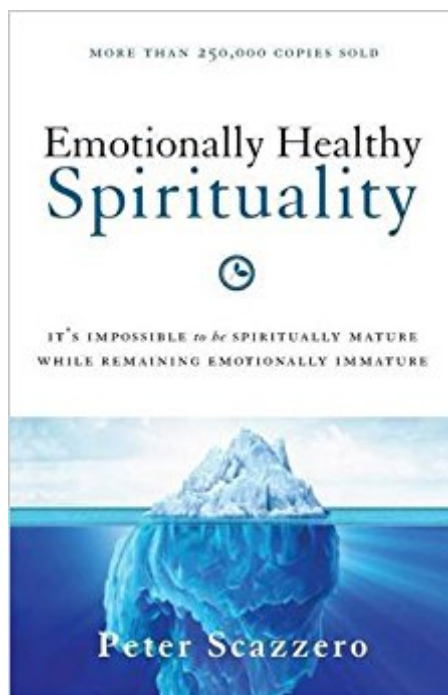


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# Emotionally Healthy Spirituality: It's Impossible To Be Spiritually Mature, While Remaining Emotionally Immature



## Synopsis

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.'

## Book Information

Paperback: 240 pages

Publisher: Zondervan (August 12, 2014)

Language: English

ISBN-10: 0310342465

ISBN-13: 978-0310342465

Product Dimensions: 5.5 x 0.6 x 8.5 inches

Shipping Weight: 8 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars 285 customer reviews

Best Sellers Rank: #3,084 in Books (See Top 100 in Books) #58 in Books > Christian Books & Bibles > Christian Living > Spiritual Growth #493 in Books > Religion & Spirituality

## Customer Reviews

Peter Scazzero is the founder of New Life Fellowship Church in Queens, New York City, a large, multiracial church with more than seventy-three countries represented. After serving as senior pastor for twenty-six years, Pete now serves as a teaching pastor/pastor at large. He is the author of two best-selling books - The Emotionally Healthy Church and Emotionally Healthy Spirituality. He is also the author of The EHS Course and Emotionally Healthy Spirituality Day by Day. Pete and his wife, Geri, are the founders of Emotionally Healthy Spirituality, a groundbreaking ministry that equips churches in a deep, beneath-the-surface spiritual formation paradigm that integrates emotional health and contemplative spirituality. They have four lovely daughters.

This is an amazing book that targets deep emotions that many times have settled into our subconscious yet still have the power to rule our lives. With much tact and insight built into of years of experience in dealing with people's problems, help in how to first recognize your deep emotions, secondly to realize where they have come from and why they are so deeply-seeded into your being, and thirdly how to own them and, when necessary, rid yourself of them, is a dynamic study in emotional recovery. The priceless difference between this book and other books dealing with the same subject matter is the Christian perspective which recognizes that true help comes from God. As has been said, "No problem can be resolved on the same level on which it was created" and never was it more true than in dealing with the healing and transformation of our emotions. Surrendering our willingness to change into the Holy Spirit's power is the true way to personal victory. One will emerge transformed. Read the book. It can change your life.

A great new book by Scazzero, our pre-marital counseling actually required this book and we couldn't be more pleased! He definitely goes through a lot of different issues that are vital to living a happier life.

I had not heard of Peter Scazzero's *Emotionally Healthy Spirituality* (2006) until a few months ago when a pastor friend of mine mentioned it in passing. Since then, when I have shared that I was reading this book, many friends and acquaintances told me how excellent it was. I am not sure why they left me in the dark so long. As a pastor of a church, Scazzero was trying to lead through pure effort with no attention to his emotional life. Only when his relational life began to fray at the edges did he begin to take a closer look at emotion. At the outset of the book, he identified 10 symptoms of emotionally unhealthy spirituality that serve as a useful diagnostic tool. Once we understand our emotional feebleness, Scazzero spends the later half of the book talking about what to do about. He encourages a deeper look inside, acknowledging the reality of emotions as a normal part of the Christian life. I particularly appreciated chapter 6, which dealt with the concept of a dark night of the soul, an issue too frequently ignored in the Christian life. For Scazzero, I think rightly, the dark night is a normative part of the Christian life, though too often, people run from it, rather than toward it, much to their detriment. Near the end of the book, he encourages the practice of two specific disciplines--the daily office and the Sabbath--to grow in our understanding of God and understanding of self. Attention to God and delighting in his creation are essential practices that we too often hurry past. On the whole, I think this is very beneficial book. It is a relatively easy read, but if you read it, take your time and ponder what the author has to say. He writes with lists and bullet

points, which many people will find desirable, though don't believe that represents naive ideas that can be cast aside quickly.

Through this book I have begun to feel God's presence daily, in a way I haven't for years! The author presents gentle stories with profound impact describing and teaching ways that allow one's spiritual devotion to God to infuse all of life, especially the emotions. There is a great amount of fear in some Christians about allowing emotions to be a part of an authentic faith walk. Feelings seem so subjective, instable and untrustworthy and yet God uses the feelings of his people to move them to do his will over and over in the scriptures. Modern marketing gurus will attest that nothing we do is truly intellectual but actually all of our choices and motivations are driven by emotions. It seems unwise to leave such a powerful force unexamined in the light of God's love and healing.

If you are struggling to find a solution to a problem, the author gives the insight to see what it is that is causing the emotional reaction, and a few tools to help a person move closer to God in the process of healing both old and new wounds. I fully recommend this book, especially if a person has ever been surrounded by people who intimidate them into stuffing their emotions.

Beware, this book comes with homework, but I have no doubt it will be worth it. It's a guide toward becoming a whole person that God can use effectively vs. a stressed-out, overly driven workaholic who isn't doing the Church any good. I am looking forward to using the guidance of this book and *The Emotionally Healthy Leader*, which I read first and taught from last fall, to implement a Sabbath, a Daily Office and a Rule of Life. The idea is to draw near to God first, and reach out to everyone else after that. Smart.

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