



*TELEIOS International School of Ministry (TEISM) is a division (DBA)
of Upper Room Fellowship Ministry (URFM).*

Integration of EMOTIONAL HEALING and Spiritual Growth

Learning Objectives:

1. Understanding the Nature and Role of Emotions in Spiritual Life

- Teaching that emotions are part of God's creation and design and integral to human experience and spiritual formation. Therefore, sanctification includes human emotions.
- Gaining a more profound understanding of how emotions play a vital role in the process of sanctification.

2. Emotions and Spiritual Maturity

- Teaching that unprocessed emotions and unhealed wounds hinder spiritual maturity, affect fellowship, and destroy relationships. Therefore, emotional awareness and inner healing are vital for a healthy spiritual life.
- Recognizing emotional immaturity as a significant barrier to spiritual growth is crucial. As Peter Scazzero said: *"It is impossible to be spiritually mature while remaining emotionally immature."* Therefore, integration of emotional health and spiritual growth is essential for believers' spiritual journey.

3. Understanding Jesus' New Commandment

- Teaching that Jesus: Jesus' new command (see John 13:34–35, 15:12–13): *"Love one another, even as I have loved you"* (John 13:34), implies a holistic love which includes engaging all aspects of oneself—*emotions, will, and mind*.
- Gaining a deeper understanding that profound inner healing is paramount to discipleship and expressing authentic love to one another.

4. Inner Emotional Healing and Healing of the Wounded Heart

- Teaching that suppressing emotional wounds, such as shame, feelings of being unwanted, and rejection, impedes spiritual maturity and can lead to health challenges. Therefore, more profound healing is necessary for holistic growth and well-being.
- Cultivating Spirit-led and Grace-filled environments so people can feel safe to explore and process their emotional wounds. Learning to discern when professional counseling and pastoral guidance are needed to facilitate emotional healing.