



COMMUNITAS  
—Nederland—

# Emotionally Healthy Spirituality

The basic premise of emotionally healthy spirituality is that you cannot be spiritually mature while remaining emotionally immature. In this 8-week video-based course, Peter Scazero describes the top 10 symptoms of emotionally unhealthy spirituality. He then unpacks the 7 biblical pathways to guide you into an experience of lasting, beneath-the-surface transformation in Christ.

Each of the 8 sessions offers short video teachings as well as ample time for group exercises, discussion and personal sharing. In between sessions, a daily devotional helps one dig deeper into the material as well as to help one practice the presence of God on a daily basis.

Who is the course for and what topics will be covered?

See other side and find out.



Transformed Lives  
Transformed Neighborhoods  
Transformed World

If you have a desire to grow in emotional and spiritual wholeness through developing a more personal and intimate relationship with Jesus, then the Emotionally Healthy Spirituality course could be just what you are looking for.

This course will cover the following topics:

- 1) The Problem of Emotionally Unhealthy Spirituality
- 2) Know Yourself That You May Know God
- 3) Going Back in Order to Go Forward
- 4) Journey Through the Wall
- 5) Enlarge Your Soul Through Grief and Loss
- 6) Discover the Rhythms of the Daily Office and Sabbath
- 7) Grow into an Emotionally Mature Adult
- 8) Go the Next Step to Develop a "Rule of Life"

This course will be offered in eight weekly online Thursday evening sessions (8:00- 9:45 pm) beginning on February 6th and ending on April 3rd (skipping February 27th), 2025. Participants will be required to purchase the Emotionally Healthy Relationships participant's workbook and daily devotional. The course itself will be offered free of charge but free will donations are welcome.

#### **COURSE FACILITATORS**

Jack LoMonaco - [jack.lomonaco@gocommunitas.org](mailto:jack.lomonaco@gocommunitas.org)

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Communitas International comes alongside the next generation of missional leaders worldwide, helping them to realize God's call on their lives to start, shape, and multiply missional communities. We've been doing this for the past 50 years and would love to come alongside you and fan into flame the work God is doing in you and through you.

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