

Mid-Week Worship

Emotionally Healthy Discipleship

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Introduction Week 1

Text: Emotionally Healthy Discipleship by Peter Scazzero

Thesis: "Following Jesus requires emotional maturity, not just spiritual activity"

Emotionally Healthy Discipleship invites us to do several things:

- _____
- _____
- Don't simply serve publicly and silently ignore the parts of your inner life that are _____, _____, _____, _____, or _____

You cannot be spiritually mature while remaining emotionally immature

- Jesus cares about _____
- Jesus cares about _____
- Jesus cares about what's happening beneath the surface of our _____

Discipleship is not simply:

- _____
- _____
- _____
- _____

Scripture Foundation | Mark 12: 30-31

"Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.' 31 The second is this: 'Love your neighbor as yourself.' There is no commandment greater than these."

For Reflection:

- We cannot love God well while ignoring our soul
- We cannot love neighbors well if we haven't learned to face our inner life
- We cannot "disciple" others into places we refuse to go ourselves

Emotionally Healthy Discipleship is not about perfection, it's about permission

- Permission to _____
- Permission to _____
- Permission to _____
- Permission to _____

Jesus is not intimidated by our humanity, **He meets us there!**

Discipleship is becoming more like Jesus in how we love God, and how we love people!

Questions to consider:

1. Why is "transformation" not the same thing as "buzy-ness"?
2. Have you ever been spiritually busy, but emotionally tired?
3. Which is easier for you: Prayer and church activity or honest self reflection? Why?
4. How would you describe your Emotional Discipleship?