



B E C O M I N G
**Emotionally
Healthy**

WEEK ONE:

**BE
BEFORE
DO**

Have I experienced a deeply transformed life, or am I wearing a mask to cover-up an internal mess?

Being a disciple of Jesus leads to a deeply transformed life.

SERIES BIG IDEA:

Spiritual maturity is having a healthy relationship with God and others.

We cannot become spiritually mature while remaining emotionally immature.

Pete Scazzero

A good tree cannot bear bad fruit, and a bad tree cannot bear good fruit.

Matthew 7:18 (NIV)

TEACHING BIG IDEA:

I will prioritize being with God before doing for God.

When being with God is prioritized before doing for God, I experience spiritual wholeness.

³⁸ As Jesus and his disciples were on their way, he came to a village where a woman named Martha opened her home to him. ³⁹ She had a sister called Mary, who sat at the Lord's feet listening to what he said. ⁴⁰ 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!"

⁴¹ "Martha, Martha," the Lord answered, "you are worried and upset about many things, ⁴² but few things are needed—or indeed only one. Mary has chosen what is better, and it will not be taken away from her."

Luke 10:38-42 (NIV)

Prioritizing doing for God over being with God will distract us from what is best.

I have one priority in my life—being with Christ.

Being a disciple is about who we are in Christ which shapes what we do for Christ.

"I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing."

John 15:5 (NIV)

Four ways to "be" before I "do."

- **Make a radical decision to "be" by eliminating something I do.**
- **Feel my feelings and take them to God in prayer.**
- **Practice silence to hear God speak to me and to fully surrender myself to Him.**
- **Remain in Christ in all circumstances and at all times.**

By being with Jesus, I will be transformed by Jesus to live for Jesus.

WEEK ONE:

**BE
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MY NOTES



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TEACHING SUMMARY:

One of the failures we succumb to is that we prioritize doing for God ahead of being with God. When our priorities are disordered, our emotional health and our relationships suffer the consequences.

Jesus would tell Martha that there is only one thing needed: being with Him. Jesus would teach His disciples to "abide" or "remain" with Him because apart from Him they can do nothing.

So how do we practice "being" with God over doing? We can make a radical decision to "be" by eliminating something we do. We can begin to feel our feelings and take them to God in prayer. We can practice silence to hear God speak and to fully surrender to Him. We can abide in Christ in all circumstances and at all times.

That is the way to the wholeness that God wants us to have. The transformed life comes only when we prioritize being with Christ over doing for Him.

TALK-IT-OVER:

Why do we struggle with doing over being?

What do you need to eliminate to be with Jesus?

What is one next step you need to take today?

Who do you need to share this with?

DAILY SCRIPTURE READING:

Day 1) Romans 15:13, Psalm 34:4-8

Day 2) Philippians 4:5-7

Day 3) Psalm 23:1-6

Day 4) Colossians 2:6-12

Day 5) Psalm 16:5-11

Day 6) 1Peter 5:6-8