



Philippians 2:5-11 Part 7: A Portrait of Love

CENTRAL

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

How do we love like Jesus?

- _____
- _____
- _____

Describe the qualities of one who has loved you well. What causes them to stand out?

Being heard is so close to being loved that for the average person, they are almost indistinguishable. -David Augsburger

How many of these statements can you affirm? _____

What did you learn about yourself from this experience?

What was your experience of being listened to growing up?

How has that influenced you today?

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

Read Philippians 2:5-11

Jesus _____

Jesus _____

Jesus _____

Love _____

Love _____

Love _____

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(if it is not _____,
it is not love it is *self-actualization*)

What did it cost Jesus to leave heaven and enter our world? Be specific.

What does it cost us to leave our reality and comfort, to enter someone else's world?

How can we listen and "be present" with someone else, and love them unconditionally, when we do not necessarily agree with them or like what they are saying?

What does the image of Jesus hanging on the cross, between heaven and earth, teach us about loving other people?

What is the great promise for us, based on the life of Jesus, if we choose this downward path of unconditional love?

Active Listening Tips

- Speak using "I" statements, rather than "you" statements. Take about your own thoughts, feelings, and desires.
- Keep your statements brief.
- Stop to let the other person paraphrase what you have said.
- Include feelings and needs in your statements.
- Be honest, clear, direct, and respectful.
- Give the speaker your undivided and undistracted attention without thinking about your response.
- Step into the speaker's shoes.
- Avoid judging and interpreting.
- Reflect back as accurately as you can what you heard.
- Ask: "is there more?"
- Ask: "what is the most important thing you want me to remember?"

Life is not...

- Doing more
- Attaining greater
- Fixing people
- Arranging the world as you see fit
- Slow down to allow God to be present for you, for 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)

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

Want to Go Deeper: Practice Active Listening

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