

EMOTIONALLY
HEALTHY



RELATIONSHIPS

THE AUTHENTIC — YEAR — COMMUNITY OF

Fight Like a Peacemaker

Genesis 32:22-33:10

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“Emotional health and spiritual maturity are inseparable. It is not possible for a Christian to be spiritually mature while remaining emotionally immature.”

- Peter Scazzero, *Emotionally Healthy Spirituality*

Genesis 32:22-33:10

That night Jacob got up and took his two wives, his two female servants and his eleven sons and crossed the ford of the Jabbok. After he had sent them across the stream, he sent over all his possessions. So Jacob was left alone, and a man

wrestled with him till daybreak. When the man saw that he could not overpower him, he touched the socket of Jacob's hip so that his hip was wrenched as he wrestled with the man.

Then the man said, "Let me go, for it is daybreak."

But Jacob replied, "I will not let you go unless you bless me."

The man asked him, "What is your name?"

"Jacob," he answered.

Then the man said, "Your name will no longer be Jacob, but Israel, because you have struggled with God and with humans and have overcome."

Jacob said, "Please tell me your name."

But he replied, "Why do you ask my name?"

Then he blessed him there. So Jacob called the place Peniel, saying, "It is because I saw God face to face, and yet my life was spared." The sun rose above him as he passed Peniel, and he was limping because of his hip. Therefore to this day the Israelites do not eat the tendon attached to the socket of the hip, because the socket of Jacob's hip was touched near the tendon. Jacob looked up and there was Esau, coming with his four hundred men; so he divided the children among Leah, Rachel, and the two female servants. He put the female servants and their children in front, Leah and her children next, and Rachel and Joseph in the rear. He himself went on ahead and bowed down to the ground seven times as he approached his brother. But Esau ran to meet Jacob and embraced him; he threw his arms around his neck and kissed him. And they wept.

Then Esau looked up and saw the women and children. “Who are these with you?” he asked.

Jacob answered, “They are the children God has graciously given your servant.” Then the female servants and their children approached and bowed down. Next, Leah and her children came and bowed down. Last of all came Joseph and Rachel, and they too bowed down.

Esau asked, “What’s the meaning of all these flocks and herds I met?”

“To find favor in your eyes, my lord,” he said.

But Esau said, “I already have plenty, my brother. Keep what you have for yourself.”

“No, please!” said Jacob. “If I have found favor in your eyes, accept this gift from me. For to see your face is like seeing the face of God, now that you have received me favorably. Please accept the present that was brought to you, for God has been gracious to me and I have all I need.” And because Jacob insisted, Esau accepted it.



“Healthy community is not so much about us not having issues and conflict, but it means we have a particular way we approach issues and conflict.”

- Pete Scazzero

Matthew 5:9

Blessed are the peacemakers, for they will be called children of God.

“A peacekeeper desires to maintain peace by avoiding conflict.”

- Kaitlin Garrison

“A peacemaker is willing to resolve outer and inner turmoil in order to establish peace with others and themselves.”

- Kaitlin Garrison

“I notice...”

“I value... because...”

“When you... I feel...”

“I'd like you to...”

The process is always for the purpose.

“The call Jacob received was to turn toward all that feared and walk back to his brother, not knowing what would happen. And

the promise of God was not that all would be fine, or that all would be taken care of well ahead of his arrival. The promise was simple 'I will be with you...' Ultimately reconciliation is a journey toward and through conflict. In this instance, God does not promise to do the work for Jacob. God does not promise that he will take care of everything and level the road for Jacob. God promises to accompany him, to be present...We will find God present throughout the journey toward reconciliation in the depths of fear, in the hopelessness of the dark nights, in the tears of reconnection...The pathway through conflict toward reconciliation is filled with God-encounters, if we have the eyes to see, the ears to hear, and the heart to feel... Conflict opens a path, a holy path, toward revelation and reconciliation."

- John Paul Lederach, *Emotionally Healthy Relationships Day by Day*