

In the book called, “Emotionally Healthy Spirituality,” Peter Scazzero interconnects the notions of emotionality with spirituality. When both are combined together, one can get a healthy spiritual and emotional balance in Christ. The author had written this book for believers who wanted to strengthen their faith but did not know how to because of the obstacles in their lives. An individual only truly becomes emotionally mature when he or she has a consistent and an intimate relationship with the Lord. There were three primary concepts that had stood out to me. The first was Saint Benedict’s ladder of humility which was relevant to the concept of accepting grief and loss. The steps of this ladder were being “fearful and mindful of God, doing God’s will”, subjecting oneself to others, being patient with others, being honest, recognizing one’s own faults, speaking less, and transforming oneself into a prime example of God’s love. (Scazzero 134).

This was insightful to me because I was reminded to praise the Lord whether he answers my prayers with a yes or a no. This is because my grief and loss partially come from the Lord seeming to not answer my requests and prayers. However, I have discovered that I simply need to wait on him and allocate more of my time to him in a consistent fashion. (Scazzero 129). Thus, my perception of soul care and theology of my present and future ministry have been changed because I now know how to appreciate my griefs and losses as tests of faith from God. This will help facilitate the progressive growth of my faith in Him. As the author stated, “There are many rich fruits that blossom in our lives as a result of embracing our losses. The greatest, however, concerns our relationship to God.” (Scazzero 136). Moreover, I have attained the knowledge that I need to have more persistence and patience when seeking for an answer from the Lord.

The second concept which had caught my attention was the notion of a Daily Office. (Scazzero 146-150). While they are similar to the spiritual disciplines of solitude, simplicity, prayer, meditation, fasting, etc., they are different to a degree. Peter Scazzero described these disciplines as tools to use when centering on Christ. “The Daily office and the Sabbath, however, offer us a rhythm powerful enough to anchor us.” (Scazzero 142). According to the author, the Daily Office eliminates the privatization of faith as well as supports a deep sense of spirituality throughout the day. (Scazzero 146). I have honestly not done the Daily Office consistently as I tend to struggle utilizing scraps of time throughout the day. However, Scazzero strongly advocates the utilization of the beneficial and spiritual habit of committing oneself to the Daily Office. This involves stopping, centering, silence, and reading scripture. (Scazzero 147-150).

The writer mentions how “Jesus quoted psalms more than any other book except Isaiah. The prayers of the Psalter cover the entire gamut of our life experiences- from anger to rage to trust to praise.” (Scazzero 149). Therefore, my praxis for soul care, theology, as well as ministry have been impacted through the practicality and importance of the Daily Office practices. Some examples of how my theology has changed are learning how to stop what I am currently doing and making time for God, centering my attention on Him in silence as well as meditating on Scripture. (Scazzero 147-150). I had previously thought that I had only needed to practice the spiritual disciplines consistently, however, I realized that committing myself to the Daily Office is just as important.

The third primary concept which I had learned is to discern the signs of an emotionally unhealthy spirituality. These signs are using God to justify ourselves, neglecting to acknowledge our emotions, acknowledging and covering up our weaknesses, not knowing our limits as givers, and focusing on the wrong things in life. (Scazzero 23-26). The other signs of an emotionally

Quickly and NOT Completely—____%

Not at all—____%