

“To Be or To Do?”

Being With God or Working For God?



Examine our
“to be” list
before
we make our
“to do” list

Intro Emotionally Healthy Spirituality Series - Fall 2021



“Everything I want, I already have.”

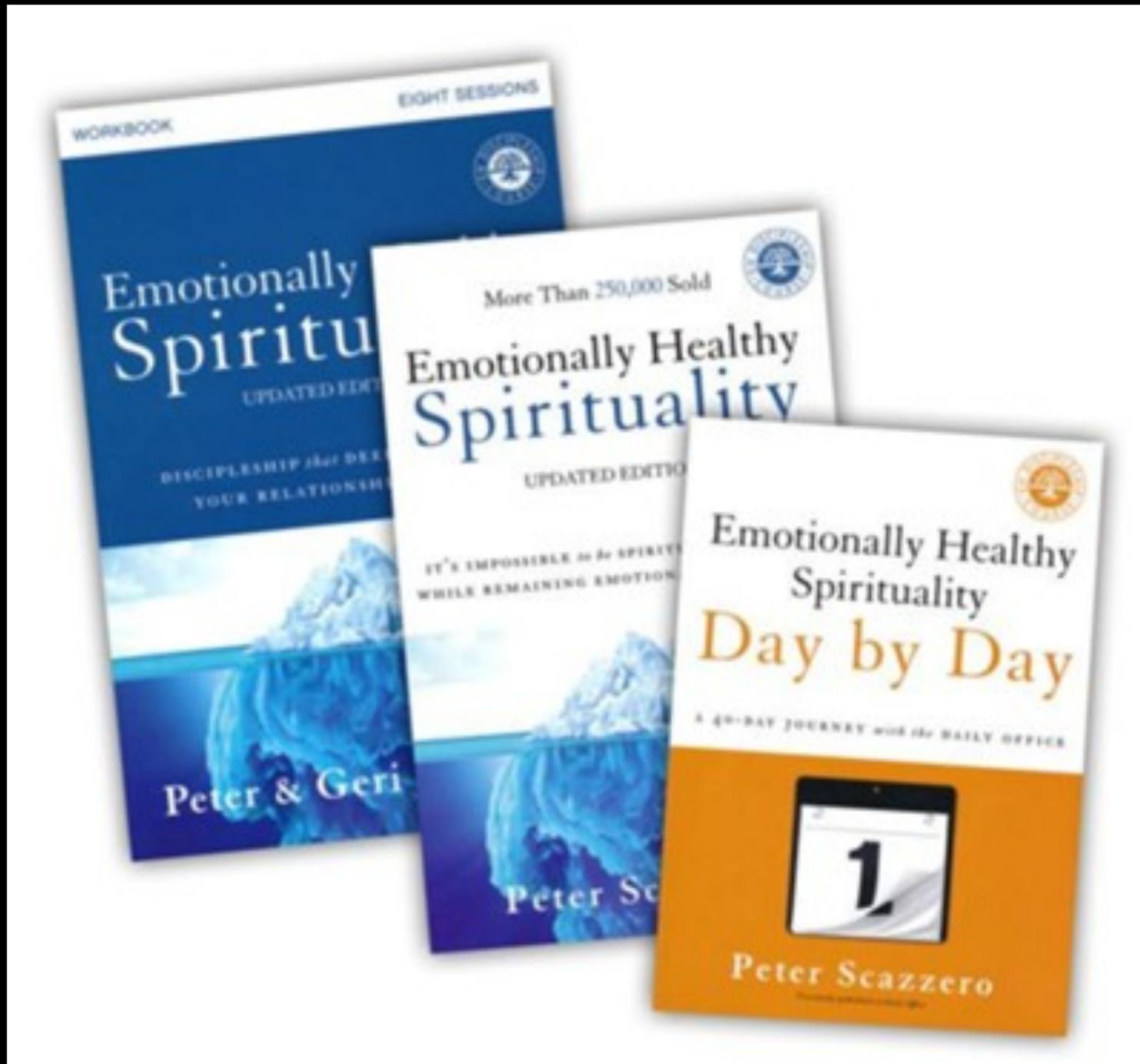


“I want to go deeper with nature, and deeper with myself.”

Sept 5 - Praise & Worship Sunday

Sept 12 - Better Together Bring Your Friends Day

Sept 19 - Lesson 2 - Know Yourself So That You May Know God (Aaron Domingo)



As Jesus and his disciples were on their way, he came to a village where a woman named Martha opened her home to him. She had a sister called Mary, who sat at the Lord's feet listening to what he said. But Martha was distracted by all the preparations that had to be made. She came to him and asked, "Lord, don't you care that my sister has left me to do the work by myself? Tell her to help me!" "Martha, Martha," the Lord answered, "you are worried and upset about many things, but few things are needed—or indeed only one. Mary has chosen what is better, and it will not be taken away from her."

Mark 10:38-42

1. Simplify



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As Jesus walked beside the Sea of Galilee, he saw Simon and his brother Andrew casting a net into the lake, for they were fishermen. **“Come, follow me,”** Jesus said, **“and I will send you out to fish for people.”** At once they left their nets and followed him. **Mark 1:16-18**

Discipleship Un-TOP 10

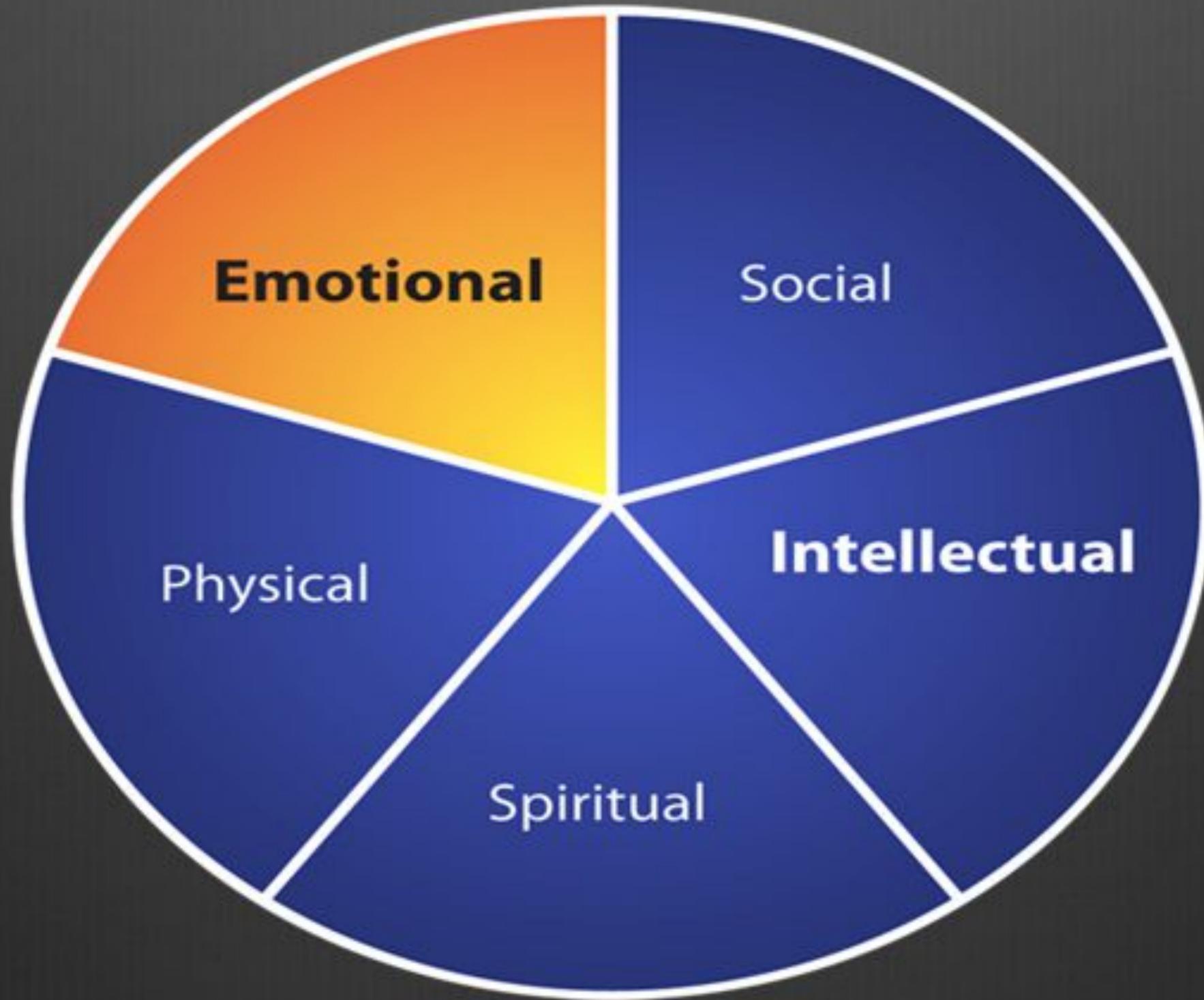
Unhealthy Emotional Spirituality

- 1 - Using God to Run From God
- 2 - Ignoring Anger, Sadness, and Fear
- 3 - Dying to the Wrong Things
- 4 - Denying the Impact of the Past on the Present
- 5 - Dividing Life Into “Secular” and “Sacred Compartments
- 6 - Doing “For” God, Instead of Being “With” God
- 7 - Spiritualizing Away Conflict
- 8 - Covering Over Brokenness, Weakness and Failure
- 9 - Living Without Limits
- 10 - Judging Other People’s Spiritual Journey

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Different Parts/Components of Who We Are



2. Prioritize



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3. Choose Relationships

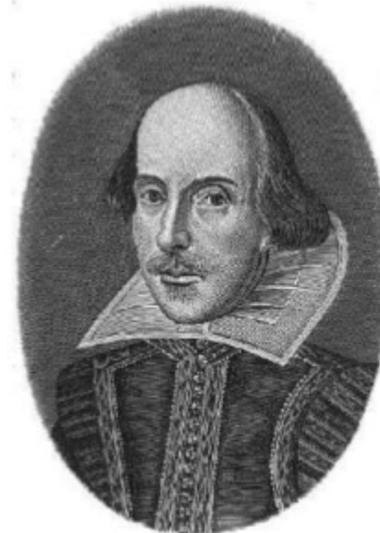


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SIMPLIFY & PRIORITIZE RELATIONSHIPS



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COMMUNION:

“Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.” Matthew 11:28-30