

March 29, 2020 // Pastor Mike Windley

EMOTIONALLY HEALTHY SPIRITUALITY: DEVELOPING A RULE OF LIFE

*They **devoted themselves** to the apostles' teaching and to fellowship, to the breaking of bread and to prayer.⁴³ Everyone was filled with awe at the many wonders and signs performed by the apostles. ⁴⁴ All the believers were together and had everything in common. ⁴⁵ They sold property and possessions to give to anyone who had need. ⁴⁶ **Every day they continued** to meet together in the temple courts. They broke bread in their homes and ate together with glad and sincere hearts, ⁴⁷ praising God and enjoying the favor of all the people. And the Lord added to their number daily those who were being saved. **Acts 2:42-47***

Symptoms of Emotionally Unhealthy Spirituality

- Using God to run from God
- Ignoring our emotions
- Denying the impact of our past on our present
- Dividing our lives into the secular and sacred
- Spiritualizing away conflict
- Covering over our brokenness, weakness and failure
- Dying to the wrong things
- Living without limits
- Judging other people's spiritual journey
- Doing for God instead of Being with God

Elements of the Rule of Life Divided into Four Arenas

PRAYER

Scripture
Silence and Solitude
Daily office
Study

REST

Sabbath
Simplicity
Play and Recreation

WORK AND ACTIVITY

Service & Mission
Care for our Physical
Body

RELATIONSHIPS

Emotional Health
Family
Community