

Emotional Health:

Emotional health is about how we think and feel. It is about our sense of wellbeing, our ability to cope with life events and how we acknowledge our own emotions as well as those of others. It doesn't mean being happy all of the time.

includes:

- understanding & owning our own feelings in a healthy way which enables us also to
- identifying with other's feeling (and having compassion),
- developing and maintaining close friendships,
- breaking free from destructive patterns,
- expressing our feelings and thoughts clearly,
- respecting & loving others without having to change them,
- asking for what we need, want or prefer clearly, directly and respectfully,
- understanding our own strengths and limitations,
- being able to resolve conflict maturely and solve problems by considering other's perspectives,
- healthy sexuality,
- and grieving well..

Contemplative Spirituality:

includes:

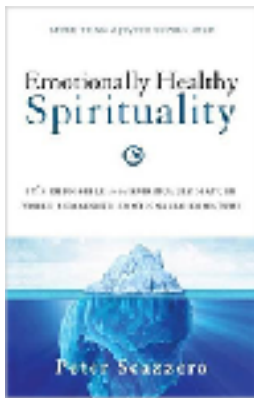
- being open to God's love in every situation,
- positioning ourselves to listen to God and welcome his presence,
- being with God - allowing him to be fully in us,
- practising silence, solitude, constant prayer,
- resting in his presence,
- understanding our life as a journey of transformation in his presence,
- loving others out of a life of love for God,
- adapting historic practises by others that are helpful today,
- allowing our lives to be shaped by the seasons & the christian calendar rather than the culture around us,
- actively living within a community that passionately loves Jesus more than any others...

Phil 4: 6-7 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 centre of your life.

Matt 22: 37-40 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."



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.

Symptoms of Emotionally Unhealthy Spirituality

1. Using God to run from God.
2. Ignoring sadness, anger & fear
3. Dying to the wrong things
4. Denying the impact of the past on the present
5. Dividing life into 'secular' and 'sacred' compartments
6. Doing FOR God instead of being WITH God
7. Spiritualising away Conflict
8. Covering over brokenness, weakness and failure
9. Living without limits
10. Judging other people's spiritual journey

