

Emotionally Healthy Spirituality
Chapter 1: Questions Taken from the Workbook

1. What stood out to you most from this chapter's teaching on the problem of Emotionally Healthy Spirituality?

2. From the ten symptoms of emotionally unhealthy spirituality listed on page 22 (and explained on pages 22-37), which ones are the most relevant in your life today? Explain.

3. On the bottom of page 24, Peter Scazzero says: "To the degree that we are unable to express our emotions, we remain impaired in our ability to love God, others, and ourselves well. Why? Because our feelings are a component of what it means to be made in the image of God."
 - a. Spend some time thinking through your current emotions. What are you angry about today? Sad about? Afraid of? Pour out your responses before God, trusting him as the Psalmists did.

4. On page 31, Scazzero says: "We cannot give what we do not possess. Doing for God in a way that is proportionate to our being with God is the only pathway to a pure heart and seeing God (Matthew 5:8)." Is your *being* with God proportionate to your *doing* for God?

5. What challenges keep you from slowing down your life to be with God?

6. On page 33, Scazzero mentions the "flaws and weaknesses of its heroes." How might flaws and weaknesses in your life today present an opportunity for God's power to be demonstrated?