



CENTRAL

## John 4:7-18 Part 2: Look Deeper

“Emotionally Healthy Church”

Adapted from *The Emotionally Health Church* by Peter Scazzero

What is one of your great fears? \_\_\_\_\_

Why is it difficult to practice unmasked honesty? In what ways/situations is it difficult?  
\_\_\_\_\_

How does an experience with God’s love empower and invite us to search our inner lives?  
\_\_\_\_\_

*“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)*

Read John 4:7-18

How does Jesus move the woman from surface concerns to the deeper issues of her life?  
\_\_\_\_\_

How would you describe the Samaritan woman’s response to Jesus exposing her iceberg?  
\_\_\_\_\_

How do you respond when people/circumstances expose hidden layers?  
\_\_\_\_\_

“Most of the time, I feel as if I am \_\_\_\_\_.”

“What often happens to me in relationships is \_\_\_\_\_.”

“Why do others at work or school keep on \_\_\_\_\_ me?”

“When I am under stress, I often find myself \_\_\_\_\_.”

“When I think about the future, I feel \_\_\_\_\_.”

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- When angry or enraged: How was \_\_\_ hurt?
- When frustrated: What did \_\_\_ feel helpless about?
- When ashamed: What was \_\_\_ hiding?
- When resenting: What did \_\_\_ expect or hope for?"
- When depressed: What did \_\_\_ lose?
- When jealous: Where did \_\_\_ feel inadequate?

What have you felt most recently? Circle one.

Anger    Frustration    Shame    Resentment    Depression    Jealousy

What have you felt most recently in your home/with family?

Anger    Frustration    Shame    Resentment    Depression    Jealousy

What have you felt most recently in your relationship/marriage?

Anger    Frustration    Shame    Resentment    Depression    Jealousy

What have you felt most recently with your friends?

Anger    Frustration    Shame    Resentment    Depression    Jealousy

What have you felt most recently at work?

Anger    Frustration    Shame    Resentment    Depression    Jealousy

*“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 \_\_\_\_\_

What is one step you can take this week to look beneath the iceberg in your life? Be specific.

*Want to go deeper? Think about your life over the past few weeks. See if you can discern any patterns that energy in your relationships, family, life, ministry, or work. Write down each pattern and begin to pray and ask God to open your heart to the “whys” behind them.*

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