

SLIDE 1 – EMOTIONALLY HEALTHY SPIRITUALITY #7

- Only can grow to spiritual maturity when I've reached emotional maturity

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 → BEING Little pieces of Jesus

SLIDE 3 – ABOUT ICEBERGS

- 10% of iceberg is visible – 90% of mass of the iceberg sits under water

SLIDE 4 – MATTHEW 5:4

- Blessed are those who mourn; they shall be comforted. THIS too, will end.

SLIDES 5-14 – ISAIAH 52:14 – 53:11

SLIDE 15 – JESUS: MAN OF SORROWS & GRIEF

- **Isaiah 52/53** – prophetic passages related to Messiah/Anointed One
- Intimately familiar with *sorrow, sadness, pain (physical/mental), grief, & sickness*
 - Sickness/disease – things not being as they should – broken/fallen
 - He is the One who has borne our *griefs & sorrows* – even if we don't see it
- In these passages – tied to our sin, brokenness, need for Savior/salvation
 - Bruised, pierced, beaten beyond recognition; even though He did this (bore our sins, paid price) we didn't recognize it
- **John 1/Heb. 4** – one of the characteristics of coming 'in the flesh' = fully human, & full human experience: pain, hurt, betrayal, abandoned... temptation w/o sin
 - Gospels – how Jesus deals with sorrow/grief → grieving, sadness, crying, withdrawal, being 'greatly moved'
 - Fully present/aware → grieving well = GIVEN for humanity; path to follow

SLIDE 16 – JOB: THE STORY OF US

- Lost everything – albeit in 1 day: family, wealth, health...
- We will all lose everything... & experience Grief, sorrow, & loss –
 - Youth, dreams, routines, sickness/disease/accident/catastrophe
 - Family of origin – greater/lesser losses
 - Ideas/illusions about church, God, people of God, etc...
- Job – godly man, devout, innocent – big family; wealthy; lost it all in afternoon
 - Tornadoes, thieves, lightning, windstorms
 - Health: boils, infections, worms, eyes, fever/chills, pain, sleeplessness
 - Mrs. Job – just curse God & die. Job's response? Worship & questions
 - **Job 3-37** – process of grieving, answering critics, crying out to God

SLIDE 17 – HOW DO WE GRIEVE?

- Culture of origin – what is ok? What is proper? What can we do/not do?
 - Italian vs. British
- Family of origin – ok to experience pain/hurt/suffer?
 - Deny/minimize, medicate (work, drugs/alcohol/porn, food, etc...)
- What about grieving as Christians? **Phil. 4:4 – rejoice in the Lord always**
 - Hurt, sad, depressed, anxious, fearful, etc...

SLIDE 18 – DEFENSE MECHANISMS

- Denial
- Minimizing
- Blaming others
- Blaming self
- Rationalizing
- Intellectualizing
- Distracting
- Hostility

SLIDE 19 – GOING THROUGH THE PAIN

- Counter-intuitive to go towards pain (vs. running away from it)
- Way to life (resurrection) is through death (**Luke 9:23-25**) – preach it/live it

SLIDE 20 – BIBLICAL GRIEVING

- Pay attention to the pain – Job’s examples
 - Screaming in pain, curse birthday, shouted at God, wild prayers, told God EXACTLY what he felt, struggled, doubted, wept, feared
 - 2/3 of Psalms – laments – crying out to God about what is wrong
 - deal w/it or LEAK → acting out because we’re hurting
- Wait on God – even when (esp. when?) we don’t understand what’s happening
- Embrace God’s gift of limits – *body, family, intellect, gifts, career, finances, relationship realities, spiritual understanding*
- Embrace God’s gift of humility – full reliance on God –
 - Job’s lesson → friends railed on him; he responded w/blessing & prayer
 - You are God in Heaven, I’m just me on earth – **Ecclesiastes 5:2**

SLIDE 4 – MATTHEW 5:4

SLIDE 22 – WHAT ARE WE DOING WITH THIS?

SLIDE 23 – PRAYER IS AVAILABLE