

# Slow Down to Live Well

1 Timothy 4:6-16

## Slowing Down to Live Well

Looking Beneath the Surface of the Past

Living in Brokenness and Vulnerability

Receiving the Gift of Limits

Embracing Grieving and Loss

Making Incarnation Your Model for Loving Well

## Emotional & Spiritual Health

Look Beneath the Surface

Break the Power of the Past

Live In Brokenness & Vulnerability

Receive The Gift Of Limits

Embrace Grieving and Loss

Make Incarnation Your Model For  
Loving Well

## **The True Self**

**Godly Tips for Living Well**

## American Cultural Response

The Surface Is All That Matters

The Past Is In The Past, Focus on the  
Future

Never Let Them See You Sweat

There Are No Limits! Do Anything,  
Be Anything

If It Doesn't Kill You, It Makes You  
Stronger

Love Is About Fulfilling You're Own  
Desires

## **The False Self**

**Cultural Tips for Living Well**

**“God has given you one face, and you  
make yourselves another.” - William  
Shakespeare, Hamlet**

**For many of us, the greatest obstacle standing between us and God is a glaring contrast between who God says we are (the True Self) and who we reality want to be (the False Self).**

Havin'  
fun  
with **Ernie  
& Bert**



**Holy Spirit, the “Divine Archeologist”**

**The Spirit intends to investigate our whole life history, layer by layer, throwing out the junk and preserving the values that were appropriate to each stage of being human**



- **Study of Scripture**
- **Participation/worship in Community**
- **Prayer**
- **Obedience to Certain Biblical Text**
- **Witnessing/Evangelism**

**Resist slothfulness**

**“(Busyness) is mostly a self-contrived camouflage, a way we keep ourselves from seeing our own life’s hollowness”**

**-Mark Buchanan, Your God is Too Safe**

# Rediscover Sabbath: Stopping, Resting, Delighting and Contemplating

**It is not possible for a Christian to  
be spiritually mature while  
remaining emotionally immature**

**-Peter Scazzero**

**The Emotionally Healthy Church**

**Emotions are the cry of the soul. They expose what we are doing with the sorrow of life and in turn reveal what our heart is doing with God.**

**Dan B Allender; Tremper Longman. The Cry of the Soul: How Our Emotions Reveal Our Deepest Questions About God**

- 1) **The False Self vs. The True Self**
- 2) **Formation of the Holy Self**

Eventually, the Spirit begins to dig into the bedrock of our earliest emotional life...

Hence, as we progress toward the center where God is actually waiting for us, we are naturally going to feel that we are getting worse. This is a warning that the spiritual journey is not a success story or a career move. It is rather a series of humiliations of the false self.

-Thomas Keating, Intimacy with God



**“Be diligent...  
Watch your life and doctrine closely”**

**“Train yourself to be godly”**

**“I can do nothing on My own initiative. As I hear, I judge; and My judgment is just, because I do not seek My own will, but the will of Him who sent Me.”**

**-John 5:30**

## **Formation of the Holy Self**

- Create a rhythm of stopping and reflection**

**ONLY IN LIGHT OF THE LOVE  
OF GOD CAN WE LOVE  
OURSELVES RIGHTLY.**

**-St. Bernard of Clairvaux**