



**EMOTIONALLY HEALTHY SPIRITUALITY**

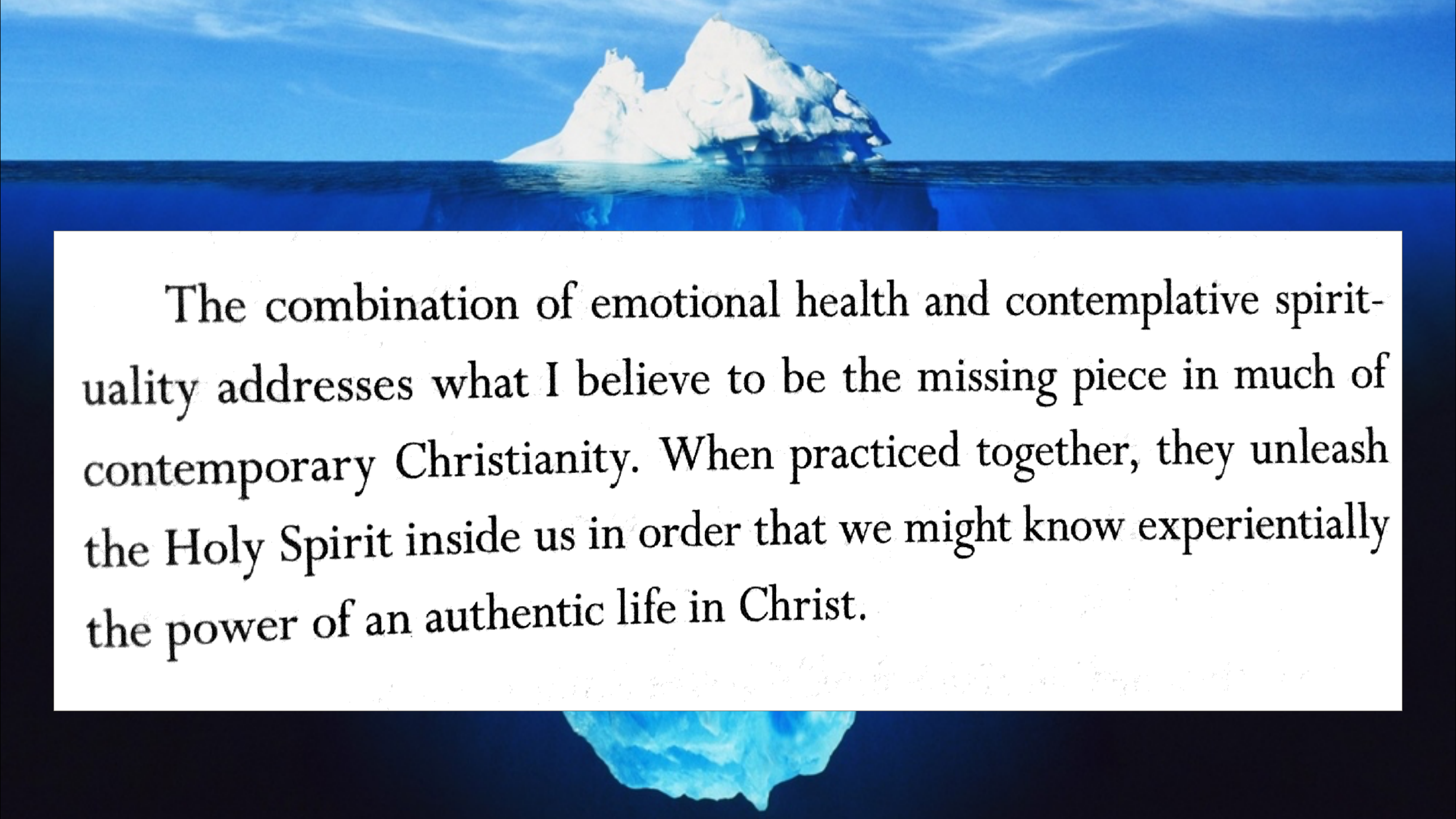


An iceberg floating in a deep blue ocean under a clear blue sky. The visible tip of the iceberg is white and jagged, while the submerged portion is a deep blue, showing a much larger and more complex structure. Two white rectangular boxes with black text are overlaid on the image, one on the left and one on the right, both positioned over the submerged part of the iceberg.

**EMOTIONAL  
HEALTH**

**CONTEMPLATIVE  
SPIRITUALITY**



A photograph of a large iceberg floating in a deep blue ocean under a clear blue sky. The visible tip of the iceberg is white and jagged, while the much larger submerged portion is visible below the water line, illustrating the concept of hidden depth or unseen reality.

The combination of emotional health and contemplative spirituality addresses what I believe to be the missing piece in much of contemporary Christianity. When practiced together, they unleash the Holy Spirit inside us in order that we might know experientially the power of an authentic life in Christ.



An iceberg floating in a blue ocean under a clear blue sky. The tip of the iceberg is visible above the water, while the much larger, jagged base is submerged below the surface. The image is used as a metaphor for the relationship between emotional health and contemplative spirituality.

## **EMOTIONAL HEALTH**

How we think and feel.  
Our sense of wellbeing.  
Our ability to cope with  
life events.

How we process our  
emotions and those of  
others.

## **CONTEMPLATIVE SPIRITUALITY**

How we slow down to be  
with God.  
Loving him and being loved  
by him.

Listening to God.  
Practicing silence & solitude  
in his presence.




A large iceberg floats in a deep blue ocean under a clear blue sky. The visible tip of the iceberg is small and jagged, while the submerged portion is much larger and more complex in shape, illustrating the concept of hidden depths or unseen struggles.

## PHILIPPIANS 4: 6-7 (The Message)

Don't fret or worry. Instead of worrying, pray. Let petitions and praises shape your worries into prayers, letting God know your concerns. Before you know it, a sense of God's wholeness, everything coming together for good, will come and settle you down. It's wonderful what happens when Christ displaces worry at the center of your life.



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## **MATTHEW 22:37-40 (The Message)**

**Jesus said, "'Love the Lord your God with all your passion and prayer and intelligence.' This is the most important, the first on any list. But there is a second to set alongside it: 'Love others as well as you love yourself.' These two commands are pegs; everything in God's Law and the Prophets hangs from them."**



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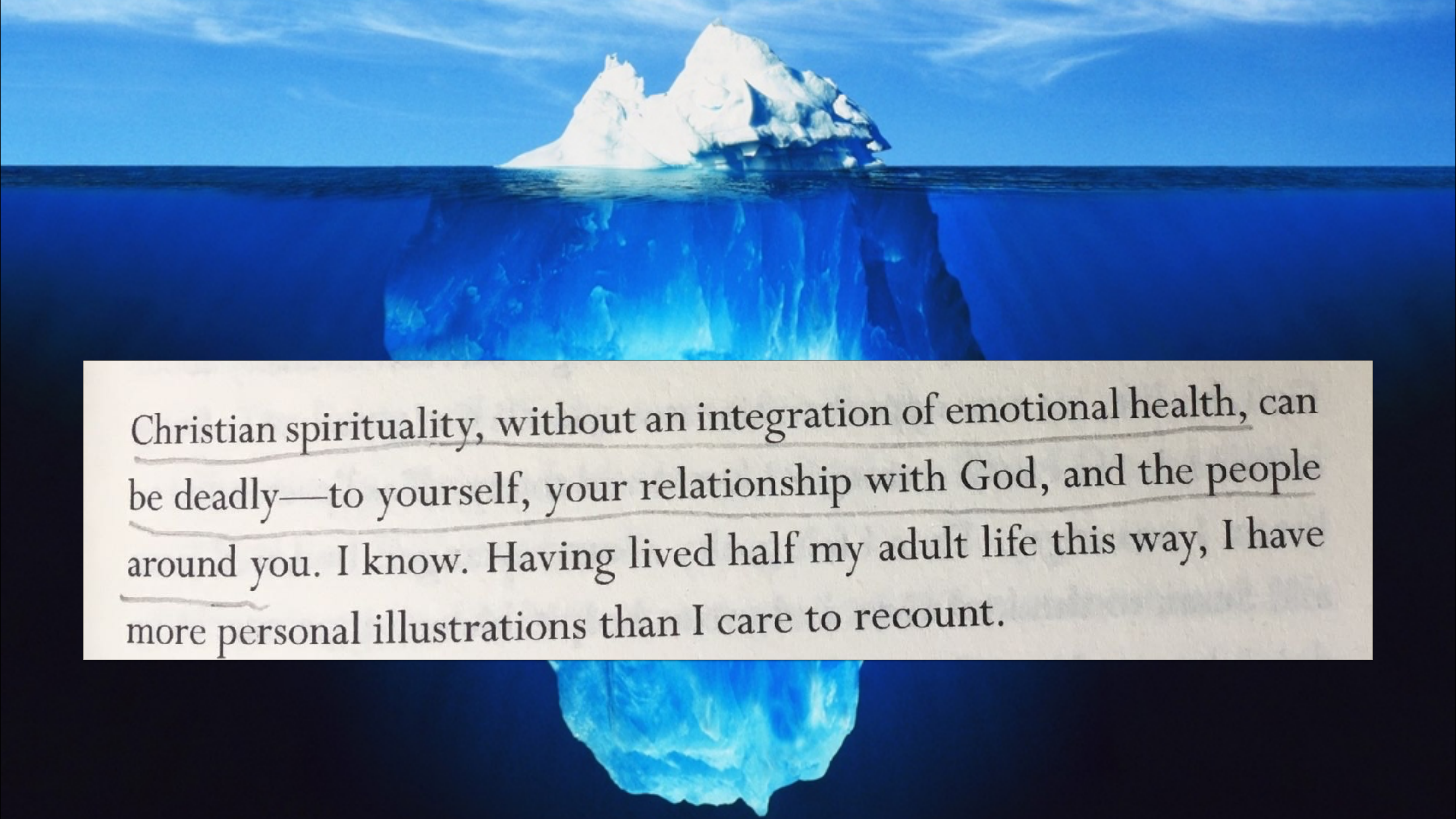
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Christian spirituality, without an integration of emotional health, can  
be deadly—to yourself, your relationship with God, and the people  
around you. I know. Having lived half my adult life this way, I have  
more personal illustrations than I care to recount.





## **2 CORINTHIANS 5:17**

**Therefore, if anyone is in Christ, the new creation has come: the old has gone, the new is here!**







An iceberg floating in a blue ocean under a blue sky. The tip of the iceberg is visible above the water, while the much larger, jagged mass of the iceberg is submerged below the surface. A semi-transparent white box is overlaid on the image, containing text.

# SYMPTOMS OF EMOTIONAL UNHEALTHY SPIRITUALITY

Using God to run from God.  
Ignoring sadness, anger & fear  
Dying to the wrong things  
Denying the impact of the past on the present  
Dividing life into 'secular' and 'sacred' compartments



An iceberg floating in a blue ocean under a blue sky. The tip of the iceberg is above the water, while the much larger, jagged base is submerged. A semi-transparent white box is overlaid on the top part of the image, containing the title text.

# SYMPTOMS OF EMOTIONAL UNHEALTHY SPIRITUALITY

Doing FOR God instead of being WITH God  
Spiritualizing away Conflict  
Covering over brokenness, weakness and failure  
Living without limits  
Judging other people's spiritual journey...

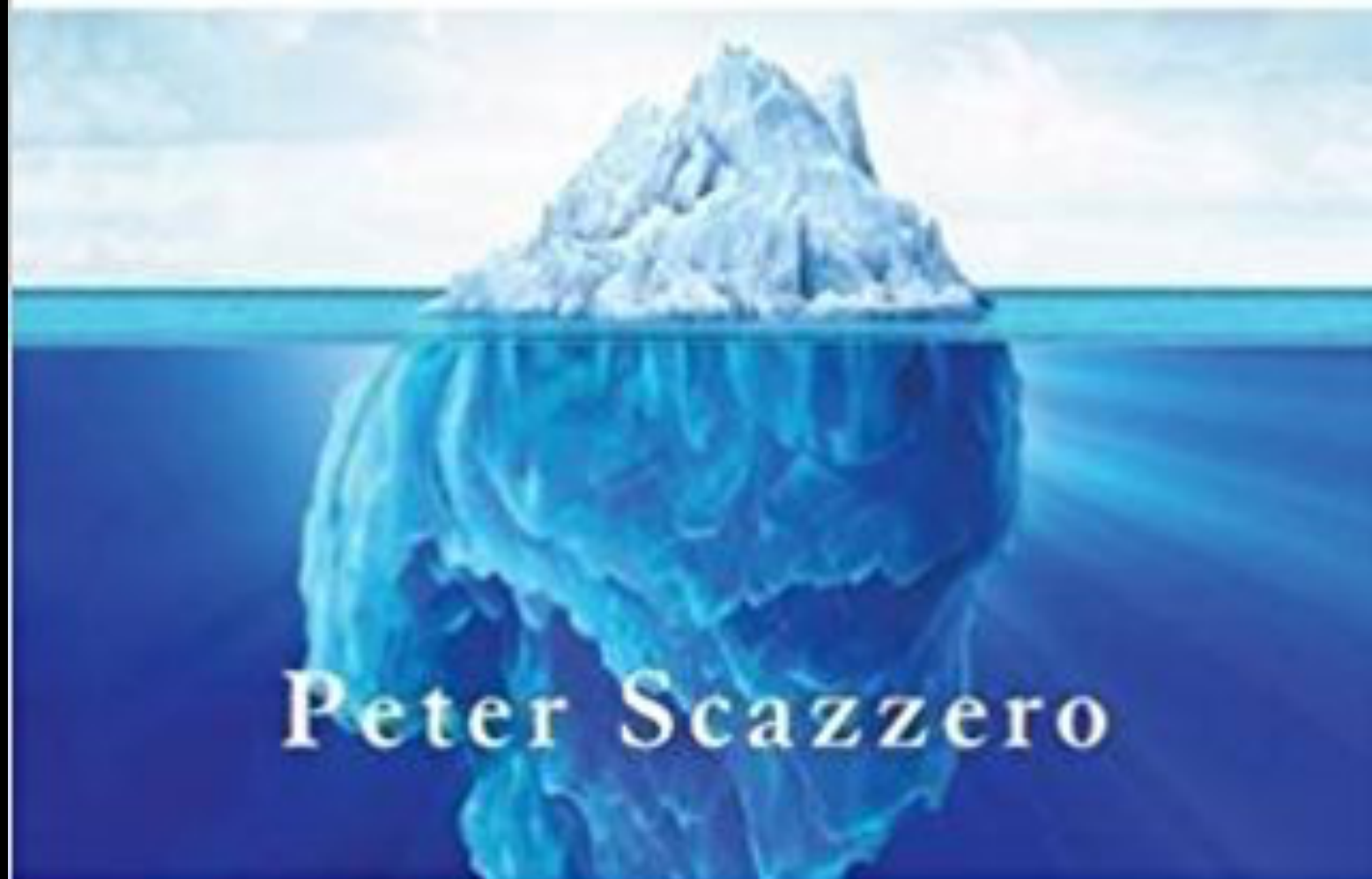


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# Emotionally Healthy Spirituality



IT'S IMPOSSIBLE *to be* SPIRITUALLY MATURE  
WHILE REMAINING EMOTIONALLY IMMATURE



Peter Scazzero



# Emotionally Healthy Spirituality Day by Day

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Peter Scazzero

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