

WORKBOOK

EIGHT SESSIONS



Emotionally Healthy Spirituality

UPDATED & REVISED

IT'S IMPOSSIBLE *to be* SPIRITUALLY MATURE,
WHILE REMAINING EMOTIONALLY IMMATURE



Peter & Geri Scazzero

Emotionally Healthy Spirituality Workbook Peter Scazzero

Peter Scazzero, Geri Scazzero



Emotionally Healthy Spirituality Workbook Peter Scazzero:

Emotionally Healthy Spirituality Workbook, Updated Edition Peter Scazzero, Geri Scazzero, 2017-04-25 In the Emotionally Healthy Spirituality Workbook Peter Scazzero outlines a roadmap for discipleship with Jesus that is powerfully transformative. He unveils what's wrong with our current definition of spiritual growth and offers not only a model of spirituality that actually works but seven steps to change that will help you experience authentic faith and hunger for God. Peter Scazzero learned the hard way you can't be spiritually mature while remaining emotionally immature. Though he was an experienced pastor of a growing church, his life and faith remained emotionally unhealthy. Like so many in the church, he routinely avoided healthy conflict in the name of keeping the peace, ignored and suppressed emotions, used work for God as an excuse to run from God, lived without setting healthy limits or boundaries. Peter will help you unpack core biblical principles to guide you into an experience of lasting transformation in your relationship with Christ. The workbook includes session introductions, group discussion questions, application, and between-session personal study. This workbook is part of the Emotionally Healthy Spirituality Course that also includes the bestselling book *Emotionally Healthy Spirituality: Begin a Powerful Journey that will change forever the way you love God, others, and yourself*. Sessions include: The Problem of Emotionally Unhealthy Spirituality, Know Yourself That You May Know God, Going Back in Order to Go Forward, Journey through the Wall, Enlarge Your Soul through Grief and Loss, Discover the Rhythms of the Daily Office and Sabbath, Grow into an Emotionally Mature Adult, Go the Next Step to Develop a Rule of Life. Designed for use with the Emotionally Healthy Spirituality book 9780310348450 and the Emotionally Healthy Spirituality Day by Day book 9780310351665, each sold separately.

Emotionally Healthy Spirituality Course Workbook Peter Scazzero, 2014-08-12 For those desiring to take steps in their Christian life and discipleship to break free from bondage to the past and experience healing, Emotional Healthy Spirituality is an eight-session video-based Bible study on the integration of emotional health and contemplative spirituality. Many sincere followers of Christ, followers who are really passionate for God, join a church, participate weekly in a small group, serve with their gifts, and who are considered mature remain stuck at a level of spiritual immaturity, especially when faced with interpersonal conflicts and crises. The Emotionally Healthy Spirituality video study and companion study guide offer a strategy for discipleship that addresses this void, offering powerful pathways to transformation that will help people mature into a faith filled with authenticity and a profound love for God. The eight sessions include: The Problem of Emotionally Unhealthy Spirituality, Know Yourself that You May Know God, Going Back in Order to Go Forward, Journey through the Wall, Enlarge Your Soul through Grief and Loss, Discover the Rhythms of the Daily Office and Sabbath, Grow into an Emotionally Healthy Adult, Go to the Next Step to Develop a Rule of Life.

Emotionally Healthy Spirituality Workbook Expanded Edition Peter Scazzero, Geri Scazzero, 2021-08-03 Peter Scazzero learned the hard way you can't be spiritually mature while remaining emotionally immature. In the Emotionally Healthy Spirituality Workbook Peter outlines a roadmap for discipleship

with Jesus that is powerfully transformative **Emotionally Healthy Spirituality Day by Day** Peter Scazzero,2014-07-08 Based on his bestselling book Emotionally Healthy Spirituality this 40 day devotional by Peter Scazzero is your guide to more intentional meaningful life changing communion with God We all struggle to find daily time to be with God for the nourishment of our souls This groundbreaking devotional is your key to resting fully in the awareness of his presence increasing your self knowledge and growing deeper closer to God Each day Peter Scazzero invites you to the ancient and yet powerful spiritual discipline of the Daily Office the practice of pausing morning and evening to reflect on God s work in your life In the midst of the hustle we have to create interludes to re center our hearts on the presence of God For eight weeks each morning and evening devotional will help you create that much needed space for silence and reflection You will be encouraged with thoughtful readings and questions to consider And after each a closing prayer you ll return to your day with a renewed sense of purpose and peace This devotional is drawn from the bestselling book Emotionally Healthy Spirituality and can be read as a companion book or enjoyed on its own Emotionally Healthy Spirituality Day by Day will anchor your life on the invitation to love God with all your heart mind and strength In this guided journey you ll discover the spiritual nourishment joy and peace that comes from meeting with God every day Emotionally Healthy Spirituality Day by Day is also available in Spanish Espiritualidad emocionalmente sana D a a d a **Emotionally Healthy Spirituality Course**

Workbook with DVD Pete Scazzero,2014-08-26 For those desiring to take steps in their Christian life and discipleship to break free from bondage to the past and experience healing Emotional Healthy Spirituality is an eight session video based Bible study on the integration of emotional health and contemplative spirituality Many sincere followers of Christ followers who are really passionate for God join a church participate weekly in a small group serve with their gifts and who are considered mature remain stuck at a level of spiritual immaturity especially when faced with interpersonal conflicts and crises The Emotionally Healthy Spirituality video study and companion study guide offer a strategy for discipleship that address this void offering powerful pathways to transformation that will help people mature into a faith filled with authenticity and a profound love for God The eight sessions include The Problem of Emotionally Unhealthy Spirituality Know Yourself that You May Know God Going Back in Order to Go Forward Journey through the Wall Enlarge Your Soul through Grief and Loss Discover the Rhythms of the Daily Office and Sabbath Grow into an Emotionally Healthy Adult Go to the Next Step to Develop a Rule of Life This pack contains one softcover study guide and one DVD **Emotionally Healthy**

Relationships Workbook Peter Scazzero,Geri Scazzero,2017-09-12 Have you ever wondered why we recycle the same problems in the church year after year Broken relationships unresolved conflicts inability to speak the truth pretending things are fine because we re concerned about being nice Week after week we hear sermons about loving better but little changes in people s lives We spend a lot of money to learn and become competent in our careers but few of us have learned the skills or gained the competency to love well It s been rightly said that 85 percent of Christians are stuck stagnant in their

spiritual lives Most discipleship approaches do not include the necessary tools to mature us as followers of Jesus Christ who love God ourselves and others well Pete and Geri Scazzero developed The Emotionally Healthy EH Relationships Course over a 21 year period to directly address core biblical principles to guide you and others into an experience of discipleship that will deeply change your life In the EH Relationships Course you will learn 8 practical relationship skills to develop mature loving relationships with others Take Your Community Temperature Reading Stop Mind Reading and Clarify Expectations Genogram Your Family Explore the Iceberg Listen Incarnationally Climb the Ladder of Integrity Fight Cleanly Develop a Rule of Life to Implement Emotionally Healthy Skills And since loving others and loving God cannot be separated you will also grow in your personal first hand relationships with Jesus by incorporating stillness silence and Scripture as daily life rhythms This workbook includes sessions introductions group discussion questions personal action steps and between the sessions personal study This powerful journey that will walk you through a door that will change forever the way you love God others and yourself Designed for use with the Emotionally Healthy Relationships Video Study 9780310081937 sold separately It is part of the Emotionally Healthy EH Relationships Course that also includes the Emotionally Healthy Relationships Day by Day devotional 9780310349594 *The Emotionally Healthy Church Workbook* Peter Scazzero,2006-12-12 It is impossible to be spiritually mature while remaining emotionally immature That premise unpacked for church leaders in Peter Scazzero s award winning book *The Emotionally Healthy Church* is translated into practical application for everyone in this stand alone workbook Eight sessions help individuals small groups and churches put principles of emotional transformation into step by step practical application **Emotionally Healthy Spirituality Expanded Edition Workbook plus Streaming Video** Peter Scazzero,Geri Scazzero,2021-12-21 Peter Scazzero learned the hard way you can t be spiritually mature while remaining emotionally immature In the *Emotionally Healthy Spirituality Workbook Expanded Edition* DVD digital downloads sold separately Peter outlines a roadmap for discipleship with Jesus that is powerfully transformative He unveils what s wrong with our current definition of spiritual growth and offers not only a model of spirituality that actually works but seven steps to change that will help you experience authentic faith and hunger for God Though Peter was an experienced pastor of a growing church his life and faith remained emotionally unhealthy Like so many in the church he routinely avoided healthy conflict in the name of keeping the peace ignored and suppressed emotions used work for God as an excuse to run from God lived without limits In this updated and expanded workbook Peter helps you unpack core biblical principles to guide you into an experience of lasting beneath the surface transformation in your relationship with Christ The workbook includes session introductions group discussion questions application and between sessions personal study This workbook is Part One of the Emotionally Healthy Discipleship Course that also includes the bestselling books *Emotionally Healthy Spirituality* and *Emotionally Healthy Spirituality Day by Day* Join us for a powerful journey that will walk you through a door that will change forever the way you love God others and yourself Designed for use with the *Emotionally Healthy Spirituality Video Expanded*

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Clarify Expectations Climb the Ladder of Integrity Incarnational Listening Clean Fighting And since loving others and loving God cannot be separated each person will also grow in their personal first hand relationship with Jesus by incorporating stillness silence and Scripture as daily life rhythms Part 2 of the Emotionally Healthy Discipleship Course also includes the newly filmed Emotionally Healthy Relationships video and the Emotionally Healthy Relationships Day by Day devotional sold separately Join us for a powerful journey that will walk you through a door that will change forever the way you love God others and yourself This workbook includes Individual access to eight streaming video sessions Between sessions personal study Session introductions group discussion questions and personal action steps Leader s Guide and valuable appendices Sessions and video run times Take Your Community Temperature Reading 31 00 Stop Mind Reading and Clarify Expectations 29 00 Genogram Your Family 29 30 Explore the Iceberg 23 00 Incarnational Listening 24 00 Climb the Ladder of Integrity 22 00 Clean Fighting 18 00 Develop a Rule of Life to Implement Emotionally Healthy Skills 8 00 This study guide has everything you need for a full Bible study experience including The study guide itself with discussion and reflection questions video notes and a leader s guide An individual access code to stream all video sessions online You don t need to buy a DVD Streaming video access code included Access code subject to expiration after 12 31 2028 Code may be redeemed only by the recipient of this package Code may not be transferred or sold separately from this package Internet connection required Void where prohibited taxed or restricted by law Additional offer details inside

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The Emotionally Healthy Church Workbook Peter Scazzero, 2010 Study guide to The emotionally healthy church Peter L Scazzero with Warren Bird

Emotionally Healthy Relationships Course Workbook Peter Scazzero, Geri Scazzero, 2017-09-26 In this eight session video Bible study Pete and Geri Scazzero provide you with the necessary practical skills for your spiritual formation journey so that you can grow into an emotionally and spiritually mature follower of Jesus

Emotionally Healthy Relationships Workbook Plus Streaming Video, Updated Edition Peter Scazzero, Geri Scazzero, 2022-01-04 In this eight session video Bible study Pete and Geri Scazzero provide you with the necessary practical skills for your spiritual formation journey in relationship to others so that you can grow into an emotionally and spiritually mature follower of Jesus This is Part 2 of the Emotionally Healthy Discipleship Course

Emotionally Healthy Spirituality Course Participant's Pack Expanded Edition Peter Scazzero, Geri Scazzero, 2022-01-04 You can t be spiritually mature while remaining emotionally immature In this eight session video Bible study author and pastor Pete Scazzero awakens participants to a biblical integration of emotional health and the classic practices of contemplative spirituality leading to a relational revolution with Jesus

The Emotionally Healthy Woman Workbook Geri

Scazzero, Peter Scazzero, 2014-08-12 Geri Scazzero knew there was something desperately wrong with her life. She felt like a single parent raising her four young daughters alone. She finally told her husband I quit and left the thriving church he pastored beginning a journey that transformed her and her marriage for the better. In this eight session video Bible study DVD digital video sold separately Geri provides you a way out of an inauthentic superficial spirituality to genuine freedom in Christ. This study is for every woman who thinks I can't keep pretending everything is fine. The journey to emotional health begins by quitting. Geri quit being afraid of what others think. She quit lying. She quit denying her anger and sadness. She quit living someone else's life. When you quit those things that are damaging to your soul or the souls of others you are freed up to choose other ways of being and relating that are rooted in love and lead to life. When you quit for the right reasons at the right time and in the right way you're on the path not only to emotional health but also to the true purpose of your life. Sessions include: Quit Being Afraid of What Others Think, Quit Lying, Quit Dying to the Wrong Things, Quit Denying Anger, Sadness and Fear, Quit Blaming, Quit Overfunctioning, Quit Faulty Thinking, Quit Living Someone Else's Life. Designed for use with the Emotionally Healthy Woman Video Study sold separately. *Emotionally Healthy Spirituality* Peter Scazzero, 2017-04-25 MORE THAN 1 MILLION COPIES SOLD. A road map for discipleship with Jesus that is powerfully transformative. Peter Scazzero learned the hard way you can't be spiritually mature while remaining emotionally immature. Even though he was the pastor of a growing church he did what most people do: avoid conflict in the name of Christianity, ignore his anger, sadness, and fear, use God to run from God, and live without boundaries. Eventually God awakened him to a biblical integration of emotional health and the spiritual practice of slowing down and quieting your life for to experience a firsthand relationship with Jesus. It created nothing short of a spiritual revolution in Scazzero in his church and now in thousands of other churches. In this updated edition Scazzero shares new stories and principles as he outlines his journey and the signs of emotionally unhealthy spirituality. Then he provides seven biblical reality tested steps to become emotionally mature: Become your authentic self, Break the power of the past, Let go of power and control, Surrender to your limits, Stop to breathe by practicing rest and Sabbath, Learn new skills to love well, Love Christ above all else. Plus check out the full line of Emotionally Healthy Spirituality books dedicated to many different key areas of life. Workbooks, study guides, curriculum, and Spanish editions are also available.

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