



How to Grow a Healthy Soul “Emotional and Spiritual Health are Inseparable” Lesson 1 Discussion Guide

1. Fill in your Emotional Health Inventory.
 - In what area do you want to grow the most in this series?
2. How is one's Christian witness diminished by their emotional immaturity?
 - Why is it important that we do the work to grow into emotional adults?
3. King David and Jesus were able to freely express their emotions - unashamed and unembarrassed.
 - Give an example from scripture where one of them expressed their emotions, and the effect it had on their and others' lives.

Bonus Question: Why do you think some people have difficulty talking about and processing their feelings in a healthy way?

- How would you encourage them to do that?

Prayer: Ask God to send His Spirit to help us to grow in the weakest parts of our soul.



How To Grow A Healthy Soul "Looking Beneath the Surface" Lesson 2 Discussion Guide

1. What is Jesus trying to change in you today?
 - a. Ask volunteers who are willing to share a feeling or emotion that they need to work on.

2. Why does God use pain to motivate us to change for the better?
 - a. Pain tells us something is wrong and needs to be fixed. (4:40)

3. "Ask the why or what questions in your life: Why am I acting this way? What is going on inside me?" Do you ask yourself these transformative questions, or do you need to work on it?
 - a. Go around to each member of the group for this question.

Bonus Questions

4. Blaise Pascal said, "*All men's miseries derive from not being able to sit in a quiet room alone.*" Are you ever able to pause and sit in a quiet room alone? What are some positive effects?
5. What is one action you can take after today's lesson to grow a healthy soul?



How to Grow a Healthy Soul "Breaking the Power of the Past" Lesson 3 Discussion Guide

1. What are some powerful influences on who you are today?
 - a. Ask volunteers who are willing to share a feeling or emotion that they need to work on.

2. Why does the "protective mode" against God and others end up hurting us?
 - a. Multiple Answers: We desire to control reality or fix others, we ignore reality, we seek conflict where it does not need to exist, others end up with anxiety, and others end up with loneliness. (1:52)

3. How can we break the power of negative patterns from our family system?
 - a. We need an intervention from God through the new birth experience. We must choose to love God more than our family system and to take on our new identity in God's family. (7:19)

Bonus Questions

4. God forgives our past, but does not erase it. Why do you think God leaves us with the memories of our broken past?
5. What is one action you can take after today's lesson to grow a healthy soul?



How to Grow A Healthy Soul Live in Brokenness Lesson 4 Discussion Guide

1. What is significance of the curse of the thorns and thistles and how does it draw us closer to God?
2. Rather than being broken and drawn to God by “thorns and thistles” why do you think some respond in Fleeing, Fighting, or Hiding?
3. When the Apostle Paul’s authenticity as an apostle was challenged, he did not prove his Apostleship through his great accolades. Instead, he proved it via his suffering for Christ. Why did he do this?
4. How can a handicap in a person’s life be seen as a gift to bring God glory? Share a personal testimony.



How to Grow a Healthy Soul "Receive the Gift of Limits" Lesson 5 Discussion Guide

1. In what situations is it difficult for you to say "No"? Why?
2. How did a profound sense of limits allow Jesus to have a sense of completion and satisfaction in His work?
3. During his 40 days of testing in the wilderness, the devil repeatedly tried to get Jesus to go beyond His limits. In what way(s) is there a spiritual warfare raging over your life and around the issue of limits?
4. What might be some of the consequences if you go beyond that God has asked you to do?



How to Grow a Healthy Soul "Embracing Grieving and Loss" Lesson 6 Discussion Guide

1. What losses have impacted your life deeply and left you feeling confused and alone?
 - a. Ask volunteers who are willing to share.

2. Do you practice the 5 stages of grief (Denial, Anger, Bargaining, Depression, Acceptance) or David's method (paying attention to the emotions from the loss, living in the confusing in-between time, allowing the old to birth the new)?
 - a. No wrong answer here. Feel free to go around.

3. How do you feel about the statement " God created our souls to grow larger through suffering"? Explain.
 - a. Go around the room for this question.

Bonus Questions

4. What is one action you can take after today's lesson to grow a healthy soul?



How to Grow a Healthy Soul "Making Jesus Your Model of Loving Well" Lesson 7 Discussion Guide

1. Pastor said "Becoming a Disciple of Jesus is best understood around the mystery of the Incarnation"— when God took on human flesh.
What do you think about that statement? Explain.
 - a. Ask volunteers who are willing to share.
2. Think for a moment of one person in your life who has loved you well . . .
what caused them to stand out from all the others in your life?
 - a. No wrong answer here. Feel free to go around.
3. **Can you share a time when you were "present" with someone?** You dropped everything you were doing and completely devoted yourself to that person's present need. Just like Jesus with the Rich Young Ruler or the Woman at the Well.
 - a. Go around the room for this question.

Bonus Questions

4. Out of the three different dynamics in today's lesson: which is the most difficult for you?
 - a. Entering another person's world
 - b. Holding on to who you are
 - c. Hanging between 2 worlds
5. What is one action you can take after today's lesson to grow a healthy soul?