

“Top Ten Symptoms of Emotionally Unhealthy Spirituality”
(Adapted from Pete Scazzero)

3 John 1:2 “Dear friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well.”

This article was given to me by a friend, and was quite helpful to my spiritual life, and I just wanted to pass on my favorite parts. This quote really struck me, “Why is it that so many Christians make such lousy human beings?” Well, these are the symptoms:

1. Using God to Run from God
 - a. This is when you create a great deal of “God-activity” to ignore the difficult areas in your life that God wants to change.
2. Ignoring the Ungodly Emotions of Anger, Sadness, and Fear
 - a. Many Christians do not believe they have permission to admit their feelings or express them openly.
3. Dying to the Wrong Things
 - a. Die to the sinful parts, but not the good parts! God intends our deeper, truer self, which he created, to blossom freely as we follow him.
4. Denying the Past’s Impact of the Present
 - a. Live the past, present, and future on the new ground you have in Christ. Don’t just stuff your emotions from the past.
5. Dividing Our Lives into “Secular” and “Sacred” Compartments
 - a. Your worship and devotion to God is your life, because God is your life.
6. Doing for God Instead of Being with God
 - a. Our activity for God can only properly flow from a life with God. We cannot give what we do not possess.
7. Spiritualizing Away Conflict
 - a. Jesus himself did not always avoid conflict.
8. Covering over Brokenness, Weakness, and Failure
 - a. Let God’s grace make you whole, and don’t live in guilt and shame.
9. Living without Limits
 - a. You’re not God, and you’re still in a human body. Set godly boundaries.

10. Judging Other People's Spiritual Journey

- a. Self-explanatory.