



Course Syllabus

Course Specifics

Course: Emotionally Healthy Spirituality

Course #: PSY 403

Course Credits: 6

Course Description

“It’s impossible to be spiritually mature while remaining emotionally immature.” In this 8-week discipleship course, developed by Peter Scazzero, we will study the top 10 symptoms of emotionally unhealthy spirituality and look to scriptural principles to transform these areas to foster a deeper relationship with Christ and those around us.

Objectives

1. To explore the relationship between emotions and spiritual growth.
2. To identify the symptoms of emotionally unhealthy spirituality.
3. To apply biblical principles to guide others in processing and responding to emotions.

Required Texts

[Emotionally Healthy Spirituality Course Pack](#) by Peter Scazzero

Course Assignments

- **Assignment 1: 3/14 class**
 - Watch “Introduction” lecture online.
 - Read the textbook: Chapter 1
 - Write a 4-paragraph paper in response to Chapter 1. Select two symptoms of emotionally unhealthy spirituality you *most* relate to. Your paper should follow this template (length is subjective but 1-2 pages double-spaced will be the norm)
 - Paragraph 1: An Introduction
 - Paragraph 2: Summarize one symptom
 - Paragraph 3: Summarizes second symptom
 - Paragraph 4: Conclusion



- **Assignment 2: 3/21 class**
 - Watch “Week 1” lecture online. Complete workbook questions as you follow along with the lecture.
 - Read EHS Day by Day Week 1
 - Read the textbook: Chapter 2 in preparation for next week.
 - Submit a short response (1 -2 paragraphs) in response to the following questions:
 - How could you make more room in your life for silence in order to listen to God?
 - In what way(s) has God put your life or plans “out of joint” so that you might depend on Him more?

- **Assignment 3: 3/28 class**
 - Watch “Week 2” lecture online. Complete workbook questions as you follow along with the lecture.
 - Read EHS Day by Day Week 2
 - Read the textbook: Chapter 3 in preparation for next week.
 - Submit a short response (1 -2 paragraphs) in response to the following questions:
 - What might be one false layer or bandage God is inviting you to remove today?
 - In what areas of your life might you be living as a chicken when God, in reality, has made you an eagle?

- **Assignment 4: 4/4 class**
 - Watch “Week 3” lecture online. Complete workbook questions as you follow along with the lecture.
 - Read EHS Day by Day Week 3 & 4
 - Read the textbook: Chapter 4 & 5 in preparation for next week.
 - Submit a short response (1 -2 paragraphs per question) in response to the following questions:
 - What false self are you struggling with that Christ wants you to die to, so that you can truly live?
 - How might the words from Exodus 14:14-15 “The Lord will fight for you, you need only to be still” and “move on” apply to you today?



- What things or people are you rooting your identity in that God may want to dig up so that your identity might be replanted in Him?
- What is one thing God might want you to unlearn today?

- **Assignment 5: 4/18 class**

- Watch “Week 4” lecture online. Complete the workbook questions as you follow along with the lecture.
- Read EHS Day by Day Week 5
- Read the textbook: Chapter 6 in preparation for next week.
- Submit a short response (1 -2 paragraphs per question) in response to the following questions:
 - Name one or two limits God has recently placed in your life as a gift.
 - In what ways are you tempted to spin or cover over your losses and miss God’s deeper work in you?

- **Assignment 6: 4/25 class**

- Watch “Week 5” lecture online. Complete the workbook questions as you follow along with the lecture.
- Read EHS Day by Day Week 6
- Read the textbook: Chapter 7 in preparation for next week.
- Submit a short response (1 -2 paragraphs per question) in response to the following questions:
 - How will you allow God to lead you to the “quiet waters” of rest this week so that you experience his unconditional love and acceptance?
 - How might the truth that God doesn’t want to use you, but to enjoy you, give you a vision for celebrating the Sabbath?

- **Assignment 7: 5/2 class**

- Watch “Week 6” lecture online. Complete the workbook questions as you follow along with the lecture.
- Read EHS Day by Day Week 7
- Read the textbook: Chapter 8 in preparation for next week.
- Submit a short response (1 -2 paragraphs per question) in response to the following questions:



- What is the biggest challenge you face in being still before the Lord?
 - Take a few moments to consider the people you will encounter today. What might it look like for you to slow down and treat each one as a “thou” rather than an “it”?
- **Assignment 8: 5/9 class**
- Watch “Week 7” lecture online. Complete the workbook questions as you follow along with the lecture.
 - Read EHS Day by Day Week 8
 - Write a 3-page paper which summarizes your main “takeaways” from this course. Reflect on the two symptoms of emotionally unhealthy spirituality you wrote about at the beginning of this course. What did you learn and implement from this course to bring healing to these areas? What will you continue to implement moving forward?