



Two-Thirds
Blessed



King David

- Once a “man after God’s own heart.”
- Used by God to kill Goliath.
- Protected by God from a jealous Saul.



King David

- Used by God to establish the kingdom.
- Adulterer
- Murderer
- Hypocrite







Spiritual

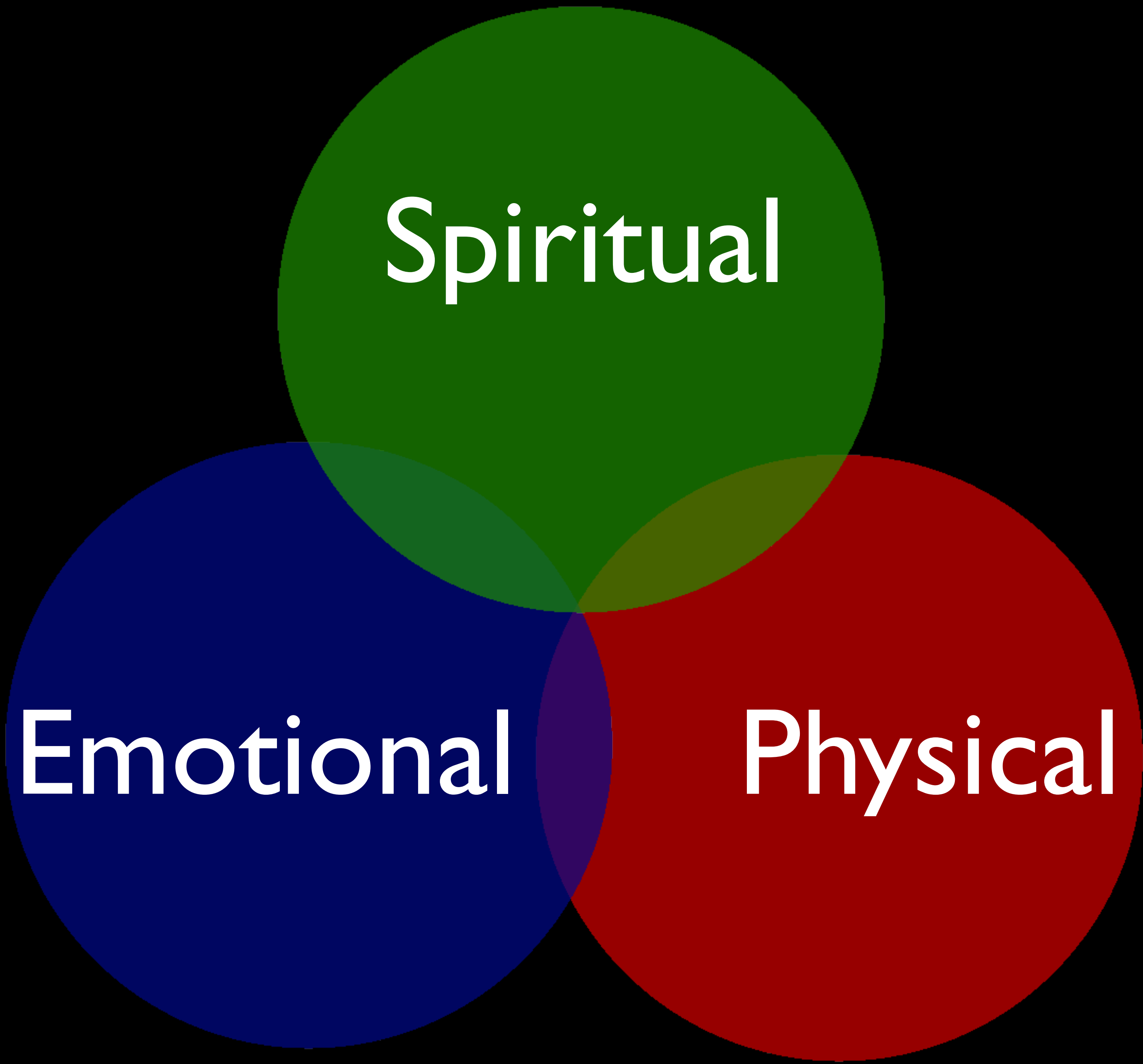




Spiritual

Physical







Spiritual
Emotional
Physical



1 Thessalonians 5:23

- “Now may the God of peace Himself sanctify you completely; and may your whole spirit, soul, and body be preserved blameless at the coming of our Lord Jesus Christ.”



The board member
who never says
“I was wrong” or
“I’m sorry.”



The Emotionally Healthy Church, p.17.



The children's
church leader who
constantly criticizes
others.



The Emotionally Healthy Church, p.17.



The high-control
small group leader
who cannot tolerate
different points of
view.



The Emotionally Healthy Church, p.17.



The middle-age
father of two who is
secretly addicted to
pornography.



The Emotionally Healthy Church, p.17.



The thirty-five-year-old husband busily serving in the church, unaware of his wife's loneliness at home.



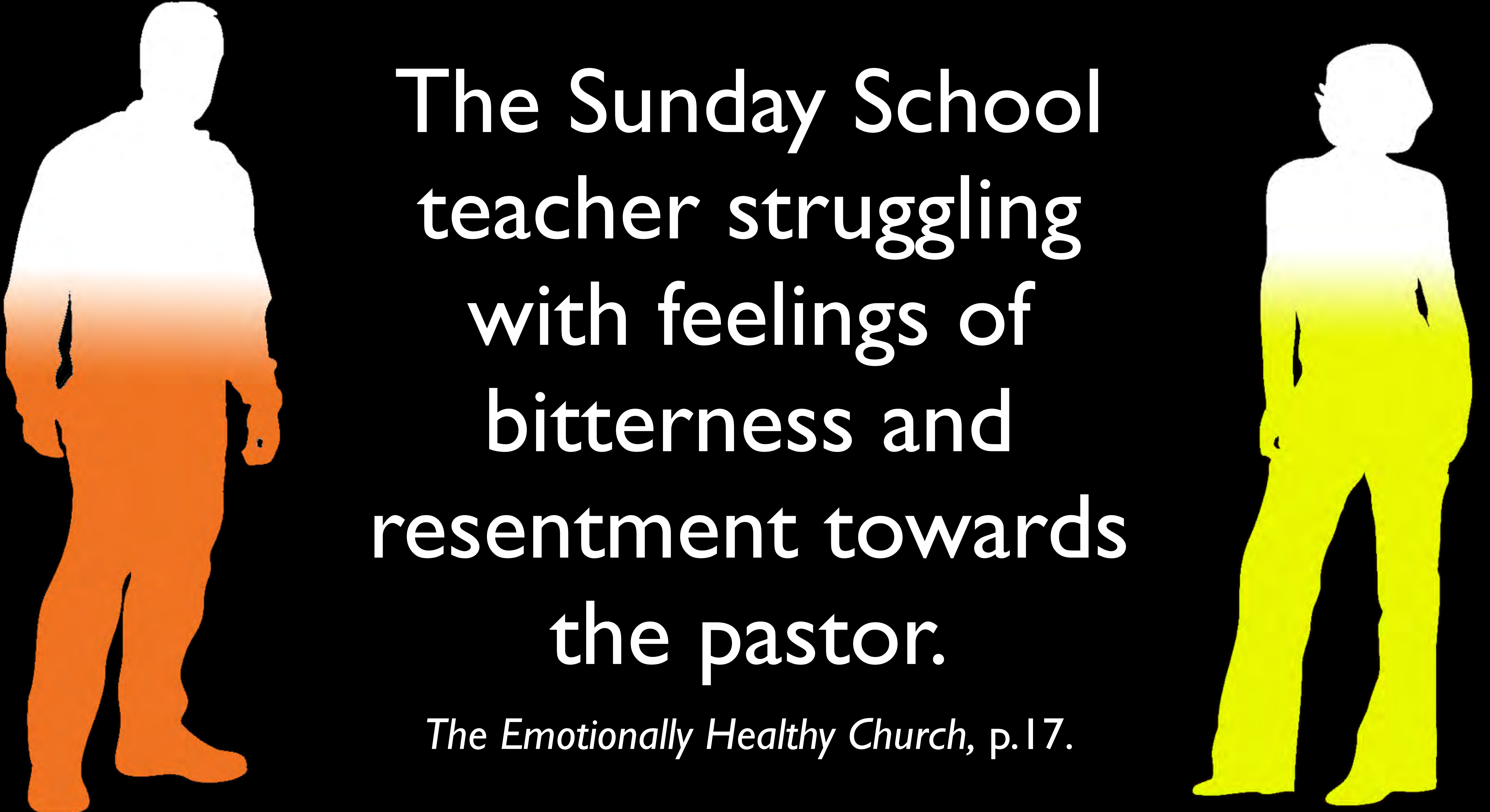
The Emotionally Healthy Church, p.17.



The worship leader
who interprets any
suggestion as a
personal attack and
a personal rejection.



The Emotionally Healthy Church, p.17.

The image features two stylized human silhouettes against a black background. On the left is a male silhouette in a gradient of orange and red, and on the right is a female silhouette in a gradient of yellow and green. Both figures are facing right. Centered between them is white text.

The Sunday School
teacher struggling
with feelings of
bitterness and
resentment towards
the pastor.

The Emotionally Healthy Church, p.17.



Spiritual
Emotional
Physical





Spiritual

Emotional

Physical







Spiritual

Emotional

Physical



Spiritual



You can be a
dynamic, gifted
speaker for God in
public and be an
unloving spouse and
parent at home.





You can function as
a church board
member or pastor
and be unteachable,
insecure, and
defensive.



You can memorize
entire books of the
Bible and yet be
unaware of
depression and
anger, hurting other
people.



You can fast and
pray a half-day a
week for years and
constantly be critical
of others, justifying it
as spiritual
discernment.



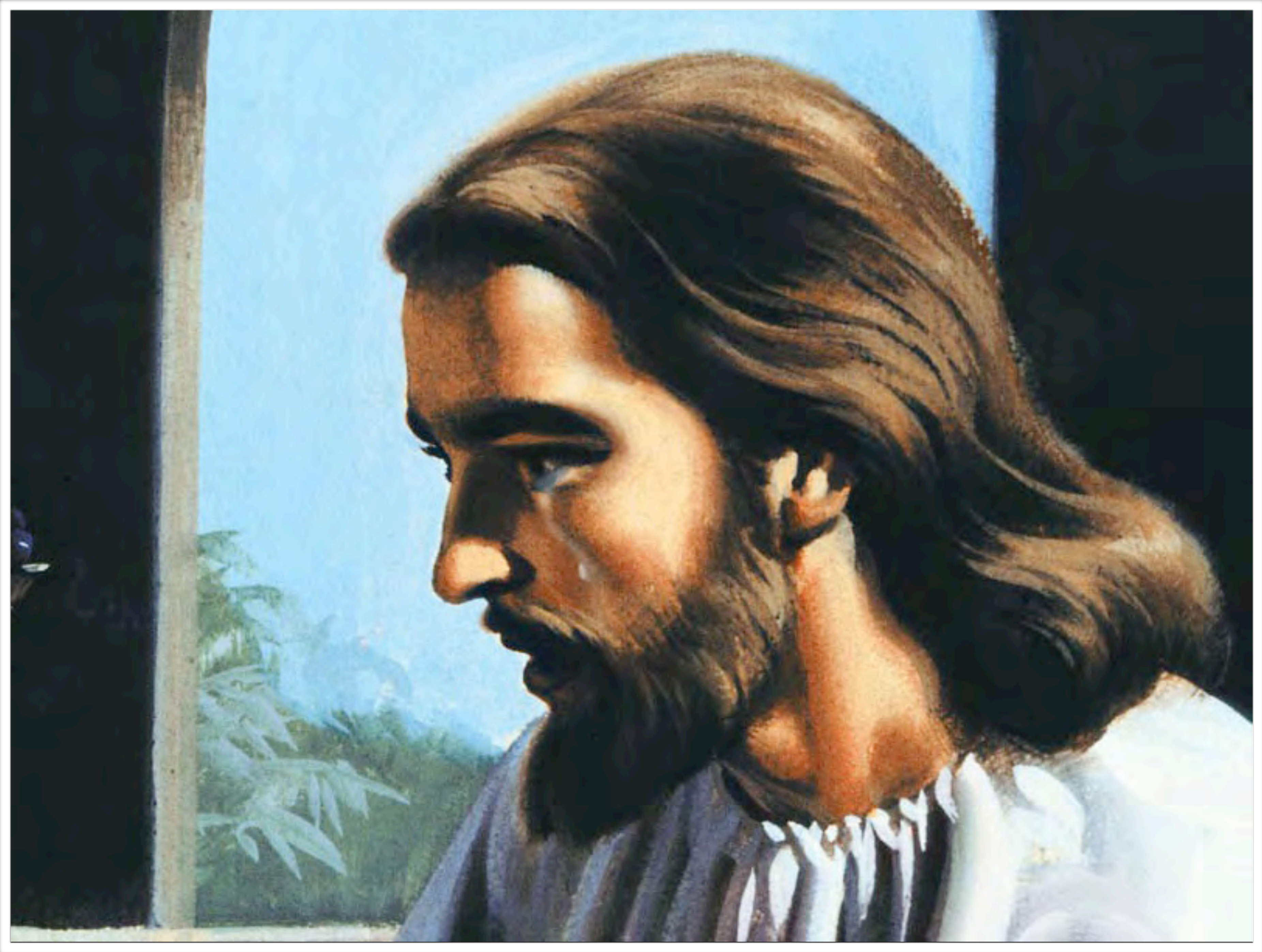
You can see
shortcomings in
others and rebuke
them in a hurtful
manner, believing it
to be the “straight
testimony.”

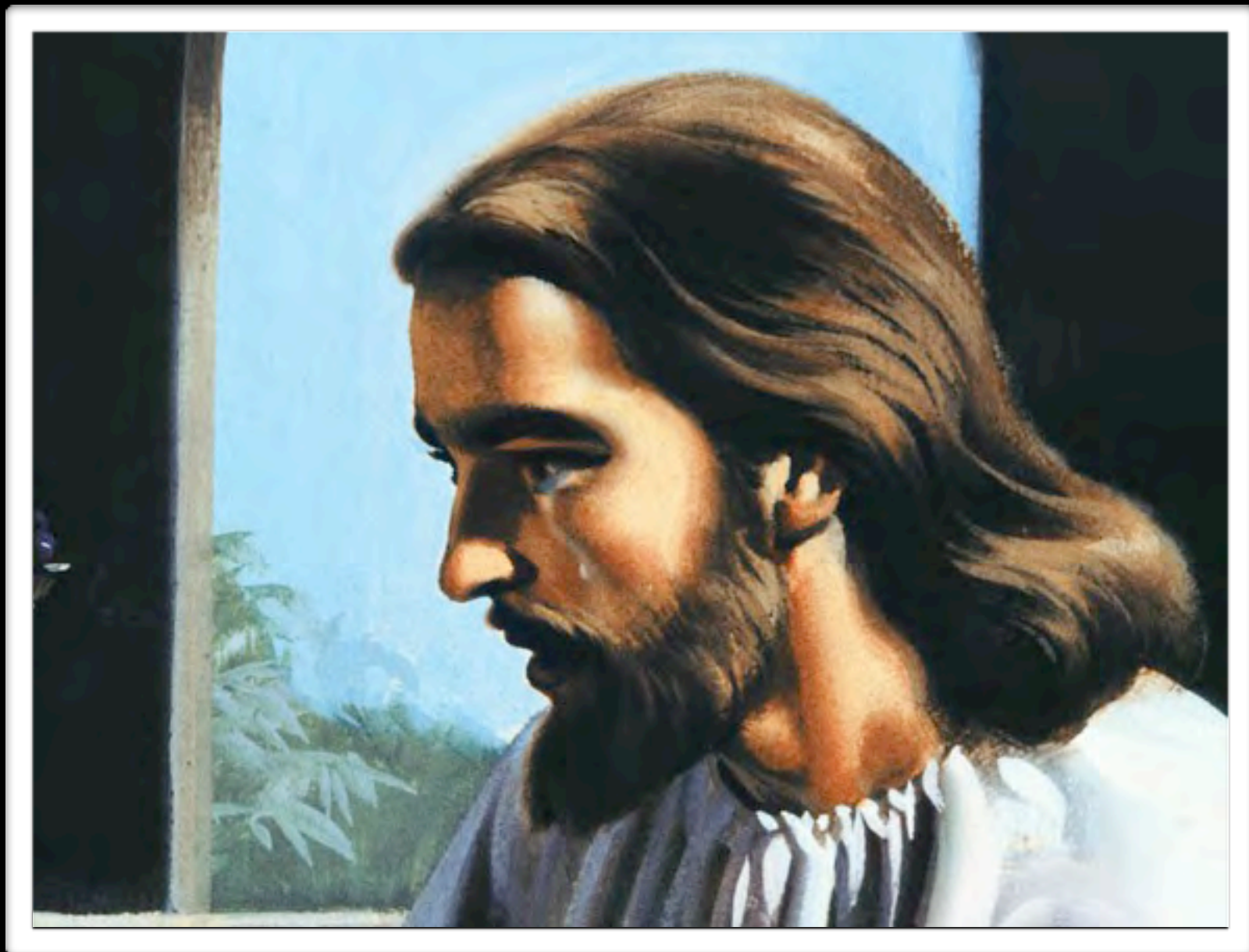


You can see
shortcomings in
others and not
lovingly confront
them, believing
yourself to be
patient.









Jesus as a Person

- John 11:33-36
- Luke 19:41
- John 2:13-17
- Mark 6:30-32
- Matthew 26:36-39

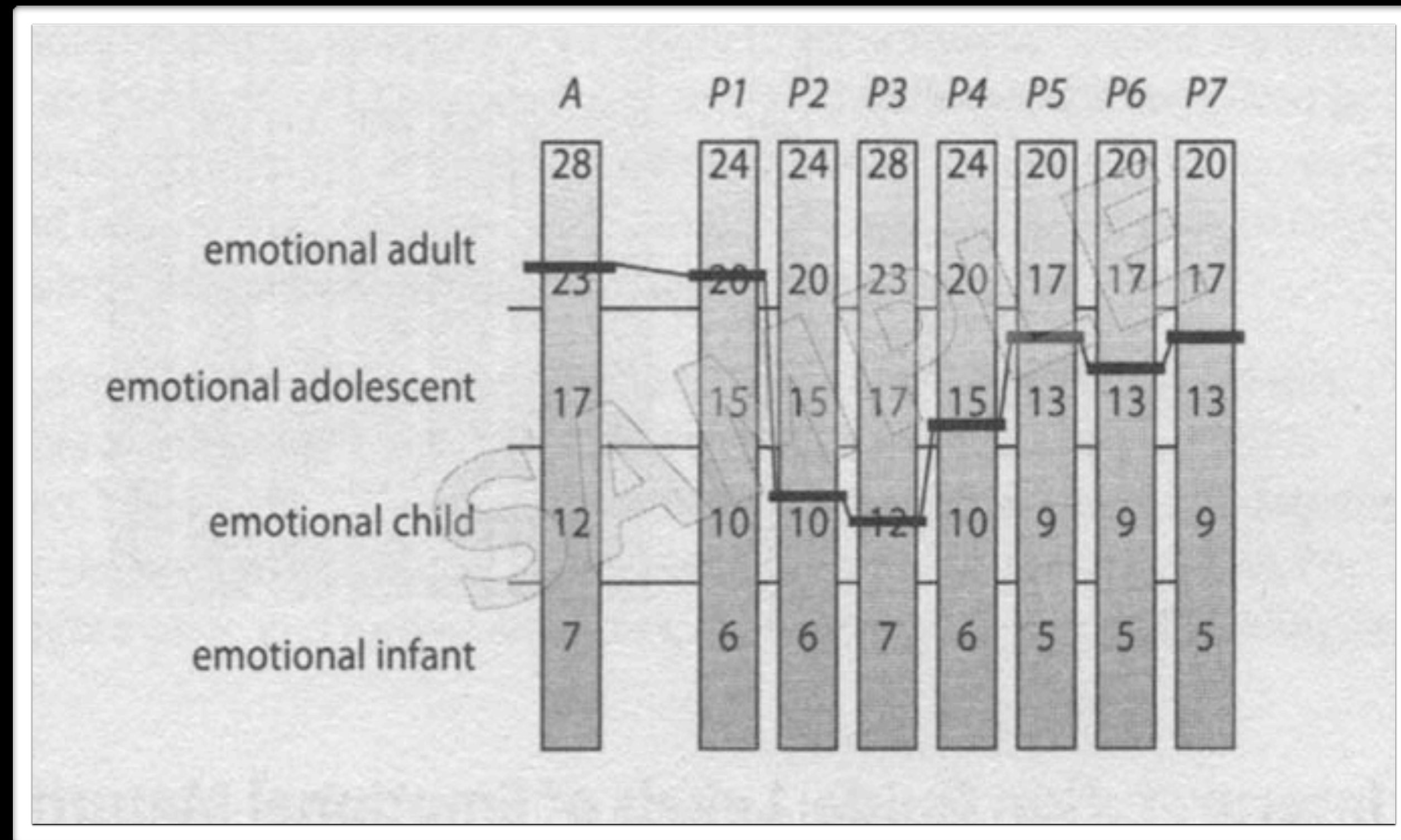
“Ignoring our emotions is turning our backs on reality; listening to our emotions ushers us into reality. And reality is where we meet God...

Emotions are the language of the soul. They are the cry that gives the heart a voice... However, we often turn a deaf ear - through emotional denial, distortion, or disengagement. We strain out anything disturbing in order to gain tenuous

control of our inner world. We are frightened and ashamed of what leaks into our consciousness. In neglecting our intense emotions, we are false to ourselves and lose a wonderful opportunity to know God. We forget that change comes through brutal honesty and vulnerability before God.”

The Cry of the Soul, pp. 24-25.







The Gospel says that you are more sinful and flawed than you ever dared believe, yet you are more accepted and loved than you ever dared to hope.

1 Thessalonians 5:23

“Now may the God of peace Himself sanctify you completely; and may your whole spirit, soul, and body be preserved blameless at the coming of our Lord Jesus Christ.”





1 Thessalonians 5:24

“He who calls
you is faithful,
who also will do
it.”

