



Emotionally Healthy Spirituality Course Workbook, Updated and Revised Edition: It's Impossible to Be Spiritually Mature, While Remaining Emotionally Immature

Peter Scazzero , Geri Scazzero

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For those desiring to take steps in their Christian life and discipleship, to break free from bondage to the past and experience healing, the *Emotional Healthy Spirituality Course* by Pete and Geri Scazzero 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 Course* video study and companion workbook 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.? This revision includes new questions and activities for each of the eight sessions to summarize and apply the content more deeply.

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”

In addition to the *EHS Course Workbook and Video Study*, each participant will also need the *Emotionally Healthy Spirituality* trade book and the *Emotionally Healthy Spirituality Day by Day* book (each sold separately).

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From Reader Review Emotionally Healthy Spirituality Course Workbook, Updated and Revised Edition: It's Impossible to Be Spiritually Mature, While Remaining Emotionally Immature for online ebook

Teshamae says

For those trying to decide what books you need for a small group study, know that you'll need the book, this workbook AND the Daily Office book. Items from the Daily Office are referenced each week in the Between the Sessions questions.

Stephen Hiemstra says

One idea prevalent in the postmodern era is image of a collage. A collage is an art form that consists of a collection which may or may not have a defining concept but is nonetheless strung together. It is kind of like the chaos of the cosmos before the Copernican revolution.

The cosmos became mathematically simpler to model with the Copernican revolution. When astronomers started seeing the earth revolving around sun rather than around the earth, the inherent stability of the planetary system became obvious. In some sense, reconciling a postmodern lifestyle with ministry looks like a collage—pre-Copernican—until that lifestyle is brought into conformity with Christ. In his book, *Emotionally Healthy Spirituality*, Peter Scazzero centers on helping pastors and Christians both in traveling this journey successfully.

Peter Scazzero is a founder, former senior pastor, and now teaching pastor at New Life Fellowship Church in Queens, New York . Peter and his wife, Geri, also found *Emotionally Healthy Spirituality*, a teaching ministry . Scazzero divides his book into 2 parts: The problem of emotionally unhealthy spirituality (chapters 1-3) and the pathway to emotionally healthy spirituality (4-10). The chapter titles are:

1. Recognizing the tip-of-the-iceberg spirituality (something is desperately wrong).
2. The top ten symptoms of emotionally unhealthy spirituality (diagnosing the problem).
3. The radical antidote: emotional health and contemplative spirituality (bringing transformation to the deep places).
4. Know yourself that you may know God (Becoming your authentic self).
5. Going back in order to go forward (breaking the power of the past).
6. Journey through the wall (letting go of power and control).
7. Enlarge your soul through grief and loss (surrendering to your limits).
8. Discover the rhythms of the daily office and Sabbath (stopping to breath the air of eternity).
9. Grow into an emotionally mature adult (learning new skills to love well).
10. Go the next step to develop a “rule of life” (loving Christ above all else).

These chapters are preceded by acknowledgments and an introduction. They are followed by 2 appendices, notes, and a short biography of the author.

If spirituality is lived belief, then a well-formed theology modeled after Christ leads to a complete and well-formed spirituality. God’s immutable character and emotional stability is obvious on careful, biblical

reflection . If theology is neglected, by contrast, then our spirituality will likely have holes. Hence, the collage may not be a healthy model for life.

Scazzero sees our person divide into 5 discrete components: emotional, social, intellectual, spiritual, and physical (18). Scazzero's Copernican revolution arose in seeing a link between the emotional and spiritual components of his life (19). An important breakthrough came in discovering that he had misapplied biblical truths in his life (23). He accordingly cited 10 symptoms of an emotionally unhealthy spirituality:

1. Using God to run away from God.
2. Ignoring the emotions of anger, sadness, and fear.
3. Dying to the wrong things.
4. Denying the past's impact on the present.
5. Dividing our lives into secular and sacred compartments.
6. Doing for God instead of being with God.
7. Spiritualizing away conflict.
8. Covering over brokenness, weakness, and failure.
9. Living without limits.
10. Judging other people's spiritual journey (24).

While he devotes chapter 2 to discussing these problems, they arise in different forms throughout the book. I too struggle with these symptoms in my own faith journey all too often.

Scazzero covers a lot of ground in this book—too much for a brief review. One image, however, I thought was priceless which Scazzero draws from Parker Palmer's book, *A Hidden Wholeness* . Scazzero likens our lives to a white-out blizzard where it is easy to get lost and freeze to death without a rope to bind us to our home. The rope that he suggests is the daily office—praying the hours (153-157). Praying the hours structures our day around God. Great analogy; good advice. Scazzero goes on to recommend developing a Saint Benedict's rule of life (198-200) and making use of Saint Ignatius Loyola's prayer of examen (211).

Peter Scazzero's *Emotionally Healthy Spirituality* is a helpful and accessible read.

Daphne Kim says

I found this workbook helpful, but not as necessary as the book or the devotional. Overall, I truly enjoyed the course offered through my church, West Side Presbyterian in Ridgewood. I hope this will be the beginning of some true transformation.
