



EHS - Wrap up - Part 1

Sheep -stomach has 4 sections to it.

Shepherds - Sheep are forced to lay down after eating, otherwise they will eat and eat and eat until they bloat up and can die - they need to eat for a while and sit for 7 hours to ruminate.

What we are going to do is to ruminate and process what we have been learning - chew it over

We need to deal with the 9/10 and not focus on the 1/10

The idea is as need to slow down and combine emotional health and contemplative spirituality

EMOTIONALLY UNHEALTHY SPIRITUALITY

Started of with King Saul - Samuel tells saul what God wants him to do - he is selective as to what he wants to do with God - part of what God as asked him to do.

On the surface Saul looks great. He is praying, giving, prophesying, reading bible - he looks good on the surface but underneath he is not engaged - but he gets challenged about not doing all of Gods will.

All he is interested in is what people think. He is religious and no heart knowledge of God.

Does my lifestyle look like I am connected with Christ? Saul is not growing from it - he just gets up and keeps fighting. David is going through the same stuff and is handling it differently - getting it out, writing songs

Does the Lord delight in burnt offerings and sacrifices as much as in obeying the voice of the Lord? To obey is better than sacrifice, and to heed is better than the fat of rams, for rebellion is like the sin of divination, and arrogance like the evil of idolatry. 1 Sam. 15:22-23

O God, I thank you for your grace and mercy in my life. If it were not for you, I would not even be aware of you or my need for your transforming work deep beneath the surface of my life. Lord, give me the courage to be honest and to allow the Holy Spirit's power to invade all of who I am below the surface of my iceberg so that Jesus might be formed in me. Lord, help me to grasp how wide and long and high and deep is the love of Christ ifor me personally. In Jesus' name, amen.

Pathway 1 - Knowing yourself that you may know God

Genesis 3 - adam and eve together until their relationship is divided and cut from themselves and God

1 Samuel 17 - David's 3 obstacles -1.Family of origin, 2.Leadership that is over and above him 3.Goliath

He can do this because he knows who his God is.

David is taking his guidance from internally not externally.

If you engage in your battles and fight your way - you will win every time - don't fight with other people's armor and their way

You will need to confront your family of origin.

David said to the Philistine, "You come against me with sword and spear and javelin, but I come against you in the name of the Lord Almighty, the God of the armies of Israel... Today I will give the carcasses of the Philistine army to the birds of the air and the beasts of the earth, and the whole world will know that there is a God in Israel. All those gathered here will know that is not by sword or spear that the Lord saves; for the battle is the Lord's. 1 Sam. 17:45-47

Lord, help me to be still before you. Lead me to a greater vision of who you are, and in so doing, may I see myself for who I truly am. Grant me the courage to follow you, to be faithful to become the unique person you have created me to be. I ask you for the Holy Spirit's power to not be anybody but me. God, may I not find my identity in what I do, what others think or what I possess, but rather live out of the reality of your love and do your will this day. In Jesus' name, amen.

Pathway 2 - Go back in order to go forward

Joseph - no one gets out of your family unscathed

We are not in Jesus blood line and family, so everything is changing

We still try and operate out of the old family patterns and behaviors - a process that we need to work through. Process the emotion behind it.

Our attitudes of money, wealth, power, world views

Our lifetime is now spend taking off the ways of the past and putting on the God ways.

Being renewed into the mind of christ.

Discipleship is very important - it is the working journey of how you use to be and adopting a new way.

You intended to harm me, but God intended it for good to accomplish what is now being done, the saving of many lives. So then, don't be afraid. I will provide for you and your children. Gen. 50:20-21

Lord, I believe you are a God with great purposes. You placed me into my particular family in a particular place in a particular time in history. I don't see what you see, but I ask you to show me, Lord, the revelation and purposes you have for me in your decision. Lord, I do not want to betray or be ungrateful for what was given to me. Yet at the same time, help me discern what I need to let go of from my past, and what my essential discipleship issues are in the present that must be addressed. Grant me courage; grant me wisdom to learn from the past, but not be crippled by it. And may I, like Joseph, be a blessing to my earthly family, spiritual family and the world at large. In Jesus' name, amen.

Pathway 3 - Journey through the wall

You are fearful of moving forward

Our greatest temptation when in the wall - is to run away, no one likes to be there for a long time

85% evangelical Christians don't get out of the fall area

A lot of us say - when there is a issue, it is a demon so let's just cast it out - instant

The Wall - is a timely process not instant

Can be brought in by something or nothing - God says I want you to go down deeper, health scare, job loss, divorce,etc it affects the core of our spiritual life.

We face walls through out our lives.

Abraham had to face issues - leave, famine, infertility, tensions,

The Lord said to Abram, "Leave your country, your people and your father's household and go to the land I will show you...By faith Abraham, when called to go to a place he would later receive as his inheritance, obeyed and went, even though he did not know where he was going. Gen. 12:1; Heb.11:8

Heavenly Father, teach me to trust you even when I do not know where you are going. Help me to surrender and not turn inward out of fear. The storms and winds of life, O Lord, blow strongly all around me. I cannot see in front of me. Sometimes I feel like I am going to drown. Lord, you are centered, utterly at rest and peace. Open my eyes that I might see you are with me in the boat. I am safe. Awaken me, Jesus, to your presence within me, around me, above me and below me. Grant me grace to follow you into the unknown, into the next place in my journey with you. In Jesus' name, amen.