



EHS1 Discerning the Opportunity

A Triad is made up of three people at LWF who seek to *encourage, discern, and intercede* in each other's lives.

The goal is to become friends who meet weekly to help each other be apprentices of Jesus: learning to live with Him, become like Him, and walk in His ways. This is done in the power of the Holy Spirit, who is the transformative presence of Jesus in us.

In today's Triad meeting, we will discern opportunities for transformation in our emotional health and encourage one another to pursue healing in Jesus.

Use the schedule below as a basic guideline, not a rigid framework.

0:00 – 0:10 **Catching Up – How is everyone doing?**
Discuss any difficulty you had in carving out time to read chapter one of *EHS* over the past week. Is there a need for anyone in the Triad to check in to provide encouragement or reminders to read in the week(s) ahead?

0:10 – 0:15 **Cover Basic Logistics**

- Does our schedule over the next weeks work for everyone?
- Any concerns or questions for your triad leader to relay to the LWF team?

0:15 – 0:20 **Open with Scripture (Matthew 11:27-30) and then prayer**

²⁷ All things have been handed over to me by my Father, and no one knows the Son except the Father, and no one knows the Father except the Son and anyone to whom the Son chooses to reveal him. ²⁸ Come to me, all who labor and are heavy laden, and I will give you rest. ²⁹ Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. ³⁰ For my yoke is easy, and my burden is light.”

0:20 – 0:50 **Discern: What Lies Beneath the Surface?**
Have someone read p. 17 of *EHS* out loud beginning with the first full paragraph (“*In our more honest moments, . . .*”) and reading through the end of the page.

- Does the iceberg model ring true to you for how people in Dallas tend to present themselves? How do you see this model play out where you work and/or where you live?
- How well does the iceberg model represent you? What percentage of you lies above and beneath the surface?
- Is there wisdom in not being completely vulnerable or transparent to everyone? How should we seek to draw the line?

Have someone read the symptoms of emotionally *un*healthy spirituality below. As you read, identify the opportunities for growth you sense most apply to you:

1. Using God to Run From God

Filling life with Christian activities to avoid difficult concerns.

2. Ignoring the emotions of Anger, Sadness, and Fear

Being dishonest with yourself and/or others about the feelings, hurts, and pains beneath the surface.

3. Dying to the Wrong Things

Tending to deny healthy desires (friendships, music, beauty, laughter) while failing to die to defensiveness, lack of vulnerability, judgmentalism, etc.

4. Denying the Past’s Impact on the Present

Failing to consider how your family of origin and other life “inflection points” have shaped the present.



5. Dividing Life Into “Secular” and “Sacred” Compartments

Only thinking about God during “Christian activities” and failing to think about Him during any and all other times of your day/week.,

6. Doing *For* God Instead of Being *With* God

Evaluating your spirituality based on how much you’re doing for God without being present with Him.

7. Spiritualizing Away Conflict

Smoothing over disagreements, burying tensions, or outright ignoring conflict instead of calling out false peace in the way of Jesus.

8. Covering Over Brokenness, Weakness, and Failure

Finding it difficult to address and even speak to mistakes or failure.

9. Living Without Limits

Failing to place or ignoring boundaries leading to a life that tries to accomplish more than one should.

10. Judging The Spiritual Journeys of Others

Excessively reflecting on and being bothered by the faults of those around you.

Use the following questions to guide your conversation. As necessary, go back to the book for a fuller definition of each symptom (pp. 21-37).

- As you think about your family of origin, what symptom or symptoms listed above were most prominent? Was there one or more symptoms that seemed prevalent throughout your family unit, as a whole?
- If you had to pick *one* of the above symptoms to focus on for transformation over the next weeks, which would it be? Why? How have you seen this symptom evidence itself in your life thus far?
- Many of the above symptoms could be addressed by being present with God. What challenges prevent you from slowing down to be present with Him?

0:50 – 1:05

Encourage: Seeking Christ’s Transformation

We can be tempted to obsess over symptoms of unhealth at the expense of acknowledging the healing and transformation that Jesus provides. Often, we can become so preoccupied with managing our “iceberg” –maintaining what is above and below the surface – that we fail to pay attention to the guidance of the Spirit.

- When is a time you sense Jesus brought change “below the surface,” where you saw a transformation in more than your attitude and/or behavior, but also in your fundamental outlook on or approach to life?
- How can we seek God’s help in becoming more aware of what God may be calling/leading us to do in a given situation or relationship?
- Very often, we rely on the closeness of friends and/or family to help us discover or articulate a symptom of emotional unhealth. The church is meant to be a spiritual family. How can the people of LWF grow to help and love one another more and more with our emotional and spiritual health?



1:05 – 1:20

Intercede: Praying for One Another to Close

Based on the discussion and final questions of the previous section, pray for one another. As you pray, don't restrict yourself to the stated prayer requests alone, but allow yourself to be guided by the Spirit (i.e., *discern!*) to pray for God to work in one another's life. Pray God would meet opportunities for growth with Christ's transformation by the power of the Spirit. Pray for opportunities to love others. Intercede, seeking God's best for one another.

Ask God to do what only He can do.

1:20 – 1:25

Preview Your Next Triad Meeting

Before your next Triad meeting, **read chapter two of *Emotionally Healthy Spirituality***. You may want to preview the material right now to gauge how much time you will want to put aside to read the content in one or two sittings. Keep in mind, the first two chapters are the longest of the book. Future chapters will be shorter and thus quicker to read.

As you read this week, consider not only yourself, but the others in your Triad. You've heard their stories, know their inflection points, and have learned where they are seeking growth in Christ. Where do you discern you can help them know themselves better? (Remember!: Your goal is *not* to "fix" anyone or become their life-coach – that's God's job.) God may use you to provide needed insight for one another, uncovering blind spots that have hindered growth.

