



**Mark 1:32-39**  
**Part 5: All vs. Many**

“Emotionally Healthy Church”  
Adapted from *The Emotionally Healthy Church* by Peter Scazzero

**CENTRAL**

Rate where you are on the spectrum. Empty-----|-----Full

- Spiritual Tank
- Relational Tank
- Physical Tank
- Emotional Tank

Why are you near empty on any of the tanks? \_\_\_\_\_

On a scale of 1 to 4 (1=not true, 4=very true)

- \_\_\_ Too little time and too much to do
- \_\_\_ Constantly feeling pressured or restless
- \_\_\_ Feeling inflexible or trapped in your schedule
- \_\_\_ Endlessly rushing from deadline to deadline
- \_\_\_ Breaking promises of quality time with family or friends
- \_\_\_ Never feeling “finished” with work
- \_\_\_ Resenting some of your commitments and projects
- \_\_\_ Trying to love beyond who you are or what you can do with the limits God has given you

What is your average score? \_\_\_\_\_

How does this impact your inner joy, closest relationships and service for Christ?

*“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)*

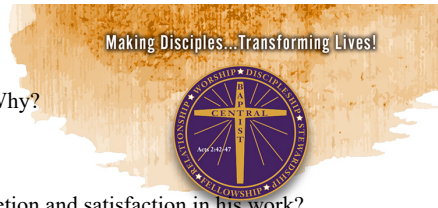
c.f. John 17:4

Read Mark 1:32-39

What do you think the disciples thought when Jesus told them they were going to move on to other villages?

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In what situations is it difficult for you to say no? Why?

How do limits allow Jesus to find a sense of completion and satisfaction in his work?

c.f. Matthew 4:1-11

In what way(s) is there spiritual warfare raging in your own life, relationship, family, career, country and ministry regarding God’s limits? (e.g. Word, will, commandments)

What are the consequences when we go beyond what God has asked us to do?

We resist the idea of limits. What would it look like for you to embrace them?

List some of the limits God has given you at this stage of your life.

- Purpose/calling
- Personality/temperament
- Talents/gifts
- Scars/wounds from your family and past
- Emotional needs and capacity
- Relational status
- Family obligations
- Place where you live
- Finances and resources
- Intellectual capacity
- Spiritual understanding

How might these be “friends” from God and not “enemies”?

What do you think it might look like for you to be faithful to you “true self”, the person God uniquely created you to be?

In what way(s) is that more difficult (to be you), than to live out what other people, authorities, groups, culture, a post-traumatic slave syndrome and social media think you should do with your life?

*“Emotional health and spiritual maturity are inseparable. It is not possible to be spiritually mature while remaining emotionally immature.”*

Maturity = \_\_\_\_\_

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

\_\_\_\_\_

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