



“Emotionally Healthy Spirituality: Looking Under The Hood”

***February 6, 2022
Pastor Bear Clifton***

I. Jesus “saving us from our sins” has two parts to it. Describe them.

The Finished Part

The Ongoing Part

What’s the problem in the Church today?

II. What was Pastor Pete’s problem? How did he begin to move toward spiritual health and maturity?

III. The Importance of “Contemplative Spirituality” to Spiritual and Emotional Health

A. What is “contemplative spirituality”?

B. Why is this so hard for many of us? Are we saying we have to choose one over the other – Mary or Martha?

C. “Doing” vs. “Being” – what’s their relationship?

IV. If you haven’t read the book yet, here’s a summary of the first few chapters:

1. Look _____.
2. Look _____.
3. Look _____.
4. Look _____.

V. Looking under the hood (aka “Self-Examination)

A. Scriptures that tell us to practice this:

B. For those willing to practice this, here are 3 steps to keep in order:

First let Jesus _____ you.

Then let Jesus _____ you.

Then let Jesus _____ you.