

Emotionally Healthy Spirituality

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

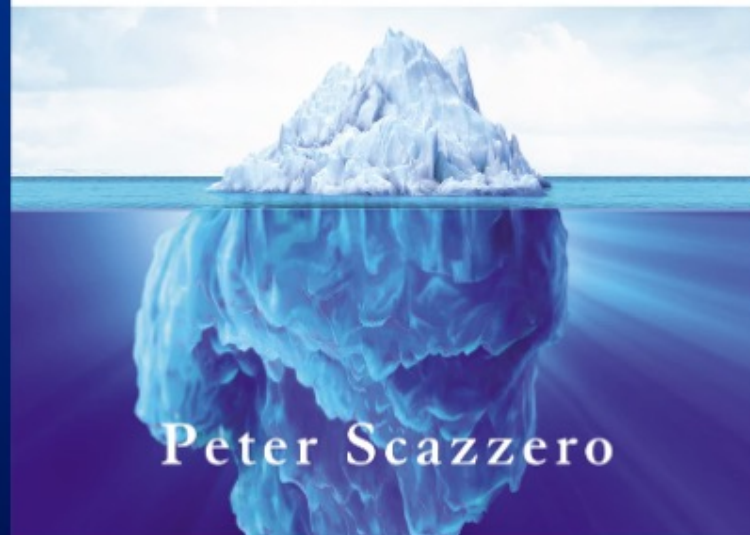
More Than 1 Million Sold



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UPDATED EDITION

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Peter Scazzero

Going Back in Order to Go Forward

Breaking the Power of the Past

“Emotionally Healthy Spirituality is about reality, not denial, or illusion. It is about embracing God’s choice to birth us into a particular family, in a particular place, at a particular moment in history.”

-Peter Scazzero

In our journey towards
discipleship, we have to
'break free from the
destructive sinful patterns of
our pasts to live the life of
love that God intends.

-Peter Scazzero



DWLB



BAG LADY

TWO ESSENTIAL BIBLICAL TRUTHS

1. The blessings and sins
of our families going
back two to three
generations profoundly
impact who we are
today

2. Discipleship requires putting off the sinful patterns of our family of origin and relearning how to do life God's way in God's family

Who is your family?

Our family of origin
shapes us more than
we realize.

“Do not suppose that I have come to bring peace to the earth. I did not come to bring peace, but a sword. ³⁵ For I have come to turn “a man against his father, a daughter against her mother, a daughter-in-law against her mother-in-law ³⁶ a man’s enemies will be the members of his own household.’

“Anyone who loves their father or mother more than me is not worthy of me; anyone who loves their son or daughter more than me is not worthy of me. ³⁸ Whoever does not take up their cross and follow me is not worthy of me. ³⁹ Whoever finds their life will lose it, and whoever loses their life for my sake will find it.”

-Matthew 10:34-39, NIV

10 Areas that Need Reorientation from our Family of Origin

1. Money
2. Conflict
3. Sex
4. Grief and Loss
5. Expressing Anger
6. Family
7. Relationships
8. Attitudes Toward Different Cultures
9. Success
10. Feelings and Emotions

“The good news of
Christianity is that
your family of origin
does not determine
your future”

- Peter Scazzaro

⁵ God decided in advance to adopt us into his own family by bringing us to himself through Jesus Christ. This is what he wanted to do, and it gave him great pleasure.

-Ephesians 1:5, NLT

Discipleship... is the putting off of the sinful patterns and habits of our families of origin and being transformed to live as member of Christ's family.

- Peter Scazzaro

We must recognize that even our worst and most painful family experiences are part of our total identity. God had a plan in placing us in our particular families and cultures.

- Peter Scazzaro

The more we know
about our families, the
more we will know
about ourselves. As a
result, we will be able to
live out who God wants
us to be

Abraham Isaac and Jacob

A PATTERN OF LYING IN EACH GENERATION

- Abraham lied twice about Sarah
- Isaac and Rebecca's marriage was characterized by lies
- Jacob lied to almost everyone; his name means 'deceiver'
- Jacob's children lied about Joseph's death, faking a funeral and keeping a 'family secret' for more than ten years.

FAVORITISM BY PARENTS

- Abraham favored Ishmael
- Isaac favored Esau
- Jacob favored Joseph and later Benjamin

FAMILY SEPARATION

- Isaac and Ishmael were cut off from one another
- Jacob fled his brother Esau and was completely cut off for years
- Joseph was cut off from his ten brothers for more than decade

Joseph and His Brothers

Genesis 50:15-21

*1. Joseph Had a
Profound Sense of the
Sovereignty of God*

*It was not you who sent
me here, but God...*

Genesis 45:8

*2. Joseph Admitted
Honestly the Sadness
and Losses of His Family*

Then Joseph could no longer control himself before all his attendants, and he cried out, "Have everyone leave my presence!" So there was no one with Joseph when he made himself known to his brothers. ² And he wept so loudly that the Egyptians heard him, and Pharaoh's household heard about it.

-Genesis 45:1-2

*3. Joseph Rewrote His
Life Script According to
God*

*'What you meant for
evil, God meant for
good'*

Genesis 50

*4. Joseph Partnered with
God to Be A Blessing*

So then, don't be afraid.
I will provide for you and
your children." And he
reassured them and
spoke kindly to them.

Genesis 50:21