



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

WEEK SEVEN:

**LEAD
FROM
WEAKNESS**

We are all broken and wounded because of our sinful humanity.

- **We rely on self-confidence and self-assurance to hide what we don't want others to see.**
- **Our culture compels us to cover up our wounds because they are a sign of weakness.**
- **We avoid vulnerability and failure.**

SERIES BIG IDEA:

Spiritual maturity is having a healthy 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)

TEACHING BIG IDEA:

Lead from my limp and discover God's wisdom and power in my weaknesses.

- **Scripture reveals that God chooses to use the weak and vulnerable over the powerful and prideful.**
- **We are tempted to protect our pride and to be powerful.**

Jesus reveals a theology of weakness.

³⁷ He took Peter and the two sons of Zebedee along with him, and he began to be sorrowful and troubled. ³⁸ Then he said to them, "My soul is overwhelmed with sorrow to the point of death. Stay here and keep watch with me." ³⁹ Going a little farther, he fell with his face to the ground and prayed, "My Father, if it is possible, may this cup be taken from me. Yet not as I will, but as you will."

Matthew 26:37-39 (NIV)

God's wisdom and power were revealed through Jesus' weakness.

The apostles embraced and taught the church to trust that God's wisdom and strength would be revealed through their weaknesses.

⁴ He fell to the ground and heard a voice say to him, "Saul, Saul, why do you persecute me?" ⁵ "Who are you, Lord?" Saul asked. "I am Jesus, whom you are persecuting," he replied.

Acts 9:4-5 (NIV)

¹⁸ For the message of the cross is foolishness to those who are perishing, but to us who are being saved it is the power of God... ²⁵ For the foolishness of God is wiser than human wisdom, and the weakness of God is stronger than human strength. ²⁶ Brothers and sisters, think of what you were when you were called. Not many of you were wise by human standards; not many were influential; not many were of noble birth. ²⁷ But God chose the foolish things of the world to shame the wise; God chose the weak things of the world to shame the strong. ²⁸ God chose the lowly things of this world and the despised things—and the things that are not—to nullify the things that are, ²⁹ so that no one may boast before him. ³⁰ It is because of him that you are in Christ Jesus, who has become for us wisdom from God—that is, our righteousness, holiness and redemption. ³¹ Therefore, as it is written: "Let the one who boasts boast in the Lord." ^{2:1} And so it was with me, brothers and sisters. When I came to you, I did not come with eloquence or human wisdom as I proclaimed to you the testimony about God. ² For I resolved to know nothing while I was with you except Jesus Christ and him crucified. ³ I came to you in weakness with great fear and trembling. ⁴ My message and my preaching were not with wise and persuasive words, but with a demonstration of the Spirit's power, ⁵ so that your faith might not rest on human wisdom, but on God's power.

1 Corinthians 1:18, 25-2:5 (NIV)

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BECOMING Emotionally Healthy

⁷ Therefore, in order to keep me from becoming conceited, I was given a thorn in my flesh, a messenger of Satan, to torment me. ⁸ Three times I pleaded with the Lord to take it away from me. ⁹ But he said to me, "My grace is sufficient for you, for my power is made perfect in weakness." Therefore I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me. ¹⁰ That is why, for Christ's sake, I delight in weaknesses, in insults, in hardships, in persecutions, in difficulties. For when I am weak, then I am strong.

2 Corinthians 12:7-10 (NIV)

- **I don't have to be perfect or have it all together to be strong.**
- **My weakness is what allows God's grace and power to make me strong.**

I asked God for strength that I might achieve; I was made weak that I might learn humbly to obey. I asked for health that I might do greater things; I was given infirmity that I might do better things. I asked for riches that I might be happy; I was given poverty that I might be wise. I asked for power that I might have the praise of others; I was given weakness that I might feel the need of God. I asked for all things that I might enjoy life; I was given life that I might enjoy all things. I got nothing that I asked for, but everything I had hoped for. Almost despite myself, my unspoken prayers were answered. I am, among all people, most richly blessed."

Pete Scazzero, Emotionally Healthy Discipleship (pp. 208-209)

There's no part of my story that God won't use for His glory.



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TEACHING SUMMARY:

Our culture teaches us to avoid failure and hide our weaknesses. This leads us to put on a façade of self-confidence, which is a pseudo-assurance, because we don't want others to see us as weak and vulnerable.

Jesus reveals the opposite is true. His life displays how God's wisdom and power is displayed in humanity's weakness.

The apostles trusted in this counter-cultural reality and God used their weaknesses, their insecurities, their past, their faults, and their whole story for His glory.

When we trust God and lead from our limp, we will discover God's power at work in our weaknesses. This is how God redeems every part of our story for His glory.

TALK-IT-OVER:

How have you seen others try to cover up weaknesses?
How have you covered up your own weaknesses?

Throughout Scripture God has used the weaknesses of others to serve His purpose. How are you encouraged in seeing God use others? Why?

What part of your story do you need to stop covering up and trust that God can use?

What is one next step you need to take?

Who do you need to tell about this good news?

DAILY SCRIPTURE READING:

Day 1) Psalm 18:31-33

Day 2) Exodus 15:1-3, 12-13

Day 3) Deuteronomy 8:16-18

Day 4) Judges 7:1-21

Day 5) 1 Samuel 2:8-10

Day 6) Psalm 28:6-8