

# Emotionally Healthy Spirituality Course

STANWICH  
CHURCH

LIFE GROUP STUDY



Stanwich  
CONGREGATIONAL CHURCH



# EHS 2021 GROUP DISCUSSION QUESTIONS

WEEK 1:

The Problem of Emotionally Unhealthy Spirituality

1) What stood out to you about the teaching video for chapter 1?

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2) Out of the 10 symptoms of emotionally unhealthy spirituality that were mentioned in the book, which of the symptoms most applies to your spiritual life?

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# EHS 2021 GROUP DISCUSSION QUESTIONS

## Week 2: Know Yourself That You May Know God

1) What stood out to you about the teaching video or chapter 2?

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Exercise: The journey of genuine transformation to emotionally healthy spirituality begins with a commitment to allow yourself to feel. Some of us may have learned that feelings are not to be trusted, that they are dangerous, and can lead us away from God's will for us. While it is true that we are not to be led by our emotions, they do serve a critical function in our discipleship and discernment of God's will. Scripture reveals God as an emotional being who feels as a person. Having been created in his image, we are also created with the gift to feel and experience emotions. As these questions are asked, you can grab a piece of paper or write your response in your book. Your concern can be something from the past, present, or future. Consider areas such as finances, health, relationships, work, etc.



# EHS 2021 GROUP DISCUSSION QUESTIONS

WEEK 3:

Going Back In Order To Go Forward

1) What stood out to you about the teaching video or chapter 3?

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2) How would you describe the family atmosphere you grew up in?  
(ex: affirming, complaining, critical, approachable, angry, tense,  
cooperative, competitive, close, distant, fun, serious)

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# EHS 2021 GROUP DISCUSSION QUESTIONS

## WEEK 4: Journey Through the Wall

1) What stood out to you about the teaching video or chapter 4?

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2) What stage of faith do you feel that you are currently on?  
(pg.100 of the book)

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# EHS 2021 GROUP DISCUSSION QUESTIONS

WEEK 5:

Enlarge Your Soul Through Grief and Loss

1) What stood out to you about the teaching video or chapter 5?

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2) As you were growing up, how did you deal with loss and disappointments?

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# EHS 2021 GROUP DISCUSSION QUESTIONS

WEEK 6:

Discover the Rhythm of the Daily Office  
and Sabbath

1) What stood out to you about the teaching video or chapter 6?

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2) On a scale of 1 to 10 (1=least busy to 10=very busy), how busy are you? Where on the scale would you like to be? What do you think drives your schedule?

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# EHS 2021 GROUP DISCUSSION QUESTIONS

## WEEK 6:

Discover the Rhythm of the Daily Office and Sabbath

3) What is one practice you do on a daily/weekly basis that helps you connect with God?

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4) What activities, places, and people create rest and delight for you?

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# EHS 2021 GROUP DISCUSSION QUESTIONS

WEEK 7:

Grow Into an Emotionally Mature Adult

1) What stood out to you about the teaching video or chapter 7?

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2) Why do you think we can be committed and “growing” in Christ and yet not be growing in our ability to be “prayerfully present” or loving toward others?

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# EHS 2021 GROUP DISCUSSION QUESTIONS

WEEK 8:

Go the Next Step to Develop a “Rule of Life”

1) What stood out to you about the teaching video or chapter 8

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2) ) In his book *A Hidden Wholeness*, Parker Palmer relates a story about farmers in the Midwest who would prepare for blizzards by tying a rope from the back door of their house out to the barn as a guide to ensure they could return safely home. These blizzards came quickly and fiercely and were highly dangerous. When their full force was blowing, a farmer could not see the end of his or her hand. Many froze to death in those blizzards, disoriented by their inability to see. They wandered in circles, sometimes lost in their own backyards. If they lost their grip on the rope, it became impossible for them to find their way home. Some froze within feet of their own back door, never realizing how close they were to safety. Many are wandering amidst the blizzards of life and have lost their way spiritually.



# EHS 2021 GROUP DISCUSSION QUESTIONS

## WEEK 8:

### Go the Next Step to Develop a "Rule of Life"

- What is the nature of your blizzard at this time?
- What does it look like? Feel like?
- What gets "lost" in the blizzard?

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3) Think about your rule of life in terms of prayer, rest, work/activity, and relationships. For each category, write one specific thing you are currently doing in each of these areas to nurture your relationship with Jesus. Take turns and share your rule of life with each other.

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