

EMOTIONALLY
HEALTHY



RELATIONSHIPS

THE AUTHENTIC — YEAR OF COMMUNITY

Living with Integrity & Integration

Galatians 2:11-14

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“Emotional health and spiritual maturity are inseparable. It is not possible for a Christian to be spiritually mature while remaining emotionally immature.”

- Peter Scazzero, *Emotionally Healthy Spirituality*

“No pastor lives up to what he preaches. If he does, he is preaching too low.”

“From the minute we are born we begin to struggle to get our lives together, that is, to come to a sense of who we are, of

what our meaning is, and of how we can live in such a way that our own lives remain integrated and meaningful and that our presence in the world is a positive one.”

- Ronald Rolheiser, *Sacred Fire*

Integrity: “The state of being whole, entire, or undiminished”

“If you are here unfaithfully with us, you're causing terrible damage.”

- Rumi

Jesus disappoints:

- His family (Mark 3:21)
- His hometown (Luke 4:28-29)
- His friends (Mark 8:32)
- The religious community (Matthew 12:24)

Yet remained who He was as He loved, served, and sacrificed, without holding anything against them.

“Jesus was not selfless. He did not live as if only other people counted. He knew his value and worth. He had friends. He asked people to help him. At the same time Jesus was not selfish. He did not live as if nobody else counted. He gave his life out of love for others. From a place of loving union with his Father, Jesus had a mature, healthy ‘true self.’”

- Pete Scazzero, *Emotionally Healthy Spirituality*

Galatians 2:11-14

When Peter came to Antioch, I [Paul] opposed him to his face, because he stood condemned. For before certain men came from James, he used to eat with the Gentiles. But when they arrived, he began to draw back and separate himself from the Gentiles because he was afraid of those who belonged to the circumcision group. The other Jews joined him in his hypocrisy, so that by their hypocrisy even Barnabas was led astray...I saw that they were not acting in line with the truth of the gospel...

Living Integrated:

1. You must know your identity.

How we construct an identity:

- I am what I do.
- I am what I have.
- I am what I desire.
- I am what people say I am.

“The true self is who, in reality, you are and who you are becoming. It is not something you need to construct through a process of self-improvement or deconstruct by means of psychological analysis. It is not an object to be grasped. Nor is it an archetype to be actualized. It is not even some inner, hidden part of you. Rather, it is your total self as you were created by God and as you being redeemed in Christ. It is the

image of God that you are—the unique face of God that has been set aside from eternity for you.”

- David Brenner, *The Gift of Being Yourself*

Living Integrated:

1. You must know your identity.
2. You must live your vocation.

Vocation:

1. Call to be human
2. Call to Christian (prime citizen in God’s Kingdom)
3. Call to your uniqueness

“The place God calls you is the place where your deep gladness and the world’s deep hunger meet.”

- Frederick Buechner

Differentiation: “a person’s capacity to define his or her own life’s goals and values apart from the pressure of those around them.”

- Kerr & Bowen, *Family Evaluation*

“To the degree that we have lost our dependencies on this world, whatever world means—father, mother, children, career, success, or rewards—we can form a community of faith in which there is little to defend, but much to share.”

- Henri Nouwen, *Out of Solitude*