

## Study Guide

### Healthy Community

1. What should we expect from Christian relationships?

Discuss the following quote. Do you agree or disagree?

Thomas Kempis (1400's)

*"Affection for creatures is deceitful and inconstant, but love of Jesus is true and enduring. He who clings to a creature will fall with its frailty, but he who gives himself to Jesus will ever be strengthened. Love Him then; keep Him as a friend."*

2. Are the following community virtues too high a standard? Discuss.

Honesty (1 John 1:7-8); Oneness (John 17:20-21); Compassion (Col. 3:12); Mercy (2 Cor. 2:7); Confrontation (Eph. 4:15); Humility (1 Pet. 5:5b); Trust (Prov. 16:28b); Time (Heb. 10:24-25)

3. Read Matthew 22:36-40. Discuss the following concepts:

- Healthy community flows from healthy spirituality.
- Healthy community is missional (bonding by serving together).
- Healthy community is transformational.

4. Scazzero, in Emotionally Healthy Spirituality, states that believers can hit a limit to their spiritual development when they overlook their emotional health. He recommends the practice of contemplation.

How well do you practice contemplative spirituality?

See also Psalm 139:23-24

*"Search me, God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting."*

5. Which of these steps towards contemplative spirituality resonate most with you?

- Becoming your authentic self
- Breaking the power of the past
- Letting go of power and control
- Surrendering to your limits
- Stopping to breathe the air of eternity

#### Application

Pray Matthew 22:36-40 over each other. Ask God to help you fulfill these two most important directives.

## Message Slides

### Healthy Community

#### I. What Should I Expect?

Matt. 22:36-40

"Teacher, which is the great commandment in the Law?" And he said to him, "You shall **love** the Lord your God with all your heart and with all your soul and with all your mind. This is the great and first commandment. And a second is like it: You shall **love** your neighbor as yourself. On these two commandments depend all the Law and the Prophets."

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**Theme- Relationships can be Missional and Transformational!**

#### Love in Action

Honesty (1 John 1:7-8)

Oneness (John 17:20-21)

Compassion (Col. 3:12)

Mercy (2 Cor. 2:7)

Confrontation (Eph. 4:15)

Humility (1 Pet. 5:5b)

Trust (Prov. 16:28b)

Time (Heb. 10:24-25)

#### II. Where Does it Start?

##### Healthy Community flows from Healthy Spirituality

Matt. 22:36-40

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#### III. Where Does it Go?

Matt. 22:36-40

"Teacher, which is the great commandment in the Law?" And he said to him, "You shall love the Lord your God with all your heart and with all your soul and with all your mind. This is the great and first commandment. And a second is like it: **You shall love your neighbor as yourself.** On these two commandments depend all the Law and the Prophets."

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#### **IV. Relationships can be Missional and Transformational!**

##### **A. Missional**

Matt. 22:36-40

"Teacher, which is the great commandment in the Law?" And he said to him, "You shall love the Lord your God with all your heart and with all your soul and with all your mind. This is the great and first commandment. And a second is like it: You shall love your neighbor as yourself. On these two commandments depend all the Law and the Prophets."

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#### **IV. Relationships can be Missional and Transformational!**

##### **A. Missional**

##### **B. Transformational**

Matt. 22:39 You shall love your neighbor as yourself

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Rom. 12:2 ...be transformed by the renewing of your mind.

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>each section on mouse click

#### **Warren/Scazzero- Emotional Child vs. Emotional Adult**

##### **Honesty** (1 John 1:7-8)

EC- Withdrawn, cynical, judgmental

EA- Able to clearly and directly express what they need, want or prefer

##### **Oneness** (John 17:20-21)

EC- Looking for others to take care of them; happy as long as they get what they want; score-keeping; pre-occupied with self.

EA- Appreciate people for who they are –good, bad, and ugly—not for what they give back

##### **Compassion** (Col. 3:12)

EC- Driven by the desire for instant gratification; great difficulty listening to the pain of others.

EA- Deeply in-tune with their own emotional world and able to enter into the feelings, needs and concerns of others without losing themselves.

**Mercy** (2 Cor. 2:7)

EC- Easily offended

EA- Give people room to make mistakes and not be perfect

**Confrontation** (Eph. 4:15)

EC- Interpret disagreements as personal offenses; malign, pout or ignore.

EA- Have the capacity to resolve conflict lovingly and negotiate solutions that consider the perspectives of others; Able to respect others without having to change them.

**Humility** (1 Pet. 5:5b)

EC- Motivated by attention and affirmation from others

EA- Downward mobility

**Trust** (Prov. 16:28b)

EC- Talks freely about the deficits of others; not able to follow through on promises

EA- Consistent, faithful and able to have confidential discussions.

**Time** (Heb. 10:24-25)

EC- Makes the decision on whether or not to spend time with others based on how they feel

EA- Makes the choice to spend time based on principle.

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**Contemplative Spirituality** (Emotionally Healthy Spirituality- Scazzero)

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1. Knowing yourself that you may know God

*Becoming your authentic self*

2. Going back in order to go forward

*Breaking the power of the past*

3. Journey through the wall

*Letting go of power and control*

4. Enlarge your soul through grief and loss

*Surrendering to your limits*

5. Discover the rhythms of the daily office and Sabbath

*Stopping to breathe the air of eternity*

6. Grow into an emotionally mature adult

*Learning new skills to love well*

7. Develop a 'rule of life'

*Loving Christ above all else*