

## THE PROBLEM OF EMOTIONALLY UNHEALTHY SPIRITUALITY Pete Scazzero

The main idea that we will be unpacking here is simple yet far-reaching – **Emotional health** (defined as our ability to be self-aware and love well) and **contemplative spirituality** (slowing down to cultivate our relationship with Jesus), when brought together, offer nothing short of a spiritual revolution in our lives.

a person can be really into prayer, silence, Scripture, and other Christian disciplines and yet are emotionally immature and socially maladjusted. They are unaware, defensive, judgmental, and touchy.

It is the two together – **emotional health and contemplative spirituality** – that release great power to transform our spiritual lives, our families, our workplaces, our churches, and, ultimately, the world around us.

It is King David, the one described as a man after God's own heart, who models for us what we call Emotionally Healthy Spirituality. He is emotionally healthy – that is very aware of what is going on inside him. **We see him in the psalms outraged, suicidal, depressed, overjoyed, dancing. We observe him engaging the whole gamut of emotions. He is broken and vulnerable before God and others. Who else would commit adultery and murder and put it in a song to be sung in church – Psalm 51!**

David has a deep passion for God. He pants for God like a deer pants for water. He writes songs, worships, seeks God's face. He loves Scripture (Ps.119). He is a man after God's heart

Our standing before God is based on the righteousness of Jesus Christ, not our own. It is based on His perfect record, not our imperfect one. It is based on His performance not our own. We live and swim and move in His love and grace alone.

**We want to take off our masks of pretending and let Jesus lovingly strip us of all the false layers that don't belong to Him.**

**The degree to which we are willing to give Jesus access to what is deeply beneath the surface in our lives is the degree to which we will experience freedom in Him.**