

D-LIFE BOOT CAMP

Training for a lifestyle
of discipleship.

dlife

Discipleship. Anytime. Anywhere.



Keeping it Real

CHRISTIAN FELLOWSHIP

Pastor Dale L. Crawley Sr.

"Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, teaching them to observe all that I have commanded you. And behold, I am with you always, to the end of the age." Matthew 28:19-20

Rev. Dr. Deborah Crawley, Teacher

Sis. Tammi Brown, Asst. Teacher

Spiritual Formation: Emotional Health & Spiritual Maturity (Part 2)

BIG IDEA

God transforms what we are willing to bring into the light. Spiritual maturity grows when emotional honesty meets God's grace.

SCRIPTURE FOUNDATION – Psalm 139:23–24

"Search me, O God, and know my heart; test me and know my anxious thoughts. ²⁴ And see if there is in me the worship of false gods, and lead me in the way everlasting."

God searches our hearts not to shame us, but to lead us into wholeness.

SAUL VS. DAVID – A FORMATION CONTRAST

Saul avoided reflection, blamed others, stayed busy with religious activity, and refused to be shaped by failure.

David reflected honestly, confessed freely, expressed emotions openly, and allowed pain to soften him.

David wasn't perfect — he was honest. Honesty made room for growth.



HABIT #1 – NAMING WHAT YOU FEEL

One of the most spiritual habits you can develop is learning to name your emotions.

Instead of saying "I'm fine," begin to name what is real: anxious, overwhelmed, disappointed, lonely, tired.



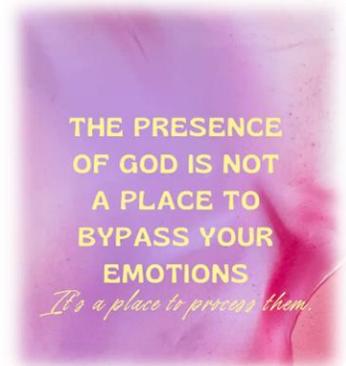
You cannot heal what you refuse to name, and you cannot surrender what you won't acknowledge.

HABIT #2 – INVITING GOD INTO YOUR EMOTIONS

Many believers invite God into their decisions but not into their feelings.

God cares about your emotions because they shape your behavior. Honest prayer — lament, confession, naming fear or anger — opens the door for healing.

God heals what we bring into the light.

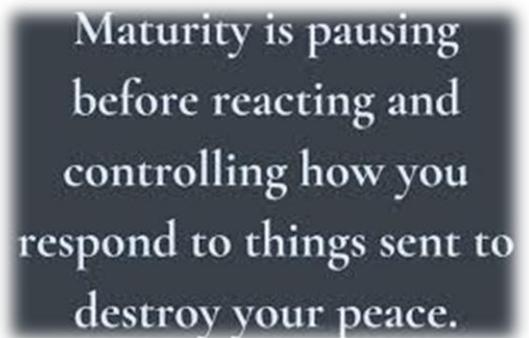


HABIT #3 – SLOWING DOWN YOUR REACTIONS

Emotional maturity is not about what you feel, but how you respond.

Reacting is automatic. Responding is intentional.

Awareness creates space between feeling and behavior — and that space is where maturity grows.



HABIT #4 – HEALING IN SAFE COMMUNITY

God rarely heals us in isolation.

Spiritual formation happens in trusted relationships, safe conversations, and healthy community. Growth is personal, but it was never meant to be private.



FORMATION PRACTICE

Use this simple reflection during the week:

- What emotion has been most present in me lately?
- Why might this emotion be surfacing now?
- Where is God inviting me to respond differently?

There is no pressure to fix anything — *simply notice*.

WEEKLY PRACTICE – 5-MINUTE DAILY SOUL CHECK-IN

Each day ask:

1. What did I feel today?
2. Why might I have felt it?
3. Did I invite God into it?

This is how habits shape a healthy soul — *slowly, gently, faithfully*.

CLOSING PRAYER

Lord, give me courage to be honest, grace to slow down, and patience as You form Christ in me — not just in what I do, but in who I am. Amen.