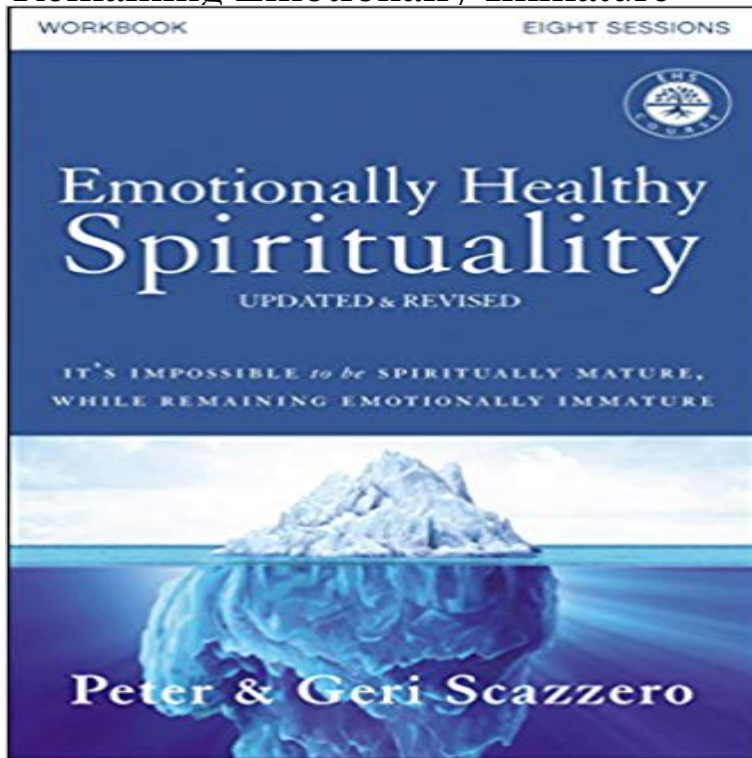


Emotionally Healthy Spirituality Course Workbook, Updated and Revised Edition: Its Impossible to Be Spiritually Mature, While Remaining Emotionally Immature



For those desiring to take steps in their Christian life and discipleship, to break free from bondage to the past and experience healing, the Emotionally Healthy Spirituality Course by Pete and Geri Scazzero is an eight-session video-based Bible study on the integration of emotional health and contemplative spirituality. Many sincere followers of Christ, followers who are really passionate for God, join a church, participate weekly in a small group, serve with their gifts, and who are considered mature, remain stuck at a level of spiritual immaturity especially when faced with interpersonal conflicts and crises.?? The Emotionally Healthy Spirituality Course video study and companion workbook offer a strategy for discipleship that addresses this void, offering powerful pathways to transformation that will help people mature into a faith filled with authenticity and a profound love for God.? This revision includes new questions and activities for each of the eight sessions to summarize and apply the content more deeply. 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 addition to the EHS Course Workbook and Video Study, each participant will also need the Emotionally Healthy Spirituality trade book and the Emotionally Healthy Spirituality Day by Daybook (each sold separately).

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