



Emotionally Healthy Spirituality: Unleash a Revolution in Your Life In Christ

Peter Scazzero

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For those desiring to take steps in their Christian life and discipleship, to break free from bondage to the past and experience healing, Emotional Healthy Spirituality is an eight-session, video-based Bible study on the integration of emotional health and contemplative spirituality. Many sincere followers of Christ, followers who are really passionate for God, join a church, participate weekly in a small group, serve with their gifts, and who are considered "mature," remain stuck at a level of spiritual immaturity—especially when faced with interpersonal conflicts and crises. The Emotionally Healthy Spirituality video study offers a strategy for discipleship that address this void, giving you powerful pathways to transformation that will help you mature into a faith-filled with authenticity and a profound love for God. This video can be used for personal reflection or for group discussion with the accompanying participant's guide.



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