Pathway to Emotional and Spiritual Health | “Understanding Your Inner Life”

Week 4: Healthy Self-Awareness & Emotional–Spiritual Growth
Speaker: Patricia Driggers

Review the Seven Spiritual Health Habits

- The Daily Check-In (II Corinthians 13:5)
- Take a Breathing Space. (Psalm 37:7, Job 33:4)
- Move More Slowly. (Psalm 46:10)
- Get Enough Rest. (Psalm 4:8)
- Practice Gratitude. (II Thessalonians 5:18)
- Live One Day at a Time. (Matthew 6:34)
- Be Kind. (Ephesians 4:32)

Self-Absorption

- What self-absorption is: excessive focus on personal feelings, reactions, or circumstances
- Becoming less reactive: learning to pause, reflect, and respond rather than react impulsively
- Looking at God’s big picture: trusting His purposes beyond immediate emotions or situations
- Using compassion: shifting focus outward toward the needs and experiences of others
- Pain produces spiritual growth and increases faith. (Romans 8:28)

Emotional and Spiritual Maturity

- Emotional maturity takes dedication, practice, and time.
- Spiritual maturity takes dedication, practice, and time. (I Peter 2:2, II Peter 3:18)
- Wisdom to separate my emotional feelings from God’s truth (John 8:32)
- Recognize the difference between God’s will and my will (Proverbs 3:5-6, Isaiah 55:8-9)

Things to Think About (Discussion Questions):

- What Bible verses did you find to go along with each of the seven spiritual health habits?
- What does self-absorption mean?
- If a person operates solely on being reactive to situations, how can it damage their mind, body, and spirit? How can it damage another person’s mind, body, and spirit?
- Give some examples of what can happen if you focus too much on yourself and your feelings instead of God’s big picture.
- What are some things you can do to grow in your emotional and spiritual maturity?
- What other comments or insights do you have about this March pathway?

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NOTES:

PATHWAY TO

EMOTIONAL & SPIRITUAL HEALTH

“Understanding Your Inner Life”

PATHWAYS

DISCIPLESHIP SERIES

Choose your path. Grow in your faith.

Seven Spiritual Health Habits and Questions to Ask Ourselves

Examine yourselves as to whether you are in the faith. Test yourselves. Do you not know yourselves, that Jesus Christ is in you?

II Corinthians 13:5

SPIRITUAL HEALTH HABIT

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#2

TAKE A BREATHING SPACE

When you feel restless, doubtful, overwhelmed or frustrated, remember to PAUSE and BREATHE.

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Rest in the Lord, and wait patiently for him: fret not thyself because of him who prospereth in his way,...

Psalm 37:7

The Spirit of God hath made me, and the breath of the Almighty hath given me life.

Job 33:4

SPIRITUAL HEALTH HABIT #3

MOVE MORE SLOWLY

Rushing often leads to mistakes!
Remember to enjoy the moment.

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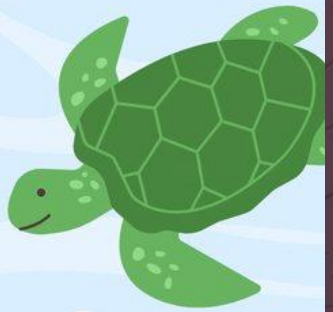

Be still, and know that I am God…

Psalm 46:10

SPIRITUAL HEALTH HABIT

#spiritualhealthishealth

#4

GET ENOUGH REST

Ask yourself:

- "am I getting enough sleep?
- "am I doing too much?"
- "What can I let go of?"

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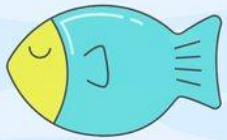

I will both lay me down in peace, and sleep: for thou, LORD, only makest me dwell in safety.

Psalm 4:8

SPIRITUAL HEALTH HABIT

#spiritualhealthishealth

#5

PRACTICE GRATITUDE

What are three things you are grateful for today?

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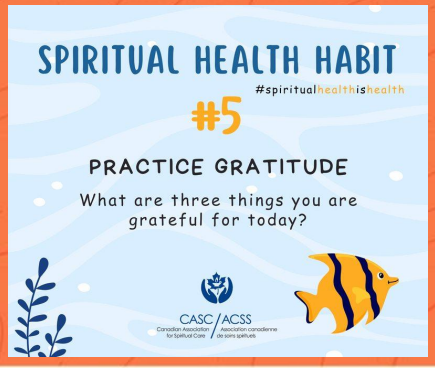
In every thing give thanks: for this is the will of God in Christ Jesus concerning you.

II Thessalonians 5:18



SPIRITUAL HEALTH HABIT

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#6

LIVE ONE DAY AT A TIME

Staying in TODAY can make the big things feel smaller and more manageable.

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Take therefore no thought for the morrow: for the morrow shall take thought for the things of itself.

Matthew 6:34

SPIRITUAL HEALTH HABIT

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#7

BE KIND

with your words, thoughts, and actions

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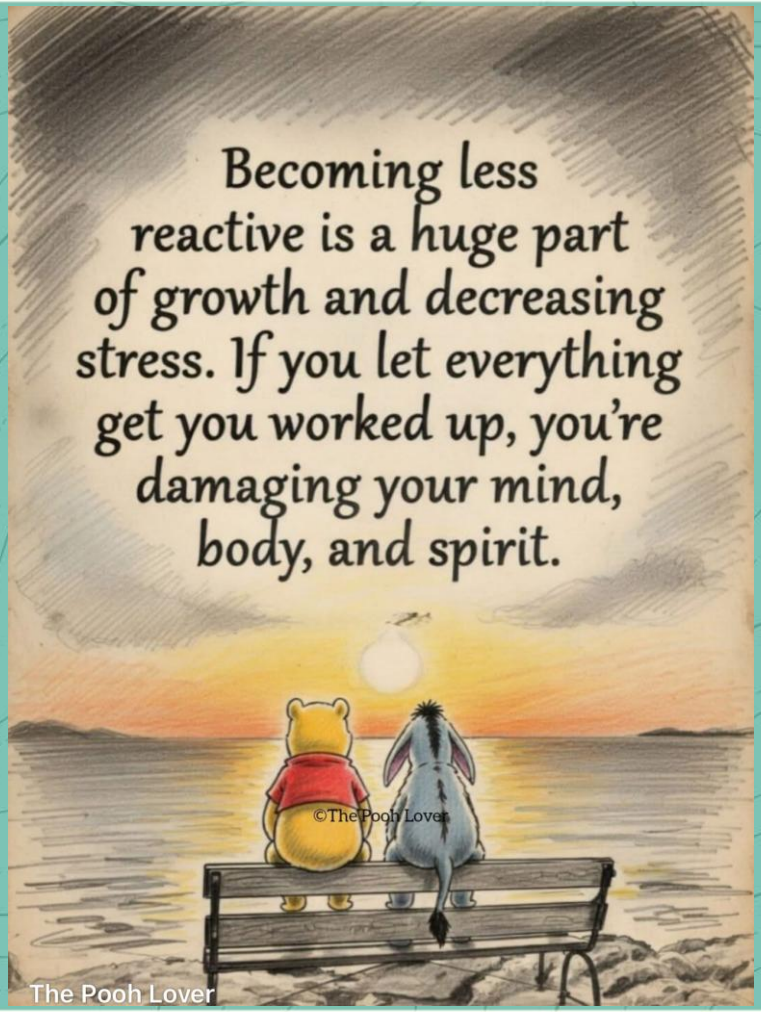
And be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ's sake hath forgiven you.

Ephesians 4:32

Paying Attention to the Inner Life without Self-Absorption

What does self-absorption mean?


Becoming less reactive is a huge part of growth and decreasing stress. If you let everything get you worked up, you're damaging your mind, body, and spirit.
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Try to Look at Big Picture God is Painting

- Needlepoint Example
- Everything is not about you.
- Use compassion by thinking about others' perspectives and circumstances.
- Count to 10 and breathe before reacting.

You feel the pain, frustration, anger, etc., but God knows the outcome or the reason for the pain.

(Pastor Damesworth, 2/25/26-paraphrased)

It is the deepest pain that empowers you to grow into your most spiritual self. The pain you feel today is the STRENGTH you'll feel tomorrow. Push through it! There's a reason for every hardship. Nothing worthwhile ever came from easy times or simple lessons. Spiritual and soul growth comes from perseverance, belief, courage, and strength! Have FAITH in the journey!!

And we know that all things work together for good to them that love God, to them who are the called according to his purpose.

Romans 8:28

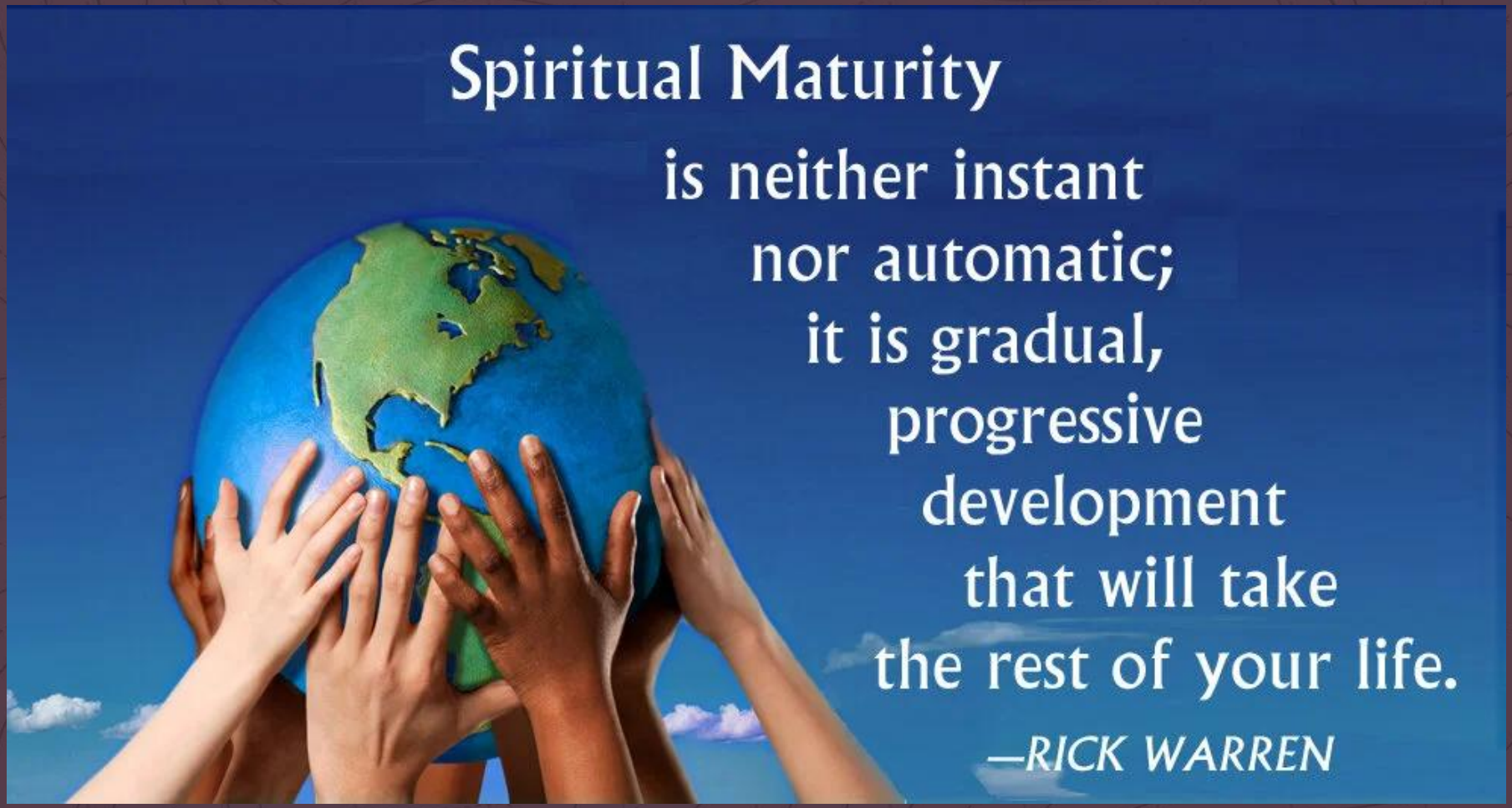
Give some examples of what can happen if you focus too much on yourself and your feelings instead of God's big picture.

Growing Emotional Maturity Alongside Spiritual Maturity

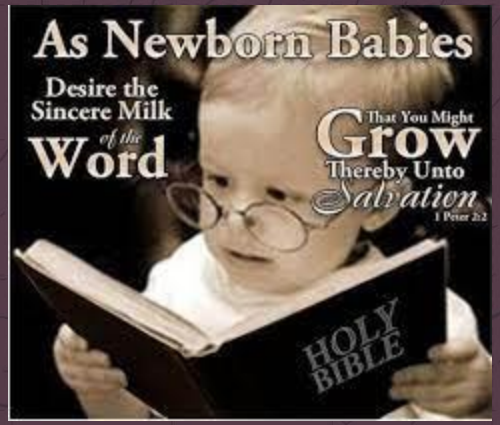
EMOTIONAL MATURITY vs. IMMATURITY COMPARISON CHART

EMOTIONAL MATURITY	EMOTIONAL IMMATURITY
BEHAVIORS	
TAKES RESPONSIBILITY	BLAMES OTHERS
COMMUNICATION	
OPEN AND HONEST	DEFENSIVE AND REACTIVE
RELATIONSHIPS	
BUILDS TRUST AND RESPECT	CREATES CONFLICTS

Every Heart Dreams Counseling
www.everyheartdreamscounseling.com

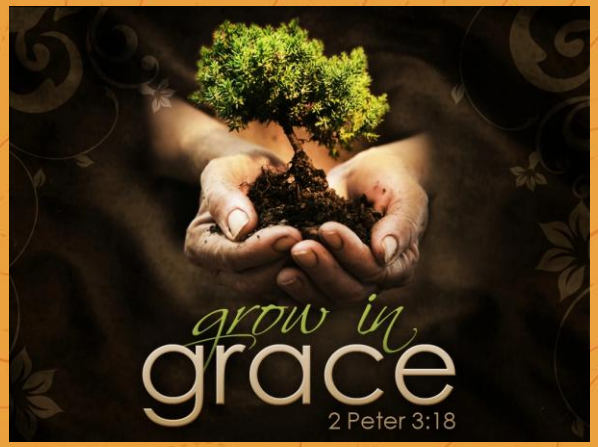

Spiritual Maturity
is neither instant
nor automatic;
it is gradual,
progressive
development
that will take
the rest of your life.
—RICK WARREN

As newborn babes, desire the sincere milk of the word, that ye may grow thereby.



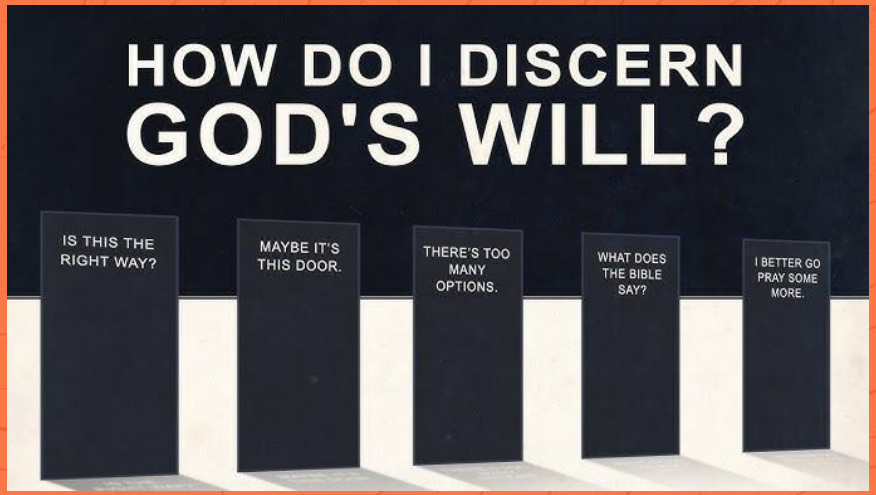
I Peter 2:2

But grow in grace, and in the knowledge of our Lord and Saviour Jesus Christ...



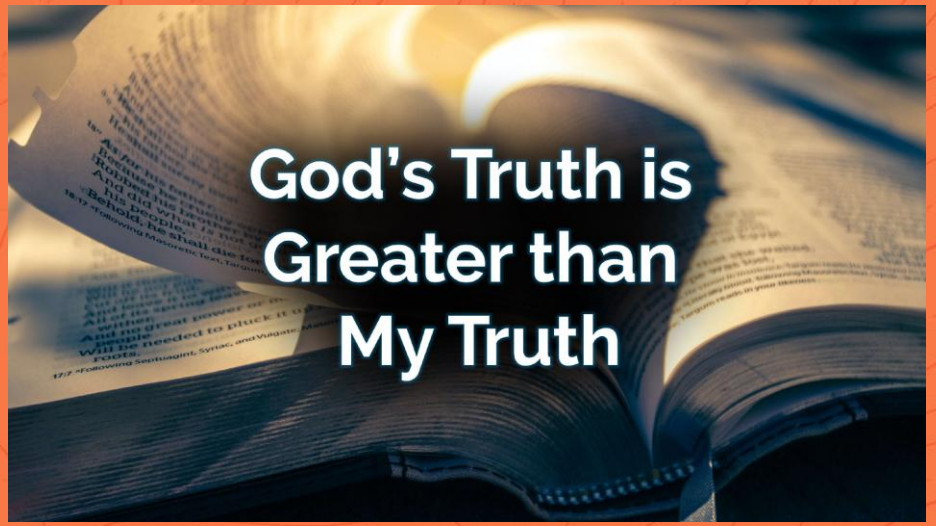
II Peter 3:18

God, please give me the wisdom to separate my feelings from the truth, and to recognize the difference between Your will and my own.



And ye shall know the truth, and the truth shall make you free.

John 8:32



Trust in the Lord with all thine heart; and lean not unto thine own understanding. In all thy ways acknowledge him, and he shall direct thy paths.

Proverbs 3:5-6

My thoughts are not your thoughts, neither are your ways my ways, declares the Lord.
For as the heavens are higher than the earth, so are my ways higher than your ways, and my thoughts than your thoughts.

Isaiah 55:8-9

What are some things you can do to grow in your emotional and spiritual maturity?

What other comments or insights do you have about this March pathway?

GATHER
GROW
GO