

Emotionally Healthy Spirituality #6

James 1:2-4; et al...

02/18/2018
Sunday a.m.

SLIDE 1 – EMOTIONALLY HEALTHY SPIRITUALITY #6

- Only can grow to spiritual maturity when I've reached emotional maturity
 - **EMOTIONAL IMMATURITY:** respond poorly to adversity;

SLIDE 2 – GROWING TO FULL MATURITY – THE GOAL

- Christ gave gifts to the Church – APEST – **Ephesians 4:11-16** - Discipleship
 - Equip Christ-followers for the work of the ministry/service, build up body
 - Unity, in Christ – growing in FAITH & KNOWLEDGE of Christ
 - Full maturity = Fullness of Christ; truth, in love → GROW to Christlikeness
- ICFG – 2018 focus on intentional discipleship → becoming like Christ
 - Little pieces of Jesus all over Reno, Sparks, & beyond

SLIDE 3 – PEOPLE ARE COMPLEX

- Physical, spiritual, intellectual, social, EMOTIONAL
- Discipleship – intentional partnership w/HS to do **Ephesians 4:22-24**
 - **Put off the old self, be being renewed in spirit of mind, put on Christ**

SLIDES 4 & 5 – ABOUT ICEBERGS

- 10% of iceberg is visible – 90% of mass of the iceberg sits under water
- We will often work on the 10% of us that is visible/that we are cognitively aware of & ignore the other 90% - EHS – Speaking (hearing!) the truth in love

SLIDES 6,7 – JAMES 1:2-4 – JOY IN TRIALS

SLIDE 8 – ON THE JOURNEY

- The Journey discipleship books → Daniel Brown
- Christianity – followers of “the Way” – SEE ABOVE: our aim is full maturity (**Greek: perfect; as it should be**)
 - Acknowledging this life of faith is a lifelong journey, a series of processes
 - Ever had a ‘journey’ that didn’t turn out like you thought it would?
 - Examples: twists, turns, AAA calls, getting lost, or worse...
- EVERYONE who wants to follow Christ will suffer/**Matthew 10 – Jesus’ promise**
 - Trials will happen – will they build **steadfastness/patience/perseverance** or will they cause us to stumble away, solo, disillusioned, bitter?

SLIDE 9 – COME FOLLOW ME

- Christ’s call to the ones He chose to be His disciples: Come follow Me, & I will make you fishers of men...
 - used their occupation as a metaphor for what they would be doing.
- (Eventual) transformation – except Judas – disillusioned, betrayed
 - celebrations, joys, ‘even the demons flee us in Your Name’
 - fear, disappointment, frustration, the unknown, denial/abandonment
- Resurrection – Restoration – Encouragement – Empowerment

SLIDE 10 – WHEN FAITH IS CHALLENGED

- Saving knowledge of Christ → Discipleship/learning → DOING the stuff
- THE WALL/ Journey inward →
 - → life stuff shakes us to our core, digging deep – what are you made of?
- Journey outward → doing the stuff again, centered deeper in Christ
- Transformed → loving God, loving others

SLIDES 11,12 – JAMES 1:2-4 – JOY IN TRIALS

SLIDE 13 – DARK NIGHT OF THE SOUL

- aka – Hitting the wall – feeling of ‘ultimate suffering’ – when the **worst** in life happens; faith is challenged; what I believe about God & His nature, me/mine, life’s ‘rules’, etc...
- **CRISIS** – loss, sickness/disease, broken relationships, disappointment, no kids
 - Bad church experience, betrayal, loneliness, despondency, anguish, etc...
- What will I do **WHEN** this happens? ‘Planning in advance for crisis’
 - Fire drill, active shooter, etc... know BEFORE the crisis
 - When I’m IN the middle of crisis – bad time to try to figure out WHAT to do
 - If I rely on my FEELINGS in the middle of the crisis – bad responses
 - CAREFUL of IF/THEN conclusions based on our experiences
- **ADMITTING:** I don’t know; I am hurt & angry; this is a mystery (no why?)
sadness, the feeling/perception of being forsaken by God
- What does James say happens when we navigate THROUGH trials?
 - Steadfastness; patience; perseverance – I will NOT be moved
 - We learn God’s faithfulness in the MIDDLE of the night
 - **Psalm 23** – *even though I walk through valley of the shadow of death, I will fear NO evil, for You are with me.*

SLIDE 14 – PSALM 23:4 – VALLEY OF THE SHADOW OF DEATH

- Through the valley of the shadow of death – not around it
- No fear – God is with us in the middle of it
- Rod & staff – guidance, symbol & source of protection against enemies
 - Outside actions/inside motivations – **Hebrews 4:12,13**

SLIDES 15 & 16 – IS IT IN YOU? St. John of the Cross

- Pride – critical of others; who can teach me?
- Greed – discontent w/my portion, envious of others
- Luxury – God’s hand vs. God’s face
- Anger – easily irritated/little patience to wait on God
- Spiritual gluttony – resisting the cross (Luke 9:23-25) seeking our pleasure
- Spiritual envy – comparison of self to others, negatively
- Laziness – running from what is hard, path of least resistance
 - Louie’s issues: Johnny; 2006 Sabbath aftermath; something in the air; emotional sunburn; good church/obedient; dying to self/others opinions
 - Issues have to be WORKED through; can’t be avoided; no shortcuts

SLIDES 17-19 – THE OTHER SIDE

Characteristics that indicate change/transformation is happening

- Fruit of the Spirit – love, joy, peace, patience, kindness, faithfulness, goodness, gentleness, self-control
- Secure in the love of God – no need to judge; can't be offended; brokenness
- Appreciation for God's mystery – the glorious unknown – I don't know...
- Greater ability to WAIT on God
- Identity established in Christ vs. stuff/actions/attitudes/people

SLIDE 20 – WHAT ARE WE DOING WITH THIS?

SLIDE 21 – PRAYER IS AVAILABLE

MAYBE

SLIDE 22 – ROMANS 8:28

SLIDE 23 – GOD WORKS IT OUT FOR OUR GOOD

- God IS NOT the source of our pain – Job's dilemma "You give & take away"
- Trials, troubles, difficulties, dark night, etc...
- Redemption – even what enemy means for evil, God works it out for OUR good –
 - Wounded healer: God never wastes our pain