



EMOTIONALLY HEALTHY CHURCH

Week 2: Fully Human

January 16, 2022

Psalm 69; Matthew 26:36-46 8;

Ephesians 4:11-16

Book: *Emotionally Healthy Church* by Peter Scazzero

Psalm 69 : Fully HUMAN

Framework / TOOL = Being Fully Human has 5 Parts:

- SPIRITUAL
- PHYSICAL
- SOCIAL
- INTELLECTUAL
- EMOTIONAL

“In the Minds of many, the REPRESSION of feelings and emotions have been elevated to the status of Spiritual virtue”

- Peter Scazzero, Emotionally Healthy Church

It is not possible for a Follower of Jesus to be SPIRITUALLY MATURE while remaining EMOTIONALLY IMMATURE.

True maturity is about accepting and becoming FULLY HUMAN

- Matthew 26:36-46 8 ; Ephesians 4:11-16

REMINDER - It is NOT POSSIBLE for a Follower of Jesus to be Spiritually Mature while remaining Emotionally immature.

- MATURE – not blown by every wind
- FULLNESS - of the Church

Call to Action: SHOW UP... Seek God’s Will

- Nothing MORE
- Nothing LESS
- Nothing ELSE