

A light beige background with a sunburst pattern of white lines radiating from the center.

EMOTIONALLY
HEALTHY
Spirituality

Emotionally Healthy Spirituality



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



Peter Scazzero

WEEK ONE

THE HEALTH OF YOUR HEART

“Find the door of your heart, you will discover it is the door of the kingdom of God.”

John Chrysostom, Archbishop of Constantinople

WEEK TWO

GOING BACK TO GO FORWARD

WEEK FOUR

ENLARGING YOUR SOUL THROUGH
GRIEF AND LOSS

WEEK THREE

THE JOURNEY THROUGH THE WALL

"For most of us the Wall appears through a crisis that turns our world upside down. It comes, perhaps, through a divorce, a job loss, the death of a close friend or family member, a cancer diagnosis, a disillusioning church experience, a betrayal, a shattered dream, a wayward child, a car accident, an inability to get pregnant, a deep desire to marry that remains unfulfilled, a dryness or loss of joy in our relationship with God. We question ourselves, God, the church. We discover for the first time that our faith does not appear to "work." We have more questions than answers as the very foundation of our faith feels like it is on the line. We don't know where God is, what he is doing, where he is going, how he is getting us there, or when this will be over."

Peter Scazzero, Emotionally Healthy Spirituality

James 1:2-4 NIV

[2] Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, [3] because you know that the testing of your faith produces perseverance. [4] Let perseverance finish its work so that you may be mature and complete, not lacking anything.

Romans 5:3-5 NIV

[3] Not only so, but we also glory in our sufferings, because we know that suffering produces perseverance; [4] perseverance, character; and character, hope. [5] And hope does not put us to shame, because God's love has been poured out into our hearts through the Holy Spirit, who has been given to us.

WHAT'S THE OTHER SIDE OF THE WALL?

WHAT'S THIS SIDE OF THE WALL?

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4. We will spend much of our life seeking security and status as a cover up for lack of a substantial self.
5. We will pass on our deadness to our family, children and friends.

TRANSMIT OR TRANSFORM

HOW DO WE GET THROUGH THE WALL?

THE GIFT OF PAIN

'I thank God for pain. I cannot think of a greater gift I could give my leprosy patients.'

Dr Paul Brand

Most people view pain as an enemy. Yet as my leprosy patients prove, it forces us to pay attention to threats against our bodies. Without it, heart attacks, strokes, ruptured appendixes and stomach ulcers would occur without any warning. Who would ever visit a doctor apart from pain's warnings?

'I noticed that the symptoms of illness my patients complained about were actually a display of bodily healing at work. Virtually every response of our bodies that we view with irritation or disgust - blister, callus, swelling, fever, sneeze, cough, vomiting and especially pain - demonstrates a reflex towards health. In all these things normally considered enemies, we can find a reason to be grateful.'

THE CYCLE OF CREATION

Death and resurrection is lived out at every level of the cosmos, but only one species thinks it can avoid it - the human species.

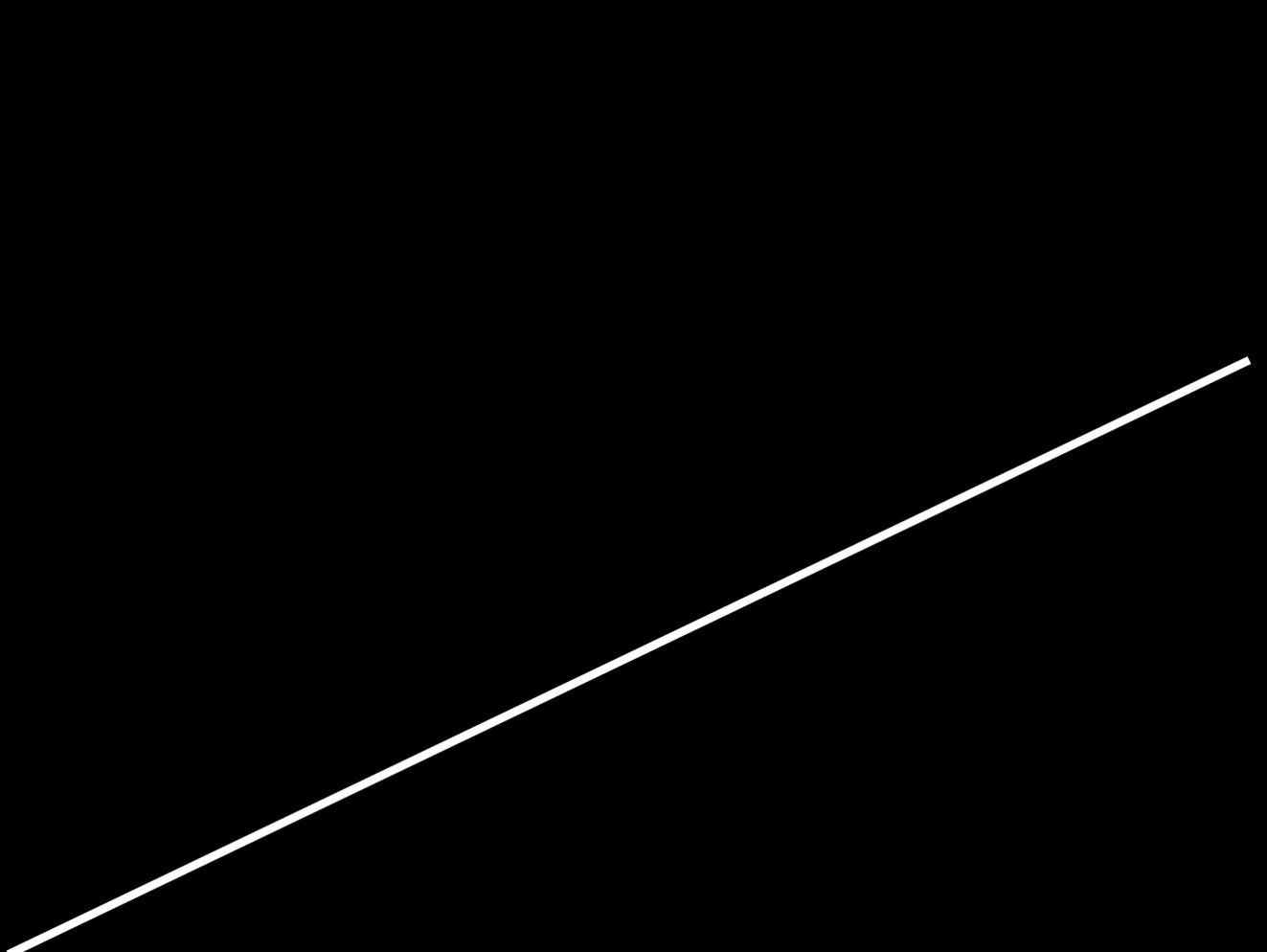
Richard Rohr

John 12:24 ESV

[24] Truly, truly, I say to you, unless a grain of wheat falls into the earth and dies, it remains alone; but if it dies, it bears much fruit.

STAGE OF ASCENT

WALL



STAGE OF ASCENT

ABRAM TO ABRAHAM

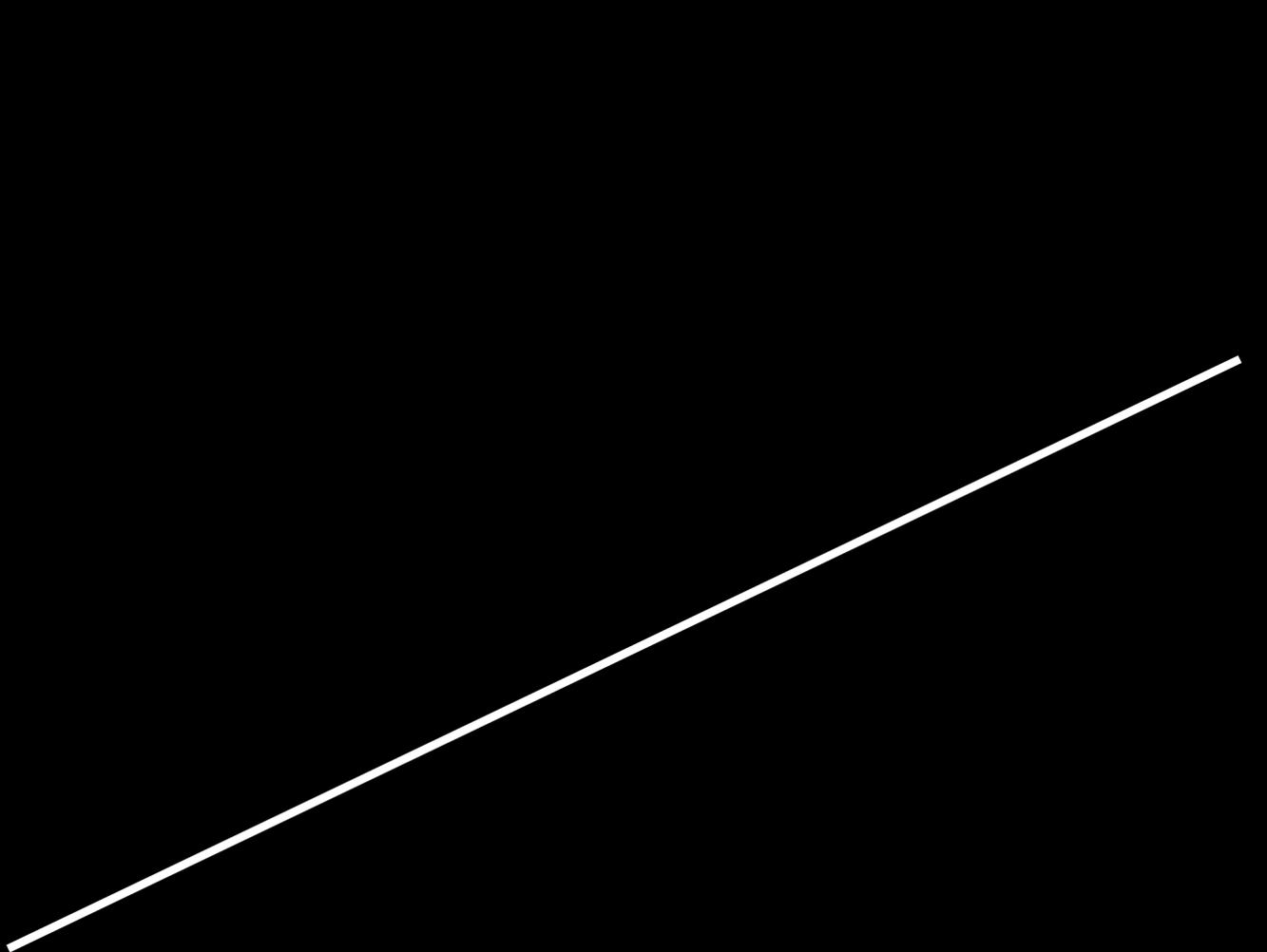
SARAI TO SARAH

JACOB TO ISRAEL

SIMON TO PETER

SAUL TO PAUL

WALL



STAGE OF ASCENT

STAGE OF DESCENT

WALL

THE WISDOM JOURNEY

ABDICATE RESPONSIBILITY
(DIRECT PAIN OUTWARDS)

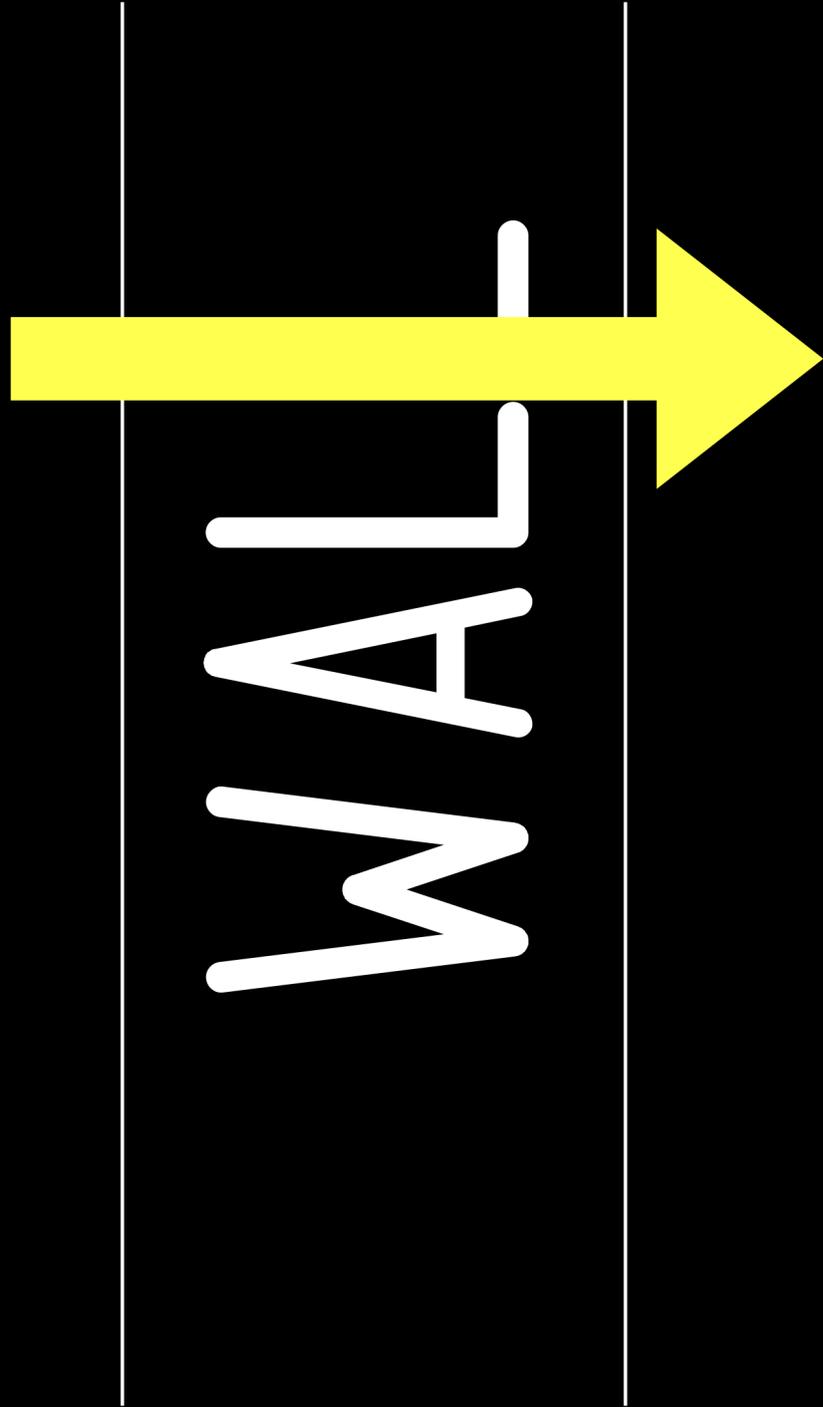
OVERSENSE OF
RESPONSIBILITY
(DIRECT PAIN INWARDS)

WALL

LETTING GO OF POWER AND CONTROL

ABDICATE RESPONSIBILITY
FORGIVENESS
(DIRECT PAIN OUTWARDS)

OVERSENSE OF
RESPONSIBILITY
(DIRECT PAIN INWARDS)



Corrie herself was put to the test in 1947 while speaking in a Munich church. At the close of the service, a balding man in a gray overcoat stepped forward to greet her. Corrie froze. She knew this man well; he'd been one of the most vicious guards at Ravensbrück, one who had mocked the women prisoners as they showered. "It came back with a rush," she wrote, "the huge room with its harsh overhead lights; the pathetic pile of dresses and shoes in the center of the floor; the shame of walking naked past this man."

And now he was pushing his hand out to shake hers, and saying: "A fine message, Fraulein! How good it is to know that, as you say, all our sins are at the bottom of the sea!" And I, who had spoken so glibly of forgiveness, fumbled in my pocketbook rather than take that hand. He would not remember me, of course — how could he remember one prisoner among those thousands of women?

But I remembered him and the leather crop swinging from his belt. I was face to face with one of my captors, and my blood seemed to freeze. "You mentioned Ravensbrück in your talk," he was saying. "I was a guard there... But since that time," he went on, "I have become a Christian. I know that God has forgiven me for the cruel things I did there, but I would like to hear it from your lips as well. Fraulein" — again the hand came out — "will you forgive me?" And I stood there — I whose sins had again and again to be forgiven — and could not forgive. Betsie had died in that place — could he erase her slow terrible death simply for the asking?

The soldier stood there expectantly, waiting for Corrie to shake his hand. "I wrestled with the most difficult thing I had ever had to do. For I had to do it — I knew that. The message that God forgives has a prior condition: that we forgive those who have injured us." Standing there before the former S.S. man, Corrie remembered that forgiveness is an act of the will — not an emotion. "Jesus, help me!" she prayed. "I can lift my hand. I can do that much. You supply the feeling."

Corrie thrust out her hand. And as I did, an incredible thing took place. The current started in my shoulder, raced down my arm, sprang into our joined hands. And then this healing warmth seemed to flood my whole being, bringing tears to my eyes. "I forgive you, brother!" I cried. "With all my heart."

For a long moment we grasped each other's hands, the former guard and the former prisoner. I had never known God's love so intensely as I did then. But even so, I realized it was not my love. I had tried, and did not have the power. It was the power of the Holy Spirit.

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THE PROSPECT OF FORGIVENESS FEELS LIKE DEATH

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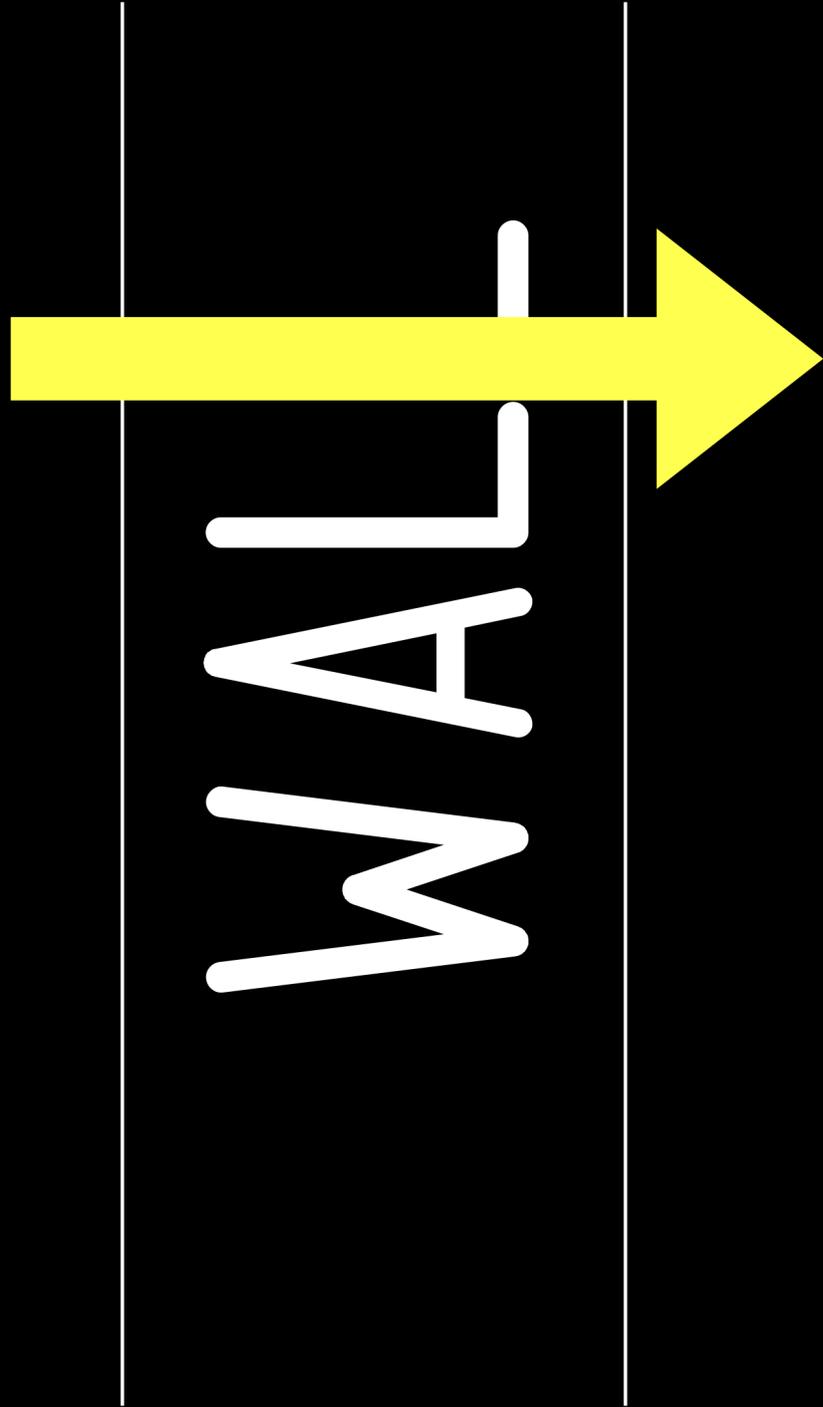
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LETTING GO OF POWER AND CONTROL

ABDICATE RESPONSIBILITY
FORGIVENESS
(DIRECT PAIN OUTWARDS)

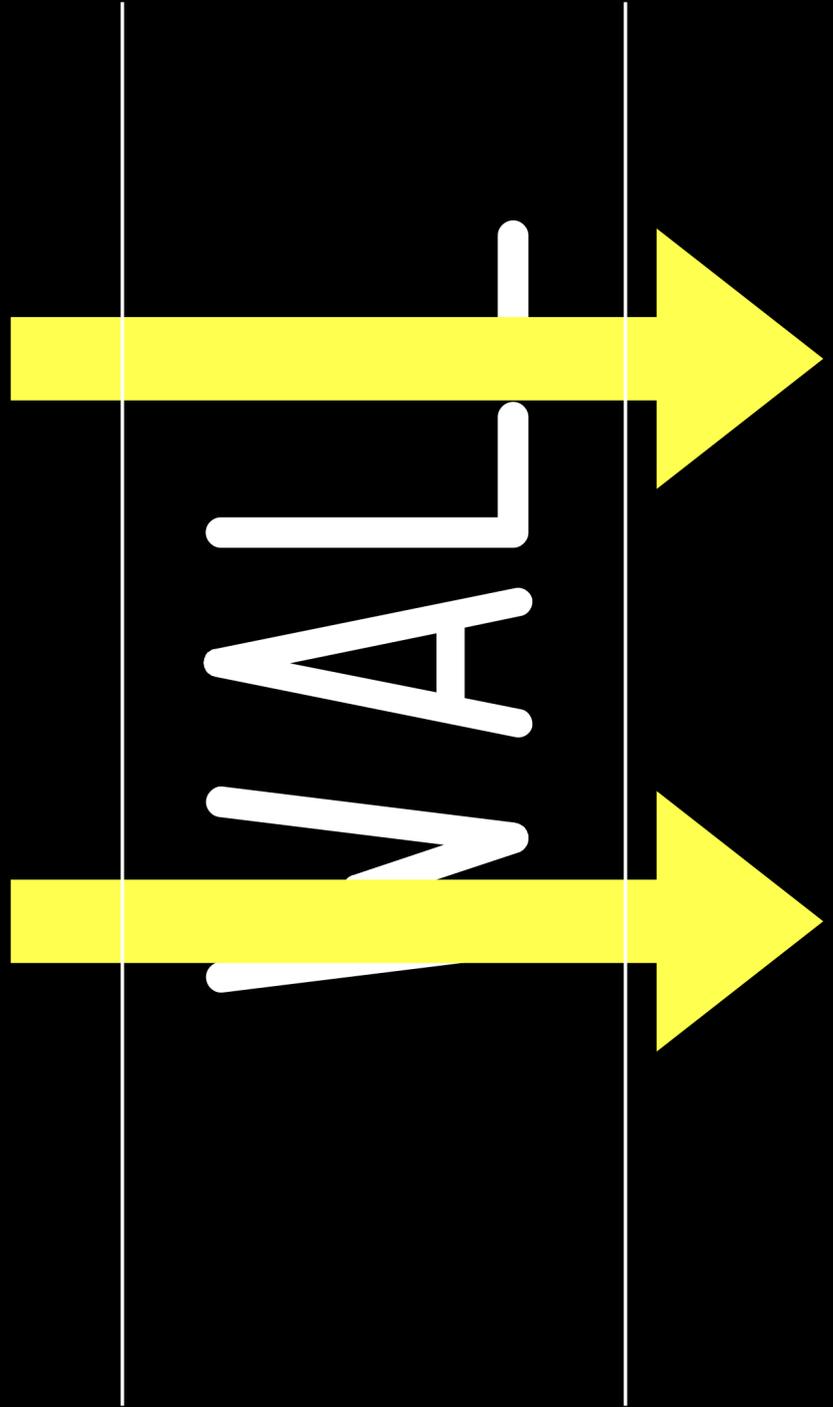
OVERSENSE OF
RESPONSIBILITY
(DIRECT PAIN INWARDS)



LETTING GO OF POWER AND CONTROL

ABDICATE RESPONSIBILITY
(DIRECT PAIN OUTWARDS)
FORGIVENESS

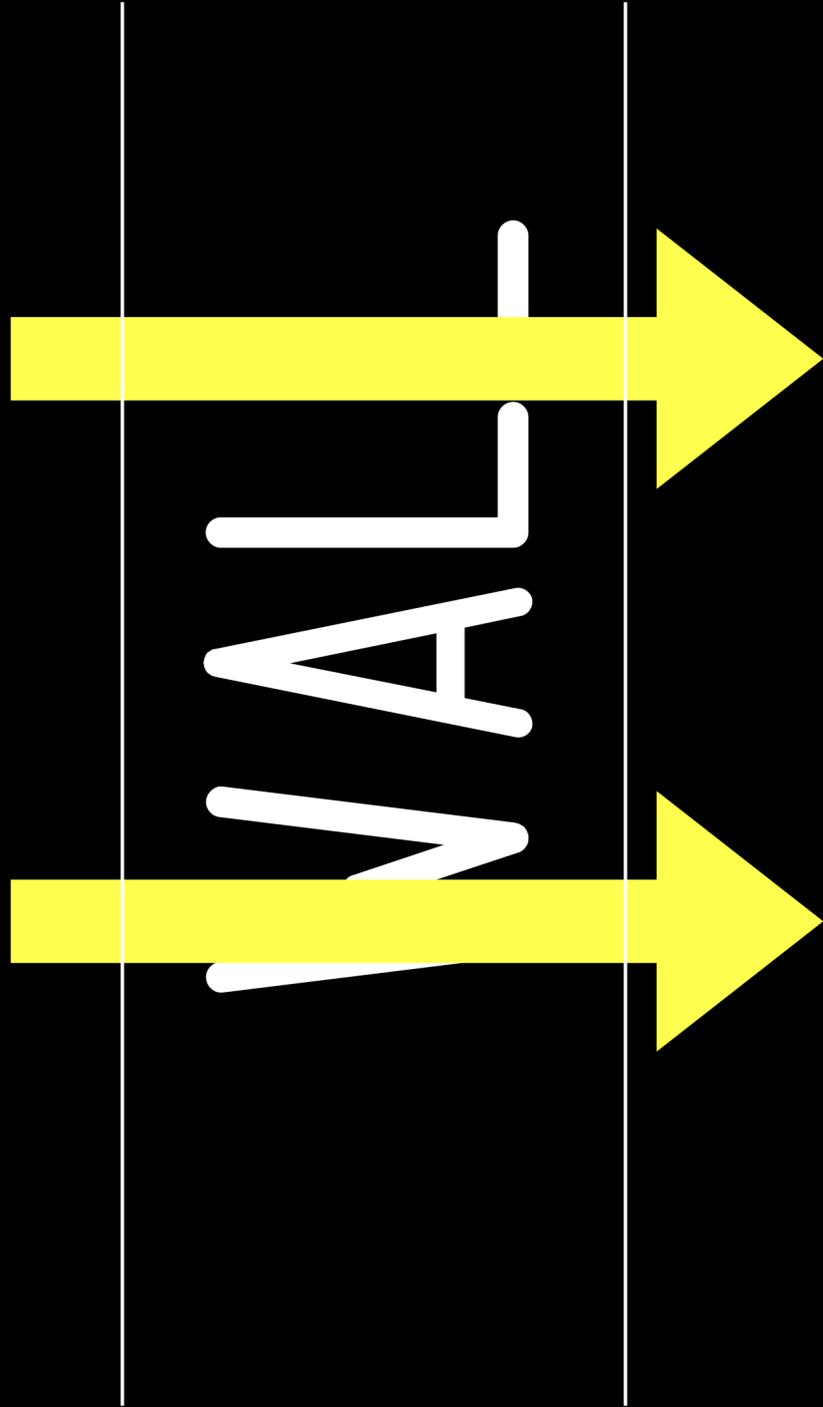
OVERSENSE OF
RESPONSIBILITY
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LOVE



LETTING GO OF POWER AND CONTROL

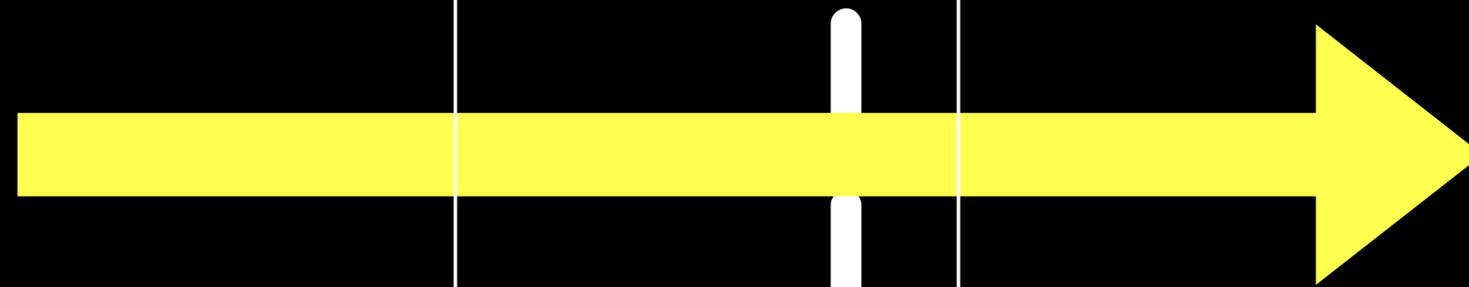
ABDICATE RESPONSIBILITY
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OVERSENSE OF
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LOVE



HEALTHY RESPONSIBILITY
(DIRECT PAIN UPWARDS)

RECEIVE THE GRACE
OF THE CROSS



FOLLOW THE WAY
OF THE CROSS

Luke 9:23 NIV

[23] Then he said to them all: "Whoever wants to be my disciple must deny themselves and take up their cross daily and follow me.