

JULY 11, 2021

## Better Together

PEACE WITH GOD • PEACE WITH OTHERS • PEACE WITH SELF • PEACE WITH MATTER • PEACE WITH GOD

# The Language of the Soul

*"Lord, when I consider this, the only thing I can say is,*

*"Lord Jesus Christ, have mercy on me, a sinner."*

*Thank you, O God, that I stand before you in the righteousness of*

*Jesus, in his perfect record and performance, not my own. Lord, I ask*

*that you would not simply heal the symptoms of what is not right in*

*my life, but that you would surgically remove all that is in me that*

*does not belong to you. As I think about what I have read, Lord, pour*

*light over the things that are hidden.*

*May I see clearly as you hold me tenderly.*

*In Jesus' name, AMEN.*

We're developing a discipleship course about Peace with God, Others, Self, and Stuff. In 2021, our major teaching focus is on core discipleship, of course with Covid, etc., this is not always easy. We encourage you to make church gathering a priority in your schedule, and when you can't, at least go back and listen to the teachings.

Today, we're introducing Emotionally Healthy Spirituality. Coming out of the trauma that Covid (and the restrictions) have caused the church and society, it's vital we learn more about emotional health. Much of what is called sin in the New Testament directly relates to our emotions and how we treat ourselves and others. "The link between emotional health and spiritual maturity is large. For too long we have delegated "emotional" issues to the therapist's office while ignoring the link between emotional and spiritual maturity that the church can and should address". There is a role for therapy, but if we only address these things in that context, we are delaying good work and learning we can embrace from Jesus and the scriptures before, or in addition to therapy. We will use the resources from Emotionally Healthy Spirituality to bring this into the light.

**Psalm 69, Luke 19:41, 10:21, 7:9, 12:50**

### PSALM 69

- Outline
  - 1-4 Call for Help and Lament
  - 5-12 Confession, Petition, and Lament Resumed
  - 13-18 Renewed Plea for Deliverance
  - 19-29 Description of Disgrace Suffered and Petition to Punish Enemies
  - 30-36 Vow of Thanks and Prayer for Zion
- Note the emotions

### ON-RAMP

*"Emotional health and spiritual maturity are inseparable"*

**BIG IDEA:** Emotional health and spiritual maturity are inseparable. It is NOT possible to be spiritual mature while remaining emotionally immature.

*"Because people are having real, and helpful, spiritual experiences in certain areas of their lives-- such as worship, prayer, Bible studies, and fellowship--they mistakenly believe they are doing fine, even if their relational life and interior world is not in order. This apparent "progress" then provides a spiritual reason for not doing the hard work of maturing."*

-Peter Scazzero

The Image of God in Us (Genesis 1:27)  
Physical, spiritual, emotional, intellectual, and social.

*"Ignoring our emotions is turning our back on reality; listening to our emotions ushers us into reality. And reality is where we meet God... Emotions are the language of the soul. They are the cry that gives the heart a voice... However, we often turn a deaf ear--through emotional denial, distortion, or dis engagement. We strain out anything disturbing in order to -gain tenuous control of our inner world. We are frightened and ashamed of what leaks into our consciousness. In neglecting our intense emotions, we are false to ourselves and lose a wonderful opportunity to know God. We forget that change comes through brutal honesty and vulnerability before God!"*  
(emphasis added)."

-The Cry of the Soul, Dan Allender and Tremper Longman III

- When there is a gap between our inner and outer worlds we are hypocrites. Matthew 23 is all about presenting an image while your internal life is totally different.

#### **JESUS FULLY GOD AND FULLY HUMAN**

- Docetism was a heresy that early church rejected. It said that Jesus only SEEMED to be human. When we ignore the human limits that God HIMSELF embraced, we are practicing a kind of deadening heresy.
- Council of Chalcedon, AD 451 - the church reaffirmed what was understood from the beginning - he was fully human and God - Two natures as related without confusion and division.

#### **THE TOP TEN SYMPTOMS INDICATING EMOTIONALLY UNHEALTHY SPIRITUALITY**

-Scazzero

**Using God to run from God**

**Ignoring the emotions of anger, sadness, and fear**

**Dying to the wrong things (Luke 9:23)**

**Denying the past's impact on the present (2 Corinthians 5:17)**

**Diving our lives into "secular" and "sacred" compartments**

**Doing for God instead of being with God (Matthew 5:8)**

**Spiritualizing away conflict**

**Covering over brokenness, weakness and failure (2 Corinthians 12:7-10)**

**Living without limits**

You are not God. You cannot serve everyone in need. We are human. "When Paul said, "I can do everything through him who give me strength (Philippians 4:13), the context was that of learning to be content in all circumstances. The strength he received from Christ was not the strength to change, deny or defy his circumstances; it was for strength to be content in the midst of them, to surrender to God's loving will for him (see Phi. 4:11-13) (EHS, 35)."

**Judging other people's spiritual journey**

**THE TAKEAWAYS**