

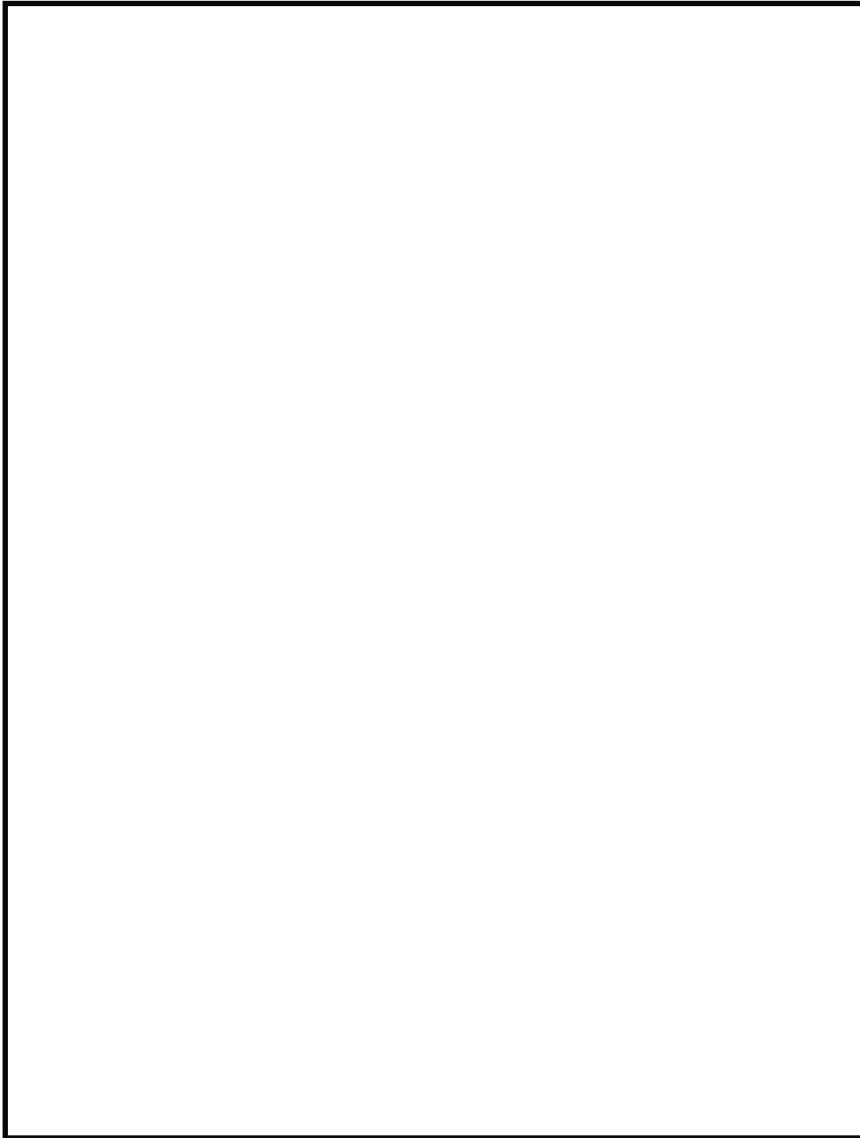
Emotionally Healthy Spirituality Week 2

Based on the book and resources by Peter Scazzero

Part Two: Know Yourself That You May Know God

Scripture: 1 Samuel 17:26-45

Sermon Notes



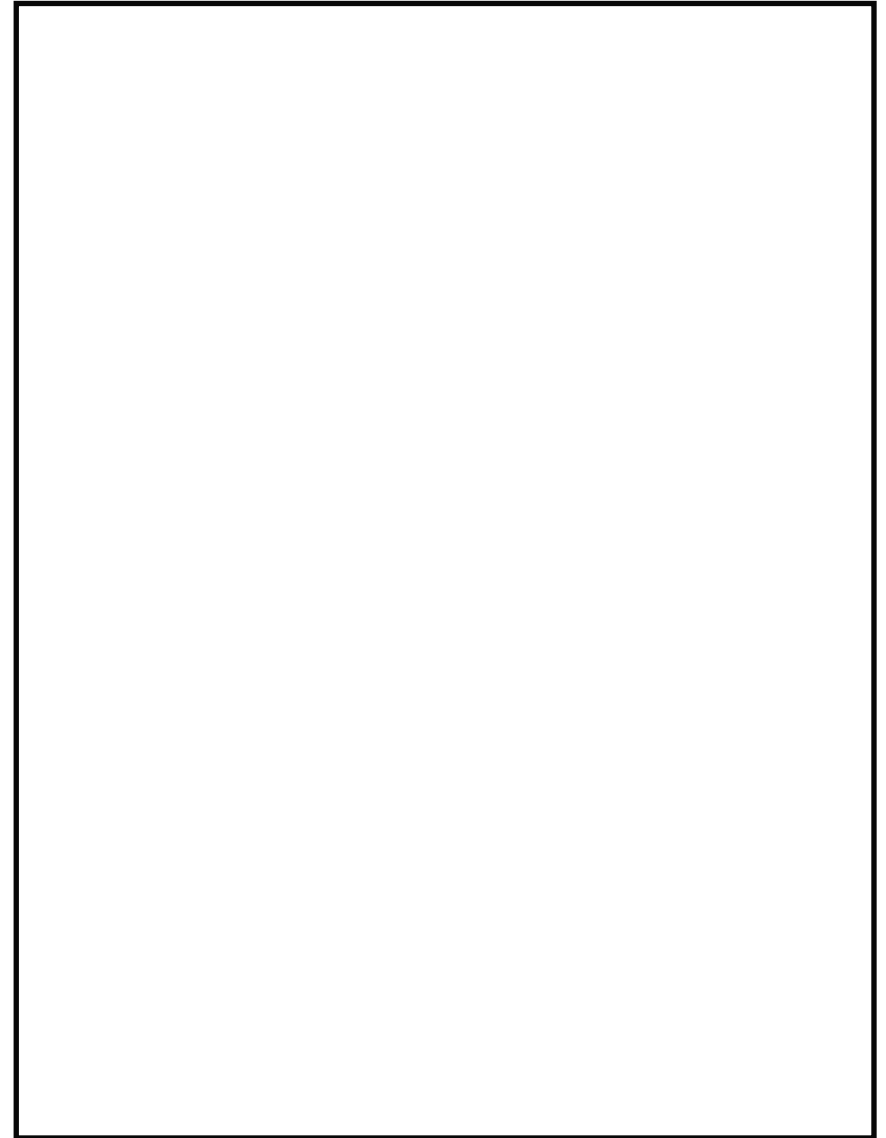
Emotionally Healthy Spirituality Week 2

Based on the book and resources by Peter Scazzero

Part Two: Know Yourself That You May Know God

Scripture: 1 Samuel 17:26-45

Sermon Notes



Discipleship Questions

(Adapted from page 32-33 of EHS Workbook)

1. How has your time been daily deepening your relationship with Jesus? Have you faced any challenges in making time to spend unhurried with Jesus? If you missed a day or a time set aside to be with Jesus, how did you get back up and plan for the next time?
2. David experienced accusations and pressure from the people around him, but he knew who God is and the unique person God made him to be. What kind of pressures do you face that challenge your resolve to live in light of who God is and the unique person he has made you to be?
3. What is it about David that enables him to live with courage and resolve even in the face of pressure from others? What can we learn from David's example?
4. What "Goliaths" might you be facing in your life that seem difficult or impossible? Can you remember a time in the past where God brought you through a seemingly impossible situation? How might your perspective change if you were to follow David's lifestyle of depending upon God?
5. Are there ways that we can pray for and encourage each other this week? Life can be difficult at times but knowing that others are there to encourage us and pray for us gives us the grace to endure.

Discipleship Questions

(Adapted from page 32-33 of EHS Workbook)

1. How has your time been daily deepening your relationship with Jesus? Have you faced any challenges in making time to spend unhurried with Jesus? If you missed a day or a time set aside to be with Jesus, how did you get back up and plan for the next time?
2. David experienced accusations and pressure from the people around him, but he knew who God is and the unique person God made him to be. What kind of pressures do you face that challenge your resolve to live in light of who God is and the unique person he has made you to be?
3. What is it about David that enables him to live with courage and resolve even in the face of pressure from others? What can we learn from David's example?
4. What "Goliaths" might you be facing in your life that seem difficult or impossible? Can you remember a time in the past where God brought you through a seemingly impossible situation? How might your perspective change if you were to follow David's lifestyle of depending upon God?
5. Are there ways that we can pray for and encourage each other this week? Life can be difficult at times but knowing that others are there to encourage us and pray for us gives us the grace to endure.