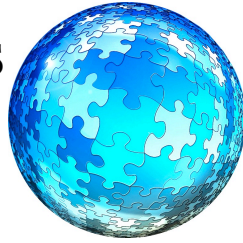


PASSPORT TO WHOLENESS

Part 4 *Emotional Health*



We need to look at our families not to find fault, but to obtain an understanding of what was healthy and unhealthy so we can grow, heal, and mature in Christ. As you look at your family what are some things you notice? (e.g. addictions, losses, abuse, disengagement, family secrets etc.)

Watch the following video. This is the introduction to a course so disregard the comments about continuing on in the series.

<https://www.youtube.com/watch?v=895hXe7KMOw>

What struck you most in what Pete Scazzero shared?

Read Psalm 51. This is written after David's sin with Bathsheba.

What can we learn from his writing?

What tends to be our typical response when we sin?

How did your family of origin deal with emotions?

Especially those of anger, sadness, or fear.

How do you deal with your anger, sadness, or fear today?

What are one or two insights you have learned regarding how your family impacted who you are today?

When we push our emotions aside what happens?



How can we become aware of our emotions with the goal of processing them and discerning God's will?

What is one thing you want to take away regarding this piece of emotional health in order to experience wholeness in your life?

Pray for one another