



GETTING STARTED

What would you say is the toughest reality of adulthood?



LOOKING BACK

How have you seen God at work over the last week?

Looking back on Sunday, is there anything that stood out to you, confused you, or challenged you?



MY STORY

The following are the "Top Ten symptoms of Emotionally Unhealthy Spirituality" according to author and pastor Peter Scazzero (*Emotionally Healthy Spirituality* Updated Edition, page 22, Zondervan 2017). Take turns reading from the list out loud, and then share the one symptom that is most relevant in your life today.

- 1. Using God to run from God:** My prayers are usually about God doing my will, not me surrendering to his will.
- 2. Ignoring the emotions of anger, sadness, and fear:** 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:** 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 own self-protectiveness, lack of vulnerability and judgmentalism.
- 4. Denying the past's impact on the present:** 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:** I easily compartmentalize God to "Christian activities" while usually forgetting about Him when I am working, shopping, studying or relaxing.
- 6. Doing for God instead of being with God:** I tend to evaluate my spirituality based on how much I am doing for God.
- 7. Spiritualizing away conflict:** In the name of keeping the peace, I bury tensions and avoid conflict rather than speak the truth.
- 8. Covering over brokenness, weakness, and failure:** Instead of humility and approachability, I am highly reactive and defensive.
- 9. Living without limits:** Those close to me would say that I often try to do it all, or I bite off more than I can chew.
- 10. Judging the spiritual journeys of others:** I often find myself occupied and bothered by the faults of others.

4

BIBLE STUDY

1 Samuel 15:7-24 Saul, king of Israel, was told by God to fight and completely destroy the Amalekites (a tension that goes back to Exodus 17:8-16 and Deuteronomy 25:17-18). Instead, Saul gave into pressure from his soldiers and did only part of God's will due to a lack of self-awareness (emotional health) and attentiveness toward God (spiritual health). Read 1 Samuel 15:7-24.

How might cultivating a personal relationship with God have helped Saul avoid this situation?

How did a fear of setbacks and difficulties affect Saul's actions?

In verses 22-23 Samuel describes Saul's disobedience. What are some examples of how modern disciples of Christ (including us) go through the motions of making "burnt offerings" and "sacrifices" rather than "obeying the voice of the Lord"?

5

APPLICATION

Not only was Saul unaware of what was going on inside of him (emotional health), he also did not cultivate passionate spirituality--a vibrant relationship with God. His "doing" for God did not flow from his "being" with God. Far too often, we are the same way.

1. What do you think it means to "be with God"?
2. What challenges keep you from slowing down your life to be with God?
3. What is it that makes "doing" for God seem so much more important than "being" with God?
4. Write down one change you could make in your life to slow down and bring "doing" for God and "being" with God into balance. What are the costs of making that change? What are the benefits?

6

BRINGING IT HOME

Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest" (Matthew 11:28). If discipleship is leaving us even more worn out and tired than we were before following Jesus, we're doing something wrong. During the Adulting series, pray that God would help you grow in emotional maturity (how you relate to people) and spiritual maturity (how you relate to God). What relief we will find as we bring doing for God and being with God into balance!

7

PRAYER REQUESTS