

# Emotionally Healthy Spirituality Course

## Sermon 3: Going Back in Order to Go Forward

Genesis 50:15–21

### THE PROBLEM OF EMOTIONALLY UNHEALTHY SPIRITUALITY

#### Seven Pathways

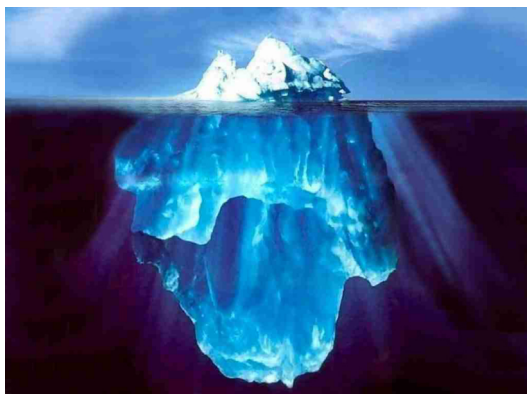
1. Know Yourself That You May Know God
2. Going Back in Order to Go Forward
3. Journey through the Wall
4. Enlarge Your Soul through Grief and Loss
5. Discover the Rhythms of the Daily Office and Sabbath
6. Grow into an Emotionally Mature Adult
7. Go the Next Step to Develop a “Rule of Life”

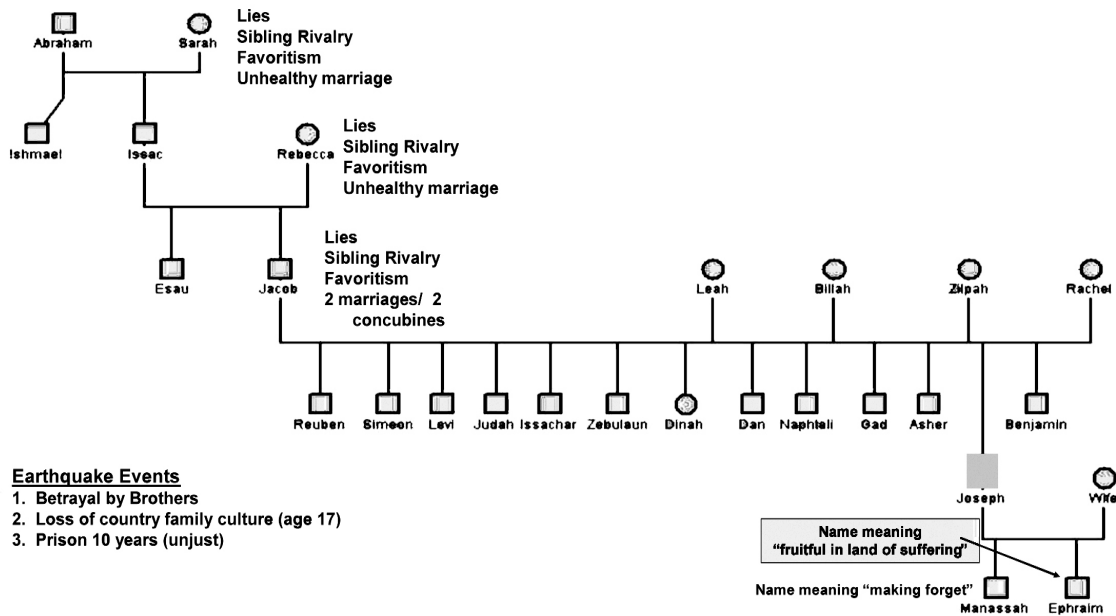
Pre-wired by God That Five Basic Needs Be Met for Healthy Development —Pesso

- need for “place”
- need for nurture
- need for support
- need for protection
- need for limits

#### ICEBERG MODEL

#### WHAT LIES BENEATH THE SURFACE





## Family Scale

Very Troubled

Very Nurturing

1 \_\_\_\_\_ 100

## THREE PRACTICAL APPLICATIONS

### 1. Recognize the Iceberg in You from Your Family

#### TEN COMMANDMENTS OF YOUR FAMILY

##### 1. MONEY

Money is the best source of security.

##### 2. CONFLICT

Avoid conflict at all costs.

##### 3. SEX

Sex is not to be spoken about openly.

##### 4. GRIEF AND LOSS

Sadness is a sign of weakness,

##### 5. EXPRESSING ANGER

Anger is dangerous and bad.

##### 6. FAMILY

Duty to family and culture comes before everything

##### 7. RELATIONSHIPS

Don't trust people. They will let you down.  
Nobody will ever hurt me again.  
Don't show vulnerability.

##### 8. ATTITUDES TOWARD OTHER CULTURES

Do not marry a person of another race or culture.

##### 9. SUCCESS

Success is shown by making lots of money.

##### 10. FEELINGS AND EMOTIONS

## **2. Discern the Good God Intends—“in, through and in spite of” Your Family and Past**

### **3. Make the Decision to Do the Hard Work of Discipleship**

*You intended (PLANNED) to harm me, but God intended (PLANNED) it for good to accomplish what is now being done, the saving of many lives. —Genesis 50:20*

*“For I know the plans I have for you,” declares the LORD, “Plans to prosper you and not to harm you, plans to give you a hope and a future.” —Jeremiah 29:11*

*And we know that in all things God works for the good of those who love him, who have been called according to his purpose. —Romans 8:28*

*Many are the plans in a man’s heart, but it is the LORD’s purpose that prevails. —Proverbs 19:21*

