



## FROM 'EMOTIONAL INSANITY' TO SPIRITUAL SECURITY

with Ben Peterson

### ▶ FOCUS VERSE

He heals the brokenhearted and binds up their wounds.  
Psalm 147:3

### ▶ DISCUSSION

1. **As Ben narrated the traumas of his childhood, was there anything in particular that really resonated with you or that you identified with—perfectionist father, emotionally unstable mother, abusive relatives, constant fighting?**
  - a. If so, did you find it at all reassuring to know you weren't the only person who's endured these challenges?
  
2. **Discuss the two questions Ben says are critical for determining whether a child has had a healthy upbringing—"Am I worthy of love?" and "Can my caretaker meet my needs?"—and apply them to your own childhood experience.**
  - a. Did you answer "no" to either question (or both)?
  
3. **If you answered "no" to either part of question 2, how did that absence manifest itself in your young life?**
  - a. In what ways do you think it has affected the way in which you form attachments to other people today?
  
  - b. Are you avoidant when other people want intimacy, or are you too aggressive and needy in seeking out relationships?
  
  - c. Is there a need that went unfulfilled when you were a child that you're now seeking to remedy as an adult?



Find this podcast at [theredeemed.com/emotional-insanity-to-spiritual-security/](https://theredeemed.com/emotional-insanity-to-spiritual-security/)

- 4. Discuss Ben’s assertion that the purpose of marriage isn’t for us to find “completion” in another person, it’s to make us more like Jesus.**
- a. If you’re married or in a serious relationship, in what ways has your spouse/partner, and the bond you’ve formed with her, made you a better person?
  - b. Are there areas in which you thought you’d become a better person but think you’re still falling short?
- 5. Whether actively or passively, what sin or “junk,” as Ben puts it, are you allowing into your household and your marriage?**
- a. What excuses or rationalizations have you given for doing so—to your spouse, to yourself, to God?
  - b. Does making yourself a victim figure into any of these rationalizations?
  - c. What are some things you could do to be more mindful of these temptations and erect stronger barriers against them?
- 6. Do you have close male friends outside your family and job who you feel like you can open up to, or are most of your friends relatives or “work buddies”?**
- a. If they’re the latter, do you feel like that’s hindered you in any way from becoming a more honest and accountable person?
  - b. What are some ways you could seek out non-work friends to build meaningful bonds with?
- 7. What kind of “bad decision maker” are you?**
- a. That is to say, when you’ve made bad decisions in the past, have you noticed any common threads running through them?
  - b. Have you most often made those decisions out of laziness, haste, impatience, a desire to please too many people at once, etc.?
  - c. What are some ways you could avoid these pitfalls in the future and think through your decisions more thoroughly?

