

SESSION TITLE: The Problem of Emotionally Unhealthy Spirituality

BOOK READING: Chapter 1-3

KEY SCRIPTURE REFERENCE: I Samuel 15:7-24

INTRODUCTORY COMMENTS

Welcome to a new journey for us as a group of people. You may be experiencing some real excitement about what lies ahead of us. Undoubtedly, some may be feeling some apprehension about exploring areas of your life that hang back in the shadows of our hearts. Our invitation to you is to at least be open to the possibilities of where this journey could take us as it relates to experiencing real growth emotionally and spiritually. Thanks for joining us. **“All we do...we ALL do.”**

[OPEN YOUR TIME TOGETHER IN PRAYER]

CONNECTING

1. If this is a new group that is not acquainted with one another: What are 3 interesting facts about you, your job or your family?
2. What are your initial impressions about the Emotionally Healthy Spirituality Series?

[PLAY THE DVD VIDEO MESSAGE FROM PASTOR LES (SESSION 1)]

DISCOVERING

[READ I Samuel 15:7-24]

3. We often have things happening below the surface (iceberg) that we are unaware of. What might have been going on beneath the surface of Saul's life that he was unaware of?
4. Look again at I Samuel 15:19-23. Saul was going through the outward motions of making “burnt offerings” and “sacrifices” but wasn't really obeying the Lord. What are some examples of how we do the same thing?
5. Why is it sometimes difficult to honestly face what is REALLY going on below the surface in our lives?
6. What are some potential consequences of ignoring those things?

APPLYING

7. Read the “Ten Top Symptoms of Emotionally Unhealthy Spirituality” on **page 24** of Emotionally Healthy Spirituality book. Which one of these symptoms did you most closely relate to?
8. What challenges keep you from **slowing down** your life to be with God?