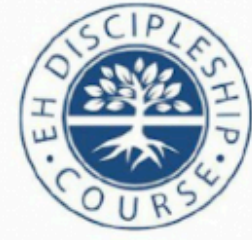


Emotionally Healthy Spirituality



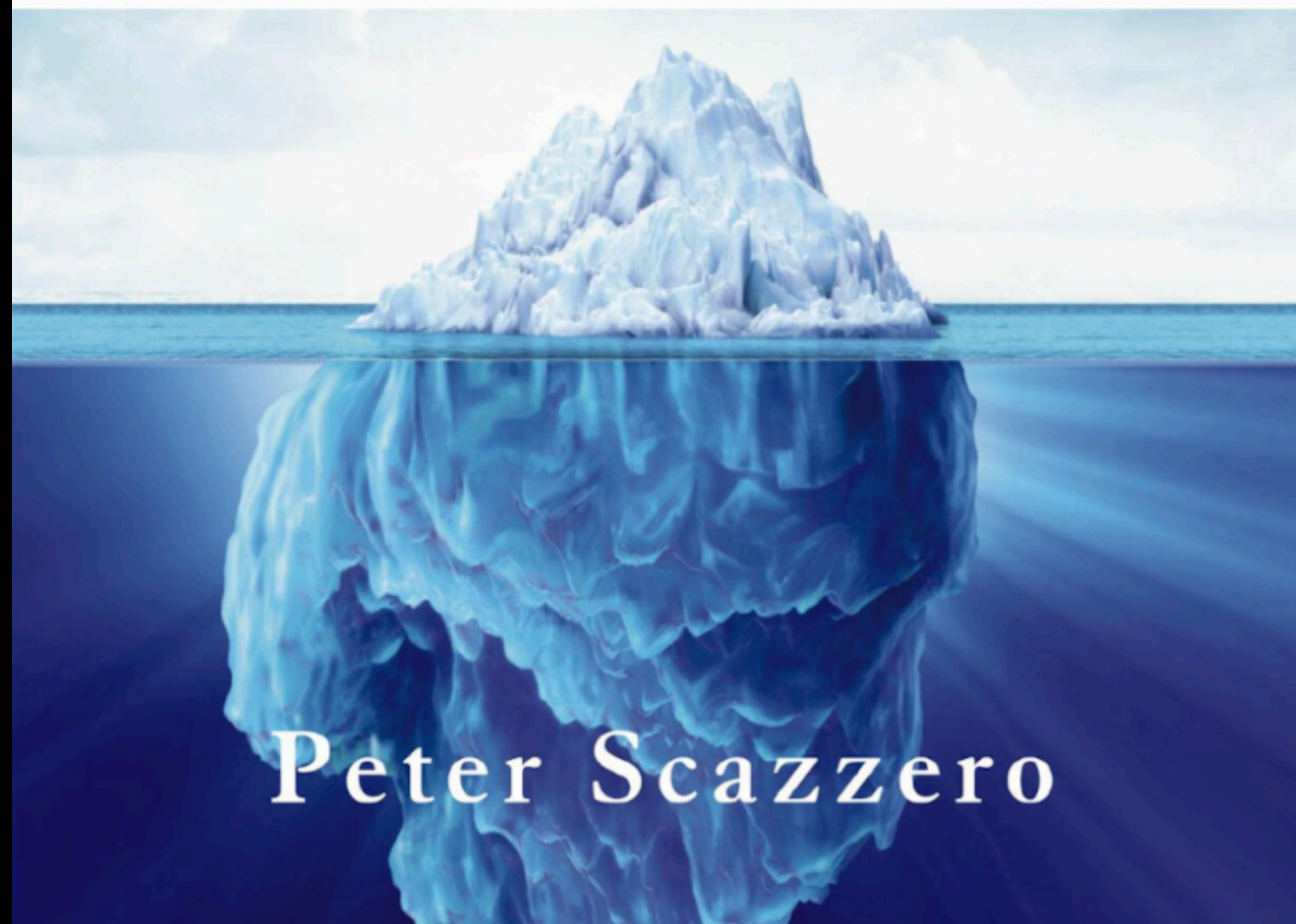
More Than 1 Million Sold



Emotionally Healthy Spirituality

UPDATED EDITION

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



Peter Scazzero

Emotionally Healthy Spirituality

By Peter Scazzero

3. Going Back in order to Go Forward



Genesis 50:15

“What if Joseph still bears a grudge against us and pays us back in full for all the wrong that we did to him?”

Genesis 50:16-17a

¹⁶ So they approached Joseph, saying, “Your father gave this instruction before he died,

¹⁷ ‘Say to Joseph: I beg you, forgive the crime of your brothers and the wrong they did in harming you.’

Genesis 50:17b-18

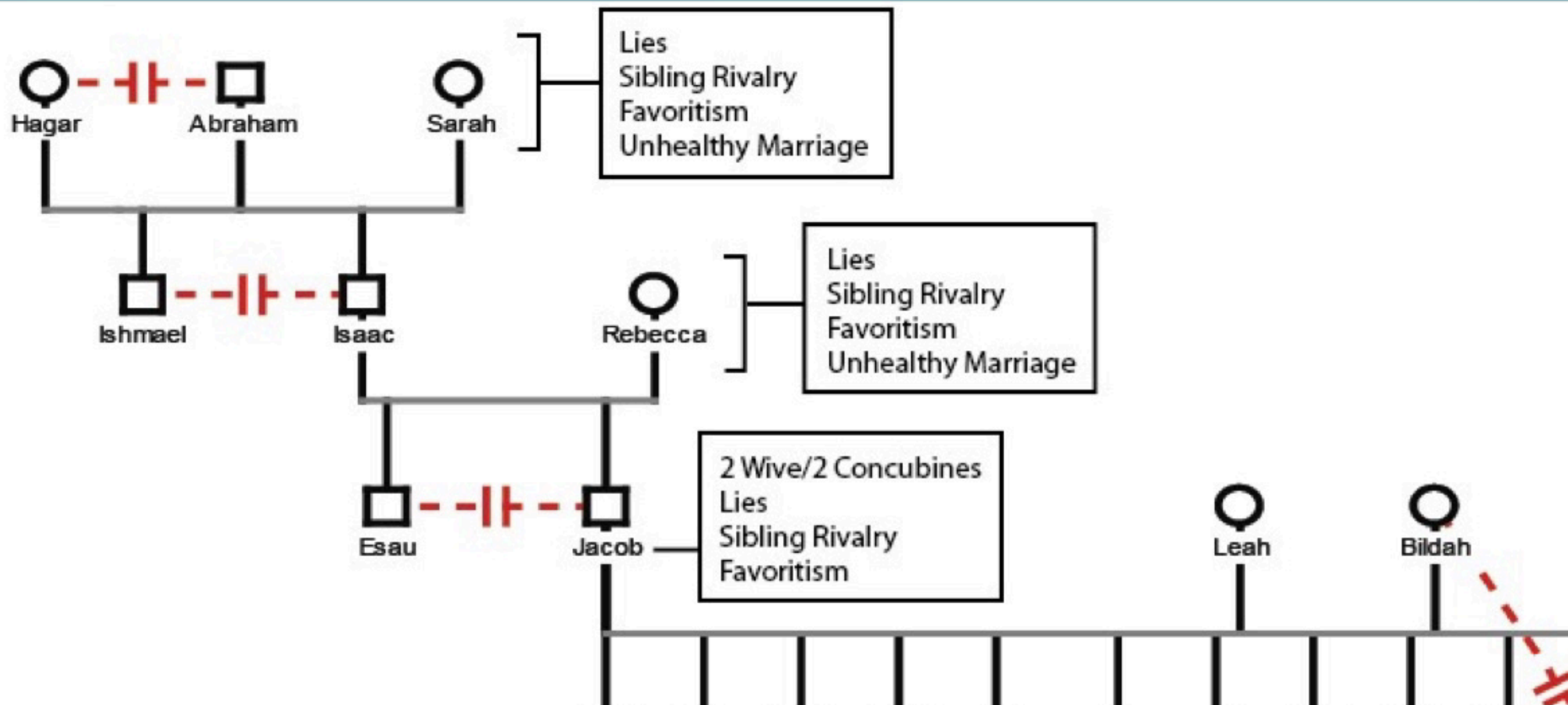
Now therefore please forgive the crime of the servants of the God of your father.”

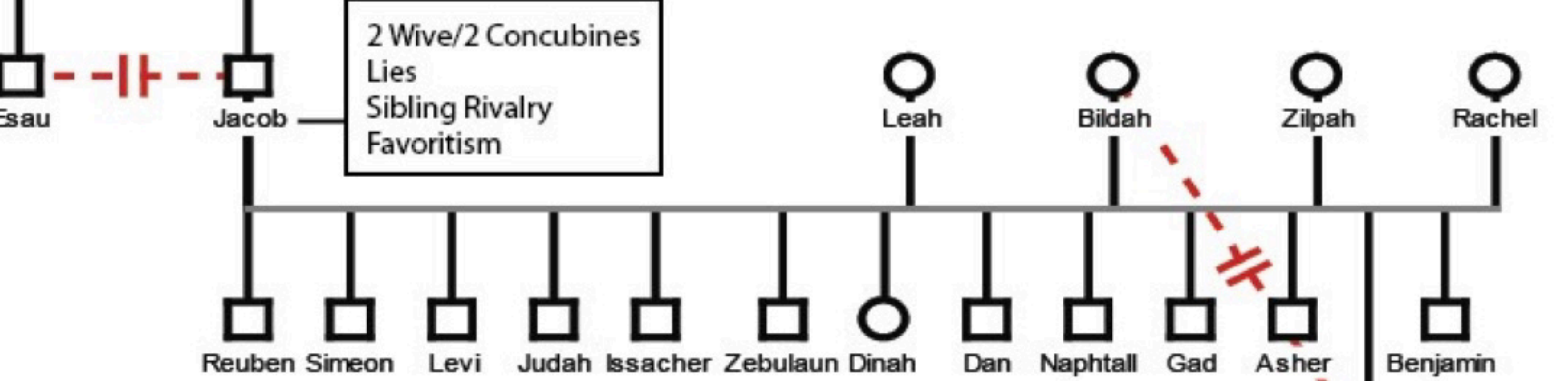
Joseph wept when they spoke to him.

¹⁸ Then his brothers also wept, fell down before him, and said, “We are here as your slaves.”

1. Recognize the Brokenness

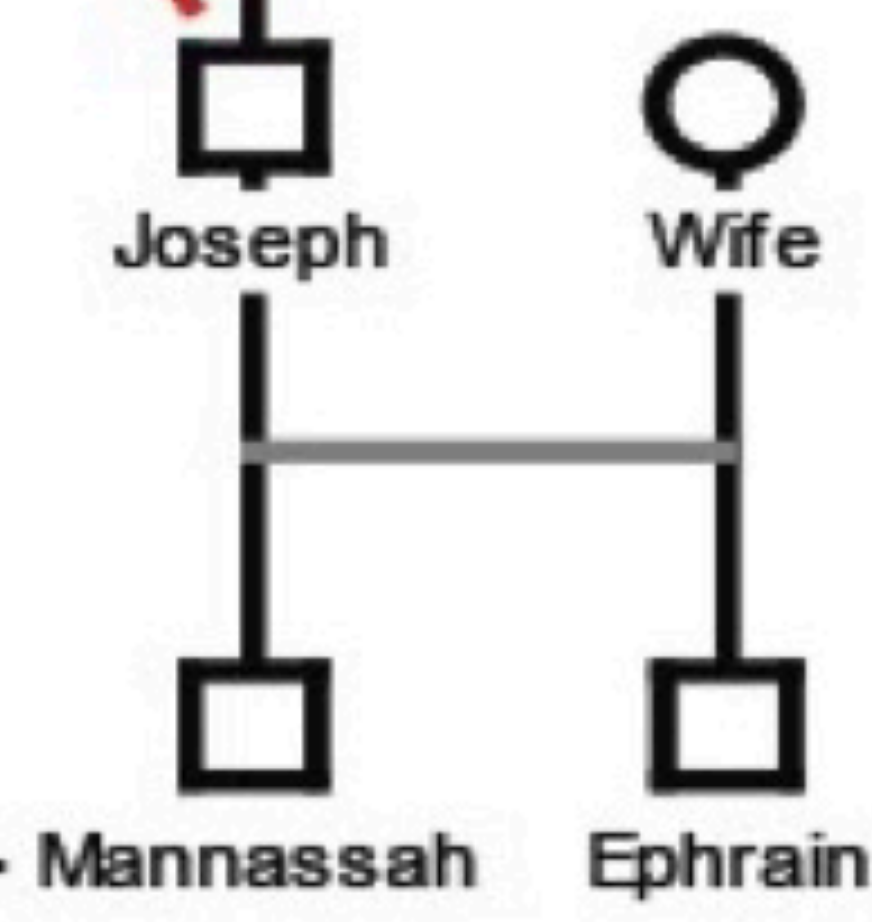
Joseph's Genogram





ents
others
y, family, culture
s (unjust)

Name meaning "making forget"



Name meaning
"fruitful in land
of suffering"

Some of the Patterns in Joseph's family

- Lies**
- Unhealthy marriages**
- Favoritism**
- Sibling Rivalry**

1. Recognize the Brokenness

2. Break away from the pattern of sins

**Joseph was able to break this chain
of repeated sins
by belonging to God's family.**

**To break a pattern,
we need to realize there is a pattern**

**Break sinful patterns of our past in order
to live the life of love that God intends.**

- 1. Recognize the Brokenness**
- 2. Break away from the pattern of sins**
- 3. Forgive others and ourselves**

Genesis 45:5

“now do not be distressed, or angry with yourselves, because you sold me here; for God set me before you to preserve life.”

Gen 45:15

Joseph kissed all his brothers and wept upon them....

Romans 8:1

There is therefore now no more condemnation for those who are in Christ Jesus! ² For the law of the Spirit of life in Christ Jesus has set you free from the law of sin and of death.

Genesis 50:19-20

¹⁹ But Joseph said to them, “Do not be afraid! Am I in the place of God?

²⁰ Even though you intended to do harm to me, God intended it for good, in order to preserve a numerous people, as he is doing today.

Genesis 50:21

21 So have no fear; I myself will provide for you and your little ones.” In this way he reassured them, speaking kindly to them.

**“You must learn, you must let God teach you,
that the only way to get rid of your past is
to make a future out of it. God will waste nothing.”**

- Philip Brooks

**Grant me courage; grant me wisdom
to learn from the past but not be crippled by it.
And may I, like Joseph, be a blessing to my
earthly family, spiritual family,
and the world at large.
In Jesus' name, Amen.**

- from "Emotionally Healthy Spirituality"

The Great Thanksgiving & Communion

One: The Lord be with you.

All: And also with you.

One: Lift up your hearts

All: We lift them up to the Lord

One: Let us give thanks to the Lord our God.

All: It is right to give our thanks and praise.

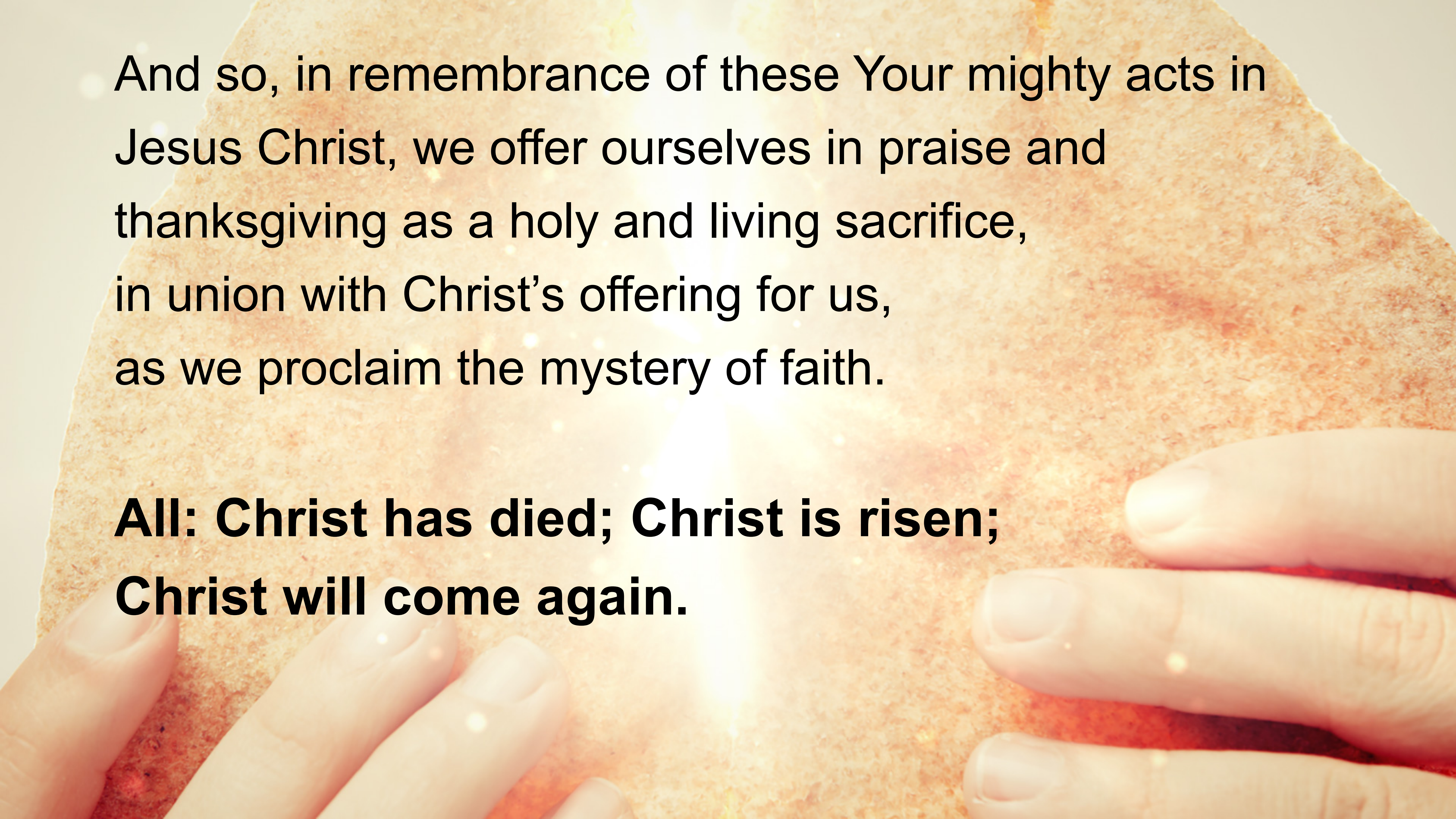
And so, with Your people on earth and all the company of heaven we praise Your name and join their unending hymn:

**All: Holy, holy, holy Lord, God of power and might,
heaven and earth are full of your glory.**

Hosanna in the highest.

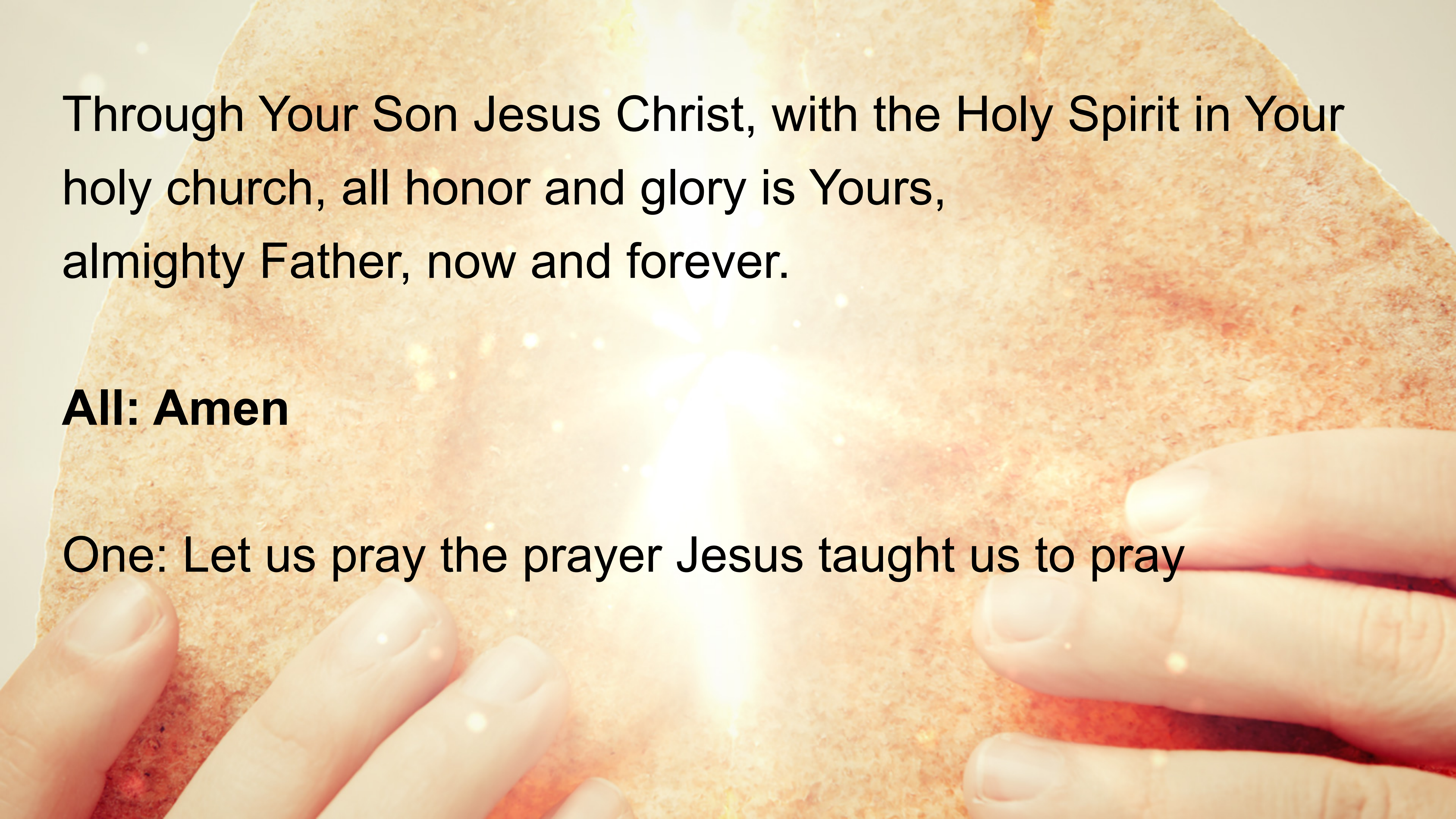
Blessed is He who comes in the name of the Lord.

Hosanna in the highest.

A close-up photograph of hands holding a piece of light-colored, textured bread against a bright, glowing background. The bread is the central focus, with hands visible at the bottom and right edges. The background is a soft, warm glow with some bokeh light effects.

And so, in remembrance of these Your mighty acts in
Jesus Christ, we offer ourselves in praise and
thanksgiving as a holy and living sacrifice,
in union with Christ's offering for us,
as we proclaim the mystery of faith.

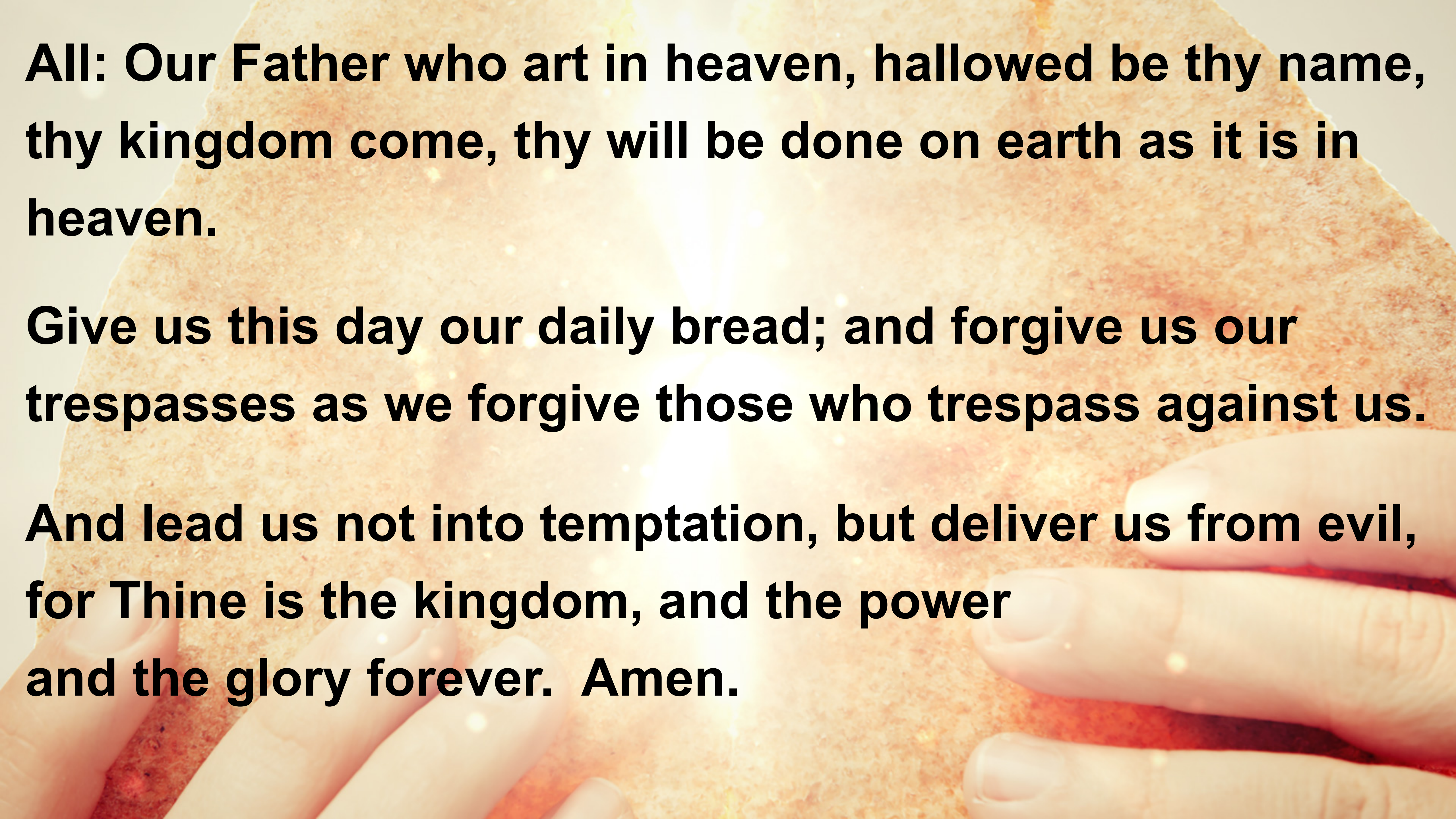
**All: Christ has died; Christ is risen;
Christ will come again.**



Through Your Son Jesus Christ, with the Holy Spirit in Your
holy church, all honor and glory is Yours,
almighty Father, now and forever.

All: Amen

One: Let us pray the prayer Jesus taught us to pray



**All: Our Father who art in heaven, hallowed be thy name,
thy kingdom come, thy will be done on earth as it is in
heaven.**

**Give us this day our daily bread; and forgive us our
trespasses as we forgive those who trespass against us.**

**And lead us not into temptation, but deliver us from evil,
for Thine is the kingdom, and the power
and the glory forever. Amen.**

Emotionally Healthy Spirituality

