



Dr. Edward O. Williamson, Pastor-teacher
Bible Study and Discussion Group
Theme for July – “Discipleship and The Church”
Supplemental Handout:
Emotionally Healthy Discipleship – Chapters 3 & 4

Romans 12:2

And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God.

“An emotionally healthy disciple slows down to be with Jesus, goes beneath the surface of their life to be deeply transformed by Jesus, and offers their life as a gift to the world for Jesus.”

Peter Scazzero
Emotionally Healthy Discipleship
Moving from Shallow Christianity to Deep Transformation

Chapter 3 – “Be Before You Do”

- Too many followers of Jesus are chronically overextended and doing more for Jesus than their inner life with him can sustain. They have too much to do in too little time and say a default yes to requests and opportunities without carefully discerning God’s will. Overloaded and depleted constitute “normal” for their lives.
- The notion of a slowed-down spirituality, or slowed-down discipleship in which their doing for Jesus flows out of their being with Jesus, is a foreign concept.
- What’s the difference between a doing-for leader and a being-with leader? (The example of Carlos)

- I. What Does It Mean To Be Before You Do?
- a. A person who practices being before doing operates from a place of emotional and spiritual fullness, deeply aware of themselves, others, and God. As a result, their being with God is sufficient to sustain their doing for God.
 - b. Healthy Cristian disciples and leaders are those who consistently live from this emotional and spiritual fulness, and it impacts every aspect of their lives.
 - i. Emotional fullness is...
 - ii. Spiritual fullness reveals itself in a healthy balance between their being with God and their doing for God.
 1. They are careful not to _____ in more _____ than their spiritual, physical, and emotional reserves can contain.
 2. They _____ from God _____ than they do for him.
 3. They _____ the Jesus they _____ with others.
 4. They establish _____ and _____ that make it possible to _____ the _____ and pressures of leadership.
 5. Their _____ with God is full, not _____, because they are constantly receiving the _____ they offer to others And when their lives begin to feel _____, they have the ability to pivot and adjust their schedules.
 6. The _____ recognize their presence – with God, themselves, and others – is their greatest gift and contribution to those they lead. Because of this they carry an unrelenting commitment to not allow their doing to exceed their being
 - c. Marth and Mary Revisited
 - d. Jesus and the Early Church: Doing for God Out of a Deep Being With God

II. Why Being Before Doing Is Such A Challenge Today

- a. It forces us to face the false self.
- b. What does it take to identify our false self?
- c. Assessment – Assessing the False Self
- d. The true self is the exact opposite of the false self.
 - i. God invites us to remove the false layers we wear so that the “seeds of the true self” he has planted inside us can emerge.
 1. While following this path may be impossible, the God of the universe has made his home in us and given us the very glory he gave Jesus.
 2. As we open ourselves to the Holy Spirit, we discover God does in us what we cannot do for ourselves.
 - ii. Key questions:
 1. How do we break free from our fears of confronting the false self?
 2. How do we integrate a being with Jesus and a doing-for him in such a way that our spiritual lives are characterized by fullness, courage, and peace – not emptiness, discouragement, and anxiety?

III. Four Ways to Be with God Before Doing For God

1. Make a Radical Decision
2. Feel Your Feelings
3. Integrate Silence
4. Commune with Jesus Throughout the Day

IV. Create A Container to Be Before You Do (Guidelines)

1. Adjust your job description and supervision.
2. Practice Sabbath Delight.
3. Discover the rhythms of the Daily Office.
4. Craft a Rule of Life.
5. Learn from trusted companions who are ahead of you.
6. Experiment and make adjustments.

V. Be Patient with Yourself

Questions/Comments:

Chapter 4 – “Follow the Crucified, Not the Americanized Jesus”

Intro.

- The relationship of the church to the broader culture has been a challenging issue since Jesus began his ministry
- The United States exerts an enormous amount of influence...we have influenced Western culture, and the rest of the world disproportionately.
- Americanize – To “Americanize” something is “to cause to acquire or conform to American characteristics” or “to bring something under the political, cultural, or commercial influence of the United States.”
- Within the church, to Americanize Jesus is to follow him because he makes my life better and more enjoyable.
- Key question: What does following an Americanized Jesus look like?

I. Can You Follow Jesus Without Embracing The Cross?

1. A lesson from the life of Peter

- a. Halfway through his ministry, Jesus explained to the disciples the centrality of the cross to his life and mission.
- b. Peter’s reaction
- c. Jesus’s response
- d. Analysis

2. Examples of Leaders Avoiding the Cross – Madison, Alex, and Joan

3. Examples of Leaders Embracing the Cross – Madison, Alex, and Joan

4. Being cross-centered should significantly change the way we lead.

Key question again, “What does it mean for us to be cross-centered – to follow the crucified Jesus in our context and moment in history?”

II. Worldly Discipleship Versus Jesus’s Discipleship

1. Be popular versus reject popularity
2. Be great versus reject great-ism
3. Be successful versus reject success-ism

“According to Jesus, success is becoming the person God calls you to become, and doing what God calls you to do – in his way, and according to his timetable.”

4. Avoid suffering and failure versus embrace suffering and failure

III. Take Your First Steps To Follow The Crucified Jesus

1. Practice 1: Relax in Jesus
2. Practice 2: Detach for Jesus
3. Practice 3: Listen to Jesus

Questions/Comments