



2 Corinthians 7:7-10 Part 4: We All Have Thorns

“Emotionally Healthy Church”

Adapted from *The Emotionally Health Church* by Peter Scazzero

CENTRAL

Describe a relationship, small group, or church experience where you felt safe enough to readily admit your mistakes, accept correction, and talk about your struggles.

Describe a person in your life who models brokenness and vulnerability well.

Flee-

Fight-

Freeze-

Read 2 Corinthians 12:7-10

messenger of Satan-

Spiritual Authority comes from our Cracks
c.f. 2 Corinthians 4:7

Content-

This is not a text about _____ but contentment.

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CENTRAL

Why did God give Paul a thorn?

How did Paul's thorn impact his character and life?

In contrast, describe the kind of person Paul might have been without his thorn.

How do you distinguish between a thorn/cross and abuse/injustice?

Thorn Survey Tally

Self: A

B

Church: A

B

Reflection: _____

You are not _____

Why is it uncomfortable to hear the flaws and struggles of others?

"In the minds of many today, the repression of feelings and emotions has been elevated to the status of...virtue. Denying anger, ignoring pain, skipping over depression, running from loneliness, avoiding confusing doubts, and turning off our sexuality have become a way of spiritual life [and badge of spiritual armor]." (EHC, p.57)
*"Emotional health and spiritual maturity are inseparable."
It is not possible to be spiritually mature while remaining emotionally immature."*

Complete this Sentence: As a result of this study, I am beginning to realize _____

Want to Go Deeper: Draft a "Resume of Weakness" for God.

- a. I never learned to... (deficiencies in training or education)
- b. I'm not good at... (missing gifts and/or skills)
- c. I'm naturally... (obstacles in personality or temperament)
- d. I used to... (questionable aspects of your history and testimony)
- e. I need to grow in... (weaknesses in spiritual or emotional maturity)

Want to Go Deeper: Consider your tally: Proud/Defensive vs. Broken/Vulnerable. Pray about the changes you can make so that your life will be characterized more by brokenness and vulnerability.

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