

---

# EMOTIONALLY HEALTHY SPIRITUALITY

---

## WK 1 – LOOK BENEATH THE SURFACE

It's impossible to be \_\_\_\_\_ while remaining \_\_\_\_\_.

### 2 BROAD THEMES OF EHS:

1. Every Christian should have a \_\_\_\_\_.

- \_\_\_\_\_ to be with \_\_\_\_\_.

2. \_\_\_\_\_ and \_\_\_\_\_ go hand in hand.

- \_\_\_\_\_: \_\_\_\_\_ in an \_\_\_\_\_ of your own \_\_\_\_\_.

The \_\_\_\_\_ will \_\_\_\_\_.

God is an \_\_\_\_\_.

If we want to be \_\_\_\_\_ of Christ, our \_\_\_\_\_ must be \_\_\_\_\_ to His lordship.