

Emotional Health is defined as our ability to be self-aware, to love well, & to live a slowed down spirituality in order to cultivate our relationship with Jesus.

1 Samuel 15:7-24

(v. 7-13) Emotionally immature people have a low self-awareness level and inflated sense of self.

(v. 14-15) Emotionally immature people easily and quickly blame others.

(v.16-17) Emotionally immature people walk in self-deception.

(v.18-21) Saul's lack of self-awareness leads him to go through the motions of religious activity as if they were enough for God.

(v.22-24, 30) Our false self can become such a part of who we are that we don't even realize it.

Hope Shot: Powerful breakthroughs take place below the surface of our lives when the riches of slowed-down spirituality and emotional health are joined together.

Reflect:

Where are your blind spots?

Do we elevate the opinions of others above God?

Do we blame shift to avoid owning our own failures?