



Dr. Edward O. Williamson, Pastor-teacher
Bible Study and Discussion Group
Theme for September –
“Ministry: Letting Our Light Shine”
Supplemental Handout:
Emotionally Healthy Discipleship – Chapter 5

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

Opening Remarks/Comments

- Review definition of an “emotionally healthy disciple”.
- Share insights of readings and lessons
- Introduction to Chapter 5 – “Embrace God’s Gift of Limits”
 - Story: “The Man with the Rope”
 - Have you had the feeling of holding too many ropes?
 - “A core mark of emotionally healthy discipleship is a deep theological and practical understanding of limits...”
 - “Without a good understanding of limits, we severely compromise our ability to love God, ourselves, and others over the long haul.”
 - Limits are a deeply spiritual issue:

“When we surrender to them (limits), we acknowledge that we are not God. God is God and we are not. Instead, we accept that we are his creatures, and we surrender to the reality that he alone is in charge of the world.”

- I. Limits Are S Deeply Spiritual Issue
 - a. Adam and Eve
 - b. Jesus
 - c. John the Baptist

- II. Discerning Two Kinds of Limits
 - a. Two primary questions:
 - 1. What limits do I need to receive and submit to joyfully as God’s invitation to trust him?
 - 2. What limits is God asking me to break through by faith so that others might know him, or so that I might become the person he intends?

- III. Two types of limits
 - 1. Limits to receive
 - 2. Limits to break through

- IV. Receiving The Gift Of Limits As A Church
 - 1. _____ the Self-care of Leaders
 - 2. Set Limits on _____ People
 - 3. Give People _____ to Say No
 - 4. _____ and _____ Healthy Boundaries

Conclusion: Remembering the Limits of Our Work

Additional Questions/Comments

Closing Prayer