

## TOP TEN SYMPTOMS OF EMOTIONALLY

### UNHEALTHY SPIRITUALITY from EHS by Pete Scazzero

- **1. USING GOD TO RUN FROM GOD**  
(ex. I fill my life with Christian activities to avoid addressing difficult issues in my life.)
- **2. IGNORING THE EMOTIONS OF ANGER, SADNESS, AND FEAR**  
(ex. I am rarely honest with myself and/or others about the feelings, hurts, and pains beneath the surface of my life.)
- **3. DYING TO THE WRONG THINGS**  
(ex. I tend to deny healthy, God given desires and pleasures of life such as friendships, joy, music, beauty, laughter, and nature. At the same time, I find it difficult to die to my self-protectiveness, defensiveness, lack of vulnerability, and judgmentalism.)
- **4. DENYING THE PAST'S IMPACT ON THE PRESENT**  
(ex. I rarely consider how my family origin and significant people/events from my past have shaped my present.)
- **5. DIVIDING LIFE INTO "SECULAR" AND "SACRED" COMPARTMENTS**  
(ex. I easily compartmentalize God to "Christian activities" while usually forgetting about Him when I am working, shopping, studying, or recreating.)
- **6. DOING FOR GOD INSTEAD OF BEING WITH GOD**  
(ex. I tend to evaluate my spirituality based on how much "right" I'm doing for God.)
- **7. SPIRITUALIZING AWAY CONFLICT**  
(ex. I usually miss out on true peace by smoothing over disagreements, burying tensions, and avoiding conflict, rather than disrupting false peace as Jesus did.)
- **8. COVERING OVER BROKENNESS, WEAKNESS, AND FAILURE**  
(ex. I have a hard time admitting and speaking freely about my weaknesses, failures, and mistakes.)
- **9. LIVING WITHOUT LIMITS**  
(ex. Those close to me would say that I often "try to do it all" or "bite off more than I can chew")
- **10. JUDGING THE SPIRITUAL JOURNEYS OF OTHERS**  
(ex I often find myself occupied and bothered by the faults of those around me.)

### PRAY PSALM 139 : 23-24

"Search me, God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting.

### WHAT IS HOLDING YOU BACK : Journal Prompts

#### 1. WHAT LIE(S) AM I BELIEVING?

#### 2. WHAT FEAR(S) AM I CARRYING?

#### 3. WHAT SIN IS ENTANGLING ME?

#### 4. WHAT SHAME IS KEEPING ME IN BONDAGE?

#### 5. WHAT DISTRACTIONS ARE DERAILING ME?

FOR EACH QUESTION ABOVE ANSWER:

WHAT IS IT COSTING ME?

### SMALL GROUP DISCUSSION:

Discuss symptoms you most relate to?

Discuss what is holding you back - share one?

### DIVE DEEPER:

Read Chapter 1 in Emotionally Healthy Spirituality by Pete Scazzero