



# Emotionally Healthy Spirituality Day by Day

A 40-DAY JOURNEY *with the* DAILY OFFICE



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## The Problem of Emotionally Unhealthy Spirituality



DAILY OFFICES

*Week One*

## EMOTIONALLY HEALTHY SPIRITUALITY COURSE - DAY BY DAY

Week 1 / Day 1

to the all-important central emptiness  
which is filled  
with the presence of God alone.  
—Jean Danielou<sup>5</sup>

### Question to Consider

How would you describe “what is secondary” in your life, the thing that might be “blocking the way” to experiencing God?

### Prayer

*Lord, help me to see how much I lose when I lose you. My perspective on my life and all of life gets distorted when I don't make space for you, obscuring your love for me. Your love is better than life, and truly I long for more tastes of that love. In Jesus' name, amen.*

*Conclude with Silence (2 minutes)*

## DAY 1: MIDDAY/EVENING OFFICE

*Silence and Stillness before God (2 minutes)*

### Scripture Reading: 1 Samuel 15:22 – 23

But Samuel replied:

“Does the LORD delight in burnt offerings and sacrifices  
as much as in obeying the LORD?

To obey is better than sacrifice,  
and to heed is better than the fat of rams.

For rebellion is like the sin of divination,  
and arrogance like the evil of idolatry.

Because you have rejected the word of the LORD,  
he has rejected you as king.”

### Devotional

Saul, the first king of Israel, did not know much about silence or listening to God. Like David, he was a gifted, anointed, successful military/political leader. Yet unlike David, we never see him seeking to be with God. In this passage, Samuel the prophet reprimands Saul for doing many religious acts (i.e., offering burnt offerings and sacrifices) but not quieting himself enough to listen, or “to heed” God (v. 22).

We all must take the time to be silent and to contemplate, especially those who live in big cities like London and New York, where everything moves so fast. . . . I always begin my prayer in silence, for it is in the silence of the heart that God speaks. God is the friend of silence — we need to listen to God because it’s not what we say but what He says to us and through us that matters. Prayer feeds the soul — as blood is to the body, prayer is to the soul — and it brings you closer to God. It also gives you a clean and pure heart. A clean heart can see God, can speak to God, and can see the love of God in others.

— Mother Teresa<sup>6</sup>

### Question to Consider

How could you make more room in your life for silence in order to listen to God?

### Prayer

*Unclutter my heart, O God, until I am quiet enough to hear you speak out of the silence. Help me in these few moments to stop, to listen, to wait, to be still, and to allow your presence to envelop me. In Jesus’ name, amen.*

*Conclude with Silence (2 minutes)*