



EMOTIONALLY HEALTHY RELATIONSHIPS COURSE

4 THINGS YOU NEED TO KNOW

Go to the Free EH Relationships Course Resource page for specific resources you will need to implement what is noted on this page (e.g. JD's for specific roles, schedules) – along with much more.

1 A Large Group Course with a Small Group Experience

The EH Relationships Course is designed to be led in a large group, in a centralized location, as opposed to a home or cell group. The EH Relationships Course is structured to offer a high-quality, cohesive teaching experience in the large group setting while at the same time offering close community in a well-led small group.



2 Being with Jesus is the core of the EH Relationships Course

While the Skills people will learn in this course are powerful, we want to anchor our relationships with others to our relationship with the God. Thus, learning the practice of silence to listen and be with God 2-3 times a day remains a core element for for deep personal transformation in the EH Relationships Course also.

We are in the process of writing a new *EH Relationships Day by Day: A 40 Day Journey* with the Daily Office that will accompany the EH Relationships Course. This will be released in September, 2017. In the meantime, we are using *The Emotionally Healthy Day by Day: A 40 Day Journey* with the Daily Office for this course as well.

Be With Jesus	Silence		Listen
	Solitude		Practice His Presence
	Loving Union		First Hand Spirituality
			Rhythms

- The Point Leader models an abbreviated Daily Office from the *EHS Day by Day* book at each of the 8-week sessions (beginning/ending with only 1 minute of silence instead of 2 as people slowly become comfortable with silence).
- “Soft” Accountability is important to encourage people as they will be challenged to spend time with God each day. Beginning in Session 2, add the following question to each “Growing Connected” section: – How did it go this week in spending time with God through the *EHS Day by Day* (Daily Office) book? Did you make progress? If not, what was your biggest obstacle? This will be the most challenging part of the course for most.

3

Select Your EH Relationships Course Implementation Team

It is important to select and gather a team to coordinate, support, plan and implement The EH Relationships Course.

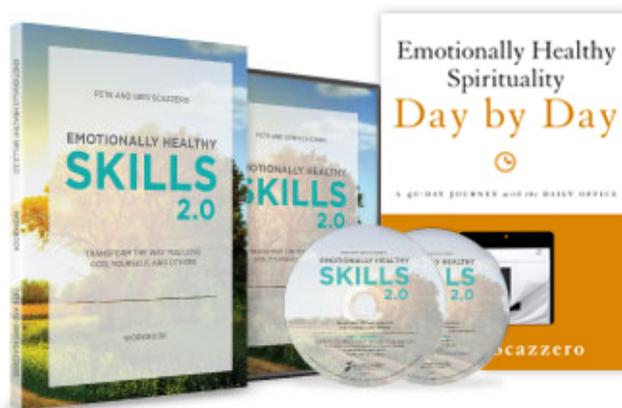


- **The Point Leader** should maintain open communication with the entire group. Sending a weekly email to all course participants to connect and encourage is critical in reinforcing key themes of each session. Sample emails can be found under Free Resources for the EHS Course.
- **Small Group Leaders Are Key!** The EH Relationships Course rises and falls on SG leaders building community with their group over the 8-weeks. SG leaders need to follow up with their table group participants during the week – via text, email, phone, etc. checking in on how they are doing.
- **Team Position Descriptions** for each area point leader are available under Free Resources for The EH Relationships Course.
 - Point Leader
 - Small Group Overseer
 - Small Group Leader
 - Administrator

4

Each EH Relationships Course Participant Needs 2 Key Resources

Each EH Relationships Course participant needs 2 resources to be fully immersed into this *transformational discipleship journey*. The *EH Skills 2.0 workbook* and the *EHS Day-By-Day* function together and are used in both the Large Group Course sessions and in personal study “homework” before and after each session.



EH Skills 2.0

Optional: EH Skills 2.0 DVD

Day-By-Day

Note: It is not necessary that a person take The EHS Course first before they take The EH Relationships Course.