

Peter Scazzero, 2014

## Emotionally Healthy Spirituality

*It's Impossible to be Spiritually Mature While Remaining Emotionally Immature*

### **Ch. 1- The Problem of Emotionally Unhealthy Spirituality: *Something is Desperately Wrong***

- Many Christians are like an iceberg; cleaned-up above the surface, but still hurting and unhealthy below the surface
- Need to respect your full humanity – physical, spiritual, intellectual, social, emotional
- Top Ten Symptoms of Emotionally Unhealth – 1. Using God to run from God, 2. Ignoring anger, sadness, fear, 3. Dying to the wrong things, 4. Denying the impact of the past on the present, 5. Dividing life into secular and sacred, 6. Doing for God instead of being with God, 7. Spiritualizing away conflict, 8. Covering over brokenness, weakness, failure, 9. Trying to live without limits. 10. Judging other people's spiritual journey

### **Ch. 2- Know Yourself That You May Know God: *Becoming Your Authentic Self***

- God has feelings and emotions and so should we
- Temptations toward a False Self – Performance (I am what I do), Possessions (I am what I have), Popularity (I am what others think of me)
- Develop Your Authentic Self – 1. Pay attention to your interior in silence and solitude, 2. Find trusted companions, 3. Move out of your comfort zone, 4. Pray for courage

### **Ch. 3- Going Back in Order to Go Forward: *Breaking the Power of the Past***

- Our family of origin has significant impact on our spiritual and emotional health
- Without knowing it, our families can imprint behavioral patterns and expectations in our hearts and minds related to 1. Money, 2. Conflict, 3. Sex, 4. Grief/Loss, 5. Expressing Anger, 6. Family, 7. Relationships, 8. Attitudes toward Different Cultures, 9. Success, 10. Feelings & Emotions.
- The problem of compartmentalization and disconnected spirituality
- Living out of your new family in Christ

### **Ch. 4- Journey through the Wall: *Letting Go of Power and Control***

- Seasons of Faith: 1. Life changing awareness of God, 2. Discipleship, 3. Active Life, 4. The Wall & Journey Inward, 5. Journey Outward, 6. Transformed into Love
- Pushing through the wall – the Dark Night of the Soul
- Life on the Other Side – 1. Greater level of brokenness, 2. Greater appreciation for holy unknowing/mystery, 3. Deeper ability to wait for God, 4. Greater detachment from this world

### **Ch. 5- Enlarge Your Soul through Grief & Loss: *Surrendering to Your Limits***

- Stop avoiding loss and pain
- Dropping the Defensive Shields – Denial, Minimizing, Blaming Others, Blaming Yourself, Rationalizing, Intellectualizing, Distracting, Becoming Hostile

- Biblical Grief, Path to New Beginnings – 1. Pay Attention, 2. Wait in the Confusing In-Between, 3. Embrace the Gift of Limits, 4. Climb the Ladder of Humility

**Ch. 6- Discover the Rhythms of Daily Office & Sabbath: *Stopping to Breathe the Air of Eternity***

- Daily Office (Being with God) – Stopping, Centering, Silence, Scripture
- Weekly Sabbath – Stop, Rest, Delight, Contemplate

**Ch. 7- Grow into an Emotionally Mature Adult: *Learning New Skills to Love Well***

- Growing from emotional infants, to children, to adolescents, to adults
- Practicing the presence of people and healthy relationships
- Don't ignore conflict, embrace conflict
- True Peacemakers – speak, listen, give respect, stop mind reading, clarify expectations

**Ch. 8- Go to the Next Step to Develop a Rule of Life: *Loving Christ Above All Else***

- A Rule of Life is an intentional, conscious plan to keep God at the center of everything we do
- Prayer – Scripture, Silence/Solitude, Daily Office, Study
- Rest – Sabbath, Simplicity, Play/Recreation
- Work/Activity – Service, Mission, Care for the Physical Body
- Relationships – Emotional Health, Family, Community/Companions

## **Characteristics of an Emotionally Healthy Christian**

### **Upward – Loving God Well**

- Presence – remembering God's presence, surrendering to his will, resting in his love
- Identity – finding your true identity in God, living life as journey of Christ-like maturity
- Communion – walking with God in Scripture, prayer, silence, solitude
- Love – loving others out of love for God, committing to Christian community

### **Inward – Loving Yourself Well**

- Feeling – naming, recognizing, and managing anger, fear, sadness, etc.
- Edifying – breaking free from your self-destructive patterns
- Self-Aware – learning how your past sins, hurts, and losses impact your present
- Integrated – integrating spiritual health and physical health (including sexuality)
- Expressive – clearly expressing your thoughts, feelings, needs, and wants
- Limiting – self-assessing and communicating your limits and weaknesses

### **Outward – Loving Others Well**

- Compassionate – identifying with others with sensitivity
- Relational – close and meaningful friendships and relationships
- Respect – being able to love and respect others without trying to force change
- Conflict – resolving conflict maturely, consider the perspective of others