THE EHS COURSE
Session 3 Planning Pack

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THE EHS COURSE
Session 3

Section 1 - Schedule and Closing Summary
PAGES 3-5

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The EHS Course
Sample Schedule and Closing Summary

Session 3 – Go Back to Go Forward

7:00-7:13 – Welcome and Daily Office

- *Daily Office*- Answer 2 common FAQ's

Teach **PP** "Guidelines for Silence an Stillness"

1. **Sit down, close your eyes, and take a few deep breaths to settle into the silence.**
2. **Choose a very simple prayer to express your openness and desire for God.**

(e.g. *Abba, Father, Jesus, Holy Spirit, Here I am, Come Lord Jesus, Lord Jesus have mercy on me)*

3. **Offer this prayer to Jesus, allowing His will and presence full access in your life.**
4. **When you become distracted, offer again your simple prayer back to God.**

- **PP** Midday/Evening Office on page 72… Start w/ 2 min. of silence. End w/ 1.
- Transition: **PP** The 8 Sessions (Table Contents)…..breath….. launch… rest of your lives….

7:13-7:25 – Pg. 44, Growing Connected. Add question on Daily Office – LG. GROUPS

- <u>Add:</u> **PP** Were you able to make any progress with the Offices? If not, what was your biggest obstacle?

7:25-7:38 – DVD or You Sharing

- I like reading page 95-96 from the EHS book as part of the talk. Why? It reinforces the importance of the book. I start under the section "The Power of the Family, reading the first 4 paragraphs which takes me to page 96.
- If you have done your genogram and can share vulnerably, I highly recommend it. I share mine.

7:38--7:45 – **PP** In groups of 2 or 3 within their small groups, read the background to the question and the question on the top of page 46. Keep this to 5-7 min.

7:45-7:50 – **PP** Read the introduction and text from the workbook on pp. 46-47.

7:50-8:15 – **PP** Bible Study

- Small group leaders need to put themselves in the scene…. And feel it.
- Each SG leader – tell their own story.

***8:15-8:25* – BREAK**

The EHS Course
Sample Schedule and Closing Summary

8:25-8:50 – **PP** Application and Closing Prayer Section

- Give them 7 minutes alone (8:50)
- Then have them spend 15 min in groups of 3

8:50-9:00– Closing Summary

There are at least 3 primary practical applications from this study:

1. **Recognize the Iceberg in You from Your Family**
   a. Easy for us to hate or ignore our past as we get older.
   b. The affect on you from your family is much deeper/more profound than you realize. You/I are coming out of Egypt after 400 years of slavery. Jesus is in our hearts but Grandpa is in our bones.
   c. God gives them The 10 Commandments to learn. They needed the desert for 40 years as it took great deal to get past out of them.
   d. Look at patterns in Joseph's family. Your family has patterns too.
   e. This is not about digging up dirt/trashing our parents (in most cases did best could with what they had) but raising our awareness of negative patterns of our family so we live free. WE CHOOSE
2. **Discern the good God intends "in, through and, in spite of," your family and past**
   a. How does Joseph get to 50:20? How does he go forward?? The answer very simple is that He sees God—that God intended (planned) it for good. This is the entire lesson of this story and the book of Genesis.
   b. At one level is the struggle of an individual and family with great problems. <u>But the purposes of God are at work – in hidden and mysterious ways.</u>
   c. God is working out His purpose THROUGH and IN SPITE OF Joseph's brothers and the traumas he experiences.
   d. The brothers are unaware and can't see the ways of God. They are in fear and anxiety about their family story. They could not see another plan was hidden and working – God's
   e. Joseph is a realist – laments, yet He is certain of God! He knows:
   Joseph *"You planned it for evil. God planned it for good."*
   "For I know the plans I have for you," declares the Lord, "Plans to prosper you and not to harm you, plans to give you a hope and a future." Jer. 29:11

And we know that in all things God works for the good of those who love him, who have been called according to his purpose. Rom.8:28 God's plan works through everything!!
Many are the plans in a man's heart, but it is the Lord's purpose that prevails. Prov.19:21

f. The evil plans of humans do not defeat God's story. Instead they unwittingly become ways God's plan is furthered. E.g. Satanic evil at cross is our crucified God – our salvation!
g. Out of suffering/death – comes life - Gen. 50:20 is the gospel!
h. God is about bringing good to you!!
i. <u>God's sovereignty and blessings can be found in what appears to be the most horrific crimes and disastrous circumstances</u>. (doesn't mean God approves of it. It is simply testimony of His ability to bring good of evil. God did not approve what Joseph's brothers did. They are responsible.)
j. God did not need their betrayal to get His plan done and get Joseph/Jacob's family to Egypt, but in some way God going get Joseph to a place where he would be a blessing!

3. Make the Decision to do the Hard Work of Discipleship

a. This is not easy. Quick. Many, large elements to it.
b. Joseph is faithful to God slave, prisoner, #2 – regardless circumstances. Joseph engages his family when God opens door. He did not deny harm done thru them.
c. He grieves the loss involved and the other themes we will touch in our series (not sweeping it under rug).
d. You can choose to not go this route! But God has placed you here for a purpose – to bless you and that you be blessing to others.
e. I love the phrase: "The invisibility of God in human affairs." This is your whole life to this point!!
f. God can create a real newness – a GENESIS. He is for life!!! We are to wonder/awe at this! Can't analyze it!
g. Joseph (like David) has such an experience of God. Joseph becomes a blessing to the nations. Breaks free!!! Incredible. So can you.

- <u>Conclusion:</u> Encourage the Daily Office.
  - **PP** Encourage them to read the next chapter.
  - Mention: EHS Assessment – www.emotionallyhealthy.org
  - A precise resource to grow in this area is *The Emotionally Healthy Woman* (Geri Scazzero). The whole book is about differentiation.

THE EHS COURSE
Session 3

Section 2 - Power Point Slides
Pages 7-29

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EHS Course Session 3:
"Go Back to Go Forward"

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. 44 – your family

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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)

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The Iceberg

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Joseph's Family Tree

Earthquake Events

1. Betrayal by brothers
2. Loss of country, family, culture
3. Prison 10 years (unjust)

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Biblical Principals

1. The Blessing and Sins of Our Families Have Impact Lasting for at Least Three to Four Generations.

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Ex. 34:6-8 Moses asks to see God's glory "And he passed in front of Moses, proclaiming, "The Lord, The Lord, the compassionate and gracious God…Yet he does not leave the guilty unpunished; **he punishes the children for the sin of the fathers to the third and fourth generation**.

Ex. 20:4-6 You shall not make for yourself an idol… for I am a jealous God, **punishing the children for the sin of the fathers to the third and fourth generation** of those who hate me, but showing love to a thousand generations of those who love me and keep my commandments.

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Jesus might live in your heart, but grandpa lives in your bones

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2. Becoming a Christian is to be Birthed in to a New Family

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3. Discipleship/Formation is the process of putting off our sinful patterns of our family of origin and culture

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Earthquake Events

Cousin with Down Syndrome

Cousin killed in Vietnam 1968

Brother joins Unification Church (declared dead)

Themes

Abandonments

Cut-offs

Overworking

Unhappy Marriages

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Sample Scripts from Our Family of Origin

I am invisible
I don't matter
I am stupid
I am unimportant
I need to be perfect
I can't be wrong
People are not to be trusted
You'll never amount to anything

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God's New Script for Us in Christ

- It is good that you exist.
- You are loveable.
- You are good enough.
- You are a joy.
- You have nothing left to prove.
- Your needs are a delight.
- You are allowed to make mistakes.

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Starter Question

Top of page 46

Groups of 2-3

What concerns or fears might you have in looking back at your family of origin to discern unhealthy patterns or themes? Explain.

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Bible Study

Page 46-48

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Application

page 48-49

Question 9 – Fill out alone.

Question 10 – Share in groups of 3

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Closing Remarks – 3 Applications

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1. Recognize the Iceberg in You and your Family

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2. **Discern the good intends "in, through, and in spite of" your family and past**

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3. Decide to Do the Hard Work of Discipleship

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<u>Homework</u> – *EHS Day by Day* Session 4

- Read chapter 6

  Journey through the Wall

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THE EHS COURSE
Session 3

Section 3 – Sample Follow-up Email
Pages 31

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EHS Course Sample Emails

Email Sent Prior to Week 4

Dear EHS Course Participants,

This week we will be looking at the life of Abraham and Journeying Through the Wall. It is one of the more important chapters upon which the EHS Course hinges. The following are two things you can do to get the maximum out of this coming Tuesday:

1. Let me encourage you to read the story of Abraham from chapter 12 through 24. It will give you a good overview of his life as well as provide a context for our very passage this week where God asks him to sacrifice his son Isaac.
2. Read this blog that I sent out this past week: http://www.emotionallyhealthy.org/silence-the-oxygen-of-a-christian-leader/ It provides a summary of what I shared about how to spend time in silence and stillness before the Lord and links you to 10 FAQ's people have about silence.

Looking forward to seeing you all.

Blessings.

Pastor Pete

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