

Emotionally Healthy Spirituality

By Peter Scazzero

1. The five aspects of humanity: 1) Social, 2) Intellectual, 3) Spiritual, 4) Physical, 5) Emotional
2. In his book Pete provides us with a list of the top ten symptoms of someone who is suffering from an Emotionally Unhealthy Spirituality. Do you recognize any of these symptoms within yourself and/or your congregants?
 - a. Using God to run from God
 - i. When I do God's work to satisfy me, not him
 - ii. When I do things in his name he never asked me to do
 - b. Ignoring the emotions of anger, sadness, and fear
 - i. We see anger, sadness, and fear as sins to be avoided
 - ii. We see feelings as being unreliable and untrustworthy
 - c. Dying to the wrong things
 - i. We are to die from the sinful parts of who we are (e.g. defensiveness, detachment from others, arrogance, hypocrisy)
 - ii. God does not call us to die to the good parts of who we are (e.g. friendship, joy, art, music beauty, recreation, laughter, etc.).
 - iii. We need to receive and nurture the good gifts and dreams God has given us and not reject them "to serve Jesus."
 - d. Denying the past's impact on the present
 - i. When we receive Christ and are transformed, our past does not disappear. Instead it will continue to influence us, but in different ways.
 - ii. Instead, we need to go back and break free from unhealthy and destructive patterns.
 - e. Dividing our lives into "secular" and "sacred" components
 - i. Christians lived divided lives, keeping that which is sacred and secular a part
 - ii. It appears evangelicals are not living much different from non-believers
 - f. Doing for God instead of being with God
 - i. Doing lots of work for God means you are very spiritual
 - ii. We are central to the success of God's work
 - g. Spiritualizing away conflict
 - i. It is better to appear harmonious than to reveal a conflict
 - ii. Make promises we never intent to fulfill
 - h. Covering over brokenness, weakness, and failure
 - i. All the "great" characters in the Bible exposed their flaws
 - ii. We are all sinners who live in a sin-broken world
 - i. Living without limits
 - i. We tend to believe we should never say "no"
 - ii. We always feel we need to do more
 - j. Judging other people's spiritual journey
 - i. We feel guilty if we fail to correct a brother/sister-in-Christ
 - ii. We often turn our differences into moral superiority of virtues
3. Pete tells us that we each must walk through a wall that involves six stages to be emotionally healthy spiritually. Each stage is sequential and must be entered before proceeding to the next stage. With which stage(s) do you identify?
 - a. Stage One: Life-changing awareness of God
 - b. Stage Two: Discipleship (Learning)
 - c. Stage Three: The Active Life (Serving)
 - d. The Wall (not daily trials...walls = David fleeing Saul for 13 yrs, Abraham waiting 25 yrs for Isaac, Job losing children, health & possessions in one day)
 - e. Stage Four: Journey Inward
 - f. Stage Five: Journey Outward (from my inner life)
 - g. Stage Six: Transformed into Love
4. Our daily devotion is insufficient. We also need "The Daily Office" and "Sabbath-Keeping"
5. Pete greatly encourages us to develop a "Rule of Life"