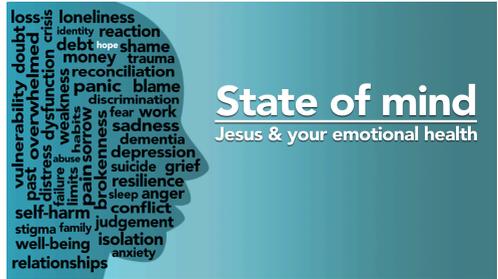


# 1. Look beneath the surface

Those who follow Jesus become new, they are transformed, converted, renewed, "born again". As Paul writes, "if anyone is in Christ, the new creation has come: The old has gone, the new is here!" (2 Cor 5:17)



Are you changing? Are you becoming more like Jesus?" if not, why not? What is stopping you?

We want to be mature. We are supposed to grow. Richard Foster writes, "Superficiality is the curse of our age. The doctrine of instant satisfaction is a primary spiritual problem. The desperate need today is not for a greater number of intelligent people, or gifted people, but for deep people." (from Celebration of discipline)

Our emotional health is directly linked to our spiritual maturity. In fact, **"it is not possible for a 'Christian' to be spiritually mature while remaining emotionally immature.**

In this series we explore how to escape the curse of superficiality. To become 'deep' people. To explore our internal life and discover what lies on the inside, to embrace kingdom emotions.

John Stott wrote, "God wants his Church to grow up in maturity (not just in numbers). It is clear from the Bible as a whole that God is not pleased with shallowness and immaturity."

## What is under the surface?

- How do you react when life is difficult?
- Do you avoid confrontation?
- Do you suppress your emotions or do you give full vent to your emotions?
- What would be a healthier way to deal with difficult situations?
- What particular situations make you frustrated or angry at the moment?
- Is this solely someone else's problem or is there an underlying situation in you that is being provoked?