


A photograph of an iceberg floating in a deep blue ocean under a clear blue sky. The visible tip of the iceberg is small and jagged, while the much larger, submerged portion is visible below the water line, illustrating the concept of hidden depth. A semi-transparent grey rectangle is overlaid on the lower half of the image, containing the text.

EMOTIONALLY HEALTHY SPIRITUALITY

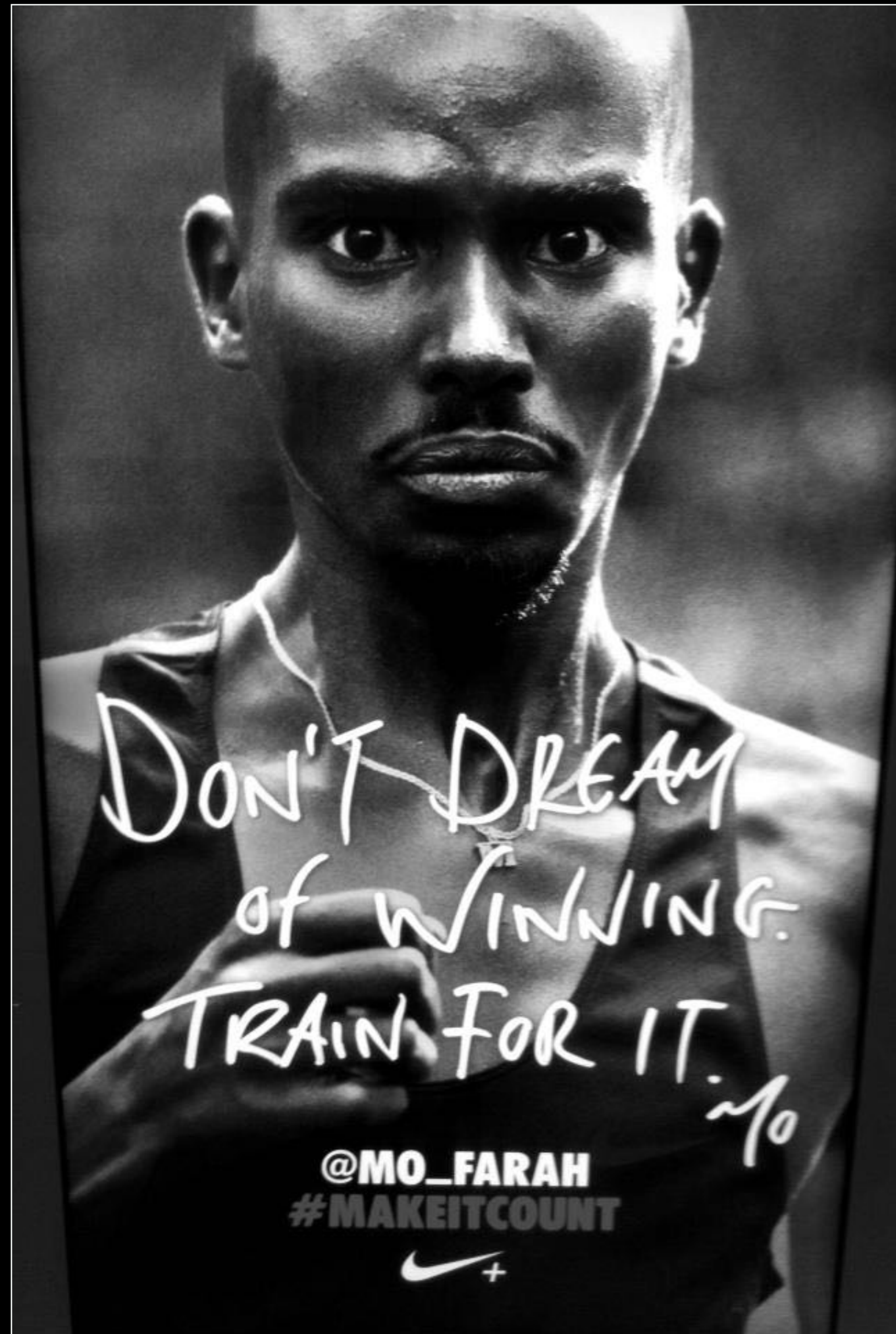






THEREFORE WE ALSO,
SINCE WE ARE
SURROUNDED BY SO
GREAT A CLOUD
OF WITNESSES,
LET US LAY ASIDE
EVERY WEIGHT, &
THE SIN WHICH SO
EASILY ENSNARES US,
LET US RUN
WITH ENDURANCE
THE RACE THAT IS
SET BEFORE US.

HEBREWS 12:1



”...train yourself to be godly. For physical training is of some value, but godliness has value for all things...”

1 Tim 4:7,8

Godliness

- devotion in action

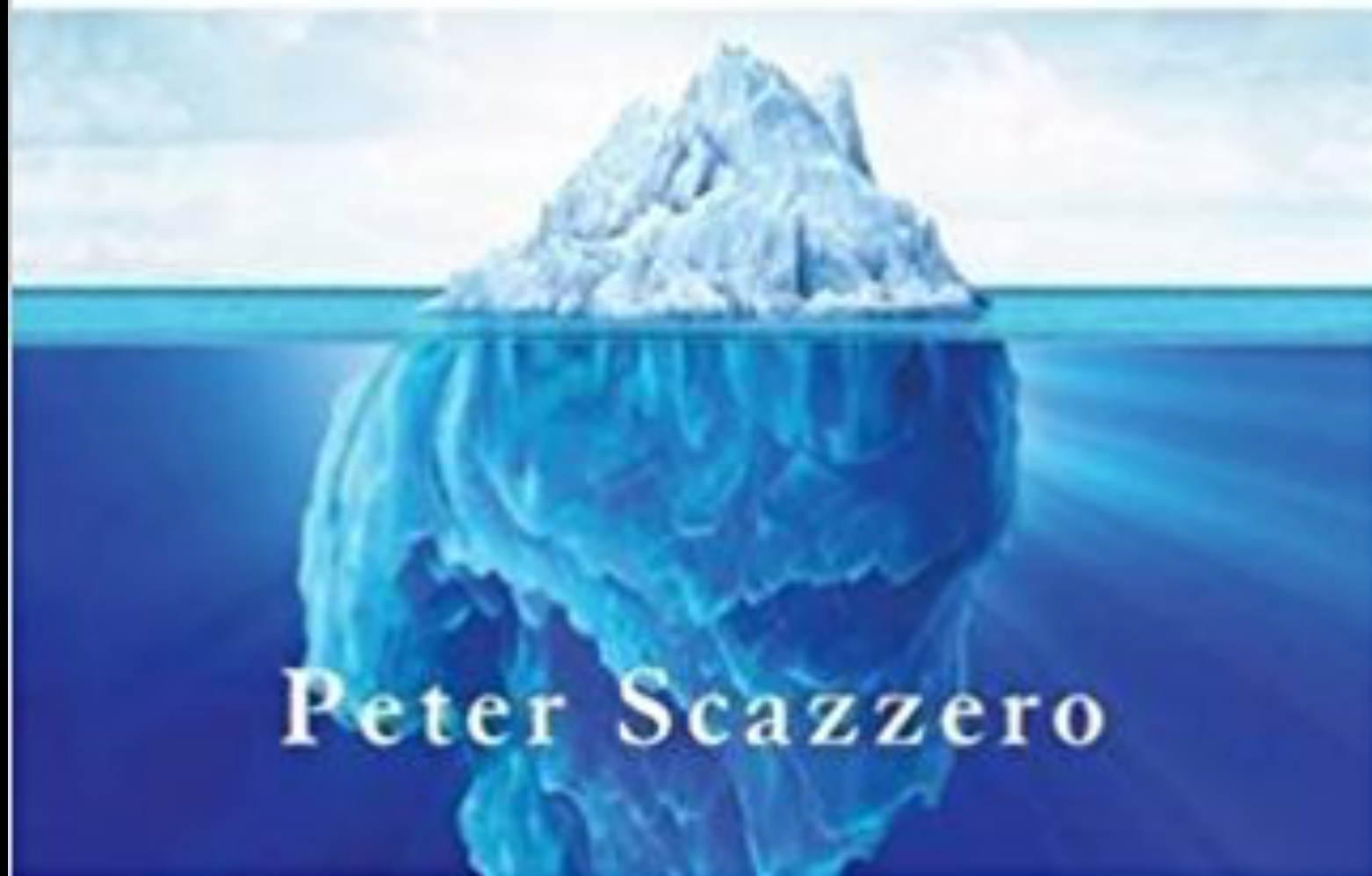
- Fear of God - reverence and awe
- Love of God - its deeply personal
- Desire for God - his presence and close friendship

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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

A 40-DAY JOURNEY *with the* DAILY OFFICE



Peter Scazzero

Previously published as Daily Office



A trellis helps a vine grow

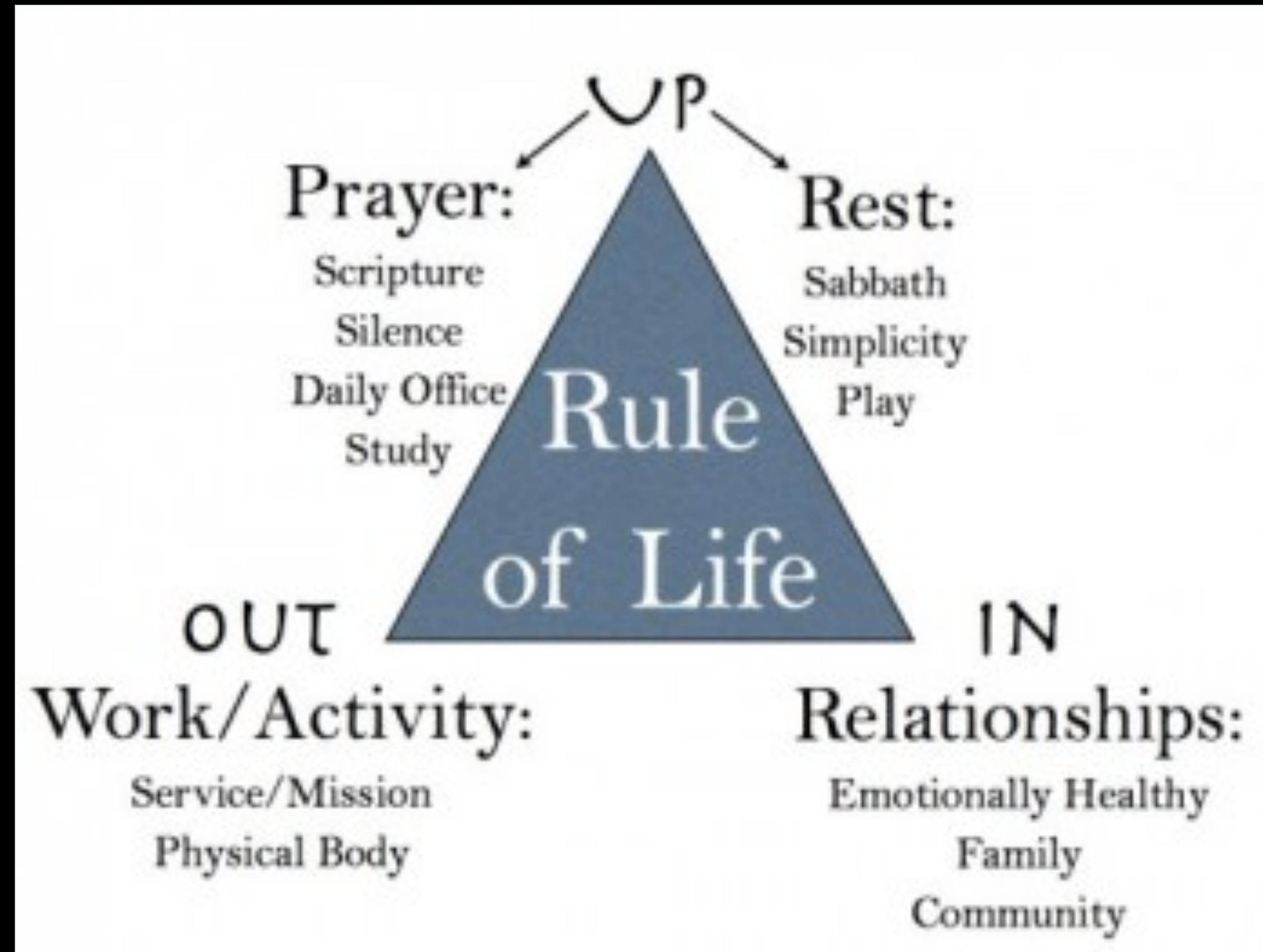
A “rule of life” or intentional plan helps us grow





I will build my life upon your love;
It is a firm foundation

live
every
day
with
intention.



An intentional plan
to keep God at the centre of all I do