

# THE EHS COURSE

## 5 THINGS YOU NEED TO KNOW

Go to the [Free EHS 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 EHS Course is designed to be led in a large group, in a centralized location, as opposed to a home or cell group. The EHS 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 EHS Course**

Learning the practice of silence to listen and be with God 2-3 times a day is the core discipline leading to a deep personal transformation.



- Participants are pointed to the centrality of The Emotionally Healthy Day by Day: A 40 Day Journey with the Daily Office at the first session and begin using it after Session 1.
- 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 EHS Course Implementation Team

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

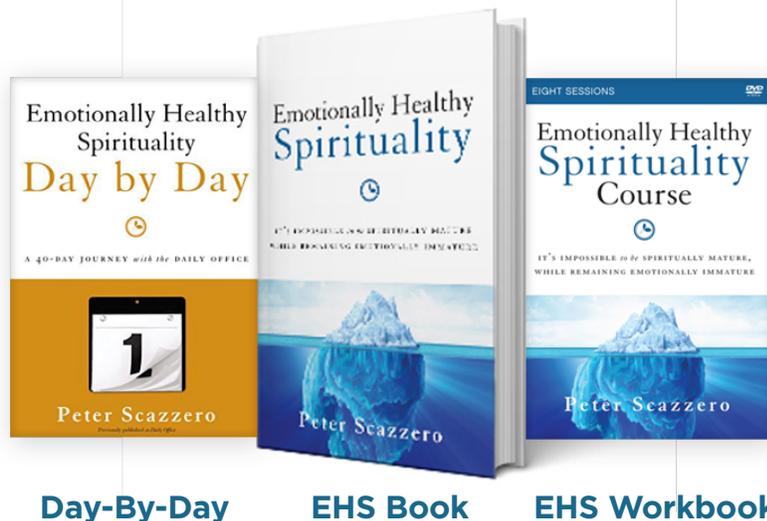


- **The Point Leader** should maintain open communication with the entire group. Sending a weekly email to all course participants to connect and encourage is critical in reinforcing key themes of each session. Sample emails can be found under Free Resources for the EHS Course.
- **Small Group Leaders Are Key!** The EHS 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 EHS Course.
  - Point Leader
  - Small Group Overseer
  - Small Group Leader
  - Administrator

# 4

## Each EHS Course Participant Needs the 3 Key Resources

Each EHS Course participant needs 3 resources to be fully immersed into this *transformational discipleship journey*. The *EHS book*, The *EHS workbook* and *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.



Day-By-Day

EHS Book

EHS Workbook

- **NOTE:** Participants should be made aware that, although Session 1 is based on 3 chapters in the EHS book, they need to read “The Problem of Emotionally Unhealthy Spirituality” only to prepare for Session 1. If they don’t read the chapter prior to Session 1, they will still be fine for the evening.
- **BULK DISCOUNTS** are available when you order materials in bulk from the EHS website. The 3 books will cost \$26 or slightly less depending on quantities. Purchasing directly from the EHS website helps support the larger EHS movement as all proceeds are invested back into the global ministry.



## **Closing Application Talks Are Essential to Drive Home the Key Teaching of Each Session**

Each session will need a closing 10 to 15-minute talk to summarize the key applications for your group. This provides cohesion to the theme of the Session and the small groups. The Closing Talks are available on our website under EHS Course, Free Resources.