



Emotionally Healthy Spirituality

EXPANDED EDITION

DISCIPLESHIP *that* DEEPLY CHANGES
YOUR RELATIONSHIP *with* GOD

A large, jagged iceberg floats in a teal ocean under a cloudy sky. The iceberg's reflection is visible in the water below. The authors' names are printed in white at the bottom of the image.

Peter & Geri Scazzero

Emotionally Healthy Spirituality

WORKBOOK

The Emotionally Healthy Discipleship Course

by Peter and Geri Scazzero

A proven strategy that moves people from shallow discipleship to deep transformation in Christ.

PART 1

Introducing people to a transformative spirituality with God.

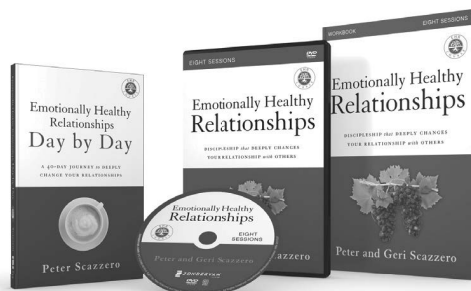


Emotionally Healthy Spirituality

- Eight-session DVD video study
- Workbook plus Streaming Video access
- Book
- Day by Day devotional

PART 2

Practical skills to launch people into a transformative spirituality with others.



Emotionally Healthy Relationships

- Eight-session DVD video study
- Workbook plus Streaming Video access
- Day by Day devotional

ALSO BY PETER SCAZZERO

The Emotionally Healthy Leader

The Emotionally Healthy Woman (with Geri Scazzero)

Emotionally Healthy Discipleship

Emotionally Healthy Spirituality

DISCIPLESHIP THAT DEEPLY CHANGES
YOUR RELATIONSHIP WITH GOD

EXPANDED EDITION

WORKBOOK
EIGHT SESSIONS

Peter and Geri Scazzero



HarperChristian
Resources

Emotionally Healthy Spirituality Workbook, Expanded Edition
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Requests for information should be addressed to:
HarperChristian Resources, 3900 Sparks Dr. SE, Grand Rapids, Michigan 49546

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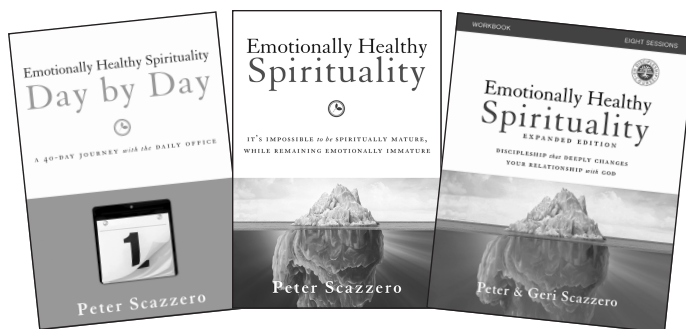


Introduction

Emotionally Healthy Spirituality, which is Part 1 of the *Emotionally Healthy Discipleship Course*, is a plan for discipleship that deeply changes our relationship with God.

EH Spirituality does this in two ways:

1. Addressing directly the reality that emotional maturity and spiritual maturity are inseparable, that it is not possible to be spiritually mature while remaining emotionally immature.
2. Equipping people in a personal, firsthand relationship with Jesus by incorporating stillness, silence, and Scripture as daily life rhythms.



The goal of this workbook, along with its companion resources—the *EH Spirituality Course* video, the *Emotionally Healthy Spirituality* book, and the *Emotionally Healthy Spirituality Day by Day* devotional—is to help you implement the eight core biblical truths that make up *EH Spirituality*. On the last page of the workbook, you will find a checklist. Fill it out along the way and, when completed, go to

emotionallyhealthy.org to receive your certificate of completion. We also strongly encourage you to go to www.emotionallyhealthy.org/vault to access a number of other free resources.

Each of the eight truths explored in these sessions could easily have been expanded into their own course. We have kept them together, however, to serve as an introduction into a life with God that goes beyond “tip of the iceberg spirituality” into transformation through Christ that touches the depth of your being.



How to Use This Workbook

Before Session 1

- Purchase the *Emotionally Healthy Spirituality* book, *Emotionally Healthy Spirituality Day by Day*, and this workbook.
- Read chapter 1 of the *Emotionally Healthy Spirituality* book.
- A seven-minute video that introduces how to use *Emotionally Healthy Spirituality Day by Day* can be found at www.emotionallyhealthy.org/vault or on YouTube.

Throughout the Study

The key to receive the impact of this workbook is what comes around it. Each week you will be asked to read a chapter of the book from the *Emotionally Healthy Spirituality* book before the session, engage the workbook during the session, and read the corresponding *EH Spirituality Day by Day* devotionals after the session. The chart on the next page gives you a visual roadmap for what to do each week.

You will also find at the end of each session in this workbook a “Between-Sessions Personal Study” section. This is based on questions from the Daily Offices found in the *Emotionally Healthy Spirituality Day by Day* devotional.

The Leader’s Guide in the back of this workbook provides extremely helpful information to supplement the studies. We encourage you to avail yourselves of this valuable material. Additional free resources for this course can be found at www.emotionallyhealthy.org/vault.

Emotionally Healthy Spirituality Workbook

		 BEFORE the session		 AFTER the session
		 Read Emotionally Healthy Spirituality Book	 DURING the session use the EHS Workbook	 Read EHS Day by Day Optional: Fill out Reflection Questions
SESSION 1	The Problem of Emotionally Unhealthy Spirituality	Introduction & Chapter 1	 Engage in Workbook activities with videos	Week 1
SESSION 2	Know Yourself that You May Know God	Chapter 2	 Engage in Workbook activities with videos	Week 2
SESSION 3	Go Back to Go Forward	Chapter 3	 Engage in Workbook activities with videos	Week 3
SESSION 4	Journey Through the Wall	Chapter 4	 Engage in Workbook activities with videos	Week 4
SESSION 5	Enlarge Your Heart Through Grief and Loss	Chapter 5	 Engage in Workbook activities with videos	Week 5
SESSION 6	Discover the Rhythms of the Daily Office and Sabbath	Chapter 6	 Engage in Workbook activities with videos	Week 6
SESSION 7	Grow into an Emotionally Mature Adult	Chapter 7	 Engage in Workbook activities with videos	Week 7
SESSION 8	Develop a Rule of Life	Chapter 8	 Engage in Workbook activities with videos	Week 8

Important Note on the Videos

The *Introduction* and *Closing Summary* video presentations for each session are available FREE through streaming access for you to review each week. Simply use the code found on the inside front cover of the workbook.

You can also access them wherever books/DVDs are sold, or by digital video through sites such as amazon.com, vimeo.com, and christianbook.com.



Guidelines for the Group

Be Prepared

To get the most out of your time together, we ask that you read the chapters in *Emotionally Healthy Spirituality* that correspond with each session. Please also bring your workbook and the *EH Spirituality Day by Day* book with you to each meeting.

Speak for Yourself

We encourage you to share and use “I” statements. We are only experts on ourselves. For example: Instead of saying, “Everyone is busy,” say, “I am busy.” Instead of saying, “We all struggle with forgiving,” say, “I struggle with forgiving.”

Respect Others

Be brief in your sharing, remaining mindful that there are time limitations and others may want to share.

No Fixing, Saving, No Setting Other People Straight

Respect people's journeys and trust the Holy Spirit inside of them to lead them into all truth—in his timing. Resist the temptation to offer quick advice as people share in the group.

Turn to Wonder

If you feel judgmental or defensive when someone else is sharing, ask yourself:
I wonder what brought him/her to this belief? I wonder what he/she is feeling right now?
I wonder what my reaction teaches me about myself?

Trust and Learn from Silence

It is okay to have silence between responses as the group shares, giving members the opportunity to reflect. Remember, there is no pressure to share.

Observe Confidentiality

In order to create an environment that is safe for open and honest participation, anything someone shares within the group should not be repeated outside of the group. However, feel free to share your own story and personal growth.

Punctuality

Resolve to arrive on time.



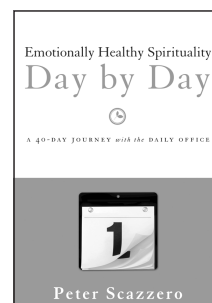
SESSION 1

The Problem of Emotionally Unhealthy Spirituality

Before your first group meeting, read chapter 1 of the *Emotionally Healthy Spirituality* book.

Daily Office (10 minutes)

Do one of the Daily Offices from Week 1 of *Emotionally Healthy Spirituality Day by Day* to begin your session. **(Leaders, please see point number two in the “General Guidelines” on page 105.)**



Introduction (3 minutes)

Emotional health and spiritual maturity cannot be separated. It is not possible to be spiritually mature while remaining emotionally immature.

When we ignore the emotional component of our lives, we move through the motions of Christian disciplines, activities, and behaviors, but deeply rooted

behavioral patterns from our pasts continue to hinder us from an authentic life of maturity in Christ.

We often neglect to reflect on what is going on inside us and around us (emotional health) and are too busy to slow down to be with God (contemplative spirituality).¹ As a result, we run the high risk of remaining stuck as spiritual infants, failing to develop into spiritually/emotionally mature adults in Christ.

Jay, one of our church members, described it best: “I was a Christian for twenty-two years. But instead of being a twenty-two-year-old Christian, I was a one-year-old Christian twenty-two times! I just kept doing the same things over and over and over again.”



In order to facilitate a sense of safety at each small group table, please turn to pages xi–xii as the “Guidelines for the Group” are read aloud.

Growing Connected (10 minutes)

Share your name and a few words about what makes you feel fully alive (e.g., nature, music, sports, reading, cooking).

VIDEO: The Problem of Emotionally Unhealthy Spirituality (11 minutes)

Watch the video teaching segment for Session 1 and use the space provided to note anything that stands out to you.

NOTES

Group Discussion (45 minutes)

Starters (10 minutes)

The following are the top ten symptoms of emotionally *unhealthy* spirituality. As the list that begins below is read aloud, put a check mark next to the one or two symptoms that are most relevant in your life today.

- ☐ **1. Using God to run from God**
(*Example:* I keep myself busy in church activities to avoid the pain and tension I'm experiencing in my close relationships.)
- ☐ **2. Ignoring the emotions of anger, sadness, and fear**
(*Example:* I am rarely honest with myself and/or others about the feelings, hurts, and pains beneath the surface of my life.)

☐ **3. Dying to the wrong things**

(*Example:* I tend to deny healthy, God-given desires and pleasures of life such as friendships, joy, music, beauty, laughter, and nature. At the same time, I find it difficult to die to my self-protectiveness, defensiveness, lack of vulnerability, and judgmentalism.)

☐ **4. Denying the past's impact on the present**

(*Example:* I rarely consider how my family of origin and significant people/events from my past have shaped my present.)

☐ **5. Dividing life into “secular” and “sacred” compartments**

(*Example:* I easily compartmentalize God to “Christian activities” while usually forgetting about him when I am working, shopping, studying, or recreating.)

☐ **6. Doing for God instead of being with God**

(*Example:* I tend to evaluate my spirituality based on how much I am doing for God.)

☐ **7. Spiritualizing away conflict**

(*Example:* I usually miss out on true peace by smoothing over disagreements, burying tensions, and avoiding conflict, rather than disrupting false peace as Jesus did.)

☐ **8. Covering over brokenness, weakness, and failure**

(*Example:* I have a hard time speaking freely about my weaknesses, failures, and mistakes.)

☐ **9. Living without limits**

(*Example:* Those close to me would say that I often “try to do it all” or “bite off more than I can chew.”)

☐ **10. Judging the spiritual journeys of others**

(*Example:* I often find myself occupied and bothered by the faults of those around me.)

Afterward, turn to another person and each share the one symptom that most applies to your spiritual life today.

Bible Study: 1 Samuel 15:7–24 (35 minutes)

In this story we meet King Saul, the first king of Israel, and Samuel, God’s prophet who brings God’s word to Saul. King Saul had been instructed by God earlier in verse 3 to “attack the Amalekites and totally destroy all that belongs to them.” (Note: The Amalekites were a wicked, sinful culture known for their destructiveness).

Saul, however, gives in to the wishes of his fighting men and does *only part* of God's will. Read aloud 1 Samuel 15:7–24.

⁷ Then Saul attacked the Amalekites all the way from Havilah to Shur, near the eastern border of Egypt. ⁸ He took Agag king of the Amalekites alive, and all his people he totally destroyed with the sword. ⁹ But Saul and the army spared Agag and the best of the sheep and cattle, the fat calves and lambs—everything that was good. These they were unwilling to destroy completely, but everything that was despised and weak they totally destroyed.

¹⁰ Then the word of the LORD came to Samuel: ¹¹ “I regret that I have made Saul king, because he has turned away from me and has not carried out my instructions.” Samuel was angry, and he cried out to the LORD all that night.

¹² Early in the morning Samuel got up and went to meet Saul, but he was told, “Saul has gone to Carmel. There he has set up a monument in his own honor and has turned and gone on down to Gilgal.”

¹³ When Samuel reached him, Saul said, “The LORD bless you! I have carried out the LORD's instructions.”

¹⁴ But Samuel said, “What then is this bleating of sheep in my ears? What is this lowing of cattle that I hear?”

¹⁵ Saul answered, “The soldiers brought them from the Amalekites; they spared the best of the sheep and cattle to sacrifice to the LORD your God, but we totally destroyed the rest.”

¹⁶ “Enough!” Samuel said to Saul. “Let me tell you what the LORD said to me last night.”

“Tell me,” Saul replied.

¹⁷ Samuel said, “Although you were once small in your own eyes, did you not become the head of the tribes of Israel? The LORD anointed you king over Israel.

¹⁸ And he sent you on a mission, saying, ‘Go and completely destroy those wicked people, the Amalekites; wage war against them until you have wiped them out.’

¹⁹ Why did you not obey the LORD? Why did you pounce on the plunder and do evil in the eyes of the LORD?”

²⁰ “But I did obey the LORD,” Saul said. “I went on the mission the LORD assigned me. I completely destroyed the Amalekites and brought back Agag their king. ²¹ The

soldiers took sheep and cattle from the plunder, the best of what was devoted to God, in order to sacrifice them to the LORD your God at Gilgal.”

²² But Samuel replied:

“Does the LORD delight in burnt offerings and sacrifices
as much as in obeying the LORD?

To obey is better than sacrifice,
and to [listen] is better than the fat of rams.

²³ For rebellion is like the sin of divination,
and arrogance like the evil of idolatry.
Because you have rejected the word of the LORD,
he has rejected you as king.”

²⁴ Then Saul said to Samuel, “I have sinned. I violated the LORD’s command and your instructions. I was afraid of the men and so I gave in to them.”

1. In verses 10 and 11, what words and phrases reveal the depth of God’s and Samuel’s feelings around the choices Saul made? Contrast that with Saul’s response in verses 12 and 13? (4 minutes)
2. Rereading verses 12, 15, and 24, how would you describe the things Saul was unaware of within himself? (6 minutes)

3. Saul's unawareness leads him to go through the motions of religious activity as enough. The offering of sacrifices at that time would be equal to our religious activity today. Saul makes sacrifices, but he doesn't obey or listen to God (see v. 22). What might be one example of how you do religious activity, but it is disconnected from your heart and life? (e.g., I go to church but can't stand people at work who irritate or hurt me; I serve in church but spend little time developing my own relationship with Jesus; I say I follow Jesus but rarely pray or consult with him before making decisions) (7 minutes)

4. Saul pretends to be someone on the outside that he is not on the inside, (i.e., a false self). Use the following symptoms of a false self to get an idea of where you are right now. Next to each statement write down the number that best describes your response. Use the following scale:

5 = Always true of me

4 = Frequently true of me

3 = Occasionally true of me

2 = Rarely true of me

1 = Never true of me

- | | |
|---|-------|
| 1. I compare myself a lot to other people. | _____ |
| 2. I often say "yes" when I prefer to say "no." | _____ |
| 3. I often don't speak up to avoid the disapproval of others. | _____ |
| 4. People close to me would describe me as defensive and easily offended. | _____ |
| 5. I have a hard time laughing at my shortcomings and failures. | _____ |
| 6. I avoid looking weak or foolish in social situations. | _____ |
| 7. I am not always the person I appear to be. | _____ |
| 8. I struggle with taking risks because I could fail or look foolish. | _____ |

9. My sense of worth/well-being comes from what I have (possessions), what I do (accomplishments), or what others think of me (popularity). _____
10. I often act like a different person when in different situations and with different people. _____

Share the one that most stands out to you with your table (or in groups of two or three). (11 minutes)

5. What might be one invitation from God for you out of this entire story about Saul? (12 minutes)

Application (15 minutes)

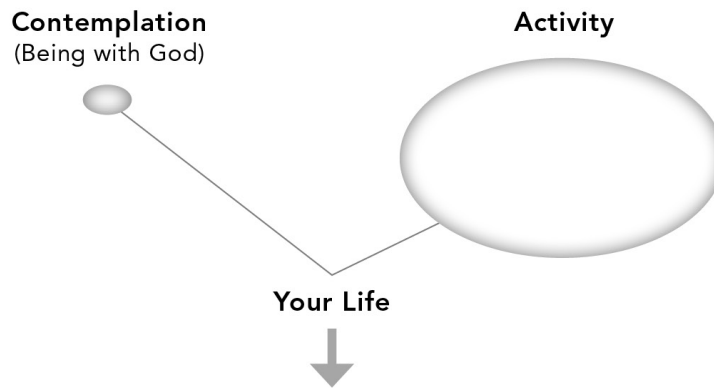
After the following paragraphs and questions 1 and 2 are read aloud, take 5 minutes to journal your response to those questions in the space provided. Then share your response to question 3 in groups of two or three.

Not only was Saul unaware of what was going on inside of him, he also did not cultivate a contemplative life with God. His “doing” for God did not flow from his “being” with God.

In the same way, our “doing” for Jesus must flow from our “being” with him. Far too often, we live vicariously off other people’s spirituality and relate to God while busily “on the run.”

The Problem of Emotionally Unhealthy Spirituality

1. What challenges keep you from slowing down your life to be with God?
2. The diagram below provides an illustration of a spiritual life where our activity (i.e., our doing) is out of balance with our contemplative life (i.e., our inner life with Jesus).



Now, using two circles like the ones in the diagram, draw your own diagram to illustrate how your activities (your doing) balance with your contemplative life (your being with God).²

3. The remaining sessions of the *EH Spirituality Course* will address ways we can make changes in our lives. At this point, what might be one or two simple steps you can take toward beginning to slow down your life and balance your two circles?

VIDEO: Closing Summary (8 minutes)

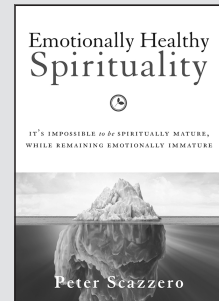
Watch the closing video summary for Session 1 and use the space provided to note anything that stands out to you.

NOTES

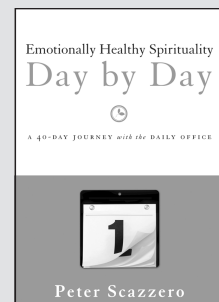
Between-Sessions Personal Study

SESSION 1

Read chapter 2 of the book *Emotionally Healthy Spirituality*, “Know Yourself That You May Know God.” Use the space provided to note any insights or questions you might want to bring to the next group session.



Prayerfully read Week 1 of the devotional *Emotionally Healthy Spirituality Day by Day*, “The Problem of Emotionally Unhealthy Spirituality.” Use the space provided to answer the Questions to Consider and/or to journal your thoughts each day.



Day 1 Questions to Consider:

How would you describe “what is secondary” in your life, the thing that might be “blocking the way” to experiencing God?

How could you make more room in your life for silence in order to listen to God?

Day 2 Questions to Consider:

What internal or external storm might God be sending into your life as a sign that something is not right spiritually?

How do you hear the words of the apostle John today: “Do not love the world or anything in the world” (1 John 2:15)?

Day 3 Questions to Consider:

In what way(s) has God put your life or plans “out of joint” so that you might depend on him?

What might be one way your “busyness” blocks you from listening and communing with the living God?

Day 4 Questions to Consider:

What things are “worrying” and “upsetting” you as you begin this day?

What are you angry about today? Sad about? Afraid of? Pour out your responses before God, trusting in him as David did.

Day 5 Questions to Consider:

What is one step you can take today to slow down and live more attentively to the voice of Jesus?

How might brokenness or weakness in your life today present an opportunity for God's power to be demonstrated?