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Estudio

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pasos en su fe cristiana y discipulado, para liberarse de las ataduras del pasado y experimentar la sanidad, Espiritualidad emocionalmente sana es un estudio bíblico de ocho sesiones con video sobre la integración de la salud emocional y la espiritualidad contemplativa. Muchos seguidores de Cristo, que están realmente apasionados por Dios, se unen a una iglesia, participan semanalmente en un grupo pequeño, sirven con sus dones, y quienes son considerados «maduros», permanecen estancados a un nivel de inmadurez espiritual, especialmente cuando enfrentan conflictos y crisis interpersonales. El estudio en video Espiritualidad emocionalmente sana y la guía de

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estudio que lo acompaña, ofrecen una estrategia para que el discipulado aborde este vacío, ofreciendo poderosos caminos hacia la transformación que ayudará a las personas maduras a llegar a una fe llena de autenticidad y un profundo amor a Dios. Las ocho sesiones incluyen:

1. El problema de la espiritualidad emocionalmente no sana.
2. Saber que puedes conocer a Dios.
3. Retroceder para avanzar hacia adelante.
4. Viaje a través de la pared.
5. Expandir tu alma a través del dolor y la pérdida.
6. Descubrir el ritmo de las Oficio diario y el Sabbat.
7. Crecer en un adulto emocionalmente sano.
8. Tomar el siguiente paso para desarrollar una «regla de vida».

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What Are You Missing? Peter Scazzero learned the hard way: you can't be spiritually mature while remaining emotionally immature. Even though Pete was pastor of a rapidly 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 profound relationship with Jesus, and the historical practices of contemplative spirituality. It created nothing short of a spiritual revolution, utterly transforming him and his church. In this best-selling book Pete outlines his journey and the



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signs of emotionally unhealthy spirituality. Then he provides seven biblical, reality-tested ways to break through to the revolutionary life Christ meant for you. Emotionally Healthy Spirituality is presently used in more than twenty-six countries to equip churches in a deep, beneath-the-surface spiritual formation paradigm that truly transforms lives.

Based on his bestselling book Emotionally Healthy Spirituality, this 40-day devotional by Peter Scazzero is your guide to more intentional, meaningful, life-changing communion with God. We all struggle to find daily time to be with God for the nourishment of our souls. This

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Groundbreaking devotional is your key to resting fully in the awareness of his presence, increasing your self-knowledge, and growing deeper, closer to God. Each day, Peter Scazzero invites you to the ancient and yet powerful spiritual discipline of the Daily Office, the practice of pausing morning and evening to reflect on God's work in your life. In the midst of the hustle, we have to create interludes to re-center our hearts on the presence of God. For eight weeks, each morning and evening devotional will help you create that much-needed space for silence and reflection. You will be encouraged with thoughtful readings and questions to consider. And after each a closing prayer, you'll

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Return to your day with a renewed sense of purpose and peace. This devotional is drawn from the bestselling book Emotionally Healthy Spirituality and can be read as a companion book or enjoyed on its own. Emotionally Healthy Spirituality Day by Day will anchor your life on the invitation to love God with all your heart, mind, and strength. In this guided journey, you'll discover the spiritual nourishment, joy, and peace that comes from meeting with God every day. Emotionally Healthy Spirituality Day by Day is also available in Spanish, *Espiritalidad emocionalmente sana Día a día*.

Geri Scazzero discovered real life

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and joy with Christ really began when she stopped pretending everything was fine. Summoning the courage to quit that which does not belong to Jesus' kingdom launched her on a powerful journey that changed her and everyone around her. (Practical Life)

En este estudio en video de seis sesiones, Pete Scazzero revelar siete pasos para la transformación que te ayudará a experimentar una fe llena de autenticidad, contemplación y hambre por Dios. Este Estudio en dvd Espiritualidad emocionalmente sana puede ser usada para una reflexión personal o para discusión grupal con su respectiva guía de estudio.

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In The Emotionally Healthy Church, Updated and Expanded Edition, by Peter Scazzero, you'll discover exactly what it takes for the truth to set you free. This revised and expanded edition of Scazzero's award-winning book not only takes the original six principles for cultivating spiritual and emotional health in your church further and deeper, but he also adds a seventh principle to show you as a church leader how to slow down to lead with integrity."

Pastors and church leaders want to see lives changed by the gospel. They work tirelessly to care for people, initiate new programs and ministries, preach

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new sermon series, and keep up with the latest trends. Sadly, it would seem that much of this effort is not resulting in deeply changed disciples. Why? Because many churches are unknowingly operating from a shallow discipleship that allows people to recycle the same problems year after year. Church goers are increasingly passive with lives not distinct from the culture. People are not able to integrate anger and sadness. Many are defensive and incapable of revealing their own weaknesses. Church leaders desperately need a better way of teaching people what it means to follow Jesus in a transformative way. In *Emotionally Healthy Discipleship*, bestselling author Pete Scazzero combines three

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decades of wisdom with hard lessons from his own ministry journey. He lays out what is required for church leaders to multiply deeply-changed people who are growing in relationship with God, themselves and others. Scazzero begins with four beneath-the-surface, systemic gaps that undermine serious discipleship. He provides a clear vision for a church culture that deeply changes lives and then practically unpacks the seven biblical marks of emotionally healthy discipleship: Learn to Be Before You Do Follow the Crucified, Not the Americanized, Jesus Receive the Gift of Limits Befriend Suffering and Loss Break the Power of the Past Practice the Presence of People Lead Out of

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Brokenness and Vulnerability

Finally, he lays out practical steps for you to create an emotionally healthy discipleship culture that actually has the power to change the world.

You can't be spiritually mature while remaining emotionally immature. In this eight-session video Bible study, author and pastor Pete Scazzero awakens participants to a biblical integration of emotional health and the classic practices of contemplative spirituality, leading to a relational revolution with Jesus.

Part of the bestselling Emotionally Healthy Spirituality book collection, this 40-day devotional



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by Peter Scazzero will help you cultivate your own personal relationship with Jesus rather than living off the spirituality of others. Emotionally Healthy Relationships Day by Day - just like its sister devotional, Emotionally Healthy Spirituality Day by Day - is your invitation into the ancient yet powerful discipline of the Daily Office, the practice of pausing morning and evening to reflect on God's work in your life. Each devotional will reflect on emotionally healthy relational themes, such as clarifying expectations, deep listening, and clean fighting. You'll be ushered into a transformational practice that will deepen your daily walk with Jesus, and along the way, you'll discover the

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spiritual nourishment, joy and peace that comes from meeting with him every day. Emotionally Healthy Relationships Day by Day is also available in Spanish, Relaciones emocionalmente sanas Día a día.

Pete y Geri Scazzero desarrollaron el curso de Relaciones emocionalmente sanas durante un período de veintiún años, en el que abordan de manera directa los principios bíblicos centrales para guiarlo a una experiencia de discipulado que cambiará radicalmente su vida. En el curso de Relaciones emocionalmente sanas, aprenderá ocho habilidades prácticas de las relaciones, para desarrollar relaciones maduras y

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amorosamente con otras personas, tales como:

- Dejar de leer la mente de los demás y esclarecer sus expectativas
- Escuchar con empatía
- Subir la cuesta de la integridad
- Jugar limpio

Y como no se puede separar el amar a los demás y el amar a Dios, cada persona también crecerá en su relación personal con Jesús, incorporando la quietud, el silencio y las Escrituras como ritmos diarios. Esta Guía de ejercicios incluye introducciones para cada sesión, preguntas de discusión en grupo, pasos de acción personal y un estudio personal para realizar entre cada sesión. El mismo es parte del Curso de Relaciones emocionalmente sanas, que también incluye los videos y

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devocionales. Únase a nosotros en un camino poderoso que lo llevará a atravesar una puerta que cambiará para siempre la manera en que ama a Dios, a los demás y a usted mismo. Las sesiones incluyen: Tomar su temperatura comunitaria Dejar de leer la mente de los demás y esclarecer sus expectativas Trazar el árbol genealógico de su familia Explorar el iceberg Escuchar con empatía Subir la cuesta de la integridad Jugar limpio Desarrollar una "regla de vida" para implementar habilidades emocionalmente sanas Diseñado para usar con el Video de estudio Relaciones emocionalmente sanas (se vende por separado).

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