



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

Peter Scazzero

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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 best-selling 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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