# THE EHS COURSE
# Session 5 Planning Pack


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# THE EHS COURSE
## Session 5

## Section 1 - Schedule and Closing Summary
## PAGES 3-5

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# The EHS Course
# Sample Schedule and Closing Summary

## Week 5- Enlarge Your Soul through Grief and Loss

***Schedule:***

*7:00-7:10* — Welcome and Daily Office.
- **PP Guidelines PP Daily Office**-
- Do the Midday/Evening Office on pp. 98-99.

*7:10-7:20* — Growing Connected Question – LG. GROUPS
- **PP** Added Daily Office question- Were you able to make any progress with the Offices? If not, what was your biggest obstacle?

*7:20-7:30* — **PP**-Review where this study fits in as Session 5
- DVD or You Speak.

*7:30-7:40* — Starter: Question 3 in groups of 3 (p. 69)

*7:40-7:45* — Read the introduction and text from the workbook on pg. 69
- You may want to reemphasize the following before they go into the Bible Study. Jesus is:
  - vs. 37 - *sorrowful* - "depressed".
  - vs. 38 *"My soul is overwhelmed to the point of death"* = Jesus anguish enough to kill him!
  - vs. 39 -- falls on his face to the ground - physical position tells us of spiritual condition. DEEP
  - Lk. 22:44 - "and being in anguish, he prayed more earnestly, and his sweat was like drops of blood falling to the ground"
  - He who knew no sin about to take on our sin (2 Cor. 5:21) - loss of Judas (betrayal), desertion of other 11 been their teacher, healer, encourager, supporter, friend.
  - Not spiritual SUPERHERO, but Jesus is entirely human like us --- body, emotions, mind. Really one of us…fully God and fully human.
  - This is the Messiah -- God in flesh. Incarnation.

*7:44-8:15* — Bible Study
- I encouraged my group to do question 4 very briefly. You want them to focus on questions 6-8

*8:15-8:35* — Application and Closing Prayer Section
- Give them 7 minutes to work on this alone
- 10 min in groups of 3 to share together.

***8:35-8:45* — BREAK**

# The EHS Course
# Sample Schedule and Closing Summary

*8:45-9:00* — **Closing Summary**

Read the introduction paragraphs pp. 135-136 from the EHS book to begin.

- Losses/grief comes into all our lives – deaths, divorces, breakups, illnesses, crushing disappointments, abuse, dreams dashed, relationships broken never to restored, failures, our children, our parents, doors/opportunities close, painful memories of decisions we've made and people we have hurt
- This is a foundational, critical discipleship Issue to grow into spiritual maturity.
    - It leads to a wholeness, a richness, a depth way we never dreamed.
    - In fact, the degree to which we grieve our losses well is the degree to which we are compassionate people (Nouwen)
- Every family, culture, race has their way of dealing with loss and grief. Challenge – to do so biblically.
    - For this reason, two thirds of Psalms are Laments- feelings/expressions of sorrow.
    - Lamentations, 2nd Beatitude, most of book Job a struggle with grief.
- Jesus wanted out – postponement
    - The deep horror - Can I fulfill your plan by some other way? *"If it is possible"* – so much for healthily, wealthy, prosperity, victory, that it is always possible to have bad things removed!
    - (People misuse and misapply verses such as: "all things are possible for him who believes.", or John 10:10. We must embrace all Scripture).
- **PP** In a very real sense, Jesus does not get His miracle. The Father says 'no' (if means getting what we want or look way we think).
    - We don't always get our miracles either! We are not God.

<u>To enlarge our souls thru loss, we must listen to interruptions</u>

We see them as interruptions to our plans. God doesn't.

<u>There are gems, hidden treasures in the trash, the unlovely, that which smells bad!</u>

**Here are few to consider:**

**PP 1. Grief and Loss Breaks our Self- Will**

***PP*** *Although He was a son, he learned obedience from what He suffered Heb. 5:7*

- Jesus – fully God and fully human. God in the flesh. His flesh was not imaginary. Jesus submitted to the will of God by conforming His human will to God's will.
- What is your cup -Jesus did not automatically do obedience. He now struggles in this passage and would like out. Jesus told the Father about his present want/desire. He did not pretend! But He is able to say "But the main thing I want is NOT what I want, but what you want!
- SEE HIM STRUGGLING -- 3x prays the same thing see v.44
- He did not just automatically DO obedience. He learned it.
  *A struggled, learned, prayed for obedience is the true obedience.*
    - **Grief and loss teach us to let go.**

- THERE IS A LINE WE DO NOT CROSS IN THE CHRISTIAN LIFE THAT BELONGS TO GOD ALONE. IT IS MYSTERY.
- Bow before the mystery of suffering, death and loss.
- GOD IS GOOD AND HIS LOVE ENDURES FOREVER. WE DON'T UNDERSTAND IT ALL.
  - You can't fix or save anyone else. Be present (going thru your Walls/losses will help you be quiet!)
  - Learn thru loss to be alone—Jesus' friends are a stone's throw away
  - God is # 1 for Jesus. Friends are #2 *v.40-, 43, 45* Like us, He wants human companionship! i.e. 30-50 yards. But you can only get so close.
- **Grieving empties our hearts, creating space for God to fill.**
  - In emptying, we create a holy vacancy for God, allowing Him to fill our lives in new ways.
  - Loss creates space for the love of God to come in.
  - ***We absorb our pain. It enlarges our soul. We are not meant to be the same. And genuine hope is birthed, that He really is on the throne.
- **Grieving teaches us that prayer is at the center of discipleship.**
  - Jesus shows us– a prayer life is indispensable to grieving well.
  - It really is about dependence and limits.
  - ***JESUS PRAYS -- if He needed to….so much more you!
  - Prayer = abiding, being with God, communion, relationship.

May we shed our false selves, learn love/compassion, and grow in maturity.

- God inviting you to detach from control so you can begin to hear the voice of Love speaking to you. (Our finite minds cannot comprehend the infinite god).

This is the path to the new- to resurrection – to many seeds. MYSTERY

**PP***Remember: There is always resurrection through death.

*It is true – I tell you the truth, unless a kernel of wheat falls to the ground and dies, it remains only a single seed. But if it dies, it produces many seeds. Jn. 12:24*

- **PP** God's invitation – We are invited to persevere-- like Job, David, Abraham, Joseph, Moses, Jeremiah, Jesus
- Let your stony heart be broken so the love of Jesus can enter.
- Let God use your pain to teach you so you will become a gift to others.
- Let transformation comes – surrendering to God's unique way of bringing that to you and me.

*8:55-9:00* — **PP** Large group

- Stick with the Daily Office!
- PRAY A BLESSING OVER YOUR GROUP

Note: You may want to look at the excellent chapter on grief and loss in chapter 9 of *The Emotionally Healthy Church.*

# THE EHS COURSE
## Session 5

## Section 2 - Power Point Slides
## Pages 7-26

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# EHS Course Session 5:
# *"Enlarge Your Soul through Grief and Loss"*

WELCOME

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# Emotionally Healthy Spirituality

# Day by Day

A 40-DAY JOURNEY *with the* DAILY OFFICE

Peter Scazzero

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# Silence and Stillness Guidelines

Sit down and take a few deep breaths to settle into the silence.

1. Choose a very simple prayer to express your openness and desire for God.
   (e.g. *Abba, Father, Jesus, Holy Spirit,, Lord Jesus have mercy on me)*

2. Close your eyes and offer this prayer to Jesus, allowing His will and love full access in your life.

3. When you become distracted, offer again your simple prayer back to God.

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# Growing Connected:

1. *EHS Day by Day* (Daily Office).
   - Were you able to make any progress with the Offices? If not, what was your biggest obstacle? Progress?

2. Growing Connected pg. 68

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# *Emotionally Healthy Spirituality Course*

1. The Problem of Emotionally Unhealthy Spirituality (Saul)

2. Know Yourself that You May Know God (David)

3. Go Back to Go Forward (Joseph)

4. Journey Through The Wall (Abraham)

**5. Enlarge Your Soul through Grief and Loss (Jesus)**

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# Introduction to Grief and Loss

We all face many deaths in our lives.

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# 3 Phases of Biblical Grieving

1. Pay Attention

2. Wait in the Confusing In-Between

3. Let the Old Birth the New

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I tell you the truth, unless a kernel of wheat falls to the ground and dies, it remains only a single seed. But if it dies, it produces many seeds.

Jn. 12:24

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# Group Discussion/Starter

Question 3 on page 68

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# Bible Study

Page 70-71

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# Application

Section Pg. 72

1. Seven minutes to journal, filling in the grief and loss chart.

2. Groups of 3 to share your answers to questions 10-11 (page 73)

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# Closing Summary

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# Gifts of Grief and Loss

1. **Grief and Loss Breaks our Self-Will**

Although He was a son, he learned obedience from what He suffered

Heb. 5:7

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## 2. Grief and loss teach us to let go

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3. Grief and loss empties our hearts, creating space for God to fill.

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4. Grief and loss teach us that prayer is at the center of life.

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# Our God is a God of Resurrection.

*I tell you the truth, unless a kernel of wheat falls to the ground and dies, it remains only a single seed. But if it dies, it produces many seeds. Jn. 12:24*

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God's invitation:

Remain/Persevere

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## <u>Homework</u> – *EHS Day by Day*

- Read chapter 8

  Discover the Rhythms of the Daily Office and Sabbath

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# THE EHS COURSE
## Session 5

## Section 3 – Sample Follow-up Email
## Pages 28



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# EHS Course Sample Emails

## Email Sent Prior to Week 6

Dear EHS Course Participants,

Once again I am excited as I pray about our time together this Tuesday evening as we enter into week 6 - "Discover the Rhythms of the Daily Office and Sabbath."

In some ways this coming week takes us to the heart of the EHS Course- cultivating a life of being *with* God out of which we actively live *for* Him.

Marjorie Thompson describes it well: "Like an artist who wishes to develop painting skills, or an athlete who desires a strong and flexible body, a person of faith chooses freely to adopt certain life patterns, habits, and commitments to grow spiritually."

I will be praying God uses this week to develop deep, sustainable rhythms in your days (the Daily Office) and in your weeks (Sabbath) that change both you and all those you influence.

Looking forward to seeing you Tuesday night.

Blessings.
Pastor Pete



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