



Read

2 Corinthians 5:17 NASB

Therefore if anyone is in Christ, he is a new creature; the old things passed away; behold, new thing

Review

Emotional Health and Spiritual Maturity are INSEPARABLE.

It is not possible to be spiritually mature while remaining emotionally immature.

“When we deny our pain, loss, and feelings year after year, we become less and less human. We transform slowly into empty shells with smiley faces painted on them.” - Peter Scazzero (p. 44)

Understanding that you are deeply loved by God is the beginning of and the center of understanding your identity.

3 Temptations threaten us, and each one will try to convince us that...

1. I Am What I Do (Performance)

Matthew 4:3

The tempter came to him and said, “If you are the Son of God, tell these stones to become bread.”

2. I Am What I Have (Possessions)

Matthew 4:8-9

8Again, the devil took him to a very high mountain and showed him all the kingdoms of the world and their splendor. 9“All this I will give you,” he said, “if you will bow down and worship me.”

3. I Am What Others Think (Popularity)

Matthew 4:6

"If you are the Son of God," he said, "throw yourself down.

Our self-image soars with a compliment and is devastated by a criticism.

4 Practical truths that can lead to radical transformation.

1. Pay Attention to Your Interior Silence and Solitude
2. Find Trusted Companions
3. Move out of Your Comfort Zone
4. Pray for Courage

Reflect



What parts of YOU can people see?

What parts are hidden?

What are two ways this week to work on being more vulnerable and more confident in yourself and your emotions?

1. Which emotion are you most comfortable with? Least comfortable with?

2. As you get older (and potentially wiser), how have you seen your self-esteem change? As you grow in one area, have you seen other areas fall away?

3. All of us have comfort zones and comfort behaviors when we get stressed. Pick one behavior to work on stopping. Clearly see the behavior in your mind, create a plan to stop or circumvent the behavior, and figure out how to fill that vacuum with positive action.