

Discipling with Self-Awareness

The Puritan John Flavel said that ‘keeping the heart’ is the central duty of all Christians. ‘You have been strangers to this work too long; you have kept others vineyards too long...will you now resolve to look better at your own hearts?’ In this session the speaker will look at some of the dangers of ‘keeping others vineyards’ and how we need to be watchful over our own hearts to guard against them.

Glynn Harrison is Emeritus Professor of Psychiatry at the University of Bristol. He was formerly a consultant clinical psychiatrist, a past president of the International Federation of Psychiatric Epidemiology, and he has acted as advisor the UK department of Health and WHO. He is a lay minister and leads the men’s ministry in his church. He lectures widely on pastoral issues, human sexuality, and the interface between mental health and spirituality.

Outline:

A. Keeping the Heart: the central duty of all Christians

B. Consequences of neglect of the Heart

(1) Empty Pool Syndrome (Pablo Martinez)

(2) Compartmentalisation Syndrome

(3) Bitterness/Resentment Syndrome

(4) Co-Dependency Syndrome

C. The Causes of heart-neglect

(1) Drivenness

(2) Perfectionism

(3) Activism

D. Keeping your Heart: 10 key duties