

Emotionally Healthy Spirituality

Each week's topics:

- Confront the Crisis of Emotionally Unhealthy Spirituality
- Know and Become Your Authentic Self in Christ
- Discover How Your Family of Origin Affects You Today
- Find Your Way Through "Walls" to Grow into Maturity
- Enlarge Your Soul Through Embracing Grief and Loss
- Integrate Silence and Sabbath to Slow Down for Jesus