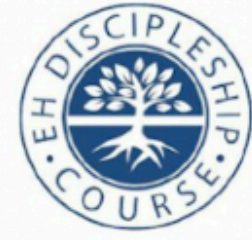


Emotionally Healthy Spirituality



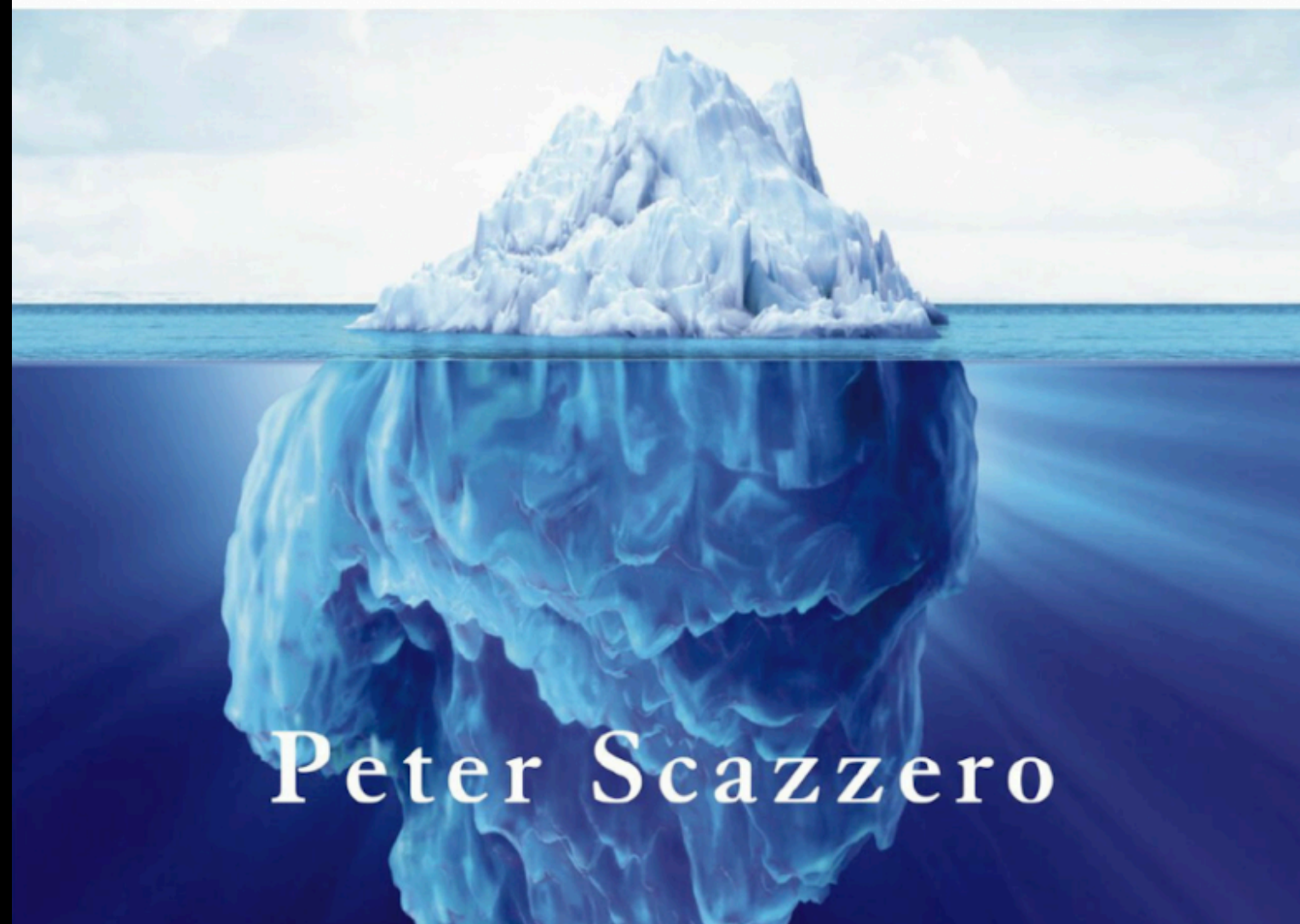
More Than 1 Million Sold



Emotionally Healthy Spirituality

UPDATED EDITION

IT'S IMPOSSIBLE *to be* SPIRITUALLY MATURE
WHILE REMAINING EMOTIONALLY IMMATURE



Peter Scazzero

Emotionally Healthy Spirituality

By Peter Scazzero



2. Take off ... and Put on...



3 Types of Dealing with Challenges...

1. David (Confronting)

2. Elder Brother (Missing the true target)

3. Saul (Hiding)

1 Samuel 17:26 (NIV)- David

“What will be done for the man who kills this Philistine and removes this disgrace from Israel? Who is this uncircumcised Philistine that he should defy the armies of the living God?”

1 Samuel 17:28b (NIV) - Eliab

“Why have you come down here? And with whom did you leave those few sheep in the wilderness? I know how conceited you are and how wicked your heart is; you came down only to watch the battle.”

1 Samuel 17:32 (NIV) - David to Saul

**Let no one lose heart on account of this Philistine;
your servant will go and fight him.**

Saul's issues

1. Not confronting the real issue

1 Samuel 17:36b-37 (NRSV) - Saul to David

You are not able to go against this Philistine to fight with him; for you are just a boy, and he has been a warrior from his youth.

1 Samuel 17:36b-37 (NIV) - David to Saul

“this uncircumcised Philistine will be like one of them, because he has defied the armies of the living God.

³⁷ The Lord who rescued me from the paw of the lion and the paw of the bear will rescue me from the hand of this Philistine.

1 Samuel 17:37b (NIV)

Go, and may the Lord be with you!

Saul's issues

1. Not confronting the real issue

2. Trying to fit ill-fitting clothes to David (False Security)

1 Samuel 17:38

**38 Saul clothed David with his armor;
he put a bronze helmet on his head and
clothed him with a coat of mail.**

1 Samuel 17:39

³⁹ David strapped Saul's sword over the armor, and he tried in vain to walk, for he was not used to them. Then David said to Saul, "I cannot walk with these; for I am not used to them." So David removed them.

1 Samuel 17:40

40 Then he took his staff in his hand, and chose five smooth stones from the wadi, and put them in his shepherd's bag, in the pouch; his sling was in his hand, and he drew near to the Philistine.

Temptations of being False Self..

- 1. I am what I do (Performance)**
- 2. I am what I have (Possessions)**
- 3. I am what others think (Popularity)**

Saul's issues

- 1. Not confronting the real issue**
- 2. Trying to fit ill-fitting clothes to David (False Security)**
- 3. Not remembering what God had already done**

Developing Authentic Self..

- 1. Pay attention to your interior in silence and solitude**
- 2. Find trusted companions**
- 3. Move out of your comfort zone**
- 4. Pray for courage**

- 1. Be honest with your self and with God**
- 2. Take off ill-fitting clothes (false-self)**
- 3. Put on Christ**

Romans 13:14

¹⁴ Instead, put on the Lord Jesus Christ, and make no provision for the flesh, to gratify its desires.

Galatians 3:27

²⁷ As many of you as were baptized into Christ have clothed yourselves with Christ.

2. Take off ... and Put on...



Emotionally Healthy Spirituality

