

WITNESS – Reaching out to others
(Aim for 20 – 30 minutes)

Go around the group and share a challenge you are facing so that others might pray for you.

When each person has shared pray for each other, with each person praying for the person on their right.

Conclude by praying

Dear Father,
you caused all holy Scriptures to be written for our learning:
help us to hear what you are saying to us today,
help us to read, mark, learn and inwardly digest your truth
that through your holy word we may embrace your love
and know the hope of everlasting life,
which you have given us through Jesus Christ our Lord.
Amen.

FOR NEXT WEEK'S STUDY:-

Peter Scazzero, *Emotionally Healthy Spirituality Day by Day*
(Zondervan 2014) Pages 37-53

EMOTIONALLY HEALTHY SPIRITUALITY

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I: Emotionally Unhealthy Spirituality

WELCOME – Breaking the ice
(Aim for 10 minutes)

Give an example (light hearted or serious) of when someone asked you to do something in a particular way but you ignored them and did it your own way instead.

WORSHIP – Meeting the Lord
(Aim for 10 – 15 minutes)

Either:

Read Psalm 119 verse 105 and then spend a short time thinking about how God's word guides you;

Or

Sing "Thy word is a lamp unto my feet" (SoF 1066).

Then thank God that his word is there to guide us. You might like to use other verses from Psalm 119 to praise and thank God for his word.

WORD – Applying the truth
(Aim for 40 – 45 minutes)

Play the DVD introduction now

Bible study – 1 Samuel 15:7-24

Saul, king of Israel, was instructed by God to fight and completely destroy the Amalekites. He succumbed, however, to the wishes of his fighting men and did only part of God's will due to lack of self-awareness (emotional health) and attentiveness towards God (contemplation). Read 1 Samuel 15:7-24.

1 Verse 11 describes God's and Samuel's response to Saul's actions. What about their response impacts you?

2 How does this differ from Saul's response in verse 12 and 13?

3 What might have been going on beneath the surface of Saul's life (iceberg) that he was unaware of?

4 Reread vv22-23. Describe in your own words how Samuel explains Saul's disobedience.

5 What are some examples of how we go through the motions of making "burnt offerings" and "sacrifices" rather than "obeying the voice of the Lord"?

6 Note the seriousness of v.23a. What positive step(s) could Saul have taken to become aware of his own iceberg and hear God in his situation? What might be one positive step for you?

7 Not only was Saul unaware of what was going on inside him, he also did not cultivate a contemplative life with God. His "doing" for God did not flow out of his "being" with God. What challenges keep you from slowing down your life to be with God?

8 How do your activities (ie your doing) balance with your contemplative life (eg worship, bible reading etc)? How many hours a week do you spend doing and how many hours a week on your contemplative life?

9 What might be one or two simple decisions that you can make towards taking a first step to slow down your life and find some balance?