

Emotionally Healthy Spirituality Book

Peter Scazzero, Geri Scazzero

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.

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 Edition (sold separately). Streaming video access code included. Access code subject to expiration after 12/31/2027. 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.

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”

Emotionally Healthy Spirituality Peter Scazzero, 2011-05-09 What Are You Missing? Peter Scazzero learned the hard way: you can't be spiritually mature while remaining emotionally immature. Even though Pete was pastor of a rapidly 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 live without boundaries Eventually God awakened him to a biblical integration of emotional health, a profound relationship with Jesus, and the historical practices of contemplative spirituality. It created nothing short of a spiritual revolution, utterly transforming him and his church. In this best-selling book Pete outlines his journey and the signs of emotionally unhealthy spirituality. Then he provides seven biblical, reality-tested ways to break through to the revolutionary life Christ meant for you. Emotionally Healthy Spirituality is presently used in more than twenty-six countries to equip churches in a deep, beneath-the-surface spiritual formation paradigm that truly transforms lives.

Emotionally Healthy Spirituality Course Peter Scazzero, 2014-08 You can't be spiritually mature while remaining emotionally immature. In this eight-session small group Bible study, 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.

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).

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.

The Emotionally Healthy Leader Peter Scazzero, 2015-06-30 Becoming a Better Leader Starts with a Transformed Inner Life Do you feel too overwhelmed to enjoy life, unable to sort out the demands on your time? Are you doing your best work as a leader, yet not making an impact? Have you ever felt stuck, powerless to change your environment? In *The Emotionally*

Healthy Leader, bestselling author Peter Scazzero shows leaders how to develop a deep, inner life with Christ, examining its profound implications for surviving stress, planning and decision making, building teams, creating healthy culture, influencing others, and much more. The Emotionally Healthy Leader contains: Concise assessments for leaders and teams to measure their leadership health Practical, proven strategies that have been developed over a 28-year period spent both in the local church and in equipping leaders around the world Helpful applications of how to face your shadow, lead out of your marriage or singleness, slow down, and embrace endings for new beginnings Going beyond simply offering a quick fix or new technique, The Emotionally Healthy Leader gets to the core, beneath-the-surface issues of uniquely Christian leadership. This book is more than just a book you will read; it is a resource you will come back to over and over again.

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 Día a día*.

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 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 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, Emotionally 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 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 Día a día.

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 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 Spirituality Course Participant's Pack Peter Scazzero, Geri Scazzero, 2017-05-02 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 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.

The Emotionally Healthy Church, Updated and Expanded Edition Peter Scazzero, Warren Bird, 2013-05-23 In this new edition of his Gold Medallion Award-winning book, Peter Scazzero shares powerful insights on how contemplative spirituality can help pastors and individual church member slow down—an integral key to spiritual and emotional health . Sharing from the painful but liberating journey of his own church, Scazzero reveals exactly how the truth can and does make people free—not just superficially, but deep down. This expanded edition of *The Emotionally Healthy Church* not only takes the six principles described in the original book further and deeper, but adds a crucial seventh principle. • Principle 1: Look Beneath the Surface • Principle 2: Break the Power of the Past • Principle 3: Live in Brokenness and Vulnerability • Principle 4: Receive the Gift of Limits • Principle 5: Embrace Grieving and Loss • Principle 6: Make Incarnation Your Model for Loving Well • Principle 7: Slow Down to Lead with Integrity

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.

Emotionally Healthy Relationships Expanded Edition Workbook plus Streaming Video Peter Scazzero, Geri

Scazzero, 2023-08-29 Discipleship that Deeply Changes Your Relationship with Others As Part 2 of the Emotionally Healthy Discipleship Course, Pete and Geri Scazzero developed Emotionally Healthy (EH) Relationships over a 27-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 EH Relationships Expanded Edition, everyone will learn eight practical relationship skills to develop mature, loving relationships with others, such as: Stop Mind Reading and 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.

Reviewing **Emotionally Healthy Spirituality Book**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is actually astonishing. Within the pages of "**Emotionally Healthy Spirituality Book**," an enthralling opus penned by a highly acclaimed wordsmith, readers embark on an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve into the book's central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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