

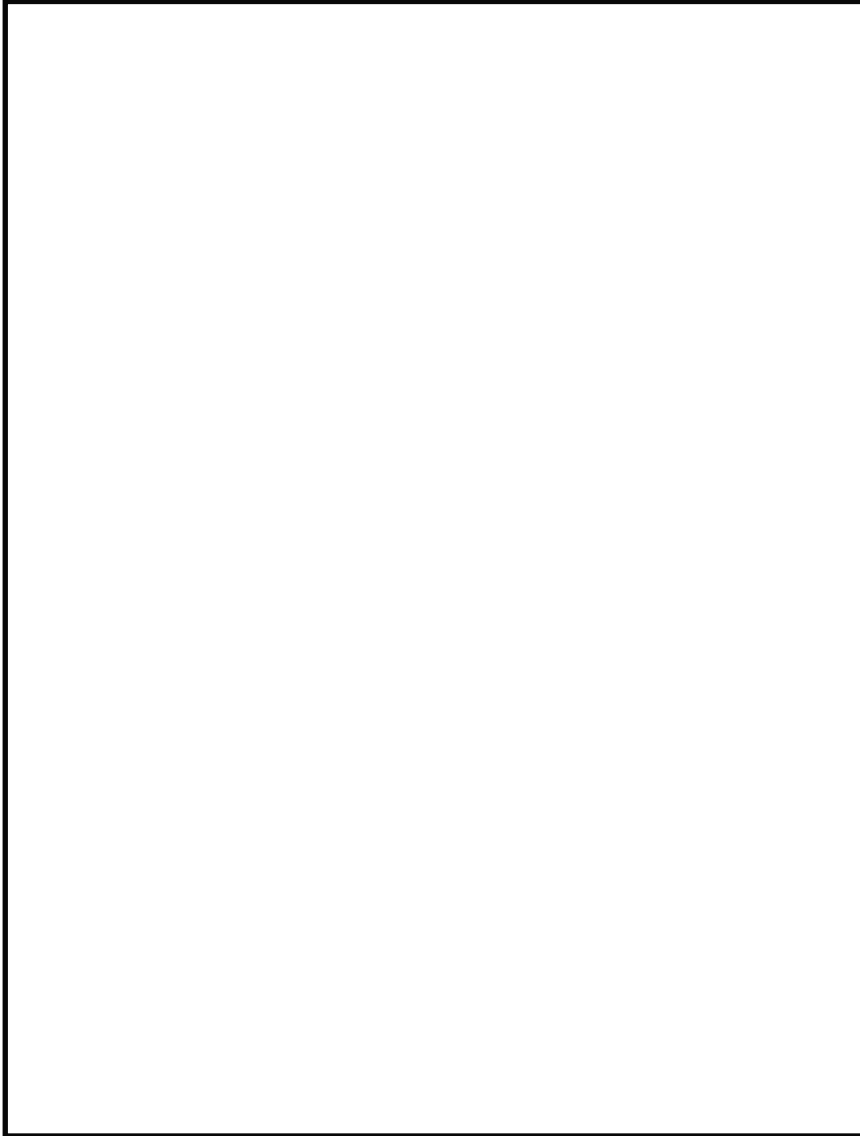
# Emotionally Healthy Spirituality Week 1

*Based on the book and resources by Peter Scazzero*

**Part One:** The Problem of Emotionally Unhealthy Spirituality

Scripture: 1 Samuel 15:7-24

Sermon Notes



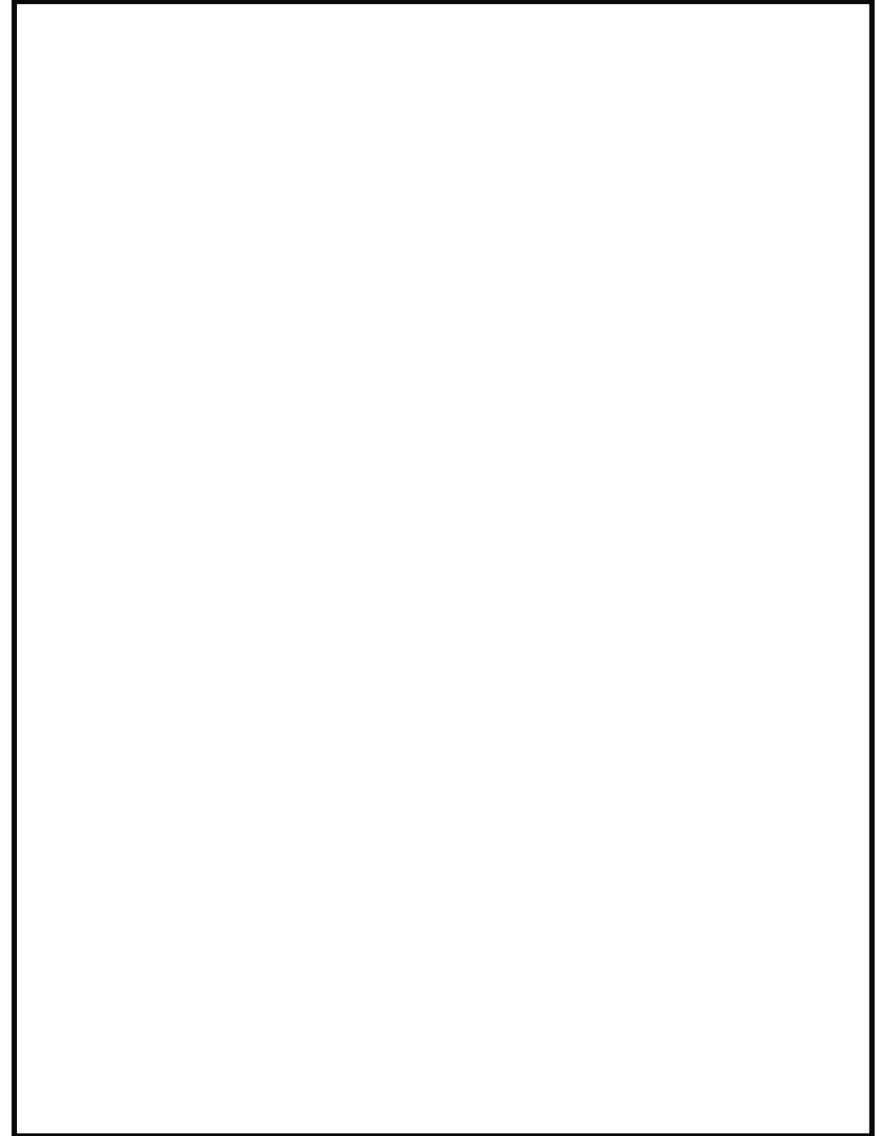
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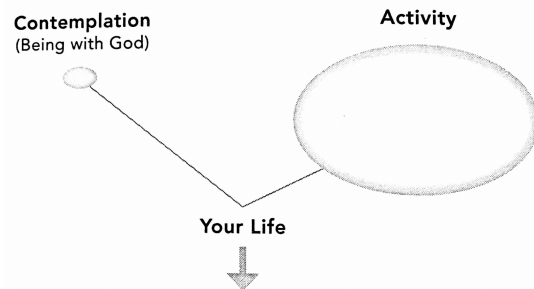
Sermon Notes



## Discipleship Questions

(Adapted from page 20-21 of EHS Workbook)

1. It takes intentional focus to cultivate a deep relationship with Jesus that transforms our being. What challenges keep you from slowing down your life to be with Jesus?
2. Pete Scazzero uses the following diagram below to illustrate a spiritual life where our activity is out of balance with our contemplative time with God. How do your activities balance with your time with God? How does your doing balance with your being?

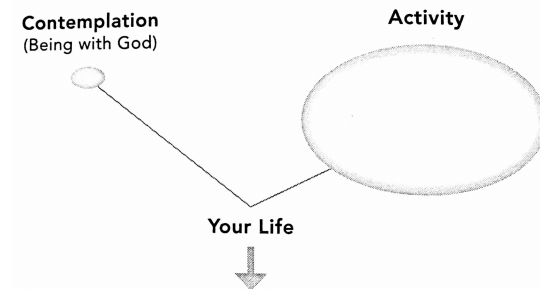


3. What small step or two can you take this week to develop a deeper relationship with Jesus? Is there anything you can reduce or add to your life to cultivate a deep relationship with Jesus?
4. How will you plan to slow down, practice silence, and spend quality quiet time with Jesus?

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## Carve Out Time Daily to be with Jesus

One of the most important things we can do for our health is to slow down and make time personally to be with Jesus. We are providing a devotional resource to help with this called, “Emotionally Healthy Spirituality: Day by Day” by Peter Scazzero. It is an 8-week devotional that will go along with the series. **Please take one for each family.**

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