

# ICEBERG CHRISTIANITY

**Mark 7:1-16**

1/16/10

## Emotionally Unhealthy Spirituality

- Finds F \_\_\_\_\_ – vv.1-2
- Equates righteousness with R \_\_\_\_\_ – v. 5
- Holds a holiness that is H \_\_\_\_\_ – vv.6-7
- Lets go of what is G \_\_\_\_\_ and holds on to what is H \_\_\_\_\_ – vv. 8-9
- Exploits E \_\_\_\_\_ – vv. 10-13

## Emotionally Healthy Spirituality

- Says “Yes” to R \_\_\_\_\_ and Self-Awareness
- Says “Yes” to C \_\_\_\_\_ a Personal Relationship with God.
- Says “Yes” to Being B \_\_\_\_\_ through Setbacks and Difficulties

## The emotionally healthy church looks beneath the surface

- Develop an awareness of what I am D \_\_\_\_\_ and F \_\_\_\_\_
- Asking the “why” or “what’s G \_\_\_\_\_” question