

How to Run THE EHS COURSE



emotionally
HEALTHY SPIRITUALITY
Discipleship that Deeply Changes Lives.

Begin the journey as you introduce *The EHS Course* in your church.

The EHS Course provides an indispensable foundation to integrate the larger, deep, beneath-the-surface spiritual formation paradigm of Emotionally Healthy Spirituality.

We found, both at New Life Fellowship Church and in our work with churches around the world, that we needed to move The EHS Course from a small group curriculum to a centralized course as the years passed. We had two concerns. First, we wanted every newcomer and member to grasp our values. And secondly, we wanted to ensure the long-term integration of EHS into every aspect of our church. The radical call of discipleship in *The EHS Course* serves as both a center and an essential bridge into the larger EHS vision.

So I commend you for your courage to join thousands of others in this journey. And I pray that God will powerfully transform both your life and others in the process.

I want also to thank Alpha International for their help in mentoring us to make EHS more accessible to churches. We have adapted this booklet from their *Running The Alpha Course*.

Blessings,
Pete Scazzero



5 Important Steps for Running the EHS COURSE

STEP

1

PREPARE for Your EHS Course

- Begin applying the material personally in your own life.
 - Inform your church leadership.
 - Appoint an EHS Point Leader.
 - Register your EHS Course at emotionallyhealthy.org.
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STEP

2

PLAN Your EHS Course

- Set the dates.
 - Decide how you will deliver the teaching sessions (*Live or DVD*).
 - Prepare *The EHS Course* marketing.
 - Select the EHS team (Point Leader, Small Group Table Leaders, Administrator, Prayer Support).
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STEP

3

PROMOTE Your EHS Course

- Distribute invitations to your church members and leaders.
 - Decide whether to have an introductory event.
 - Connect it to your process for newcomers, discipleship, community life, mission.
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STEP

4

TRAIN EHS Course Leaders

- Train your Small Group Table Leaders.
 - Gather an Administrative Support Team.
 - Gather a Prayer Team.
-

STEP

5

RUN Your Course

- Determine the schedule for each of the 8 week sessions.
- Create a safe, hospitable environment for Table Groups.
- Communicate between Sessions.
- Check in with Small Group Table Leaders.
- Keep EHS in the culture.
- Integrate the Course with your newcomer pathway.
- Get feedback.

STEP 1

PREPARE for Your EHS Course

We recommend you do the following at least 3 months before your Course starts.

1.1

PERSONAL PREPARATION

- Begin applying material personally in your own life.
- Do the EHS course with the Key Leadership/Table Leaders before beginning.
- Review the free resources available at emotionallyhealthy.org/the-ehs-course/get-started that will help you prepare and lead the Course.

1.2

INFORM CHURCH LEADERSHIP

- If you are not the Lead/Senior Pastor, ensure you have the support and blessing of the church leadership before beginning.
- *The Emotionally Healthy Church: Updated and Revised (2010)* and *The Emotionally Healthy Leader (2015)* can help you explain what EHS is to your leadership.
- Share with them the EHS Inventory (Personal Assessment) tool that answers, “Am I an emotional baby, child, adolescent, or adult?” Find this inventory at emotionallyhealthy.org.

1.3

APPOINT AN EHS POINT LEADER

- EHS Course Point Leader should be a mature Christian in the leadership of the church who has a heart for discipleship. This EHS Course Point Leader has spiritual, pastoral, and organizational responsibility for the running of the Course. They also delegate key responsibilities to others, ensuring that tasks and roles are done. He or she appoints, trains, and coaches team members, and provides leadership regarding budgets, resources, and meetings.

A Job Description is available at emotionallyhealthy.org/the-ehs-course/get-started

There are several roles involved in the EHS Course including Small Group Table Leader, Administrative roles, and Prayer Team roles. For full job descriptions visit the Get Started page on emotionallyhealthy.org

1.4

REGISTER YOUR EHS COURSE

- Go to the EHS website -- emotionallyhealthy.org -- to register your Course and connect with an EHS Course Mentor. This will connect you with our latest learnings and monthly newsletter. Moreover, churches and people interested in attending the EHS Course in your geographic area will be able to find you.



PLAN Your EHS Course

2.1

SET THE DATES

EHS works as a continuous program so that participants from one course can invite their friends to the next course. It is best to select dates that fit into your annual church calendar. Avoid a course during major public holidays or the vacation seasons. You can use the following guide to plan the dates for each element of the course.

SESSION

DATE

Initiate marketing (6-8 weeks prior)

Training for Small Group Table Leaders

EHS Introductory Event (optional)

EHS Week 1: The Problem of Emotionally Unhealthy Spirituality

EHS Week 2: Know Yourself that You May Know God

EHS Week 3: Go Back to Go Forward

EHS Week 4: Journey through the Wall

EHS Week 5: Enlarge Your Soul through Grief and Loss

EHS Week 6: Discover the Rhythms of the Daily Office and Sabbath

EHS Week 7: Grow into an Emotionally Mature Adult

EHS Week 8: Take the Next Step to Develop a "Rule of Life"

EHS Celebration Event (optional)

2.2

DECIDE HOW YOU WILL DELIVER THE TEACHING SESSIONS

Decide if you will be using a live speaker or showing the teaching sessions on DVD. We recommend you use the DVD unless a live speaker can deliver high quality teaching. It is very hard to sustain the Course if the opening talks are done poorly.

If using a live speaker, decide who will deliver the teaching sessions. Normally, we suggest the speaker take on the role of EHS Course leader, but it may be that two or three people share the speaking between them. Transcripts and outlines of Pete's talks are available on the EHS website -- emotionallyhealthy.org. You will want to take the main points from each talk and apply it specifically into to your context.

2.3

PREPARE THE EHS COURSE INVITES

You can make your own invitations or use the flyers/invites from the EHS website and print these with specific details for your Course. It is great to have these invitations available for:

- Participants to give to their friends.
- For visitors and church members.

2.4

SELECT THE SMALL GROUP TABLE LEADERS

The Small Group Table Leaders are more like a host welcoming guests to their home and facilitating conversation rather than a leader who teaches and takes control. An excellent job description can be found at emotionallyhealthy.org/getstarted.

Your EHS Course will consist of several smaller Table Groups with an ideal group size of 6-10 people. The Small Group Table Leader forms the core of your EHS Team. When selecting this team, look for people who are faithful, patient, and confident. Make them aware of the commitment they are making before they agree to serve in this role as they will need to take part in every aspect of the Course and attend the training session.

Think about your table small groups carefully and prayerfully. This is a critical component for people to have a powerful, transformative experience.

2.5

SELECT AN EHS ADMINISTRATOR AND TEAM

This is the group of people who will do all the practical work behind the scenes during each EHS session, including;

- Welcoming participants as they arrive.
- Setting up chairs and tables for each table small group.
- Setting up sound, Powerpoint, and technology needs
- Selling the EHS book, Course Workbook, and EHS Day by Day (Daily Office) book for each participant, providing for any scholarship needs.
- Preparing for light refreshments the first week. (We highly recommend that each table take responsibility for their own refreshments after Session 1.)
- Cleaning up at the end of sessions.



PROMOTE Your EHS Course

We recommend you do the following 4-6 weeks prior to your Course:

3.1

DISTRIBUTE INVITATIONS TO YOUR CHURCH ATTENDERS TO CAST THE VISION

It is very helpful if the church leader gives church members a vision for EHS, getting them excited about being involved with the Course. We recommend you begin marketing 6-8 weeks in advance.

While invitations are helpful, most people will come because they have been invited by a friend who has been impacted by the material. You can also:

- Show one of the video clips available on the EHS website of lives transformed by the EHS Course or that explain what the EHS Course is.
- Make invitations available on your website and in the church lobby.
- Use the free EHS assessment tool from the EHS website to help people see where they are on the emotionally healthy continuum.
- Ask people to pray for God's Word and power to transform lives in the Course.
- Ask people who have attended previous Courses to give their testimony. Record them on video if possible.

3.2

HOLD AN EHS INTRODUCTORY EVENT

Choose to have introductory meeting 2 weeks before you start (after the weekend services is often preferable). Connect it to your process for newcomers and membership yet make it available to the whole church. This should be a short gathering of 30 - 45 minutes.

This should include:

- Giving a brief description of the EHS Course and when the Course begins, clarifying the unique distinction of EHS as a discipleship that deeply changes people.
- Making materials available, inviting people to begin reading *Emotionally Healthy Spirituality* before the meeting begins
- Explaining the *EHS Day by Day (Daily Office)* and how it is to be used throughout the Course, with each week corresponding to the theme they are studying. You can do this live or through the video clip "Intro to *EHS Day by Day*" available on the EHS website.
- Sharing testimonies of people who have had their lives transformed by EHS if possible.
- Giving out EHS invitations to participants and being available to answer questions.
- Looking for the newest introductory videos/stories from the EHS website.

TRAIN EHS Course Leaders

4.1

TRAINING YOUR SMALL GROUP TABLE LEADERS

Watch the video clip “Training for Small Group Table Leaders” found on the EHS website or the EHS Course DVD. Facilitating an EHS small group is very different than other groups so it is important they attend this training before each EHS course. This training is used to pray for the effectiveness of the course and reinforce the unique values and DNA of EHS. Our goal is that the small group table leaders pray for each member of their group during the week and to follow up with each their group via e-mail, text, or phone.

4.2

GATHERING AN ADMINISTRATIVE SUPPORT TEAM

Again, this can be done informally or formally, depending on the size of your church. Tasks may include overseeing online registration, replying to email questions, ensuring website marketing and printed material, preparing name tags for the Welcome Table, as well as ordering and organizing resources for the Book Table. These volunteers will need to be highly organized with the ability to remain attentive to details.

The Administrative Coordinator of the course leads this practical training session with the people who will be helping run the course behind the scenes. During the training:

- An attitude of servanthood is encouraged and modeled.
- Each task is explained.
- Tasks are allocated to specific people.

4.3

GATHERING A PRAYER TEAM

Although your EHS Course Leadership Team is encouraged to pray together each week for the participants, it is ideal if there also can be a separate Prayer Team. The Prayer Team is a group that is dedicated to pray specifically for the EHS Course. They either come to the church to pray in a private room while the sessions are taking place, gather off-site in someone’s home, or agree to pray separately. Prayer team members are often former Small Group Table Leaders or others who are excited to serve in this capacity.

Encourage EHS Course participants to write prayer requests on note cards. Prayer Teams may also be assigned to pray for a specific Small Group Table Leader or Course participant by name for the entire course.

Note: The issue of resources is critical as people are being asked to purchase three tools – *The Emotionally Healthy Spirituality book*, *The EHS Course Workbook* and *Emotionally Healthy Spirituality Day by Day (the Daily Office devotional)*. We encourage you to make this available as cheaply as possible, as well as make scholarships available for people who may need financial help. Bulk discounts can be found on the emotionallyhealthy.org online store.

STEP 5

RUN Your EHS Course

5.1

TYPICAL SCHEDULE

Go to emotionallyhealthy.org/the-ehs-course/get-started for sample schedules for each session.

- Model a Daily Office (with Silence & Stillness)
- Welcome and Growing Connected
- Introductory Talk (DVD Teaching Session)
- Bible Study
- Break
- Application and Closing Summary (DVD or Live)

5.2

HOSPITABLE ENVIRONMENT FOR TABLE GROUPS

Room environment is important. Groups should be in a circle or around a table. When you have multiple small groups in a room, be sure to leave enough space. Each group brings their own drinks and snacks after Session 1. Most groups do that at the beginning and during their break. Others begin with a meal together.

5.3

COMMUNICATION BETWEEN SESSIONS

Each Small Group Table Leader should collect the contact information of members. It is important they send out weekly reminders about assignments and preparing people for the next class. If someone misses a session, a follow-up email, or phone call, helps to check in.

5.4

CHECK IN WITH SMALL GROUP TABLE LEADERS

The Coordinator should plan to check in with Small Group Table Leaders for feedback and to monitor any concerns in the groups.

5.5

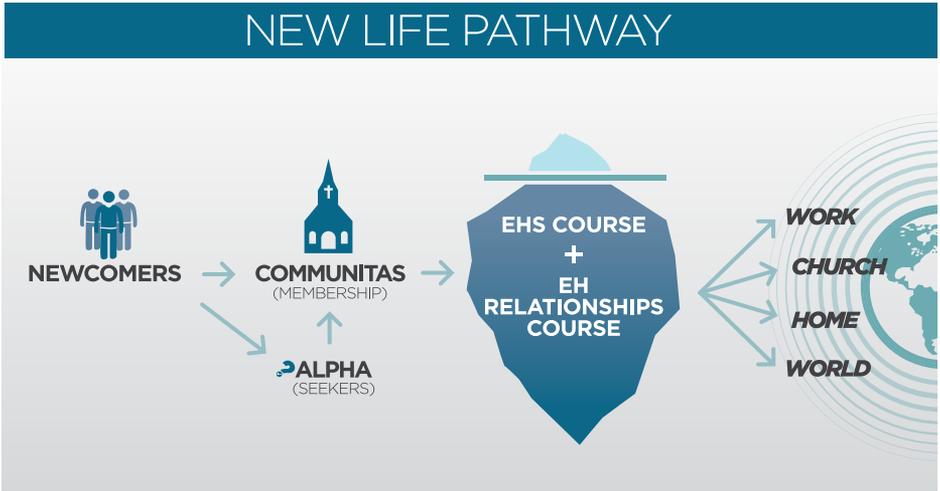
KEEP EHS IN THE CULTURE

EHS is not a quick-fix solution to spiritual formation. It is a long-term strategy, a powerful paradigm shift that leads to a constant stream of new people. It was designed to be run as a continuous program. This means you are always planning for the next Course. Running the Course at least one time a year is most effective in keeping the momentum going. Alternate it with *The EH Relationships Course*.

5.6

INTEGRATE EHS INTO YOUR PATHWAY FOR NEWCOMERS

Note: New Life Fellowship Church offers the EHS Course (and the EH Relationships Course) every year. The expectation is that every person at New Life will take both of these Courses as they form a foundation of our life together. While they open the EHS Course to everyone in the church, the flow of connecting at NLF is as follows:



5.7

FEEDBACK FROM YOUR EHS COURSE EXPERIENCE

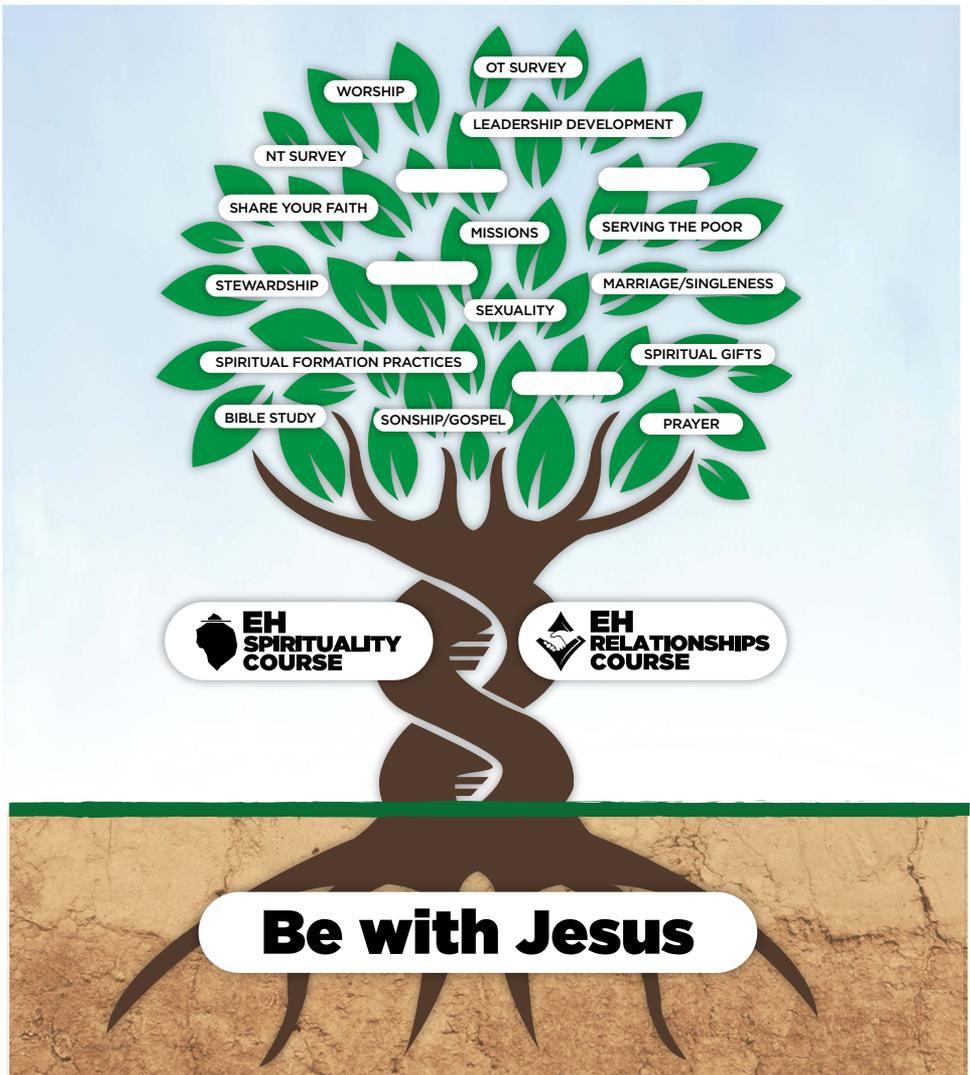
Information is gathered from participants to make improvements for the next time the Course is offered. Go to emotionallyhealthy.org/the-EHS-course/get-started



EMOTIONALLY HEALTHY RELATIONSHIPS COURSE

There is a 2nd EHS Course needed to fully address the missing components in our contemporary discipleship efforts—*The EH Relationships Course*. While *The EHS Course* equips us in a discipleship that deeply changes **our relationship with God**. *The EH Relationships Course* deeply changes **our relationship with others**. The two Courses together form the foundation of a powerful discipleship strategy.

At New Life Fellowship Church our discipleship strategy builds on these two Courses. It looks something like this:



For more information, go to emotionallyhealthy.org/eh-relationships



emotionallyhealthy.org
Discipleship that Deeply Changes Lives.