

# Worksheet 2

## Biblical Roots for Emotionally Healthy Discipleship

1. God cares about the \_\_\_\_\_, \_\_\_\_\_ parts of who we are

- 1 Samuel 16:7
- Psalm 51:6

**God values the inner life.**

2. Spiritual maturity is directly connected to how we \_\_\_\_\_ people

- 1 John 4:20
- John 13:34-35

**Jesus doesn't say people will know us by our gifts, but by our love.**

3. Growth in Christ often requires \_\_\_\_\_, not rushing

- John 15:45

**Abiding is the opposite of frantic church busyness, its presence, not performance.**

4. Discipleship includes \_\_\_\_\_ and honest interior reflection

- Psalm 139: 23-24

**Our inner world drives our outer world.**

5. We can be busy "working for God" yet \_\_\_\_\_

- Revelations 2:2-4

**Activity without affection for God = danger zone.**

6. Jesus \_\_\_\_\_ emotional honesty in His own life

- John 11:35

**Jesus did not suppress his emotions, He lived emotionally present**

7. Transformation is about inner renewing not behavior \_\_\_\_\_

- Romans 12:2

**The work is from the inside out.**

**Mid-Week Worship**  
**Emotionally Healthy Discipleship**  
**Dr. Vernon C. Walton, Facilitator**