

Key Points from this morning's message

- Our “Way of Jesus” statement for today
 - **I am learning to be like Jesus in my attitudes, behaviour and character**
- Jesus experienced and expressed negative emotions because He was fully human and fully engaged in a broken world.
- 10 Signs of Emotionally Unhealthy Spirituality from emotionallyhealthy.org (see link below under Spiritual Exercises)
- For greater emotional health: 1] Slow Down; 2] Ground yourself in God’s love for you; 3] Break free of Illusions & lies

Reflections\Practices to help apply this morning's message:

Scripture: One of the skills helpful for reading the Bible well is trying to understand the context each author or each book is working within. Read the Transfiguration and healing in each gospel it appears. **Matthew 17:1-20, Mark 9:2-29 &** our passage from Sunday **Luke 9:28-43**. What do you notice about each author’s account about what they want their audience to understand about Jesus?

Spiritual Exercise(s):

1] Christ-centered spiritual maturity (the capacity to receive and give love as Jesus did – love God and love others) requires us to operative from a sure foundation of God’s love. From security in God’s love we can take an honest look at our emotions and whether they are reflecting how Jesus calls us to live. Carve out an hour of time, in quiet and solitude, and process the list of the 10 signs mentioned in the message with God. Spend 5 minutes on each, then the last 10 minutes respond in prayer grounding your prayer in the sure fact of God’s love for you.

[https://www.emotionallyhealthy.org/wp-content/uploads/2013/08/Emotionally Unhealthy Spirituality Article .pdf](https://www.emotionallyhealthy.org/wp-content/uploads/2013/08/Emotionally_Unhealthy_Spirituality_Article_.pdf)

I “Must” #3 – How Long Must I Be With You?

May 21, 2023 - Luke 9:28-43

Jesus, this is one way I hear You calling me to take a step of faith to follow You more fully today.
