

# BEGIN THE JOURNEY INTO EMOTIONALLY HEALTHY SPIRITUALITY

## Part 2: Know Yourself that You May Know God 1 Samuel 17

### THE PROBLEM OF EMOTIONALLY UNHEALTHY SPIRITUALITY

#### 7 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”

#### FALSE SELF-SYMPTOMS

1. I say “yes” when I really mean “no.”
2. I get depressed when people are upset with me.
3. I have a need to be approved by others to feel good about myself.
4. I act nice on the outside, but inside “I can’t stand you!”
5. I often remain silent in order to “keep the peace.”
6. I believe that if I make mistakes, I myself am a failure.
7. I avoid looking weak or foolish for not having the answer.
8. I criticize others in order to feel better about myself.
9. I have to be doing something exceptional to feel alive.
10. I have to be needed to feel alive.
11. I am fearful and can’t take risks.
12. I do what others want so they don’t get mad at me.
13. I use knowledge and competence to cover my feelings of inadequacy.
14. I want my children to behave well so others will think I am a good parent.
15. I compare myself a lot to other people.

#### THREE OBSTACLES THROUGH WHICH DAVID CUTS

1. His Family (vv.28-31)
2. Significant Others With Authority and Experience (vv. 32-33)
3. Goliath (vv.41-44)

#### FOUR PRACTICAL PRINCIPLES TO BEGIN MAKING THE RADICAL TRANSITION TO LIVING FAITHFUL TO OUR TRUE SELF IN CHRIST

1. Pay Attention to Your Interior in Silence and Solitude
2. Find Trusted Companions
3. Move Out of Your Comfort Zone
4. Pray for Courage

*He guides me in paths of righteousness for his name’s sake.  
Psalm 23:3*