



DEEP

MOVING BEYOND SHALLOW SPIRITUALITY

SERIES COMPANION

INTRODUCTION

Have you ever felt spiritually stuck? You read the Bible, pray, go to church, give, and serve, but feel like your relationship with God is stale and your relationships with others are strained. You want those relationships to be deeper, but you don't know how. You're not alone! So many of us are stuck in a shallow spirituality because we have separated our spiritual life from our emotional and relational life. We ignore sadness and fear, avoid conflict, live beyond our limits, hide parts of ourselves from God and others, and more. But life doesn't have to be this way. We believe that God is inviting us to move beyond shallow spirituality to a deeper experience of emotional and spiritual health that will lead to true joy and flourishing. We would love for you to join us this spring as we go deeper together!

RESOURCE OVERVIEW

Here we provide space to take notes on the sermon and Scripture text and answer reflection questions that you can discuss with others. When considering the reflection questions, remember that the goal is not to have all the "right" answers—instead, let these questions serve as a starting point for curiosity in your conversation with God and others. See the Appendix of this guide for more resources and opportunities to engage with this study.

Please note this discussion guide is created before the series begins. Discussion questions are prepared before the sermons are written and based on the theme and text for the week. Thank you for your understanding that the topic and focus of the sermon as the pastor writes it may differ from what is written in the discussion questions.

APPENDIX (PAGE 18)

Offers a deeper dive into the topic as well as resources for Bible study, leading small groups, and links for further support.

- Works Cited & Links
- Emotional & Spiritual Health Study Tools
- Online Bibles
- Prayer Tools
- "Icebreaker" Questions
- Tips for Guiding Conversations
- General Resources for Individual Support

SERMON SCHEDULE & REQUIRED READING

**Subject to change at the discretion of the pastors.*

Along with the sermons and the questions in this guide, there will be the option between a weekly reading for participants to complete – Book: [Emotionally Healthy Spirituality](#) (updated version), by Peter Scazzerro – or a video from the Emotionally Healthy Leadership podcast that corresponds to the book.

Sermon	Topic	Assigned pages from EHS by Peter Scazzerro, and video links
Week 1	1 Samuel 15:10–23	9–38, Youtube video
Week 2	1 Samuel 17:12–40	39–70, YouTube video
Week 3	Genesis 44: 13–34	71–96, YouTube video
Week 4	Philippians 4:4–7, 11b–13	97–116, YouTube video
Week 5	Psalms 23:1–6	117–138, YouTube video
Week 6	Mark 6:30–32	139–164, YouTube video
Week 7	1 Corinthians 7:1–11	Youtube video

WEEKLY FORMAT

(PRE-WORK) REFLECT: Listen to the sermon, read weekly selections/view video links, read scripture passages, and answer questions. (30-40 mins)

RELATE: Discuss reflection questions with your small group. (50 mins)

PRAY: Use the suggested prayer prompt to conclude your time (5-10 mins)

CONVERSATION COVENANT

We hope all small group discussions are lively and enriching, but sometimes tough topics will be discussed. The Conversation Covenant* is an agreement to hold respect and grace toward all participants within a small group, no matter the conversation. Please adhere to the Conversation Covenant or consider creating one that fits your context.

*Adapted from <https://conversational-leadership.net/conversation-covenant/>

I pledge:

To act in good faith, with curiosity. I will assume the best about my conversation partners when entering into our groups. I will give the benefit of the doubt, recognizing that they may know something I don't.

To show respect. I will show respect. I will be polite and give due regard to the feelings and traditions of others. I understand that I do not have to agree with someone to show them respect.

To speak the truth. I won't use rhetorical tricks to try to win an argument. I will speak what I genuinely believe is the nuanced truth.

To aim to discover the truth. I will not enter into a conversation with the purpose of changing the mind of anyone to my way of thinking.

To focus on what we can change. I will focus on what we can do differently in the future since we cannot change what we did in the past.

To take responsibility for the conversation. I will take responsibility for the quality of the conversation and the abidance of the rules both in principle and in spirit.

To follow the covenant even when others fail to do so. I will abide by the rules regardless of whether another person breaks them.

To respect the confidentiality of the group. I will not share the stories of group members verbally or in written form (including on social media and online outlets).

To lighten up and approach the conversation in good humor. I recognize that humor is a hallmark of a constructive, generative conversation and take the conversation in good humor.

PREPARE

The following questions are jumping-off points for personal reflection. Engage with them to awaken your awareness of themes in this sermon series. Pay attention to the questions that stand out to you and look back on them throughout the series to see how God might be speaking to you.

CONSIDER

- What are your first impressions of deep versus shallow spirituality? How would you describe shallow spirituality? What might deep spirituality look like for you?
- What interests you about the topics of emotional health, relational health, and spirituality? What's something about these topics you're excited about? What's something that could be challenging about them for you?
- As you enter into these discussions, how would you describe your spiritual life at the moment? Is there something you believe God is asking of you? List this (or these) below:

WEEK 1: The Crisis of Emotionally Unhealthy Spirituality

1 Samuel 15:10–23

(PRE-WORK) REFLECT | Before your small group gathering, complete the following and reflect on the discussion questions. These will be the basis for your small group time.

- Listen to the Sermon on Highrock's [YouTube channel](#) and note any reactions you had – curiosities, concerns, or delights
- Read pages 9–38 in [Emotionally Healthy Spirituality](#) (updated version), by Peter Scazzerro, or watch the [YouTube video](#) on this week's topic

RELATE | Use these questions as a launching point for your small group conversation or personal reflection:

1. What from the sermon or reading has brought up new questions or interesting points you would like to discuss?
2. How has this sermon shed light for you on the connections between our emotional health and our spiritual health?
3. Pastor Dave outlined obstacles to King Saul's spiritual and relational growth: avoiding self-reflection, not cultivating a real relationship with God, and a refusal to learn from setbacks. How do you see these hindrances coming up in your life and relationship with God?
4. Identify one or two ways you'd like to explore and grow in your emotional and spiritual health. Share with your group, either as a whole or in pairs.
5. As Pastor Dave shared, this is not a solo effort. We make progress by God's grace. Use the prayer prompt below for silent reflection, welcoming God who loves you and wants to make you more whole.

PRAY | Give thanks for God's grace and mercy. Sit with images that remind you of God's love. Finally, ask God to give you the love, strength, and grace you need to become a more emotionally and spiritually healthy follower of Jesus.

1 Samuel 15:10-23

10 Then the word of the LORD came to Samuel: 11 "I regret that I have made Saul king, because he has turned away from me and has not carried out my instructions." Samuel was angry, and he cried out to the LORD all that night.

12 Early in the morning Samuel got up and went to meet Saul, but he was told, "Saul has gone to Carmel. There he has set up a monument in his own honor and has turned and gone on down to Gilgal."

13 When Samuel reached him, Saul said, "The LORD bless you! I have carried out the LORD's instructions."

14 But Samuel said, "What then is this bleating of sheep in my ears? What is this lowing of cattle that I hear?"

15 Saul answered, "The soldiers brought them from the Amalekites; they spared the best of the sheep and cattle to sacrifice to the LORD your God, but we totally destroyed the rest."

16 "Enough!" Samuel said to Saul. "Let me tell you what the LORD said to me last night."

"Tell me," Saul replied.

17 Samuel said, "Although you were once small in your own eyes, did you not become the head of the tribes of Israel? The LORD anointed you king over Israel. 18 And he sent you on a mission, saying, 'Go and completely destroy those wicked people, the Amalekites; wage war

against them until you have wiped them out.' 19 Why did you not obey the LORD? Why did you pounce on the plunder and do evil in the eyes of the LORD?"

20 "But I did obey the LORD," Saul said. "I went on the mission the LORD assigned me. I completely destroyed the Amalekites and brought back Agag their king. 21 The soldiers took sheep and cattle from the plunder, the best of what was devoted to God, in order to sacrifice them to the LORD your God at Gilgal."

22 But Samuel replied:

"Does the LORD delight in burnt offerings and sacrifices
as much as in obeying the LORD?
To obey is better than sacrifice,
and to heed is better than the fat of rams.

23 For rebellion is like the sin of divination,
and arrogance like the evil of idolatry.
Because you have rejected the word of the LORD,
he has rejected you as king."

WEEK 2: Your Authentic Self in Christ

1 Samuel 17:12–40

(PRE-WORK) REFLECT | Before your small group gathering, complete the following and reflect on the discussion questions. These will be the basis for your small group time.

- Listen to the Sermon on Highrock's [YouTube channel](#) and note any reactions you had- curiosities, concerns, or delights
- Read pages 39–70 in [Emotionally Healthy Spirituality](#) (updated version), by Peter Scazzerro, or watch the [YouTube video](#) on this week's topic

RELATE | Use these questions as a launching point for your small group conversation. Open with a check-in/getting-to-know-you question. Group opener options are available in the Appendix.

1. What from the sermon or reading has brought up new questions or interesting points you would like to discuss?
2. Would you be willing to share one way you feel a sense of inadequacy or that you're not enough? Likewise, what kind of 'armor' are you tempted to hide behind?
3. As we see in the Scripture passage, (the future King) David was pressured to conform in different ways. What stands out to you in David's response? What can we learn from it?
4. Take a moment to reflect on a gift God has given you – something you value about yourself. What is it? How can you use this gift to serve God and others? Share this with the group as a whole or in pairs.
5. Is there an invitation you sense God making through your conversation or reflections this week? Is there a next step you could take in how you engage, act, or relate to others?

PRAY | In silent reflection, share with God how you feel inadequate or not enough. Ask God to fill you, strengthen you, and help you see how your gifts can be gifts to others this week.

1 Samuel 17:12–40

12 Now David was the son of an Ephrathite named Jesse, who was from Bethlehem in Judah. Jesse had eight sons, and in Saul's time he was very old. 13 Jesse's three oldest sons had followed Saul to the war: The firstborn was Eliab; the second, Abinadab; and the third, Shammah. 14 David was the youngest. The three oldest followed Saul, 15 but David went back and forth from Saul to tend his father's sheep at Bethlehem.

16 For forty days the Philistine came forward every morning and evening and took his stand.

17 Now Jesse said to his son David, "Take this ephah of roasted grain and these ten loaves of bread for your brothers and hurry to their camp. 18 Take along these ten cheeses to the commander of their unit. See how your brothers are and bring back some assurance from them. 19 They are with Saul and all the men of Israel in the Valley of Elah, fighting against the Philistines."

20 Early in the morning David left the flock in the care of a shepherd, loaded up and set out, as Jesse had directed. He reached the camp as the army was going out to its battle positions, shouting the war cry. 21 Israel and the Philistines were drawing up their lines facing each other. 22 David left his things with the keeper of supplies, ran to the battle lines and asked his brothers how they were. 23 As he was talking with them, Goliath, the Philistine champion from Gath, stepped out from his lines and shouted his usual defiance, and David heard it. 24 Whenever the Israelites saw the man, they all fled from him in great fear.

25 Now the Israelites had been saying, "Do you see how this man keeps coming out? He comes out to defy Israel. The king will give great wealth to the man who kills him. He will also give him his daughter in marriage and will exempt his family from taxes in Israel."

26 David asked the men standing near him, "What will be done for the man who kills this Philistine and removes this disgrace from Israel? Who is this uncircumcised Philistine that he should defy the armies of the living God?"

27 They repeated to him what they had been saying and told him, "This is what will be done for the man who kills him."

28 When Eliab, David's oldest brother, heard him speaking with the men, he burned with anger at him and asked, "Why have you come down here? And with whom did you leave those few sheep in the wilderness? I know how conceited you are and how wicked your heart is; you came down only to watch the battle."

29 "Now what have I done?" said David. "Can't I even speak?" 30 He then turned away to someone else and brought up the same matter, and the men answered him as before. 31 What David said was overheard and reported to Saul, and Saul sent for him.

32 David said to Saul, "Let no one lose heart on account of this Philistine; your servant will go and fight him."

33 Saul replied, "You are not able to go out against this Philistine and fight him; you are only a young man, and he has been a warrior from his youth."

34 But David said to Saul, "Your servant has been keeping his father's sheep. When a lion or a bear came and carried off a sheep from the flock, 35 I went after it, struck it and rescued the sheep from its mouth. When it turned on me, I seized it by its hair, struck it and killed it.

36 Your servant has killed both the lion and the bear; this uncircumcised Philistine will be like one of them, because he has defied the armies of the living God. 37 The LORD who rescued me from the paw of the lion and the paw of the bear will rescue me from the hand of this Philistine."

Saul said to David, "Go, and the LORD be with you."

38 Then Saul dressed David in his own tunic. He put a coat of armor on him and a bronze helmet on his head. 39 David fastened on his sword over the tunic and tried walking around, because he was not used to them.

"I cannot go in these," he said to Saul, "because I am not used to them." So he took them off. 40 Then he took his staff in his hand, chose five smooth stones from the stream, put them in the pouch of his shepherd's bag and, with his sling in his hand, approached the Philistine.

WEEK 3: Family of Origin

Genesis 44:13–34

(PRE-WORK) REFLECT | Before your small group gathering, complete the following and reflect on the discussion questions. These will be the basis for your small group time.

- Listen to the Sermon on Highrock's [YouTube channel](#) and note any reactions you had- curiosities, concerns, or delights
- Read pages 71–96 in [Emotionally Healthy Spirituality](#) (updated version), by Peter Scazzerro, or watch the [YouTube video](#) on this week's topic

RELATE | Use these questions as a launching point for your small group conversation. Open with a check-in/getting-to-know-you question. Group opener options are available in the Appendix.

1. What from the sermon or reading has brought up new questions or interesting points you would like to discuss?
2. How did Pastor John's message help you understand the Joseph and Judah story (from Genesis 44)? What does the story say to you about faith, family relationships, and the possibility of personal transformation?
3. As you feel is appropriate to share (this question and the next), what are some ways you see family dynamics serving as both a blessing and a challenge? How do you think these dynamics impact your faith?
4. Pastor John shared that sometimes we need to look back to understand our broken legacy to experience God's healing in the journey ahead. What does this mean for you? Where is one area in your past where you'd like to see a process of healing begin?
5. What gives you hope that change, healing, and transformation are possible in our relationships and/or in us as individuals?

PRAY | Give thanks for the ways we have been blessed by God through family and friends. Ask for the Spirit to be present and give us courage to pursue healing where it's needed in us and our families.

Genesis 44:13–34

13 At this, they tore their clothes. Then they all loaded their donkeys and returned to the city.

14 Joseph was still in the house when Judah and his brothers came in, and they threw themselves to the ground before him. 15 Joseph said to them, "What is this you have done? Don't you know that a man like me can find things out by divination?"

16 "What can we say to my lord?" Judah replied. "What can we say? How can we prove our innocence? God has uncovered your servants' guilt. We are now my lord's slaves—we ourselves and the one who was found to have the cup."

17 But Joseph said, "Far be it from me to do such a thing! Only the man who was found to have the cup will become my slave. The rest of you, go back to your father in peace."

18 Then Judah went up to him and said: "Pardon your servant, my lord, let me speak a word to my lord. Do not be angry with your servant, though you are equal to Pharaoh himself. 19 My lord asked his servants, 'Do you have a father or a brother?' 20 And we answered, 'We have an aged father, and there is a young son born to him in his old age. His brother is dead, and he is the only one of his mother's sons left, and his father loves him.'

21 "Then you said to your servants, 'Bring him down to me so I can see him for myself.' 22 And we said to my lord, 'The boy cannot leave

his father; if he leaves him, his father will die.' 23 But you told your servants, 'Unless your youngest brother comes down with you, you will not see my face again.' 24 When we went back to your servant my father, we told him what my lord had said.

25 "Then our father said, 'Go back and buy a little more food.' 26 But we said, 'We cannot go down. Only if our youngest brother is with us will we go. We cannot see the man's face unless our youngest brother is with us.'

27 "Your servant my father said to us, 'You know that my wife bore me two sons. 28 One of them went away from me, and I said, "He has surely been torn to pieces." And I have not seen him since. 29 If you take this one from me too and harm comes to him, you will bring my gray head down to the grave in misery.'

30 "So now, if the boy is not with us when I go back to your servant my father, and if my father, whose life is closely bound up with the boy's life, 31 sees that the boy isn't there, he will die. Your servants will bring the gray head of our father down to the grave in sorrow. 32 Your servant guaranteed the boy's safety to my father. I said, 'If I do not bring him back to you, I will bear the blame before you, my father, all my life!'

33 "Now then, please let your servant remain here as my lord's slave in place of the boy, and let the boy return with his brothers. 34 How can I go back to my father if the boy is not with me? No! Do not let me see the misery that would come on my father."

WEEK 4: Letting Go of Power and Control

Philippians 4:4–7, 11b–13

(PRE-WORK) REFLECT | Before your small group gathering, complete the following and reflect on the discussion questions. These will be the basis for your small group time.

- Listen to the Sermon on Highrock's [YouTube channel](#) and note any reactions you had- curiosities, concerns, or delights
- Read pages 97–116 in [Emotionally Healthy Spirituality](#) (updated version), by Peter Scazzerro, or watch the [YouTube video](#) on this week's topic

RELATE | Use these questions as a launching point for your small group conversation. Open with a check-in/getting-to-know-you question. Group opener questions are available in the Appendix.

1. What from the sermon or reading has brought up new questions or interesting points you would like to discuss?
2. Think of an experience where you had to give up power or control of something in your life. What was difficult about it (how did you feel 'stuck')? What, if anything, helped?
3. What stood out to you in this sermon about trusting God? Amid uncertainties or challenges in life, what helps you remember that God is trustworthy, good, and for you?
4. Where might God be inviting you to hold onto something in your life, a key relationship or a thing, more loosely and to trust that God is with you in this process? Share with the group or in pairs.
5. Consider how you can encourage one another in your responses to question 4 this week. Conclude your group with a few additional minutes in the prayer practice below.

PRAYER PRACTICE: Take a moment to read Philippians 4:6 (below) twice over. In silent reflection, offer to God something that is making you feel 'stuck' right now. Imagine handing this over to God. Say to God, 'Help me trust that you are with me, that you care.' Conclude your prayer by giving thanks for the promise of God's Spirit, who guides us and empowers us to do God's will.

Phillipians 4:4–7, 11b-13

4 Rejoice in the Lord always; again I will say, Rejoice. 5 Let your gentleness be known to everyone. The Lord is near. 6 Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. 7 And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

11 . . . I have learned to be content with whatever I have. 12 I know what it is to have little, and I know what it is to have plenty. In any and all circumstances I have learned the secret of being well-fed and of going hungry, of having plenty and of being in need. 13 I can do all things through him who strengthens me.

WEEK 5: Embracing Grief and Loss

Psalm 23: 1–6

(PRE-WORK) REFLECT | Before your small group gathering, complete the following and reflect on the discussion questions. These will be the basis for your small group time.

- Listen to the Sermon on Highrock's [YouTube channel](#) and note any reactions you had- curiosities, concerns, or delights
- Read pages 165–188 in [Emotionally Healthy Spirituality](#) (updated version), by Peter Scazzerro, or watch the [YouTube video](#) on this week's topic

RELATE | Use these questions as a launching point for your small group conversation. Open with a check-in/getting-to-know-you question. Group opener questions are available in the Appendix.

1. What from the sermon or reading has brought up new questions or interesting points you would like to discuss?
2. How do you respond to loss and feelings of grief or disappointment? As we begin this discussion, can you identify one way you'd want to respond to loss and pain differently?
3. Pastor Dave shared some steps for responding to pain and loss: *feel your feelings, share with others, and trust God enough to obey, believing God is with you.* What stands out to you in these steps?
4. What's one way that you could see yourself incorporating these steps when dealing with loss and pain?
5. Pastor Dave said, "In moments of darkness, trust what you saw in the light." How might these words apply to your life? What truth about God, or how God relates to you, do you need to hold onto right now?

PRAY | Reflect on a loss or area of pain in your life. Take a moment to share it with God in silent reflection. Ask God for help in knowing how to respond to this loss or pain. Ask God to give you glimpses of God's light in times of darkness, as well as those experiencing loss and suffering in our world right now.

Conclude your prayer with a reading of Psalm 23.

Psalm 23:1–6

1 The Lord is my shepherd, I lack nothing.
2 He makes me lie down in green pastures,
he leads me beside quiet waters,
3 he refreshes my soul.
He guides me along the right paths
for his name's sake.
4 Even though I walk through the darkest valley,
I will fear no evil,
for you are with me;
your rod and your staff,
they comfort me.
5 You prepare a table before me
in the presence of my enemies.
You anoint my head with oil;
my cup overflows.
6 Surely your goodness and love will follow me
all the days of my life,
and I will dwell in the house of the Lord forever.

WEEK 6: Silence and Sabbath, Slowing Down for Jesus

Mark 6:30–32

(PRE-WORK) REFLECT | Before your small group gathering, complete the following and reflect on the discussion questions. These will be the basis for your small group time.

- Listen to the Sermon on Highrock's [YouTube channel](#) and note any reactions you had- curiosities, concerns, or delights
- Read pages 139–164 in [Emotionally Healthy Spirituality](#) (updated version), by Peter Scazzerro, or watch the [YouTube video](#) on this week's topic

RELATE | Use these questions as a launching point for your small group conversation. Open with a check-in/getting-to-know-you question. Group opener questions are available in the Appendix.

1. What from the sermon or reading has brought up new questions or interesting points you would like to discuss?
2. Would you be willing to share one way that you look for identity or purpose (in anything from work to spiritual things to relationships) that could be unhealthy or done at an unhealthy level? Share with the group or in pairs.
3. After finding ministry success, Jesus invites the disciples to stop and rest. Reflect on this personally. How does this story make you think differently about your value and sense of purpose in relation to God? How is this inviting for you? How is it challenging?
4. What is a daily discipline and/or weekly rhythm you could implement to help you rest – to help you “pray and play” (Pastor Dave) in God's presence?

PRAY | Ask to rest in God's love and care for you. Ask God to help you better understand yourself, God, and others through Sabbath practices; to experience a fuller life through resting in God.

Mark 6:30–32

30 The apostles gathered around Jesus and reported to him all they had done and taught. 31 Then, because so many people were coming and going that they did not even have a chance to eat, he said to them, “Come with me by yourselves to a quiet place and get some rest.”

32 So they went away by themselves in a boat to a solitary place.

WEEK 7: Live Out of Singleness or Marriage

1 Corinthians 7:1–11

(PRE-WORK) REFLECT | Before your small group gathering, complete the following and reflect on the discussion questions. These will be the basis for your small group time.

- Listen to the Sermon on Highrock's [YouTube channel](#) and note any reactions you had- curiosities, concerns, or delights
- Watch this YouTube video by Peter Scazarro (and Rich Villodas) on [marriage and singleness](#) (15 mins) (no reading this week)

RELATE | Use these questions as a launching point for your small group conversation. Open with a check-in/getting-to-know-you question. Group opener questions are available in the Appendix.

1. What from the sermon or video has brought up new questions or interesting points you would like to discuss?
2. How did this sermon help you better understand the dignity of both singleness and marriage within the church?
3. Are there challenges to finding community while either being single or married within the church that you would like to discuss?
4. How do you think we can provide support in our community for both singles and married couples? How could you as a single person intentionally support or connect with married couples? How could you as someone in a marriage or as a married couple intentionally support or connect with singles?
5. Is there an invitation you sense God making through your conversation or reflections this week? Is there a next step you could take in how you engage, act, or relate to others?

PRAY | Give thanks for God's steadfast love for – all – of us. Pray for the members in your group, that each of us would serve God through our current station and experience God's love more abundantly.

1 Corinthians 7:1–11

1 Now for the matters you wrote about: "It is good for a man not to have sexual relations with a woman." 2 But since sexual immorality is occurring, each man should have sexual relations with his own wife, and each woman with her own husband. 3 The husband should fulfill his marital duty to his wife, and likewise the wife to her husband. 4 The wife does not have authority over her own body but yields it to her husband. In the same way, the husband does not have authority over his own body but yields it to his wife. 5 Do not deprive each other except perhaps by mutual consent and for a time, so that you may devote yourselves to prayer. Then come together again so that Satan will not tempt you because of your lack of self-control. 6 I say this as a concession, not as a command. 7 I wish that all of you were as I am. But each of you has your own gift from God; one has this gift, another has that.

8 Now to the unmarried and the widows I say: It is good for them to stay unmarried, as I do. 9 But if they cannot control themselves, they should marry, for it is better to marry than to burn with passion.

10 To the married I give this command (not I, but the Lord): A wife must not separate from her husband. 11 But if she does, she must remain unmarried or else be reconciled to her husband. And a husband must not divorce his wife.

WEEK 8: Emotionally Healthy Adulthood

Ephesians 4:17–32

(PRE-WORK) REFLECT | Before your small group gathering, complete the following and reflect on the discussion questions. These will be the basis for your small group time.

- Listen to the Sermon on Highrock's [YouTube channel](#) and note any reactions you had- curiosities, concerns, or delights
- Read pages 165–188 in [Emotionally Healthy Spirituality](#) (updated version), by Peter Scazzerro, or watch the [YouTube video](#) on this week's topic

RELATE | Use these questions as a launching point for your small group conversation. Open with a check-in/getting-to-know-you question. Group opener questions are available in the Appendix. *The questions for this week relate to the sermon and will help you reflect on what you've learned and are taking away from the series.*

1. What from the sermon or reading has brought up new questions or interesting points you would like to discuss?
2. How has this sermon series helped you better understand the connection between your emotional and relational health, on one hand, and spiritual growth, on the other? (In other words, how are you learning to connect your personal life and spiritual life?)
3. Where have you seen a need for emotional or relational growth in your life recently? What do you hope God will do as you continue to grow?
4. Are there ways you're experiencing God's grace as you try to grow emotionally, relationally, or spiritually? Is there anything specific that can encourage you to keep God's grace before you in the journey ahead?
5. How do you hope to experience God in new ways through emotional and relational health? How could this become a blessing in one of your friendships, your family life, or among our church community?
6. Is there an invitation you sense God making through your conversation or reflections this week or during this series? Is there a next step you could take in how you engage, act, or relate to others?

PRAY | Give thanks for the work God is doing in our emotional and relational lives. Pray that we continue to open ourselves up to the Spirit's transformation and God's grace.

Ephesians 4:17–32

17 So I tell you this, and insist on it in the Lord, that you must no longer live as the Gentiles do, in the futility of their thinking. 18 They are darkened in their understanding and separated from the life of God because of the ignorance that is in them due to the hardening of their hearts. 19 Having lost all sensitivity, they have given themselves over to sensuality so as to indulge in every kind of impurity, and they are full of greed.

20 That, however, is not the way of life you learned 21 when you heard about Christ and were taught in him in accordance with the truth that is in Jesus. 22 You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; 23 to be made new in the attitude of your minds; 24 and to put on the new self, created to be like God in true righteousness and holiness.

25 Therefore each of you must put off falsehood and speak truthfully to your neighbor, for we are all members of one body. 26 "In your anger do not sin": Do not let the sun go down while you are still angry, 27 and do not give the devil a foothold. 28 Anyone who has been

stealing must steal no longer, but must work, doing something useful with their own hands, that they may have something to share with those in need.

29 Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen. 30 And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption. 31 Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. 32 Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

APPENDIX

Below are resources to look into if you are interested in diving deeper into some of the topics covered in this series. If you need resources that more specifically address your own experience, demographic, or faith journey, please reach out to a Highrock pastor or to smallgroups@highrock.org and we will be happy to help!

EMOTIONAL & SPIRITUAL HEALTH STUDY TOOLS (Books, Podcasts, Videos, etc.)

- [Emotionally Healthy Spirituality](#) (updated version), by Peter Scazzerro
- [Emotionally Healthy Relationships](#) (expanded version), by Peter and Geri Scazzerro
- [Emotionally Healthy Discipleship YouTube videos](#)
- [Emotionally Healthy Discipleships podcasts](#)

ONLINE BIBLES

- [Blue Letter Bible](#)
- [Bible Gateway](#)

PRAYER TOOLS

- [The Prayer of Examen: Tracking Our Moods](#)
- [Breath Prayer/Prayer of the Heart](#)
- [Divine/Fixed Hour Prayer](#)
- [SoulCare guide to Imaginative Prayer Spiritual Practice](#)
- [Imaginative Prayer/Ignatian Contemplation](#)
- [SoulCare guide to Recall & Paraphrase Spiritual Practice](#)
- [Lament](#)
- [Laughter and Prayer](#)
- [Palms Up, Palms Down](#)
- [Pray a Psalm in a Nature Setting](#)
- [Praying with your Body](#)
- [Welcoming Prayer](#)

“ICEBREAKER” QUESTIONS

- What was a small win from your week?
- Share a High/Low from your day or week.
- On a scale of 1-10, how are you doing coming into this meeting?
- If you were to describe yourself as a weather forecast today, what would you be? Example: sunny, partly cloudy, rainy with a chance of snow, etc.
- What song would be the theme track for the day you had?

GENERAL RESOURCES FOR INDIVIDUAL SUPPORT

- [Spiritual Practices](#)
- [Mental Health Resources](#)
- [Parenting & Kids—Understanding each other through Milestones](#)

TIPS FOR GUIDING CONVERSATION

- Allow everyone space to share. It's ok to ask what people are thinking even if they don't volunteer to share right away. But always give people the option to decline to share. Example: "Hey, Fred, you've been a little quiet and I'm curious to know what you think. Would you like to share anything?"

- Remember there aren't necessarily "right" answers. Encourage participants to simply be curious about what came up for them or others without the pressure of feeling like they "should" have thought or felt anything in particular. Example: Instead of asking "What is this story supposed to be communicating?" ask "What did you notice?"
- Embrace the differences. Affirm that different people can come to different conclusions regarding the same thing. Example: "Interestingly, the text reminded Susie of ABC, while it reminded José of XYZ. Both can be present and true."
- Adapt to suit your group's needs. Sometimes conversation is free-flowing and sometimes it's easier to move through discussion questions one at a time. Do what feels suitable for your group, but don't feel pressured to answer/discuss every single question.
- Encourage curiosity by modeling curiosity. Asking someone "Tell me more about XYZ" can be a really simple but effective tool to go deeper in conversation.
- Don't be afraid of silence. It's natural to want to fill silences or pauses in a conversation. But don't be afraid to sit in silence with your group members. Sometimes thoughts just need time to percolate, so don't feel like you have to rush to another question if no one shares immediately.
- Refer back to the Conversation Covenant. This is the posture that we as Highrock hold as we gather in groups. When the conversation gets tough, you can always refer back to the Conversation Covenant to remind the group that everyone has agreed to abide by this covenant in small group meetings.