

Emotionally Healthy Spirituality Workbook

Peter Scazzero

Eventually, you will very discover a additional experience and capability by spending more cash. nevertheless when? realize you allow that you require to get those every needs behind having significantly cash? Why dont you attempt to acquire something basic in the beginning? Thats something that will lead you to understand even more concerning the globe, experience, some places, taking into account history, amusement, and a lot more?

It is your extremely own become old to measure reviewing habit. among guides you could enjoy now is **Emotionally Healthy Spirituality Workbook Peter Scazzero** below.

Emotionally Healthy Relationships Workbook Plus Streaming Video, Updated Edition Peter 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 Woman Geri 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 freed 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 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.

Emotionally Healthy Spirituality Day by Day Peter Scazzero 2018-03-13 In this groundbreaking devotional book, Emotionally Healthy Spirituality Day by Day, Peter Scazzero introduces the ancient spiritual discipline of the Daily Office. The basic premise is simple: We need to stop intentionally, to be with God more than once a day so that we truly practice of the presence of God.

Emotionally Healthy Discipleship Course Leader's Kit Peter Scazzero 2021-11-30 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.

Emotionally Healthy Spirituality Peter Scazzero 2014-08-12 Peter Scazzero learned the hard way: you can't be spiritually mature while remaining emotionally immature. Even though he was a 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 Live without boundaries Eventually God awakened him to a biblical integration of emotional health, a relationship with Jesus, and the classic practices of contemplative spirituality. It created nothing short of a spiritual revolution, utterly transforming him and his church. In this best-selling book Scazzero 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. "The combination of emotional health and contemplative spirituality," he says, "unleashes the Holy Spirit inside us so that we might experientially know the power of an authentic life in Christ."

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 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.

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.

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, informed read, this book breaks down the walls of the false ideals we cling 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" *Raised?* Jonathan K. Dodson 2014-02-25 Did Jesus really beat death? That's what Christians for hundreds of years have believed, that Jesus Christ returned to life after death and burial in a stone tomb. To the modern mind, "resurrection" is utterly implausible, but it was also doubtful to many first-century Greeks, Jews, and even some Christians. With such an incredible assertion at the heart of the Christian faith, it's no wonder that some people struggle to believe. Unlike any other book on the resurrection, *Raised?* encourages you to doubt in

order to believe. Too often Christians look down on doubt, but in Christ, we see a person who welcomes doubt and encourages faith. Jonathan Dodson and Brad Watson don't shy away from the hard questions or settle for easy answers. They help you to see how the resurrection offers hope for the future and answers for the life and death questions we all face. "I encourage Christians and non-Christians alike to read this book. . . . provocative, illuminating, and succinct." —Eileen Flynn, former religion reporter for Austin American-Statesman and Journalism and religion lecturer at the University of Texas "Wonderfully demonstrates the plausibility of the resurrection of Jesus and the possibilities for a life of hope." —Sean McDonough, professor of New Testament at Gordon-Conwell Theological Seminary and author of *Christ as Creator: Origins of a New Testament Doctrine* [Emotionally Healthy Relationships Participant's Pack, Updated Edition](#) Peter Scazzero 2022-01-18 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 Relationships Workbook](#) Peter 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 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.

Your Future Self Will Thank You Drew Dyck 2019-01-01 Why can't I control my anger? Or stop overeating? Or wasting time online? Why can't I seem to finish my projects? Or make progress in my spiritual life? Why do I fall for the same stupid temptations over and over again? When we fail, it's easy to make excuses or blame our circumstances. But let's face it: the biggest enemy is usually the one staring back at us from the mirror every morning. We lack self-control. Self-control isn't very popular these days. We tend to think of it as boring, confining, the cop that shows up and shuts down the party. But the truth is that people who cultivate this vital virtue lead freer, happier, and more meaningful lives. After all, our bad habits—from the slight to the serious—bring a host of painful consequences. Ultimately, they keep us from becoming the people God created us to be. *Your Future Self Will Thank You* is a compassionate and humorous guide to breaking bad habits and growing your willpower. It explores Scripture's teachings on how to live a disciplined life while offering practical strategies for growth based on the science of self-control. Whether you want to deepen your spiritual life, conquer an addiction, or kick your nail-biting habit, this book will help you get motivated, stay on track, and achieve your goals. Sure, self-control is hard, but it doesn't have to be that hard. Get the help you need to be freer, happier, and more productive. Your future self will thank you!

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.

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 Discipleship 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, *Emotionally Healthy Discipleship* will help you move people to the beneath-the-surface discipleship that actually has the power to change the world.

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 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).

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 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"

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 Relationships 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 Discipleship Peter Scazzero 2021-03-30 Pastors and church leaders want to see lives changed by the gospel. They work tirelessly to care for people, initiate new programs and ministries, preach new sermon series, and keep up with the latest trends. Sadly, it would seem that much of this effort is not resulting in deeply changed disciples. Why? Because many churches are unknowingly operating from a shallow discipleship that allows people to recycle the same problems year after year. Church goers are increasingly passive with lives not distinct from the culture. People are not able to integrate anger and sadness. Many are defensive and incapable of revealing their own weaknesses. Church leaders desperately need a better way of teaching people what it means to follow Jesus in a transformative way. In *Emotionally Healthy Discipleship*, bestselling author Pete Scazzero combines three decades of wisdom with hard lessons from his own ministry journey. He lays out what is required for church leaders to multiply deeply-changed people who are growing in relationship with God, themselves and others. Scazzero begins with four beneath-the-surface, systemic gaps that undermine serious discipleship. He provides a clear vision for a church culture that deeply changes lives and then practically unpacks the seven biblical marks of emotionally healthy discipleship: Learn to Be Before You Do Follow the Crucified, Not the Americanized, Jesus Receive the Gift of Limits Befriend Suffering and Loss Break the Power of the

Past Practice the Presence of People Lead Out of Brokenness and Vulnerability Finally, he lays out practical steps for you to create an emotionally healthy discipleship culture that actually has the power to change the world.

Emotionally Healthy Spirituality Course 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.

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 Woman Workbook with DVD Geri Scazzero 2014-08-26 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 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 *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."

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.

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.

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 Relationships Updated Edition

Workbook plus Streaming Video Peter Scazzero
2022-01-04 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 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 is Part 2 of the Emotionally Healthy Discipleship Course that also includes the Emotionally Healthy Relationships video and the Emotionally Healthy Relationships Day by Day devotional. This workbook includes: Individual access to eight streaming video sessions Session introductions, group discussion questions, and personal action steps Between-sessions personal study Leader's Guide and valuable appendices 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 Emotionally Healthy Relationships Video Study, Updated Edition (sold separately). *Access code subject to expiration after 12/31/2026. 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. Eligible only on retail purchases inside the United States. Void where prohibited, taxed, or restricted by law. Additional offer details inside.

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.

Emotionally Healthy Spirituality Course Peter

Scazzero 2014-08-01 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 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"

Emotionally Healthy Relationships Course Workbook Peter Scazzero 2017-09-12 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 other and 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).

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*.

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 other and 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 This pack contains one workbook and one *Day by Day* devotional.

Emotionally Healthy Spirituality Expanded Edition Workbook plus Streaming Video Peter 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).

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 others and 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 This pack contains one workbook and one Day by Day devotional.

Healing for Damaged Emotions David A. Seamands 2015-03-01 Events in our lives, both good and bad, form rings in us like the rings in a tree. Each ring records memories that affect our feelings, our relationships, and our thoughts about God. In this classic work, David Seamands encourages us to live compassionately with ourselves as we allow the Holy Spirit to heal our past. As he helps us name hurdles in our lives—such as guilt, poor self-worth, and perfectionism—he shows us how we can find freedom from our pain and enjoy the abundant life God wants for us.