

## Peter Scazzero quotes (Emotionally Healthy Spiritually)

“When we deny our pain, losses, and feelings year after year, we become less and less human. We transform slowly into empty shells with smiley faces painted on them. Sad to say, that is the fruit of much of our discipleship in our churches. But when I began to allow myself to feel a wider range of emotions, including sadness, depression, fear, and anger, a revolution in my spirituality was unleashed. I soon realized that a failure to appreciate the biblical place of feelings within our larger Christian lives has done extensive damage, keeping free people in Christ in slavery.”

— [Peter Scazzero, Emotionally Healthy Spirituality: Unleash a Revolution in Your Life In Christ](#)

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“Ignoring our emotions is turning our back on reality. Listening to our emotions ushers us into reality. And reality is where we meet God. . . . Emotions are the language of the soul. They are the cry that gives the heart a voice. . . .”

— [Peter Scazzero, Emotionally Healthy Spirituality: Unleash a Revolution in Your Life In Christ](#)

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“Jesus was not SELFLESS. He did not live as if ONLY other people counted. He knew his value and worth. He had friends. He asked people to help him. At the same time Jesus was not SELFISH. He did not live as if nobody counted. He gave his life out of love for others. From a place of loving union with his Father, Jesus had a mature, healthy 'true self.'”

— [Peter Scazzero, Emotionally Healthy Spirituality: Unleash a Revolution in Your Life In Christ](#)

tags: [jesus](#), [self](#), [true-self](#)

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“As Parker Palmer said, “Self-care is never a selfish act—it is simply good stewardship of the only gift I have, the gift I was put on earth to offer others. Anytime we can listen to true self and give it the care it requires, we do it not only for ourselves, but for the many others whose lives we touch.”

— [Peter Scazzero, Emotionally Healthy Spirituality: Unleash a Revolution in Your Life In Christ](#)

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“emotional health and spiritual maturity are inseparable. It is not possible to be spiritually mature while remaining emotionally immature.”

— [Peter Scazzero, Emotionally Healthy Spirituality: Unleash a Revolution in Your Life In Christ](#)

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“For example, Jesus’ stunning success in teaching and feeding the 5,000 at the beginning of John 6 is followed just a few paragraphs later by a corresponding numerical failure: “At this point many of his disciples turned away and deserted him” (John 6:66 NLT). Jesus didn’t wring his hands and question his preaching strategy; he remained content, knowing he was in the Father’s will. He had a larger perspective on what God was doing. Success isn’t always bigger and better. The”

— [Peter Scazzero, The Emotionally Healthy Leader: How Transforming Your Inner Life Will Deeply Transform Your Church, Team, and the World](#)

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“Our relationship with God and relationship with others are two sides of the same coin.”

— [Peter Scazzero, Emotionally Healthy Spirituality: Unleash a Revolution in Your Life In Christ](#)

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“Fire What makes a fire burn is space between the logs, a breathing space. Too much of a good thing, too many logs packed in too tight can douse the flames almost as surely as a pail of water would. So building fires requires attention to the spaces in between, as much as the wood. When we are able to build open spaces in the same way we have learned to pile on the logs, then we can come to see how it is fuel, and absence of the fuel together, that make fire possible. We only need lay a log lightly from time to time. A fire grows simply because the space is there, with openings in which the flame that knows just how it wants to burn can find its way. 12 Judy Brown”

— [Peter Scazzero, The Emotionally Healthy Leader: How Transforming Your Inner Life Will Deeply Transform Your Church, Team, and the World](#)

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“In neglecting our intense emotions, we are false to ourselves and lose a wonderful opportunity to know God. We forget that change comes through brutal honesty and vulnerability before God.”

— [Peter Scazzero, The Emotionally Healthy Church, Expanded Edition: A Strategy for Discipleship That Actually Changes Lives](#)

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“Every time I make an assumption about someone who has hurt or disappointed me without confirming it, I believe a lie about this person in my head. This assumption is a misrepresentation of reality. Because I have not checked it out with the other person, it is very possible I am believing something untrue. It is also likely I will pass that false assumption around to others.”

— [Peter Scazzero, Emotionally Healthy Spirituality: Unleash a Revolution in Your Life In Christ](#)

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“Scripture Reading: Psalm 62:5–8 (NIV1984) Find rest, O my soul, in God alone; my hope comes from him. He alone is my rock and my salvation; he is my fortress, I will not be shaken. My salvation and my honor depend on God; he is my mighty rock, my refuge. Trust in him at all times, O people; pour out your hearts to him, for God is our refuge.”

— [Peter Scazzero, Daily Office](#)

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“By failing to let others be themselves before God and move at their own pace, we inevitably project onto them our own discomfort with their choice to live life differently than we do.”

— [Peter Scazzero, Emotionally Healthy Spirituality: Unleash a Revolution in Your Life In Christ](#)

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“When genuine love is released in a relationship, God’s presence is manifest.”

— [Peter Scazzero, Emotionally Healthy Spirituality: It's Impossible to Be Spiritually Mature, While Remaining Emotionally Immature](#)

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“Respect is not a feeling. It is how we treat another person.”

— [Peter Scazzero, Emotionally Healthy Spirituality: Unleash a Revolution in Your Life In Christ](#)

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“Rabbi Zusya, when he was an old man, said, “In the coming world, they will not ask me: ‘Why were you not Moses?’ They will ask me, ‘Why were you not Zusya?’ “4 The true vocation for every human being is, as Kierkegaard said, “the will to be oneself.”

— [Peter Scazzero, The Emotionally Healthy Church, Expanded Edition: A Strategy for Discipleship That Actually Changes Lives](#)

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“Loving well is the goal of the Christian life.”

— [Peter Scazzero, Emotionally Healthy Spirituality: It's Impossible to Be Spiritually Mature, While Remaining Emotionally Immature](#)

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“Lord, help me to be still before you. Lead me to a greater vision of who you are, and in so doing, may I see myself—the good, the bad, and the ugly. Grant me the courage to follow you, to be faithful to become the unique person you have created me to be. I ask you for the Holy Spirit’s power to not copy another person’s life or journey. “God, submerge me in the darkness of your love, that the consciousness of my false, everyday self falls away from [me] like a soiled garment. . . . May my ‘deep self’ fall into your presence. . . . knowing you alone . . . carried away into eternity like a dead leaf in the November wind.”<sup>24</sup> In Jesus’ name, amen.”

— [Peter Scazzero, Emotionally Healthy Spirituality: It's Impossible to Be Spiritually Mature, While Remaining Emotionally Immature](#)

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“The critical issue on the journey with God is not “Am I happy?” but “Am I free?”

— [Peter Scazzero, Emotionally Healthy Spirituality: It's Impossible to Be Spiritually Mature, While Remaining Emotionally Immature](#)

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“Life can be difficult, so have fun whenever you can to the glory of God.”

— [Peter Scazzero, Emotionally Healthy Spirituality: It's Impossible to Be Spiritually Mature, While Remaining Emotionally Immature](#)

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“Changing the way we have lived for twenty or forty or sixty years is nothing short of a revolution. 4.”

— [Peter Scazzero, Emotionally Healthy Spirituality: It's Impossible to Be Spiritually Mature, While Remaining Emotionally Immature](#)

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“Can we really love our neighbors well without loving ourselves?”

— [Peter Scazzero, Emotionally Healthy Spirituality: It's Impossible to Be Spiritually Mature, While Remaining Emotionally Immature](#)

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“Be willing to tolerate the discomfort necessary for growth.”

— [Peter Scazzero, Emotionally Healthy Spirituality: It's Impossible to Be Spiritually Mature, While Remaining Emotionally Immature](#)

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“Everyone who draws breath “takes the lead” many times a day. We lead with actions that range from a smile to a frown; with words that range from blessing to curse; with decisions that range from faithful to fearful....”

— [Peter Scazzero, Daily Office](#)

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“Most leaders shipwreck or live inconsistent lives because of forces and motivations beneath the surface of their lives, which they have never even considered.”

— [Peter Scazzero, The Emotionally Healthy Church, Expanded Edition: A Strategy for Discipleship That Actually Changes Lives](#)

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“True spirituality frees us to live joyfully in the present.”

— [Peter Scazzero, Emotionally Healthy Spirituality: It's Impossible to Be Spiritually Mature, While Remaining Emotionally Immature](#)

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“And I pray that you, being rooted and established in love, may have power, together with all the Lord’s holy people, to grasp how wide and long and high and deep is the love of Christ, and to know this love that surpasses knowledge—that you may be filled to the measure of all the fullness of God.”

— [Peter Scazzero, Daily Office](#)

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“The Bible does not spin the flaws and weaknesses of its heroes. Moses was a murderer. Hosea’s wife was a prostitute. Peter rebuked God! Noah got drunk. Jonah was a racist. Jacob was a liar. John Mark deserted Paul. Elijah burned out. Jeremiah was depressed and suicidal. Thomas doubted. Moses had a temper. Timothy had ulcers. And all these people send the same message: that every human being on earth, regardless of their gifts and strengths, is weak, vulnerable, and dependent on God and others.”

— [Peter Scazzero, Emotionally Healthy Spirituality: Unleash a Revolution in Your Life In Christ](#)

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“God never loses any part of our past for his future when we surrender ourselves to him. Every mistake, sin, and detour we take in the journey of life is taken by God and becomes his gift for a future of blessing.”

— [Peter Scazzero, Emotionally Healthy Spirituality: Unleash a Revolution in Your Life In Christ](#)  
tags: [blessing](#), [god](#), [sin](#)

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“Ignoring our emotions is turning our back on reality; listening to our emotions ushers us into reality. And reality is where we meet God ... Emotions are the language of the soul. They are the cry that gives the heart a voice ... However, we often turn a deaf ear — through emotional denial, distortion, or disengagement. We strain out anything disturbing in order to gain tenuous control of our inner world. We are frightened and ashamed of what leaks into our consciousness.”

— [Peter Scazzero, The Emotionally Healthy Church, Expanded Edition: A Strategy for Discipleship That Actually Changes Lives](#)

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“The true vocation for every human being is, as Kierkegaard said, “the will to be oneself.”<sup>5</sup>”

— [Peter Scazzero, The Emotionally Healthy Church, Expanded Edition: A Strategy for Discipleship That Actually Changes Lives](#)

## **Peter Scazzero quotes (showing 31-60 of 189)**

“the overall health of any church or ministry depends primarily on the emotional and spiritual health of its leadership.”

— [Peter Scazzero, The Emotionally Healthy Church, Expanded Edition: A Strategy for Discipleship That Actually Changes Lives](#)

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“You can’t have the true peace of Christ’s kingdom with lies and pretense.”

— [Peter Scazzero, Emotionally Healthy Spirituality: It's Impossible to Be Spiritually Mature, While Remaining Emotionally Immature](#)

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“The gospel says you are more sinful and flawed than you ever dared believe, yet you are more accepted and loved than you ever dared hope because Jesus lived and died in your place.”

— [Peter Scazzero, The Emotionally Healthy Church, Expanded Edition: A Strategy for Discipleship That Actually Changes Lives](#)

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“Regardless of how we might feel about another human being, they are made in God’s image and of infinite value and worth.”

— [Peter Scazzero, Emotionally Healthy Spirituality: It's Impossible to Be Spiritually Mature, While Remaining Emotionally Immature](#)

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“Christian spirituality, without an integration of emotional health, can be deadly—to yourself, your relationship with God, and the people around you.”

— [Peter Scazzero, Emotionally Healthy Spirituality: Unleash a Revolution in Your Life In Christ](#)

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“the worst events of human history that we cannot understand, even hell itself, are only compost in God’s wonderful eternal plan. Out of the greatest evil, the death of Jesus, came the greatest good.”

— [Peter Scazzero, The Emotionally Healthy Church, Expanded Edition: A Strategy for Discipleship That Actually Changes Lives](#)

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“But an authentic relationship with Christ also takes us into the depths — the shadows, the strongholds and the darkness deep within our own souls that must be purged. Surrendering to this inward and downward journey is difficult and painful.”

— [Peter Scazzero, The Emotionally Healthy Church, Expanded Edition: A Strategy for Discipleship That Actually Changes Lives](#)

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“death is a necessary prelude to resurrection. To bear long-term fruit for Christ, we need to recognize that some things must die so something new can grow.”

— [Peter Scazzero, The Emotionally Healthy Leader: How Transforming Your Inner Life Will Deeply Transform Your Church, Team, and the World](#)

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“taking care of the tasks of life. We know we have found our balance when we are so deeply rooted in God that our activity is marked by the peaceful, joyful, rich quality of our contemplation.”

— [Peter Scazzero, Emotionally Healthy Spirituality: Unleash a Revolution in Your Life In Christ](#)

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“When it comes to the church and numbers, the problem isn’t that we count, it’s that we have so fully embraced the world’s dictum that bigger is better that numbers have become the only thing we count. When something isn’t bigger and better, we consider it — and often ourselves — a failure. What we miss in all this counting is

the value Scripture places on internal markers. What constitutes failure in the eyes of the world isn't always a failure in the kingdom of God. For"

— [Peter Scazzero, The Emotionally Healthy Leader: How Transforming Your Inner Life Will Deeply Transform Your Church, Team, and the World](#)

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"Trust God to run the universe without you."

— [Peter Scazzero, Emotionally Healthy Spirituality: It's Impossible to Be Spiritually Mature, While Remaining Emotionally Immature](#)

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"We imitate God by stopping our work and resting."

— [Peter Scazzero, Emotionally Healthy Spirituality: It's Impossible to Be Spiritually Mature, While Remaining Emotionally Immature](#)

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"We make choices to trust God, to wait on God, to obey God, to stick with God, to remain faithful when everything in us wants to quit and run."

— [Peter Scazzero, Emotionally Healthy Spirituality: It's Impossible to Be Spiritually Mature, While Remaining Emotionally Immature](#)

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"Am I growing in the freedom God gave me?"

— [Peter Scazzero, Emotionally Healthy Spirituality: It's Impossible to Be Spiritually Mature, While Remaining Emotionally Immature](#)

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"Lewis Smedes sums up the dangers of superficial forgiveness: "We will not take healing action against unfair pain until we own the pain we want to heal. It is not enough to feel pain. We need to appropriate the pain we feel: Be conscious of it, take it on, and take it as our own ... I worry about fast forgivers. They tend to forgive quickly in order to avoid their pain."

— [Peter Scazzero, The Emotionally Healthy Church, Expanded Edition: A Strategy for Discipleship That Actually Changes Lives](#)

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"Blessed are the poor in spirit, for theirs is the kingdom of heaven" (Matthew 5:3)."

— [Peter Scazzero, Emotionally Healthy Spirituality: It's Impossible to Be Spiritually Mature, While Remaining Emotionally Immature](#)

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"Many Christians, in particular, are "fun deficient."

— [Peter Scazzero, Emotionally Healthy Spirituality: It's Impossible to Be Spiritually Mature, While Remaining Emotionally Immature](#)

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"we all depend, in every instant, upon the mercy of God."

— [Peter Scazzero, Emotionally Healthy Spirituality: It's Impossible to Be Spiritually Mature, While Remaining Emotionally Immature](#)

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“Grant me grace to follow you into the unknown, into the next place in my journey with you. In your name, amen.”

— [Peter Scazzero, Emotionally Healthy Spirituality: It's Impossible to Be Spiritually Mature, While Remaining Emotionally Immature](#)

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“Most of us never examine the scripts handed to us by our past.”

— [Peter Scazzero, Emotionally Healthy Spirituality: It's Impossible to Be Spiritually Mature, While Remaining Emotionally Immature](#)

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“God is just, merciful, good, wise, loving.”

— [Peter Scazzero, Emotionally Healthy Spirituality: It's Impossible to Be Spiritually Mature, While Remaining Emotionally Immature](#)

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“We numb our pain through denial, blaming, rationalizations, addictions, and avoidance.”

— [Peter Scazzero, Emotionally Healthy Spirituality: It's Impossible to Be Spiritually Mature, While Remaining Emotionally Immature](#)

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“Be still before the LORD and wait patiently for him” (Psalm 37:7)”

— [Peter Scazzero, Emotionally Healthy Spirituality: It's Impossible to Be Spiritually Mature, While Remaining Emotionally Immature](#)

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“Wait for the LORD; be strong and take heart and wait for the LORD” (Psalm 27:14)?”

— [Peter Scazzero, Emotionally Healthy Spirituality: It's Impossible to Be Spiritually Mature, While Remaining Emotionally Immature](#)

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“(Luke 4:14).We”

— [Peter Scazzero, Emotionally Healthy Spirituality: It's Impossible to Be Spiritually Mature, While Remaining Emotionally Immature](#)

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“Be still, and know that I am God” (Psalm 46:10).”

— [Peter Scazzero, Emotionally Healthy Spirituality: It's Impossible to Be Spiritually Mature, While Remaining Emotionally Immature](#)

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“Ecclesiastes 3:4: there is “a time to weep and a time to laugh, a time to mourn and a time to dance.”

— [Peter Scazzero, Emotionally Healthy Spirituality: It's Impossible to Be Spiritually Mature, While Remaining Emotionally Immature](#)

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“Christianity is not about our disciplined pursuit of God, but about God’s relentless pursuit of us—to”

— [Peter Scazzero, Emotionally Healthy Spirituality: It's Impossible to Be Spiritually Mature, While Remaining Emotionally Immature](#)

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“Solitude is the practice of being absent from people and things to attend to God.”

— [Peter Scazzero, Emotionally Healthy Spirituality: It's Impossible to Be Spiritually Mature, While Remaining Emotionally Immature](#)

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“I prefer the notions of seasons to stages when describing our life in Christ. We don’t control the seasons; they happen to us. Winter, spring, summer, and fall come to us whether we like it or not.”

— [Peter Scazzero, Emotionally Healthy Spirituality: It's Impossible to Be Spiritually Mature, While Remaining Emotionally Immature](#)

## Peter Scazzero quotes (showing 61-90 of 189)

“Watch for the internal signs that you are exceeding your limits, doing more for God than your abiding relationship with him can sustain (for example, lack of peace, irritability, rushing). Make it your first priority and goal to seek his face and to do his will each day.”

— [Peter Scazzero, The Emotionally Healthy Leader: How Transforming Your Inner Life Will Deeply Transform Your Church, Team, and the World](#)

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“Our wisdom . . . consists almost entirely of two parts: the knowledge of God and of ourselves.”

— [Peter Scazzero, Emotionally Healthy Spirituality: It's Impossible to Be Spiritually Mature, While Remaining Emotionally Immature](#)

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“When I was young, I set out to change the world. When I grew a little older, I perceived that this was too ambitious, so I set out to change my state. This too, I realized as I grew older, was too ambitious, so I set out to change my town. When I realized I could not even do this, I tried to change my family. Now as an old man, I know that I should have started by changing myself. If I had started with myself, maybe then I would have succeeded in changing my family, the town, or even the state — and who knows, maybe even the world!”

— [Peter Scazzero, Emotionally Healthy Spirituality Day by Day: A 40-Day Journey with the Daily Office](#)

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“The vast majority of us go to our graves without knowing who we are.”

— [Peter Scazzero, Emotionally Healthy Spirituality: It's Impossible to Be Spiritually Mature, While Remaining Emotionally Immature](#)

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“God has revealed himself to us in his Son, Scripture, creation, and other ways, but so much of who he is remains incomprehensible.”

— [Peter Scazzero, Emotionally Healthy Spirituality: It's Impossible to Be Spiritually Mature, While Remaining Emotionally Immature](#)

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“We view conflict as a sign that something is wrong, so we do whatever we can to avoid it. We prefer to ignore difficult issues and settle for a false peace, hoping our difficulties will somehow disappear on their own. They don’t.”

— [Peter Scazzero, The Emotionally Healthy Leader: How Transforming Your Inner Life Will Deeply Transform Your Church, Team, and the World](#)

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“Salvation is a gift of grace.”

— [Peter Scazzero, Emotionally Healthy Spirituality: It's Impossible to Be Spiritually Mature, While Remaining Emotionally Immature](#)

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“When, out of fear, we avoid conflict and appease people, we are false peacemakers. For”

— [Peter Scazzero, Emotionally Healthy Spirituality: It's Impossible to Be Spiritually Mature, While Remaining Emotionally Immature](#)

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“there is nothing we can do or not do that would cause God to love us any more than he does right now.”

— [Peter Scazzero, Emotionally Healthy Spirituality: It's Impossible to Be Spiritually Mature, While Remaining Emotionally Immature](#)

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“If you’ve opened your loving to God’s love, you’re helping people you don’t know and have never seen.”

— [Peter Scazzero, Emotionally Healthy Spirituality: It's Impossible to Be Spiritually Mature, While Remaining Emotionally Immature](#)

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“Scripture’s commands to “rejoice in the Lord always” (Philippians 4:4)”

— [Peter Scazzero, Emotionally Healthy Spirituality: It's Impossible to Be Spiritually Mature, While Remaining Emotionally Immature](#)

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“The wise are known for their few words.”

— [Peter Scazzero, Emotionally Healthy Spirituality: It's Impossible to Be Spiritually Mature, While Remaining Emotionally Immature](#)

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“The great news of Christianity is that your biological family of origin does not determine your future.”

— [Peter Scazzero, Emotionally Healthy Spirituality: It's Impossible to Be Spiritually Mature, While Remaining Emotionally Immature](#)

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“the extent to which we love and respect ourselves is the extent to which we will be able to love and respect others.”

— [Peter Scazzero, Emotionally Healthy Spirituality: It's Impossible to Be Spiritually Mature, While Remaining Emotionally Immature](#)

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“He releases the curse in order to drive us to our knees and to seek him, to recognize our need for a Savior (Gal. 3:21–25). The problem is instead of being broken by the thorns and thistles of life and thus coming to Christ, we either flee, fight, or hide.”

— [Peter Scazzero, The Emotionally Healthy Church, Expanded Edition: A Strategy for Discipleship That Actually Changes Lives](#)

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“We are transferred out of darkness into the kingdom of light.”

— [Peter Scazzero, Emotionally Healthy Spirituality: It's Impossible to Be Spiritually Mature, While Remaining Emotionally Immature](#)

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“You will know the truth, and the truth will set you free” (John 8:32).”

— [Peter Scazzero, Emotionally Healthy Spirituality: It's Impossible to Be Spiritually Mature, While Remaining Emotionally Immature](#)

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“When we deny our pain, losses, and feelings year after year, we become less and less human.”

— [Peter Scazzero, Emotionally Healthy Spirituality: It's Impossible to Be Spiritually Mature, While Remaining Emotionally Immature](#)

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“Our debts (sins) are cancelled.”

— [Peter Scazzero, Emotionally Healthy Spirituality: It's Impossible to Be Spiritually Mature, While Remaining Emotionally Immature](#)

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“Scripture reveals God as an emotional being who feels—a Person.”

— [Peter Scazzero, Emotionally Healthy Spirituality: It's Impossible to Be Spiritually Mature, While Remaining Emotionally Immature](#)

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“Those who cannot learn from the past are doomed to repeat it.”

— [Peter Scazzero, Emotionally Healthy Spirituality: It's Impossible to Be Spiritually Mature, While Remaining Emotionally Immature](#)

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“Few killer viruses are more difficult to discern than this one. On the surface all appears to be healthy and working, but it’s not. All those hours and hours spent lost in one Christian book after another . . . all those many Christian responsibilities outside the home or going from one seminar to another . . . all that extra time in prayer and Bible study. . . . At times we use these Christian activities as an unconscious attempt to escape from pain. In”

— [Peter Scazzero, Emotionally Healthy Spirituality: It's Impossible to Be Spiritually Mature, While Remaining Emotionally Immature](#)

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“In God’s family, success is defined as being faithful to his purpose and plan for your life.”

— [Peter Scazzero, Emotionally Healthy Spirituality: It's Impossible to Be Spiritually Mature, While Remaining Emotionally Immature](#)

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“God thinks. You think. God wills. You will. God feels. You feel.”

— [Peter Scazzero, Emotionally Healthy Spirituality: It's Impossible to Be Spiritually Mature, While Remaining Emotionally Immature](#)

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“You are a human being made in God’s likeness.”

— [Peter Scazzero, Emotionally Healthy Spirituality: It's Impossible to Be Spiritually Mature, While Remaining Emotionally Immature](#)

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“All our families are broken and marred by the effects of the Fall.”

— [Peter Scazzero, Emotionally Healthy Spirituality: It's Impossible to Be Spiritually Mature, While Remaining Emotionally Immature](#)

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“Part of that likeness is to feel.”

— [Peter Scazzero, Emotionally Healthy Spirituality: It's Impossible to Be Spiritually Mature, While Remaining Emotionally Immature](#)

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“His grace is sufficient.”

— [Peter Scazzero, Emotionally Healthy Spirituality: It's Impossible to Be Spiritually Mature, While Remaining Emotionally Immature](#)

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“the activity of my life (“doing” for Jesus) began to eclipse the contemplative dimension of my life (“being” with Jesus).”

— [Peter Scazzero, The Emotionally Healthy Leader: How Transforming Your Inner Life Will Deeply Transform Your Church, Team, and the World](#)

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“The essence of being in God’s image is our ability, like God, to stop. We imitate God by stopping our work and resting.”

— [Peter Scazzero, Emotionally Healthy Spirituality: It's Impossible to Be Spiritually Mature, While Remaining Emotionally Immature](#)

## **Peter Scazzero quotes (showing 91-120 of 189)**

“EMOTIONAL INFANTS • Look for others to take care of them • Have great difficulty entering into the world of others • Are driven by need for instant gratification • Use others as objects to meet their needs  
EMOTIONAL CHILDREN • Are content and happy as long as they receive what they want • Unravel quickly from stress, disappointments, trials • Interpret disagreements as personal offenses • Are easily hurt • Complain, withdraw, manipulate, take revenge, become sarcastic when they don’t get their way • Have great difficulty calmly discussing their needs and wants in a mature, loving way  
EMOTIONAL ADOLESCENTS • Tend to often be defensive • Are threatened and alarmed by criticism • Keep score of what they give so they can ask for something later in return • Deal with conflict poorly, often blaming, appeasing, going to a third party, pouting, or ignoring the issue entirely • Become preoccupied with themselves • Have great difficulty truly listening to another person’s pain, disappointments, or needs • Are critical and judgmental  
EMOTIONAL ADULTS • Are able to ask for what they need, want, or prefer—clearly, directly, honestly • Recognize, manage, and take responsibility for their own thoughts and feelings • Can, when under stress, state their own beliefs and values without becoming adversarial • Respect others without having to change them • Give people room to make mistakes and not be perfect • Appreciate people for who they are—the good, bad, and ugly—not for what they give back • Accurately assess their own limits, strengths, and weaknesses and are able to freely discuss them with others • Are deeply in tune with their own emotional world and able to enter into the feelings, needs, and

concerns of others without losing themselves • Have the capacity to resolve conflict maturely and negotiate solutions that consider the perspectives of others”

— [Peter Scazzero, Emotionally Healthy Spirituality: It's Impossible to Be Spiritually Mature, While Remaining Emotionally Immature](#)

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“His power is accessible.”

— [Peter Scazzero, Emotionally Healthy Spirituality: It's Impossible to Be Spiritually Mature, While Remaining Emotionally Immature](#)

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“I was engaged in more activity for God than my being with God could sustain.”

— [Peter Scazzero, The Emotionally Healthy Leader: How Transforming Your Inner Life Will Deeply Transform Your Church, Team, and the World](#)

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“Pain has an amazing ability to open us to new truth and to get us moving.”

— [Peter Scazzero, Emotionally Healthy Spirituality: Unleash a Revolution in Your Life In Christ](#)

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“No other religion in the world reveals a personal God who loves us for who we are, not what we do.”

— [Peter Scazzero, Emotionally Healthy Spirituality: It's Impossible to Be Spiritually Mature, While Remaining Emotionally Immature](#)

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“To become a Christian and to be adopted into God’s family with the new name of “Christian” does not erase the past. God does not give us amnesia or do emergency emotional/spiritual reconstructive surgery. God does forgive the past, but he does not erase it. We are given a new start, but we still come in as babies drinking milk and are expected to die daily to the parts of our lives that do not honor God and follow Jesus.”

— [Peter Scazzero, The Emotionally Healthy Church, Expanded Edition: A Strategy for Discipleship That Actually Changes Lives](#)

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“Many Christians are stuck. Some are lost this very moment, trying to find their way. Others are afraid they will go astray if they remain stuck for too much longer. More than a few are lost without knowing it.”

— [Peter Scazzero, Emotionally Healthy Spirituality: Unleash a Revolution in Your Life In Christ](#)

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“God intends that we mature in learning to recognize how he speaks and guides us through our feelings.”

— [Peter Scazzero, Emotionally Healthy Spirituality: It's Impossible to Be Spiritually Mature, While Remaining Emotionally Immature](#)

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“Unhealed wounds open us up to habitual sin against God and others.”

— [Peter Scazzero, Emotionally Healthy Spirituality: It's Impossible to Be Spiritually Mature, While Remaining Emotionally Immature](#)

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“True freedom comes when we no longer need to be somebody special in other people’s eyes because we know we are loveable and good enough.”

— [Peter Scazzero, Emotionally Healthy Spirituality: It's Impossible to Be Spiritually Mature, While Remaining Emotionally Immature](#)

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“Ignoring our emotions is turning our back on reality.”

— [Peter Scazzero, Emotionally Healthy Spirituality: It's Impossible to Be Spiritually Mature, While Remaining Emotionally Immature](#)

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“Emotions are the language of the soul.”

— [Peter Scazzero, Emotionally Healthy Spirituality: It's Impossible to Be Spiritually Mature, While Remaining Emotionally Immature](#)

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“Jesus shows us that healthy Christians do not avoid conflict. His life was filled with it! He was in regular conflict with the religious leaders, the crowds, the disciples—even his own family. Out of a desire to bring true peace, Jesus disrupted the false peace all around him. He refused to “spiritualize away” conflict. 8.”

— [Peter Scazzero, Emotionally Healthy Spirituality: It's Impossible to Be Spiritually Mature, While Remaining Emotionally Immature](#)

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“way. Part of the sanctification process of the Holy Spirit is to strip away the false constructs we have accumulated and enable our true selves to emerge.”

— [Peter Scazzero, Emotionally Healthy Spirituality: Unleash a Revolution in Your Life In Christ](#)

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“who you are is more important than what you do. Why? Because the love of Jesus in you is the greatest gift you have to give to others. Who you are as a person — and specifically how well you love — will always have a larger and longer impact on those around you than what you do. Your”

— [Peter Scazzero, The Emotionally Healthy Leader: How Transforming Your Inner Life Will Deeply Transform Your Church, Team, and the World](#)

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“David did not. Instead he used his absolute power as king to ensure the details of his colossal failure were published in the history books for all future generations! In fact, David wrote a song about his failure to be sung in Israel’s worship services and to be published in their worship manual, the psalms. (Hopefully he asked Bathsheba’s permission first!) David knew “the sacrifices of God are a broken spirit; a broken and contrite heart, O God, you will not despise” (Psalm 51:17). Another of God’s great men, the apostle Paul, wrote about God not answering his prayers and about his “thorn in [the] flesh.” He thanked God for his brokenness, reminding his readers that Christ’s power “is made perfect in weakness” (2 Corinthians 12:7–10). How many Christians do you know who would do such a thing today? The”

— [Peter Scazzero, Emotionally Healthy Spirituality: It's Impossible to Be Spiritually Mature, While Remaining Emotionally Immature](#)

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“Married couples bear witness to the depth of Christ’s love. Their vows focus and limit them to loving one person exclusively, permanently, and intimately. Singles — vowed or dedicated — bear witness to the breadth of Christ’s love. Because they are not limited by a vow to one person, they have more freedom and time to express the love of Christ to a broad range of people. Both marrieds and singles point to and reveal Christ’s love, but in different ways. Both need to learn from one another about these different aspects of Christ’s love.

This”

— [Peter Scazzero, \*The Emotionally Healthy Leader: How Transforming Your Inner Life Will Deeply Transform Your Church, Team, and the World\*](#)

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“Throughout the history of the church, Christians have tended to elevate the importance of one over the other. For the first 1,500 years of the church, singleness was considered the preferred state and the best way to serve Christ. Singles sat at the front of the church. Marrieds were sent to the back.<sup>4</sup> Things changed after the Reformation in 1517, when single people were sent to the back and marrieds moved to the front — at least among Protestants.<sup>5</sup> Scripture, however, refers to both statuses as weighty, meaningful vocations. We’ll spend more time on each later in the chapter, but here is a brief overview. Marrieds. This refers to a man and woman who form a one-flesh union through a covenantal vow — to God, to one another, and to the larger community — to permanently, freely, faithfully, and fruitfully love one another. Adam and Eve provide the clearest biblical model for this. As a one-flesh couple, they were called by God to take initiative to “be fruitful . . . fill the earth and subdue it” (Genesis 1:28). Singles. Scripture teaches that human beings are created for intimacy and connection with God, themselves, and one another. Marriage is one framework in which we work this out; singleness is another. While singleness may be voluntarily chosen or involuntarily imposed, temporary or long-term, a sudden event or a gradual unfolding, Christian singleness can be understood within two distinct callings:

- Vowed celibates. These are individuals who make lifelong vows to remain single and maintain lifelong sexual abstinence as a means of living out their commitment to Christ. They do this freely in response to a God-given gift of grace (Matthew 19:12). Today, we are perhaps most familiar with vowed celibates as nuns and priests in the Roman Catholic or Orthodox Church. These celibates vow to forgo earthly marriage in order to participate more fully in the heavenly reality that is eternal union with Christ.<sup>6</sup>
- Dedicated celibates. These are singles who have not necessarily made a lifelong vow to remain single, but who choose to remain sexually abstinent for as long as they are single. Their commitment to celibacy is an expression of their commitment to Christ. Many desire to marry or are open to the possibility. They may have not yet met the right person or are postponing marriage to pursue a career or additional education. They may be single because of divorce or the death of a spouse. The apostle Paul acknowledges such dedicated celibates in his first letter to the church at Corinth (1 Corinthians 7). Understanding singleness and marriage as callings or vocations must inform our self-understanding and the outworking of our leadership. Our whole life as a leader is to bear witness to God’s love for the world. But we do so in different ways as marrieds or singles. Married couples bear witness to the depth of Christ’s love. Their vows focus and limit them to loving one person exclusively, permanently, and intimately. Singles — vowed or dedicated — bear witness to the breadth of Christ’s love. Because they are not limited by a vow to one person, they have more freedom and time to express the love of Christ to a broad range of people. Both marrieds and singles point to and reveal Christ’s love, but in different ways. Both need to learn from one another about these different aspects of Christ’s love. This may be a radically new concept for you, but stay with me. God intends this rich theological vision to inform our leadership in ways few of us may have considered. Before exploring the connections between leadership and marriage or singleness, it’s important to understand the way marriage and singleness are commonly understood in standard practice among leaders today.”

— [Peter Scazzero, \*The Emotionally Healthy Leader: How Transforming Your Inner Life Will Deeply Transform Your Church, Team, and the World\*](#)

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“Lord Jesus, help me love well like you.”

— [Peter Scazzero, \*Emotionally Healthy Spirituality: It's Impossible to Be Spiritually Mature, While Remaining Emotionally Immature\*](#)

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“Grow me, I pray, into an emotionally mature adult through the Holy Spirit’s power.”

— [Peter Scazzero, Emotionally Healthy Spirituality: It's Impossible to Be Spiritually Mature, While Remaining Emotionally Immature](#)

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“Allow yourself to experience the full weight of your feelings. Allow them without censoring them. Then you can reflect and thoughtfully decide what to do with them. Trust God to come to you through them. This is the first step in the hard work of discipleship.”

— [Peter Scazzero, Emotionally Healthy Spirituality: Unleash a Revolution in Your Life In Christ](#)

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“God promises if you and I will do life his way (even though it feels unnatural and hard to us initially), then our lives will be beautiful.”

— [Peter Scazzero, Emotionally Healthy Spirituality: It's Impossible to Be Spiritually Mature, While Remaining Emotionally Immature](#)

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“The issue is not, by any means, to blindly follow our feelings, but to acknowledge them as a part of the way God communicates to us.”

— [Peter Scazzero, Emotionally Healthy Spirituality: Unleash a Revolution in Your Life In Christ](#)

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“The emotionally unhealthy leader is someone who operates in a continuous state of emotional and spiritual deficit, lacking emotional maturity and a “being with God” sufficient to sustain their “doing for God.” When”

— [Peter Scazzero, The Emotionally Healthy Leader: How Transforming Your Inner Life Will Deeply Transform Your Church, Team, and the World](#)

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“The vast majority of us go to our graves without knowing who we are. We unconsciously live someone else’s life, or at least someone else’s expectations for us. This does violence to ourselves, our relationship with God, and ultimately to others.”

— [Peter Scazzero, Emotionally Healthy Spirituality: It's Impossible to Be Spiritually Mature, While Remaining Emotionally Immature](#)

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“Why is it that so many Christians make such lousy human beings?”

— [Peter Scazzero, Emotionally Healthy Spirituality: It's Impossible to Be Spiritually Mature, While Remaining Emotionally Immature](#)

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“Like the creation, man’s games are an expression of freedom . . . for playing relates to the joy of the creator with his creation and the pleasure of the player with his game. Like creation, games combine sincerity and mirth, suspense and relaxation. The player is wholly absorbed in his game and takes it seriously, yet at the same time he transcends himself and his game, for it is after all only a game.”<sup>22</sup>

— [Peter Scazzero, The Emotionally Healthy Leader: How Transforming Your Inner Life Will Deeply Transform Your Church, Team, and the World](#)

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“We lead more out of who we are than out of what we do, strategic or otherwise. If we fail to recognize that who we are on the inside informs every aspect of our leadership, we will do damage to ourselves and to those

we lead.”

— [Peter Scazzero, The Emotionally Healthy Leader: How Transforming Your Inner Life Will Deeply Transform Your Church, Team, and the World](#)

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“Mature spiritual leadership is forged in the crucible of difficult conversations, the pressure of conflicted relationships, the pain of setbacks, and dark nights of the soul.”

— [Peter Scazzero, The Emotionally Healthy Leader: How Transforming Your Inner Life Will Deeply Transform Your Church, Team, and the World](#)

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“Using God to run from God Ignoring anger, sadness, and fear Dying to the wrong things Denying the impact of the past on the”

— [Peter Scazzero, Emotionally Healthy Spirituality: It's Impossible to Be Spiritually Mature, While Remaining Emotionally Immature](#)

## **Peter Scazzero quotes (showing 121-150 of 189)**

“Burnout is a state of emptiness, to be sure, but it does not result from giving all I have; it merely reveals the nothingness from which I was trying to give in the first place. — Parker Palmer21”

— [Peter Scazzero, Emotionally Healthy Spirituality Day by Day: A 40-Day Journey with the Daily Office](#)

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“The Deuteronomy reason for Sabbath-keeping is that our ancestors in Egypt went for four hundred years without a vacation (Deuteronomy 5:15). Never a day off. The consequence: they were no longer considered persons but slaves. Hands. Work units. Not persons created in the image of God but equipment for making brick and building pyramids. Humanity was defaced. — Eugene Peterson”

— [Peter Scazzero, Emotionally Healthy Spirituality Day by Day: A 40-Day Journey with the Daily Office](#)

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“Your shadow is the accumulation of untamed emotions, less-than-pure motives and thoughts that, while largely unconscious, strongly influence and shape your behaviors. It is the damaged but mostly hidden version of who you are.”

— [Peter Scazzero, The Emotionally Healthy Leader: How Transforming Your Inner Life Will Deeply Transform Your Church, Team, and the World](#)

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“We change our behavior when the pain of staying the same becomes greater than the pain of changing.”

— [Peter Scazzero, The Emotionally Healthy Church, Expanded Edition: A Strategy for Discipleship That Actually Changes Lives](#)

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“Each of us needs an opportunity to be alone and silent, or even, indeed, to find space in the day or in the week, just to reflect and to listen to the voice of God that speaks deep within us. . . . In fact, our search for God is only our response to his search for us. He knocks at our door, but for many people, their lives are too preoccupied for them to be able to hear. — Cardinal Basil Hume”

— [Peter Scazzero, Emotionally Healthy Spirituality Day by Day: A 40-Day Journey with the Daily Office](#)

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“most of our human problems come because we don’t know how to sit still in our room for an hour. — Leighton Ford”

— [Peter Scazzero, Emotionally Healthy Spirituality Day by Day: A 40-Day Journey with the Daily Office](#)

— [Peter Scazzero, Una iglesia emocionalmente sana: Una estrategia para el discipulado que de veras cambia vidas](#)

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“You would think the church and its leaders would be all for healthy leadership and whatever it takes to achieve it. But the truth is that there are parts of church leadership culture that actually work hard against it.”

— [Peter Scazzero, The Emotionally Healthy Leader: How Transforming Your Inner Life Will Deeply Transform Your Church, Team, and the World](#)

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“are deeply loved by God for who we are, not for what we do.”

— [Peter Scazzero, Emotionally Healthy Spirituality: It's Impossible to Be Spiritually Mature, While Remaining Emotionally Immature](#)

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“Most Christians are not intentional, but rather functional, like cars on autopilot. Our crammed schedules, endless to-do lists, demanding jobs and families, constant noise, information bombardment, and anxieties keep us speeding up, not slowing down.”

— [Peter Scazzero, Emotionally Healthy Spirituality: It's Impossible to Be Spiritually Mature, While Remaining Emotionally Immature](#)

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“Gregory of Nazianus taught around AD 370: “The responsibility of pastoral office is great indeed, and no one ought to enter who has not deeply examined motive and ability, who has not struggled against call in the face of godly demands of office and the frailty of mere humanity.”

— [Peter Scazzero, The Emotionally Healthy Church, Expanded Edition: A Strategy for Discipleship That Actually Changes Lives](#)

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“be still, and know that [he is] God” (Psalm 46:10)”

— [Peter Scazzero, Emotionally Healthy Spirituality: It's Impossible to Be Spiritually Mature, While Remaining Emotionally Immature](#)

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“Your being with God (or lack of being with God) will trump, eventually, your doing for God every time. We cannot give what we do not possess. We cannot help but give what we do possess.”

— [Peter Scazzero, The Emotionally Healthy Leader: How Transforming Your Inner Life Will Deeply Transform Your Church, Team, and the World](#)

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“Our most natural prayer is “My Father in heaven, hallowed be my name, may my kingdom come, may my will be done on earth.” We’re afraid of God’s will being done because we can’t control what he will do, when he will do it, how he will do it, and what the outcome might be.”

— [Peter Scazzero, Emotionally Healthy Spirituality: It's Impossible to Be Spiritually Mature, While Remaining Emotionally Immature](#)

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“Prayer Lord, I have spent much of my life running from pain and loss, medicating my pain and quickly moving on to the next project—the new urgent demand. I ask for the grace to embrace all of life—the joys and the sorrows, the deaths and the births, the old and the new. In Jesus’ name, amen.”

— [Peter Scazzero, Daily Office](#)

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“Entitled leaders act as if the world revolves around them. Their thinking goes something like this: I’ve been blessed. I have gifts and influence. I have worked hard and deserve to be treated well. This is what I refer to as “power over” others leadership. The opposite of an entitled leader is a grateful leader. Grateful leaders continually marvel at all they have received from God. But as a leader’s sense of gratitude shrinks, their sense of entitlement grows in equal measure. While the world practices a “power over” strategy characterized by dominance and win-lose competitiveness, Jesus taught a “power under” strategy characterized by humility and sacrificial service. In the world, says Jesus, leaders throw their weight around, “[but it is] not so with you. . . . Whoever wants to become great among you must be your servant” (Mark 10:42 – 43). While Jesus is the invisible God who holds all things together — Almighty, eternal, immortal, and infinite — he became human, temporal, mortal, and finite. Jesus demonstrated his power not by force or control, but by choosing to come under us, humbly washing feet and dying for our sins. He carefully stewarded his power: “[Christ Jesus,] who, being in very nature God, did not consider equality with God something to be used to his own advantage; rather, he made himself nothing by taking the very nature of a servant” (Philippians 2:6 – 7).”

— [Peter Scazzero, The Emotionally Healthy Leader: How Transforming Your Inner Life Will Deeply Transform Your Church, Team, and the World](#)

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“This voice told him the goal of ministry was to recognize the Lord’s voice, his face, and his touch in every person he met.”

— [Peter Scazzero, The Emotionally Healthy Church, Expanded Edition: A Strategy for Discipleship That Actually Changes Lives](#)

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“Sabbath is not dependent upon our readiness to stop.”

— [Peter Scazzero, Daily Office](#)

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“You are lovable. You are good. It is so good that you exist.”

— [Peter Scazzero, Emotionally Healthy Spirituality: It's Impossible to Be Spiritually Mature, While Remaining Emotionally Immature](#)

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“Other church leavers include those who remained in the church but simply became inactive. After many years of frustration and disappointment, realizing that the black-and-white presentations of the life of faith did not fit with their life experience, they quit—at least internally.”

— [Peter Scazzero, Emotionally Healthy Spirituality: It's Impossible to Be Spiritually Mature, While Remaining Emotionally Immature](#)

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“We are also deeply loved. We are a treasure.”

— [Peter Scazzero, Emotionally Healthy Spirituality: It's Impossible to Be Spiritually Mature, While Remaining Emotionally Immature](#)

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“loving well is the essence of true spirituality.”

— [Peter Scazzero, Emotionally Healthy Spirituality Day by Day: A 40-Day Journey with the Daily Office](#)

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“Some of us are addicted to what others think.”

— [Peter Scazzero, Emotionally Healthy Spirituality: It's Impossible to Be Spiritually Mature, While Remaining Emotionally Immature](#)

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“Our self-image soars with a compliment and is devastated by a criticism.”

— [Peter Scazzero, Emotionally Healthy Spirituality: It's Impossible to Be Spiritually Mature, While Remaining Emotionally Immature](#)

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“leavers are believers who no longer attend church. These men and women made a genuine commitment to Christ but came to realize, slowly and painfully, that the spirituality available in church had not really delivered any deep, Christ-transforming life change—either in themselves or others.”

— [Peter Scazzero, Emotionally Healthy Spirituality: It's Impossible to Be Spiritually Mature, While Remaining Emotionally Immature](#)

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“I meet many people afraid to feel; they are worried it will unleash a torrent of negative thoughts from within themselves. They are fearful that rage, hate, bitterness, sadness, or self-doubt will erupt. Perhaps that’s true. But an amazing by-product of the emotional-health journey is a fresh discovery of the mercy of God in the gospel. Not only does God not reject or punish us for being honest and transparent about our whole selves, but he actually accepts and loves us where we are. We are anchored in God’s love as he gives us permission to express ourselves—the bad along with the good—and take care of ourselves in”

— [Peter Scazzero, Emotionally Healthy Spirituality: It's Impossible to Be Spiritually Mature, While Remaining Emotionally Immature](#)

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“A third group, sadly, chose to jettison their faith completely. They grew tired of feeling stuck and trapped in their spiritual journey. And they grew weary of Christians around them who, regardless of their “knowledge” of God, church involvement, and zeal, were angry, compulsive, highly opinionated, defensive, proud, and too busy to love the Jesus they professed. Being a Christian seemed more trouble than it was worth. Starbucks and the New York Times were better companions for Sunday mornings.”

— [Peter Scazzero, Emotionally Healthy Spirituality: It's Impossible to Be Spiritually Mature, While Remaining Emotionally Immature](#)

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“I may not agree with you or you with me. Yet I can remain in relationship with you. I don’t have to detach from you, reject you, avoid you, or criticize you to validate myself. I can be myself apart from you.”

— [Peter Scazzero, Emotionally Healthy Spirituality: Unleash a Revolution in Your Life In Christ](#)

## Peter Scazzero quotes (showing 151-180 of 189)

“Let the person who cannot be alone beware of community. Let the person who is not in community beware of being alone.”<sup>17</sup>”

— [Peter Scazzero, Emotionally Healthy Spirituality: Unleash a Revolution in Your Life In Christ](#)

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“Find the door of your heart, you will discover it is the door of the kingdom of God.”

— [Peter Scazzero, Emotionally Healthy Spirituality: It's Impossible to Be Spiritually Mature, While Remaining Emotionally Immature](#)

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“Christian faith: emotional health and spiritual maturity are inseparable.”

— [Peter Scazzero, Emotionally Healthy Spirituality: It's Impossible to Be Spiritually Mature, While Remaining Emotionally Immature](#)

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“Now, believe it or not, we are threatened by such a free God because it takes away all of our ability to control or engineer the process. It leaves us powerless, and changes the language from any language of performance or achievement to that of surrender, trust and vulnerability. . . . That is the so-called “wildness” of God. We cannot control God by any means whatsoever, not even by our good behavior, which tends to be our first and natural instinct. . . . That utter and absolute freedom of God is fortunately used totally in our favor, even though we are still afraid of it. It is called providence, forgiveness, free election or mercy. . . . But to us, it feels like wildness — precisely because we cannot control it, manipulate it, direct it, earn it or lose it. Anyone into controlling God by his or her actions will feel very useless, impotent and ineffective. — Richard Rohr”

— [Peter Scazzero, Emotionally Healthy Spirituality Day by Day: A 40-Day Journey with the Daily Office](#)

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“Lord,”

— [Peter Scazzero, Daily Office](#)

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“Scripture Reading: Mark 3:31–35 Then Jesus’ mother and brothers arrived. Standing outside, they sent someone in to call him. A crowd was sitting around him, and they told him, “Your mother and brothers are outside looking for you.” “Who are my mother and my brothers?” he asked. Then he looked at those seated in a circle around him and said, “Here are my mother and my brothers! Whoever does God’s will is my brother and sister and mother.”

— [Peter Scazzero, Daily Office](#)

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“It is always true to some extent that we make our images of God. It is even truer that our image of God makes us. Eventually we become like the God we image. One of the most beautiful fruits of knowing the God of Jesus is a compassionate attitude towards ourselves. . . . This is why Scripture attaches such importance to knowing God. Healing our image of God heals our image of ourselves.<sup>12</sup>”

— [Peter Scazzero, Emotionally Healthy Spirituality: It's Impossible to Be Spiritually Mature, While Remaining Emotionally Immature](#)

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“Lord, you know my world can be nonstop and complex. Help me to balance the demands coming at me today, remembering you while I work, and keeping you at the center of all I do. In Jesus’ name, amen.”

— [Peter Scazzero, Emotionally Healthy Spirituality Day by Day: A 40-Day Journey with the Daily Office](#)

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“The very glory God gave Jesus has been given to us (John 17:21–22).”

— [Peter Scazzero, Emotionally Healthy Spirituality: It's Impossible to Be Spiritually Mature, While Remaining Emotionally Immature](#)

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“We don’t become mature human beings by getting lucky or cleverly circumventing loss, and certainly not by avoidance and distraction. Learn to lament. Learn this lamentation. We’re mortals, after all. We and everyone around are scheduled for death (mortis). Get used to it. Take up your cross. It prepares us and those around us for resurrection. — Eugene Peterson”

— [Peter Scazzero, Emotionally Healthy Spirituality Day by Day: A 40-Day Journey with the Daily Office](#)

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“Healing our image of God heals our image of ourselves.”

— [Peter Scazzero, Emotionally Healthy Spirituality: It's Impossible to Be Spiritually Mature, While Remaining Emotionally Immature](#)

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“We change our behavior when the pain of staying the same becomes greater than the pain of changing.”<sup>6</sup>

— [Peter Scazzero, The Emotionally Healthy Church, Expanded Edition: A Strategy for Discipleship That Actually Changes Lives](#)

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“The late Dag Hammarskjöld, once the secretary general of the United Nations, suggested that we have become adept at exploring outer space, but we have not developed similar skills in exploring our own personal inner spaces. He wrote, “The longest journey of any person is the journey inward.”<sup>4</sup> Most of us feel much more equipped to manipulate objects, control situations, and “do” things than to take that very long journey inward. Painful Honesty”

— [Peter Scazzero, The Emotionally Healthy Church, Expanded Edition: A Strategy for Discipleship That Actually Changes Lives](#)

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“Grant, Lord, that I may know myself that I may know thee.” Lord, help me to be still before you. Lead me to a greater vision of who you are, and in so doing, may I see myself—the good, the bad, and the ugly. Grant me the courage to follow you, to be faithful to become the unique person you have created me to be. I ask you for the Holy Spirit’s power to not copy another person’s life or journey. “God, submerge me in the darkness of your love, that the consciousness of my false, everyday self falls away from [me] like a soiled garment. . . . May my ‘deep self’ fall into your presence. . . . knowing you alone . . . carried away into eternity like a dead leaf in the November wind.”<sup>24</sup> In Jesus’ name, amen.”

— [Peter Scazzero, Emotionally Healthy Spirituality: Unleash a Revolution in Your Life In Christ](#)

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“Self-care is never a selfish act—it is simply good stewardship of the only gift I have, the gift I was put on earth to offer others. Anytime we can listen to true self and give it the care it requires, we do it not only for ourselves, but for the many others whose lives we touch.”

— [Peter Scazzero, Emotionally Healthy Spirituality: It's Impossible to Be Spiritually Mature, While Remaining Emotionally Immature](#)

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“What are the hurricane winds, internal and external, that prevent us from becoming all God intends?”

— [Peter Scazzero, Emotionally Healthy Spirituality: Unleash a Revolution in Your Life In Christ](#)

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“Everyone who draws breath “takes the lead” many times a day. We lead with actions that range from a smile to a frown; with words that range from blessing to curse; with decisions that range from faithful to fearful. . . . When I resist thinking of myself as a leader, it is neither because of modesty nor a clear-eyed look at the reality of my life. . . . I am responsible for my impact on the world whether I acknowledge it or not. So, what does it take to qualify as a leader? Being human and being here. As long as I am here, doing whatever I am doing, I am leading, for better or for worse. And, if I may say so, so are you. — Parker Palmer<sup>33</sup>”

— [Peter Scazzero, Emotionally Healthy Spirituality Day by Day: A 40-Day Journey with the Daily Office](#)

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“In retrospect, I can see in my own life what I could not see at the time — how the job I lost helped me find work I needed to do, how the “road closed” sign turned me toward terrain I needed to travel, how losses that felt irredeemable forced me to discern meanings I needed to know. On the surface it seemed that life was lessening, but silently and lavishly the seeds of new life were always being sown. — Parker Palmer<sup>50</sup>”

— [Peter Scazzero, Emotionally Healthy Spirituality Day by Day: A 40-Day Journey with the Daily Office](#)

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“Externally I had appeared kind, gracious, and patient, when inwardly I was nothing like that. I so wanted to present a polished image as a good Christian that I cut myself off from what was going on within myself. Unconsciously I had been thinking: I hope I am a good-enough Christian. Will this couple like us? Will they think we are okay? Will John give a good report of his visit to my pastor friend? Pretending was safer than honesty and vulnerability. The”

— [Peter Scazzero, Emotionally Healthy Spirituality: It's Impossible to Be Spiritually Mature, While Remaining Emotionally Immature](#)

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“In other words, says Abbot Bernard, if you’re not concerned that your heart might become hard, it already is. A hardened heart is a big problem for a leader in any context, but it will utterly derail any hope of being able to clearly hear and do the will of God.”

— [Peter Scazzero, The Emotionally Healthy Leader: How Transforming Your Inner Life Will Deeply Transform Your Church, Team, and the World](#)

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“Lord, forgive me for the arrogance that sees interruptions to my plans as alien invasions. Forgive me for constantly trying to do more than you intend with my life. Help me to be like John the Baptist, embracing my losses and respecting my limits. In Jesus’ name, amen.”

— [Peter Scazzero, Emotionally Healthy Spirituality Day by Day: A 40-Day Journey with the Daily Office](#)

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“Jesus had a full sense of what he was about. On the evening before his arrest, he took the role of a slave and began washing the twelve disciples’ feet, even Judas”

— [Peter Scazzero, The Emotionally Healthy Church, Expanded Edition: A Strategy for Discipleship That Actually Changes Lives](#)

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“Thus, disciplining ourselves to invest time, energy, and money in personal development is not a selfish indulgence, but one of the most loving things we offer to those we serve. Team”

— [Peter Scazzero, The Emotionally Healthy Leader: How Transforming Your Inner Life Will Deeply Transform Your Church, Team, and the World](#)

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“Detachment is the great secret of interior peace.”

— [Peter Scazzero, Emotionally Healthy Spirituality: Unleash a Revolution in Your Life In Christ](#)

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“Most Christians talk about prayer but don’t pray.”

— [Peter Scazzero, Emotionally Healthy Spirituality: It's Impossible to Be Spiritually Mature, While Remaining Emotionally Immature](#)

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“My family is undoubtedly different from yours. But one thing I’ve learned after more than twenty years of working closely with families is this: your family, like mine, is also marked by the consequences of the disobedience of our first parents as described in Genesis 3. Shame, secrets, lies, betrayals, relationship breakdowns, disappointments, and unresolved longings for unconditional love lie beneath the veneer of even the most respectable families. Coming”

— [Peter Scazzero, Emotionally Healthy Spirituality: It's Impossible to Be Spiritually Mature, While Remaining Emotionally Immature](#)

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“Lord, grant me the grace to do one thing at a time today, without rushing or hurrying. Help me to savor the sacred in all I do, be it large or small. By the Holy Spirit within me, empower me to pause today as I move from one activity to the next. In Jesus’ name, amen.”

— [Peter Scazzero, Daily Office](#)

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“We can’t change—or better said, invite God to change us—when we are unaware and do not see the truth.”

— [Peter Scazzero, Emotionally Healthy Spirituality: It's Impossible to Be Spiritually Mature, While Remaining Emotionally Immature](#)

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“God has made each of us unique and different.”

— [Peter Scazzero, Emotionally Healthy Spirituality: It's Impossible to Be Spiritually Mature, While Remaining Emotionally Immature](#)

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“Few Christians make the connection between love of self and love of others.”

— [Peter Scazzero, Emotionally Healthy Spirituality: It's Impossible to Be Spiritually Mature, While Remaining Emotionally Immature](#)

**Peter Scazzero quotes (showing 181-189 of 189)**

“I believe, however, that the walls we hit in our journey with God are gifts from him. It is not God’s intention that we join the ranks of church leavers. He is changing and broadening our understanding of what it means to be a Christ follower in the twenty-first century—in ways far more radical than we ever dreamed. Like with Abraham, he is taking us on a journey with many twists and strange turns in order that deep, experiential life changes might take place in you and me through Jesus Christ.”

— [Peter Scazzero, Emotionally Healthy Spirituality: It's Impossible to Be Spiritually Mature, While Remaining Emotionally Immature](#)

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“Love in practice is a harsh and dreadful thing compared to love in dreams.”

— [Peter Scazzero, Emotionally Healthy Spirituality: It's Impossible to Be Spiritually Mature, While Remaining Emotionally Immature](#)

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“what kinds of spiritual practices bring you closer to God?”

— [Peter Scazzero, Emotionally Healthy Spirituality: It's Impossible to Be Spiritually Mature, While Remaining Emotionally Immature](#)

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“God speaks to us in and through the Word.”

— [Peter Scazzero, Emotionally Healthy Spirituality: It's Impossible to Be Spiritually Mature, While Remaining Emotionally Immature](#)

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“When God called Israel out of Egypt, he affirmed they were sacred human beings made in his image. He then showed them how to live according to their God-given nature. In effect, God said, “It may feel awkward at first, but as a fish is created to live in water, I created you to live according to this design.”

— [Peter Scazzero, Emotionally Healthy Spirituality: It's Impossible to Be Spiritually Mature, While Remaining Emotionally Immature](#)

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“Part of growing into an emotionally mature Christian is learning how to apply practically and effectively the truths we believe.”

— [Peter Scazzero, Emotionally Healthy Spirituality: It's Impossible to Be Spiritually Mature, While Remaining Emotionally Immature](#)

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“be still before the LORD and wait patiently for him” (Psalm 37:7).”

— [Peter Scazzero, Emotionally Healthy Spirituality: It's Impossible to Be Spiritually Mature, While Remaining Emotionally Immature](#)

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“How can I be angry and not sin?”

— [Peter Scazzero, Emotionally Healthy Spirituality: It's Impossible to Be Spiritually Mature, While Remaining Emotionally Immature](#)

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“Few of us know the experience of being loved for being just who we are.”

— [Peter Scazzero, Emotionally Healthy Spirituality: It's Impossible to Be Spiritually Mature, While Remaining Emotionally Immature](#)