

# EMOTIONALLY HEALTHY SPIRITUALITY



united church of cohoes

summer 2022

## WEEK 1: HEART, SOUL, & MIND

JULY 10, 2022

"And one of them, a lawyer, asked him a question to test him. "Teacher, which commandment in the law is the greatest?" He said to him, "'You shall **love** the Lord your **God** with all your **heart**, and with all your **soul**, and with all your **mind**.' This is the greatest and first commandment. And a second is like it: 'You shall **love** your **neighbor** as **yourself**.'"

{Matthew 22:35-39}

**If there are people around the table that you don't know, take a minute to introduce yourself! Then, engage in these questions together, making sure that you invite (but don't force) everyone to share!**

### Open:

- Name 3 things that you are grateful for this morning?
- Using **ONE** word **ONLY**: "How is it with your soul?"

### Discuss:

- Do you tend to compartmentalize the different parts of you? Why do you think that is? What part do you think you feel most comfortable with (head, heart, soul)?
- Why do you think Elijah was feeling alone and hopeless?
- Can you think of a time when your emotional, physical, and spiritual life were effecting each other the way Elijah's were? What did that feel like?

### Apply:

- What do you do to connect UP (with God)? What have you done to connect IN (your "inner life" of emotions)?
- Have you ever tried silence, solitude, contemplation, etc? What was it like?
- What is a rhythm you could practice this week to "expand the space"?

### Close:

- How can we be praying for you today and in the week ahead?

**"Between a stimulus and a response, there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom."**