

## Emotionally Unhealthy Spirituality

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*Darcy Siggelkow*

**Question:** The picture of an iceberg is a powerful metaphor for life. What are some examples in life that illustrate this truth?

### **Book recommendation:**

Emotionally Healthy Spirituality  
by Peter Scazzero

**Emotional maturity and spiritual maturity cannot be separated. You can't be spiritually mature and remain emotionally immature.**

### **Read 1 Samuel 15**

How could God do that / command that?

- sin is a serious thing
- God's judgement is real
- Followers of Jesus are never called to be agents of God's judgement.

Issues Saul didn't deal with:

- People pleasing (verse 24)
- Insecurity (verse 12, 30)
- Jealousy (when David emerges)

Through all of this Saul knew the Lord! Despite profound spiritual experiences, the deep issues of Saul's life were never addressed.

**God loves you just the way you are,  
but he loves you too much to leave you that way.**

**Question:** We can struggle with the same issues as Saul, and others like jealousy and fear. What are some of those "under the surface" issues that are there?

**The Holy Spirit can help us see the person we are and empower us to be the person God wants; we want.**

**Question:** What is one step you can take to go "below the surface"?

### **YouVersion / Bible.com reading plan:**

Enemies of the Heart  
by Andy Stanley

### **Read Psalm 51**