

Emotionally Healthy Spirituality Course

Sermon 9: Summary and Applications

Selected Scriptures

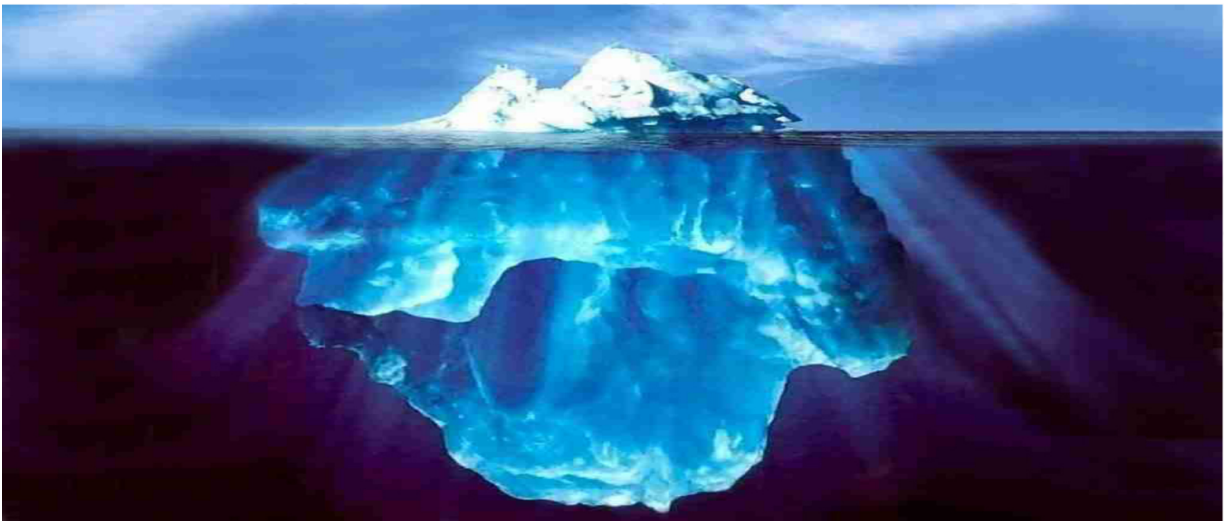
THE PROBLEM OF EMOTIONALLY UNHEALTHY SPIRITUALITY

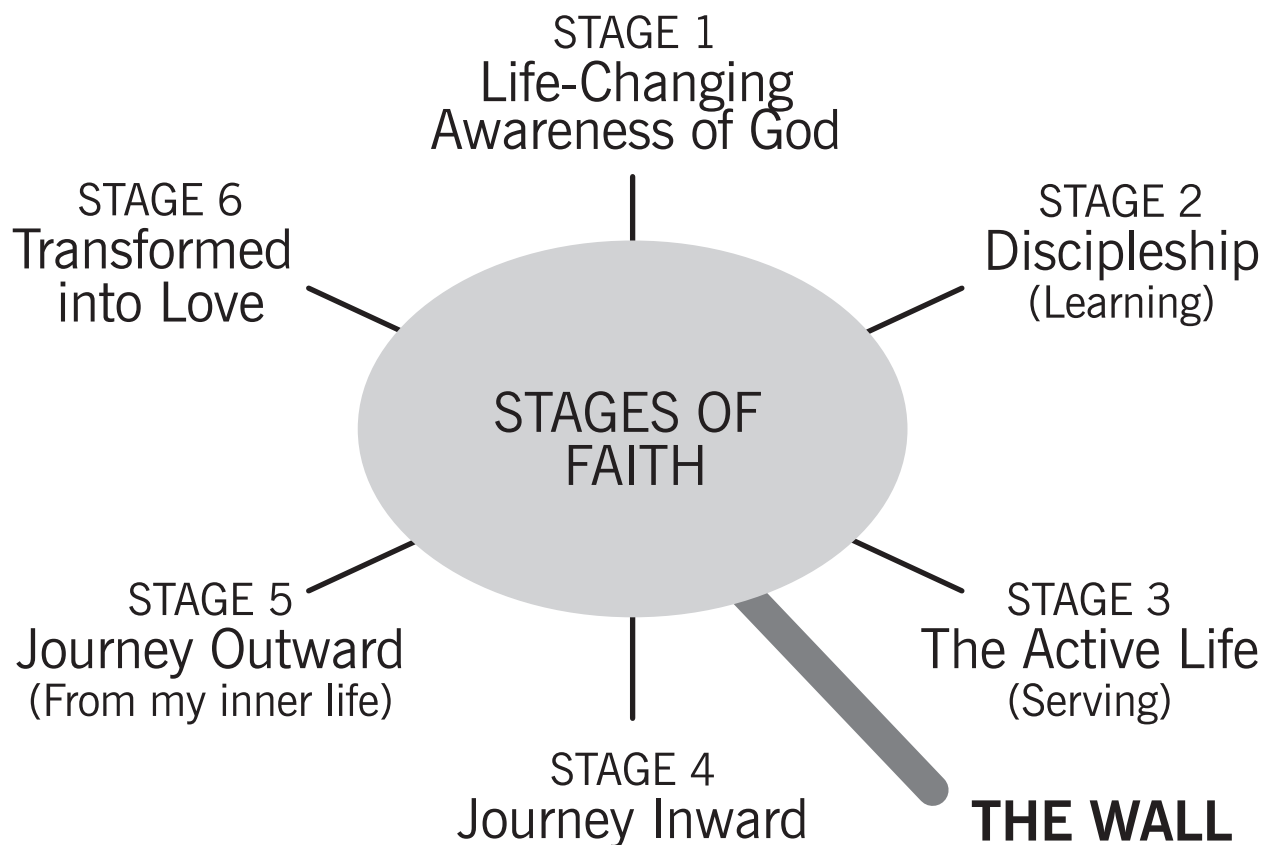
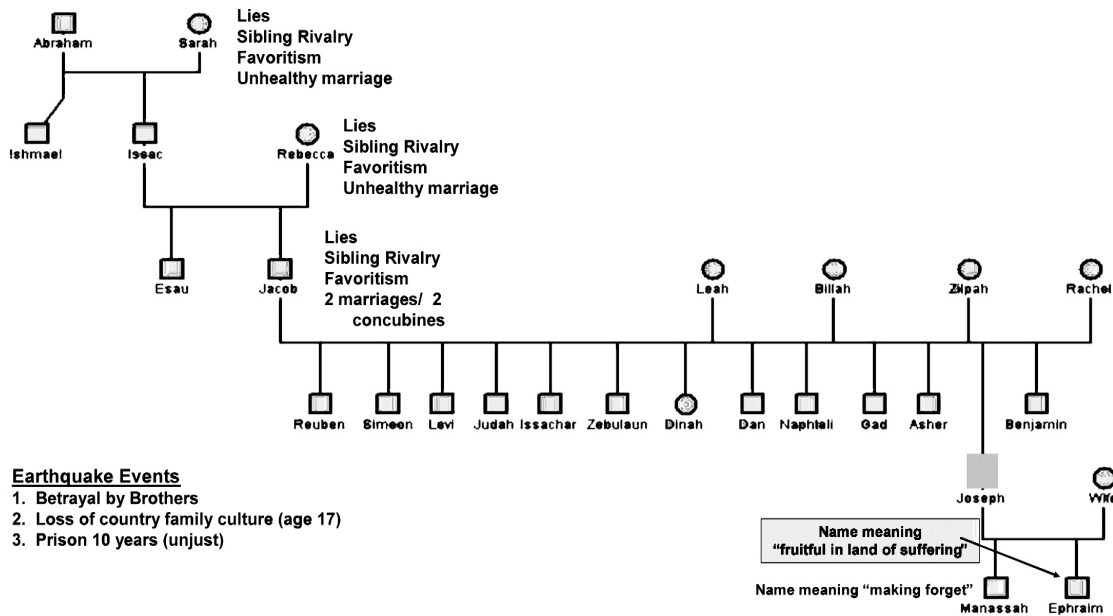
Seven Pathways

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”

ICEBERG MODEL

WHAT LIES BENEATH THE SURFACE

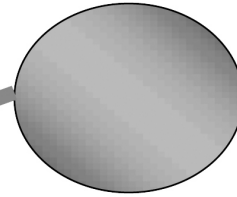




Adapted from
Janet Hagberg/ Robert Guelich

Contemplation
(Being w/ God)

Activity



Your Life

"RULE" OF LIFE

from Greek word *TRELLIS*

A framework or structure to help enable us to continually pay attention to God



Prayer

- Scripture
- Silence and Solitude
- Daily Office
- Study

Rest

- Sabbath
- Simplicity
- Play and Recreation

Activity

- Service and Mission
- Care for the Physical Body

Relationships

- Emotional Health
- Family
- Community (companions for your journey)