

Healthy Spirituality, part 2

Emotional well-being, or emotional health or wellness, refers to how well people are able to accept and manage their emotions and cope with challenges throughout life.

We are lacking in emotional health and maturity in our spiritual formation process.

Matthew 23:25-28

John 16:33

Matthew 11:28-29

Within the church, to Americanize Jesus is to follow him because he makes life better and more enjoyable!

“Three out of four Christians now believe in the prosperity gospel.” Article in Relevant Magazine

A Story of Peter

Matthew 16:22-23

Observation: Peter like many only understands half the gospel, like so many he is Christ-centered but not Cross-centered.

Up to this point following Jesus has given Peter a greater, not lesser, sense of power, control and influence.

Matthew 16: 24-25

The question then becomes, what does it mean for us to be cross-centered, to follow Jesus in our context and culture?

1. The culture of popularity

A common definition of popular is: “to be liked, enjoyed, or admired by people, many people.”

Matthew 23:5-7

Jesus understood and understands the weakness of the human heart; he knew/knows the desire of the human heart to impress others would be a constant temptation.

Real freedom comes when we no longer need to be somebody in other people’s eyes. We are to be content to be “popular” with God alone.

Matthew 25:21

2. The culture of great-ism or success-ism

From whom am I seeking to be great? What is the deeper—often unconscious motives behind my dreams and ambitions?

According to Jesus: “Success is becoming the person God calls you to become, and doing what God calls you to do, in his way, and according to his timetable.”

Our desire for great-ism often drives us to make misguided decisions and to treat people in ways antithetical to the heart of Jesus.

From whom am I seeking to be great? What is the deeper—often unconscious motives behind my dreams, hopes and ambitions?

3. The culture of pain and suffering avoidance

The church at Corinth

2 Corinthians 12:10

The Corinthians forgot, much like we do today, that they were called to a way of life that reveals the glory of Christ in weakness and suffering, not in the avoidance of pain and suffering in life.

Suffering and failure have always been God’s means to transform us from willful to willing, trusting Him to take care of us.

In what ways do I try to avoid the pain and suffering of the cross that Jesus might be setting before me?

Practice of slowing and relaxing in Jesus