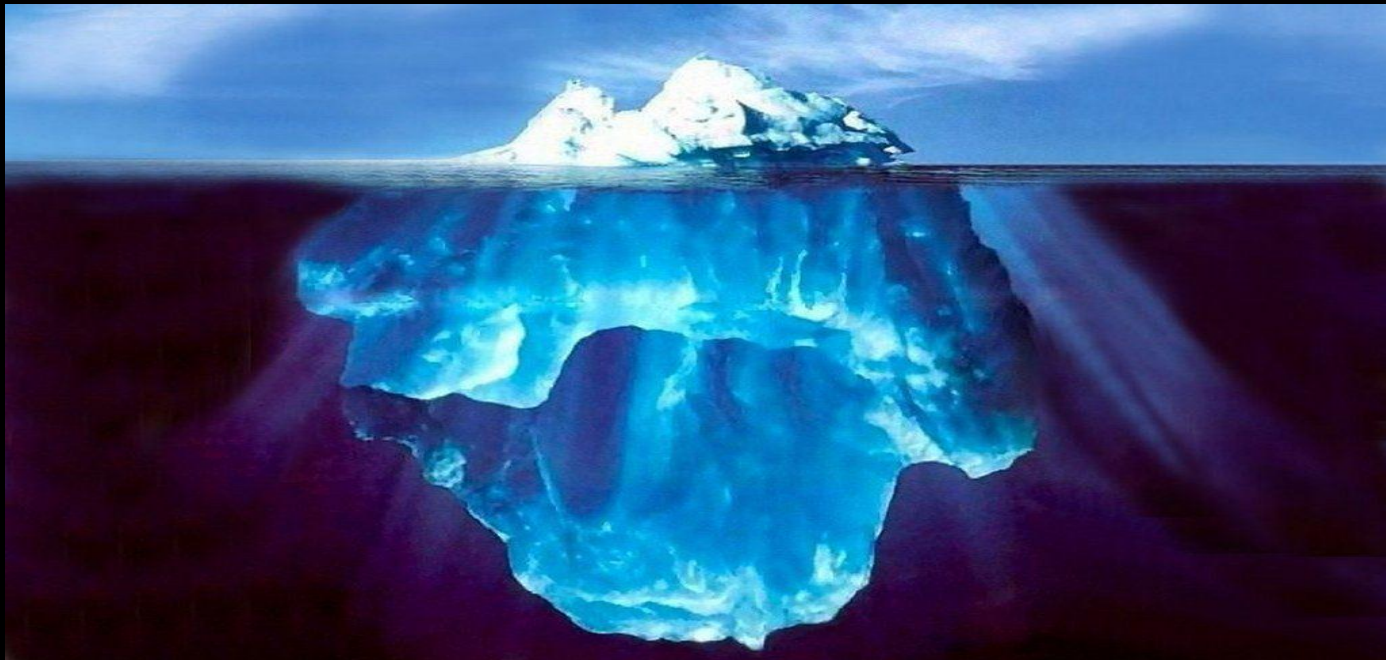
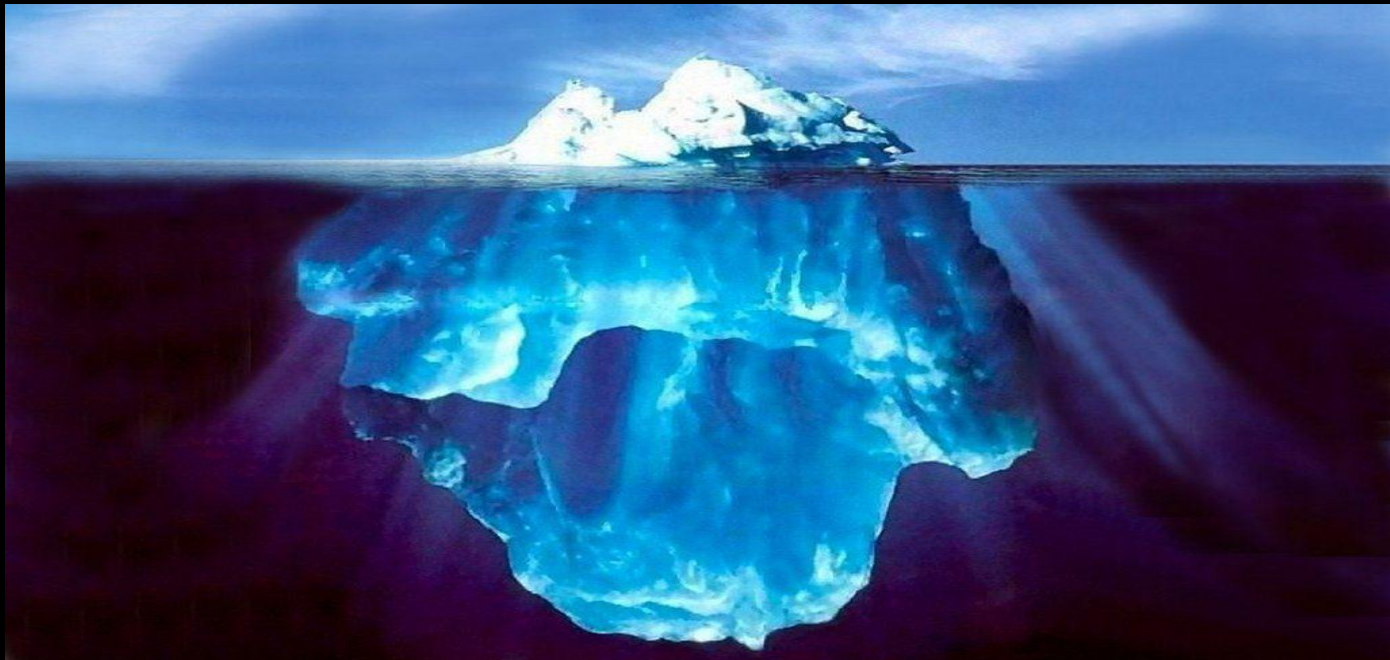


Growing in Grace

Emotionally Healthy Spirituality



What Lies Beneath The Surface



**The Problem of
Emotionally Unhealthy
Spirituality
1 Samuel 15:20-24**

Emotionally Unhealthy Spirituality

1. Says “NO” to Reflection and Self-awareness.
2. Says “NO” to Cultivating personal relationship with God.
3. Says “NO” to Being broken through setbacks and difficulties.

Emotionally Healthy Spirituality

1. Says “**YES**” to Reflection and Self-awareness.
2. Says “**YES**” to Cultivating personal relationship with God
3. Says “**YES**” to Being broken through setbacks and difficulties

Emotional health and spiritual maturity cannot be separated.

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

We often fail 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 spiritual infants, failing to develop into spiritually and emotionally mature adults in Christ.

"And I am sure of this, that he who began a good work in you will bring it **to completion** at the day of Jesus Christ" (Philippians 1:6)

Top ten symptoms of Emotionally Unhealthy Spirituality

1. Using God to run from God

(e.g. My prayers are usually about God doing my will, not me surrendering to his will).

2. Ignoring the emotions of anger, sadness, and fear

(e.g. I am rarely honest with myself and/or others about the feelings, hurts and pains beneath the surface of my life).

3. Dying to the wrong things

(e.g. I tend to deny healthy, God-given desires and pleasures of life [friendships, joy, music, beauty, laughter, nature] while finding it difficult to die to my self-protectiveness, defensiveness, a lack of vulnerability and judgmentalism).

4. Denying the past's impact on the present

(e.g. I rarely consider how my family of origin and significant people/events from my past have shaped my present).

5. Dividing life into “secular” and “sacred” compartments (e.g. I easily compartmentalize God to “Christian activities” while usually forgetting about him when I am working, shopping, studying or recreating).

6. “Doing for God” instead of “being with God”

(e.g. I tend to evaluate my spirituality based on how much I am doing for God).

7. Spiritualizing away conflict

(e.g. In the name of “peacemaking”, we bury tensions and avoid conflict rather than speak the truth in love).

8. Covering over brokenness, weakness, and failure

(e.g. Instead of humility and approachability, I am highly reactive and defensive).

9. Living without limits

(e.g. Those close to me would say that I often “try to do it all” or “bite off more than I can chew”).

10. Judging the spiritual journeys of others

(e.g. I often find myself occupied and bothered by the faults of others).

Emotional adults

I can respect and love others without having to change them or becoming critical and judgmental. I don't expect anyone to be perfect in meeting my relational needs, whether it be my spouse, parents, friends, boss, or pastor.

I love and appreciate people for who they are as whole individuals, the good and the bad, and not for what they can give me or how they behave.

I take responsibility for my own thoughts, feelings, goals, and actions. When under stress, I don't fall into a victim mentality or a blame game.

I can state my own beliefs and values to those who disagree with me—without becoming adversarial. I am able to accurately self-assess my limits, strengths, and weaknesses and freely discuss them with others.

Deeply in tune with my own emotions and feelings, I can move into the emotional worlds of others, meeting them at the place of their feelings, needs, and concerns.

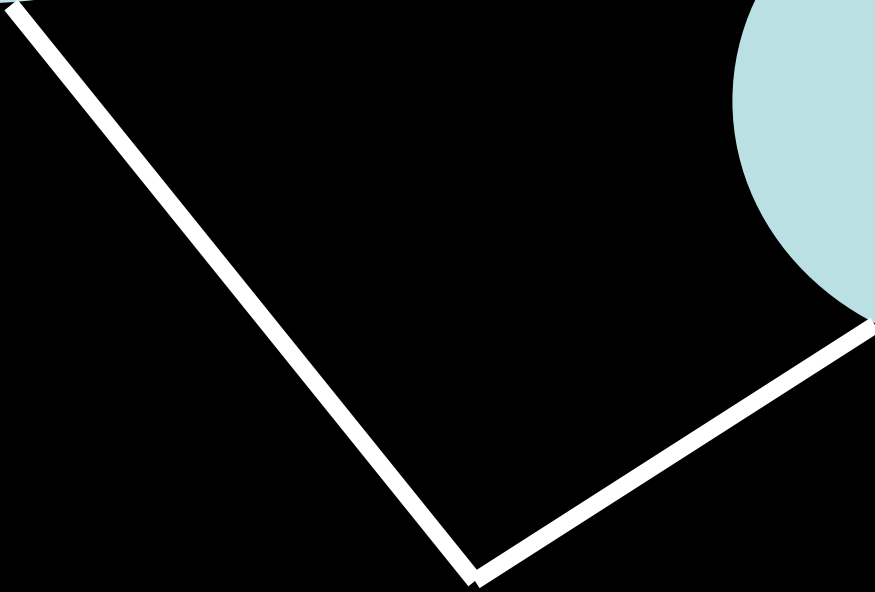
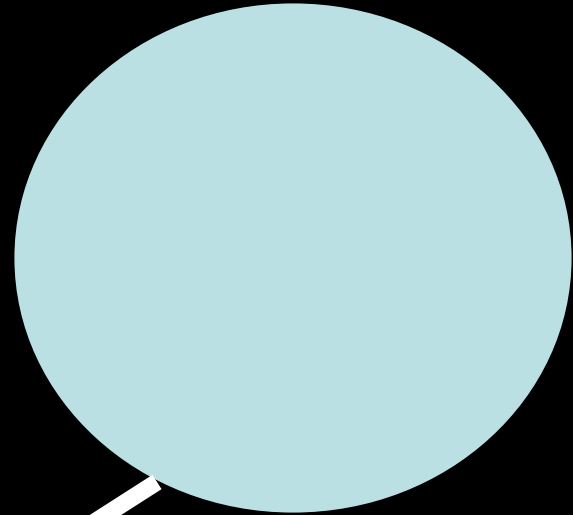
I am deeply convinced that I am absolutely loved by Christ, that I have nothing to prove.

Healthy Spirituality

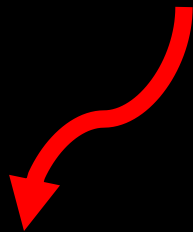
- Integrates Emotional Health and the Contemplative Tradition
- Mary and Martha (Lk.10:38-42) – Balancing Activity and Contemplation

Contemplation
Being w/God

Activity

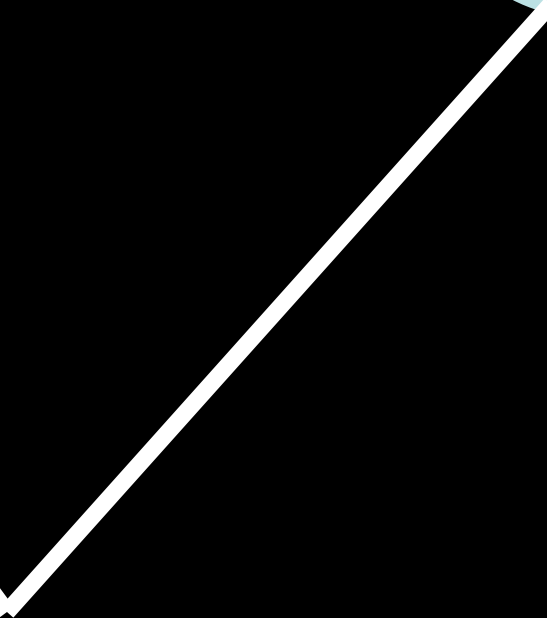
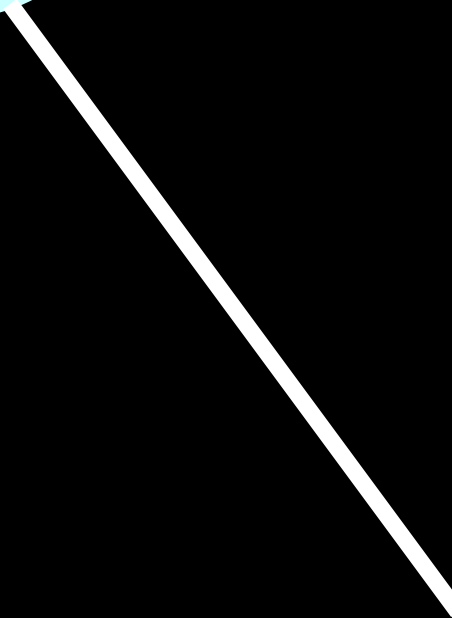
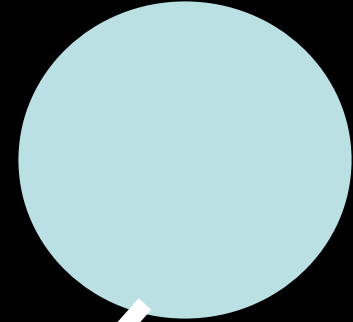
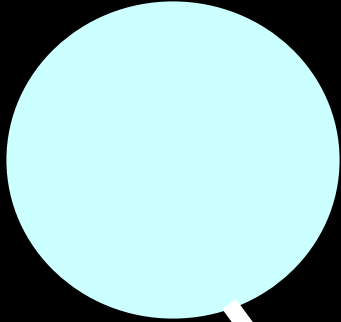


Your Life

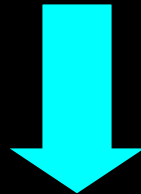


Contemplation
(Being w/God)

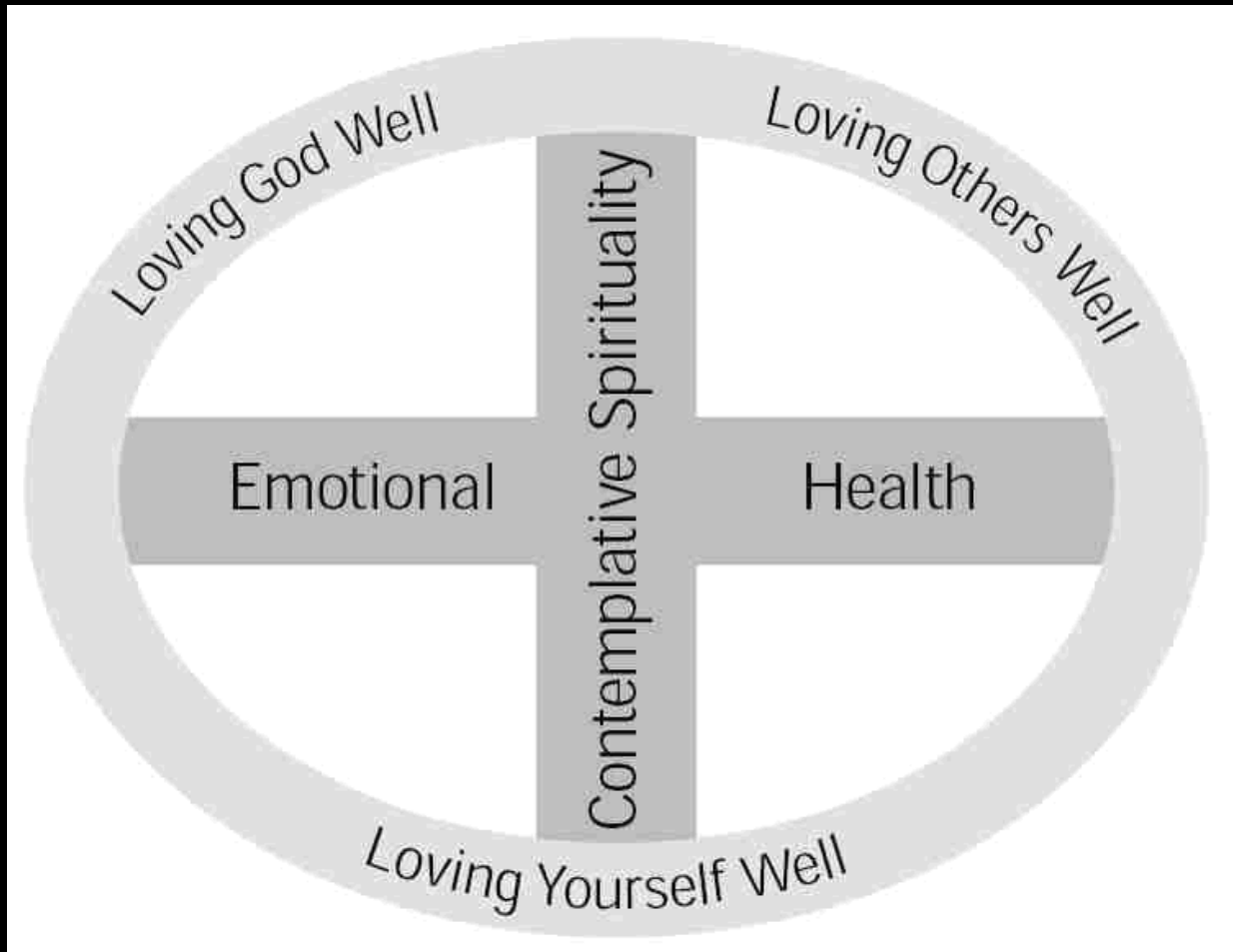
Activity



Your Life



- Biblical Thesis: Emotional health and spiritual maturity are inseparable.
- It is not possible for a Christian to be spiritually mature while remaining emotionally immature.



Definitions

- **Emotional health:** Expressing and managing our feelings, compassion for others, meaningful relationships, breaking self-destructive patterns, respecting others without having to change them, asking for our needs, wants, and preferences, capacity to resolve conflict maturely and negotiate solutions that consider the interests of others, appropriate sexuality and grieving well... live truth and acknowledge brokenness.

Definitions

- **Contemplative spirituality**: Surrender to God's love, practice His presence, communing with and being indwelt by His Spirit, practicing silence, solitude and unceasing prayer, a journey of transformation toward union with God, aware of the sacred, living in committed community, loving Christ above all else, slowing down, anchoring in God's love, breaking away from illusions, breaking free of false self, smashing idols, and eternal perspectives (in short, practicing spiritual disciplines)

3 GIFTS

- The Gift of Slowing Down
- The Gift of anchoring in God's Love; and
- The Gift of breaking free from illusions