



Espiritualidad emocionalmente sana - Guía de estudio: Es imposible tener madurez espiritual si somos inmaduros emocionalmente (Emotionally Healthy Spirituality) (Spanish Edition)

Peter Scazzero

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Para quienes desean tomar los pasos en su fe cristiana y discipulado, para liberarse de las ataduras del pasado y experimentar la sanidad, Espiritualidad emocionalmente sana es un estudio bíblico de ocho sesiones con video sobre la integración de la salud emocional y la espiritualidad contemplativa. Muchos seguidores de Cristo, que están realmente apasionados por Dios, se unen a una iglesia, participan semanalmente en un grupo pequeño, sirven con sus dones, y quienes son considerados «maduros», permanecen estancados a un nivel de inmadurez espiritual, especialmente cuando enfrentan conflictos y crisis interpersonales. El estudio en video Espiritualidad emocionalmente sana y la guía de estudio que lo acompaña, ofrecen una estrategia para que el discipulado aborde este vacío, ofreciendo poderosos caminos hacia la transformación que ayudará a las personas maduras a llegar a una fe llena de autenticidad y un profundo amor a Dios.

Las ocho sesiones incluyen:

1. El problema de la espiritualidad emocionalmente no sana.
2. Saber que puedes conocer a Dios.
3. Retroceder para avanzar hacia adelante.
4. Viaje a través de la pared.
5. Expandir tu alma a través del dolor y la pérdida.
6. Descubrir el ritmo de las Oficio diario y el Sabbat.
7. Crecer en un adulto emocionalmente sano.
8. Tomar el siguiente paso para desarrollar una «regla de vida».

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