

Loving Well  
**Galatians 4:4-6**

3/6/11

*According to Scazaro, people in emotionally healthy churches follow the 3 dynamics of incarnation found in the life of Jesus.<sup>1</sup>*

**Entering another's W**

A critical component of living out the incarnation is

L \_\_\_\_\_

**Holding on to Y**

Without the ability to hold on to oneself, it is impossible to

L \_\_\_\_\_ people to new places

**Hanging between W**

Making incarnation a priority interrupts the church's

P \_\_\_\_\_ and definition of S \_\_\_\_\_

**The journey to emotionally healthy spirituality means doing the hard work of allowing God to change you through...**

- M \_\_\_\_\_
- P \_\_\_\_\_
- P \_\_\_\_\_

**Principles of emotionally healthy spirituality<sup>1</sup>**

- Look beneath the surface
- Break the power of the past
- Live in brokenness and vulnerability
- Receive the gift of limits
- Embrace grieving and loss
- Make incarnation your model for living well

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<sup>1</sup> Scazaro, Peter. *The Emotionally Healthy Church*. Grand Rapids: Zondervan. 2003.