



emotionally healthy spirituality

The Supreme Value of a Good Trellis



1. It is impossible to be spiritually mature while being emotionally immature.

2. Emotional maturity and a slowed down spirituality will produce a transformation in our lives with God and each other.

**Talking about Jesus while
ignoring the Way of Jesus**

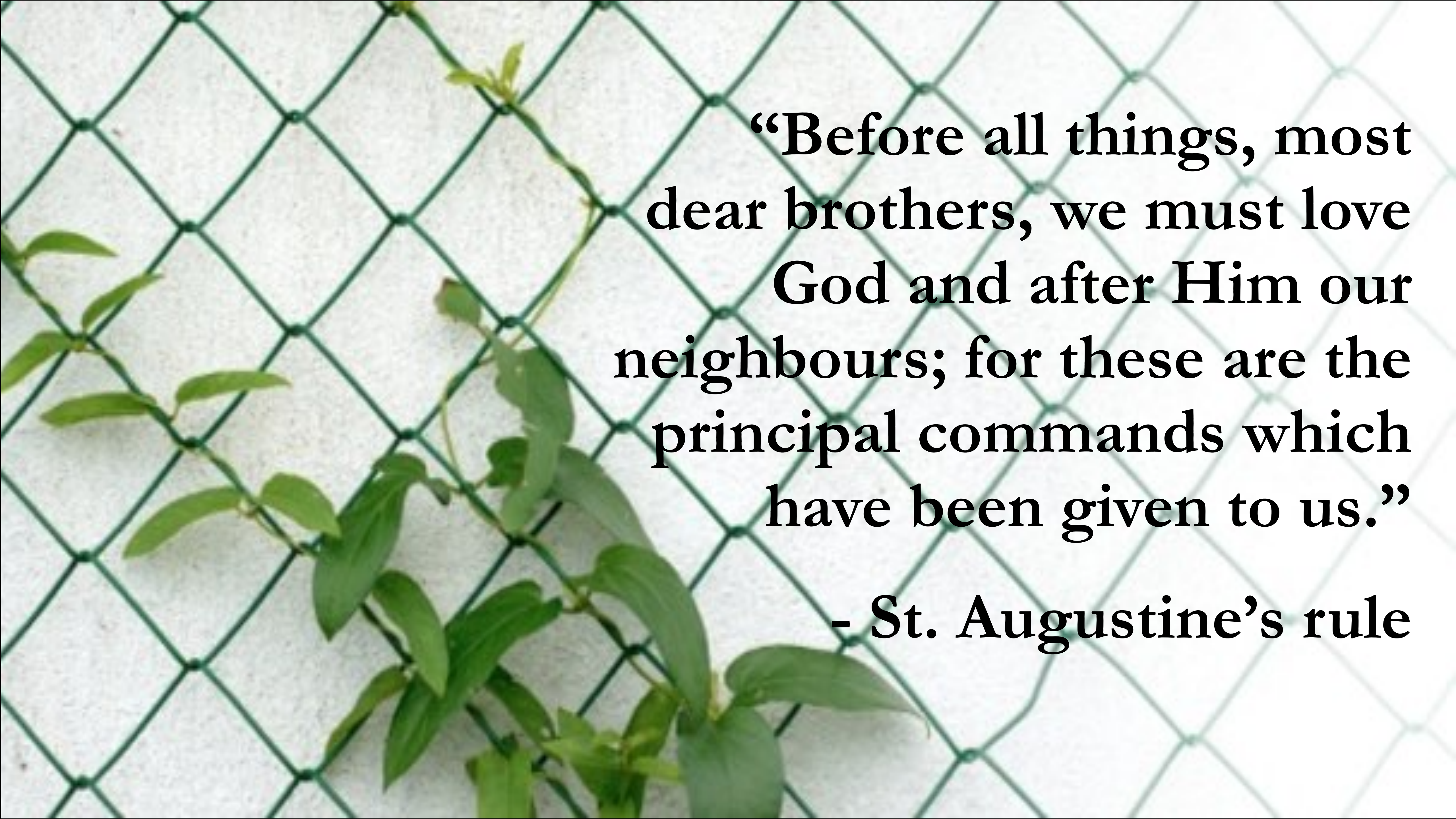
Counter formative practices...





“Rule of Life”

Trellis



“Before all things, most dear brothers, we must love God and after Him our neighbours; for these are the principal commands which have been given to us.”

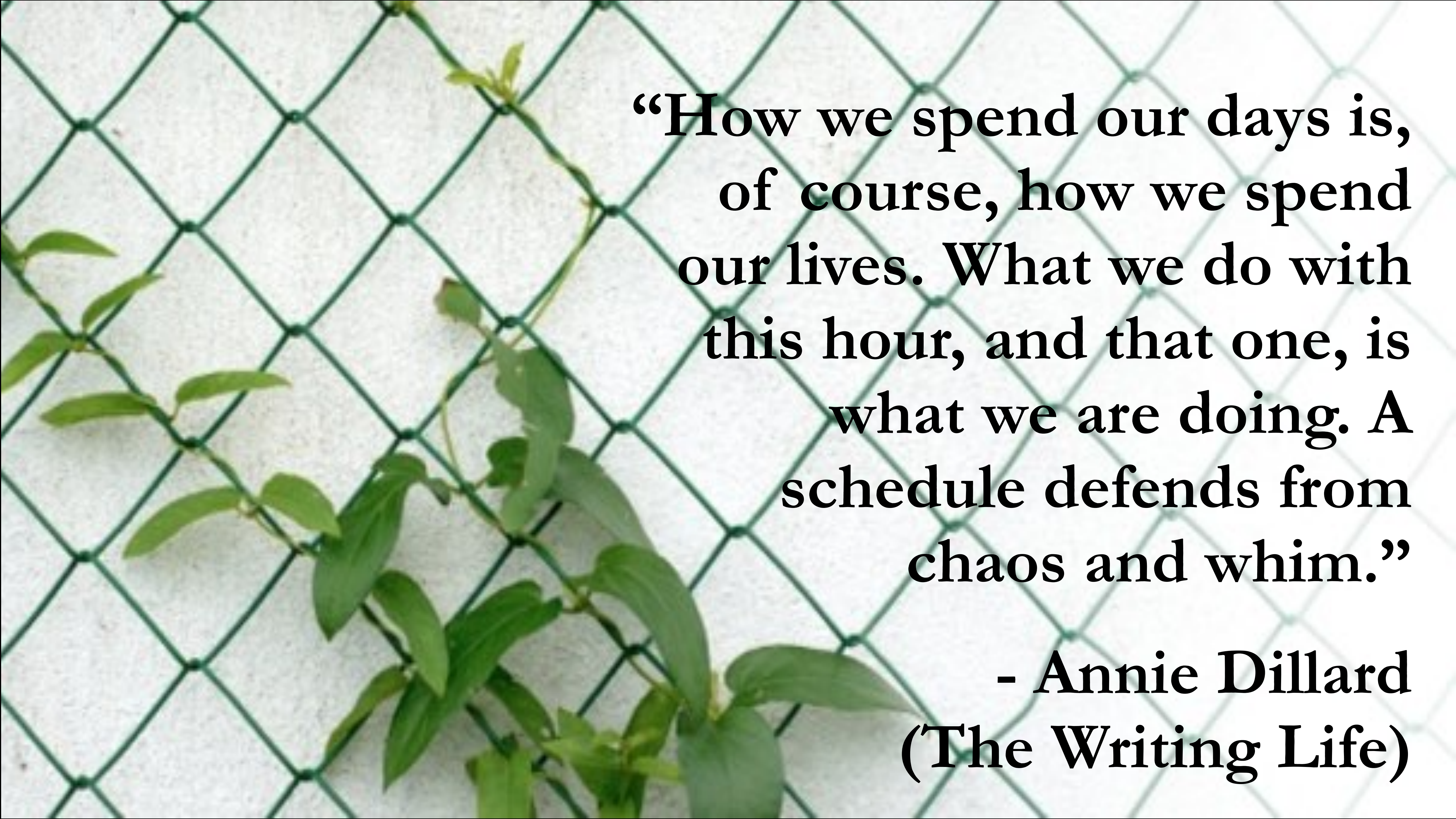
- St. Augustine's rule



**“nothing harsh, nothing
burdensome”...**

**“ineffable sweetness
of love.”**

- St. Benedict's Rule

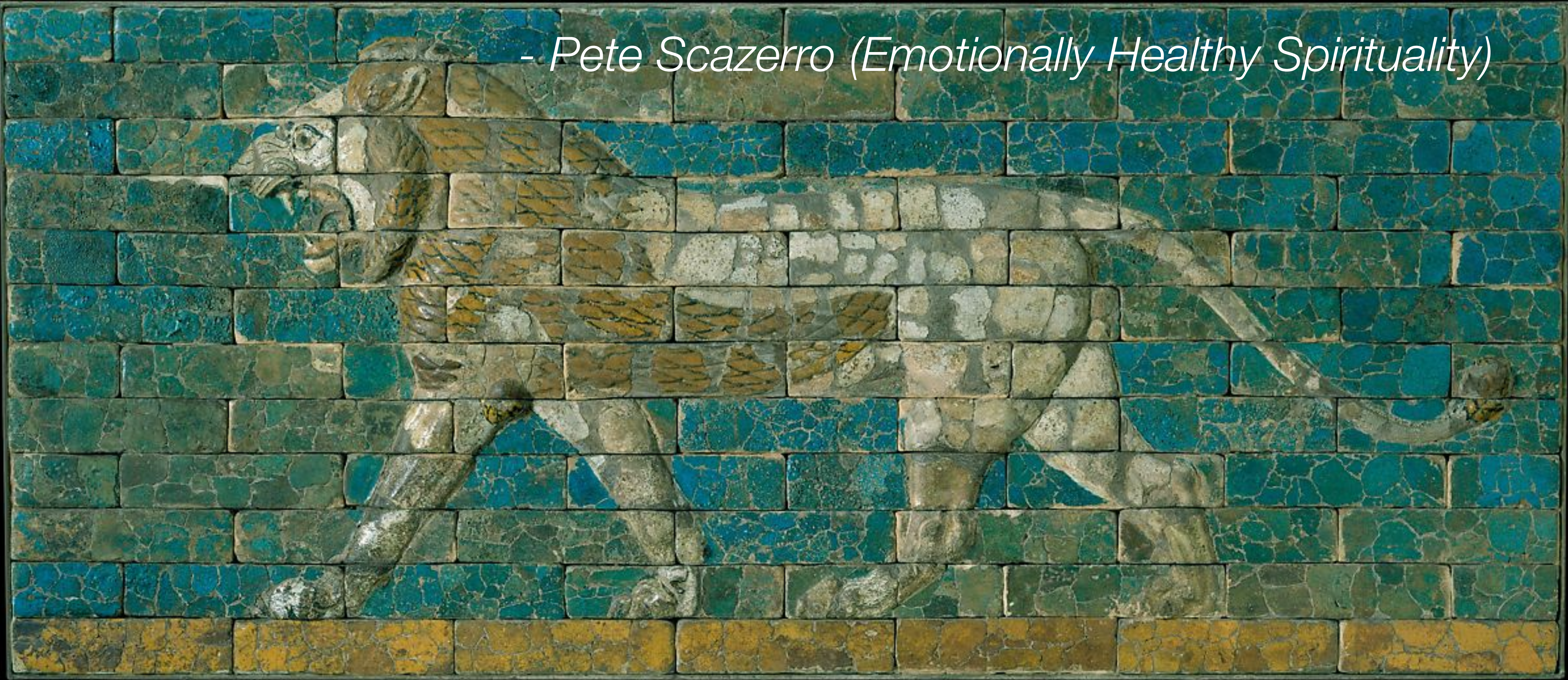


**“How we spend our days is,
of course, how we spend
our lives. What we do with
this hour, and that one, is
what we are doing. A
schedule defends from
chaos and whim.”**

**- Annie Dillard
(The Writing Life)**

“Babylon had one simple goal: to eliminate Daniel’s distinctiveness as a God follower and absorb him into the values of their culture.”

- Pete Scazerro (Emotionally Healthy Spirituality)



>> *How did Daniel resist the forces that wanted to assimilate him?*



“What activities did Jesus practice? Such things as solitude and silence, prayer, simple and sacrificial living, intense study and meditation upon God’s Word and God’s ways, and service to others.”

- Dallas Willard (Spirit of the Disciplines)



“All the believers devoted themselves to the **apostles’ teaching**, and to **fellowship**, and to **sharing in meals** (including the Lord’s Supper, and to prayer.)

A deep sense of awe came over them all, and the apostles performed many miraculous signs and wonders. And all the believers met together in one place and **shared everything** they had. They sold their property and possessions and **shared the money with those in need**. They **worshiped together** at the Temple each day, met in homes for the Lord’s Supper, and shared their meals with **great joy and generosity** — all the while praising God and enjoying the goodwill of all the people. And each day the Lord added to their fellowship those who were being saved.”

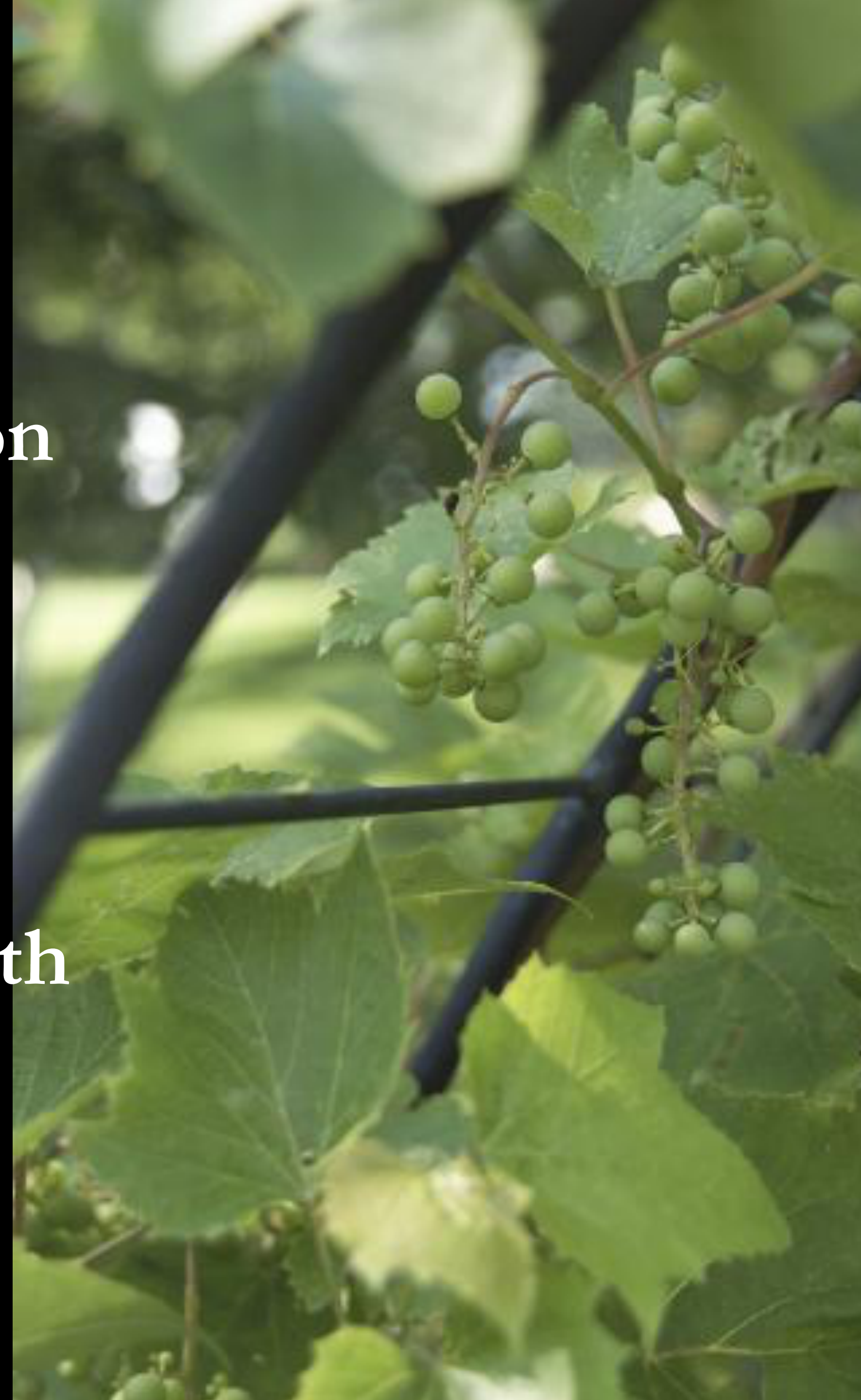
Acts 2:43-47



The Way of Jesus
was replaced by
the way of Caesar

Common elements:

- Scripture
- Silence & Solitude
- Daily Office / Prayer
- Study
- Sabbath / Rest
- Simplicity
- Play / Recreation
- Service
- Care for One's Body
- Emotional Health
- Relationships
- Community



The Common Rule - Justin Whitmel Earley

DAILY HABITS



1
Kneeling prayer three times a day



2
One meal with others



3
One hour with phone off



4
Scripture before phone

WEEKLY HABITS



1
One hour of conversation with a friend



2
Curate media to four hours



3
Fast from something for twenty-four hours



4
Sabbath