

Practice Guides

Emotionally Healthy Relationships Pt. 1 (11/5/20)

Sermon Recap:

Looking at 1 Corinthians 13, we continued our series in Wholehearted Community, exploring the need for Emotionally Healthy Relationships. Here are Pastor Brandon's main points from Sunday:

- *It's impossible to be spiritually mature while being emotionally immature.*
- *Emotional health and maturity are critical skills that must be learned if we're going to love God and others well.*
- *The good news is that Jesus came to empower and teach us to love God and our neighbors with all of our hearts.*

Read Scripture: 1 Corinthians 13:1-13

Prayer/Silence: Have one person open in prayer and then take 2-3 minutes of silence. As you sit in silence, ask the Holy Spirit to help you understand the passage just read.

Discussion:

1) What about the passage stirs you?

2) How can pursuing Emotional/Spiritual Health be a pathway to greater love for God and others?

3) **Take the Emotionally Healthy Spirituality Assessment (15 min):** *In efforts to get greater levels of awareness to better love God and others, we will take this short assessment together and then discuss what we found. A reminder that this is not a pass/fail test. Instead, this is to be taken with a Growth Mindset. Where can you celebrate what God has done, and where do you see prompting for growth? ([Send this Link to Group](#))*

EHS assessment: <https://www.emotionallyhealthy.org/mature/personal-assessment/?v=4096ee8eef7d>

4) What did you learn about yourself taking this assessment?

5) Looking at part B, which areas can you celebrate, and where do you see promptings for growth?

6) How does Jesus's perfect love for you on the cross motivate you to press into our need to grow in love?

Closing Prayer