

Emotionally Healthy Spirituality

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

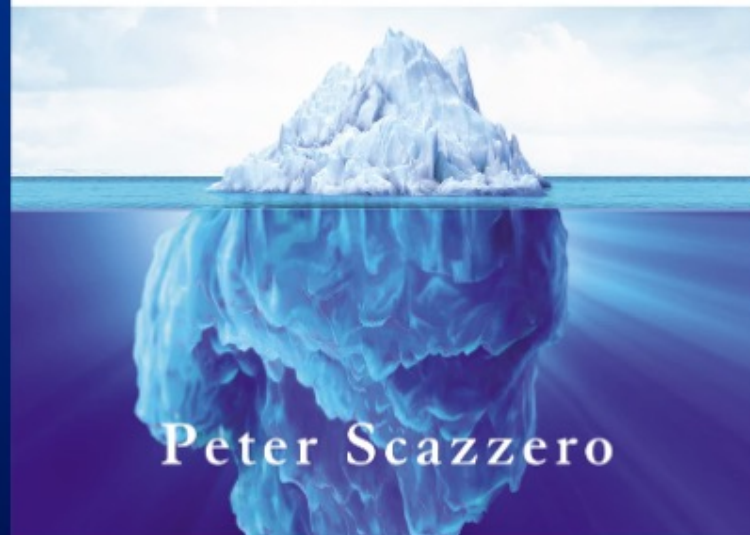
More Than 1 Million Sold



Emotionally Healthy Spirituality

UPDATED EDITION

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WHILE REMAINING EMOTIONALLY IMMATURE



Peter Scazzero

Emotionally Healthy Spirituality

*Growing Into
An Emotionally Mature Adult*



**What is the
indicator of
Christian Maturity?**

***“Loving well is the
goal of the Christian
life”***

-Peter Scazarro

“We learn many skills to be competent in our careers and at school. We don’t learn, however, the skills necessary to grow into an emotionally mature adult who loves well.”

-Peter Scazarro

Part of growing into an emotionally mature Christian is learning how to apply practically and effectively the truths we believe.

-Peter Scazarro

How can I be quick to hear and slow to speak?

How can I be angry and not sin?

How can I watch my heart above all else?

How can I speak the truth in love?

How can I be a true peacemaker?

How can I mourn?

How can I get rid of all bitterness, rage, and
envy?

***“Loving well is the
goal of the Christian
life”***

-Peter Scazarro

***“As emotionally mature
Christian adults, we
recognize that loving
well is the essence of
true spirituality”***

-Peter Scazzaro

3 Dimensions of Christian Maturity



“Love the Lord your God with all your heart and with all your soul and with all your mind.” This is the first and greatest commandment. And the second is like it: “Love your neighbor as yourself.” All the Law and the Prophets hang on these two commandments.”

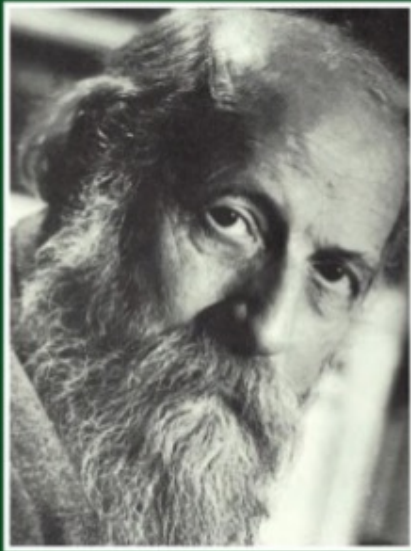
Matthew 22:37-40

3 Dimensions of Christian Maturity



M. Scott Peck shares, “we are all born narcissists and that learning to grow out of our narcissism is at the heart of the spiritual journey.”

I AND THOU



MARTIN BUBER

TRANSLATED BY
RONALD GREGOR SMITH

Martin Buber suggests in his book, “I and Thou” that the most healthy or mature relationship possible between two human beings is what we would call an “I and Thou” relationship.

“This relationship recognizes that I am made in the image of God and so is every other person on the face of the earth.”

“Because of that reality, every person deserves respect—that is, I treat them with dignity and worth. I do not dehumanize or objectify them. I affirm them as having a unique and separate existence apart from me”

THE PROBLEM

**WE TREAT
PEOPLE NOT AS
A “THOU” BUT AS
AN “IT”**

Handling Conflict as Peacemakers

“Blessed are the
peacemakers, for they
will be call children of
God

Matthew 5:9

“True peace will never come through pretending what is wrong is right! True peacemakers love God, others and themselves enough to disrupt false peace”

-Peter Scazerro

**“You can’t have the true
peace of Christ’s kingdom
with lies and pretense. They
must be exposed to the light
and replaced with the truth.
This is the mature, loving
thing to do”**

-Peter Scazzero

SKILLS TO BE TRUE PEACEMAKERS

- Practice Speaking and Listening
- Respect the Rights of Other
 - Stop Mind Reading
 - Clarify Expectations

Luke 10:25-37

NIV

Stage 1- Awareness
of God

Stage 6 -
Transformed Into
Love

Stage 2-Discipleship

Stage 5- Journey
Outward

Stage 3-Serving

Stage 4- Journey
Inward