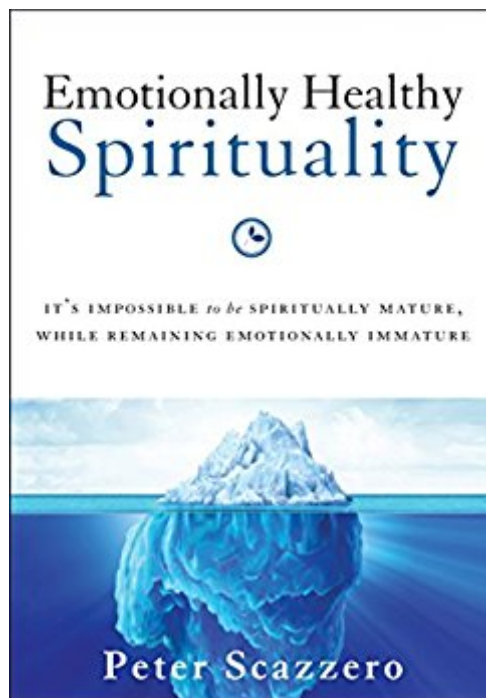


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# Emotionally Healthy Spirituality: It's Impossible To Be Spiritually Mature, While Remaining Emotionally Immature



## Synopsis

Peter Scazzero learned the hard way: you can't be spiritually mature while remaining emotionally immature. Even though he was a pastor of a growing church, he did what most people do: Avoid conflict in the name of Christianity. Ignore his anger, sadness, and fear. Use God to run from God. Live without boundaries. Eventually God awakened him to a biblical integration of emotional health, a relationship with Jesus, and the classic practices of contemplative spirituality. It created nothing short of a spiritual revolution, utterly transforming him and his church. In this best-selling book Scazzero outlines his journey and the signs of emotionally unhealthy spirituality. Then he provides seven biblical, reality-tested ways to break through to the revolutionary life Christ meant for you. "The combination of emotional health and contemplative spirituality," he says, "unleashes the Holy Spirit inside us so that we might experientially know the power of an authentic life in Christ."

## Book Information

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## Customer Reviews

I had not heard of Peter Scazzero's *Emotionally Healthy Spirituality* (2006) until a few months ago when a pastor friend of mine mentioned it in passing. Since then, when I have shared that I was reading this book, many friends and acquaintances told me how excellent it was. I am not sure why they left me in the dark so long. As a pastor of a church, Scazzero was trying to lead through pure effort with no attention to his emotional life. Only when his relational life began to fray at the edges did he begin to take a closer look at emotion. At the outset of the book, he identified 10 symptoms of emotionally unhealthy spirituality that serve as a useful diagnostic tool. Once we understand our emotional feebleness, Scazzero spends the later half of the book talking about what to do about it. He encourages a deeper look inside, acknowledging the reality of emotions as a normal part of the Christian life. I particularly appreciated chapter 6, which dealt with the concept of a dark night of the soul, an issue too frequently ignored in the Christian life. For Scazzero, I think rightly, the dark night is a normative part of the Christian life, though too often, people run from it, rather than toward it, much to their detriment. Near the end of the book, he encourages the practice of two specific disciplines--the daily office and the Sabbath--to grow in our understanding of God and understanding of self. Attention to God and delighting in his creation are essential practices that we too often hurry past. On the whole, I think this is a very beneficial book. It is a relatively easy read, but if you read it, take your time and ponder what the author has to say. He writes with lists and bullet points, which many people will find desirable, though don't believe that represents naive ideas that can be cast aside quickly.

This is a good work. It has many strengths with a few weaknesses. Strengths: The work is clear, engaging, makes use of personal story and illustration, and uses some Biblical passages to support some of the author's conclusions. The author incorporates wisdom from the church past (historical theology) and therefore presents an historically informed theology. The work is practical and insightful. Weaknesses: Very basic reading level and vocabulary (though some would appreciate), not very exegetically rigorous, some points supported only from history rather than Biblically, tends toward a mystical theology (running afoul of some of the offshoots of reformational theology), struggles with the "magic bullet" syndrome where the author makes "emotionally healthy spirituality" THE best way to reach love of God and others, when I would argue it is not the center of the Christian life though an important part of it. Overall it is a good work and achieves the purpose for which it was written.

This is an amazing book that targets deep emotions that many times have settled into our subconscious yet still have the power to rule our lives. With much tact and insight built into of years of experience in dealing with people's problems, help in how to first recognize your deep emotions, secondly to realize where they have come from and why they are so deeply-seeded into your being, and thirdly how to own them and, when necessary, rid yourself of them, is a dynamic study in emotional recovery. The priceless difference between this book and other books dealing with the same subject matter is the Christian perspective which recognizes that true help comes from God. As has been said, "No problem can be resolved on the same level on which it was created" and never was it more true than in dealing with the healing and transformation of our emotions. Surrendering our willingness to change into the Holy Spirit's power is the true way to personal victory. One will emerge transformed. Read the book. It can change your life.

After 40 years of Christian journeying, I believe that every believer and every leader of every church should read this book and practically apply the information . It's time for the Christian to regain their place of being still before the Lord and learning to listen and to hear and to respond to the voice of the Holy Spirit and discover more about themselves so that they might discover more about their Creator. Oh to be one with Him in our mind and will and emotions!

This book helped me in my journey to wholeness.It helped me realize that unhealed emotional baggage from our past can hinder us from becoming all we are created to be.It helped me identify my gaps. I love the author's illustrations with personal stories from his life or others.I highly recommend it. To get the benefits from this book I recommend taking time to read it slowly and reflect on little sections.

A great new book by Scazzero, our pre-marital counseling actually required this book and we couldn't be more pleased! He definitely goes through a lot of different issues that are vital to living a happier life.

I realize this goes against the grain of other reviews, but I did not like the concepts and guidelines presented by Mr. Scazzero in Emotionally Healthy Spirituality. I went through this book - twice - as part of a small group study. My aversion to the materials presented is that it is comprised mainly of "religious doctrine," in my opinion, setting rules and expectations that it prompts readers to incorporate into their everyday lives and presenting it as though doing such practices is not only

recommended but necessary in order for one to live a good life. I felt it encouraged readers not to open their Bibles to see for themselves, but to follow the rules set forth within the text (which, in full disclosure, did include specific guidelines for when and how to read one's Bible). Not everyone experiences God exactly the same way, and His grace gives us the opportunity for living our lives within His boundaries, not the boundaries set by a book. I recommend those looking to enter into a more emotionally healthy spirituality in their lives open their Bibles (the real instruction manual for life), and do as the Bible says.

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