



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

WEEK TWO:

**FOLLOW THE  
 CRUCIFIED  
 JESUS**

SERIES BIG IDEA:

**Spiritual \_\_\_\_\_ is having a \_\_\_\_\_ relationship with God, myself, and others.**

Emotional health is measured by my ability to manage what I think, feel, say, and do regardless of what happens to me.

*Emotional health and spiritual maturity are inseparable. It is impossible to be spiritually mature while remaining emotionally immature.*

Pete Scazzero, Emotionally Healthy Discipleship (p.138)

**The American version of following Jesus promises to help oneself:**

- Be \_\_\_\_\_.
- Be \_\_\_\_\_.
- Be \_\_\_\_\_.
- Avoid \_\_\_\_\_ and \_\_\_\_\_.

<sup>21</sup> From that time on Jesus began to explain to his disciples that he must go to Jerusalem and suffer many things at the hands of the elders, the chief priests and the teachers of the law, and that he must be killed and on the third day be raised to life. <sup>22</sup> Peter took him aside and began to rebuke him. "Never, Lord!" he said. "This shall never happen to you!" <sup>23</sup> Jesus turned and said to Peter, "Get behind me, Satan! You are a stumbling block to me; you do not have in mind the concerns of God, but merely human concerns." <sup>24</sup> Then Jesus said to his disciples, "Whoever wants to be my disciple must deny themselves and take up their cross and follow me. <sup>25</sup> For whoever wants to save their life will lose it, but whoever loses their life for me will find it.

Matthew 16:21-25 (NIV)

TEACHING BIG IDEA:

**Disciples of Jesus \_\_\_\_\_ the \_\_\_\_\_ Jesus.**

**I must \_\_\_\_\_ of following a version of Jesus made in my \_\_\_\_\_ and follow the crucified Jesus to be restored into the image of God.**

**Concede that I was not built for \_\_\_\_\_ and crucify my pursuit of \_\_\_\_\_.**

<sup>5</sup> While he was still speaking, a bright cloud covered them, and a voice from the cloud said, "This is my Son, whom I love; with him I am well pleased. Listen to him!" <sup>6</sup> When the disciples heard this, they fell facedown to the ground, terrified. <sup>7</sup> But Jesus came and touched them. "Get up," he said. "Don't be afraid." <sup>8</sup> When they looked up, they saw no one except Jesus. <sup>9</sup> As they were coming down the mountain, Jesus instructed them, "Don't tell anyone what you have seen, until the Son of Man has been raised from the dead."

Matthew 17:5-9 (NIV)

**Embrace \_\_\_\_\_ by crucifying my desire to achieve \_\_\_\_\_.**

Humility is \_\_\_\_\_ others \_\_\_\_\_ myself.

Philippians 2:3-11

**Submit to God's \_\_\_\_\_ and God's timing by crucifying the worldly need to \_\_\_\_\_.**

Success is becoming like \_\_\_\_\_ to fulfill God's \_\_\_\_\_ in God's time.

<sup>26</sup> What good will it be for someone to gain the whole world, yet forfeit their soul? Or what can anyone give in exchange for their soul? <sup>27</sup> For the Son of Man is going to come in his Father's glory with his angels, and then he will reward each person according to what they have done.

Matthew 16:26-27 (NIV)

WEEK TWO:

# FOLLOW THE CRUCIFIED JESUS



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

Embrace \_\_\_\_\_ and \_\_\_\_\_ by crucifying my need for power, comfort, and control.

<sup>2</sup> For I resolved to know nothing while I was with you except Jesus Christ and him crucified. <sup>3</sup> I came to you in weakness with great fear and trembling. <sup>4</sup> My message and my preaching were not with wise and persuasive words, but with a demonstration of the Spirit's power, <sup>5</sup> so that your faith might not rest on human wisdom, but on God's power.

1 Corinthians 2:2-5 (NIV)

\_\_\_\_\_ to \_\_\_\_\_. He is the way that will lead you into the truth so you can experience His life.



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#### TEACHING SUMMARY:

The image of Jesus that many Christians have is a version that is made in their own image. Instead of following the Jesus as described in the four gospels, they follow a version of Jesus that will make them famous, help them achieve greatness, enable them to become successful, and help them avoid suffering and failure.

However, Jesus models a way of life that is way different. Jesus models a way that is uncomfortable and some would say dangerous. But Jesus offers an incredible promise of a payout that only comes in following His way—His crucified way. Jesus offers true life to those who embrace His crucified way of life. When we deny ourselves, die to ourselves, and follow Jesus, we will experience the true life.

Discipleship is following the crucified Jesus, not the Americanized Jesus. We need to repent of following a version of Jesus that never existed. We must crucify our pursuit of popularity, our desire to achieve greatness, our worldly need to succeed, and our need for power, comfort, and control.

#### TALK-IT-OVER:

Which is most attractive to you: fame, greatness, success, or avoiding suffering or grief?

Am I doing or pursuing something for the approval of people or to be faithful to God?

Is my value and self-worth in what I do or in what Christ has done for me?

Do I need immediate reward, or am I trusting that God will reward me in eternity?

Am I avoiding suffering and my weaknesses, or am I trusting that God's grace is greater?

#### DAILY SCRIPTURE READING:

Day 1) John 14:21-23

Day 2) Romans 6:11-14

Day 3) Titus 2:11-14

Day 4) Colossians 3:1-10

Day 5) Romans 8:5-11

Day 6) Ephesians 2:1-10