

emotionally healthy discipleship pdf

Emotionally Healthy Discipleship PDF: A Comprehensive Guide to Spiritual and Emotional Growth

Emotionally healthy discipleship pdf has become an essential resource for many believers seeking to deepen their faith while cultivating emotional resilience. In today's fast-paced and often stressful world, integrating emotional health into discipleship offers a holistic approach to spiritual growth. This comprehensive guide explores the significance of emotionally healthy discipleship, how to access and utilize the PDF resources effectively, and practical steps to incorporate these teachings into everyday life.

Understanding Emotionally Healthy Discipleship

What Is Emotional Health in Discipleship?

Emotional health in discipleship refers to the process of integrating spiritual maturity with emotional well-being. It emphasizes the importance of understanding, managing, and expressing emotions in a healthy manner as part of one's spiritual journey. This approach recognizes that spiritual growth is not solely about knowledge or outward actions but also about inner healing, self-awareness, and emotional resilience.

Key aspects include:

- Recognizing emotional triggers
- Healing from past wounds
- Developing self-awareness
- Cultivating emotional intelligence
- Building authentic relationships

The Importance of Emotionally Healthy Discipleship

Integrating emotional health into discipleship is critical for several reasons:

- Promotes authentic faith
- Reduces spiritual burnout
- Enhances relational effectiveness
- Encourages transparency and vulnerability
- Supports mental health and overall well-being

Research indicates that emotionally healthy believers are more resilient, compassionate, and effective in their ministries and personal relationships.

Why Use the Emotionally Healthy Discipleship PDF?

Benefits of the PDF Resource

The emotionally healthy discipleship PDF serves as a structured guide that offers:

- Practical insights grounded in biblical principles
- Step-by-step exercises for self-reflection
- Resources for emotional healing and growth
- Actionable steps to implement emotionally healthy practices
- A flexible format suitable for individual or group study

Who Can Benefit from the PDF?

This resource is invaluable for:

- Pastors and church leaders seeking to foster healthier congregations
- Small group leaders and discipleship coordinators
- Individual believers desiring personal growth
- Christian counselors and therapists
- Youth leaders and mentors

Accessing and Using the Emotionally Healthy Discipleship PDF

Where to Find the PDF

The PDF can typically be accessed through:

- Official ministry websites offering free or paid downloads
- Christian resource platforms
- Discipleship training programs
- Bookstores or online marketplaces like Amazon or Christianbook

Always ensure you are downloading from reputable sources to guarantee authenticity and quality.

How to Effectively Use the PDF

To maximize the benefits of the resource:

1. Set Clear Goals: Define what you want to achieve — whether personal growth, group development, or leadership training.
2. Create a Study Schedule: Dedicate regular time slots to read, reflect, and practice the

exercises.

3. Engage in Reflection: Use journaling prompts and self-assessment tools provided in the PDF.

4. Implement Practical Steps: Apply the principles in daily interactions and spiritual practices.

5. Join Supportive Communities: Share insights and experiences with others on the same journey.

Core Components of the Emotionally Healthy Discipleship PDF

1. Biblical Foundations for Emotional Health

This section emphasizes scriptural principles that underpin emotional well-being, such as:

- The fruit of the Spirit (Galatians 5:22-23)
- Jesus' example of emotional authenticity (John 11:35)
- The importance of inner healing (Psalm 147:3)

2. Self-Awareness and Emotional Intelligence

Practical tools to help believers:

- Identify their emotional patterns
- Understand their emotional responses
- Cultivate empathy for others

3. Healing and Inner Work

Guidance on:

- Forgiveness and reconciliation
- Addressing past wounds
- Overcoming shame and guilt

4. Building Healthy Relationships

Strategies to foster:

- Authentic communication
- Conflict resolution
- Vulnerability and trust

5. Discipleship Practices

Including:

- Daily reflection exercises
- Prayer and contemplative practices
- Accountability partnerships

Practical Steps to Incorporate Emotionally Healthy Discipleship into Daily Life

Step 1: Personal Reflection and Self-Assessment

Begin by evaluating your emotional health through:

- Journaling your feelings and reactions
- Recognizing recurring emotional triggers
- Identifying areas needing healing

Step 2: Engage with Biblical Teachings

Study scriptures related to emotional health and renewal. Reflect on passages like:

- Psalm 42:11
- 2 Corinthians 5:17
- Ephesians 4:22-24

Step 3: Practice Emotional Regulation

Implement techniques such as:

- Mindfulness prayer
- Deep breathing
- Pausing before responding

Step 4: Seek Inner Healing

Use the exercises in the PDF to work through past wounds, forgiving others and yourself as needed.

Step 5: Cultivate Healthy Relationships

Apply principles learned by:

- Listening actively
- Being vulnerable with trusted friends or mentors
- Addressing conflicts biblically

Step 6: Join Discipleship or Support Groups

Participate in group studies based on the PDF material to foster community, accountability, and shared growth.

Additional Resources and Support

Recommended Books and Courses

- Emotionally Healthy Spirituality by Pete Scazzero
- The Emotionally Healthy Leader by Pete Scazzero
- Online courses related to emotional health and discipleship

Professional Counseling and Mentorship

Seeking support from trained Christian counselors or mentors can enhance healing and growth processes.

Community Engagement

Engage with church groups, prayer meetings, and discipleship classes that emphasize emotional health.

Conclusion

Integrating emotional health into discipleship is vital for a balanced and authentic Christian life. The emotionally healthy discipleship pdf offers valuable insights, practical exercises, and biblical foundations to help believers grow holistically—spiritually, emotionally, and relationally. Whether you are an individual seeking personal development or a leader guiding others, utilizing this resource can foster deeper transformation and healthier communities. Embrace the journey of emotional and spiritual maturity today by leveraging the power of the PDF and committed discipleship practices.

Remember: True discipleship involves the whole person—mind, heart, body, and soul. By prioritizing emotional health, you are aligning your life more closely with Christ's example and purposes for your life.

Frequently Asked Questions

What is included in an 'Emotionally Healthy Discipleship PDF' resource?

An 'Emotionally Healthy Discipleship PDF' typically includes teachings on emotional health, spiritual growth, practical steps for healing, and biblical insights to help believers develop a balanced and mature faith.

How can an emotionally healthy discipleship PDF benefit my spiritual journey?

It provides guidance on understanding and integrating emotional health with spiritual practices, leading to deeper intimacy with God, healthier relationships, and greater resilience in faith.

Is the 'Emotionally Healthy Discipleship PDF' suitable for small group study?

Yes, many versions are designed for group study, offering discussion questions and practical exercises that facilitate collective growth and accountability.

Where can I find a reputable 'Emotionally Healthy Discipleship PDF' online?

Reputable sources include official church websites, trusted Christian publishers, and platforms like EmotionallyHealthy.org, which offer free or paid downloadable resources aligned with the EHS model.

What are the key principles of emotionally healthy discipleship covered in these PDFs?

Key principles often include self-awareness, grief and loss processing, establishing healthy boundaries, developing emotional intelligence, and integrating emotional health with spiritual disciplines.

Can I use an 'Emotionally Healthy Discipleship PDF' for personal growth or counseling?

Yes, it serves as a valuable tool for personal reflection and growth, and can also complement counseling or coaching by providing structured biblical guidance on emotional health.

Additional Resources

Emotionally Healthy Discipleship PDF: A Comprehensive Review

In recent years, the concept of Emotionally Healthy Discipleship PDF has gained significant traction among Christian leaders, pastors, and believers seeking a deeper, more authentic spiritual walk. As the church increasingly recognizes that spiritual growth is intertwined with emotional health, resources like the PDF version of Emotionally Healthy Discipleship have become invaluable tools. This review aims to explore the content, structure, strengths, and limitations of the Emotionally Healthy Discipleship PDF, providing readers with a detailed understanding of its value for personal and communal spiritual formation.

Understanding Emotionally Healthy Discipleship

What Is It?

Emotionally Healthy Discipleship (EHD) is a discipleship approach developed by Pete Scazzero that emphasizes the integration of emotional health with spiritual maturity. The core idea is that true discipleship involves not only correct doctrine and outward obedience but also genuine emotional wholeness. The PDF version of this material distills these principles into a structured, accessible format, making it a practical resource for individuals and groups alike.

Core Principles

The PDF outlines several foundational principles, including:

- The importance of acknowledging and processing one's emotions in the context of faith.
- The necessity of embracing grief, loss, and pain as part of spiritual growth.
- Developing a rhythm of self-awareness, solitude, and reflection.
- Building authentic community rooted in vulnerability and trust.

Content Breakdown of the PDF

Structure and Organization

The Emotionally Healthy Discipleship PDF is typically organized into multiple chapters or modules, each addressing a vital aspect of emotional health and discipleship. These modules often include:

- An introduction to emotional health and its biblical foundation.
- Personal assessments to identify areas for growth.
- Practical steps for implementing emotional health practices.
- Case studies and testimonies illustrating transformation.
- Reflection questions and exercises.

This modular design allows for flexibility in individual study or group settings, fostering an interactive and reflective learning experience.

Key Topics Covered

- The Link Between Emotional and Spiritual Health: Exploring how unresolved emotional issues hinder spiritual growth and how healing is integral to discipleship.
- The Practice of Sabbath and Rest: Emphasizing the importance of rhythms of rest for emotional well-being.
- Handling Grief and Loss: Learning to grieve well as part of the spiritual journey.
- Vulnerability and Authenticity: Cultivating honest relationships within the church community.
- Overcoming Emotional Barriers: Addressing issues like shame, guilt, and fear through biblical truth.

Features of the PDF Resource

Pros

- Accessibility: The PDF format makes it easy to access across devices and share with others.
- Cost-Effective: Usually priced affordably or available for free, making it accessible to a broad audience.
- Self-Paced Learning: Allows individuals to engage with the material at their own pace.
- Practical Exercises: Includes reflection questions, journaling prompts, and action steps to facilitate application.
- Biblical Foundation: Roots all principles in Scripture, ensuring theological soundness.
- Group Use: Designed for both individual and group study, encouraging community accountability.

Cons

- Lack of Interactive Elements: As a static PDF, it may lack multimedia components that enhance engagement.
- Limited Personalization: Doesn't replace personalized coaching or counseling for deep emotional issues.
- Potential Overwhelm: For some, the depth and scope of the material might be challenging without guided facilitation.
- Updates and Revisions: PDF versions may not always reflect the latest insights or companion resources that are periodically updated online.

Strengths of the Emotionally Healthy Discipleship PDF

Biblical and Theological Depth

One of the most compelling features of the PDF is its firm grounding in Scripture. It consistently references biblical stories, characters, and teachings to illustrate points about emotional health, making the material both credible and spiritually enriching. This theological depth ensures that emotional health is not viewed as a secular or psychological pursuit but as an integral part of biblical discipleship.

Practical Application

The PDF doesn't merely present theory; it offers tangible steps for growth. Whether it's practicing silence and solitude, engaging in honest self-assessment, or cultivating authentic community, readers are equipped with concrete practices to implement in daily life.

Holistic Approach

Unlike many discipleship resources that focus solely on doctrine or service, this material emphasizes the whole person. It advocates for a balanced approach—addressing the mind, heart, and community—leading to more sustainable spiritual growth.

Transformational Potential

Many users report that engaging with this material leads to significant emotional and

spiritual breakthroughs. Recognizing and healing emotional wounds often results in renewed joy, deeper intimacy with God, and healthier relationships.

Limitations and Considerations

While the Emotionally Healthy Discipleship PDF offers numerous benefits, it's important to recognize its limitations:

- Not a Substitute for Professional Help: The resource encourages emotional honesty but is not a substitute for counseling or therapy when dealing with deep-seated issues.
- Requires Commitment: Genuine transformation demands ongoing effort, reflection, and sometimes difficult self-confrontation.
- Cultural and Contextual Relevance: While rooted in biblical principles, some examples or language may need adaptation for different cultural contexts.
- Supplementary Resources Needed: For a comprehensive discipleship journey, additional books, sermons, or coaching may be necessary.

Who Would Benefit Most?

The Emotionally Healthy Discipleship PDF is ideal for:

- Church Leaders and Pastors: Seeking to cultivate emotionally healthy churches.
- Small Group Facilitators: Wanting to guide groups through emotional and spiritual growth.
- Individual Believers: Interested in personal growth and emotional healing.
- Counselors and Coaches: Integrating emotional health into spiritual care.

Final Thoughts and Recommendations

The Emotionally Healthy Discipleship PDF stands out as a valuable resource that bridges the often-separated realms of emotional wellness and spiritual maturity. Its biblical foundation, practical tools, and holistic approach make it a compelling choice for those serious about authentic discipleship. While it requires a willingness to engage deeply with oneself and possibly confront difficult truths, the potential for transformation is significant.

For churches and individuals committed to fostering a discipleship environment that prioritizes emotional health, this PDF can serve as a foundational resource. It can be used

as a standalone guide or integrated into larger discipleship programs. However, it's also recommended to supplement this resource with pastoral counseling or professional therapy when needed, ensuring that emotional wounds are addressed comprehensively.

In summary, the Emotionally Healthy Discipleship PDF offers an enriching, biblically grounded pathway toward holistic spiritual growth. Its accessible format, combined with its depth and practicality, makes it an essential tool for the 21st-century church seeking to disciple believers not just in knowledge but in emotional integrity and authentic faith.

Note: As with any resource, individual discernment is essential. Readers should prayerfully assess how this material aligns with their unique spiritual journey and community context.

Emotionally Healthy Discipleship Pdf

emotionally healthy discipleship pdf: *Emotionally Healthy Discipleship* Peter Scazzero, 2021-03-30 The global church is facing a discipleship crisis. Here's how we move forward into transformative discipleship... Pastors and church leaders want to see lives changed by the gospel. They work tirelessly to care for people, initiate new ministries, preach creatively, and keep up with trends. Sadly, much of this effort does not result in deeply changed disciples. Traditional discipleship strategies fail because they only address surface issues and do not go deep enough into the emotional health of individuals. But transformative, emotionally healthy discipleship is a methods-based biblical theology that, when fully implemented, informs every area of a church, ministry, or organization. It is a discipleship structure built from the center that: Slows down our lives so we can cultivate a deep, personal relationship with Jesus. Challenges the values of Western culture that have compromised the radical call to follow the crucified Jesus. Integrates sadness, loss, and vulnerability, that, when left out, leave people defensive and easily triggered. Acknowledges God's gift of limits in our lives. Connects how our family and personal history influence our discipleship in the present. Measures our spiritual maturity by how we are growing in our ability to love others. In *Emotionally Healthy Discipleship*, bestselling author Pete Scazzero takes leaders step-by-step through how to create an emotionally healthy culture and multiply deeply-changed people in every aspect of church life, including: Leadership and team development Marriage and single ministry Small groups and youth and children's ministry Preaching, worship, and administration Outreach Complete with assessments and practical strategies, *Emotionally Healthy Discipleship* will help you move people to the beneath-the-surface discipleship that actually has the power to change the world. **Winner of the 2022 ECPA Christian Book Award for Ministry Resources**

emotionally healthy discipleship pdf: Emotionally Healthy Relationships Workbook Peter Scazzero, Geri Scazzero, 2017-09-12 Have you ever wondered why we recycle the same problems in the church year after year? Broken relationships, unresolved conflicts, inability to speak the truth, pretending things are fine because we're concerned about being nice. Week after week we hear sermons about loving better, but little changes in people's lives. We spend a lot of money to learn, and become competent in, our careers, but few of us have learned the skills or gained the competency to love well. It's been rightly said that 85 percent of Christians are stuck, stagnant in their spiritual lives. Most discipleship approaches do not include the necessary tools to mature us as followers of Jesus Christ who love God, ourselves, and others well. Pete and Geri Scazzero developed

The Emotionally Healthy (EH) Relationships Course over a 21-year period to directly address core biblical principles to guide you and others into an experience of discipleship that will deeply change your life. In the EH Relationships Course, you will learn 8 practical relationship skills to develop mature, loving relationships with others. Take Your Community Temperature Reading Stop Mind Reading and Clarify Expectations Genogram Your Family Explore the Iceberg Listen Incarnationally Climb the Ladder of Integrity Fight Cleanly Develop a “Rule of Life” to Implement Emotionally Healthy Skills And since loving others and loving God cannot be separated, you will also grow in your personal, first-hand relationships with Jesus by incorporating stillness, silence, and Scripture as daily life rhythms. This workbook includes sessions introductions, group discussion questions, personal action steps, and between the sessions personal study. This powerful journey that will walk you through a door that will change forever the way you love God, others, and yourself. Designed for use with the Emotionally Healthy Relationships Video Study (9780310081937), sold separately. It is part of the Emotionally Healthy (EH) Relationships Course that also includes the Emotionally Healthy Relationships Day by Day devotional (9780310349594).

emotionally healthy discipleship pdf: Emotionally Healthy Relationships Expanded Edition Workbook plus Streaming Video Peter Scazzero, Geri Scazzero, 2023-08-29 Discipleship that Deeply Changes Your Relationship with Others As Part 2 of the Emotionally Healthy Discipleship Course, Pete and Geri Scazzero developed Emotionally Healthy (EH) Relationships over a 27-year period to directly address core biblical principles to guide you and others into an experience of discipleship that will deeply change your life. In EH Relationships Expanded Edition, everyone will learn eight practical relationship skills to develop mature, loving relationships with others, such as: Stop Mind Reading and Clarify Expectations Climb the Ladder of Integrity Incarnational Listening Clean Fighting And since loving others and loving God cannot be separated, each person will also grow in their personal, first-hand relationship with Jesus by incorporating stillness, silence, and Scripture as daily life rhythms. Part 2 of the Emotionally Healthy Discipleship Course also includes the newly-filmed Emotionally Healthy Relationships video and the Emotionally Healthy Relationships Day by Day devotional (sold separately). Join us for a powerful journey that will walk you through a door that will change forever the way you love God, others, and yourself. This workbook includes: Individual access to eight streaming video sessions Between-sessions personal study Session introductions, group discussion questions, and personal action steps Leader’s Guide and valuable appendices Sessions and video run times: Take Your Community Temperature Reading (31:00) Stop Mind Reading and Clarify Expectations (29:00) Genogram Your Family (29:30) Explore the Iceberg (23:00) Incarnational Listening (24:00) Climb the Ladder of Integrity (22:00) Clean Fighting (18:00) Develop a “Rule of Life” to Implement Emotionally Healthy Skills (8:00) This study guide has everything you need for a full Bible study experience, including: The study guide itself—with discussion and reflection questions, video notes, and a leader's guide. An individual access code to stream all video sessions online. (You don’t need to buy a DVD!) Streaming video access code included. Access code subject to expiration after 12/31/2028. Code may be redeemed only by the recipient of this package. Code may not be transferred or sold separately from this package. Internet connection required. Void where prohibited, taxed, or restricted by law. Additional offer details inside.

emotionally healthy discipleship pdf: The Gift of the Outsider Alicia J Akins, 2023-09-05 Embracing the Spiritual Lessons of Unbelonging Too often, cultural belonging becomes a battle, and its winners gain the world: access, comfort, safety, community. Yet for those on the margins—set apart from their culture by differences such as ethnicity, class, ability, and faith—God offers something even greater. The Gift of the Outsider celebrates the blessings found in unbelonging—and calls Christians of all backgrounds to love and listen to their community’s outcasts. As a Christian, a Black American, a woman, and an expatriate, author Alicia J. Akins offers heartfelt reflections on her own experiences as an outsider. She illuminates how we can cherish the unique gifts that God bestows on those who endure loneliness and adversity encourage and humbly receive the invaluable insights outsiders of all kinds have to offer delight in how the differences within God’s people reflect

his majesty—and how Christ's reign unifies all believers Compassionate and biblically grounded, *The Gift of the Outsider* enriches today's broader conversations surrounding diversity and inclusion, and is sure to encourage and challenge outsiders and insiders alike.

emotionally healthy discipleship pdf: Emotionally Healthy Relationships Updated Edition Workbook plus Streaming Video Peter Scazzero, Geri Scazzero, 2022-01-04 Pete and Geri Scazzero developed the Emotionally Healthy (EH) Relationships Course over a 21-year period to directly address core biblical principles to guide you and others into an experience of discipleship that will deeply change your life. In the EH Relationships Course, everyone will learn 8 practical relationship skills to develop mature, loving relationships with others such as: Stop Mind Reading and Clarify Expectations Incarnational Listening Climb the Ladder of Integrity Clean Fighting And since loving others and loving God cannot be separated, each person will also grow in their personal, first-hand relationship with Jesus by incorporating stillness, silence, and Scripture as daily life rhythms. This is Part 2 of the Emotionally Healthy Discipleship Course that also includes the Emotionally Healthy Relationships video and the Emotionally Healthy Relationships Day by Day devotional. This workbook includes: Individual access to eight streaming video sessions Session introductions, group discussion questions, and personal action steps Between-sessions personal study Leader's Guide and valuable appendices Join us for a powerful journey that will walk you through a door that will change forever the way you love God, others, and yourself. SESSIONS INCLUDE: Take Your Community Temperature Reading Stop Mind Reading and Clarify Expectations Genogram Your Family Explore the Iceberg Listen Incarnationally Climb the Ladder of Integrity Fight Cleanly Develop a Rule of Life to Implement Emotionally Healthy Skills Designed for use with Emotionally Healthy Relationships Video Study, Updated Edition (sold separately). Streaming video access code included. Access code subject to expiration after 12/31/2027. Code may be redeemed only by the recipient of this package. Code may not be transferred or sold separately from this package. Internet connection required. Void where prohibited, taxed, or restricted by law. Additional offer details inside.

emotionally healthy discipleship pdf: Unhindered Abundance Ken Baugh, 2022-10 Rewire Your Brain with Truth from Scripture Have you ever felt stuck in your Christian life? Have you wondered if the abundant life Jesus promised is really available for you right here and right now? If you answered yes to either of these questions, then this book is for you. This book will help you identify the spiritual growth barriers that are keeping you stuck as well as show you the way to experience more of the abundant life: a life characterized by more love, joy, peace, and hope than you ever dreamed possible before. Ken Baugh draws us into the inner workings of the brain and the heart, which inform how we process negative and traumatic experiences, but which also can be diverted from health and wholeness by such negative experiences. How we process hard things intellectually and spiritually recalibrates us toward either health and wholeness or bitterness and defeatism. Ken helps us rewire our brains by simmering in the Scriptures that remind us whom we belong to and what God has promised us. The end result is a resilient, robust faith prepared to weather every storm and keep in step with Jesus.

emotionally healthy discipleship pdf: Emotionally Healthy Spirituality Peter Scazzero, 2011-05-09 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 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.

emotionally healthy discipleship pdf: Summary of Peter Scazzero's Emotionally Healthy Discipleship Everest Media,, 2022-07-02T22:59:00Z Please note: This is a companion version & not the original book. Sample Book Insights: #1 The story of Madeleine, a woman who had been blind since birth, and who was treated as if she were a human being without hands, illustrates the same dynamic in churches. Too many people have been babied in their discipleship, to the point that they accept without question a faith that promises freedom and abundance in Jesus, and yet they never seem to notice how they remain imprisoned. #2 The problem with shallow discipleship is that it doesn't take discipleship seriously. It's not a recent problem, but it has worsened over the years. When I first came to faith forty-five years ago, a popular phrase was that we were one mile wide and one inch deep. #3 The root of a discipleship system that often results in people who are less whole, less human, and less like Jesus is the tolerance of emotional immaturity. We must address this failure if we want to implement a robust and in-depth discipleship system. #4 As time went on, our expectations of what it means to be spiritual have blurred to the point that we have grown blind to many glaring inconsistencies. We have learned to accept that: • You can be a gifted speaker for God in public and be a detached spouse or angry parent at home. • You can function as a leader and yet be unteachable, insecure, and defensive. • You can quote the Bible with ease and still be unaware of your reactivity.

emotionally healthy discipleship pdf: *The Emotionally Healthy Church, Updated and Expanded Edition* Peter Scazzero, Warren Bird, 2013-05-23 In this new edition of his Gold Medallion Award-winning book, Peter Scazzero shares powerful insights on how contemplative spirituality can help pastors and individual church member slow down—an integral key to spiritual and emotional health. Sharing from the painful but liberating journey of his own church, Scazzero reveals exactly how the truth can and does make people free—not just superficially, but deep down. This expanded edition of *The Emotionally Healthy Church* not only takes the six principles described in the original book further and deeper, but adds a crucial seventh principle. • Principle 1: Look Beneath the Surface • Principle 2: Break the Power of the Past • Principle 3: Live in Brokenness and Vulnerability • Principle 4: Receive the Gift of Limits • Principle 5: Embrace Grieving and Loss • Principle 6: Make Incarnation Your Model for Loving Well • Principle 7: Slow Down to Lead with Integrity

emotionally healthy discipleship pdf: *Emotionally Healthy Discipleship Course Leader's Kit* Peter Scazzero, Geri Scazzero, 2017-11-14 In this comprehensive leader's kit, 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.

emotionally healthy discipleship pdf: *Surviving Ministry* Michael E. Osborne, 2016-05-06 Being a pastor has its rewards and pleasures. But churches can be unsafe places. They are filled with broken, imperfect people. Many ministers of the gospel walk into a church naive about the potential hazards of their vocation. They are vulnerable to difficult people, unresolved conflict, incompatible visions, hidden agendas, mission drift, and sin--their own and that of others. Other pastors feel trapped in a ministry hurricane and don't know what to do. They feel like failures. They're thinking about leaving the ministry. They are looking for help and hope--not from an expert detached from the real world of ministry--but from someone who has suffered through church hurricanes and lived to share the story. Moreover, they need to know they are not alone. *Surviving Ministry: How to Weather the Storms of Church Leadership* includes the author's own story as well as true stories from other pastors who have been in the eye of the hurricane. Discouraged ministers looking for biblical, practical, gospel-centered advice for storm proofing their churches, homes, and hearts have found a friend. *Surviving Ministry* will equip them to stay resilient before, during, and after seasons of difficulty.

emotionally healthy discipleship pdf: *Sígueme* Carlos Erazo, 2024-05-28 En *Sígueme*, el pastor y autor Carlos Erazo nos explica cómo nos hemos convertido en la generación con los niveles más altos de ansiedad, preocupación, estrés, depresión, incertidumbre y temor en la historia porque seguimos al guía equivocado. En vez de enseñarle al corazón a seguir a Jesús, hemos permitido que

alguien le enseñe a nuestro corazón a seguir otras influencias, otras tendencias, otras ideologías. Pero no es demasiado tarde para darle un nuevo destino al corazón comenzando hoy como aprendices de Jesús. En el nuevo libro de Carlos Erazo, *Sígueme*, el autor revela cómo estas plataformas influyen en nuestras vidas más de lo que creemos, abordando temas como: La adicción a las redes sociales El consumo desenfrenado de pornografía La escalada de problemas de salud mental como la ansiedad y la depresión La obsesión por uno mismo y la caída en picado de la autoestima A través de una mirada profunda a las Escrituras, descubriremos que Jesús nos ofrece una vida libre de todo aquello que te tiene enredado, atrapado o atascado. Para que cuando otros vean tu vida, comprendan que la única explicación de una vida tan radicalmente diferente a la de la mayoría es porque está marcada por la devoción a Jesús. Follow Me In Follow Me, pastor and author Carlos Erazo explains how we have become the generation with the highest levels of anxiety, worry, stress, depression, uncertainty and fear in history because we follow the wrong guide. Instead of teaching our hearts to follow Jesus, we have allowed someone else to teach our hearts to follow other influences, other trends, other ideologies. But it is not too late to give a new destiny to the heart starting today as apprentices of Jesus. In Carlos Erazo's new book, *Follow Me*, the author reveals how these platforms influence our lives more than we think, addressing topics such as: The addiction to social media The rampant consumption of pornography The escalation of mental health problems such as anxiety and depression Self-obsession and plummeting self-esteem Through a deep look at Scripture, we will discover that Jesus offers us a life free of anything that has you entangled, trapped or stuck. So that when others see your life, they will understand that the only explanation for a life so radically different from most is because it is marked by devotion to Jesus.

emotionally healthy discipleship pdf: *Emotionally Healthy Spirituality* Peter Scazzero, 2014-08-12 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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