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The Emotionally Healthy Church

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, others, and yourself. Sessions include: Take Your Community Temperature Stop Mind Reading and Clarity Expectations Congenial Your Family Explore the Isobars Listen Informally Call the Leader of Integrity Fight Cleanly Develop a "Rule of Life" to Implement Emotionally Healthy Skills Designed for use with the Emotionally Healthy Spirituality Courses (sold separately).

Emotionally Healthy Discipleship Course Participant's Pack

Emotionally Healthy Discipleship Course Participant's Pack-Peter Scazzero 2018-06-15 You can't be spiritually mature while remaining emotionally immature. In this eight-session small-group 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 Discipleship Course Leader’s Kit

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 Relationships Workbook

Emotionally Healthy Relationships Workbook-Peter Scazzero 2017-09-12 Pete and Geri Scazzero developed The Emotionally Healthy (EH) Relationships Course over a 25-year period to address deep, personal, biblical principles to guide you and others into an experience of discipleship that will deeply change your life. The EH Relationships Course, everyone will learn practical relationship skills to develop mature, loving relationships with others such as: Stop Mind Reading and Clarity Expectations Congenial Your Family Explore the Isobars Listen Informally Call the Leader of Integrity Fight Cleanly Develop a "Rule of Life" to Implement Emotionally Healthy Skills Designed for use with the Emotionally Healthy Spirituality Courses (sold separately).

Emotionally Healthy Relationships Course Participant’s Pack Expanded Edition

Emotionally Healthy Relationships Course Participant’s Pack Expanded Edition-Peter Scazzero 2015-06-30 Do you feel too overwhelmed to enjoy life, unable to sort out the demands on your time? Are you doing your best to sort out the demands on your time, yet feeling emotionally machtig and, as a result, unable to sort them out? In this workbook, author and pastor Pete Scazzero shows leaders how to develop a deep, inner life with Christ, examining the profound implications for surviving stress, planning and decision making, building teams, creating healthy culture, influencing others, and much more. Geared simply offering a quick fix or neat techniques, The Emotionally Healthy Leadership Guide to the core, beneath-the-surface issues of uniquely Christian leadership. This book is more than a book you read; it is a resource you come back to over and over again.

Emotionally Healthy Church

The Emotionally Healthy Church-Peter Scazzero 2015-06-25 In this revised edition, Peter Scazzero outlines a roadmap for discipleship with Jesus that is powerfully transformative. He reveals 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. Peter Scazzero learned the hard way: you can't be spiritually mature while remaining emotionally immature. In this eight-session, small-group 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. You can't be spiritually mature while remaining emotionally immature. In this eight-session small-group 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 Church Workbook

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Emotionally Healthy Church Workbook Cleanly Develop a "Rule of Life" to Implement Emotionally Healthy Skills Designed for use with the Emotionally Healthy Spirituality Courses (sold separately).
Untangling Emotions. Malarie Groves 2019-03-14 How do you feel about how you feel? Our emotions are complex. Some of us seem able to ignore our feelings, while others feel controlled by them. But most of us would admit that we don’t always know what to do with how we feel. The Bible teaches us that our emotions are an indispensible part of who we are—and play a crucial role in our relationships with God and others. Exploring how God designed emotions for our good, this book shows us how to properly engage with our emotions—even the more difficult ones like fear, anger, shame, guilt, and sorrow—so we can better understand what they reveal about our hearts and handle them wisely in every moment.

Emotionally Healthy Relationships Day by Day Peter Scazzero 2017-08-05 Part of the bestselling Emotionally Healthy Spirituality book collection, this 40-day devotional by Peter Scazzero will help you cultivate your own personal relationship with Jesus rather than living off the spirituality of others. Emotionally Healthy Spirituality Day by Day is a practical introduction to emotionally healthy discipleship in its most powerful distillation. 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, and clean fighting. You’ll be ushered into a transformational process that will deepen your daily walk with Jesus, and along the way, you’ll discover the spiritual nourishment, peace, and joy that comes from meeting with him every day. Emotionally Healthy Spirituality Day by Day is also available in Spanish, Relaciones emocionalmente sanas Día a Día.

Emotionally Healthy Spirituality Workbook Peter Scazzero 2013-08-03 Peter Scazzero learned the hard way you can’t be spiritually mature while retaining emotional immaturity. In the Emotionally Healthy Spirituality Workbook, Peter outlines a roadmap for discipleship with Jesus that is powerfully transformative. He unveils what’s wrong with our current definition of ‘spiritual’ 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 DIY Study (sold separately). The eight sessions include: The Problem of Emotionally Unhealthy Spirituality Know Yourself That You May Know God Going Deeper Through Grief and Loss Discover the Rhythms of the Daily Office and Sabbath Create an Emotionally Healthy Adult Go to the Next Step to Develop a ‘Rule of Life’

Emotionally Healthy Spirituality Workbook Expanded Edition Peter Scazzero 2021-08-03 Peter Scazzero learned the hard way you can’t be spiritually mature while retaining emotional immaturity. In the Emotionally Healthy Spirituality Workbook, Peter outlines a roadmap for discipleship with Jesus that is powerfully transformative. He unveils what’s wrong with our current definition of ‘spiritual’ 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 DIY Study (sold separately). The eight sessions include: The Problem of Emotionally Unhealthy Spirituality Know Yourself That You May Know God Going Deeper Through Grief and Loss Discover the Rhythms of the Daily Office and Sabbath Create an Emotionally Healthy Adult Go to the Next Step to Develop a ‘Rule of Life’

Emotionally Healthy Leadership Workbook Expanded Edition Peter Scazzero 2021-08-03 Peter Scazzero learned the hard way you can’t be spiritually mature while retaining emotional immaturity. In the Emotionally Healthy Leadership Workbook, Peter outlines a roadmap for discipleship with Jesus that is powerfully transformative. He unveils what’s wrong with our current definition of ‘spiritual’ 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 Leadership: A DIY Study (sold separately). The eight sections cover: Clarify Expectations, Incarnational Listening, Climbing the Ladder of Integrity, Clean Fighting and since loving others and loving God cannot be separated, each person will develop a love that affirms, a love that forgives, and a love that lasts. 6 SESSIONS.

Emotionally Healthy Leadership Course Participant’s Pack Peter Scazzero 2017-09-12 Peter and Geri Scazzero developed The Emotionally Healthy (EH) Relationships Course Participant’s Pack for use in a group setting. This course is for anyone who desires to grow in emotionally healthy relationships. 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 develop a love that affirms, a love that forgives, and a love that lasts.

Emotionally Healthy Relationships Course Workbook Peter Scazzero 2021-03-12 Peter and Geri Scazzero developed The Emotionally Healthy (EH) Relationships Course Workbook for use in a group setting. This course is for anyone who desires to grow in emotionally healthy relationships. 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 develop a love that affirms, a love that forgives, and a love that lasts.

Emotionally Healthy Women Peter Scazzero 2014-08-12 According to author Geri Scazzero, becoming an emotionally healthy woman begins by quieting eight unhealthy ways of relating. When you stop pretending everything is fine and summon the courage to quit 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 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 learn how to mean to ‘church’ what has been so hard to do. With God’s help, you can help others learn to identify and deal with emotions that are hindering them from living as God intends. The Emotionally Healthy Church workbook is designed to be used by leaders, lay persons and small group teams who are reading The Emotionally Healthy Church.
One Blood—John Perkins 2018-04-03 Dr. Perkins’ final manifesto on race, faith, and reconciliation. We are living in historic times. Not since the civil rights movement of the 60s has our country been this vigorously engaged in the reconciliation conversation. There is a great opportunity right now for culture to change, to be a more perfect union. However, it cannot be done without the church, because the faith of the people is more powerful than any law government can enact. The church is the heart and moral compass of a nation. To turn a country away from God, you must sideline the church. To turn a nation to God, the church must turn first. Racism won’t end in America until the church is reconciled first. Then—and only then—can it spiritually and morally lead the way. Dr. John M. Perkins is a leading civil rights activist today. He grew up in a Mississippi sharecropping family, was an early pioneer of the civil rights movement, and has dedicated his life to the cause of racial equality. In this, his crowning work, Dr. Perkins speaks honestly to the church about reconciliation, discipleship, and justice... and what it really takes to live out biblical reconciliation. He offers a call to repentance to both the white church and the black church. He explains how band-aid approaches of the past won’t do. And while applauding these starter efforts, he holds that true reconciliation won’t happen until we get more intentional and relational. True friendships must happen, and on every level. This will take the whole church, not just the pastors and staff. The racial reconciliation of our churches and nation won’t be done with big campaigns or through mass media. It will come one loving, sacrificial relationship at a time. The gospel and all that it encompasses has always traveled best relationally. We have much to learn from each other and each have unique poverties that can only be filled by one another. The way forward is to become “wounded healers” who bandage each other up as we discover what the family of God really looks like. Real relationships, sacrificial love between actual people, is the way forward. Nothing less will do.

God Has a Name—John Mark Comer 2017-03-28 Many of us ache for relationship with God, yet feel distant and disconnected from him. As if he’s more of an idea we believe in our head than a person we relate to. But God has a name: Yahweh. This one simple idea has the potential to radically alter how you relate to God, not as a doctrine, but as a relational being who responds to you in an elastic, back-and-forth way. Why do we feel this gap between us and God? Could it be that a lot of what we think about God is wrong? Not all wrong, but wrong enough to mess up how we relate to him? What if the “God” we know is really a projection of our own identity, ideas, and desires? And what if the real God is different, but far better than we could ever imagine? This book is a simple, but profound guide to what God says about himself. In his signature conversational-but-smart style, John Mark Comer takes the reader line by line through Exodus 34:6-8—Yahweh’s self-revelation on Mount Sinai—called by some scholars the one most quoted verse in the Bible, by the Bible. In it, we see who God says he is. It turns out, who God is just might surprise you, and change everything.

Finding Spiritual Whitespace—Bonnie Gray 2014-05-27 Move beyond Coping and Surviving to a Rejuvenating Place of Soul Rest. How many of us find ourselves exhausted, running on empty with no time for rest, no time for ourselves, no time for God? Bonnie Gray knows exactly what that’s like. On the brink of fulfilling a lifelong dream, Bonnie’s plans suddenly went off script. Her life shattered into a debilitating journey through anxiety, panic attacks, and insomnia. But as she struggled to make sense of it all, she made an important discovery: we all need spiritual whitespace. Spiritual whitespace makes room—room in one’s heart for a deep relationship with God, room in one’s life for rest, room in one’s soul for rejuvenation. With soul-stirring vulnerability and heartbreaking honesty, Bonnie takes readers on a personal journey to feed their souls and uncover the deeper story of rest. Lyrical writing draws readers into Gray’s intimate journey through overwhelming stress to find God in a broken story and celebrate the beauty of faith. Guided by biblical encouragement and thought-provoking prompts, Gray shows readers how to create space in the everyday for God, refreshment, and faith. She also offers practical steps and insights for making spiritual whitespace a reality, right in the midst of the stress-frayed stories in every season of life. “We live in a culture that brags and boasts about being busy. Into that reality steps Bonnie with a new idea. Whitespace is an important concept and Bonnie has captured it perfectly. If you’re exhausted with being exhausted, read this book. If you feel too busy to read this book, then that’s probably the best sign of all that you need it.”—from the foreword by Jon Acuff, New York Times bestselling author of Stuff Christians Like.