

Healthy Spirituality, part 3

So many of us are way over extended and stressed-out way more than our inner life can sustain.

A person who practices “being” before “doing” operates from a place of emotional and spiritual fullness.

What does it mean to “be” before you do? And how can we take some steps towards this?

Emotional fullness is manifested by a high-level of awareness of your feelings, weaknesses, strengths, limits, and how the past impacts the present.

Spiritual Fullness reveals itself in a healthy balance between being with God and doing for God. These people are careful not to engage in more activities than their spiritual, physical, and emotional reserves can sustain. They receive from God more than they do for God.

They enjoy and relax in Jesus

Matthew 11:29-30

Luke 10:38-42

Jesus

Luke 5:15-16

The Twelve

Mark 3:14-15

The Early Church

Catechumenate: “A clear pathway to help people grow in their being with Jesus so they can preserve in their witness and life for Jesus.”

Desert Fathers

The “be” before you “do” approach to life and faith is such a challenge! Why?

What is the core challenge to this?

The core challenge that makes this approach to faith/life such a challenge is it forces you to come face to face with your false self...

Ephesians 4:22-24

“Old self/false self”

You know it’s your false self/shadow self when you ...

Your shadow or false self is the accumulation of untamed emotions, less than pure motives and thoughts that, while largely unconscious, that strongly influences and shapes your behaviors. It is the damaged/broken but mostly hidden version of who you are...

The shadow may erupt in various forms, sometimes in sinful behavior such as judgmental perfectionism, outbursts of anger, resentment, lust, greed or bitterness. Or it can reveal itself in more subtle ways like the need to rescue others, or the inner need to be liked by others, or the tendency to work too much or rigidity in thinking.

Consequences of choosing to ignore this shadow self?

Why choose to be before you do approach to life/faith?

You cannot give what you do not possess
What you do is important, but who you are is even more important
The state you are in, is the state you will give to others...

What does it take?

1. A Radical decision
2. Learning to lean into silence

Silence and stillness transform the way we follow Jesus and the way we live.

3. Communion with Jesus throughout the day

John 15:4-5

“abide in His presence”

Sacred verses secular problem

The goal is to remain in communion with Jesus throughout the day.

“Our churches are stuck in a culture of shallow discipleship that severely undermines our impact to truly transform lives and impedes ministry. EHS addresses and reverses this crisis and can create a church culture Jesus.” Scot McKnight, NT Scholar

“The world is becoming urban and multi-ethnic, and EHS shows us the way to building healthy and effective churches.” John Perkins, Christian Leader on Racial Reconciliation

How do you form people into the Gospel rather than consumerism? Until you deal with a deeper level of spiritual formation, the church is going to be a powerless force for change in our culture.” Skye Jethani, Holy Post Podcast