

**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 57-73

# EMOTIONALLY HEALTHY SPIRITUALITY

# 2

## 2: Know Yourself that you may Know God

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

Describe your dream job.  
(Remind the group that each person has about 30 seconds to share!)

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

Read **2 Peter 1:3-11**

Use these verses a starting point for your worship, thanking God that he has a specific calling for each of us. Thank him that he:  
Gives us everything we need for a life of godliness  
Gives us qualities that help us to be effective and productive  
Has a calling for each of us  
Promises us a rich welcome into the eternal kingdom

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

**Play the DVD introduction now**

1 Choose four questions from the list below and write down your answers. If as you write you find that there is a lot to write about one particular feeling then simply stay with that one.

What are you angry about?	What are you sad about?
What are you afraid of?	What are you enjoying?
What (or whom) do you love?	What are you surprised by?
What disgusts you?	

2 What was it like to write down your feelings?

**Bible Study – I Samuel 17:26-45**

In the famous story, the army of Israel faces the great army of the Philistines. For forty days, Goliath, described as nine feet tall and dressed in powerful weaponry, challenges any Israelite soldier to come out and fight him. When the Israelites saw him, however, “they all ran from him in great fear” (I Samuel 17:24 NIV). We pick up the story after David hears, for the first time, Goliath’s humiliating challenge to Israel’s army. Read I Samuel 17:26-45.

3 In your own words, what question does David ask after hearing Goliath’s challenge (v26)?

4 What are some of the challenges, accusations and messages David is getting from the people around him:  
4a From David’s family (v28)

4b From Saul (v33, 38)

4c From Goliath (vv.41-45)?

5 What feelings might you be experiencing if you were David? For example, what feelings might you have towards your sibling? Towards a person in authority over you like Saul? Towards a Goliath?

6 How does David live out his true self against the powerful forces and pressures that seek to mold him into someone he is not?

7 David’s ability to be true to himself in the midst of great trials and pressures is, in modern terminology, called **differentiation**. If David had been less differentiated, how might he have responded to his brothers, Saul and Goliath?

8 What forces and pressures from circumstances and people cause you to shrink back in fear or “wear armour” that does not fit your true self?