

Emotionally Healthy Spirituality Peter Scazzero

You can't be spiritually mature while remaining emotionally immature. In this eight-session video Bible study, author and pastor Pete Scazzero awakens participants to a biblical integration of emotional health and the classic practices of contemplative spirituality, leading to a relational revolution with Jesus.

Becoming a Better Leader Starts with a Transformed Inner Life Do you feel too overwhelmed to enjoy life, unable to sort out the demands on your time? Are you doing your best work as a leader, yet not making an impact? Have you ever felt stuck, powerless to change your environment? In *The Emotionally Healthy Leader*, bestselling author Peter Scazzero shows leaders how to develop a deep, inner life with Christ, examining its profound implications for surviving stress, planning and decision making, building teams, creating healthy culture, influencing others, and much more. *The Emotionally Healthy Leader* contains: Concise assessments for leaders and teams to measure their leadership health Practical, proven strategies that have been developed over a 28-year period spent both in the local church and in equipping leaders around the world Helpful applications of how to face your shadow, lead out of your marriage or singleness, slow down, and embrace endings for new beginnings Going beyond simply offering a quick fix or new technique, *The Emotionally Healthy Leader* gets to the core, beneath-the-surface issues of uniquely Christian leadership. This book is more than just a book you will read; it is a resource you will come back to over and over again.

The global church is facing a discipleship crisis. Here is how we move forward. Pastors and church leaders want to see lives changed by the gospel. They work tirelessly to care for people, initiate new ministries, preach creatively, and keep up with trends. Sadly, much of this effort does not result in deeply changed disciples. Traditional discipleship strategies fail because they do not: Slow down people's lives so they can cultivate a deep, personal relationship with Jesus. Challenge the values of Western culture that have compromised the radical call to follow the crucified Jesus. Integrate sadness, loss, and vulnerability, leaving people defensive and easily triggered. Measure our spiritual maturity by how we are growing in our ability to love others. In *Emotionally Healthy Discipleship*, bestselling author Pete Scazzero lays out how to create an emotionally healthy culture and multiply deeply-changed people in every aspect of church life—including leadership and team development, marriage and single ministry, small groups, preaching, worship, youth and children's ministry, administration, and outreach. Complete with assessments and practical strategies, *Emotionally Healthy Discipleship* will help you move people to the beneath-the-surface discipleship that actually has the power to change the world.

Peter Scazzero learned the hard way: you can't be spiritually mature while remaining emotionally immature. In the *Emotionally Healthy Spirituality Workbook Expanded Edition* (DVD/digital downloads sold separately), Peter outlines a roadmap for discipleship with Jesus that is powerfully transformative. He unveils what's wrong with our current definition of "spiritual growth" and offers not only a model of spirituality that actually works, but seven steps to change that will help you experience authentic faith and hunger for God. Though Peter was an experienced pastor of a growing church, his life and faith remained emotionally unhealthy. Like so many in the church, he routinely: avoided healthy conflict in the name of keeping the peace ignored and suppressed emotions used work for God as an excuse to run from God lived without limits In this updated and expanded workbook, Peter helps you unpack core biblical principles to guide you into an experience of lasting, beneath-the-surface transformation in your relationship with Christ. The workbook includes session introductions, group discussion questions, application, and between-sessions personal study. This workbook is Part One of the *Emotionally Healthy Discipleship Course* that also includes the bestselling books, *Emotionally Healthy Spirituality* and *Emotionally Healthy Spirituality Day by Day*. Join us for a powerful journey that will walk you through a door that will change forever the way you love God, others, and yourself. Designed for use with the *Emotionally Healthy Spirituality Video Expanded Edition* (sold separately).

It's Impossible to Be Spiritually Mature, While Remaining Emotionally Immature

Surprising Connections Between Neuroscience and Spiritual Practices That Can Transform Your Life and Relationships Raised?

Religion and Spirituality

Awakening Your Soul to Rest

Summary of Peter Scazzero's *Emotionally Healthy Spirituality Day by Day*

Glory Days

Please note: This is a companion version & not the original book. Sample Book Insights: #1 Jesus' anger should make us gasp. He knows that if we don't get to God, invaluable treasures will be lost or obscured. We lose the space where we experience God's unfailing love and amazing forgiveness. #2 We must take the time to be silent and contemplate, especially those who live in big cities like London and New York. God is the friend of silence, and we must listen to Him because it's not what we say but what He says to us and through us that matters. #3 The word of the Lord came to Jonah son of Amittai: Go to the great city of Nineveh and preach against it, because its wickedness has come up before me. But Jonah ran away from the Lord and headed for Tarshish. He went down to Joppa, where he found a ship bound for that port. #4 God sends a great storm to test whether or not Jonah will listen to him. He is thrown overboard and swallowed by a great fish. From the belly of the fish, he begins to pray to God.

God Has a Name is a simple yet profound guide to understanding God in a new light--focusing on what God says about himself. This one shift has the potential to radically alter how you relate to God, not as a doctrine, but as a relational being who responds to you in an elastic, back-and-forth way. In *God Has a Name*, John Mark Comer takes you line by line through Exodus 34:6-8--Yahweh's self-revelation on Mount Sinai, one of the most quoted passages in the Bible. Along the way, Comer addresses some of the most profound questions he came across as he studied these noted lines in Exodus, including: Why do we feel this gap between us and God? Could it be that a lot of what we think about God is wrong? Not all wrong, but wrong enough to mess up how we relate to him? What if our "God" is really a projection of our own identity, ideas, and desires? What if the real God is different, but far better than we could ever imagine? No matter where you are in your spiritual journey, the act of learning who God is just might surprise you--and change everything.

Emotional health and spiritual maturity are inseparable: that is the premise of the award-winning book *The Emotionally Healthy Church*. This stand-alone workbook helps leaders and lay persons alike apply the biblical truths in Peter Scazzero's revolutionary book to their personal lives, small groups, and churches. Eight studies take you beyond merely reading about emotional health to actually cultivating it as a disciple of Jesus. Step by step, you'll discover what it means to have Christ transform the deep places hidden beneath the surface so that you might become more authentic and loving toward God, others, and yourself.

Pete and Geri Scazzero developed *The Emotionally Healthy (EH) Relationships Course* over a 21-year period to directly address core biblical principles to guide you and others into an experience of discipleship that will deply change your life. In

the EH Relationships Course, everyone will learn 8 practical relationship skills to develop mature, loving relationships with others such as: Stop Mind Reading and Clarify Expectations Incarnational Listening Climb the Ladder of Integrity Clean Fighting And since loving other sand loving God cannot be separated, each person will also grow in their personal, first-hand relationships with Jesus by incorporating stillness, silence, and Scripture as daily life rhythms. This workbook includes sessions introductions, group discussion questions, personal action steps, and between the sessions personal study. It is part of the Emotionally Healthy (EH) Relationships Course that also includes the Emotionally Healthy Relationships video and the Emotionally Healthy Relationships Day by Day devotional. Join us for a powerful journey that will walk you through a door that will change forever the way you love God, others, and yourself. Sessions include: Take Your Community Temperature Reading Stop Mind Reading and Clarify Expectations Genogram Your Family Explore the Iceberg Listen Incarnationally Climb the Ladder of Integrity Fight Cleanly Develop a "Rule of Life" to Implement Emotionally Healthy Skills This pack contains one workbook and one Day by Day devotional.

Everything You Wanted to Know about the Science of Raising Children but Were Too Exhausted to Ask

Caring For the Most Important Part of You

Finding Jesus by Doubting the Resurrection

Emotionally Healthy Relationships Workbook

Emotionally Healthy Relationships Updated Edition Workbook plus Streaming Video

Emotionally Healthy Spirituality Day by Day

How Transforming Your Inner Life Will Deeply Transform Your Church, Team, and the World

After almost three decades of pastoring New Life Fellowship Church in the bustle of New York City, Peter Scazzero discovered that most people are missing the deep emotional change that can happen in their walk with Jesus. Scazzero found two truths to be true: you can't be spiritually mature while remaining emotionally immature, and unless you slow down and quiet your life down for a direct relationship with Jesus Christ, little change is possible. The integration of these two truths unleashed a spiritual revolution in Scazzero, in his church, and now in thousands of other churches. In this book based on his bestselling book Emotionally Healthy Spirituality, Scazzero helps readers identify the top ten symptoms of emotionally unhealthy spirituality and what they can do about them. He includes an assessment for readers to take out how emotionally healthy they really are and seven devotions to lead them on the journey to health.

Study guide to: The emotionally healthy church / Peter L. Scazzero; with Warren Bird.

Peter Scazzero learned the hard way: you can't be spiritually mature while remaining emotionally immature. In the Emotionally Healthy Spirituality Workbook, Peter outlines a roadmap for discipleship with Jesus that is powerfully transformative.

Did Jesus really beat death? That's what Christians for hundreds of years have believed, that Jesus Christ returned to life after death and burial in a stone tomb. To the modern mind, "resurrection" is utterly implausible, but it was also doubtful to many first-century Greeks, Jews, and even some Christians. With such an incredible assertion at the heart of the Christian faith, it's no wonder that some people struggle to believe. Unlike any other book on the resurrection, *Raised?* encourages you to doubt in order to believe. Too often Christians look down on doubt, but in Christ, we see a person who welcomes doubt and encourages faith. Jonathan Dodson and Brad Watson don't shy away from the hard questions or settle for easy answers. They help you to see how the resurrection offers hope for the future and answers for the life and death questions we all face. "I encourage Christians and non-Christians alike to read this book. . . . provocative, illuminating, and succinct." —Eileen Flynn, former religion reporter for Austin American-Statesman and Journalism and religion lecturer at the University of Texas "Wonderfully demonstrates the plausibility of the resurrection of Jesus and the possibilities for a life of hope." —Sean McDonough, professor of New Testament at Gordon-Conwell Theological Seminary and author of *Christ as Creator: Origins of a New Testament Doctrine*

Discipleship That Deeply Changes Lives

Emotionally Healthy Spirituality Course

His Life, Ministry, and Missionary Journeys

Finding Spiritual Whitespace

Discipleship that Deeply Changes Your Relationship with Others

The Emotionally Healthy Church

The Emotionally Healthy Church, Updated and Expanded Edition

The life and ministry of the apostle Paul was a sprawling adventure covering thousands of miles on Roman roads and treacherous seas as he boldly proclaimed the gospel of Jesus to anyone who would listen, be they commoners or kings. His impact on the church and indeed on Western civilization is immeasurable. From his birth in Tarsus to his rabbinic training in Jerusalem to his final imprisonment in Rome, *An Illustrated Guide to the Apostle Paul* brings his remarkable story to life. Drawing from the book of Acts, Paul's many letters, and historical and archaeological sources, this fully illustrated resource explores the social, cultural, political, and religious background of the first-century Roman world in which Paul lived and ministered. It sheds light on the places he visited and the people he met along the way. Most importantly, it helps us understand how and why Paul was used by God in such extraordinary ways. Pastors, students, and anyone engaged in Bible study will find this an indispensable and inspiring resource.

In *The Emotionally Healthy Church, Updated and Expanded Edition*, by Peter Scazzero, you'll discover exactly what it takes for the truth to set you free. This revised and expanded edition of Scazzero's award-winning book not only takes the original six principles for cultivating spiritual and emotional health in your church further and deeper, but he also adds a seventh principle to show you as a church leader how to slow down to lead with integrity.

The soul is NOT "a theological and abstract subject." The soul is the coolest, eeriest, most mysterious, evocative, crucial, sacred, eternal, life-directing, fragile, indestructible, controversial, expensive dimension of your existence. Jesus said it 's worth more than the world. You'd be an idiot not to prize it above all else. Shouldn't you get pretty clear on exactly what it is? Shouldn't you know what it runs on? Wouldn't it be worth knowing how to care for it? Two things are for sure. One is: you have a soul. The other is: if you don't look after this one you

won't be issued a replacement. Bestselling author John Ortberg writes another classic that will help readers discover their soul and take their relationship with God to the next level.

Author and pastor Pete Scazzero awakens participants to a biblical integration of emotional health and the classic practices of contemplative spirituality, leading to a relational revolution with Jesus. It's a simple truth, but one that trips up believers everywhere: You can't be healthy spiritually if you're unhealthy emotionally. In this six-session, small-group Bible study, author and pastor Pete Scazzero takes a close look at what it means to break free from bondage to the past and experience true emotional healing. Many sincere followers of Christ--followers who are truly passionate for God, members of a church, servant-hearted, and considered "mature"--remain stuck at a level of spiritual immaturity, especially when faced with interpersonal conflicts and crises. The Emotionally Healthy Spirituality video study and all-church campaign kit provide a strategy for discipleship that addresses this void, integrating emotional health and contemplative spirituality to help people grow into a faith filled with authenticity and a profound love for God. The eight sessions include: The Problem of Emotionally Unhealthy Spirituality Know Yourself that You May Know God Going Back in Order to Go Forward Journey through the Wall Enlarge Your Soul through Grief and Loss Discover the Rhythms of the Daily Office and Sabbath Grow into an Emotionally Healthy Adult Go to the Next Step to Develop a "Rule of Life"

Mentor Like Jesus

Emotionally Healthy Spirituality

I Quit

A 40-Day Journey with the Daily Office

Parentology

Unleash a Revolution in Your Life In Christ

Emotionally Healthy Spirituality Course Participant's Pack Expanded Edition

In this comprehensive leader's kit, author and pastor Pete Scazzero awakens participants to a biblical integration of emotional health and the classic practices of contemplative spirituality, leading to a relational revolution with Jesus.

Geri Scazzero discovered real life and joy with Christ really began when she stopped pretending everything was fine. Summoning the courage to quit that which does not belong to Jesus' kingdom launched her on a powerful journey that changed her and everyone around her. (Practical Life)

Move beyond Coping and Surviving to a Rejuvenating Place of Soul Rest How many of us find ourselves exhausted, running on empty with no time for rest, no time for ourselves, no time for God? Bonnie Gray knows exactly what that's like. On the brink of fulfilling a lifelong dream, Bonnie's plans suddenly went off script. Her life shattered into a debilitating journey through anxiety, panic attacks, and insomnia. But as she struggled to make sense of it all, she made an important discovery: we all need spiritual whitespace. Spiritual whitespace makes room--room in one's heart for a deep relationship with God, room in one's life for rest, room in one's soul for rejuvenation. With soul-stirring vulnerability and heartbreaking honesty, Bonnie takes readers on a personal journey to feed their souls and uncover the deeper story of rest. Lyrical writing draws readers into Gray's intimate journey through overwhelming stress to find God in a broken story and celebrate the beauty of faith. Guided by biblical encouragement and thought-provoking prompts, Gray shows readers how to create space in the everyday for God, refreshment, and faith. She also offers practical steps and insights for making spiritual whitespace a reality, right in the midst of the stress-frayed stories in every season of life. "We live in a culture that brags and boasts about being busy. Into that reality steps Bonnie with a new idea. Whitespace is an important concept and Bonnie has captured it perfectly. If you're exhausted with being exhausted, read this book. If you feel too busy to read this book, then that's probably the best sign of all that you need it."--from the foreword by Jon Acuff, New York Times bestselling author of *Stuff Christians Like*

Through the skillful use of a great variety of literary genres, this book explores the intimate relation and tension between religion and spirituality, evoking a wide range of responses that may awaken one to various possibilities of spiritual experience.

Discipleship That Deeply Changes Your Relationship with God

Moving from Shallow Christianity to Deep Transformation

A 40-Day Journey to Deeply Change Your Relationships

Emotionally Healthy Discipleship Courses Leader's Kit

Discipleship That Deeply Changes Your Relationship With Others: Eight Sessions

Emotionally Healthy Spirituality Workbook Expanded Edition

Part of the bestselling Emotionally Healthy Spirituality book collection, this 40-day devotional by Peter Scazzero will help you nurture the kind of healthy relationships you long for. Emotionally Healthy Relationships Day by Day--just like its sister devotional, Emotionally Healthy Spirituality Day by Day--is your invitation into the ancient yet powerful discipline of the Daily Office, the practice of pausing morning and evening to reflect on God's work in your life. Each devotional will reflect on emotionally healthy relational themes, such as: Clarifying expectations Deep listening Clean fighting And more You'll be ushered into a transformational practice that will deepen your daily walk with Jesus, and along the way, you'll discover the spiritual nourishment, joy, and peace that comes from meeting with him every day. Emotionally Healthy Relationships Day by Day is also available in Spanish, Relaciones emocionalmente sanas Día a día. Keep walking. This may be the day your Jericho walls come down. We all face them. Strongholds with a strong hold on our lives. Roadblocks to our joy. Obstacles in our marriages. Fortresses of fear blocking us from peace. How can we bring down these walls that keep us from the future God promises? Remember the story of Joshua and the battle of Jericho? Those were some formidable foes and big barriers. Max Lucado says the book of Joshua is in the bible to remind us of one thing: God Fights For Us! We can overcome, because He has already overcome. We were not made to stand in the shadow of our walls and quake. We were made to stand on top of Jericho's rubble and conquer. We win, because God's already won. Need a new battle plan for life? Keep walking, keep believing. These may be your Glory Days.

You are a royal priest. That Reality Will Change Your Life Human beings are wired for connection. We long for deep relationships and real intimacy--both of which reflect our fundamental desire to be close to God. But all too often, whether because of our sin or our failures, we imagine that God prefers to keep his distance. In this book, Edward T. Welch shows us the purpose for which we were created: to be brought near to God as a kingdom of priests. He traces

the priestly identity throughout the entire Bible, showing us how holiness leads to closeness to God. Through the blood of Jesus, God extends his invitation for all to draw near with open arms. And in his presence, we discover what it means to be truly human: known, unashamed, and wise, full of meaning, purpose, and abundant life.

Emotionally Healthy Spirituality It's Impossible to Be Spiritually Mature, While Remaining Emotionally Immature Zondervan

Emotionally Healthy Discipleship

The Emotionally Healthy Church Workbook

Eight Things You Have to Quit to Change Your Life

Created to Draw Near

Unleash a Revolution in Your Life in Christ

Anatomy of the Soul

8 Studies for Groups Or Individuals

Author and pastor Pete Scazzero awakens participants to a biblical integration of emotional health and the classic practices of contemplative spirituality, leading to a relational revolution with Jesus. It's a simple truth, but one that trips up believers everywhere: You can't be healthy spiritually if you're unhealthy emotionally. In this six-session, small-group Bible study, author and pastor Pete Scazzero takes a close look at what it means to break free from bondage to the past and experience true emotional healing. Many sincere followers of Christ—followers who are truly passionate for God, members of a church, servant-hearted, and considered "mature"—remain stuck at a level of spiritual immaturity, especially when faced with interpersonal conflicts and crises. The Emotionally Healthy Spirituality video study provides a strategy for discipleship that addresses this void, integrating emotional health and contemplative spirituality to help people grow into a faith filled with authenticity and a profound love for God. This study guide is designed for use with Emotionally Healthy Spirituality: A DVD Study (sold separately). The eight sessions include: The Problem of Emotionally Unhealthy Spirituality Know Yourself that You May Know God Going Back in Order to Go Forward Journey through the Wall Enlarge Your Soul through Grief and Loss Discover the Rhythms of the Daily Office and Sabbath Grow into an Emotionally Healthy Adult Go to the Next Step to Develop a "Rule of Life"

"In this new edition of his Gold Medallion Award-winning book, Peter Scazzero shares powerful insights on how contemplative spirituality can help pastors and individual church members slow down—an integral key to spiritual and emotional health. Sharing from the painful but liberating journey of his own church, Scazzero reveals exactly how the truth can and does make people free—not just superficially, but deep down. This expanded edition of The Emotionally Healthy Church not only takes the six principles described in the original book further and deeper, but adds a crucial seventh principle. • Principle 1: Look Beneath the Surface • Principle 2: Break the Power of the Past • Principle 3: Live in Brokenness and Vulnerability • Principle 4: Receive the Gift of Limits • Principle 5: Embrace Grieving and Loss • Principle 6: Make Incarnation Your Model for Loving Well • Principle 7: Slow Down to Lead with Integrity "

Have you ever wondered why we recycle the same problems in the church year after year? Broken relationships, unresolved conflicts, inability to speak the truth, pretending things are fine because we're concerned about being nice. Week after week we hear sermons about loving better, but little changes in people's lives. We spend a lot of money to learn, and become competent in, our careers, but few of us have learned the skills or gained the competency to love well. It's been rightly said that 85 percent of Christians are stuck, stagnant in their spiritual lives. Most discipleship approaches do not include the necessary tools to mature us as followers of Jesus Christ who love God, ourselves, and others well. Pete and Geri Scazzero developed The Emotionally Healthy (EH) Relationships Course over a 21-year period to directly address core biblical principles to guide you and others into an experience of discipleship that will deeply change your life. In the EH Relationships Course, you will learn 8 practical relationship skills to develop mature, loving relationships with others. Take Your Community Temperature Reading Stop Mind Reading and Clarify Expectations Genogram Your Family Explore the Iceberg Listen Incarnationally Climb the Ladder of Integrity Fight Cleanly Develop a "Rule of Life" to Implement Emotionally Healthy Skills And since loving others and loving God cannot be separated, you will also grow in your personal, first-hand relationships with Jesus by incorporating stillness, silence, and Scripture as daily life rhythms. This workbook includes sessions introductions, group discussion questions, personal action steps, and between the sessions personal study. This powerful journey that will walk you through a door that will change forever the way you love God, others, and yourself. Designed for use with the Emotionally Healthy Relationships Video Study (9780310081937), sold separately. It is part of the Emotionally Healthy (EH) Relationships Course that also includes the Emotionally Healthy Relationships Day by Day devotional (9780310349594).

What Are You Missing? Peter Scazzero learned the hard way: you can't be spiritually mature while remaining emotionally immature. Even though Pete was pastor of a rapidly 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 profound relationship with Jesus, and the historical practices of contemplative spirituality. It created nothing short of a spiritual revolution, utterly transforming him and his church. In this best-selling book Pete 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. Emotionally Healthy Spirituality is presently used in more than twenty-six countries to equip churches in a deep, beneath-the-surface spiritual formation paradigm that truly transforms lives.

Soul Keeping

Emotionally Healthy Relationships Course Workbook

Emotionally Healthy Woman

God Has a Name

Discipleship That Deeply Changes Your Relationship with Others

An Illustrated Guide to the Apostle Paul

The Emotionally Healthy Leader

Geri Scazzero knew there was something desperately wrong with her life. She felt like a single parent raising her four daughters alone. She finally told her husband, "I quit," and left the thriving church he pastored, beginning a journey that transformed her and her marriage for the better. In The Emotionally Healthy Woman, Geri provides you a way out of a superficial spirituality to genuine freedom in Christ. This book is for every woman who thinks, "I can't keep pretending fine!" The journey to emotional health begins by quitting. Geri quit being afraid of what others think. She quit lying. She quit her anger and sadness. She quit living someone else's life. When you quit those things that are damaging to your soul and others, you are freed up to choose other ways of being and relating that are rooted in love and lead to life. When you quit for the right reasons, at the right time, and in the right way, you're on the path not only to emotional health, but also to the fulfillment of your life. "QUITTING WILL SET YOU FREE! Not a typical message heard in the church today, especially among 'nice, Chr

women," but one that has been needed for years! By refusing to cling to a shell of pretension, the true freedom of Christ is realized, and Geri shows us how. A fast, informed read, this book breaks down the walls of the false ideals and shows us that by quitting these idols, we re-discover God's love. I was supposed to read this book. I needed to Thank you, Geri." Kim de Blecourt, Short-term Adventure Specialist with Food for Orphans and author of "Until We All Home: A Harrowing Journey, a Mother's Courage, a Race to Freedom"

Do you want to improve your relationships and experience lasting personal change? Join Curt Thompson, M.D., on an journey to discover the surprising pathways for transformation hidden inside your own mind. Integrating new findings neuroscience and attachment with Christian spirituality, Dr. Thompson reveals how it is possible to rewire your mind brain patterns and literally making you more like the person God intended you to be. Explaining discoveries about the layman's terms, he shows how you can be mentally transformed through spiritual practices, interaction with Scripture connections with other people. He also provides practical exercises to help you experience healing in areas where you struggling. Insightful and challenging, Anatomy of the Soul illustrates how learning about one of God's most miraculo creations—your brain—can enrich your life, your relationships, and your impact on the world around you.

Geri Scazzero knew there was something desperately wrong with her life. She felt like a single parent raising her four daughters alone. She finally told her husband, "I quit," and left the thriving church he pastored, beginning a journey th transformed her and her marriage for the better. In this eight-session video Bible study (DVD/digital video sold separa provides you a way out of an inauthentic, superficial spirituality to genuine freedom in Christ. This study is for every thinks, "I can't keep pretending everything is fine!" The journey to emotional health begins by quitting. Geri quit being what others think. She quit lying. She quit denying her anger and sadness. She quit living someone else's life. When y things that are damaging to your soul or the souls of others, you are freed up to choose other ways of being and re rooted in love and lead to life. When you quit for the right reasons, at the right time, and in the right way, you're on to emotional health, but also to the true purpose of your life. Sessions include: Quit Being Afraid of What Others Think Quit Dying to the Wrong Things Quit Denying Anger, Sadness and Fear Quit Blaming Quit Overfunctioning Quit Faulty Quit Living Someone Else's Life Designed for use with the Emotionally Healthy Woman Video Study (sold separately).

Pete and Geri Scazzero developed the Emotionally Healthy (EH) Relationships Course over a 21-year period to directly biblical principles to guide you and others into an experience of discipleship that will deeply change your life. In the E Relationships Course, everyone will learn 8 practical relationship skills to develop mature, loving relationships with ot Stop Mind Reading and Clarify Expectations Incarnational Listening Climb the Ladder of Integrity Clean Fighting And s others and loving God cannot be separated, each person will also grow in their personal, first-hand relationship with incorporating stillness, silence, and Scripture as daily life rhythms. This is Part 2 of the Emotionally Healthy Disciples that also includes the Emotionally Healthy Relationships video and the Emotionally Healthy Relationships Day by Day o This workbook includes: Individual access to eight streaming video sessions Session introductions, group discussion o personal action steps Between-sessions personal study Leader's Guide and valuable appendices Join us for a powerfu will walk you through a door that will change forever the way you love God, others, and yourself. SESSIONS INCLUDE Community Temperature Reading Stop Mind Reading and Clarify Expectations Genogram Your Family Explore the Icebe Incarnationally Climb the Ladder of Integrity Fight Cleanly Develop a "Rule of Life" to Implement Emotionally Healthy S Designed for use with Emotionally Healthy Relationships Video Study, Updated Edition (sold separately). *Access code expiration after 12/31/2026. Code may be redeemed only by the recipient of this package. Code may not be transfe separately from this package. Internet connection required. Eligible only on retail purchases inside the United States. prohibited, taxed, or restricted by law. Additional offer details inside.

How Healthy is Your Spirituality?

Emotionally Healthy Spirituality Church Campaign Kit

Emotionally Healthy Relationships

The Emotionally Healthy Woman Workbook

Our Life as God's Royal Priests

Emotionally Healthy Relationships Course Workbook with DVD

Discipleship that Deeply Changes Your Relationship with God

In this eight-session video Bible study, Pete and Geri Scazzero provide you with the necessary practical skills for your spiritual formation journey so that you can grow into an emotionally and spiritually mature follower of Jesus.

More time, spent with fewer people, equals greater kingdom impact. Desiring to see God widely embraced as more than a remote concept, entrepreneur Regi Campbell began a deeply successful mentoring program years ago that has become one of his greatest joys. Though it seemed radical at first—spending more time with less people to further an all important message—he soon realized this is the discipleship model Jesus set out during his ministry; today two billion people worldwide embrace the wisdom He entrusted to a small band of disciples two thousand years ago. Mentor Like Jesus is Campbell's revelation of what he now calls "next generation mentoring," an exponentially rewarding process that is resulting in "lives changed, marriages saved, children dealt with in a more loving way." Readers of any age and in any situation will clearly understand how the return on a meaningful investment in another person is truly immeasurable.

An award-winning scientist offers his unorthodox approach to childrearing: "Parentology is brilliant, jaw-droppingly funny, and full of wisdom...bound to change your thinking about parenting and its conventions" (Amy Chua, author of Battle Hymn of the Tiger Mother). If you're like many parents, you

might ask family and friends for advice when faced with important choices about how to raise your kids. You might turn to parenting books or simply rely on timeworn religious or cultural traditions. But when Dalton Conley, a dual-doctorate scientist and full-blown nerd, needed childrearing advice, he turned to scientific research to make the big decisions. In *Parentology*, Conley hilariously reports the results of those experiments, from bribing his kids to do math (since studies show conditional cash transfers improved educational and health outcomes for kids) to teaching them impulse control by giving them weird names (because evidence shows kids with unique names learn not to react when their peers tease them) to getting a vasectomy (because fewer kids in a family mean smarter kids). Conley encourages parents to draw on the latest data to rear children, if only because that level of engagement with kids will produce solid and happy ones. Ultimately these experiments are very loving, and the outcomes are redemptive—even when Conley’s sassy kids show him the limits of his profession. *Parentology* teaches you everything you need to know about the latest literature on parenting—with lessons that go down easy. You’ll be laughing and learning at the same time.

Based on his bestselling book *Emotionally Healthy Spirituality*, this 40-day devotional by Peter Scazzero is your guide to more intentional, meaningful, life-changing communion with God. We all struggle to find daily time to be with God for the nourishment of our souls. This groundbreaking devotional is your key to resting fully in the awareness of his presence, increasing your self-knowledge, and growing deeper, closer to God. Each day, Peter Scazzero invites you to the ancient and yet powerful spiritual discipline of the Daily Office, the practice of pausing morning and evening to reflect on God's work in your life. In the midst of the hustle, we have to create interludes to re-center our hearts on the presence of God. For eight weeks, each morning and evening devotional will help you create that much-needed space for silence and reflection. You will be encouraged with thoughtful readings and questions to consider. And after each a closing prayer, you'll return to your day with a renewed sense of purpose and peace. This devotional is drawn from the bestselling book *Emotionally Healthy Spirituality* and can be read as a companion book or enjoyed on its own. *Emotionally Healthy Spirituality Day by Day* will anchor your life on the invitation to love God with all your heart, mind, and strength. In this guided journey, you'll discover the spiritual nourishment, joy, and peace that comes from meeting with God every day. *Emotionally Healthy Spirituality Day by Day* is also available in Spanish, *Espiritualidad emocionalmente sana Día a día*.

The Emotionally Healthy Woman

Emotionally Healthy Relationships Day by Day

Emotionally Healthy Spirituality Expanded Edition Workbook plus Streaming Video

Stop Pretending Everything Is Fine and Change Your Life

Trusting the God Who Fights for You

Emotionally Healthy Spirituality Course Participant's Pack

A Strategy for Discipleship That Actually Changes Lives

In *The Emotionally Healthy Leader*, bestselling author Peter Scazzero shows leaders how to develop a deep, inner life with Christ, examining its profound implications for surviving stress, planning and decision making, building teams, creating healthy culture, influencing others, and much more. Do you feel too overwhelmed to enjoy life, unable to sort out the demands on your time? Are you doing your best work as a leader, yet not making an impact? Have you ever felt stuck, powerless to change your environment? In *The Emotionally Healthy Leader*, bestselling author Peter Scazzero shows leaders how to develop a deep, inner life with Christ, examining its profound implications for surviving stress, planning and decision making, building teams, creating healthy culture, influencing others, and much more. Going beyond simply offering a quick fix or new technique, *The Emotionally Healthy Leader* gets to the core, beneath-the-surface issues of uniquely Christian leadership. This book is more than a book you will read; it is a resource you will come back to over and over again.

MORE THAN 500,000 COPIES SOLD! A road map for discipleship with Jesus that is powerfully transformative. Peter Scazzero learned the hard way: you can't be spiritually mature while remaining emotionally immature. Even though he was the 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; and live without boundaries. Eventually God awakened him to a biblical integration of emotional health and the spiritual practice of slowing down and quieting your life for to experience a firsthand relationship with Jesus. It created nothing short of a spiritual revolution in Scazzero, in his church, and now in thousands of other churches. In this updated edition, Scazzero shares new stories and principles as he outlines his journey and the signs of emotionally unhealthy spirituality. Then he provides seven biblical, reality-tested steps to become emotionally mature: Become your authentic self Break the power of the past Let go of power and control Surrender to your limits Stop to breathe by practicing rest and Sabbath Learn new skills to love well Love Christ above all else Plus, check out the full line of *Emotionally Healthy Spirituality* books dedicated to many different key areas of life. Workbooks, study guides, curriculum, and Spanish editions are also available.

According to author Geri Scazzero, becoming an emotionally healthy woman begins by quitting eight unhealthy ways of relating. When you stop pretending everything is fine and summon the courage to quit that which does not belong to Jesus kingdom, you will be launched on a powerful journey---one that will bring you true peace and freedom."

Pete and Geri Scazzero developed *The Emotionally Healthy (EH) Relationships Course* over a 21-year period to directly address core biblical principles to guide you and others into an experience of discipleship that will deply change your life. In the *EH Relationships Course*, everyone will learn 8 practical relationship skills to develop mature, loving relationships with others such as: Stop Mind Reading and Clarify Expectations Incarnational Listening Climb the Ladder of Integrity Clean Fighting And since loving other sand loving God cannot be separated, each person will also grow in their personal, first-hand relationships with Jesus by incorporating stillness, silence, and Scripture as daily life rhythms. This workbook includes sessions introductions, group discussion questions, personal action steps, and between the sessions personal study. It is part of the *Emotionally Healthy (EH) Relationships Course* that

also includes the Emotionally Healthy Relationships video and the Emotionally Healthy Relationships Day by Day devotional. Join us for a powerful journey that will walk you through a door that will change forever the way you love God, others, and yourself. Sessions include: Take Your Community Temperature Reading Stop Mind Reading and Clarify Expectations Genogram Your Family Explore the Iceberg Listen Incarnationally Climb the Ladder of Integrity Fight Cleanly Develop a "Rule of Life" to Implement Emotionally Healthy Skills Designed for use with the Emotionally Healthy Relationships Video Study (sold separately).