Recognizing the habit ways to get this ebook Emotionally Healthy Spirituality Workbook Peter Scazzero is additionally useful. You have
remained in right site to start getting this info. get the Emotionally Healthy Spirituality Workbook Peter Scazzero connect that we provide here and
check out the link.

You could buy guide Emotionally Healthy Spirituality Workbook Peter Scazzero or acquire it as soon as feasible. You could quickly download this
Emotionally Healthy Spirituality Workbook Peter Scazzero after getting deal. So, considering you require the books swiftly, you can straight get it. Its
hence enormously easy and thus fats, isn’t it? You have to favor to in this announce

Emotionally Healthy Relationships Course Workbook with DVD Peter Scazzero 2017-09-26 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, everyone will learn 8 practical relationship skills to
develop mature, loving relationships with others such as: Stop Mind Reading and Clarify Expectations Incarnational Listening Climb the
Ladder of Integrity Clean Fighting And since loving another sand loving God cannot be separated, each person will also grow in their 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. It is part of the Emotionally Healthy
(EH) Relationships Course that also includes the Emotionally Healthy Relationships video and the Emotionally Healthy Relationships Day by
Day devotional. 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. Sessions include: Take Your Community Temperature Reading Step 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 This pack contains one workbook and one Day by Day devotional.
The Emotionally Healthy Leader Peter Scazzero 2015-06-30 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. 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. 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 a book you will read; it is a resource you will come back to
over and over again.
The Emotionally Healthy Woman Geri Scazzero 2013-10-22 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 The Emotionally Healthy Woman, Geri provides you a way
out of an inauthentic, superficial spirituality to genuine freedom in Christ. This book 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. “QUITTING
WILL SET YOU FREE! Not a typical message heard in the church today, especially among ‘nice, Christian women,’ but one that has been needed
for years! By refusing to cling to a shell of pretension, the true freedom of our new lives in Christ is realized, and Geri shows us how. A fast,
inform ed read, this book breaks down the walls of the false ideals we clung to in and shows us that by quitting these idols, we re-discover God’s
love. I was supposed to read this book. I needed to read this book. Thank you, Geri.” Kim de Blecourt, Short-term Adventure Specialist with Food
for Orphans and author of “Until We All Come Home: A Harrowing Journey, a Mother’s Courage, a Race to Freedom” The Emotionally Healthy Church, Updated and Expanded Edition Peter Scazzero 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” Grace Filled Marriage Dr. Tim Kimmel 2013-09-10 Surveys show that only 10% of all marriages are truly happy. The simple truth is the absence of grace leaves a gaping hole in the husband-wife relationship. An instant classic, Grace Filled Marriage shows grace to be the missing piece—and the only place to start building a happy marriage.
Glory Days Max Lucado 2015-09-15 Keep walking. This may be the day your Jericho walls come down. We all face them. Strongholds with a
strong hold on our lives. Roadblocks to our joy. Obstacles in our marriages. Fortresses of fear blocking us from peace. How can we bring
down these walls that keep us from the future God promises? Remember the story of Joshua and the battle of Jericho? Those were some
formidable foes and big barriers. Max Lucado says the book of Joshua is in the bible to remind us of one thing: God Fights For Us! We can
overcome, because He has already overcome. We were not made to stand in the shadow of our walls and quake. We were made to stand on top of
Jericho’s rubble and conquer. We win, because God’s already won. Need a new battle plan for life? Keep walking, keep believing. These may be your
Glory Days.
Emotionally Healthy Spirituality Workbook Peter Scazzero 2008 Emotionally Healthy Woman Geri Scazzero 2014-08-12 According to
author Geri Scazzero, becoming an emotionally healthy woman begins by quitting eight unhealthy ways of relating. When you stop pretending
everything is fine and summon the courage to quit that which does not belong to Jesus kingdom, you will be launched on a powerful journey—
one that will bring you true peace and freedom.” Emotionally Healthy Spirituality Workbook Expanded Edition Peter 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 Peter Scazzero 2008 Emotionally Healthy Relationships Day by Day Peter Scazzero 2017-08-08 Part of the bestelling 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 a dia a dia. Emotionally Healthy Discipleship Courses Leader’s Kit Peter Scazzero 2018-06-12 In this comprehensive leader’s kit, 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.

**Fruit of the Spirit** Phyllis J. LePeau 2013-07-21 These forty-eight Bible studies were written with one goal in mind - to allow the Spirit of God to use the Word of God to produce fruit in your life. These studies will help you discover what the Bible says rather than simply telling you what it says. They encourage you to think and to explore rather than to merely fill in blanks. Fruit of the Spirit will help you discern what the Bible says and apply the vital Holy Spirit produce in believers, and move you beyond reflection to application. Designed for use as personal Bible study or group study, the interactive format will help you grow in your ability to reflect the character of Jesus and will aid not only in understanding the fruit, but also in applying them to daily life.

I Quit Geri Scazzero 2010 Geri Scazzero discovered real life and joy with Christ really began when she stopped pretending everything was fine. Summoning the courage to quit that which does not belong to Jesus’ kingdom launched her on a powerful journey that changed her and everyone around her. (Practical Life)

Emotionally Healthy Relationships Workbook Peter Scazzero 2017-09-12 Have you ever wondered why you 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. Peter 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 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 Relationships Course Workbook Peter Scazzero 2017-09-12 Peter 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, everyone will learn 8 practical relationship skills to develop mature, loving relationships with others such as: Stop Mind Reading and Clarify Expectations Incarnational Listening Climb the Ladder of Integrity Clean Fighting And since loving other sand loving God cannot be separated, each person will also grow in their 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. It is part of the Emotionally Healthy (EH) Relationships Course that also includes the Emotionally Healthy Relationships video and the Emotionally Healthy Relationships Day by Day devotional. 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. Sessions include: 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 Designed for use with the Emotionally Healthy Relationships Video Study (sold separately).

**The Emotionally Healthy Woman Workbook** Geri 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 began for Geri when she discovered that her identity was not in what she thought. 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 Quit Overfunctioning Quit. Designed for use with the Emotionally Healthy Woman Video Study (sold separately).

**Emotionally Healthy Spirituality Course Participant’s Pack** Peter Scazzero 2017-04-25 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** Peter Scazzero 2010 In The Emotionally Healthy Church, Updated and Expanded Edition, by Peter Scazzero, you’ll discover exactly what it takes for the truth to set you free. This revised and expanded edition of Scazzero’s award-winning book not only takes the original six principles for cultivating spiritual and emotional health in your church further and deeper, but he also adds a seventh principle to show you as a church leader how to slow down to lead with integrity.

**Created to Draw Near** Edward T. Welch 2020-01-07 You are a royal priest. That Reality Will Change Your Life Human beings are wired for connection. We long for deep relationships and real intimacy—both of which reflect our fundamental desire to be close to God. But all too often, whether because of our sin or our failures, we imagine that God prefers to keep his distance. In this book, Edward T. Welch shows us the purpose for which we were created—to be brought near to God as a kingdom of priests. He traces the priestly identity throughout the entire Bible, showing us how holiness leads to closeness to God. Through the blood of Jesus, God extends his invitation for all to draw near with open arms. And in his presence, we discover what it means to be truly human: known, unashamed, and wise, full of meaning, purpose, and abundant life.

**Emotionally Healthy Spirituality Course Participant’s Pack Expanded Edition** Peter Scazzero 2021-08-17 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 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, personal measure their leadership health practical, practical 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 shortcomings, slow down, and embrace endings for new beginnings Going beyond simply offering a quick fix or new technique, The Emotionally Healthy Leader shows leaders how to nourish their inner life, leading to a relational revolution with Jesus.
Emotionally Healthy Woman Workbook by Peter Scazzero 2015-06-30 Emotional health and spiritual maturity are inseparable: that is the premise of the award-winning book The Emotionally Healthy Church. This stand-alone workbook helps leaders and lay persons alike apply the biblical truths in Peter Scazzero’s revolutionary book to their personal lives, small groups, and churches. Eight studies take you beyond merely reading about emotional health to actually cultivating it as a disciple of Jesus. Step by step, you’ll discover what it means to have Christ transform the deep places hidden beneath the surface so that you might become more authentic and loving toward God, others, and yourself. 

Emotionally Healthy Relationships by Peter Scazzero 2017-09-12 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 Spirituality Course by Pete Scazzero 2014-08-26 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. 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 provides a strategy for discipleship that addresses this void, integrating emotional health and contemplative spirituality to help people grow into a faith filled with authenticity and a profound love for God.

Emotionally Healthy Discipleship by Pete Scazzero 2014-08-01 Say goodbye to superficial spirituality and hello to a life of freedom in Christ. Anxious, burdened, and lonely, Geri Scazzero knew there was something desperately wrong with her life. One day she told her husband “I quit,” left the thriving church he pastored, and began a journey that transformed her and her marriage for the better. 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. In this eight-session video Bible study Geri provides women a way out of an inauthentic, superficial spirituality to genuine freedom in Christ. This DVD is for every woman who thinks, “I can’t keep pretending everything is fine!” and who wants to discover the path to emotional health. With grace and understanding, Geri shows that when women quit those things that are damaging to their soul or the souls of others, they are free to choose new ways of being and relating that are rooted in love and lead to life. This study guide is designed for use with Emotionally Healthy Woman: A DVD Study. Session Titles: 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

Emotionally Healthy Discipleship by Peter Scazzero 2021-03-30 The global church is facing a discipleship crisis. Here is how we move forward. 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 do not slow down people’s lives so they can cultivate a deep, personal relationship with Jesus. Challenge the values of Western culture that have compromised the radical call to follow the crucified Jesus. Integrate sadness, loss, and vulnerability, leaving people defensive and easily triggered. Measure our spiritual maturity by how we are growing in our ability to love others. In Emotionally Healthy Discipleship, bestselling author Pete Scazzero lays out 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, preaching, worship, youth and children’s ministry, administration, and outreach. Complete with assessments and practical strategies for discipleship, Emotionally Healthy Discipleship will help you move people to the beneath-the-surface disciplines that can radically change the world.

Emotionally Healthy Spirituality by 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 the God that you really want. He 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**

**Author:** Peter Scazzero

**Description:**
- **Paperback:** 2014-08-12
- **Pages:** 201
- **Topics:** Emotionally Healthy Spirituality, Biblical Integration
- **Rating:** 4.5 out of 5
- **Overview:** 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, everyone will learn 8 practical relationship skills to develop mature, loving relationships with others such as: Stop Mind Reading and Clarify Expectations, Incarnational Listening, Climb the Ladder of Integrity, and Clean Fighting. 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. This workbook includes sessions introductions, group discussion questions, and personal action steps. The Eh Relationships Course Workbook also includes the Emotionally Healthy Relationships Course Workbook, which is recommended for participants of the EH Relationships Course.

**Additional Features:**
- **DVD:** The Emotionally Healthy Spirituality Video Expanded Edition
- **Workbook:** For use with the Emotionally Healthy Spirituality Video Study, 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 learned the hard way: 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**

**Author:** Peter Scazzero

**Description:**
- **Paperback:** 2014-08-12
- **Pages:** 201
- **Topics:** Emotionally Healthy Spirituality, Biblical Integration
- **Rating:** 4.5 out of 5
- **Overview:** 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, everyone will learn 8 practical relationship skills to develop mature, loving relationships with others such as: Stop Mind Reading and Clarify Expectations, Incarnational Listening, Climb the Ladder of Integrity, and Clean Fighting. 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. This workbook includes sessions introductions, group discussion questions, and personal action steps. The Eh Relationships Course Workbook also includes the Emotionally Healthy Relationships Course Workbook, which is recommended for participants of the EH Relationships Course.

**Additional Features:**
- **DVD:** The Emotionally Healthy Spirituality Video Expanded Edition
- **Workbook:** For use with the Emotionally Healthy Spirituality Video Study, 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 learned the hard way: 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**

**Author:** Peter Scazzero

**Description:**
- **Paperback:** 2014-08-12
- **Pages:** 201
- **Topics:** Emotionally Healthy Spirituality, Biblical Integration
- **Rating:** 4.5 out of 5
- **Overview:** 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, everyone will learn 8 practical relationship skills to develop mature, loving relationships with others such as: Stop Mind Reading and Clarify Expectations, Incarnational Listening, Climb the Ladder of Integrity, and Clean Fighting. 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. This workbook includes sessions introductions, group discussion questions, and personal action steps. The Eh Relationships Course Workbook also includes the Emotionally Healthy Relationships Course Workbook, which is recommended for participants of the EH Relationships Course.

**Additional Features:**
- **DVD:** The Emotionally Healthy Spirituality Video Expanded Edition
- **Workbook:** For use with the Emotionally Healthy Spirituality Video Study, 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 learned the hard way: 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**

**Author:** Peter Scazzero

**Description:**
- **Paperback:** 2014-08-12
- **Pages:** 201
- **Topics:** Emotionally Healthy Spirituality, Biblical Integration
- **Rating:** 4.5 out of 5
- **Overview:** 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, everyone will learn 8 practical relationship skills to develop mature, loving relationships with others such as: Stop Mind Reading and Clarify Expectations, Incarnational Listening, Climb the Ladder of Integrity, and Clean Fighting. 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. This workbook includes sessions introductions, group discussion questions, and personal action steps. The Eh Relationships Course Workbook also includes the Emotionally Healthy Relationships Course Workbook, which is recommended for participants of the EH Relationships Course.

**Additional Features:**
- **DVD:** The Emotionally Healthy Spirituality Video Expanded Edition
- **Workbook:** For use with the Emotionally Healthy Spirituality Video Study, 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 learned the hard way: 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**

**Author:** Peter Scazzero

**Description:**
- **Paperback:** 2014-08-12
- **Pages:** 201
- **Topics:** Emotionally Healthy Spirituality, Biblical Integration
- **Rating:** 4.5 out of 5
- **Overview:** 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, everyone will learn 8 practical relationship skills to develop mature, loving relationships with others such as: Stop Mind Reading and Clarify Expectations, Incarnational Listening, Climb the Ladder of Integrity, and Clean Fighting. 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. This workbook includes sessions introductions, group discussion questions, and personal action steps. The Eh Relationships Course Workbook also includes the Emotionally Healthy Relationships Course Workbook, which is recommended for participants of the EH Relationships Course.

**Additional Features:**
- **DVD:** The Emotionally Healthy Spirituality Video Expanded Edition
- **Workbook:** For use with the Emotionally Healthy Spirituality Video Study, 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 learned the hard way: 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**

**Author:** Peter Scazzero

**Description:**
- **Paperback:** 2014-08-12
- **Pages:** 201
- **Topics:** Emotionally Healthy Spirituality, Biblical Integration
- **Rating:** 4.5 out of 5
- **Overview:** 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, everyone will learn 8 practical relationship skills to develop mature, loving relationships with others such as: Stop Mind Reading and Clarify Expectations, Incarnational Listening, Climb the Ladder of Integrity, and Clean Fighting. 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. This workbook includes sessions introductions, group discussion questions, and personal action steps. The Eh Relationships Course Workbook also includes the Emotionally Healthy Relationships Course Workbook, which is recommended for participants of the EH Relationships Course.
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 provides a strategy for discipleship that addresses this void, integrating emotional health and contemplative spirituality to help people grow into a faith filled with authenticity and a profound love for God. This study guide is designed for use with Emotionally Healthy Spirituality: A DVD Study (sold separately). 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"