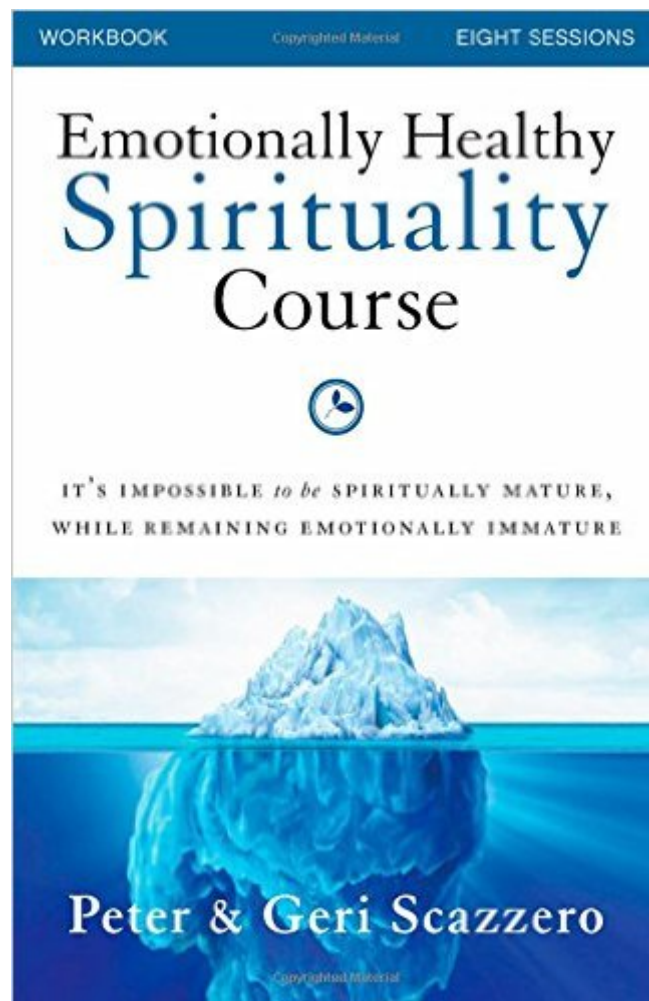


The book was found

# Emotionally Healthy Spirituality Course Workbook: It's Impossible To Be Spiritually Mature, While Remaining Emotionally Immature



## Synopsis

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 and companion study guide offer a strategy for discipleship that address this void, offering powerful pathways to transformation that will help people mature into a faith filled with authenticity and a profound love for God. The eight sessions include: The Problem of Emotionally Unhealthy Spirituality Know Yourself that You May Know God Going Back in Order to Go Forward Journey through the Wall Enlarge Your Soul through Grief and Loss Discover the Rhythms of the Daily Office and Sabbath Grow into an Emotionally Healthy Adult Go to the Next Step to Develop a Rule of Life •

## Book Information

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Average Customer Review: 4.9 out of 5 stars See all reviews (32 customer reviews)

Best Sellers Rank: #5,383 in Books (See Top 100 in Books) #15 in Books > Christian Books & Bibles > Education > Adult #134 in Books > Christian Books & Bibles > Christian Living > Spiritual Growth #1076 in Books > Religion & Spirituality

## Customer Reviews

It is not good enough to read the book, it will transform your life if you take action with this workbook.

Excellent course, learned a lot about myself and how to relate to others within my family and friends.

As a Christian it is sometimes hard to understand how to express emotions, especially negative ones, in a healthy and appropriate manner. This book and workbook provide great insight and tools for a group or individual study. I learned that I can be healthy emotionally while delighting in Holy communion with God.

This book has changed my life for the better.

God changed my life through this series! After spending a week in solitude and reflecting on the lessons learned... I can honestly say I am in a better place than what I was a month ago (and I have been serving God for over 20 years!)

Half way done with the book. It is so freeing that I can hardly put it down. Wish books like this could be presented in Freshmen High school classes.

Must read for spiritual growth.

It's an excellent teaching about spiritual healing while being emotional healthy.

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