

## **EMOTIONALLY HEALTHY DISCIPLESHIP**

**BY PETER SCAZZERO**

### **Part 2:**

#### **The Seven Marks of Healthy Discipleship**

##### *Chapter 2: Be Before You Do*

“Too many followers of Jesus are chronically over extended and doing more for Jesus than their inner life with him can sustain.”

#### **WHAT DOES IT MEAN TO BE BEFORE YOU DO?**

When one practices being before doing their inner life will sustain their doing for God. They operate from a place of emotional and spiritual fullness, deeply aware of themselves, others, and God.

Healthy Christian disciples have:

- Emotional fullness: a high level of awareness—of their feelings, weaknesses, limits and how their past impacts their present and affects others.
- Spiritual fullness: a healthy balance between being with God and doing for God. Recognize the importance of presence with God, themselves, and others.

The story of Mary and Martha (Luke 10:38-42) is a good example.

In the New Testament there are examples of prioritizing being before doing:

- Jesus (Luke 5:15-16)
- The Twelve (Acts 6:2-4)
- The early church

Three statements summarize this be-before-you-do approach to ministry:

1. You cannot give what you do not possess.
2. What you do is important, but who you are is even more important.
3. The state you are in is the state you give to others.

## **WHY BEING BEFORE DOING IS SUCH A CHALLENGE TODAY**

“The core challenge that makes being before doing so difficult is that it forces us to come face-to-face with our false self.”

“Scripture challenges us to shed the “old self” or false self to live authentically in our “new self” or true self (Ephesians 4:22, 24) The false self behaves in self-protection, possessiveness, manipulation, self-promotion, and a need to distinguish ourselves from others.

## **FOUR WAYS TO BE WITH GOD BEFORE DOING FOR GOD**

### **1. Make a Radical Decision**

We must end our life of overcommitment and hurry to learn how to be before we do.

### **2. Feel Your Feelings**

A relationship with Christ requires listening to your feelings before God, coming to terms with your struggles, untamed emotions, less-than-pure motives, and thoughts that shape behaviors.

### **3. Integrate Silence**

Practice silence and stillness to get closer to God.

- In silence we let go, surrendering our will to God’s will.
- In silence we let go of our agendas, allowing communion with God to become the core of our lives.
- In silence we let go allowing God to deeply transform us.
- In silence we let go, opening ourselves to hear God speak.

### **4. Commune with Jesus throughout the Day**

Become a person who prays always. (1 Thessalonians 5:17)