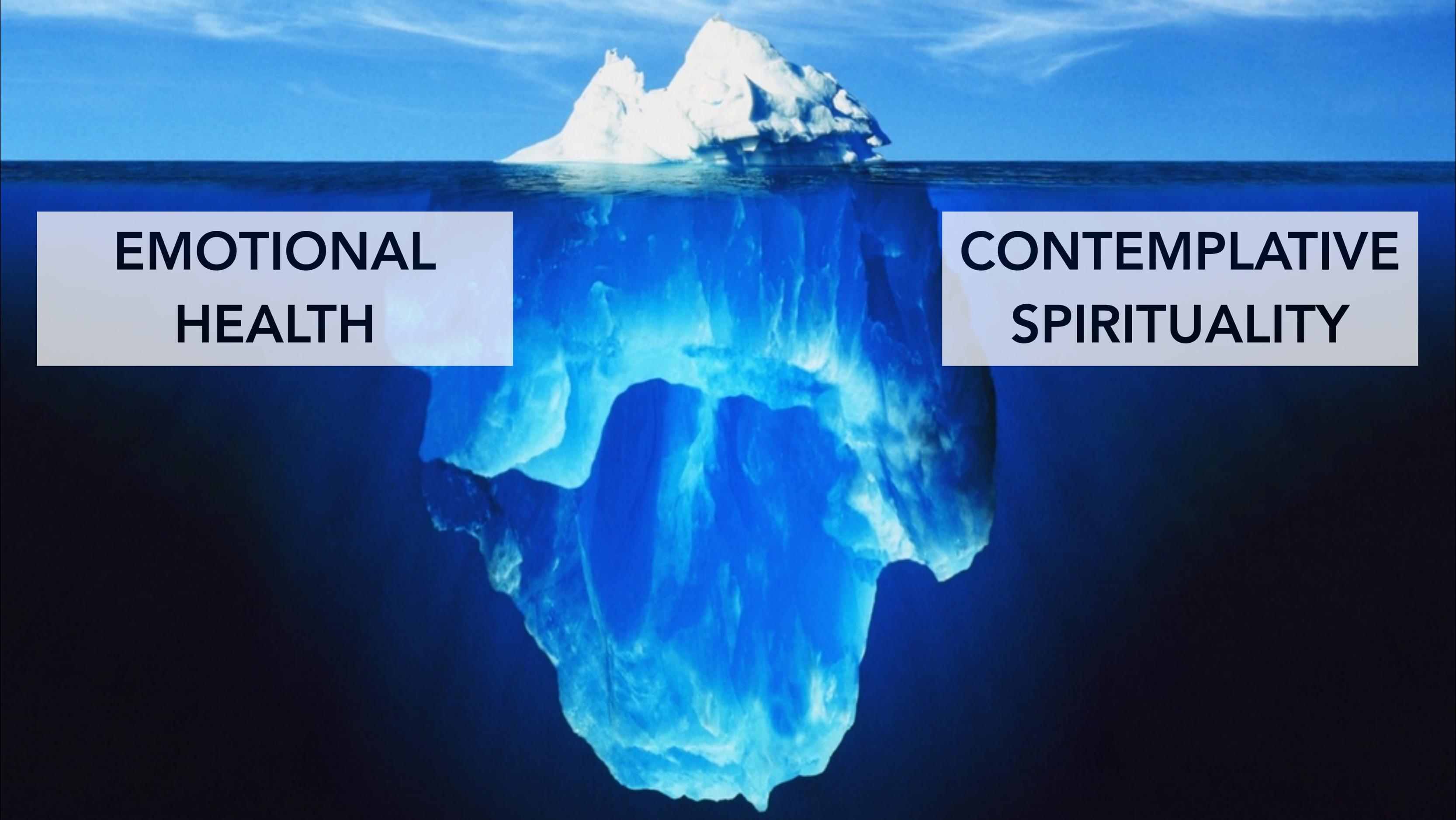


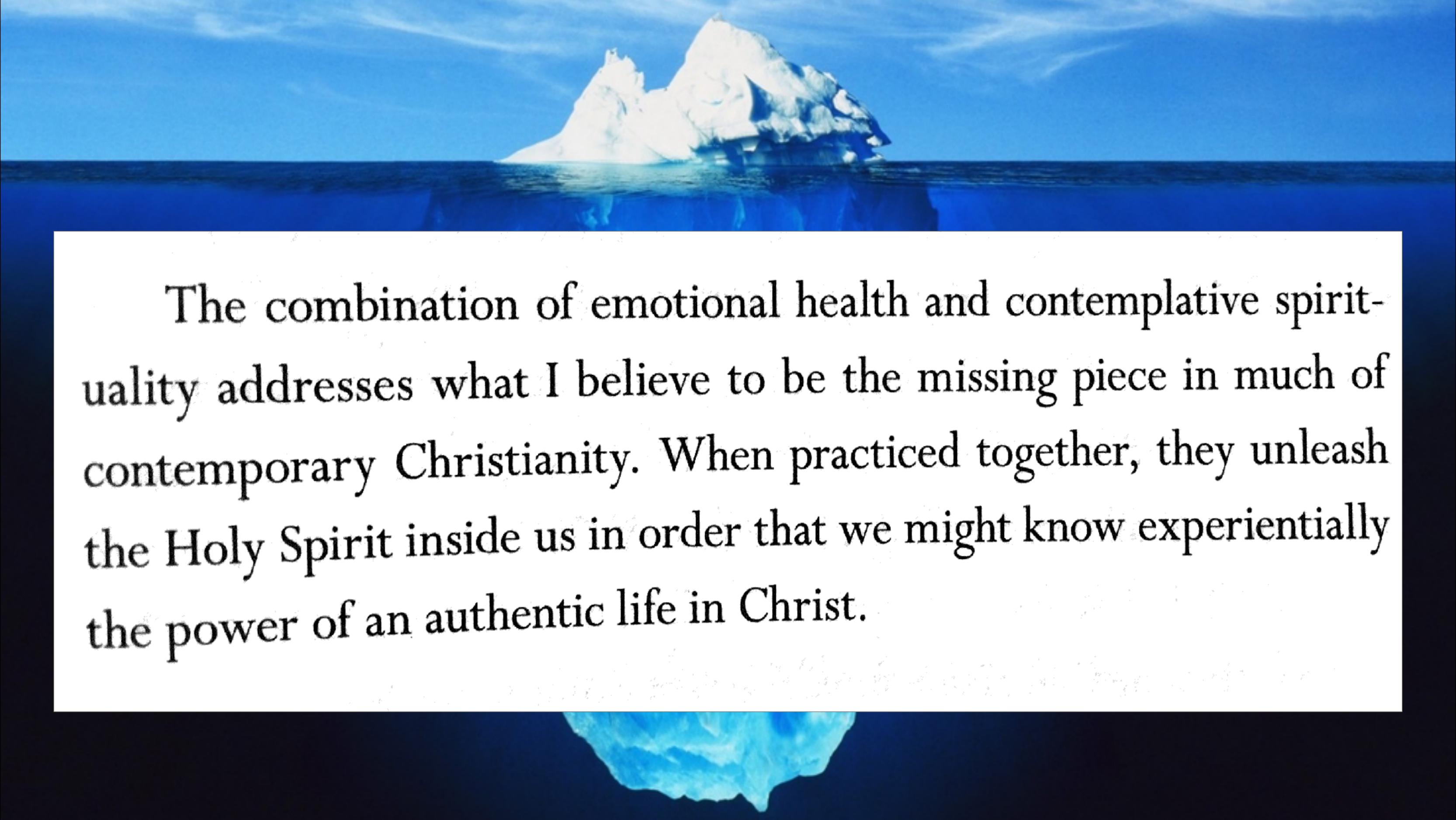


**EMOTIONALLY HEALTHY SPIRITUALITY**

An iceberg floating in a blue ocean under a clear blue sky. The tip of the iceberg is above the water, while the much larger, jagged base is submerged. Two white rectangular boxes with black text are overlaid on the image, one on the left and one on the right, positioned over the submerged part of the iceberg.

**EMOTIONAL  
HEALTH**

**CONTEMPLATIVE  
SPIRITUALITY**

A photograph of a large iceberg floating in a deep blue ocean under a clear blue sky. The iceberg is white and jagged, with a significant portion submerged below the water's surface. The water is a deep, dark blue, and the sky is a lighter, clear blue. The iceberg's reflection is visible in the water.

The combination of emotional health and contemplative spirituality addresses what I believe to be the missing piece in much of contemporary Christianity. When practiced together, they unleash the Holy Spirit inside us in order that we might know experientially the power of an authentic life in Christ.



## **EMOTIONAL HEALTH**

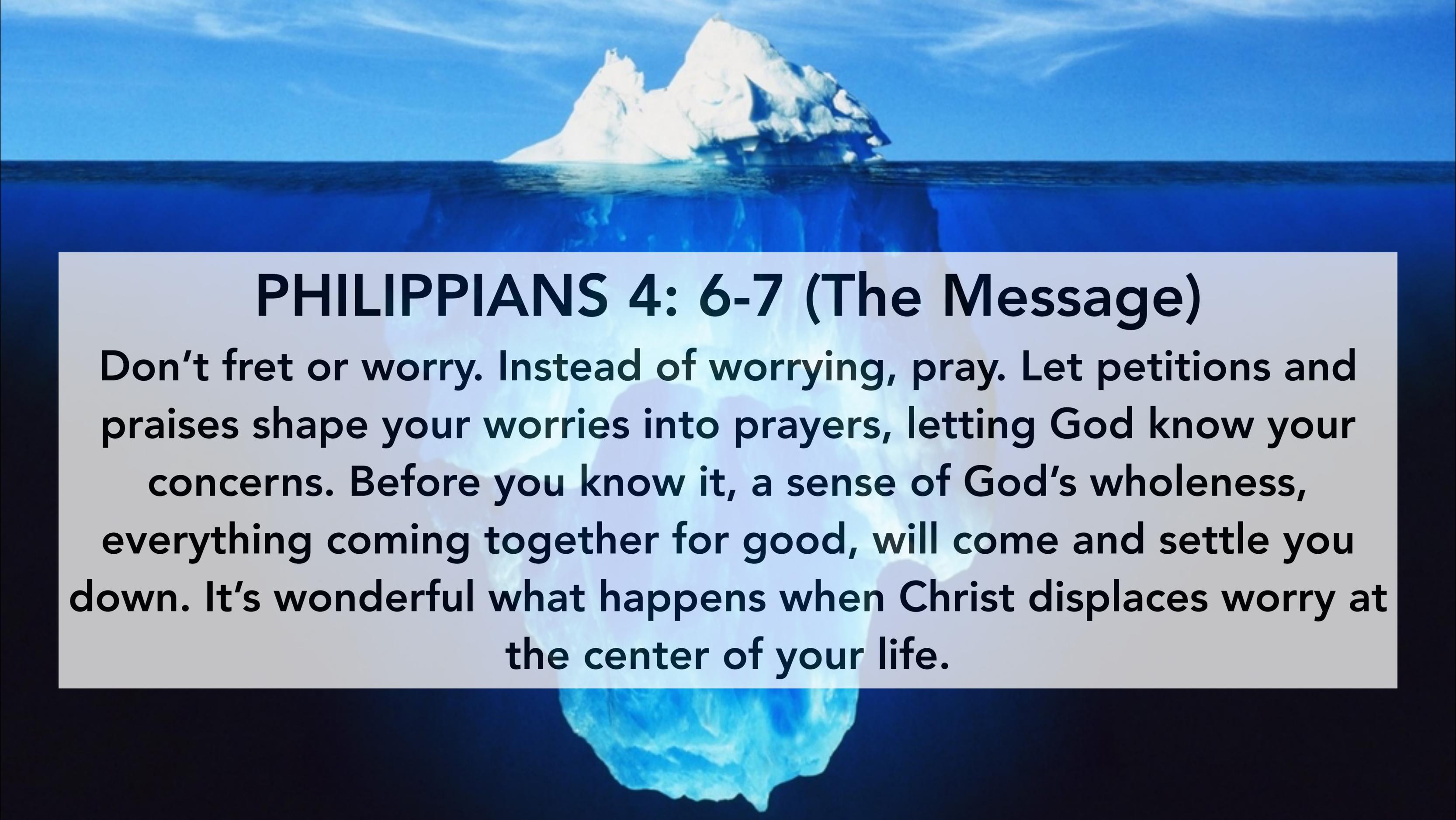
**How we think and feel.  
Our sense of wellbeing.  
Our ability to cope with  
life events.**

**How we process our  
emotions and those of  
others.**

## **CONTEMPLATIVE SPIRITUALITY**

**How we slow down to be  
with God.  
Loving him and being loved  
by him.**

**Listening to God.  
Practicing silence & solitude  
in his presence.**

A photograph of a large iceberg floating in the ocean. The iceberg is white and jagged, with a significant portion submerged below the water's surface. The water is a deep blue, and the sky is a lighter blue with some wispy clouds. The iceberg's reflection is visible in the water below.

## **PHILIPPIANS 4: 6-7 (The Message)**

**Don't fret or worry. Instead of worrying, pray. Let petitions and praises shape your worries into prayers, letting God know your concerns. Before you know it, a sense of God's wholeness, everything coming together for good, will come and settle you down. It's wonderful what happens when Christ displaces worry at the center of your life.**

An iceberg floating in the ocean, with a large portion submerged below the surface. The sky is blue with light clouds, and the water is a deep blue. The iceberg's tip is white and jagged, while the submerged part is a darker blue, showing the texture of the ice.

## **MATTHEW 22:37-40 (The Message)**

**Jesus said, "'Love the Lord your God with all your passion and prayer and intelligence.' This is the most important, the first on any list. But there is a second to set alongside it: 'Love others as well as you love yourself.' These two commands are pegs; everything in God's Law and the Prophets hangs from them."**



## **EMOTIONAL HEALTH**

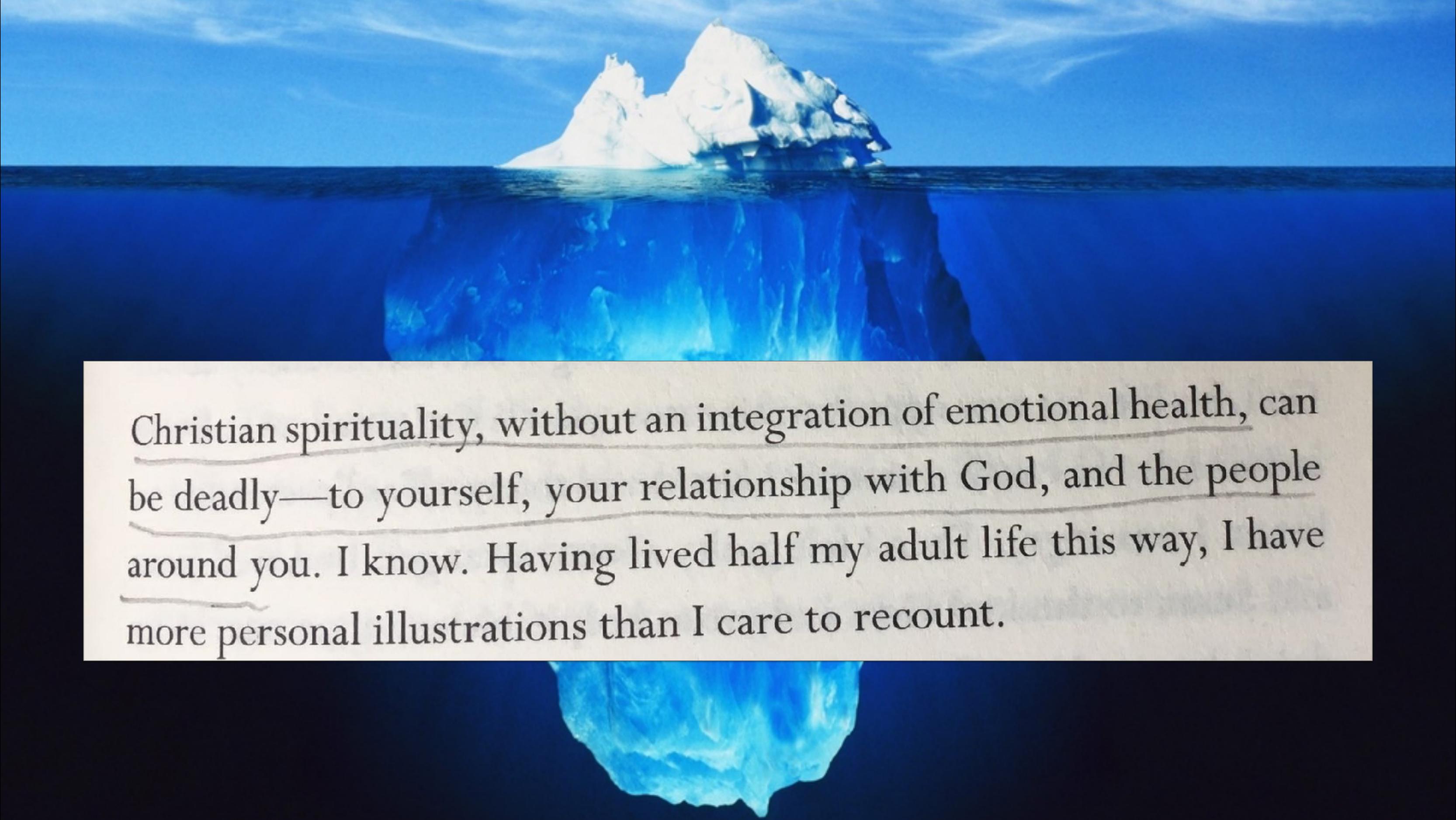
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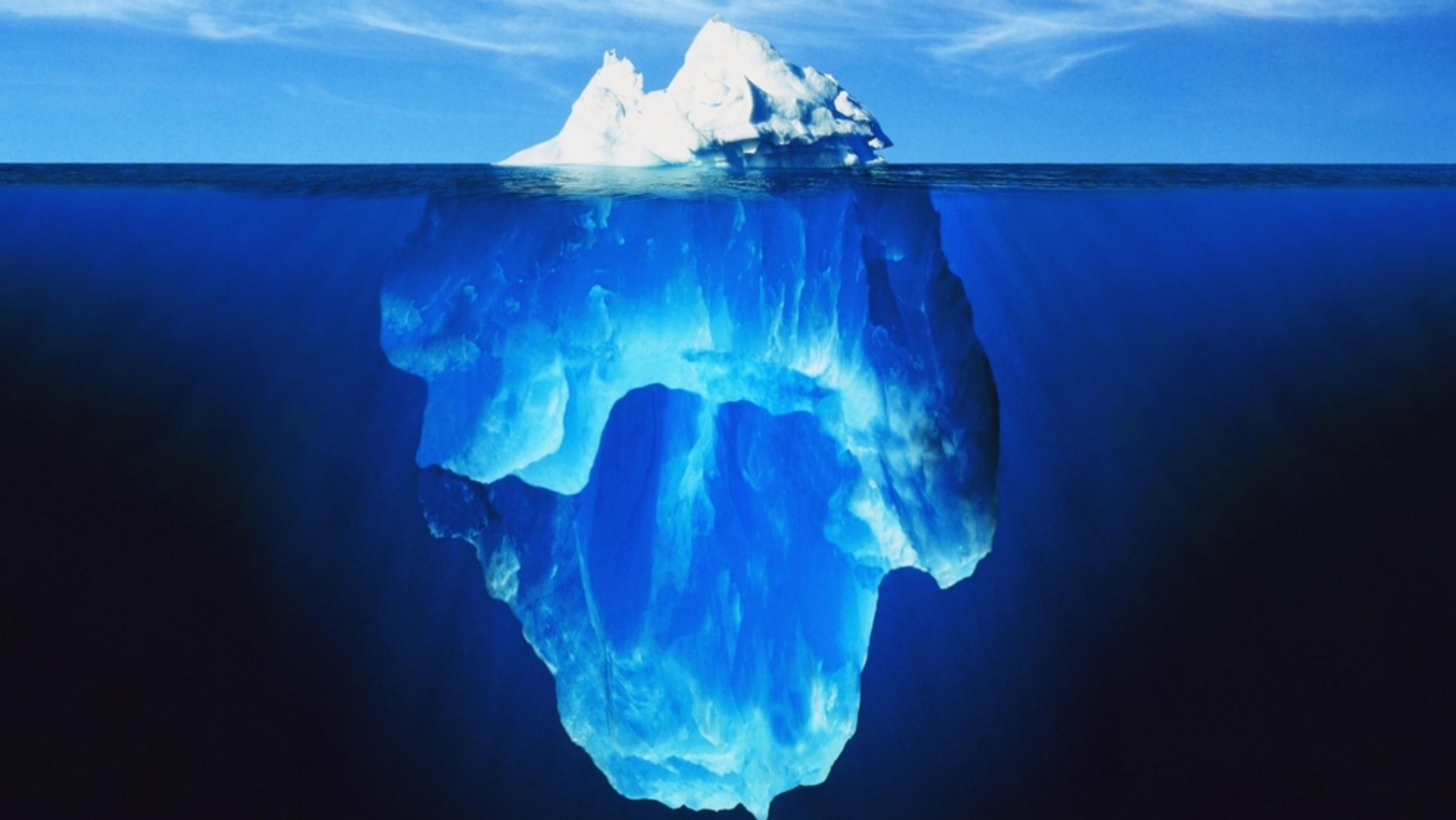


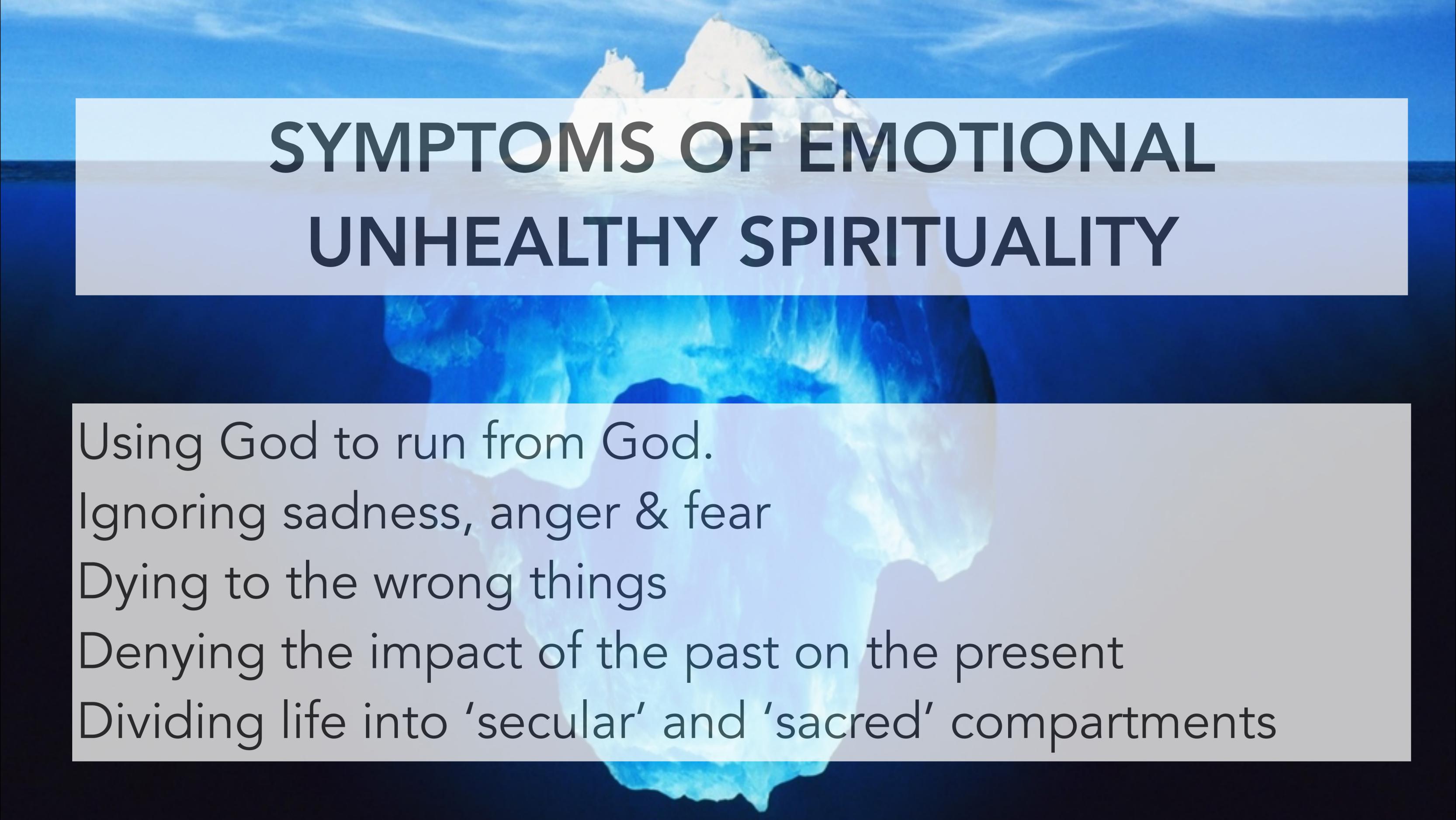
Christian spirituality, without an integration of emotional health, can  
be deadly—to yourself, your relationship with God, and the people  
around you. I know. Having lived half my adult life this way, I have  
more personal illustrations than I care to recount.



## **2 CORINTHIANS 5:17**

**Therefore, if anyone is in Christ, the new creation has come: the old has gone, the new is here!**



An iceberg floating in the ocean, with a small tip above the water and a much larger, jagged mass submerged below. The sky is blue with light clouds.

# SYMPTOMS OF EMOTIONAL UNHEALTHY SPIRITUALITY

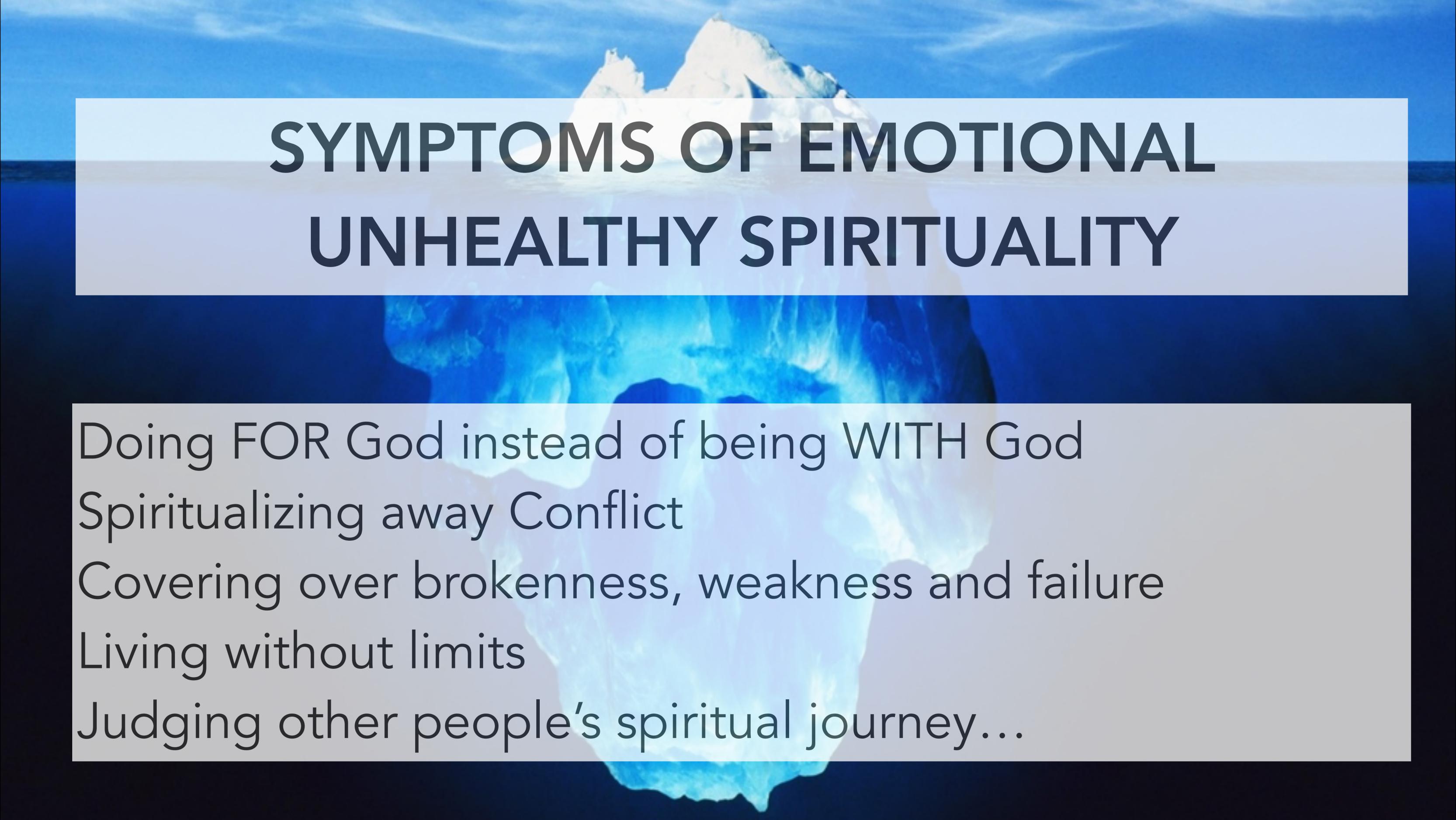
Using God to run from God.

Ignoring sadness, anger & fear

Dying to the wrong things

Denying the impact of the past on the present

Dividing life into 'secular' and 'sacred' compartments

An iceberg floating in a blue ocean under a blue sky. The tip of the iceberg is visible above the water, while the much larger, jagged mass of the iceberg is submerged below the surface. The text is overlaid on the image.

# SYMPTOMS OF EMOTIONAL UNHEALTHY SPIRITUALITY

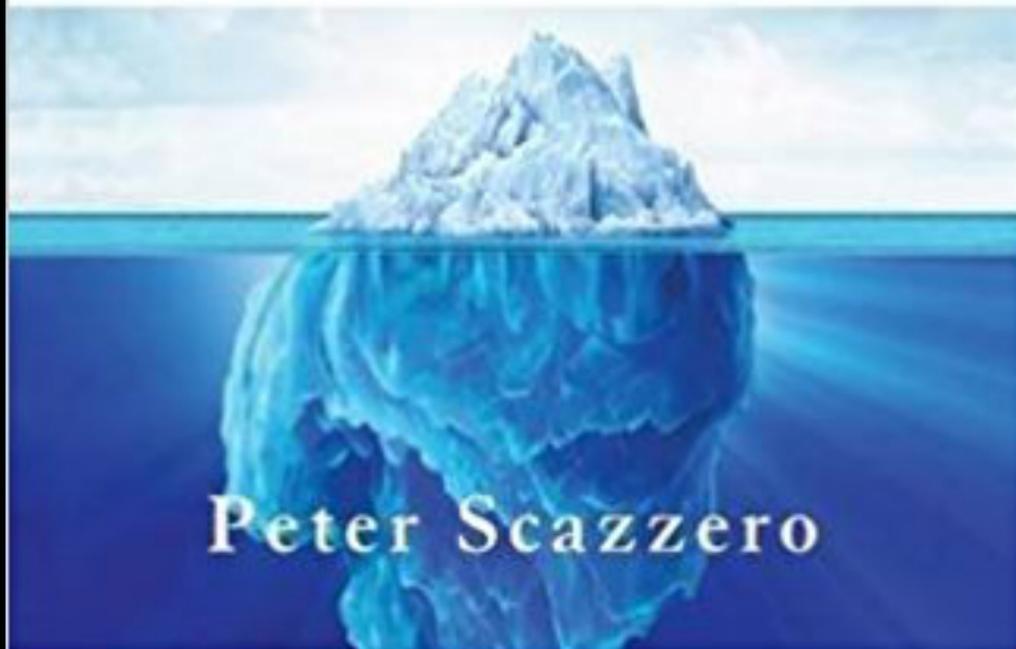
Doing FOR God instead of being WITH God  
Spiritualizing away Conflict  
Covering over brokenness, weakness and failure  
Living without limits  
Judging other people's spiritual journey...

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