful to you from this session.

Pray:

Around in a circle your commitment to spending time focused on God.

Ask for His help to grow in emotional health.

Taken from *Emotionally Healthy Spirituality* by Peter L. and Geri Scazzero

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