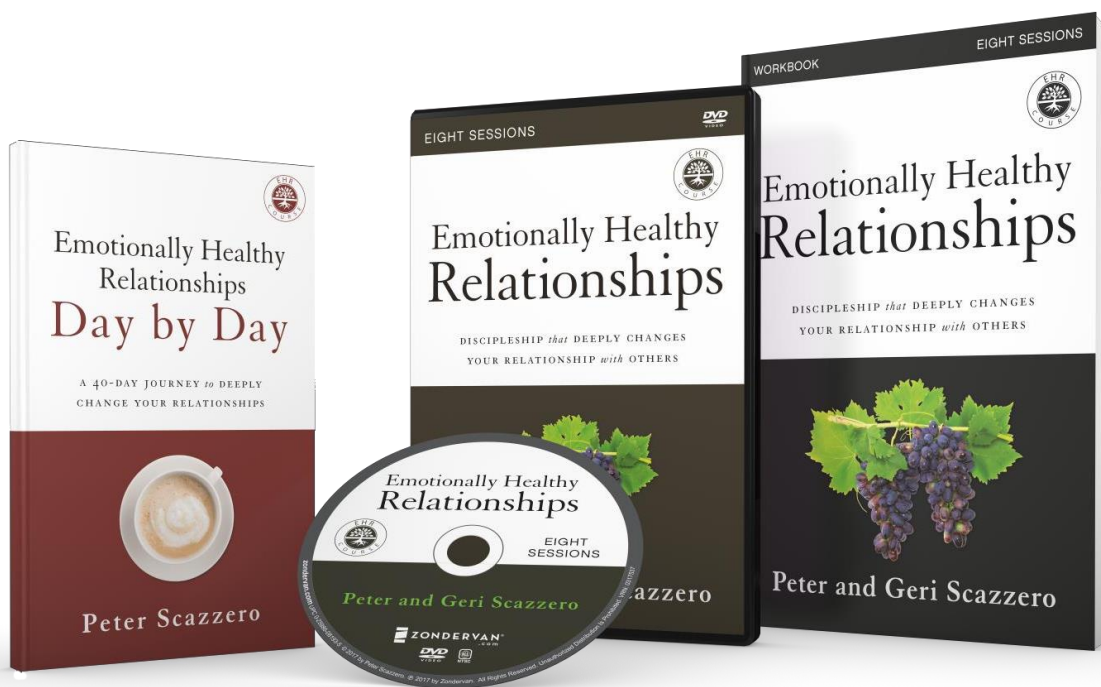


Emotionally Healthy Relationships

Course Leader Planning Pack



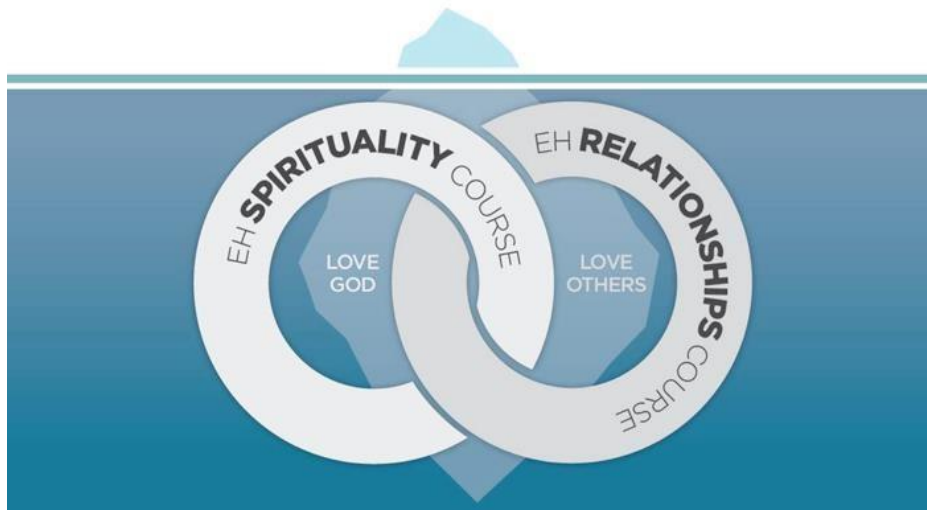
Lead the Emotionally Healthy Discipleship Course

Emotionally Healthy Discipleship provides a solid foundation for a discipleship strategy that deeply changes people's lives.

We call this the **Emotionally Healthy Discipleship Course**, a 16-week course with 2-parts:

First, through **Emotionally Healthy Spirituality** people slow down their lives to cultivate their own deep relationship with Jesus and stop living off the spirituality of others.

Second, **Emotionally Healthy Relationships** equips people with practical, relationship skills to truly love others like Jesus.



The EH Discipleship Course format provides a structure for sustaining the quality of the content through required training of leaders who can launch people into serious discipleship with Jesus. It also ensures the long-term integration of a discipleship model that will penetrate every aspect of the church.

This packet contains my own personal planning notes, power point slides and schedules, which I have updated and revised as I lead both parts of the EH Discipleship Course at New Life Fellowship.

May God bless you as you do this slow, hard work of discipleship with your people. And, as a result, may the world be filled with the glory of Jesus.

Blessings,

Pete



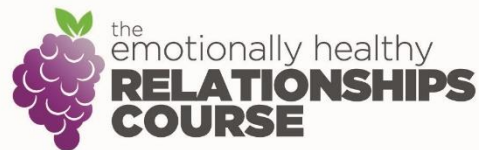
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CHECKLIST **FOR CHURCHES RUNNING** **THE EH DISCIPLESHIP COURSES**

- STEP 1** **PREPARE for Your EH Course**
- Attend a Live Training event
 - Sign up for the Coaching Network
 - Review all Course resources in the Leaders Pack
 - Appoint an EH Point Leader
- STEP 2** **PLAN Your EH Course**
- Set the dates
 - Select the EH Course Team
- STEP 3** **PROMOTE Your EH Course**
- Create a Promo Plan with Dates
 - Execute Your Promo Plan
- STEP 4** **TRAIN EH Course Team**
- Train your Small Group Table Leaders
 - Gather an Administrative Support Team
- STEP 5** **RUN Your EH Course**
- Create a safe, hospitable environment
 - Communicate between Sessions
 - Check in with the EH Course Team
 - Get feedback

For more details please refer to the How to Run the EH Discipleship Courses Booklet



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Build Your Team

In this section, you will find resources to build and prepare your team to lead the EH Relationships portion of the EH Discipleship Course.

These include:

- **Job descriptions** for key volunteers and leaders. Please reference these as you build your team and plan for the Course.
- **Resources for expanded and deeper study** on the themes explored in EH Relationships.
- **Tips for mastering the essentials of EH Relationships** as you lead each of the eight sessions.
- **A link to video tutorials on preparing your team.**

We've prayerfully prepared these materials to equip you to build your team and pilot or launch this portion of the EH Discipleship Course. If you have any questions, please don't hesitate to reach out to your Course Coach, who will be happy to assist you.

Emotionally Healthy Discipleship Course

Job Descriptions

Point Leader

EH Relationships

Summary: To provide spiritual, pastoral and administrative leadership for *The EH Relationships Course*, including the gathering and training of a Course Team.

Job Description

1. **Review the “How to Run the EH Discipleship Course”** booklet, included in the EH Discipleship Course Leader’s Kit (available in the shop at www.emotionallyhealthy.org) to prepare and plan your Course.
2. **Recruit and coordinate your core team:** Table Leaders, Table Leader Coordinator (if applicable), and Administrator.
3. **Before the Course, it is essential you experience the skills yourself** by going through the material with a partner. Watch the video and go through the workbook together, practicing each skill.
4. **Determine the schedule and timing for each session.**
5. **Prepare the Power Point.**
6. **Prepare and model a Daily Office to open each meeting** using the *Day by Day* devotional, (or delegate it, preparing another person to lead it).
7. **Conduct a 1-hour training for your Table Leaders.**
8. **Communicate weekly with the Table Leaders** (or delegate to the Table Leader Coordinator).
9. **Send out a weekly e-mail to all participants** after each session.
10. **Register your Course on the EH Discipleship website** and maintain regular contact with an EH Discipleship Coach.

Emotionally Healthy Discipleship Course

Job Descriptions

Table Leader

EH Relationships

Personal Qualifications

- Committed follower of Jesus
- Growing in openness, approachability, and self-awareness
- Able to listen empathically to others
- Not highly reactive
- Respect people's different spiritual journeys
- Be sensitive to people's different personalities temperaments, and life experiences.

Job Description

- 1. Prepare Yourself.** Arrive emotionally and spiritually ready to serve the group, not harried, anxious, frenetic or exhausted.
- 2. Before the Course, it is essential you experience the skills yourself** by going through the material with a partner. Watch the video and go through the workbook together, practicing each skill.
- 3. Extend and Receive Welcome.** Be a “yes” face, i.e. warm and open. See yourself as the host as if welcoming them into your home.
- 4. Gently Enforce the Guidelines** to create an environment that is open and safe.
- 5. Remain Connected with the Group.** Praying for your group and touching base weekly via email/text/phone.
- 6. Closely Monitor the Timing.** Be careful not to speak too much. Move people along when necessary. Be flexible when the timing is thrown off. Interrupt respectfully.
- 7. Refer Difficult Situations** and/or people to Point Leader or Table Leader Coordinator.
- 8. Participate in Debriefs** with the Table Leader Coordinator and/or Point Leader as necessary.

Emotionally Healthy Discipleship Course

Job Descriptions

Table Leader Coordinator

Summary: To equip and support the Table Leaders in building community and making disciples within their group.

- **Pray for your Table Leaders.**
- **Do the Daily Offices weekly** so you can share out of your own struggles and learnings.
- **Identify and equip the Table Leaders** at least 4 weeks prior to the Course.
 - Meet with the Table Leaders the week before beginning for last minute details and prayer.
 - Make sure Table Leaders are calling, texting, e-mailing their people weekly.
 - Touch base with Table Leaders for 5-10 minutes after each session for feedback.
- **Determine the make-up of each group** (what Table Leader might be best for different people), praying and strategizing for the long-term building of the larger ministry.
- **Monitor each group for “extra-grace required” people** that may be adversely affecting a group, people in crisis beyond the Table Leader’s capacity, and/or dual role conflicts. (e.g. We recommend young adults or teens are not in the same group with their parents).

Emotionally Healthy Discipleship Course

Job Descriptions

Administrator

Summary: To oversee the support needed for the EH Course Leader, Table Leaders, and participants before and during the Course.

- **Meet the EH Course Leader and Table Leader Coordinator** to set up a timeline and to-do list.
- **Registration** – Set up on your website and in person registration 3-4 months before the Course begins.
 - Select a registration person at the Course for the first 2 weeks to register participants.
- **Materials** - Order the books from the EH Discipleship website 3 months before so people can purchase the participant books. Set up a scholarship fund if needed.
 - Set up people to run a book table with materials the first 2 weeks of the Course.
 - Offer other materials (EH Relationships Teaching DVD's or EH Spirituality DVD's) for sale at a book table
- **Marketing** - initiate beginning 8 weeks before the Course.
 - Website
 - Print
 - Videos (see EH Discipleship website)
- **Hospitality** – Create a hospitable environment.
 - Model snacks for Week 1 and then have each Table Leader set up for one person within the group per week to do the snack for their table. (Have the church provide coffee, tea and water).
 - Provide nametags for each table.
- **Technology** – Practice prior to the meeting
 - Make sure Power Point is ready 2 hours before with needed equipment for video/PP.
- **Any extra handouts/materials.** You want to prepare these 1-day before the meeting.
- **Keep attendance** to know who completes the class. Monitor weekly.
- **Make sure every Table Leader takes attendance.**
- **Pass out Certificates of Completion** for EH Relationships at the end of the course to all who completed the course. You may find those Certificates in the Session Planning section of this packet.

Resources for Expanded and Deeper Study

The Emotionally Healthy Church: Expanded and Revised Edition - Pete Scazzero

The Emotionally Healthy Leader - Pete Scazzero

The Emotionally Healthy Woman – Geri Scazzero

Church History Matters – E-Book – Pete Scazzero

www.emotionallyhealthy.org/churchhistory

Pete's Sermons at www.emotionallyhealthy.org/media/sermons/

EH Relationships

A Hidden Wholeness: The Journey Toward and Undivided Life – Parker Palmer

Boundaries: When to Say Yes. How to Say No. Find Boundaries - Cloud and Townsend

How We Love: Expanded Edition - Milan and Kay Yerkovich

Where God Happens: Discovering Christ in One Another – Rowan Williams

From Brokenness to Community - Jean Vanier

Changes that Heal - Henry Cloud

EH Relationships Day by Day – Filled with devotional readings on this theme.

Emotional Intelligence 2.0 – Bradberry and Greaves

Reclaiming Conversation: The Power of Talk in a Digital Age – Sherry Turkle

Mastering the Essentials to Lead EH Relationships

Each Session in The Emotionally Healthy Discipleship Course (Part 1 and 2) contains within it key moments and learnings which need emphasis and focus.

Leading the Daily Office Each Week at Your Course

In each week of the Course you will be faced with the important task of leading a Daily Office. The spiritual practice of silence and stillness is the most difficult part of the Courses for most people. Thus, it is important that you prepare brief teachings for the 1-3 minutes you will have before you do the Office. See the Leading the Daily Office portion of this packet for 13 different ways you can best utilize those 1-3 minutes.

Emotionally Healthy Relationships

Remember, the eight skills serve as the training wheels of a bicycle to help people unlearn unhealthy habits from their family of origin and learn to love others well in the new family of Jesus. The goal is that, eventually, they will no longer need the training wheels (the skills) because they have so internalized their ability to love like Jesus in different contexts under stress.

1. Community Temperature Reading

- Encourage resistant people to hang in there with the structure in the beginning. We are seeking to redo, literally, generations of unhealthy behaviors that are unconsciously a part of our relating to others. These are training wheels for a bike. There will come a time you won't need them.
- We encourage people to use the sentence stems provided, but it is okay to use language that gets at the spirit of what's behind it (e.g. "*I'm wondering*" instead of "*I'm puzzled.*" The point is to avoid judgment).
- Keep the complaints and puzzles light.
- Encourage people to do the Inventory after Week 1 (or before if possible), and then take it again at the end of the Course.

2. Stop Mind Reading

- Have lots of recent, personal examples prepared.
- Again, have people use language they are comfortable with if there is a problem with ours.

3. Clarify Expectations

- The key moment in this skill is that the expectations be specific enough (i.e. not vague). Again, have your own examples ready.

4. Genogram Your Family

- Be sure to download a PDF of a blank genogram sheet from our website.
- This is a turning point week. Enlist prayer if possible.
- This skill is purposely limited. Nonetheless, you will want to alert your table leaders to be particularly sensitive to people who may need a follow up conversation or follow-up with a pastor/counselor/etc.
- Re-read Chapter 3, “Go Back to Go Forward,” in *Emotionally Healthy Spirituality* for a fuller practical and theological perspective.
- Read Chapter 2, “Face Your Shadow,” in *The Emotionally Healthy Leader*.

5. Explore the Iceberg

- This Session provides time for you to include testimonies from people applying one of the skills from the previous Sessions - if you like. You will want to watch the videos closely as there is a lot of great theology and information worthy of repeating at the Tables from up front.
- Re-read Chapter 2, “Know Yourself that You May Know God,” in *Emotionally Healthy Spirituality*.

6. Listen Incarnationally (and Speaking)

- Speaking clearly, honestly, respectfully, and in a timely fashion is actually its own important, mini-skill!
- Help people distinguish between feelings and facts. Be sure you understand the difference yourself.
- “Feeling felt” is the goal, not parroting another person.
- Consider reading chapter 10, “Make the Incarnation Your Model for Loving Well” in *The Emotionally Healthy Church* for an excellent theological overview for this skill.

7. Climb the Ladder of Integrity

- Make sure people have an issue that is specific, clear, and concrete.
- This high-level skill is all about differentiation. Geri’s *The Emotionally Healthy Woman* serves as one long exposition on this very large concept. I highly recommend you read it as Point Leaders.

8. Fight Cleanly

- This simple structure builds on the other skills and is revolutionary in its simplicity to help people negotiate differences.
- Again, make sure the issue is specific and clear.
- Don’t underestimate how difficult this will be for people. Few people have been disciplined in how to fight cleanly.

Video Resources for Training Your Team

We've created several video tutorials for training Small Group Table Leaders and Point Leaders. To access these, click on the Vimeo link below and **use the password provided** when prompted.

How to View the Videos:

1. Copy the password below

Password: EHD-TRAIN

2. Click here

<https://vimeo.com/album/5061138>

3. Enter the password when prompted

Leading EH Relationships

In this section you will find resources to lead the EH Relationships portion of the EH Discipleship Course.

These include:

- **Sample session schedules for all eight sessions of EH Relationships.** This is a minute-by-minute breakdown of how Pete and our Course Coaches have led EH Relationships.
- **Sample emails** to stay in communication with participants between sessions. We recommend sending an email to all participants following each session with encouragement and instruction for preparing for the next session.
- **A link to download sample PowerPoint presentations for all eight sessions.** These PowerPoint presentations are included to give you a starting point for preparing your own PowerPoint presentations. Please feel free to edit as needed for your group.
- **A feedback form** to use with participants in the final EH Relationships session. Collecting feedback from participants will allow you to improve future offerings of EH Relationships.
- **The Certificate of Completion** for all participants who complete EH Relationships. These can be printed in color or black and white and filled out prior to the final session or following completion of EH Relationships.

Please make yourself familiar with these resources before leading EH Relationships. Keep in mind these are only samples and templates of course schedules and materials. You may alter these as needed to fit your group's needs.

Your Course Coach can answer any questions or provide additional direction as needed.

Emotionally Healthy Relationships

8-Week Session Schedules

Getting Started

This sample schedule is structured for a 2-hour time block. This time includes a break. So, if you want to do the Course in 1 hour and 45 minutes, you can skip the break time, break the Table Groups into smaller groups of 2-3 people more often (and thus shortening the time needed the tables), or possibly skip one or two of the questions from the Session.

However, we recommend, if possible, a 2-hour block of time as it builds a relaxed break into the evening. This is a great community builder, especially for the Table Groups. It also provides time for more specific applications to your group. Geri and I actually do each class in 2 hour and 15 minutes for greater time for large group interaction and more expanded applications. Our experience is that once people start the Courses, they prefer more time not less.

Remember, this schedule is meant to serve as a *sample* to get you started. The more familiar you are with the material, the better you will be able to adjust the timing accordingly.

- Pete

Session 1: Take Your Community Temperature Reading

Sample Schedule: first night start 10 minutes late

People arrive late first night (e.g. finding location, underestimate how long it takes to get there).

7:10-7:27 **PP** Welcome. (Say “hi” to 2-3 people outside your table you don’t know)

- Housekeeping issues (e.g. Mention snack sign-ups at the break for each table).
- **PP** Daily Office –Week 1: Day 1, Morning/Midday Office, pages 25-26. You may want to begin and end with only 1-minute as this may be people’s first time in this practice.

Note: It is important that you give 2-3 minute introductions before you lead the Daily Office each week. Suggestions for this can be found in the document: *Leading the Daily Office for The EH Discipleship Courses* found in the Free Resources tab called *Silence, Stillness, and Leading the Daily Office*. For an explanation of the Daily Office and why the Day by Day Devotional is so central to the Course, see Pete’s 7-minute introduction here: <https://www.youtube.com/watch?v=9jPIU1FkYnw>. You may also want to send this to people as part of the e-mail after your first week.

7:27-7:30 **PP** Introduce the 8 Sessions. This Week is Session 1.

1. **Take Your Community Temperature Reading**
2. Stop Mind Reading and Clarify Expectations
3. Genogram Your Family
4. Explore the Iceberg
5. Listen Incarnationally
6. Climb the Ladder of Integrity
7. Fight Cleanly
8. Develop a “Rule of Life” to Implement Emotionally Healthy Skills.

Read the introduction found on page 24 in your Workbook for Session 1.

7:30-7:35 **PP** Review from up front the Suggested Guidelines for the Group on pages 13-14.

This is about clarifying expectations for how your table group functions. This is only done in the first 2 Sessions.

- 7:35-7:45 **PP Growing Connected Question**, page 25. (The whole table stays together) 1 min. each
- 7:45-7:55 **PP Bible Study**. Read the introduction and Scripture text. (Limit to 10 min)
- 7:55-8:20 **Video: Take Your Community Temperature Reading**
(Be sure to encourage people to follow along in their workbooks on pages 26-30).
- 8:20-8:35 **PP Partner Activity: CTR** (page 31).
As Point Leader read aloud the instructions listed in the workbook. The **PP** has a slide both with the CTR Guidelines and another **PP** with the graphic and timing.
- 8:35-8:45 **PP BREAK**
- 8:45-9:00 **PP Small Group Sharing** (page 31).
The PP clock is set for 10 minutes, but you have an extra 5 minutes here if needed.
- 9:00-9:06 **Video: Closing Summary** (page 32).
Refer them to follow along in the notes.
- 9:06-9:10 **PP Personal Action Step** and Group Processing
- Give the table groups 1-2 minutes to fill out the Personal Action Step. (Read it aloud for them before they begin).
 - If your Course is scheduled to end at 9:30 this where you can give them more time for Q&A at their tables, and/ or ask how they would finish this sentence, *“As a result of tonight’s lesson ‘I am beginning to realize...”*
- 9:10-9:14 **PP Homework**
- CTR: practice with a partner 2-3x this week.
 - Daily Office: EHR Day by Day Week One
 - Pre-Session Reading for Session 2
 - Take the Emotional/Spiritual Health Inventory on pages 16-22. Then they can take it again at the end of the Course to measure their progress.
- Note: The Emotional/Spiritual Health Inventory is available for free on-line at www.emotionallyhealthy.org
- 9:14-9:15 **Closing Words and Prayer**

Session 2: Stop Mind Reading and Clarify Expectations

Note: Since this is the only Session that teaches 2 skills, there are more stops and starts than with any other Session. It is important that you become very familiar with flow of the content beforehand.

Sample Schedule:

7:05-7:15 **PP** Welcome

PP Daily Office –Week 2: Day 3, Morning/Midday Office, pages 59-60. You may want to begin and end w/ only 1-minute of silence as this may be people’s first time in this practice. Then next week move to 2-minutes as the Day by Day indicates.

Note: It is important that you give 2-3 minute introductions before you lead the Daily Office each week. Suggestions for this can be found in the document: *Leading the Daily Office for The EH Discipleship Courses* found on our website in the Free Resources tab called *Silence, Stillness, and Leading the Daily Office*.

7:15-7:17 **PP** Introduce the 8 Sessions. This Week is Session 2.

1. Take Your Community Temperature Reading
2. **Stop Mind Reading and Clarify Expectations**
3. Genogram Your Family
4. Explore the Iceberg
5. Listen Incarnationally
6. Climb the Ladder of Integrity
7. Fight Cleanly
8. Develop a “Rule of Life” to Implement Emotionally Healthy Skills.

Read the introduction found on page 43 in your Workbook for Session 2.

7:17-7:23 Review briefly from up front the Suggested Guidelines for the Group on pages 13-14.

7:23-7:33 **PP Growing Connected** Questions, page 44.

Note: The goal of question 1 is simply to provide encouragement and “light” accountability. It underlines the importance of spending time with Jesus as the foundation of this Course and the entire Christian life. Limit question 1, however, to 5 minutes because it is only meant to be a check-in. You want to leave time for the second connection question which will lead them to the Session’s theme.

7:33-7:45 **PP Bible Study.** Read the introduction and Scripture text, pages 44-45 (Limit group time to 10 min).

7:45-7:51 **PP Skill:** Stop Mind Reading

PP Video (Be sure to encourage people to follow along in their workbooks on pages 45ff).

7:51-7:58 **PP Workbook Activity** (pages 46-47)
Individual Activity – 2 minutes (Reinforce the Video instructions here; Then move them to groups of 2).
Partner Activity – 4 min.

7:58-8:10 **Resume the Video** Clarify Expectations (page 47). Refer them to the notes.

8:10-8:13 **PP Workbook Activity** (page 49)

- It’s recommended that the Point Person ask the large group for 3-4 examples to ensure that the expectation they are working from is specific enough.

e.g. I expected my friend to return my phone vs. I expected my friend to return my phone call by 6:30 pm yesterday.

e.g. I expected my boss to send me for advanced training vs. I expected my boss to pay for and send me to advanced training at the Teacher’s Conference last month.

See other examples in the workbook. Have your own examples ready.

8:13-8:23 **PP BREAK**

8:23-8:30 **Resume the Video** (2 min).
As your group watches role plays of people doing the Clarify Expectations Skill the Wrong and Right Way, it will serve them for what follows.

8:30-8:45 **PP Partner Activity** (page 50).
Read the instructions aloud from up front before sending them off.

8:45-8:55 **PP Small Group Sharing** (page 51).

8:55-9:00 **Video: Closing Summary.** Refer them to the notes on page 51.

9:00-9:10 **PP Optional Session Wrap-Up and Personal Action Step** (page 52).

Give the table groups 1-2 minutes for people to fill out the Personal Action Step. (Read it aloud for them before they begin.)

Note: In each Session, if time allows, this is a good place for Q&A at their tables. This provides “life on life” interaction in the table groups that isn’t practical for the Course group as a whole.

9:10-9:15 **PP Homework**

- Practice Stop Mind Reading, and Clarify Expectations 2x; CTR 2x
- HER Day by Day: Week Two
- Pre-Session Reading for Session 3

Closing Words and Prayer

Session 3: Genogram Your Family

Sample Schedule:

7:05-7:15 **PP** Welcome

PP Daily Office –Week 3: Day 4, Midday/Evening Office, pages 95-96.

Note: It is important that you give 2-3 minute introductions before you lead the Daily Office each week. Suggestions for this can be found in the document: *Leading the Daily Office for The EH Discipleship Courses* found on our website in the Free Resources tab called *Silence, Stillness, and Leading the Daily Office*.

7:15-7:18 **PP** Introduce the 8 Sessions. This Week is Session 3.

1. Take Your Community Temperature Reading
2. Stop Mind Reading and Clarify Expectations
3. **Genogram Your Family**
4. Explore the Iceberg
5. Listen Incarnationally
6. Climb the Ladder of Integrity
7. Fight Cleanly
8. Develop a “Rule of Life” to Implement Emotionally Healthy Skills.

Read the introduction found on page 61 in your Workbook for Session 3.

7:18-7:28 **PP Growing Connected** Questions, page 62.

Question 1: (Possible addition to question 1- Use Red, Yellow or Green to describe your experience of the Day by Day this past and why you chose that color).

Question 2: Give examples of “Success” after reading this question.

Note: The goal of question 1 is simply to provide encouragement and “light” accountability. It underlines the importance of spending time with Jesus as the foundation of this Course and the entire Christian life. Limit question 1, however, to 5-minutes because it is only meant to be a check-in. You want to leave time for the second connection question which will lead them to the Session’s theme.

7:28-7:38 **PP Bible Study.** Read the introduction and Scripture text, pages 62-63).

7:38-7:53 **Video: Genogram Your Family:** (Be sure to encourage people to follow along in their workbooks on pages 63-64).

A “Genogram Your Family” worksheet can be found on page 47. You can make copies of this if you like. A legal size copy can be found on the DropBox with the PPT samples.

7:53-8:00 Transition them to the individual activity by reading out loud the introduction to the Individual Activity and steps 1-4.

8:00-8:15 **PP Workbook Activity:** (pages 64-66).
Individual Activity for people to complete their genograms.

- **PP** Pete’s Sample Genogram (also on page 169).
- You may want to walk around the room to answer any questions.
- You will want to be sure to read the leader’s notes on pages 163 and 164 to prepare for this Session. Additionally, you may want to equip the Small Group Table Leaders with resources (possibly in a handout) for those who want to see a counselor, spiritual director, pastor, an inner healing prayer team, etc. This is often an important moment for people to take next steps in doing more serious inner work with God.
- **PP** Pete’s Sample Genogram

8:15-8:20 **PP** Partner Activity (page 66).

8:20-8:30 **PP BREAK**

8:31-8:35 **Play the Video**
(Be sure to encourage people to follow along in their workbooks on pages 66-67).

8:35-8:55 **PP** Workbook Activities (page 68)

- Individual Activity (7 Minutes)
- Small Group Sharing (13 Minutes)

8:55-8:59 **Video: Closing Summary**
(Refer them to the notes on pages 68- 69)

8:59-9:10

PP Optional Session Wrap-Up and Personal Action Step.
(page 69)

- Give the table small groups 1-2 minutes for people fill out the Personal Action Step. (Read it aloud for them before they begin).
- If you have time, give them a couple of minutes for Q & A at their tables.

PP Homework

- Review Your Genogram 1x this coming week.
- Do EHR Day by Day: Week Three
- Pre-Session Reading for Session 4.
- Keep using the Skills: CTR /Stop Mind Reading/Clarify Expectations

9:10-9:15

Closing Words and Prayer

Consider encouraging people through the story of Joseph and how God works in, through and in spite of all our histories – provided we place it all in His hands. You may also want to encourage people to read Chapter 3 from the book *Emotionally Healthy Spirituality* entitled “Go Back to Go Forward.” It provides larger theological framework for this very important session.

Session 4: Explore the Iceberg

Sample Schedule:

7:05-7:15 **PP** Welcome

PP Daily Office –Week 4, Midday/Evening Office, pages 95-96.

Note: It is important that you give 2-3 minute introductions before you lead the Daily Office each week. Suggestions for this can be found in the document: *Leading the Daily Office for The EH Discipleship Courses* found in the Free Resources tab called *Silence, Stillness, and Leading the Daily Office*.

7:15-7:31 **Optional Table Group Time:**

There is extra time in tonight's schedule because this Skill does not take as much time as some of the others. Table leaders have their group share around their experience of practicing and using the skills learned thus far: CTR, Stop Mind Reading, Clarify Expectations and reviewing their Genogram.

7:31-7:32 **PP** Introduce the 8 Sessions. This Week is Session 4.

1. Take Your Community Temperature Reading
2. Stop Mind Reading and Clarify Expectations
3. Genogram Your Family
- 4. Explore the Iceberg**
5. Listen Incarnationally
6. Climb the Ladder of Integrity
7. Fight Cleanly
8. Develop a "Rule of Life" to Implement Emotionally Healthy Skills.

Read the introduction found on page 79 in your Workbook for Session 4.

7:32-7:42 **PP Growing Connected** Questions, page 80

7:42-7:52 **PP Bible Study.** Read intro. and Scripture text, pages 80-81.

7:52-8:05 **Video: Explore the Iceberg:**
(Be sure to encourage people to follow along in their workbooks on page 81).

- 8:05-8:15 **PP Individual Activity** pages 82-83.
Read instructions and lead them through 4 questions.
- 8:15-8:25 **PP Small Group Sharing** (page 84).
- 8:25-8:40 **PP BREAK** (The PP clock gives 10 min. but tonight's schedule allows for a 15 min. Break if you like).
- 8:40-8:47 **Optional Testimony:**
This is a possible place for a testimony by you as the Point Leader, or a Table Leader around their Family Commandments of anger, sadness, fear, joy, etc., and how they are now doing emotions now in the new family of Jesus.
- 8:47-8:53 **Video: Closing Summary** (Refer them to notes on pages 84-85).
- 8:53-8:56 **Optional Session Wrap-Up and Personal Action Step**
Personal Action Step. Read it aloud for them (page 85) and give them 2 minutes to fill in.
- 8:56-9:05 **Optional Table Group Time:**
Time for any questions, clarifications or puzzles around what's been covered in the Course
- 9:05-9:10 **PP Homework**
- Explore Your Iceberg 2x in your time with God
 - EHR Day by Day: Week Four
 - Pre-Session Reading for Session 5
 - Keep using CTR /Stop Mind Reading/Clarify Expectations

Closing Words and Prayer

Note: Tonight's Session could end earlier but we like to use the flexible time this Session allows for to include more table group connection time (thus a longer Break), personal testimonies, and table group sharing around how they are experiencing the Course and using the Skills. These are things that Table Leaders and Participants had specifically asked for in past evaluations.

Session 5: Listen Incarnationally

Sample Schedule:

7:05-7:18 **PP Welcome**

PP Daily Office –Week 5: Day 1, Morning/Midday Office, pages 133-135.

Note: It is important that you give 2 – 3-minute introductions before you lead the Daily Office each week. Suggestions for this can be found in the document: *Leading the Daily Office for The EH Discipleship Courses* found in the Free Resources tab called *Silence, Stillness, and Leading the Daily Office*.

7:18-7:20 **PP Introduce** the 8 Sessions. This Week is Session 5.

1. Take Your Community Temperature Reading
2. Stop Mind Reading and Clarify Expectations
3. Genogram Your Family
4. Explore the Iceberg
5. **Listen Incarnationally**
6. Climb the Ladder of Integrity
7. Fight Cleanly
8. Develop a “Rule of Life” to Implement Emotionally Healthy Skills.

Read the introduction found on page 95 in your Workbook for Session 5.

7:20-7:30 **PP Growing Connected** Questions, pages 95-96

7:30-7:40 **PP Bible Study.** Read the introduction and Scripture text, page 96.

7:40-8:00 **Video: Listen Incarnationally**
(Be sure to encourage people to follow along in their workbooks on pages 97-99).

8:00-8:30 **Workbook Activities**
PP Partner Activity (pages 100-101)

IMPORTANT NOTE: More time is given here than given in the workbook. We are leaving more time for transitions and the reading of the instructions.

- Read the instructions.

- **PP** The question they are answering is found in #3: “*What is the biggest thing impacting you right now? How are you feeling about it?*” **Be sure to point to the feelings sheet on page 171 before they begin.**
- Give people time to think about what’s impacting them before the timer is started.
- We suggest you give 10 minutes for each person during this skill. Have someone signal for time to switch and restart Timer.
- **PP Timer 10 min.**

8:30-8:40 **PP Break**

8:40-8:55 **PP Small Group Sharing** (page 101). (We added 5 minutes here.)

8:55-8:59 **Video: Closing Summary**

8:59-9:02 **PP Optional Session Wrap-Up and Personal Action Step** (pages 102- 103).

Give the table small groups 1-2 minutes for people to fill out the Personal Action Step. (Read it aloud for them before they begin.)

9:02-9:07 **Note:** Mention the Checklist in the back of the EH Relationships workbook. Encourage them to begin checking off where they are and to make up any missing segments.

- Buy DVD

9:07-9:11 **PP Homework**

- Practice Incarnational Listening at least 1x this week.
- Do EHR Day by Day: Week Five
- Pre-Session Reading for Session 6
- Use the Skills: CTR, Stop Mind Reading, Clarify Expectations, Explore the Iceberg

9:11-9:15 **Closing Words and Prayer**

Session 6: Climb the Ladder of Integrity

Sample Schedule:

7:05-7:18 **PP Welcome**

PP Daily Office –Week 6: Day 3, Morning/Midday Office, pages 168-170.

Note: It is important that you give 2-3 minute introductions before you lead the Daily Office each week. Suggestions for this can be found in the document: *Leading the Daily Office for The EH Discipleship Courses* found in the Free Resources tab called *Silence, Stillness, and Leading the Daily Office*.

7:18-7:20 **PP Introduce the 8 Sessions. This Week is Session 6.**

1. Take Your Community Temperature Reading
2. Stop Mind Reading and Clarify Expectations
3. Genogram Your Family
4. Explore the Iceberg
5. Listen Incarnationally
6. **Climb the Ladder of Integrity**
7. Fight Cleanly
8. Develop a “Rule of Life” to Implement Emotionally Healthy Skills.

Read the introduction found on page 114 in your Workbook for Session 6.

7:20-7:30 **PP Growing Connected** Questions, pages 114-115

7:30-7:40 **PP Bible Study.** Read the introduction and Scripture text, pages 115- 116.

7:40-8:00 **Video: Climb the Ladder of Integrity** (Be sure to encourage people to follow along in their workbooks on pages 116-117).

8:00-8:15 **PP Individual Activity** (page 118)

While the workbook allows 4 minutes for this, we recommend 15. The Power Point timer reflects the 4 minutes they take alone.

- Read the instructions for the individual activity aloud to the entire group on page 118.
- Be sure they choose non-volatile issues. Give them 4 minutes alone to answer questions 1 and 2.
- Ask a few people to share aloud what they have written for

number 2. This is important because if people don't get this right, they will have trouble doing the rest of the Climb the Ladder Skill. Be sure to familiarize yourself with the two other examples found in Appendix E (pages 173-177).

8:15-8:30 **PP Break**

8:30-8:50 **PP Partner Activity** page 119
Read the instructions aloud before sending them off.

Our timer is set for 8-minutes and it is reset after the first person finishes so that's a total of 16 min for the two people to share.

8:50-9:02 **PP Small Group Sharing** page 119

9:02-9:07 **Video: Closing Summary**

9:07-9:13 **Optional Session Wrap-Up and Personal Action Step** (page 120).
Give the table small groups 1-2 minutes for people fill out the Personal Action Step. (Read it aloud for them before they begin.) If you have time, give them a couple of minutes for Q and A at their tables.

9:13-9:14 **PP Homework**

- Use the Ladder of Integrity at least 1x this week.
- EH Relationships Day by Day: Week Six
- Pre-Session Reading for Session 7
- Keep using CTR /Stop Mind Reading/Clarify Expectations Mention the Checklist on the last page of the Workbook, inviting people to catch up on any Sessions, or parts of Sessions, they may have missed.

9:14-9:15 **Closing Words and Prayer**

Session 7: Fight Cleanly

Sample Schedule:

7:05-7:18 **PP Welcome**

PP Daily Office –Week 7: Day 1, Midday/Evening Office, pages 187-188.

Note: It is important that you give 2-3 minute introductions before you lead the Daily Office each week. Suggestions for this can be found in the document: *Leading the Daily Office for The EH Discipleship Courses* found in the Free Resources tab called *Silence, Stillness, and Leading the Daily Office*.

7:18-7:19 **PP Introduce** the 8 Sessions. This Week is Session 7.

1. Take Your Community Temperature Reading
2. Stop Mind Reading and Clarify Expectations
3. Genogram Your Family
4. Explore the Iceberg
5. Listen Incarnationally
6. Climb the Ladder of Integrity
7. **Fight Cleanly**
8. Develop a “Rule of Life” to Implement Emotionally Healthy Skills.

Read (or summarize in your own words) the introduction found on page 128 in your Workbook for Session 7.

7:19-7:29 **PP Growing Connected Questions**, page 129

7:29-7:42 **PP Bible Study**. Read the introduction and Scripture text, pages 129- 130

7:42-7:47 **Video: Fight Cleanly** (Be sure to encourage people to follow along in their workbooks on pages 130-131.)

7:47-7:50 **PP Individual Activity: Dirty Fighting Tactics** (page 131)

7:50-8:01 **Resume Video: Wrong and Right Way to Fight Cleanly** (pages 132- 134)

8:01-8:15 **PP Individual Activity** pages (134-135). Time is given for you to read the instructions before the Timer starts for them to fill out Steps 1-4.

- 8:15-8:25 **PP BREAK**
- 8:25-8:50 **PP Partner Activity:** pages 134-135; Read the instructions. Give 10 minutes for each person during this skill. Ask someone to signal when it's time for Speaker and Listener to switch and reset the Timer.
- 8:50-9:00 **Small Group Sharing** (page 136)
- 9:00-9:03 **Video: Closing Summary**
- 9:03-9:07 **Personal Action Step** (page 137)
Give the table small groups 1-2 minutes for people fill out the Personal Action Step. (Read it aloud for them before they begin).
- 9:07-9:11 **1. Emphasize importance of next week!**
You will learn how it all comes together and be given a structure to make a long-term sustainable plan so this becomes a foundation for your discipleship for the rest of your life
- 2. PP Loving People and Loving God can't be separated.**
Mention that EHR is only half of the Emotionally Healthy Discipleship Courses and encourage them to sign-up for the Emotionally Healthy Spirituality Course.
- 9:11-9:13 **PP Homework**
- Practice Fight Cleanly at least 1x
 - Do EH Relationships Day by Day Week Seven
 - Pre-Session Reading for Session 8
 - Use the skills you're learning
- 9:13-9:15 **Closing Words and Prayer**

Session 8: Develop a Rule of Life to Implement EH Skills

Sample Schedule:

7:05-7:18 — **PP** Welcome

PP Daily Office –Week 8: Day 1, Morning/Midday Office, pages 213-214.

Note: It is important that you give 2-3 minute introductions before you lead the Daily Office each week. Suggestions for this can be found in the document: *Leading the Daily Office for The EH Discipleship Courses* found in the Free Resources tab called *Silence, Stillness, and Leading the Daily Office*.

7:18-7:20

PP Introduce the 8 Sessions. This Week is Session 8.

1. Take Your Community Temperature Reading
2. Stop Mind Reading and Clarify Expectations
3. Genogram Your Family
4. Explore the Iceberg
5. Listen Incarnationally
6. Climb the Ladder of Integrity
7. Fight Cleanly
8. **Develop a “Rule of Life” to Implement Emotionally Healthy Skills.**

Read (or summarize in your own words) the introduction found on page 146 in your Workbook for Session 8.

7:20-7:30

PP Growing Connected Questions, pages 146-147. 5 min each question. Make sure you signal for them to move to #2.

7:30-7:45

PP Bible Study. Read the introduction and Scripture text, page 147.

7:45-7:50

Video: Develop a Rule of Life to Implement EH Skills. Be sure to encourage people to follow along in their workbooks on pages 148-150 (For those that have read EHS book you might want to note that the Rule of Life diagram here looks different than the one in the EHS book. The point is to create a structure or rhythm that guides me in rooting the skills in my life).

7:50-8:10

PP Individual Activity (pages 150-152) – special contemplative time; Take 5 minutes to read the questions aloud to the entire group so they can pace their 15 minutes to respond prayerfully.

- 8:10-8:20 **PP Partner Activity** (page 153) Give them 10 minutes in pairs, each taking 5 minutes.
- 8:20-8:25 **Video: Closing Summary.** Be sure to point them to the notes on pages 153-154.
- 8:25-8:35 **PP BREAK**
- 8:35-9:00 **PP Final Group Time** (page 154). This is an extremely important time for the Table Groups as people share together. Workbook has 20 min. here and we added another 5 minutes.

You may invite selected people to share with the large group, completing the following sentence stem: *As a result of this Course I am beginning to realize....*

- 9:00-9:07 **Evaluation**
We strongly encourage you also to do an evaluation in order to get feedback and improve the Course the next time you teach it. A Feedback Form can be found in the EH Relationships Free Resources packet.

- 9:07-9:08 **PP Homework**
- EHR Day by Day Week Eight
 - Begin implementing your ROL plan to integrate the skills in your life.

- 9:08-9:13 **Final remarks**
There are many ways you can close the Course to celebrate the accomplishment of completion for your class. You can share your final remarks – hopes and wishes – along with any exhortation you may want to make.

Be sure to point people to the Checklist in the back of the EH Relationships workbook. Encourage them to begin checking off where they are and to make up any missing segments. Use this time to distribute Certificates of Completion.

- 9:13-9:15 **Closing Prayer**

WEEK 1 EMAIL FOLLOW UP

Email sent between Week 1 and Week 2

Dear EH Relationships Course Participants,

It was such a joy to be with you last Tuesday night. I am particularly blessed by the quality of your Table Leaders serving all of us!

Let me encourage you to do 2 things this week:

1. Don't forget to practice the **Community Temperature Reading** 3x this week. Practicing these skills is the key to long-term transformation. And this is the foundational one upon which all the others build. You can download an explanation of it and sample of Geri and I modeling it from our website. See below. We encourage you to buy the EH Relationships DVD so you can watch each skill at home again. It takes time to absorb them. (All profits go to support EH Discipleship globally).

Community Temperature Reading:
www.emotionallyhealthy.org/freechapter

2. Watch this 7-minute video where I explain the Daily Office and how to use it:

What is the Daily Office and Why is it Needed?

(<https://www.youtube.com/watch?v=9jPIU1FkYnw>) This is especially important for all of you who have not taken *The Emotionally Healthy Spirituality Course*.

Thanks so much. See you next week as we dig into Session 2: Clarify Expectations and Stop Mind Reading.

Warmly,

Pete

WEEK 2 EMAIL FOLLOW UP

Email sent between Week 2 and Week 3

Dear EH Relationships Course Participants,

Dallas Willard contends that the *primary* place of our discipleship is not in church or small groups but in our workplace, school, or home. He writes: “To not find your job to be the primary place of discipleship is to automatically exclude a major part, if not most, of your waking hours from life with him. The gospel turns your work into a spiritual formation training center” (*The Divine Conspiracy*, p.285).

Let me encourage you to apply “Stop Mind Reading” and “Clarify Expectations” each day as countless opportunities will inevitably present themselves to you. (And, of course, don’t forget the CTR).

You remain in our prayers and hearts.

May God give you grace to slow down to be with Jesus, allowing Him to do a deep work in you that will now manifest in all your relationships.

Blessings,

Pete

P.S. If you have not taken the 20 min. EH Discipleship Personal Assessment that assesses if you are an emotional infant, child, adolescent or adult, do so here: <http://www.emotionallyhealthy.org/personal-assessment/>. It would be good to take it now and then after the Course is over to see your progress.

WEEK 3 EMAIL FOLLOW UP

Email sent between Week 3 and Week 4

Dear EH Relationships Course Participant,

Let me commend you for your hard work and courage in doing a genogram this past Tuesday night. One of the great truths of life is this: You cannot change what you are unaware of. However, once we acknowledge negative legacies from our past - her power over us is diminished, if not broken.

Let me encourage you to do the following this week:

1. Offer your genogram to the light of Jesus during your Daily Office, allowing Him to give you any further insight He has for you.
2. Read chapter 3 of *Emotionally Healthy Spirituality – Going Back to Go Forward* – to provide several helpful ways to look at your genogram that we did not have time to go into last night. Some of those pages are also in the packet you picked up last night with readings for you.
3. Take time to reflect on page 170 of your *EH Relationships Workbook* that lays out the biblical, healthy family commandments for our lives in the new family of Jesus.

We are praying for you in 2 ways. First, that you might break the negative power of your past, and secondly, that you may discover the hidden treasures God has for you in even your painful past.

For as God promises through Isaiah: “I will give you hidden treasures, riches stored in secret places” (Isaiah 45:3).

Blessings.

Pete

WEEK 4 EMAIL FOLLOW UP

Email sent between Week 4 and Week 5

Dear EH Relationships Course Participant,

Thank you again for an outstanding evening on Tuesday night. I believe we experienced a great introduction to “Explore the Iceberg” and why learning to feel is so essential to becoming fully human and alive in Christ.

Let me encourage you again to take 10-15 minutes, at least twice this week, to do a “feeling workout.” Again, you were created to feel, and, like a physical workout, you will find it easier and natural with time.

I trust you have picked up the booklet that provides readings from the various EHS books that correspond to each of the topics in the Course. The most important reading around feelings is found in Geri’s chapter 4, “Quit Denying Anger, Sadness, and Fear,” from *The Emotionally Healthy Woman*. This is our fullest, best treatment of this past week’s topic. I highly recommend you read it this week.

Irenaeus, a 2nd century bishop, once wrote: “The glory of God is a living human being; and the life of human beings consists in beholding God.” Our prayer is that these words may become more of your experience this coming week.

Blessings,

Pete

WEEK 5 EMAIL FOLLOW UP

Email sent between Week 5 and Week 6

Dear EH Relationships Course Participant,

If there was ever a time to apply what you are learning in this course, it is during this election week. Let me encourage you to apply all the skills you have learned in the midst of the different challenging conversations happening around us:

- The Community Temperature Reading (“I’m puzzled! I notice and I prefer”)
- Stop Mind Reading (lot of that going on right now)
- Clarify Expectations
- Explore the Iceberg (I have been doing that a lot this week, especially around anger, sadness, and fear) and seeking to discern God’s voice in the process).
- Speaking and Incarnational Listening. Speaking honestly, respectfully, clearly and timely is very important right now. I think the word *respect* is most important.

Most importantly, let me encourage you to practice Incarnational Listening at least twice before we meet next Tuesday. Again, this is core skill of the Course and the core to loving well.

Jean Vanier, founder of L’Arche, said it best: Love is to reveal to someone: “you are beautiful and you have value.” Here is an outstanding interview with him you may enjoy:

<http://www.americamagazine.org/content/all-things/god-chooses-despised-interview-2015-templeton-prize-laureate-jean-vanier>

And we may be known as great lovers, and listeners, for the sake of His name and glory. See you next Tuesday night.

Blessings.

Pete

WEEK 6 EMAIL FOLLOW UP

Email sent between Week 6 and Week 7

Dear EH Relationships Course Participant,

Last week's theme – The Ladder of Integrity –was the most challenging skill we have learned thus far. Why? It requires good self-awareness and builds on a number of skills we have learned thus far (e.g. Explore the Iceberg, Genogram your Family, Clarify Expectations, CTR with “I notice and I prefer.”)

Let me invite you to watch this excellent, well-developed example of a person Climbing the Ladder that we did at our Emotionally Healthy Leadership Conference three years ago-- <https://youtu.be/9xv5UvHWOiE> It is based on a real life example of Phil Varghese with another staff around a work issue.

Also, read Geri's *The Emotionally Healthy Woman* for a full development around the level of integrity and differentiation we are seeking to embody as Christ- followers at New Life.

Excited for next week on “Clean Fighting!”

Blessings.

Pete

WEEK 7 EMAIL FOLLOW UP

Email sent between Week 7 and Week 8

Dear EH Relationships Course Participant,

I was especially aware last week that we were dealing with the greatest indicator of a spiritually/emotionally mature adult – the skill of Clean Fighting. Why? The true peace of Christ’s kingdom in our homes, workplaces, friendship, or church requires we replace lies and pretense with the truth and light of Jesus.

Let me invite you again to re-read and pray through the 15 qualities of an emotionally mature Christian outlined on page 178 in your workbook. And let me also recommend you read chapter 7 in *Emotionally Healthy Spirituality* called “Grow into an Emotionally Mature Adult” as a great summary of this Course

This Tuesday we will practice again two key skills that are foundational to how we do relationships in the new family of Jesus at New Life – the Community Temperature Reading and Clarify Expectations. Then we will help you make an action plan for your next steps on how you will implement these powerful tools into your life. We will conclude with a blessing as we send you out in His name.

Looking forward to seeing you Tuesday night,

Pete

WEEK 8 EMAIL FOLLOW UP

Email sent after the final meeting in Week 8

Dear EH Relationships Course Participants,

I want to thank you for a wonderful 8 weeks together. We pray and trust that it will serve as the beginning of a paradigm shift of how you love God, yourself, and others. Let me close with 3 invitations for you as you launch out with these newtools:

- **Practice the Skills.** They will change your life. Geri and I, armed with only one skill in 1996 (Incarnational Listening), transformed our marriage and lives. Perhaps better said is that God transformed our lives. But we made a commitment to practice it at least twice a week.
- **Plan to attend The Emotionally Healthy Spirituality (EHS) portion of the course that begins January 31, 2017.** For us at NLF it is these 2 portions of the EH Discipleship Course that provide the base of how we do discipleship and life together. See this outstanding video on [How EHS deeply transforms lives](#) for a glimpse of the kind of life change you can expect.
- **Consider getting *The Emotionally Healthy Leader eBook*** (<https://www.amazon.com/Emotionally-Healthy-Leader-Transforming-Transform-ebook/dp/B00PFC9MR0/>). If you jump to the chapter “Culture and Team Building,” you will notice I apply the material from *The EH Relationships Course* to the building teams and work cultures.

Again, thank you for your courage and willingness to allow Jesus into your life and relationships. You remain in my/our prayers.

Blessings to you,

Pete (and Geri)

Sample PowerPoints for EH Relationships

Below is a link to download a sample PowerPoint deck for leading the EH Relationships Course. Follow the instructions to download this.

How to Download the EHR Sample PPT:

1. Click here

<https://www.dropbox.com/sh/8d71mnaq4qjle4u/AADLFJPAJ25-isuiGYse4kela?dl=0>

2. Select Download in the upper right-hand corner

Emotionally Healthy Relationships Feedback Form

1. As a result of this course, I am beginning to realize...

2. How would you rate the elements of this course on a scale of 1 (lowest) to 5 (highest)?

A specific comment, along with your number, sheds even greater light.

- Session 1: Introduction and Community Temperature Reading (CTR) _____
Comment:

- Session 2: Stop Mind Reading and Clarify Expectations _____
Comment:

- Session 3: Genogram Your Family _____
Comment:

- Session 4: Explore the Iceberg _____
Comment:

- Session 5: Incarnational Listening _____
Comment:

- Session 6: Climb the Ladder of Integrity _____
Comment:

- Session 7: Fight Cleanly _____
Comment:

- Session 8: Develop a Rule of Life to Implement Emotionally Healthy Skills _____
Comment:

Emotionally Healthy Relationships Feedback Form

3. What were your “rhythms” with God before the EH Relationships course?

Describe any progress you have made.

4. What was most valuable to you during the course? Why?

5. What could have been more helpful? How could it have been more helpful?

6. What else would you like to share with us that can help us improve the next time we offer the EH Relationships course?

TABLE LEADER FEEDBACK FORM

EH Relationships Course

Name _____

1. There are many moving parts of the EHR Course: Day by Day, workbook content, timing, enforcing guidelines, group dynamics, up front instruction, snacks, follow-up contact, homework, etc. In your experience as a Table Leader, what felt:
 - Right?

 - Missing?

 - Confusing?

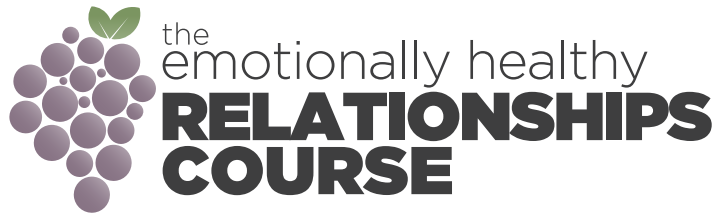
2. What was your greatest challenge? Greatest joy?

3. What further training could you have used in your role as a Table Leader? (e.g. handling specific situations with people/group – cell phone usage, table member not talking, etc.)

4. Is there anyone from your group you would recommend for a testimony for Day by Day or EHR impact?

5. Is there anyone from your group you would recommend for future TL apprenticeship and training?

6. Is there anything else we can help with, or suggestions you might have?



CERTIFICATE of COMPLETION

awarded to

for completing The Emotionally Healthy Relationships Course which includes completing the Workbook, working through the Day-By-Day resource, and experiencing the eight training sessions.

date

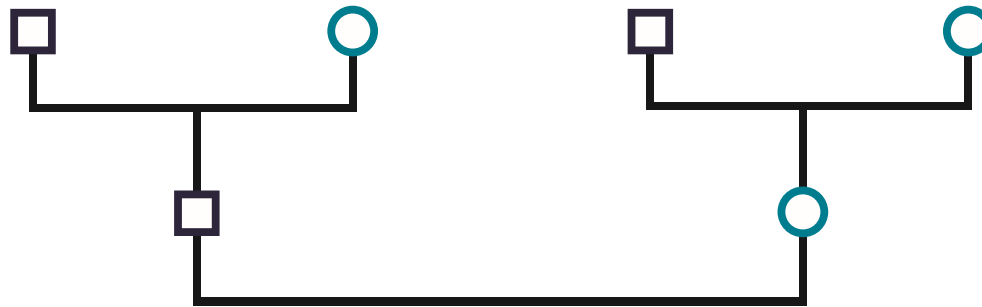
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Pete Scuzzero

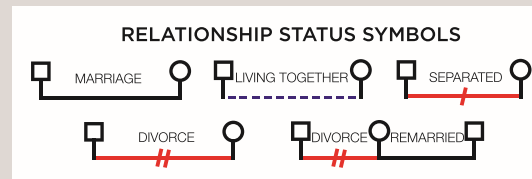
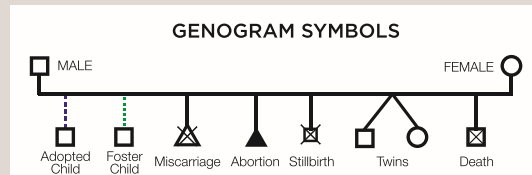
Founder, Emotionally Healthy Spirituality



GENOGRAM YOUR FAMILY



RELATIONSHIP	RELATIONAL DYNAMICS	SYMBOL
Conflicted	A consistent pattern where issues do not get resolved between people.	
Cut Offs	People in the family stop talking to one another or avoid contact.	
Distant/Poor	Low or minimal emotional connection between family members.	
Enmeshment	Pressure is created for family members to think, feel and act alike. There is low tolerance for people to be separate, to disagree, or be different.	
Abuse	A severe crossing of personal boundaries - whether it be sexual, emotional, or physical, severely injuring the dignity and humanity of another.	



EARTHQUAKE EVENTS

THEMES

Silence, Stillness & The Daily Office in EH Relationships

In this section of the EH Relationships resources packet, you will find resources for leading the Daily Office at the beginning of each session of EH Relationships.

These resources include:

- **13 tips for leading the Daily Office each week**
- **A Silence & Stillness card PDF.** This can be printed as a double-sided document onto card stock and cut into wallet-sized cards that should be distributed to participants at the beginning of the course.
- **Top Ten FAQs about Silence & Stillness.** This document addresses the top questions we have received about the role of silence and stillness and how to incorporate silence and stillness into your life. This can be helpful not only for your instruction, but also as a resource to answer questions you may hear as you lead the course.
- **Video Resources for Silence & Stillness.** Find videos that address the topic of silence and stillness and how to lead the Daily Office.

Please make yourself familiar with these resources before leading EH Relationships. Your Course Coach can answer any questions or provide additional direction as needed.

Leading the Daily Office at *The EH Discipleship Course*

Introduction:

Each week of *The EH Spirituality or EH Relationships Course*, you will be faced with the task of leading a Daily Office. The spiritual practice of silence and stillness is the most difficult part of the Courses for most people. Thus, it is important that you prepare little teachings/coachings for the 1-3 minutes you will have before you do the Office. The following list gives topics and themes I use for those 1-3 minutes. The first two are what I always use to begin each Course, using the “Silence and Stillness card” as a base for them. Of course, you can come up with your own to add to my list.

****There is also a YouTube video with my introducing the Daily Office for you to show or to send to people to watch from our YouTube page. We encourage you to send it to people after (or even before) your first week when you meet. See the video here: <https://youtu.be/huOZFpsviMU>.

1. **Focus – to be with Jesus. Personal Relationship. *Silence and Stillness Guidelines Card*** – (included in this packet). Read through the 4 Guidelines, focusing on how normal it is that our mind wanders, and we find ourselves distracted. This ancient practice of choosing a simple prayer (1-4 words) to help us return to being still before the Lord has been used globally for centuries to help prayers quiet the many distractions that fill our mind, so we can focus on being with God.
2. **Focus – to be with Jesus. Personal Relationship (again). *Silence and Stillness Guidelines Card*** – Review the 4 guidelines again and add the 3 goals found on the opposite side of the card: 1) We receive His love; 2) We let go and surrender our will to His will; 3) We open ourselves to hear God speak.
3. **Focus: Be with Jesus. Guilt/Shame.** 95% of us live in shame and guilt when it comes to our prayer life or devotions. (e.g. I don't pray enough. How does God feel about me? e.g. Disappointed, frustrated, sad, angry). God is delighted that you showed up at all. His love for you – without strings – whether you pray the Offices or not. Delights in you.
4. **Focus: The goal is not to get through the whole Office (the problem of perfectionism vs. grace).** Our goal is to meet Jesus. Give examples: “If you have 5 minutes for the afternoon office, what do you need? Is it to quiet your mind and spirit which is agitated? Do you need silence or the devotional or Scripture? Do whatever will help you connect and abide in Jesus. Savor the 5 minutes and don't rush through the whole Office. We don't get extra points from Jesus for getting through it all!

5. **Focus: 10 FAQ's.** The newest editions of each of the Day by Day books have 10 FAQ's in the back. You may want to highlight one or two or read them all, having participants circle which of the FAQ's speak to them the most.
6. **Focus: Talk about rhythms and Compline** which is now in the back of each Day by Day book. Encourage people to end their day with Jesus – even if is just for a few moments. The rhythm of starting and ending each day with Jesus is a powerful way to practice His presence all through the day.
7. **Focus: Growing up and maturing into adults.** The Daily Office, particularly silence and stillness, marks a great shift in our relationship with God. We move from only speaking to God to listening, to a two-way relationship. Imagine being in a relationship with someone where they only talk to you but never listen! A mature relationship with someone requires listening/being with the person and not simply talking. Remember, a major analogy of our relationship with God is marriage.
8. **Focus: A visual picture of resting in the Father's love.** Put up on a Power Point Rembrandt's painting of The Prodigal Son. The Office is a time for us to lean our head against the Father's chest and let His hands and love rest upon us.
9. **Focus: The deepest yearning of our hearts.** We all yearn for love, notice, and acceptance from people. That is God-given and good. But we first are to get that deep need met from God and not, inappropriately, borrow that love from others. God alone can satisfy the deepest yearnings of our heart. During the silence and stillness, we stop and let him love us so as not to borrow from others.
10. **Focus: Distinguish between exterior silence and interior silence.** We can experience interior silence when at the beauty salon, on the bus, driving a car, at a baseball game, or at work. The practice of exterior silence helps us mature into our ability to live in greater interior silence.
11. **Focus: Abiding in Jesus is our goal (John 15).** Our goal with the Offices is not to stop but to practice His presence all through the day, to abide/remain with Jesus, remembering Him all through our days. Most of us live compartmentalized lives, thinking of God only in church, small groups, etc. We are growing muscles to remain in Him, and pray always (Eph. 6:18).
12. **Focus: Prayer is receiving the loving gaze of God on us** (He is pictured as Abba/ Father in Scripture and as a loving mother). e.g. Every day at his lunch break, John would go and sit in an empty church for 15 minutes by

himself. One day, a co-worker asked him what he was doing. His reply, “Just hanging out with Jesus.”

13. Focus: Getting in shape. If you are out of shape physically and try to jog for 30 minutes, you will be exhausted. Why? You are out of shape. Each of us is created by God to have a dimension of our relationship with Him that includes silence and stillness. The reason we put 2 minutes here to begin and end each Office is to help get you started. You may choose more or less time. This is meant to be a jumpstart to reawaken those dormant muscles. That is why this is so hard initially. But you will find, over time, that it becomes easier with less distractions in your head.

SILENCE & STILLNESS GUIDELINES

The Lord will fight for you; you need only to be still. Ex 14:14

- Sit down and take a few deep breaths to settle into the silence.
- Choose a very simple prayer to express your openness and desire for God.
(e.g. Abba, Father, Holy Spirit, Jesus, Here I am Lord)
- Close your eyes and offer this prayer to Jesus, allowing His will and love full access in your life.
- When you become distracted, offer again your simple prayer back to God.



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CREATING A RHYTHM IN YOUR DAY

-  **Morning Prayer:** 6:00am - 9:00am
-  **Afternoon Prayer:** 11:00am - 2:00pm
-  **Evening Prayer:** 5:00pm - 8:00pm
-  **Compline:** Just before going to bed/sleep

DURING OUR TIME OF SILENCE/STILLNESS:




-  We receive His love
-  We let go, surrendering our will to His will
-  We open ourselves to hear God speak



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Top Ten FAQs About Practicing Silence

1. Why is practicing silence so hard?

Most of us have never practiced being silent. Imagine having never exercised your entire life and then trying to sprint a mile. It would be very difficult. Over time, however, it would get much easier. The same is true when it comes to exercising the spiritual muscle that enables you to pay attention to God through silence.

Remember, it is God who commands us to be still in his presence (Psalm 37:7, 46:10). This means God has also given us the capacity to attend to him in this way. In fact, every human being has a contemplative dimension that actually longs for silence with God. A relationship with God requires we stop talking all the time so we can develop the capacity to simply enjoy being with him.

2. How is spending time in silence different from Eastern meditation, New Age practices, or secular programs on mindfulness?

We should not be surprised that other religions utilize the practice of silence. Many other faiths also have communal worship, sacred texts or scriptures, and spiritual disciplines, etc.. The significant difference between Christian meditation and other kinds of meditation is that we are not attempting to empty our minds into nothingness or to achieve an altered state of consciousness. Instead, we practice silence to focus our minds on God and to spend time in his presence. This type of prayer is not new or New Age. Its roots extend as far back in Scripture as Moses and Elijah, continue into the New Testament with John the Baptist and Jesus, and have persisted throughout more than 2,000 years of Christian history. In silence we are simply being with the God of Abraham, Isaac, and Jacob. Moreover, this kind of prayer is part of our larger prayer life that includes worship, confession, petitions, etc.

3. Why should I practice silence every day? Isn't once or twice a year on retreat enough? In silence our aim is to be with God. As Thomas Keating has said so well, silence expresses our intent to surrender our will to God's presence and action. Practicing silence is about cultivating our personal relationship with God.

4. How much time should I spend silence each day?

I used to recommend beginning with two minutes a day (see [Emotionally Healthy Spirituality Day by Day](#)). But lately I've been recommending that people start with five minutes a day and slowly increase the time until they are spending fifteen to twenty minutes each day in silence. The [Centering Prayer](#) ministry (filled with great resources) recommends twenty minutes twice a day—once in the morning and once in the evening. My practice is to spend 20 minutes in silence as part of my morning office. For me, early morning—before the activities of the day begin—is best, but that is not possible for everyone. I also integrate briefer times (one to ten minutes) of silence during my midday and evening offices.

5. What can I do when my mind wanders?

This is the number-one challenge for most people. You are not alone! Our minds can wander 100 times in a five-minute period! Here are the three things I do when my mind wanders. First, before entering silence, I spend time reading Scripture, a devotional passage, or writing in a journal if I have a lot on my mind. This helps to focus and settle my thoughts before I begin my time of silence. Second, when my thoughts wander, I redirect my attention to my breathing, focusing on both inhalation and exhalation as gifts of God. Focusing on the rhythm of breathing in and out is a practice used quite a bit among Orthodox Christians and is commonly talked about in secular settings as a tool for developing “mindfulness.” And finally, I focus on one word, such as “Abba” or “Jesus” to refocus my conscious thoughts on Christ. This helps to keep me anchored in him.

6. I don't have a quiet place at home or at work. What do I do?

It is possible to experience interior silence even when we are unable to have exterior silence. Believe it or not, I have practiced silence in such noisy places as Times Square, subway trains, city buses, airplanes, stairwells, park benches, highway rest stops, my car, on the beach, and empty church buildings. I know schoolteachers who use closets, sanitation workers who used their trucks, and students who use libraries.

7. *What would help me to grow in this practice?*

I sometimes light a candle as a symbol of Christ's presence with me. I use the timer on my phone each morning, setting it for twenty minutes. Scripture is a core component of my time with God—either before or after my time of silence. Meditating on, memorizing, studying, and reading Scripture has become so much richer for me as I have created ample space to be still. I also have a special chair I use in my office, giving me a sense of sacred space that is set apart.

8. *Am I doing it wrong if I don't hear God speak when I am silent?*

The goal of spending time in silence is not necessarily to hear from God but to be with God. When I spend time in silence, I am not looking for guidance, though it often comes. However, I do find that God says a lot when I am quiet! Part of maturing in Christ is not judging the quality of our time with him based on how we feel. The goal is to be with Jesus, not to have a “feel good” experience. And the benefits of spending time in silence go beyond the time itself. For example, greater awareness of God and ourselves throughout the day, feeling more centered and less triggered, having a deeper sense of peacefulness, etc. Just showing up to consistently be with Jesus in silence is an expression of trust and dependence on him. That is means you are definitely doing it right.

9. *What do I do if I don't have enough time and feel rushed?*

I adjust to the time I have allotted. For example, if I have only ten minutes for midday prayer, I structure the limited time I have based on what I need in order to commune with Jesus. This may include more or less silence, reading of Scripture, etc. The goal is not to “get through” a reading or the time set aside for silence. Our aim is to be with Jesus with whatever time we have.

10. *I practiced silence for a while but I got bored and quit.*

Like any other practice in life, you will find your way over time. There is a great deal to learn about the interior movements of your heart and silence with God. Getting started is often the most difficult step, much like starting a exercise routine or any other new habit that requires some planning and effort. However, if you stick with it, chances are you will wonder—as have so many others before you—how you ever lived without it. I encourage you begin by looking at the [Centering Prayer](#) website

materials of Thomas Keating, and the resources found at [The Transforming Center](#). And I would encourage you to look up the many evangelical authors who are now writing on the integration of contemplative spirituality within a Protestant theological framework.

Video Resources for Silence & Stillness

We've created several video tutorials for practicing silence and stillness and leading others through silence and stillness. To access these, click on the Vimeo link below and **use the password provided** when prompted.

View video tutorials on:

- Be Still: The Power of Silence and Stillness
- How to Lead the Day by Day with Your Course Group
- EH Day by Day: A 40-Day Journey with the Daily Office
- What is the Daily Office and Why is it Needed?

How to View the Videos:

1. Copy the password below

Password: EHD-SILENCE

2. Click here

<https://vimeo.com/album/5061158>

3. Enter the password when prompted

Marketing Materials

The following section contains a link to access promotional materials for EH Relationships, including several promotional videos.

These videos can be used to promote EH Relationships to leadership and / or your congregation.

Resources for Marketing EH Relationships

Download a customizable full-page EH Relationships flier

CLICK HERE:

https://www.emotionallyhealthy.org/wp-content/uploads/2018/08/full_page_ehr_promo_customizable.docx

Download a customizable EH Relationships postcard:

CLICK HERE:

https://www.emotionallyhealthy.org/wp-content/uploads/2018/08/EHR_promocard_generic-003.docx

Videos for Marketing EH Relationships

We've created several videos to promote the EH Relationships Course. To access these, click on the Vimeo link below and **use the password provided** when prompted.

View video tutorials on:

- 2-Minute Intro - The EH Relationships Course
- The Power of the EH Relationships Course

How to View the Videos:

1. Copy the password below

Password:

EHD-MARKETING

2. Click here

<https://vimeo.com/album/5061173>

3. Enter the password when prompted

Thank you!

We want to thank you for embarking on this radical journey toward emotionally healthy discipleship.

We pray that as you implement the EH Discipleship Course within your church and organization that you will see:

- A discipleship framework that truly connects people to Jesus.
- People moving from being consumers and spectators to disciples who make disciples of others.
- Healthy community where your people don't wear masks and conflicts get resolved.
- Leaders developed, who then become pillars in your church that you can count on.

May we, by God's grace, bring to the church a *revolution* in discipleship that deeply changes people for the sake of Jesus' glory in the world!

Warmest,

Pete Scazzero & the EH Discipleship Team

P.S. If you have any questions about the materials included in this packet, please reach out to your Course Coach. They will be happy to assist you in launching and leading the EH Discipleship Course.