



EMOTIONALLY HEALTHY DISCIPLESHIP

By Peter Scazzero

Moving from Shallow Christianity to Deep Transformation

Study begins Sunday, January 2 and completes Sunday, February 2

SYLLABUS

PART 1:

The Current State of Discipleship

Chapter 1: The Four Failures that Undermine Deep Discipleship

Chapter 2: The Emotionally Healthy Discipleship Personal Assessment

PART 2:

The Seven Marks of Healthy Discipleship

Chapter 3: Be Before You Do

Chapter 4: Follow the Crucified, Not the Americanized, Jesus

Chapter 5: Embrace God's Gift of Limits

Chapter 6: Discover the Treasures Buried in Grief and Loss

Chapter 7: Make Love the Measure of Maturity

Chapter 8: Break the Power of the Past

Chapter 9: Lead Out of Weakness and Vulnerability

Books may be purchased: www.amazon.com; www.christianbook.com;
www.audible.com Members will receive study material each week.



PART I

The Current State of Discipleship

Chapter 1: The Four Failures that Undermine Deep Discipleship

"Too many people have been "babied" in their discipleship, to the point that they have become nearly disabled spiritually." "...they never seem to notice how they remain imprisoned, especially in unbiblical ways of relating to themselves and others."

Failure 1: WE TOLERATE EMOTIONAL IMMATURITY

"Over time, our expectations of what it means to be "spiritual" have blurred to the point that we have grown blind to many glaring inconsistencies.

- You can be a gifted speaker for God in public and be a detached spouse or angry parent at home.
- You can function as a leader and yet be unteachable, insecure, and defensive.
- You can quote the Bible with ease and still be unaware of your reactivity.
- You can fast and pray regularly and yet remain critical of others, justifying it as discernment.
- You can lead people "for God" when in reality, your primary motive is an unhealthy need to be admired by others.
- You can be hurt by the unkind comment of a coworker and justify saying nothing because you avoid conflicts at all costs.
- You can serve tirelessly in multiple ministries, and yet carry resentments because there is little personal time for healthy self-care.
- You can lead a large ministry with little transparency, rarely sharing struggles or weakness.

Reason 1: We No Longer Measure Our Love for God by the Degree to Which We Love Others

Read: Matthew 22:34-40; 1 Corinthians 13:1-3; Matthew 5:44, 46; Matthew 5:23-24

Reason 2: We Elevate the Spiritual and Distrust the Emotional

"The problem is that we are far more than spiritual beings."

Read: Genesis 1:26-27 The Five Aspects of Being Human: Physical, Emotional, Social, Intellectual, Spiritual

Jesus revealed His emotions. Read: Luke 19:41; Mark 14:34; Mark 3:5; Luke 7:13; Luke 7:9

FAILURE 2: WE EMPHASIZE DOING FOR GOD OVER BEING WITH GOD

Read: Luke 10:39-42

FAILURE 3: WE IGNORE THE TREASURES OF CHURCH HISTORY

Gaps in our understanding of history have led to misinformation and misconceptions that have misshaped our theology and our discipleship in significant ways. Truth counters misconceptions.

Truth 1: We Are One Stream within the Larger River of God

Truth 2: We Are One Global Church with Three Branches (Orthodox, Roman Catholic, and Protestant)

Truth 3: We Are One Movement with Our Own Dirty Laundry and Blind Spots

FAILURE 4: WE DEFINE SUCCESS WRONGLY

"Success, according to Scripture, is becoming the person God calls you to become, and doing what God calls you to do-in his way, according to his timetable."

Read: John 15:1-8

John the Baptist was clear about his true self in God. Read: John 1:20, 21; John 1:23, 27