



## Session 1: The Problem of Emotionally Unhealthy Spirituality

What makes you feel fully alive?

### Which of these symptoms are most relevant in your life today:

- |   |  |
|---|--|
| <input type="checkbox"/> Using God to run from God                            | <input type="checkbox"/> Doing for God instead of being with God         |
| <input type="checkbox"/> Ignoring the emotions of anger, sadness, and fear    | <input type="checkbox"/> Spiritualizing away conflict                    |
| <input type="checkbox"/> Dying to the wrong things                            | <input type="checkbox"/> Covering over brokenness, weakness, and failure |
| <input type="checkbox"/> Denying the past's impact on the present             | <input type="checkbox"/> Living without limits                           |
| <input type="checkbox"/> Dividing life into "secular" and "sacred" components | <input type="checkbox"/> Judging the spiritual journeys of others        |

### 1 Samuel 15:7-24

1. What words and phrases reveal the depth of God's and Samuel's feelings around the choices Saul made?
2. How would you describe the things Saul was unaware of within himself?
3. What might be one example of how you do religious activity, but it is disconnected from your heart and life?

### Write down the number beside each statement that best describes your response:

- |   |                       |
|---|-----------------------|
| _____ I compare myself a lot to other people.   | 5 = Always true       |
| _____ I often say "yes" when I prefer to say "no".  | 4 = Frequently true   |
| _____ I often don't speak up to avoid the disapproval of others.                                  | 3 = Occasionally true |
| _____ People close to me would describe me as defensive and easily offended.                      | 2 = Rarely true       |
| _____ I have a hard time laughing at my shortcomings and failures.                                | 1 = Never true        |
| _____ I avoid looking weak or foolish in social situations.                                       |                       |
| _____ I am not always the person I appear to be.  |                       |
| _____ I struggle with taking risks because I could fail or look foolish.                          |                       |
| _____ My sense of worth/wellbeing comes from what I have, what I do, or what others think of me.  |                       |
| _____ I often act like a different person when in different situations and with different people. |                       |

### Application:

1. What challenges keep you from slowing down your life to be with God?
2. In our spiritual lives, our activity can be out of balance with our contemplative life. How do these two currently balance with each other in your spiritual life?
3. What might be one or two simple steps you can take toward beginning to slow down your life and balance these things in your life?