

# Emotionally Healthy Spirituality

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

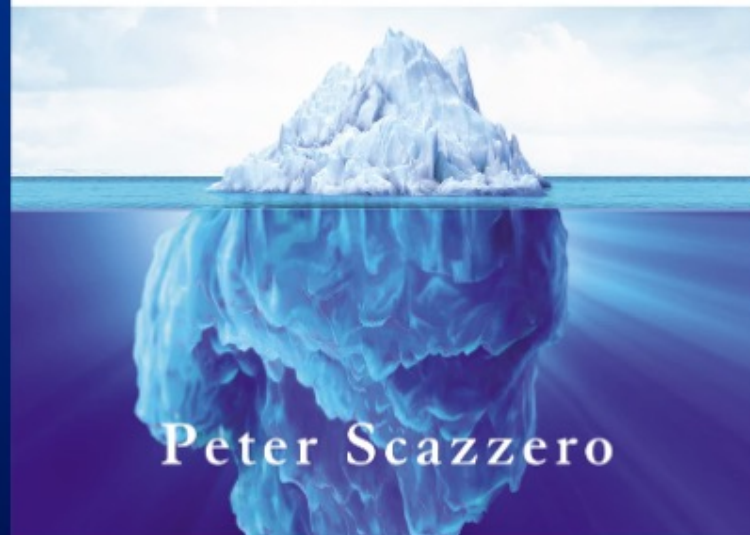
More Than 1 Million Sold



# Emotionally Healthy Spirituality

UPDATED EDITION

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



Peter Scazzero

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

**KNOW YOURSELF  
THAT YOU MAY  
KNOW GOD**

*Becoming Your Authentic Self*

Awareness of yourself  
and your relationship  
with God are  
intricately related.

-Peter Scazzero

“How can you draw close  
to God when you are far  
from your own self?”

Prayer: Grant, Lord, that I  
many know myself that I  
may know thee

-Augustine, AD 400

“Almost all problems  
in the spiritual life  
stem from a lack of  
self-knowledge.”

-St. Teresa of Avila

“Our wisdom...  
consists almost  
entirely of two parts:  
the knowledge of God  
and of ourselves”

-John Calvin



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THAT YOU MAY  
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*Becoming Your Authentic Self*

# **1. Feelings and the Beginning of a Revolution**

# What Are Emotions?

“Referring to a feeling  
and its distinctive  
thoughts, psychological  
and biological states  
and range of  
propensities to act”

-Daniel Goleman

# 8 Main Emotions

- Anger
- Sadness
- Fear
- Enjoyment
- Love
- Surprise
- Disgust
- Shame

**“The journey of  
genuine  
transformation to  
emotionally healthy  
spirituality begins with  
a commitment to allow  
yourself to feel”**

**-Peter Scazzero**

## **2. Our God Feels**

***“The Lord regretted that he made human beings on the earth and his heart was deeply troubled.”***

Genesis 6:6



***“I, the Lord your  
God, am a jealous  
God”***

**Exodus 20:5**

***“He began to be sorrowful and troubled. Then he said to them, ‘My soul is overwhelmed with sorrow to the point of death’”***

**Matthew 26:37-38**

***IMAGO DEI***

***“At the very least, the call of discipleship includes experiencing our feelings, reflecting on our feelings, and then thoughtfully responding to our feelings under the Lordship of Jesus.”***

**-Peter Scazzero**

***When we neglect  
our feelings and our  
intense emotions we  
embrace a false  
reality and distance  
ourselves from  
experiencing God.***

***God can handle  
the REAL YOU!!!***

***“... The issue is not by any means to blindly follow our feelings, but to acknowledge them as a part of the way God communicates to us.”***

**-Peter Scazzero**

# **3. The Temptations Toward a False Self**



# The Temptations Toward a False Self

- 1. I am what I do**
- 2. I am what I have**
- 3. I am what others think**

# **4. Developing Your Authentic Self**

**ALLOW GOD  
TO DO  
SURGERY...**

# Developing Your Authentic Self

- 1. Pay attention to your interior in silence and solitude**

# Developing Your Authentic Self

**2. Find trusted companions**

# Developing Your Authentic Self

**3. Move out of your comfort  
zone**

# Developing Your Authentic Self

4. Pray for courage

# David and Goliath

*1 Samuel 17:26-45*