



# ROOTED

EMOTIONALLY  
HEALTHY  
FAITH THAT  
LASTS

The background is a dark, textured green. Overlaid on this are several glowing yellow-green lines that form a branching, network-like pattern, similar to a river system or a neural network. There are also several square panels of varying shades of green and yellow-green, some containing intricate, organic patterns that look like marbled paper or biological structures. Small, bright green dots are scattered across the background, some appearing to be at the intersections of the glowing lines.

**WE GOT A PROBLEM!!!**

# THE PROBLEM

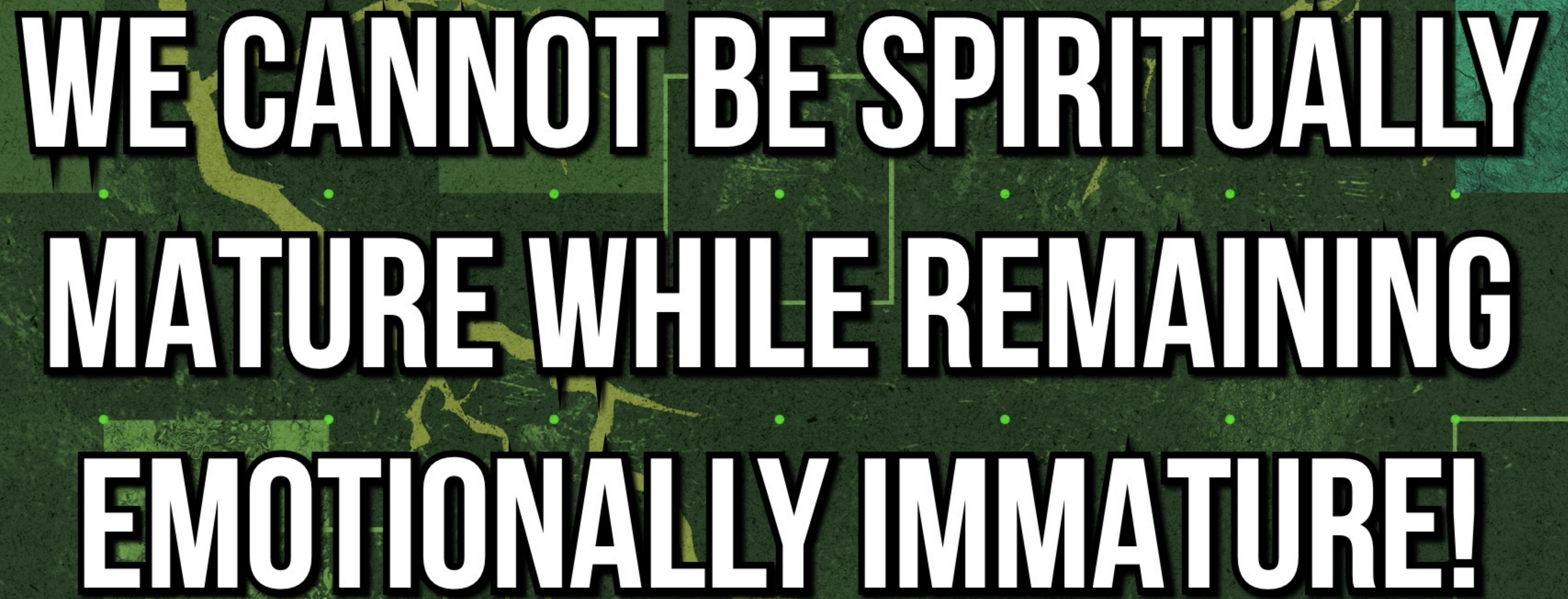
**WE USE GOD TO AVOID WHAT'S REAL.**

**WE IGNORE WHAT'S GOING ON INSIDE.**

**WE DO FOR GOD BUT DON'T WALK WITH GOD.**

**WE SETTLE FOR ACTIVITY INSTEAD OF**

**TRANSFORMATION.**



**WE CANNOT BE SPIRITUALLY  
MATURE WHILE REMAINING  
EMOTIONALLY IMMATURE!**



**IGNORING EMOTIONS =  
IGNORING GOD'S WORK**



**WE USE GOD TO AVOID GOD**

The background is a dark green, textured surface. It features several rectangular panels in various shades of green and yellow, some with intricate, organic patterns resembling roots or veins. A faint grid of thin green lines is overlaid on the background, with small green dots at the intersections. The text is centered and reads: 

**THE GOAL IS  
TRANSFORMATION,  
NOT INFORMATION**

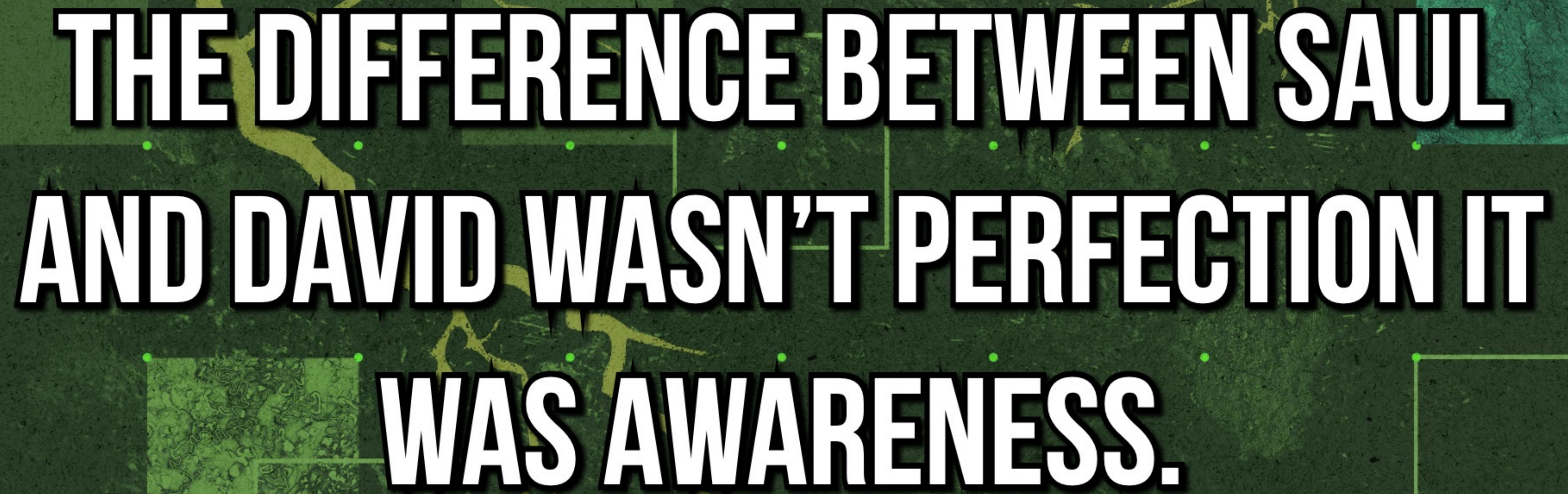
# ROMANS 8:29 NLT

**FOR GOD KNEW HIS PEOPLE IN ADVANCE, AND HE CHOSE THEM  
TO BECOME LIKE HIS SON, SO THAT HIS SON WOULD BE THE  
FIRSTBORN AMONG MANY BROTHERS AND SISTERS.**

**HOW TO WE STAY EMOTIONALLY IMMATURE?**

**1. WE USE GOD TO AVOID WHAT'S REAL**

**“WE USE GOD TO AVOID DEALING WITH  
WHAT'S REALLY GOING ON INSIDE  
US.” — PETE SCAZZERO**



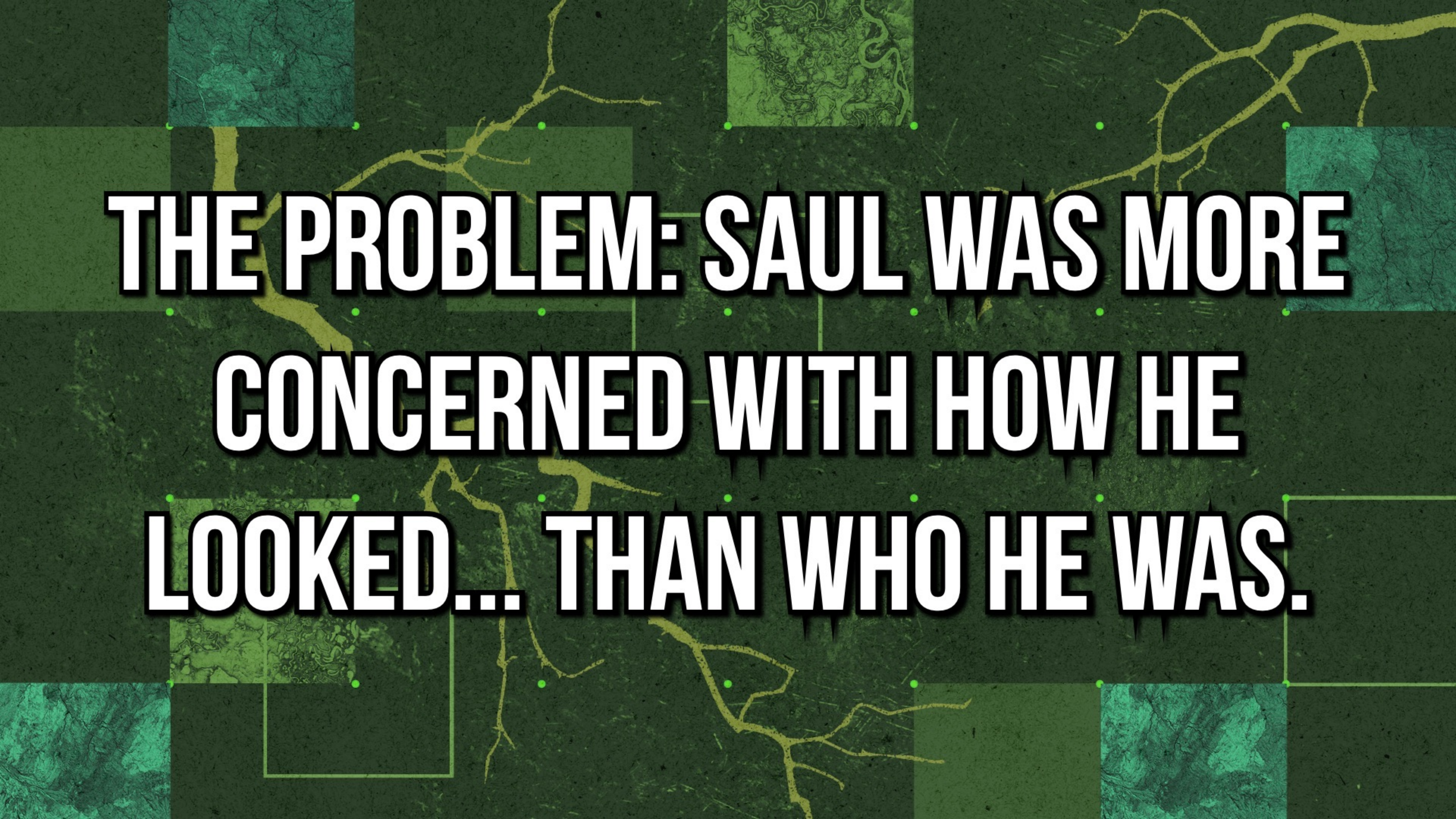
**THE DIFFERENCE BETWEEN SAUL  
AND DAVID WASN'T PERFECTION IT  
WAS AWARENESS.**

## 1 SAMUEL 13:13-14 NLT

**“HOW FOOLISH!” SAMUEL EXCLAIMED. “YOU HAVE NOT KEPT THE COMMAND THE LORD YOUR GOD GAVE YOU. HAD YOU KEPT IT, THE LORD WOULD HAVE ESTABLISHED YOUR KINGDOM OVER ISRAEL FOREVER. <sup>14</sup> BUT NOW YOUR KINGDOM MUST END, FOR THE LORD HAS SOUGHT OUT A MAN AFTER HIS OWN HEART. THE LORD HAS ALREADY APPOINTED HIM TO BE THE LEADER OF HIS PEOPLE, BECAUSE YOU HAVE NOT KEPT THE LORD’S COMMAND.”**

# 1 SAMUEL 15:20 NLT

**“BUT I DID OBEY THE LORD,” SAUL INSISTED. “I CARRIED OUT THE MISSION HE GAVE ME. I BROUGHT BACK KING AGAG, BUT I DESTROYED EVERYONE ELSE. <sup>21</sup> THEN MY TROOPS BROUGHT IN THE BEST OF THE SHEEP, GOATS, CATTLE, AND PLUNDER TO SACRIFICE TO THE LORD YOUR GOD IN GILGAL.”**



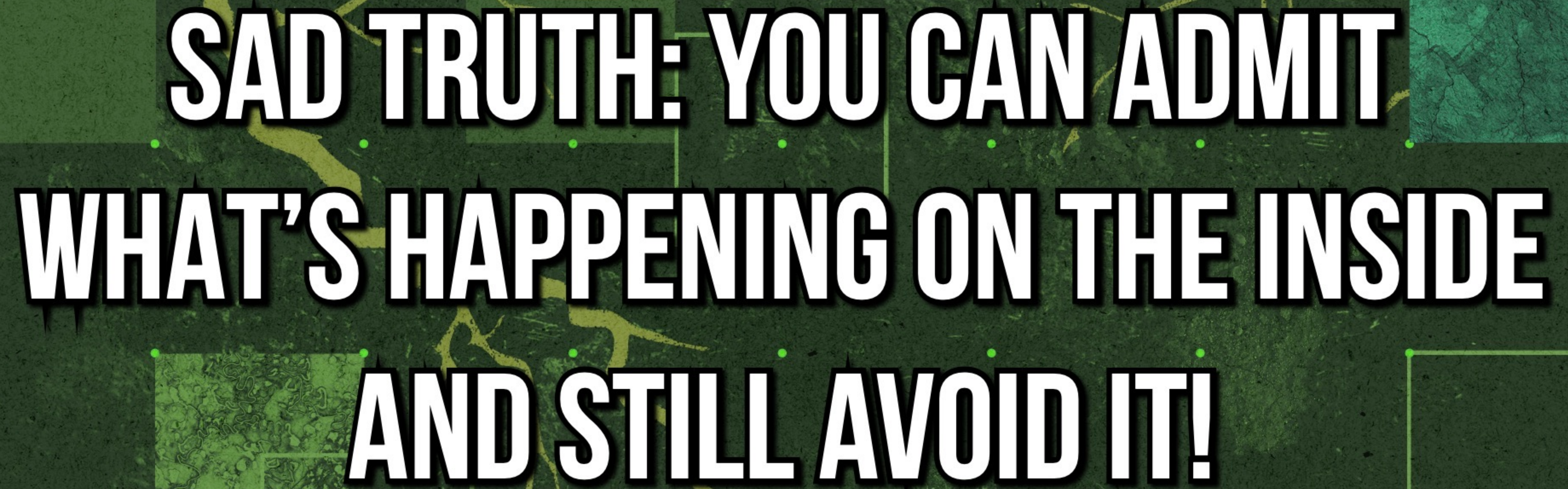
**THE PROBLEM: SAUL WAS MORE  
CONCERNED WITH HOW HE  
LOOKED... THAN WHO HE WAS.**

# 1 SAMUEL 15:24 NLT

**THEN SAUL ADMITTED TO SAMUEL, "YES, I HAVE SINNED. I HAVE DISOBEYED YOUR INSTRUCTIONS AND THE LORD'S COMMAND, FOR I WAS AFRAID OF THE PEOPLE AND DID WHAT THEY DEMANDED."**

**1 SAMUEL 15:30 NLT**

**THEN SAUL PLEADED AGAIN, "I KNOW I HAVE SINNED. BUT PLEASE, AT LEAST HONOR ME BEFORE THE ELDERS OF MY PEOPLE AND BEFORE ISRAEL BY COMING BACK WITH ME SO THAT I MAY WORSHIP THE LORD YOUR GOD."**



**SAD TRUTH: YOU CAN ADMIT  
WHAT'S HAPPENING ON THE INSIDE  
AND STILL AVOID IT!**

## PSALM 51: 1-4

HAVE MERCY ON ME, O GOD, BECAUSE OF YOUR UNFAILING LOVE. BECAUSE OF YOUR GREAT COMPASSION, BLOT OUT THE STAIN OF MY SINS. <sup>2</sup> WASH ME CLEAN FROM MY GUILT. PURIFY ME FROM MY SIN. <sup>3</sup> FOR I RECOGNIZE MY REBELLION; IT HAUNTS ME DAY AND NIGHT. <sup>4</sup> AGAINST YOU, AND YOU ALONE, HAVE I SINNED; I HAVE DONE WHAT IS EVIL IN YOUR SIGHT. YOU WILL BE PROVED RIGHT IN WHAT YOU SAY, AND YOUR JUDGMENT AGAINST ME IS JUST.

# PSALM 51: 10-11

<sup>10</sup> CREATE IN ME A CLEAN HEART, O GOD. RENEW A LOYAL SPIRIT WITHIN ME. <sup>11</sup> DO NOT BANISH ME FROM YOUR PRESENCE, AND DON'T TAKE YOUR HOLY SPIRIT FROM ME.

# PSALM 51: 16-17

**YOU DO NOT DESIRE A SACRIFICE, OR I WOULD OFFER ONE. YOU DO NOT WANT A BURNT OFFERING. <sup>17</sup> THE SACRIFICE YOU DESIRE IS A BROKEN SPIRIT. YOU WILL NOT REJECT A BROKEN AND REPENTANT HEART, O GOD.**

# PSALM 42:11 NLT

**“WHY AM I DISCOURAGED? WHY IS MY HEART SO SAD? I WILL  
PUT MY HOPE IN GOD! I WILL PRAISE HIM AGAIN— MY SAVIOR  
AND MY GOD!”**

# PSALM 139:23-24 NLT

**SEARCH ME, O GOD, AND KNOW MY HEART; TEST ME AND KNOW MY ANXIOUS THOUGHTS. <sup>24</sup> POINT OUT ANYTHING IN ME THAT OFFENDS YOU, AND LEAD ME ALONG THE PATH OF EVERLASTING LIFE.**

# PSALM 51:3—4 NLT

**FOR I RECOGNIZE MY REBELLION; IT HAUNTS ME DAY AND NIGHT. AGAINST YOU, AND YOU ALONE, HAVE I SINNED; I HAVE DONE WHAT IS EVIL IN YOUR SIGHT. YOU WILL BE PROVED RIGHT IN WHAT YOU SAY, AND YOUR JUDGMENT AGAINST ME IS JUST.**

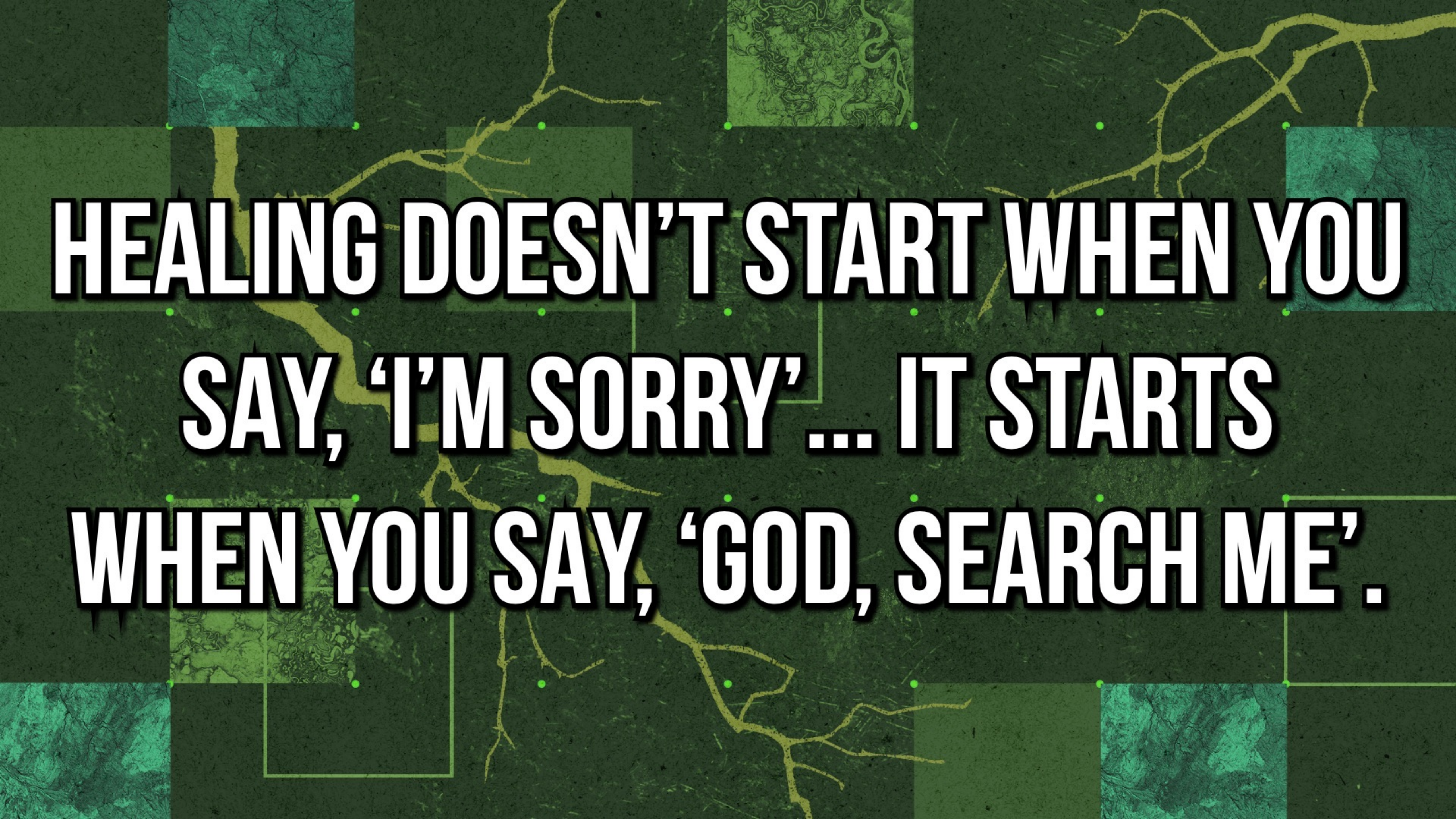


# SAUL VS. DAVID

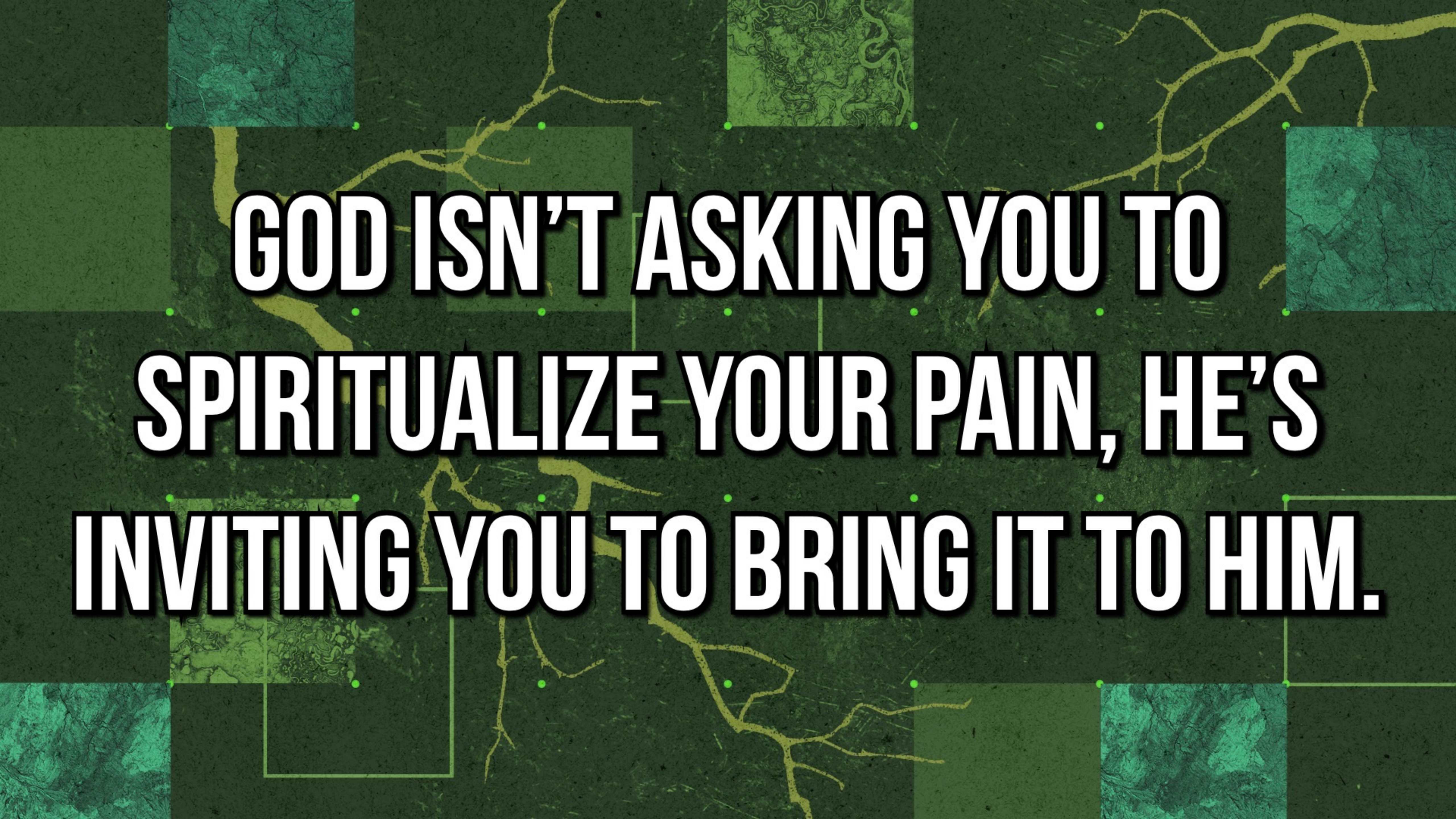
**GOD DIDN'T REJECT SAUL BECAUSE HE  
MESSED UP... HE REJECTED HIM  
BECAUSE HE REFUSED TO DEAL WITH  
WHAT WAS REALLY GOING ON.**



**ARE YOU SAUL... OR ARE YOU DAVID?**



**HEALING DOESN'T START WHEN YOU  
SAY, 'I'M SORRY' ... IT STARTS  
WHEN YOU SAY, 'GOD, SEARCH ME'.**



**GOD ISN'T ASKING YOU TO  
SPIRITUALIZE YOUR PAIN, HE'S  
INVITING YOU TO BRING IT TO HIM.**

The background is a dark green, textured surface with several rectangular panels of different shades of green and teal. Overlaid on this are intricate, branching patterns in a lighter green color, resembling roots or veins. Small green dots are scattered across the composition.

**HOW DO WE REMAIN EMOTIONALLY IMMATURE?**

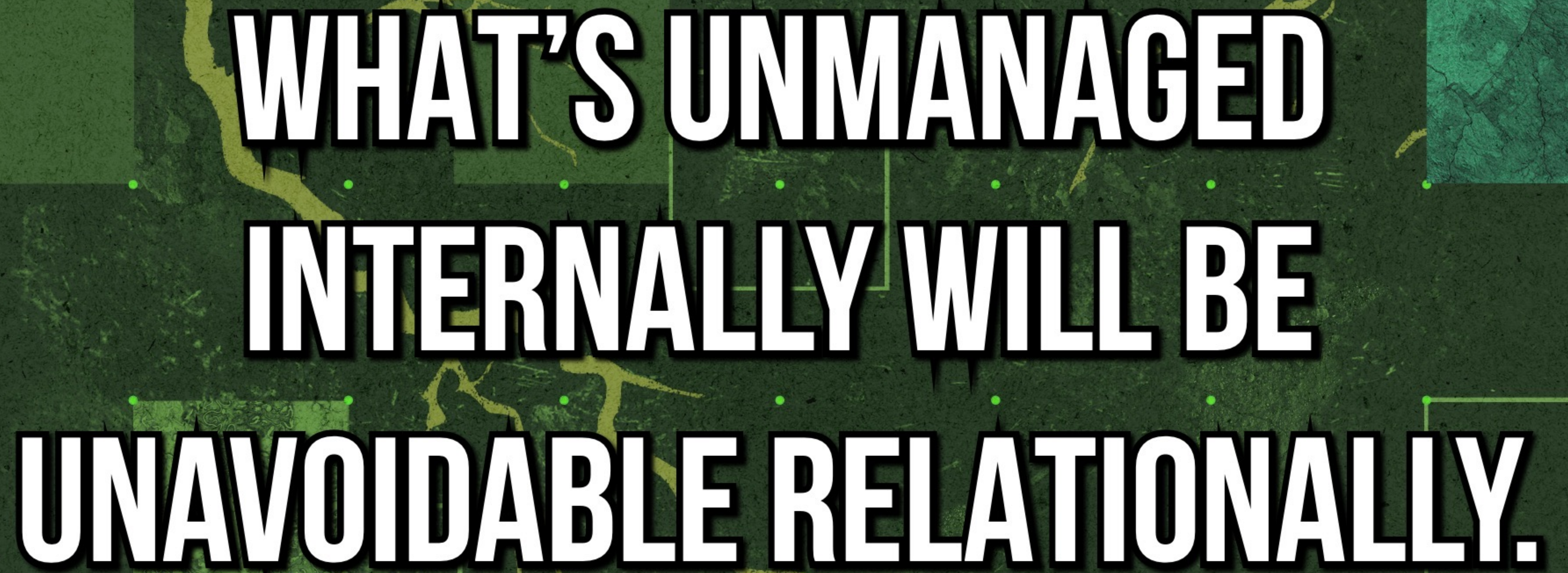
**2. WE IGNORE WHAT'S GOING ON INSIDE**



**WHAT YOU DON'T PROCESS,  
YOU PASS ON!!!**



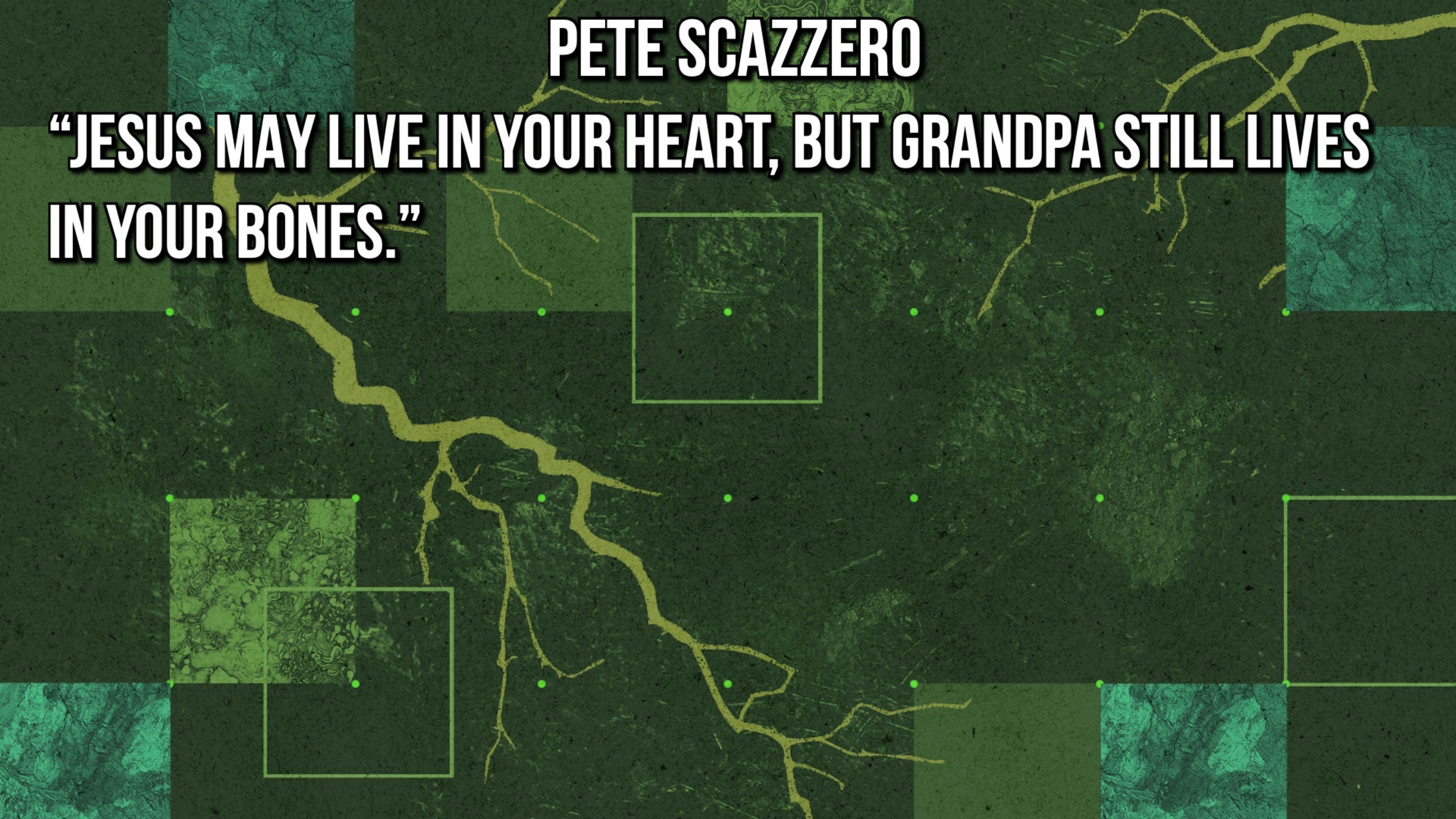
**UNPROCESSED PAIN BECOMES  
SOMEONE ELSE'S PROBLEM.**



**WHAT'S UNMANAGED  
INTERNALLY WILL BE  
UNAVOIDABLE RELATIONALLY.**

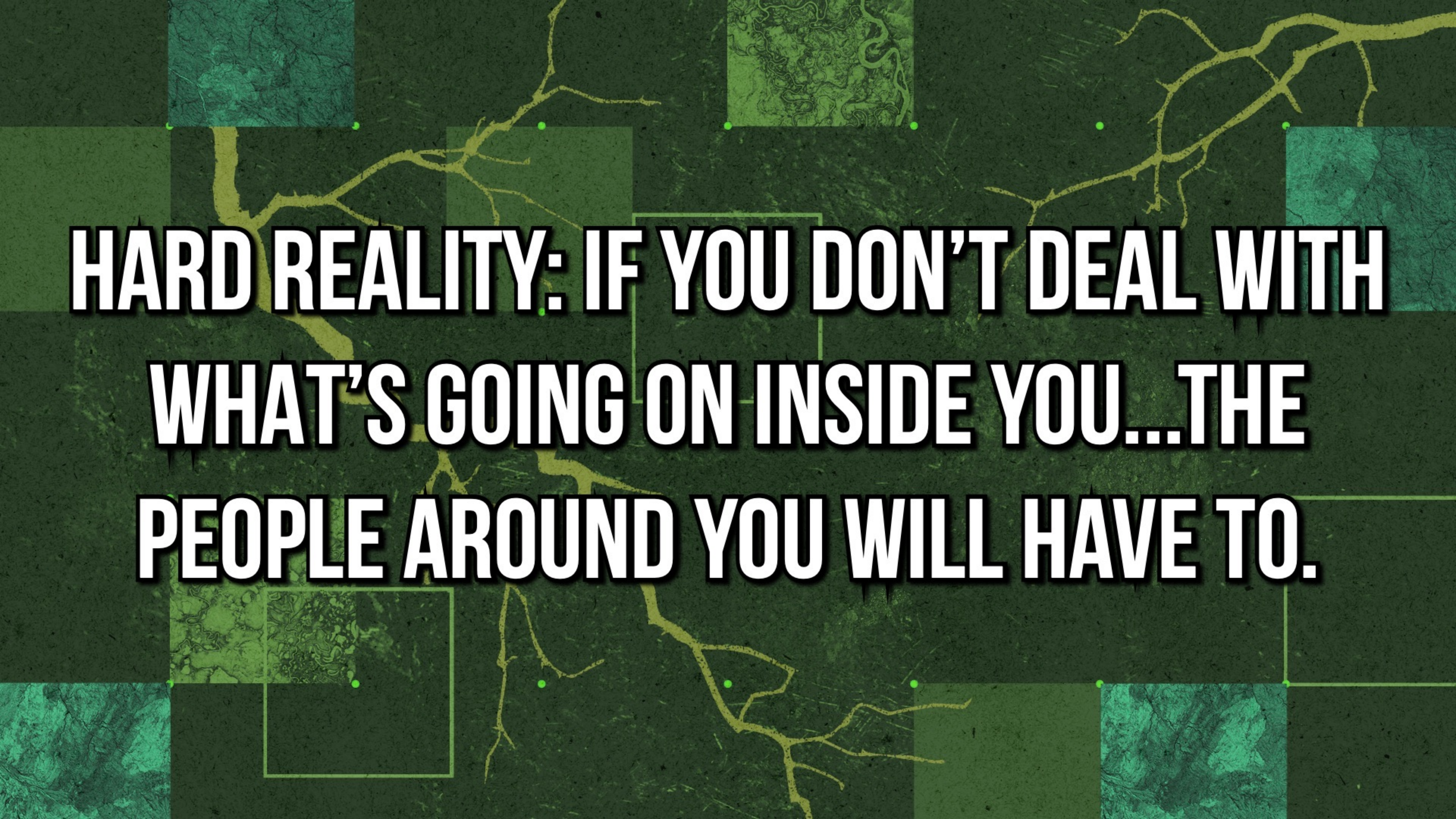
**PETE SCAZZERO**

**“JESUS MAY LIVE IN YOUR HEART, BUT GRANDPA STILL LIVES  
IN YOUR BONES.”**



# EXODUS 20:5

**I LAY THE SINS OF THE PARENTS UPON THEIR CHILDREN; THE ENTIRE FAMILY IS AFFECTED—EVEN CHILDREN IN THE THIRD AND FOURTH GENERATIONS OF THOSE WHO REJECT ME.**



**HARD REALITY: IF YOU DON'T DEAL WITH  
WHAT'S GOING ON INSIDE YOU...THE  
PEOPLE AROUND YOU WILL HAVE TO.**

# PSALM 139:23

**SEARCH ME, O GOD, AND KNOW MY HEART; TEST ME AND  
KNOW MY ANXIOUS THOUGHTS.**





**HOW DO WE REMAIN EMOTIONALLY IMMATURE?**

**3. WE STAY BUSY FOR GOD, WHILE REMAINING  
DISCONNECTED FROM HIM.**

The background is a dark green, textured surface. It features a grid of squares in various shades of green and teal. Overlaid on this grid are glowing yellow, root-like patterns that branch out across the squares. Small green dots are scattered at the intersections of the grid lines.

**ACTIVITY FOR GOD IS NOT THE SAME AS  
INTIMACY WITH GOD!**

## **LUKE 10:38-42 NLT**

**AS JESUS AND THE DISCIPLES CONTINUED ON THEIR WAY TO JERUSALEM, THEY CAME TO A CERTAIN VILLAGE WHERE A WOMAN NAMED MARTHA WELCOMED HIM INTO HER HOME. <sup>39</sup> HER SISTER, MARY, SAT AT THE LORD'S FEET, LISTENING TO WHAT HE TAUGHT.**

## LUKE 10:38-42 NLT

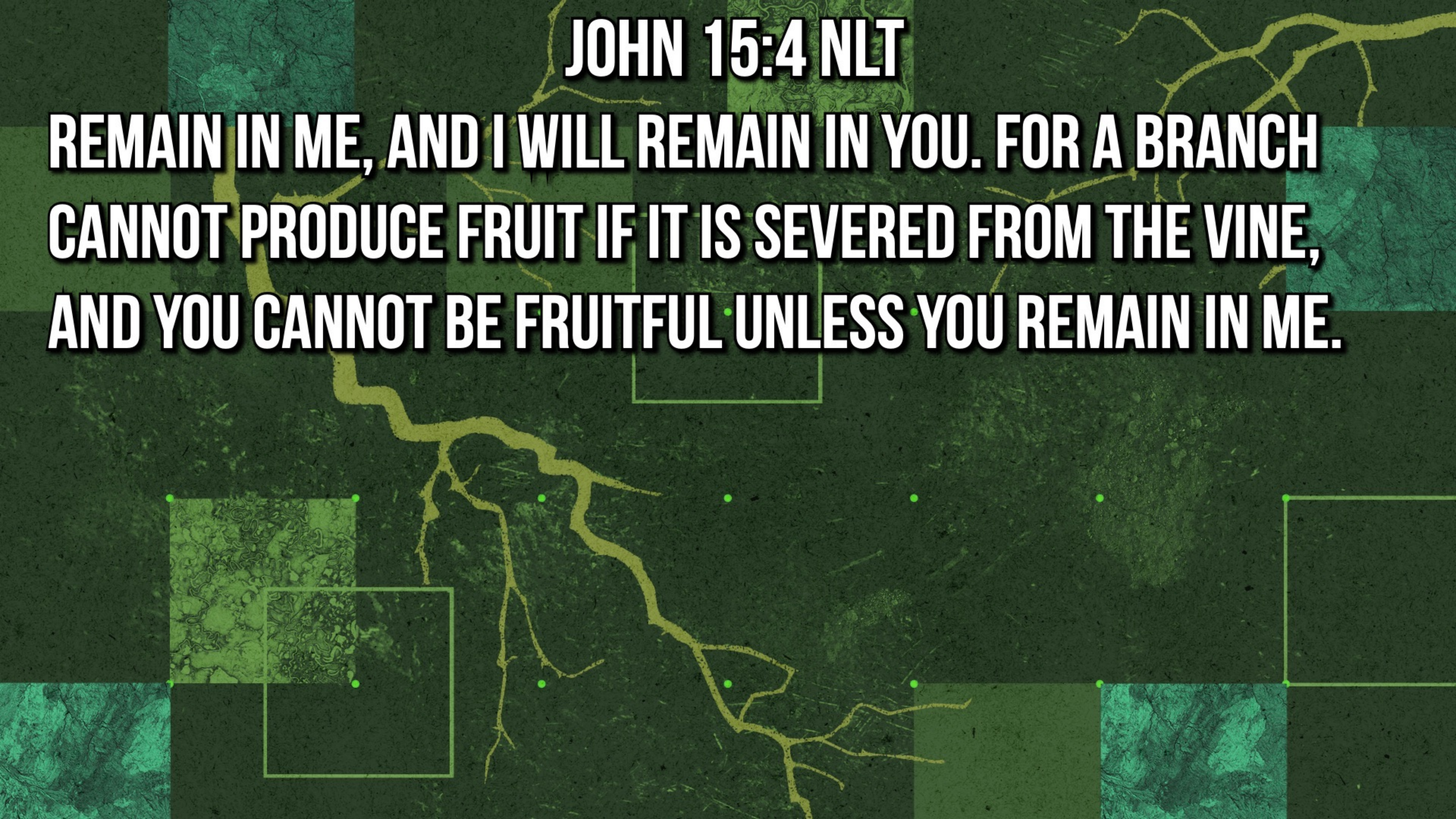
<sup>40</sup> BUT MARTHA WAS DISTRACTED BY THE BIG DINNER SHE WAS PREPARING. SHE CAME TO JESUS AND SAID, “LORD, DOESN’T IT SEEM UNFAIR TO YOU THAT MY SISTER JUST SITS HERE WHILE I DO ALL THE WORK? TELL HER TO COME AND HELP ME.”

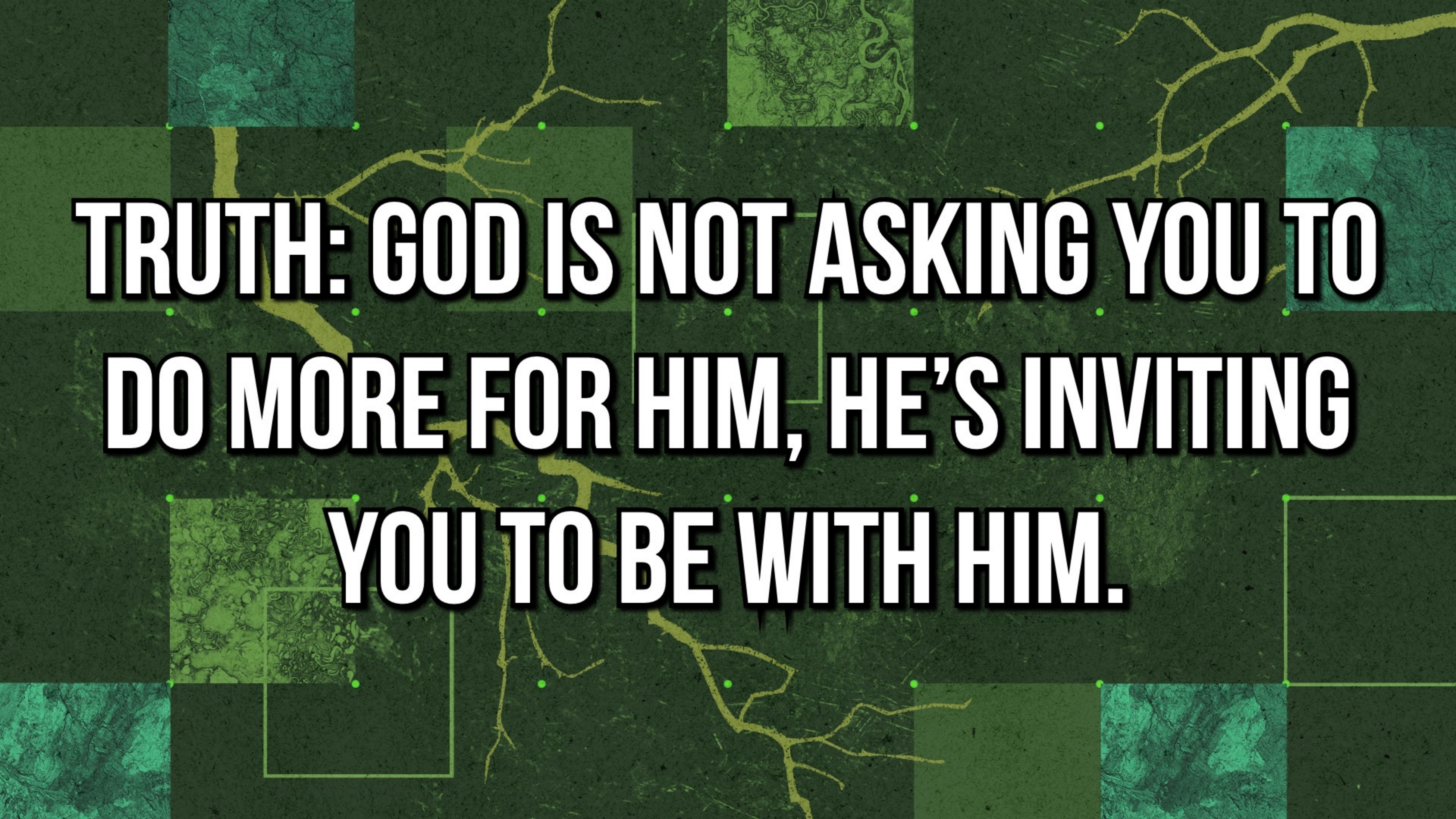
# LUKE 10:38-42 NLT

**<sup>41</sup> BUT THE LORD SAID TO HER, “MY DEAR MARTHA, YOU ARE WORRIED AND UPSET OVER ALL THESE DETAILS! <sup>42</sup> THERE IS ONLY ONE THING WORTH BEING CONCERNED ABOUT. MARY HAS DISCOVERED IT, AND IT WILL NOT BE TAKEN AWAY FROM HER.”**

## JOHN 15:4 NLT

**REMAIN IN ME, AND I WILL REMAIN IN YOU. FOR A BRANCH CANNOT PRODUCE FRUIT IF IT IS SEVERED FROM THE VINE, AND YOU CANNOT BE FRUITFUL UNLESS YOU REMAIN IN ME.**





**TRUTH: GOD IS NOT ASKING YOU TO  
DO MORE FOR HIM, HE'S INVITING  
YOU TO BE WITH HIM.**



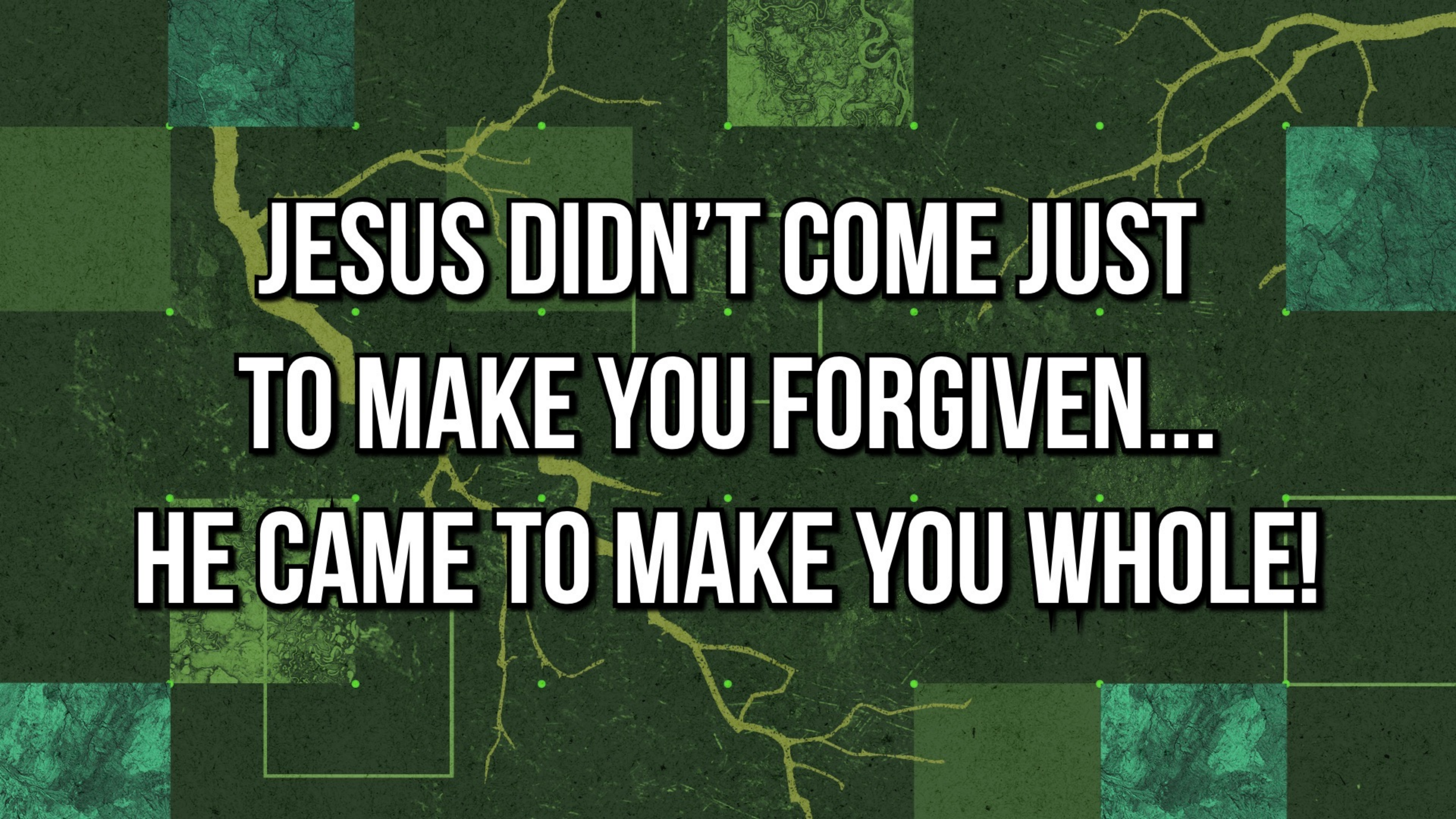
**GOD ISN'T AFTER YOUR  
PERFORMANCE,  
HE'S AFTER YOUR PRESENCE.**

# **SIGNS OF EMOTIONALLY UNHEALTHY SPIRITUALITY**

- **USING GOD TO RUN FROM GOD**
- **IGNORING ANGER, SADNESS, AND FEAR**
- **DYING TO THE WRONG THINGS**
- **DENYING THE PAST'S IMPACT ON THE PRESENT**
- **DIVIDING LIFE INTO "SECULAR" AND SPIRITUAL"**
- **DOING FOR GOD INSTEAD OF BEING WITH GOD**

# REFLECTION QUESTIONS

- **WHERE AM I AVOIDING INSTEAD OF ENGAGING?**
- **WHAT EMOTION HAVE I BEEN IGNORING?**
- **WHERE AM I DOING FOR GOD INSTEAD OF BEING WITH HIM?**



**JESUS DIDN'T COME JUST  
TO MAKE YOU FORGIVEN...  
HE CAME TO MAKE YOU WHOLE!**



**IF YOU WANT DEEP ROOTS, YOU HAVE TO  
BE WILLING TO GO TO DEEP PLACES!**



# ROOTED

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HEALTHY  
FAITH THAT  
LASTS