



EHS7 Intentional Love

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 strengths and weaknesses in our emotional maturity. We'll also encourage one another towards *intentional* love for God and others.

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

- 0:00 – 0:10 Catch Up and Check In – How is everyone doing?
- 0:10 – 0:15 Cover Basic Logistics
- Any concerns or questions for your triad leader to relay to the LWF team?
- 0:15 – 0:20 Open with Scripture (Mark 12:28-34), a one-minute period of silence/personal reflection, and then Prayer

²⁸ And one of the scribes came up and heard them disputing with one another, and seeing that he answered them well, asked him, “Which commandment is the most important of all?” ²⁹ Jesus answered, “The most important is, ‘Hear, O Israel: The Lord our God, the Lord is one. ³⁰ And you shall love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.’ ³¹ The second is this: ‘You shall love your neighbor as yourself.’ There is no other commandment greater than these.” ³² And the scribe said to him, “You are right, Teacher. You have truly said that he is one, and there is no other besides him. ³³ And to love him with all the heart and with all the understanding and with all the strength, and to love one's neighbor as oneself, is much more than all whole burnt offerings and sacrifices.” ³⁴ And when Jesus saw that he answered wisely, he said to him, “You are not far from the kingdom of God.” And after that no one dared to ask him any more questions.

0:20 – 0:50 **Discern: Health and Love**

The book opened by painting a picture of emotional maturity and immaturity, promising to help you grow towards an *Emotionally Healthy Spirituality*. But to cultivate an emotionally healthy life, Scazzero focused on identifying emotions, your story of family brokenness, navigating difficult seasons in life, negotiating grief, and building a sacred pace. With these foundational topics addressed, *EHS* returns to its primary work of cultivating emotional health with the end goal of walking in the way of Jesus (healthy spirituality) as its aim.

- Discuss how you would have summarized someone who is emotionally *unhealthy* before reading chapter six (or even this book). How would you have characterized someone who is emotionally healthy?
- The book returns to the categories displayed in the initial *EHS* assessment taken before we read chapter one (Emotional Infant, Child, Adolescent, and Adult). As you look over the characteristics of these categories (pp. 168-170), where do you find yourself more mature? Where do you discern less maturity and, therefore, an opportunity to grow? Feel freedom to speak truth to one another in love. Are each of you seeing yourself honestly, as God sees you?
- On p. 170, Scazzero writes, “. . . loving well is the essence of true spirituality.” Is it possible to grow spiritually without growing emotionally? Is it possible to grow emotionally without growing spiritually? Discuss how emotional health and spiritual health are related and where they are not.



- When is a time you sensed you were being treated as an “it” as opposed to someone who bears God’s image? (If necessary, return to pp. 172-4 to refresh your mind on the topic of I-It relationships.)

0:50 – 1:10

Encourage: Growing Through Conflict

We are tempted in our flesh to revert to an I-It relationship with others, counter to the way of Jesus. Instead, our aim ought to be an I-Thou approach (pp. 174-5), treating others as image-bearers of Christ. Conflict provides an opportunity to both assess and develop your approach towards others, seeking to build a healthier spirituality.

In his book *Crucial Conversations: Tools For Talking When the Stakes Are High*, Kerry Patterson writes, “As much as others may need to change, or we may want them to change, the only person we can continually inspire, prod, and shape—with any degree of success—is the person in the mirror.”

- Discuss a recent time when you handled conflict in a healthy way.
- Scazzero writes, “. . . the way of true peace will never come through pretending what is wrong is right!” (177). Thinking through your relationships at work, in your family, with friends, at church, etc. is there anything that is “wrong” that you have been ignoring and/or pretending is right?
 - Why haven’t you addressed the wrong?
- Scazzero offers five skill categories you might work on to cultivate healthier conflict and, therefore, maturity. Look over these categories on pp. 178-185. Which of these categories merits your focus in the weeks to come? Why did you choose this category instead of another?
 - Now, be specific. As a Triad, identify **concrete, measurable goals** for each individual to pursue growth in their area of focus.
 - As a Triad, how can you encourage one another as each of you pursues these goals in the weeks to come?

1:10 – 1:25

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. Intercede, seeking God’s best for one another. *Ask God to do what only He can do.*

1:25 – 1:30

Preview Your Next Triad Meeting

Before your next Triad meeting, **read chapter eight and appendix B of *Emotionally Healthy Spirituality***. As a reminder, these final chapters of EHS focus less on past or present experience and more on how to build emotional and spiritual health in the future. Until you meet again, be praying for one another as you read and consider your next Triad discussion.

