STUDY GUIDE | JULY 12 2020

THE PROBLEM OF EMOTIONALLY UNHEALTHY SPIRITUALITY

THE POINTS FROM THIS WEEK'S MESSAGE WERE:

Three emotionally unhealthy postures:

- Playing the blame game
- Holding on to an embittered spirit
- Resisting change

LET'S TALK

1. What impacted you the most from this week's message?

2. Read John 5:1-15. In this story, there are a number of characters.
   - The crippled man who's been stuck in his circumstances for years
   - The religious leaders who miss the point because they're overly concerned with the "rules"
   - Jesus who has compassion for the hurting.

   Which character do you identify most with right now?

3. It seems strange for Jesus to ask a man who's been crippled for 38 years if he wants to get well. Why do you think he asks this question?

4. Charles Kraft says, "Being honest with oneself and with God is the only way to get through all the emotional garbage that has piled up over the years."
   Do you ever find it hard to be honest with yourself and with God? If so, what makes it so difficult?

5. Pastor Andrew suggests three practical steps to begin a journey of developing an emotionally healthy spirituality:
   - Accept personal responsibility
   - Identify deep wounds
   - Take practical steps toward healing

   Which one of these do you sense you most need to do this week?

LET'S PRAY

Spend some time in prayer (for each other, for our community and for the world).