

Dr. Edward O. Williamson, Pastor-teacher  
Bible Study And Discussion Group  
Supplemental Handout  
Selected Notes from Emotionally Healthy Discipleship by Peter Scazzero

**An Emotionally Healthy Disciple Defined:**

*“An emotionally healthy disciple slows down to be with Jesus, goes beneath the surface of their life to be deeply transformed by Jesus, and offers their life as a gift to the world for Jesus.”*

*Peter Scazzero*

*Emotionally Healthy Discipleship*

**Seven Marks of Biblical Discipleship The Deeply Transform Lives:**

- 1. Be before you do**
- 2. Follow the crucified – not the “Americanized” – Jesus**
- 3. Embrace God’s gift of limits**
- 4. Discover the treasures hidden grief and loss**
- 5. Make love the measure of spiritual maturity**
- 6. Break the power of the past**
- 7. Lead out of weakness and vulnerability**

**An Emotionally Healthy Disciple Continuum:**

- Emotional infant
  - I look for people to take care of me emotionally and spiritually
  - I often have difficulty in describing and expressing my feelings in healthy ways and rarely enter the emotional world of others
  - I am consistently driven by a need for instant gratification, often using others as objects to meet my needs
  - People sometimes perceive me as inconsiderate and insensitive
  - I am uncomfortable with silence or being alone.
  - When trials, hardships, or difficulties come, I want to quit God and the Christian life
  - I sometimes experience God at church and when I am with other Christians, but rarely when I am at work or home
- Emotional child
  - When life is going my way, I am content
  - When disappointment or stress enter the picture, I quickly unravel inside

- I often take things personally, interpreting disagreements or criticisms as a personal offence
- When I don't get my way, I often complain, withdraw, manipulate, drag my feet, become sarcastic, or take revenge
- I often end up living off the spirituality of other people because I am so overloaded and distracted
- My prayer life is primarily talking to God, telling him what to do and how to fix my problems
- Prayer is more a duty than a delight
  
- Emotional adolescent
  - I don't like it when others question me
  - I often make quick judgements and interpretations of people's behavior
  - I withhold forgiveness from those who sin against me, avoiding or cutting them off when they do something to hurt me
  - I subconsciously keep records on the love I give out
  - I have trouble really listening to another person's pain, disappointments, or needs without becoming preoccupied with myself
  - I sometimes find myself too busy to spend adequate time nourishing my spiritual life
  - I attend church and serve others but enjoy few delights in Christ
  - My Christian life is still primarily about doing, not being with him
  - Prayer continues to be mostly me talking with little silence, solitude, or listening to God
  
- Emotional adult
  - I respect and love others without having to change them or becoming judgmental
  - I value people for who they are, not for what they can give me or how they behave
  - I take responsibility for my own thoughts, feelings, goals, and actions
  - I can state my own beliefs and values to those who disagree with me – without becoming adversarial
  - I am able to accurately self-assess my limits, strengths, and weaknesses
  - I am deeply convinced that I am absolutely loved by Christ and do not look to others to tell me I'm okay
  - I am able to integrate doing for God and being with him
  - My Christian life has moved beyond simply serving Christ to loving him and enjoying communion with him