

AIC Update

RE: Move to CAIS

Please note the following important updates regarding our move to CAIS in Lai Chi Kok.

- Last Sunday at APSW will be **23 Oct**
- Soft-Launch period (**30 Oct - 20 Nov**)
- AIC public opening date at CAIS: **27 Nov**
- We need your help!
 - Physical move (purge and pack)
 - Ministry move (logistics and volunteering throughout the weekend)
 - Office move (leads and search)

EHS: Emotionally Healthy Spirituality

1. A question about spiritual maturity: Are you more concerned with doing stuff _____ God at the expense of being _____ God?
2. False Self - The personality we project to God and others to impress, survive (a conflict), avoid exposure, or to get our way.
3. Work not powered by God becomes corrupted by ego and a need for power and the approval of others.
4. What is emotional health? The ability to be _____ - _____ and _____ others well.

EHS: Small Group Discussion

In the book EHS, the author discusses ten symptoms of emotionally unhealthy spirituality.

1. Using God to run from God
 2. Ignoring the emotions of anger, sadness, and fear
 3. Dying to the wrong things
 4. Denying the past's impact on the present
 5. Dividing our lives into “secular” and “sacred” compartments
 6. Doing for God instead of being with God
 7. Spiritualizing away conflict
 8. Covering over brokenness, weakness, and failure
 9. Living without limits
 10. Judging other people's spiritual journey
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Read 1 Samuel Chapter 15.

Discuss Saul's mistakes and issues. Do you see any of the ten symptoms? What were Saul's main mistakes and what could he have done differently?

Discuss the ten symptoms and Saul's story in relation to your personal story. Allow some people to share 1-2 symptoms they sometimes struggle with in their own lives.

Pray for each other as we begin this EHS journey together.