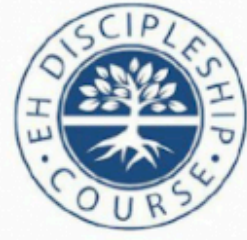


Emotionally Healthy Spirituality



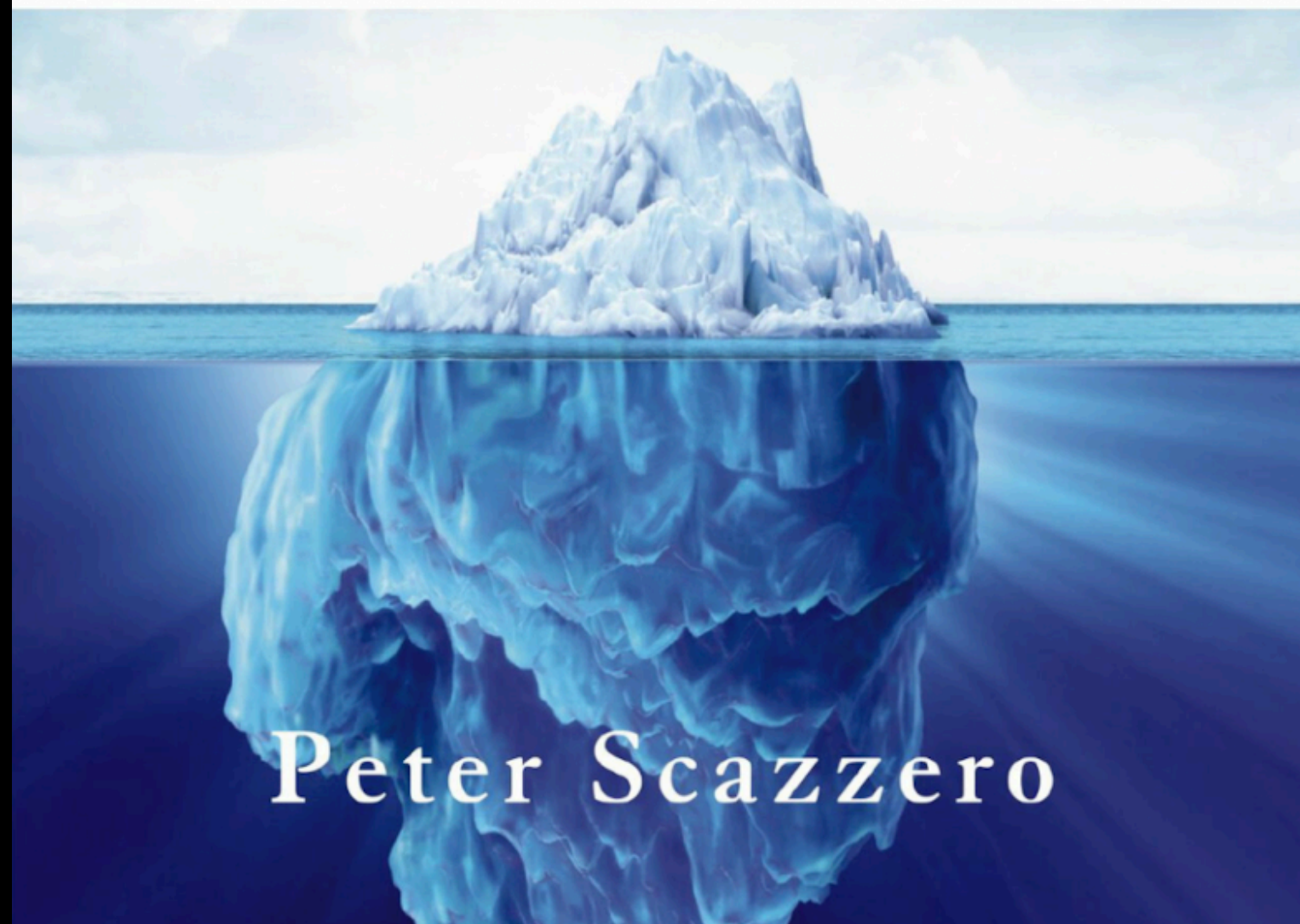
More Than 1 Million Sold



Emotionally Healthy Spirituality

UPDATED EDITION

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



Peter Scazzero

Emotionally Healthy Spirituality

By Peter Scazzero

5. Growing through Grief and Loss



A Few Common Defenses (from Peter Scazzerro)

**Denial (or selective forgetting), Minimizing,
Blaming others/self/ God, Over-spiritualizing,
Rationalizing, Intellectualizing, Distracting,
Becoming hostile, Medicating**

God's Path to New Beginning

1. Pay Attention

Matthew 26:38-39a

**38 Then he said to them,
“I am deeply grieved, even to death;**

Matthew 26:39

³⁹ And going a little farther, he threw himself on the ground and prayed, “My Father, if it is possible, let this cup pass from me; yet not what I want but what you want.

God's Path to New Beginning

1. Pay Attention

2. Wait in the confusing in-Between

God's Path to New Beginning

1. Pay Attention

2. Wait in the confusing in-Between

3. Embrace the Gift of Limits

God's Path to New Beginning

1. Pay Attention

2. Wait in the confusing in-Between

3. Embrace the Gift of Limits

4. Climb the Ladder of Humility

St. Benedict's Ladder of Humility



STEP 8	Transformation into the Love of God
STEP 7	Speaking Less
STEP 6	Deeply Aware of Being "Chief of All Sinners"
STEP 5	Radical Honesty to Others About Your Weaknesses/Faults
STEP 4	Patience to Accept the Difficulty of Others
STEP 3	Willing to Subject Ourselves to Direction of Others
STEP 2	Doing God's Will (Not Your Own or Other People's)
STEP 1	Fear of God and Mindfulness of Him

God's Path to New Beginning

- 1. Pay Attention**
- 2. Wait in the confusing in-Between**
- 3. Embrace the Gift of Limits**
- 4. Climb the Ladder of Humility**
- 5. Let the Old Birth the New ... In His Time**

Scazzero, Peter. Emotionally Healthy Spirituality

“Jesus is God’s wounded healer: through his wounds we are healed. Jesus’ suffering and death brought joy and life. His humiliation brought glory; his rejection brought a community of love. As followers of Jesus we can also allow our wounds to bring healing to others.”

- Henri Nouwen “The Wounded Healer”

The Pain

1 The pain you felt was real

I know I was there with you

And I am sorry you had to go through that pain

But through that pain, you came to me wholeheartedly

My child I felt greater pain for you because I love you

Let me cry with you, let me pray for you,

let me heal that pain for you (X 2)

**2 The pain you felt was real / I know I was there with you
And I am sorry you had to go through that pain
But through that pain, you came to me wholeheartedly**

**Come to me with the pain inside you,
Let me hold you in my arm
Let me cry with you, let me pray for you,
Let me heal that pain for you (x2)
Remember, I felt greater pain for you because I love you**

Romans 8:26

Likewise the Spirit helps us in our weakness; for we do not know how to pray as we ought, but that very Spirit intercedes with sighs too deep for words.

Romans 8:26-27

²⁷ And God, who searches the heart, knows what is the mind of the Spirit, because the Spirit intercedes for the saints according to the will of God.

5. Growing through Grief and Loss

