

LOVING WELL

1. Where do you land on the journey of becoming an emotionally healthy adult?
Infant, Child, Adolescent, Adult?
2. Share an area of conviction on your journey of loving well? Where do you need to do the work of becoming an Emotional Adult?
3. How well do you practice presence with people? Which of the following is hard for you?
 - The ability to acknowledge & connect across your differences
 - Genuine love between you and the other person
 - Slowing down to hold space and listen to their views, their stories and their pain
 - Resolve conflict maturely
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3. How do you typically handle conflict? What area of embracing conflict do you want to work on?

RULE OF LIFE :

Begin to jot down ways you want to be more intention in creating a Rule (Rhythm) of Life to abide more in Christ?

SPIRITUAL	REST	WORK/ACTIVITY	RELATIONSHIPS

DIVE DEEPER:

Read Chapter 7 & 8 in Emotionally Healthy Spirituality by Pete Scazzero

SHARE YOUR BIGGEST 1-2 TAKEAWAYS FROM THIS 6 WEEK SERIES?

CORE VALUES EXERCISE

5 CORE VALUES – Select 5 core that reflect what is most important to you. Start narrowing down to 10 and then get those 10 down to 5. Just because you don't choose a value as your top 5 doesn't mean that value isn't important to you it just means its not the MOST important to you.

LIST YOUR 5 CORE VALUES AND A DEFINITION OF WHAT IT MEANS TO YOU

Acceptance	Contribution	Hard work	Purpose
Accomplishment	Conviction	Harmony	Quality
Accountability	Cooperation	Health	Reason
Accuracy	Courage	Honesty	Recognition
Achievement	Creativity	Hope	Reflective
Adaptability	Credibility	Hospitality	Respect
Adventure	Dedication	Humility	Responsibility
Ambition	Dependability	Imagination	Risk
Assertiveness	Development	Individuality	Security
Attentive	Devotion	Innovation	Self-control
Authenticity	Discipline	Insightful	Selfless
Awareness	Effectiveness	Inspiring	Sensitivity
Balance	Efficiency	Integrity	Serenity
Beauty	Empathy	Intelligence	Serving
Belief	Empower	Intuitive	Significance
Boldness	Endurance	Joy	Simplicity
Bravery	Energy	Justice	Sincerity
Calm	Enjoyment	Kindness	Skillfulness
Candor	Enthusiasm	Knowledge	Solitude
Capable	Equality	Leadership	Spirit
Careful	Ethical	Learning	Stability
Certainty	Excellence	Love	Stewardship
Challenge	Family	Loyalty	Success
Charity	Fearless	Maturity	Support
Clear	Focus	Meaning	Teamwork
Clever	Foresight	Motivation	Thankful
Commitment	Freedom	Optimism	Thoughtful
Communication	Friendship	Order	Trust
Community	Fun	Organization	Truth
Compassion	Generosity	Originality	Understanding
Confidence	Goodness	Passion	Unity
Connection	Grace	Peace	Victory
Consistency	Gratitude	Present	Vision
Contentment	Growth	Productivity	Welcoming
Contribution	Happiness	Professionalism	Wisdom

1.

2.

3.

4.

5.

RESOURCES

I took a poll from a few friends, to find out their favorite books.

SPIRITUAL DISCIPLINES

Celebration of Disciplines - Richard Foster** (every single person recommended this book)
 Costly Grace - Jon Waker
 The Pursuit of God - AW Tozer
 A Praying Life -

REST

Ruthless Elimination of Hurry - John Mark Comer
 24/6 - Matthew Sleath
 The Way of the Heart - Nouwen
 The Freedom of Self Forgetfulness - Tim Keller

WORK & ACTIVITY

Podcast : Emotionally Healthy Leader - Scazzero
 Garden City - John Mark Comer
 Follow Me - David Platt
 Every Good Endeavor - Tim Keller
 The Dream of You - Jo Saxton
 No More Holding Back - Kat Armstrong
 You are What you Love - James K. Smith
 In the Name of Jesus - Henry Nouwen

RELATIONSHIPS

Emotionally Healthy Relationships - Pete Scazzero
 Emotionally Healthy Church - Pete Scazzero
 Emotionally Healthy Woman - Geri Scazzero
 Get out of Your Head - Jennie Allen (thoughts)
 You and Me Forever - Francis & Lisa Chan (marriage)
 The Meaning of Marriage - Tim Keller
 How to Find a Date Worth Keeping - Henry Cloud
 Single, Dating, Engaged, Married - Ben Stuart
 The Road Back to You - Enneagram - Ian Cron & Suzanne Stabile
 Be the Bridge - Racial Reconciliation - Tasha Morrison
 Daring Greatly - Brene Brown (vulnerability)
 Radical Hospitality - Lonni Collins Pratt and Father Daniel Homan
 Parenting - Paul David Tripp
 Give them Grace - Elyse Fitzpatrick (parenting)
 Soul of Shame - Curt Thompson

PracticingTheWay.org :

a great website created by John Mark Comer of Bridgetown Church that covers in depth, with LOTS of resources, how to practice the way of Jesus