

WORKBOOK

EIGHT SESSIONS



# Emotionally Healthy Spirituality

UPDATED & REVISED

IT'S IMPOSSIBLE *to be* SPIRITUALLY MATURE,  
WHILE REMAINING EMOTIONALLY IMMATURE



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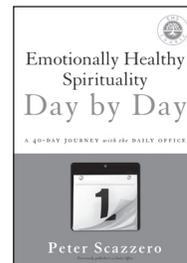


## SESSION 2

# Know Yourself That You May Know God

### Daily Office (8 minutes)

Do one of the Daily Offices from Week 2 of *Emotionally Healthy Spirituality Day by Day* to begin your session. **(Leaders, please see point number two in the “General Guidelines” on page 124.)**



### Introduction (3 minutes)

Self-awareness is intricately related to our relationship with God. In fact, the challenge of Scripture to shed our old “false” self in order to live authentically in our new “true” self strikes at the very core of true spirituality.

In AD 500, Augustine wrote in *Confessions*, “How can you draw close to God when you are far from your own self?” He prayed: “Grant, Lord, that I may know myself that I may know thee.”

In 1530, John Calvin wrote in his opening of the *Institutes of the Christian Religion*: “Our wisdom . . . consists almost entirely of two parts: the knowledge of God and of ourselves. But as these are connected together by many ties, it is not easy to determine which of the two precedes and gives birth to the other.”

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The vast majority of us go to our graves without knowing who we are. Without being fully aware of it, we live someone else's life, or at least someone else's expectations for us. This does violence to ourselves, to our relationship with God, and ultimately to others.



In order to facilitate a sense of safety at each small group table, please turn to pages 11–12 as the “Suggested Guidelines for the Group” are read aloud.

### **Growing Connected** (17 minutes)

1. *Day by Day* Debrief: What obstacles, difficulties, or successes did you experience in meeting with God this past week using the *EH Spirituality Day by Day* devotional? Have two or three people share. (7 minutes)
  
2. Describe your dream job. (10 minutes. Depending on group size, you may have to divide the group in two.)

### **VIDEO: Know Yourself That You May Know God** (13 minutes)

Watch the video segment for Session 2. Use the space provided to note anything that stands out to you.

NOTES

**Group Discussion** (45 minutes)

**Starters** (10 minutes)

After the following paragraph is read aloud, complete question 3 on your own.

The journey of genuine transformation to emotionally healthy spirituality begins with a commitment to allow yourself to feel. Feelings are an essential part of our humanity and unique personhood as men and women created in God's image. Scripture reveals God as an emotional being who feels as a person. Having been created in his image, we also are created with the gift to feel and experience emotions. Some of us may have learned that feelings are not to be trusted; that they are dangerous and can lead us away from God's will for us. While it is true that we are not to be led by our emotions, they do serve a critical function in our discipleship and discernment of God's will.

3. Journal your response to the questions on the next page in the space provided. Your concern can be something from the past, present, or future. Consider areas such as finances, health, relationships, work, etc. (5 min.)

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- What are you angry about?
  
  
  
  
  
  
  
  
  
  
- What are you sad about?
  
  
  
  
  
  
  
  
  
  
- What are you anxious about?
  
  
  
  
  
  
  
  
  
  
- What are you glad about?

4. Share in groups of two or three what it was like to journal your feelings? (5 min.)

***Bible Study: 1 Samuel 17:26–45 (35 minutes)***

In this famous story, the army of Israel faced the great army of the Philistines. For forty days, the Philistine hero Goliath, described as nine feet tall and dressed in powerful weaponry, challenged any Israelite soldier to come out and fight him. When the Israelites saw him, however, “they all fled from him in great fear” (1 Samuel 17:24). We pick up the story after David hears, for the first time, Goliath’s humiliating challenge to Israel’s army. Listen carefully as the story from 1 Samuel 17:26–45 is read aloud.

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<sup>26</sup> David asked the men standing near him, “What will be done for the man who kills this Philistine and removes this disgrace from Israel? Who is this uncircumcised Philistine that he should defy the armies of the living God?”

<sup>27</sup> They repeated to him what they had been saying and told him, “This is what will be done for the man who kills him.”

<sup>28</sup> When Eliab, David’s oldest brother, heard him speaking with the men, he burned with anger at him and asked, “Why have you come down here? And with whom did you leave those few sheep in the wilderness? I know how conceited you are and how wicked your heart is; you came down only to watch the battle.”

<sup>29</sup> “Now what have I done?” said David. “Can’t I even speak?” <sup>30</sup> He then turned away to someone else and brought up the same matter, and the men answered him as before. <sup>31</sup> What David said was overheard and reported to Saul, and Saul sent for him.

<sup>32</sup> David said to Saul, “Let no one lose heart on account of this Philistine; your servant will go and fight him.”

<sup>33</sup> Saul replied, “You are not able to go out against this Philistine and fight him; you are only a young man, and he has been a warrior from his youth.”

<sup>34</sup> But David said to Saul, “Your servant has been keeping his father’s sheep. When a lion or a bear came and carried off a sheep from the flock, <sup>35</sup> I went after it, struck it and rescued the sheep from its mouth. When it turned on me, I seized it by its hair, struck it and killed it. <sup>36</sup> Your servant has killed both the lion and the bear; this uncircumcised Philistine will be like one of them, because he has defied the armies of the living God. <sup>37</sup> The LORD who rescued me from the paw of the lion and the paw of the bear will rescue me from the hand of this Philistine.”

Saul said to David, “Go, and the LORD be with you.”

<sup>38</sup> Then Saul dressed David in his own tunic. He put a coat of armor on him and a bronze helmet on his head. <sup>39</sup> David fastened on his sword over the tunic and tried walking around, because he was not used to them.

“I cannot go in these,” he said to Saul, “because I am not used to

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them.” So he took them off. <sup>40</sup> Then he took his staff in his hand, chose five smooth stones from the stream, put them in the pouch of his shepherd’s bag and, with his sling in his hand, approached the Philistine.

<sup>41</sup> Meanwhile, the Philistine, with his shield bearer in front of him, kept coming closer to David. <sup>42</sup> He looked David over and saw that he was little more than a boy, glowing with health and handsome, and he despised him. <sup>43</sup> He said to David, “Am I a dog, that you come at me with sticks?” And the Philistine cursed David by his gods. <sup>44</sup> “Come here,” he said, “and I’ll give your flesh to the birds and the wild animals!”

<sup>45</sup> David said to the Philistine, “You come against me with sword and spear and javelin, but I come against you in the name of the LORD Almighty, the God of the armies of Israel, whom you have defied.”

5. In your own words, what are some of David’s thoughts and feelings when he hears Goliath’s challenge to Israel (v. 26)?
  
  
  
  
  
  
  
  
  
  
6. What are some of the accusations and messages David receives from the people around him?
  - From his own family (v. 28)
  
  
  
  - From Saul (vv. 33, 38)
  
  
  
  - From Goliath (vv. 41–45)



**Application** (15 minutes)

Take five minutes alone to prayerfully journal your responses to the questions below. (5 min.)

10. What might it look like for you to take off armor that you are currently wearing that does not fit you?

11. Many of us are so unaccustomed to distinguishing our true self from our false self that it may seem difficult to know where to begin. Complete the following sentence, and then share it with your group as a first step:  
*What I am beginning to realize about myself is . . .*

12. Share your responses in groups of two or three. (10 min.)

**VIDEO: Closing Summary** (6 minutes)

Watch the closing video summary for Session 2 and use the space provided to note anything that stands out to you.

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