

SLIDE 1 – EMOTIONALLY HEALTHY SPIRITUALITY #8

- 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

SLIDE 3 – ABOUT ICEBERGS

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

SLIDE 4 – JOHN 10:10 – PURPOSE

SLIDE 5 – MORE & BETTER LIFE

- Jesus contrasts purpose of the thief (enemy of our souls, the adversary/devil) w/His own purpose → the Good Shepherd comes to care for the sheep: US
 - Leading us to REAL, ETERNAL, MORE & BETTER LIFE
 - STORY: Growing up with Mo'Betta
- Jesus' Way → the real counter-cultural life; the real rebellion/resistance
- Willing to contend & purpose to follow Jesus' leading into Mo'Betta life?

SLIDE 6 – THE TROUBLE WITH BUSYNESS

- “How are you doing?” Busy... Sounds good, successful, etc.
 - *busy & pastor like adulterous husband/embezzling banker... Peterson*
- Enemy of our souls → Making ‘steal, kill, destroy’ as attractive as possible
 - Going too fast, doing too much; Saying “**YES**” to too many things w/o saying “No” to some things; Saying Yes & No to the wrong things
 - Multi-tasking – able to give 33% to 3 things at once
- Even when ‘stopping’ – preoccupied (screens, sounds, distractions)
 - RANT – we don't know how to be bored...
- Lost in a blizzard – whiteout conditions – Little House & the tether/anchor

SLIDE 7 – HEBREWS 6:19

- The Anchor of Christ in the midst of a storm
 - The anchor – holding a fixed position until time to sail
 - The sea anchor – dragged; creates stability, protection, maneuverability
- Anchor – symbol of Christianity used for 300 years – until Chi-Rho
 - What practices can we incorporate into *rhythm of life* to stay Anchored?
 - > devotional, attending church, etc... the other 99% of our lives?

SLIDE 8 – MATTHEW 11:28-30

- Nothing God calls us to, directs us to do, etc... weighty/burden/difficult, etc...

SLIDE 9 – THE DAILY OFFICE & THE SABBATH

- The Daily Office – clips/episodes starring Michael Scott, Jim & Pam, etc...
- Vs. our “Daily Office/Work” of God – taking time during the day to reconnect

SLIDE 10 – PSALM 46:10 –

- Be still & know that I am God – building into our lives regular reminders

SLIDE 11 – THE DAILY OFFICE – MISSIO DEI – THE DAILY WORK

- Requires 4 elements to be included
- Can be structured to be 2 to 45 minutes – w/the ‘meditation’ material TBD
 - Be still – STOP
 - In a world of perpetual motion/doing – STOP = doing just this
 - Pay attention – CENTERING/MINDFULNESS
 - Laying aside distractions; w/intent focusing on task at hand
 - Be quiet – SILENCE/CONTEMPLATION
 - Beginning w/time of silence – ‘thinking on these things’
 - What do I do WHEN my mind wanders?
 - Scripture – PSALMS, meditation on Scripture
 - **Philippians 4:8 – Whatever is good... think on these things**
- Rituals, liturgy, rhythm, & routine – water, gym, food, etc...

SLIDES 12-14 – GENESIS 2:2,3-MARK 2:27

SLIDE 15 – EMBRACING SABBATH

- On the 7th day God rested – created Sabbath rest
- As a rule of life/rhythm of life – God established Sabbath as part of creation order
 - Counter-culture – Holy Time (vs. Holy Space/Places) – irreligious

SLIDE 16 – SABBATH

- 4 elements of Sabbath celebration
- Can be done 1 day/week – “microSabbaths” – as part of Daily Office
 - STOP
 - REST
 - CELEBRATE
 - REFLECT

SLIDE 17 – WHAT ARE WE DOING WITH THIS?

SLIDE 18 – PRAYER IS AVAILABLE