

**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 155-172

# EMOTIONALLY HEALTHY SPIRITUALITY

# 7

## 7: Grow into an Emotionally Healthy Adult

**WELCOME – Breaking the ice**  
(Aim for 10 minutes)

Brainstorm and jot down qualities that describe emotional immaturity and emotional maturity. As you do this think about these qualities, consider how we treat/view ourselves and how we treat/view other people.

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

Read James 3.13—18

Thank God for those you know who show wisdom with good deeds done in humility and who show the characteristics as described in verse 17.

Listen to a song or sing asking that we will be transformed to be more like Jesus.

Pray that we will be people who show the wisdom that comes from heaven and will be peacemakers.

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

**Play the DVD introduction now**

1 Why do you think we can be committed and “growing” in Christ and yet not growing in our ability to be “prayerfully present” or loving towards others?

**Bible Study – Luke 10:25-37**

Who can hear a story on the news about someone getting mugged, robbed, stripped naked and left for dead in an alleyway without being affected? These real life stories also happened in the days of Jesus. Today’s passage is also a very disturbing story. Read Luke 10:25-37.

2 According to Martin Butler, the great Jewish theologian, we treat people as an “It” when we use them as means to an end or as objects. We treat people as a “Thou” when we recognise each person as a separate human being made in God’s image and treat them with dignity and respect. If you were the priest or Levite, what are some of the reasons you may have passed by this man and treated him as an “It” and not a “Thou”?

3 Looking at vv. 31-33, what did the Samaritan see and feel that the priest and Levite did not?

4 Write down your thoughts on the following questions for two minutes:

4a Can you think of a time when you were seen in a negative light, or treated as inferior, or passed over as invisible? How did it feel?

4b Who have you been taught not to see or to treat as an “It”?

5 Would one or two of you be willing to share your responses from the above questions?

6 Reread verses 33-36. The Samaritan’s compassion leads him to stop and to help the hurting man. At the same time, how does he demonstrate self-respect and awareness of his limits?

7 What are some of your challenges when it comes to loving your neighbour and loving yourself?

8 In light of how God is coming to you through this study, how do you hear the words in v. 37 to “go and do likewise”?

9 Think of a recent, simple expectation that went unmet and made you angry or disappointed. For example I expected my husband to accompany me to my office party this past weekend. I expected to socialise with members of my small group outside the meeting times. I expected my teenager to put their dirty dishes in the dishwasher. I expected my boss to give me at least 5% cost of living raise last year. Write it down

10 Compare them with the inventory questions below:

**Conscious** —Were you aware you had this expectation?

**Realistic** —Is the expectation realistic regarding the other person?

**Spoken** —Have you clearly spoken the expectation to them or do you just think “they should know”?

**Agreed upon** —Has the other person agreed to the expectation?

Remember this principle: Expectations are only valid when they have been mutually agreed upon. These are the expectations we have a right to expect.

11 Break into groups of 2 or 3 and ask

11a What did you discover about your expectations?

11b What steps can you take to make the expectation conscious, spoken, realistic, and agreed upon so that you are relating in an “I-Thou” way?