

# Emotionally Healthy Relationships

The basic premise of emotionally healthy spirituality is that one cannot become spiritually mature while remaining emotionally immature. In this 8-week course, Peter and Geri Scazzero describe how loving God and loving others cannot be separated. This course will help you develop mature, loving relationships by learning 8 foundational relationship skills as well as help you grow in your personal relationship with Jesus by incorporating, silence and scripture as daily life rhythms.

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 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 develop and sustain mature, loving relationships, then the Emotionally Healthy Relationships course could be just what you are looking for. This course will cover the following 8 practical relationship skills:

- 1) Take Your Community Temperature Reading
- 2) Stop Mind Reading and Clarify Expectations
- 3) Genogram Your Family
- 4) Explore the Iceberg
- 5) Listen Incarnationally
- 6) Climb the Ladder of Integrity
- 7) Fight Cleanly
- 8) Develop a "Rule of Life" to Implement Emotionally Healthy Skills

This course will be offered in eight weekly online Thursday evening sessions (8:00- 9:45 pm) beginning on Sept. 25th and ending on Nov. 20th (skipping Oct. 23rd), 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. Please sign up using the link found at <https://gocommunitas.nl/event/emotionally-healthy-relationships-course-2025/>.

#### **COURSE FACILITATOR**

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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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