

Emotionally Healthy Spirituality

IT'S IMPOSSIBLE *to be* SPIRITUALLY MATURE
WHILE REMAINING EMOTIONALLY IMMATURE

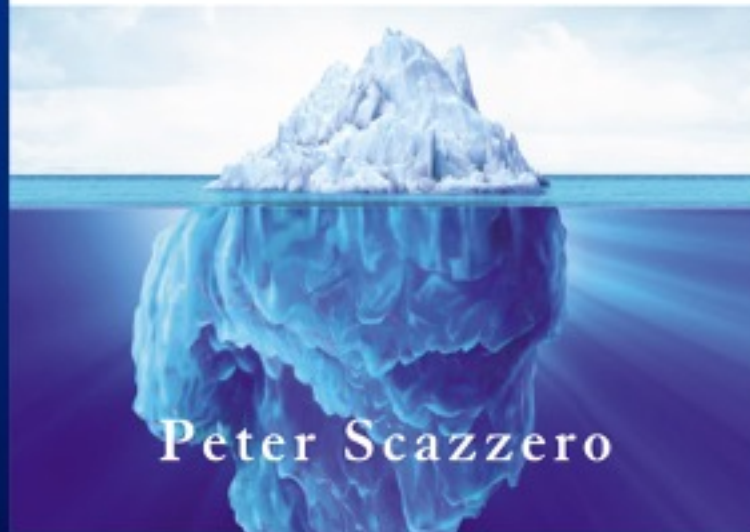
More Than 1 Million Sold



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UPDATED EDITION

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Peter Scazzero

Why this Study?

- May is Mental Health Month
- In general, African Americans use their faith as a coping mechanism for mental health challenges
- The black church struggles with the stigma of mental health and uses unhealthy coping mechanisms
- African Americans Christians are more likely to have "Emotionally Unhealthy Spirituality"

THE PROBLEM OF EMOTIONALLY HEALTHY SPIRITUALITY

“Christian spirituality,
without an integration of
emotional health can be
deadly- to yourself, your
relationship with God, and
the people around you”

-Peter Scazzero

**MANY BELIEVERS
HAVE BEEN
CONVERTED BUT
THEIR LIVES HAVE
NOT BEEN CHANGED**

“Therefore if any man
be in Christ, he is a new
creature: **old things are
passed away;** behold, all
things are become
new.”

2 CORINTHIANS 5:17, KJV

**“THE SPIRITUALITY OF MOST
CURRENT DISCIPLESHIP
MODELS OFTEN ONLY ADDS
AN ADDITIONAL PROTECTIVE
LAYER AGAINST PEOPLE
GROWING UP
EMOTIONALLY”**

-Peter Scazzero

THE VISIBLE 10 %
REPRESENTS THE
WAYS WE
CONDUCT
OURSELVES AND
THE CHANGES WE
MAKE THAT
OTHERS CAN SEE

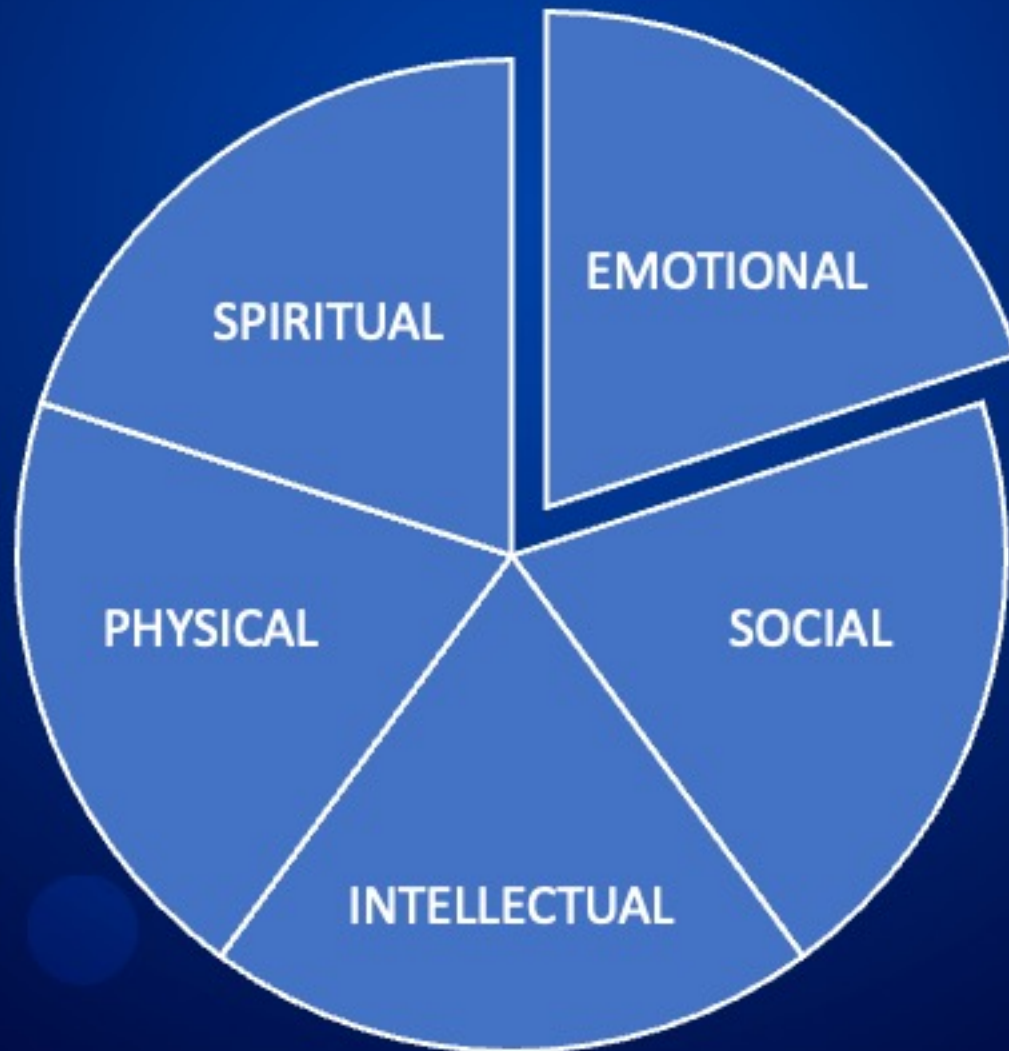


OUR ROOTS AND
TRUE NATURE
REMAINS
UNCHANGED AND
UNMOVED

“EMOTIONAL HEALTH AND SPIRITUAL MATURITY ARE INSEPERABLE. IT IS NOT POSSIBLE TO BE SPIRITUALLY MATURE WHILE REMAINING EMOTIONALLY IMMATURE.”

-Peter Scazzero

5 Dimension of Humanity



Top 10 Symptoms of Emotionally *Unhealthy* Spirituality

1. Using God to run from God

2. Ignoring Anger, Sadness, and Fear

3. Dying to the wrong things

4. Denying the Impact of the past on the present

5. Dividing life into
“secular” and
“sacred”
compartments

6. Doing *for* God
instead of being *with*
God

7. Spiritualizing away conflict

8. Covering over
brokenness,
weakness, and failure

9. Living without limits

10. Judging other people's spiritual journey

King Saul's Emotional Unhealthy Spirituality

1 Samuel 15:7-24, NIV

⁷ Then Saul attacked the Amalekites all the way from Havilah to Shur, near the eastern border of Egypt. ⁸ He took Agag king of the Amalekites alive, and all his people he totally destroyed with the sword. ⁹ But Saul and the army spared Agag and the best of the sheep and cattle, the fat calves^[b] and lambs—everything that was good. These they were unwilling to destroy completely, but everything that was despised and weak they totally destroyed.

¹⁰ Then the word of the Lord came to Samuel: ¹¹ “I regret that I have made Saul king, because he has turned away from me and has not carried out my instructions.” Samuel was angry, and he cried out to the Lord all that night.

¹² Early in the morning Samuel got up and went to meet Saul, but he was told, “Saul has gone to Carmel. There he has set up a monument in his own honor and has turned and gone on down to Gilgal.”

¹³ When Samuel reached him, Saul said, "The Lord bless you! I have carried out the Lord's instructions." ¹⁴ But Samuel said, "What then is this bleating of sheep in my ears? What is this lowing of cattle that I hear?" ¹⁵ Saul answered, "The soldiers brought them from the Amalekites; they spared the best of the sheep and cattle to sacrifice to the Lord your God, but we totally destroyed the rest." ¹⁶ "Enough!" Samuel said to Saul. "Let me tell you what the Lord said to me last night." "Tell me," Saul replied.

17 Samuel said, “Although you were once small in your own eyes, did you not become the head of the tribes of Israel?

The Lord anointed you king over Israel. **18** And he sent you on a mission, saying, ‘Go and completely destroy those wicked people, the Amalekites; wage war against them until you have wiped them out.’ **19** Why did you not obey the Lord? Why did you pounce on the plunder and do evil in the eyes of the Lord?”

²⁰ “But I did obey the Lord,” Saul said. “I went on the mission the Lord assigned me. I completely destroyed the Amalekites and brought back Agag their king. ²¹ The soldiers took sheep and cattle from the plunder, the best of what was devoted to God, in order to sacrifice them to the Lord your God at Gilgal.”

²² But Samuel replied: “Does the Lord delight in burnt offerings and sacrifices as much as in obeying the Lord? To obey is better than sacrifice, and to heed is better than the fat of rams.

23 For rebellion is like the sin of divination, and arrogance like the evil of idolatry. Because you have rejected the word of the Lord, he has rejected you as king.”**24** Then Saul said to Samuel, “I have sinned. I violated the Lord’s command and your instructions. I was afraid of the men and so I gave in to them.