



CENTRAL

**Psalm 69**  
**Part 1: Something is Missing**

“Emotionally Healthy Church”

Adapted from *The Emotionally Health Church* by Peter Scazzero

List (draw a picture) the things in your life right now that trigger the following emotions.

Glad- \_\_\_\_\_

Sad- \_\_\_\_\_

Mad- \_\_\_\_\_

Anxious/Afraid- \_\_\_\_\_

*“Emotional health and spiritual maturity are inseparable.*

*It is not possible to be spiritually mature while remaining emotionally immature.”*

Emotional Snapshot = \_\_\_\_\_ Snapshot

Development is \_\_\_\_\_

\_\_\_\_\_nal

\_\_\_\_\_nal

Psalm 69:1-12, 19-21, 29-31

What emotions was the Psalmist (a man) feeling?

David

Do you trust God enough to be free and safe to share all your feelings with God, no matter how messy and confusing?

What does your “yet” praise look like?

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What about your life experiences, family history, false narratives, or bad religious teaching have encouraged you to deny or repress your feelings rather than process them before God?

*“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)*

What is the risk/impact (disadvantage) when we do this?

That may be what we saw or were taught...but what does Jesus model?

Luke 19:41 – \_\_\_\_\_

Luke 10:21 – \_\_\_\_\_

Mark 14:34 / Luke 7:13 – \_\_\_\_\_

Mark 3:5 – \_\_\_\_\_

Mark 6:6 / Luke 7:9 – \_\_\_\_\_

Ministry to the Whole Persons / Holistic Ministry = \_\_\_\_\_

Spiritual + Physical + Emotional +

Intellectual ( \_\_\_\_\_ ) + Social ( \_\_\_\_\_ )

Jesus = Un \_\_\_\_\_ and Un \_\_\_\_\_ emotional freedom

Declare with the Psalmist: *“I will praise the name of God with a song; I will magnify God with thanksgiving.”*

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

Look back at your list of things that trigger happiness, sadness, anger, anxiety and fear.

How might you handle those emotions differently when they come up this week?

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