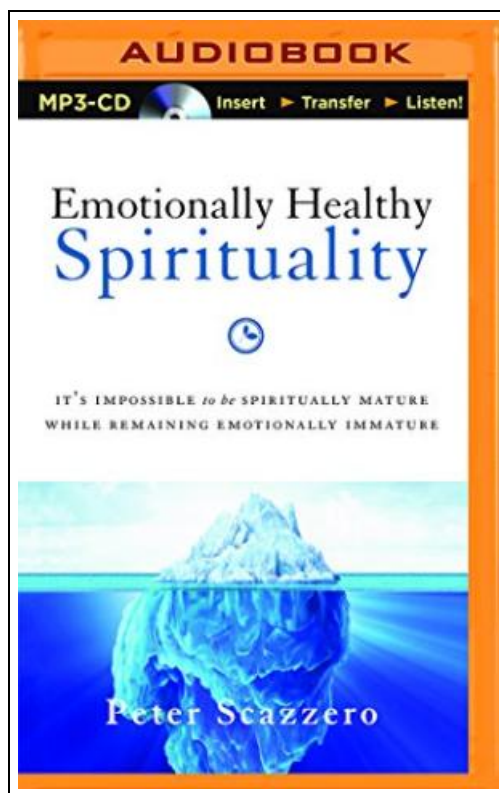


## Emotionally Healthy Spirituality: It s Impossible to Be Spiritually Mature, While Remaining Emotionally Immature



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## EMOTIONALLY HEALTHY SPIRITUALITY: IT S IMPOSSIBLE TO BE SPIRITUALLY MATURE, WHILE REMAINING EMOTIONALLY IMMATURE



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Zondervan on Brilliance Audio, 2016. CD-Audio. Condition: New. Unabridged. Language: English . Brand New. The Christian faith is supposed to produce deep, positive change. So why doesn t it seem to work in real life ? That question screamed at author and speaker Pete Scazzero when his church and marriage hit bottom and every Christian remedy produced nothing but anger and fatigue. In his bestselling book Scazzero unveils what s wrong with our conventional means of spiritual growth and offers not only a model of spirituality that actually works, but seven steps to transformation that will help readers experience a faith charged with authenticity, contemplation and a hunger for God. Peter Scazzero learned the hard way: you can t be spiritually mature while remaining emotionally immature. Even though he was a 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 - Live without boundaries Eventually God awakened him to a biblical integration of emotional health, a relationship with Jesus, and the classic practices of contemplative spirituality. It created nothing short of a spiritual revolution, utterly transforming him and his church. In this bestselling book Scazzero 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. The combination of emotional health and contemplative spirituality, he says, unleashes the Holy Spirit inside us so that we might experientially know the power of an authentic life in Christ.

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