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The Emotionally Healthy Church Workbook: 8 Studies for Groups or Individuals

Peter Scazzero

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The Emotionally Healthy Church Workbook: 8 Studies for Groups or Individuals

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The Emotionally Healthy Church Workbook: 8 Studies for Groups or Individuals Peter Scazzero Emotional health and spiritual maturity are inseparable: that is the premise of the award-winning book The Emotionally Healthy Church. This stand-alone workbook helps leaders and lay persons alike apply the biblical truths in Peter Scazzero's revolutionary book to their personal lives, small groups, and churches. Eight studies take you beyond merely reading about emotional health to actually cultivating it as a disciple of Jesus. Step by step, you'll discover what it means to have Christ transform the deep places hidden beneath the surface so that you might become more authentic and loving toward God, others, and yourself.

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