

To begin the healing process, understand that the moment of _____ comes before the moment of _____.

Is there a gap between your _____ and your _____?

10 SYMPTOMS OF EMOTIONALLY UNHEALTHY PEOPLE

(from Peter Scazzero, *Emotionally Healthy Spirituality*, Chapter 1)

1. Using God to run from _____
2. Ignoring _____, _____, _____
3. Dying to the _____ things
4. Denying the impact of the _____ on the _____
5. Compartmentalizing between the _____ and the _____
6. _____ for God instead of _____ with God
7. Spiritualizing away _____
8. Covering up our _____, our _____, and our _____
9. Living without _____
10. Judging the _____ of others

1 <https://www.rwu.edu/undergraduate/student-life/health-and-counseling/health-education-program/dimensions-wellness>

Messy

Sermon Study Guide by Pastor Benjamin Orian // www.orian.us (download this guide & more)
All Bible references, unless otherwise noted, are from the New King James Version of the Holy Bible.
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Something is Desperately Wrong

1

2

3

4



“Then God said, ‘Let Us make man in Our image, according to Our likeness...’ So God created man in His Own image; in the image of God He created him...”

GENESIS 1:26-27

There are so many unhealthy relationships in the Church [in **our** church]. It’s easier to judge, criticize, and condemn than to forgive, offer grace, and love. Sometimes we say we love someone simply to cover up the Christian expectation that we love one another, but in reality we can’t stand that person.

“ Christian spirituality, without an integration of emotional health, can be deadly--to yourself, your relationship with God, and the people around.

(Peter Scazzero, *Emotionally Healthy Spirituality*, ch 1, paragraph 1)



There are so many broken relationships in the church. But in this self-evaluation, we need to ask:

!! How much damage have _____ done in the church because I was too afraid or unwilling to address my own _____ growth and maturity?


Often in life, _____ things are okay feels safer than being _____ and _____.

People can have authentic spiritual experiences--church, worship, Sabbath School, even personal Bible study--and remain _____.

THE ICEBERG EFFECT

We see _____%, while _____% remains hidden beneath the surface.


CREATED IN GOD'S IMAGE


 **GENESIS 1:26-27** "Then God said, 'Let us make man in Our _____, according to Our _____'... So God created man in His _____ image; in the image of _____ He created Him..."

According to Roger Williams University, there are 5 main aspects of what comprises a human being: (website reference noted on back of study guide)

- P is for _____ attributes
- I is for _____ attributes
- E is for _____ attributes
- S is for _____ attributes
- S is for _____ attributes



 **PSALM 139:14** "I will praise You, for I am _____ and _____ made; Marvelous are Your works, and that my soul knows very well."

 **GENESIS 3:6-13** "So when the woman saw that the tree was good for food, that it was pleasant to the eyes, **and a tree desirable to make one wise**, she took of its fruit and ate. She also gave to her husband with her, and he ate. ⁷Then the eyes of both of them were opened, and **they knew that they were naked; and they sewed fig leaves together and made themselves coverings**. ⁸And they heard the sound of the Lord God walking in the garden in the cool of the day, and **Adam and his wife hid themselves from the presence of the Lord God among the trees of the garden**. ⁹Then the Lord God called to Adam and said to him, "Where are you?" ¹⁰So he said, "I heard Your voice in the garden, and **I was afraid because I was naked; and I hid myself**." ¹¹And He said, "Who told you that you were naked? Have you eaten from the tree of which I commanded you that you should not eat?" ¹²**Then the man said, "The woman whom You gave to be with me, she gave me of the tree, and I ate."** ¹³And the Lord God said to the woman, "What is this you have done?" **The woman said, "The serpent deceived me, and I ate."**

You can't miss the disruption of the spiritual, the emotional, the intellectual, the physical, and the social in the story:

- » **Spiritually** they hid from God.
 - » **Intellectually** they desired to be wise.
 - » **Physically** they were ashamed.
 - » **Socially** they blamed each other and other things for the situation.
 - » **Emotionally** they ignored the real emotions of the failure.
- And so the image of God in man was marred.**

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