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Emotionally Healthy Spirituality

UPDATED EDITION

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



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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 *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 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 **How Healthy is Your Spirituality?** Peter Scazzero,2019-01-08 After almost three decades of pastoring New Life Fellowship Church in the bustle of New York City Peter Scazzero discovered that most people are missing the deep emotional change that can happen in their walk with Jesus Scazzero found two truths to be true you can t be spiritually mature while remaining emotionally immature and unless you slow and quiet your life down for a direct relationship with Jesus Christ little change is possible The integration of these two truths unleashed a spiritual revolution in Scazzero in his church and now in thousands of other churches In this booklet based on his bestselling book Emotionally Healthy Spirituality Scazzero helps readers identify the top ten symptoms of emotionally unhealthy spirituality and what they can do about them He includes an assessment for readers to take to find out how emotionally healthy they really are and seven devotions to lead them on the journey to health 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**

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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 Emotionally Healthy Discipleship Peter Scazzero, 2021-03-30 The global church is facing a discipleship crisis Here s how we move forward into transformative discipleship Pastors and church leaders want to see lives changed by the gospel They work tirelessly to care for people initiate new ministries preach creatively and keep up with trends Sadly much of this effort does not result in deeply changed disciples Traditional discipleship strategies fail because they only address surface issues and do not go deep enough into the emotional health of individuals But transformative emotionally healthy discipleship is a methods based biblical theology that when fully implemented informs every area of a church ministry or organization It is a discipleship structure built from the center that Slows down our lives so we can cultivate a deep personal relationship with Jesus Challenges the values of Western culture that have compromised the radical call to follow the crucified Jesus Integrates sadness loss and vulnerability that when left out leave people defensive and easily triggered Acknowledges God s gift of limits in our lives Connects how our family and personal history influence our discipleship in the present Measures our spiritual maturity by how we are growing in our ability to love others In Emotionally Healthy Discipleship bestselling author Pete Scazzero takes leaders step by step through how to create an emotionally healthy culture and multiply deeply changed people in every aspect of church life including Leadership and team development Marriage and single ministry Small groups and youth and children s ministry Preaching worship and administration Outreach Complete with assessments and practical strategies Emotionally Healthy Discipleship will help you move people to the beneath the surface discipleship that actually has the power to change the world Winner of the 2022 ECPA Christian Book Award for Ministry Resources **Emotionally Healthy Relationships Day by Day** Peter Scazzero, 2017-08-08 Part of the bestselling Emotionally Healthy Spirituality book collection this 40 day devotional by Peter Scazzero will help you nurture the kind of healthy relationships you long for Emotionally Healthy Relationships Day by Day just like its sister devotional Emotionally Healthy Spirituality Day by Day is your invitation into the ancient yet powerful discipline of the Daily Office the practice of pausing morning and evening to reflect on God s work in your life Each devotional will reflect on emotionally healthy relational themes such as Clarifying expectations Deep listening Clean fighting

And more You ll will be ushered into a transformational practice that will deepen your daily walk with Jesus and along the way you ll discover the spiritual nourishment joy and peace that comes from meeting with him every day Emotionally Healthy Relationships Day by Day is also available in Spanish Relaciones emocionalmente sanas D a a d a **The Emotionally Healthy Church, Updated and Expanded Edition** Peter Scazzero, 2009-05-26 True Discipleship Integrates Emotional and Spiritual Health New Life Fellowship in Queens New York had it all powerful teaching dynamic ministries an impressive growth rate and a vision to do great works for God Things looked good but beneath the surface circumstances were more than just brewing They were about to boil over forcing Peter Scazzero to confront needs in his church and himself that went deeper than he d ever imagined What he learned about the vital link between emotional health relational depth and spiritual maturity can shed new light on painful problems in your own church Here are refreshing new insights and a different and challenging slant on what it takes to lead your congregation to wholeness and maturity in Christ Our churches are in trouble says Scazzero They are filled with people who are unsure how to biblically integrate anger sadness and other emotions defensive incapable of revealing their weaknesses threatened by or intolerant of different viewpoints zealous about ministering at church but blind to their spouses loneliness at home so involved in serving that they fail to take care of themselves prone to withdraw from conflict rather than resolve it Sharing from New Life Fellowship s painful but liberating journey Scazzero reveals exactly how the truth can and does make people free not just superficially but deep down After offering a new vision of discipleship and a revealing guided self assessment of your own spiritual and emotional maturity The Emotionally Healthy Church takes you through six principles that can make a profound difference in your church You ll acquire knowledge and tools that can help you and others look beneath the surface of problems break the power of past wounds failures sins and circumstances live a life of brokenness and vulnerability recognize and honor personal limitations and boundaries embrace grief and loss make incarnation your model to love others Written in a personal and passionate style The Emotionally Healthy Church includes hands on tools discussion questions spotlights on key points and story after story of people at New Life whose lives have been changed by the concepts in this book Open these pages and find out how your church can turn a new corner on the road to spiritual maturity **Emotionally Healthy Spirituality Church Campaign Kit** Peter Scazzero, Geri Scazzero, 2014-07-17 Author and pastor Pete Scazzero awaken participants to a biblical integration of emotional health and the classic practices of contemplative spirituality leading to a relational revolution with Jesus It s a simple truth but one that trips up believers everywhere You can t be healthy spiritually if you re unhealthy emotionally In this six session small group Bible study author and pastor Pete Scazzero takes a close look at what it means to break free from bondage to the past and experience true emotional healing Many sincere followers of Christ followers who are truly passionate for God members of a church servant hearted and 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

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