

## Emotionally Healthy Spirituality Discussion Questions Week 3

### Preparation:

Read chapters three and four in Emotionally Healthy Spirituality.

### Questions:

#### Chapter 3

1. Do you think your life, family and church would be different if you embraced both emotional health and contemplative spirituality?
2. Describe what each of the three gifts (see page 47) that come from contemplative spirituality and emotional health look like in our world today.
3. Which sister (Mary or Martha) in Luke 10:38-42 do you most relate to? What might this reflect about your need to focus on being with God?
4. If everyone's balance point between being and doing is different what does that mean for our natural desire to compare our activity to that of others?
5. Do you agree that a critical component of being anchored in God's love is to know he gives us permission to honestly experience the full range of emotions? Why?
6. Is there an illusion in your life that you need God to set you free from? Are there hidden parts of your life that he is trying to get you to look at?

#### Chapter 4

1. Who are you? Why are you here?
2. Whose vision of who you should be continues to influence how you see yourself? What is your super-something that you need to let go of?
3. If Jesus felt and we are made in his image why do you think we so often struggle to talk about how we feel in constructive ways?
4. Which of the three traps (performance, possession and popularity) laid before Jesus by the devil in the wilderness and before us in our lives have you found yourself struggling to overcome?
5. What are the key components to finding a balance between being selfless and selfish in our dealings with other people? How do we know when we have found our true selves?

### Closing:

Spend some time praying for one another regarding the contents in the chapters discussed and any specifics that people felt comfortable to share. Close with the prayer at the end of chapter four.

Ask this question to people as they prepare to leave or have them write it down to think about during the week:

Thought to take home with you - where on the differentiation scale from page 83 would you put yourself?