

Sermon Notes – Genesis 32:22-32

Emotionally Healthy Spirituality – Hindrances to Health

Signs of Emotional & Spiritual Imbalance

- Using God to _____
- _____ emotions of anger, sadness & fear
 - Dying to the _____
- Denying the past's _____
- Dividing our lives into _____
- Doing for God instead of _____
 - Spiritualizing away _____
- _____ brokenness, weakness & failure
 - Living without _____
- _____ others' spiritual journey

† God showed himself to Jacob when Jacob _____

¿ When in my week can I make time to be _____
with God?

† It wasn't until Jacob had an encounter with _____
_____ that he was _____. This
encounter came with _____.

¿ What area of your life has God put _____
_____ to force you to seek health and growth?

What am I _____?

What am I _____?

What am I _____?

What am I _____?