THE EHS COURSE
Session 2 Planning Pack

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THE EHS COURSE
Session 2

Section 1 - Schedule and Closing Summary
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The EHS Course
Sample Schedule and Closing Summary

Week 2 – Know Yourself to Know God

Sample Schedule:

7:00-7:10 — **PP** Welcome

- **PP** Daily Office – Day 1 –afternoon/evening.
  Mother Teresa quote w/ 1-2 minutes of silence.

7:10-7:13 — **PP** Today's theme - 8 Studies… Bold on #2 –Know Yourself to Know God

- This is the first of the seven pathways to EHS.
  1. The Problem of Emotionally Unhealthy Spirituality
  2. ***Know Yourself that You May Know God***
  3. Going Back in Order to Go Forward
  4. Journey Through the Wall
  5. Enlarge Your Soul Through Grief and Loss
  6. Discover the Rhythms of the Daily Office and Sabbath
  7. Grow into an Emotionally Mature Adult
  8. Go the Next Step to Develop a "Rule of Life."

  Option: Read paragraphs 2-5 on page 65 from EHS chapter 4 for intro. (e.g. Augustine, Eckhart, Avila, Calvin)

7:13-7:25 — Pg. 30, *Growing Connected* Question.

- You will need to add the question about the Day by Day each week at this growing connected question.
  - Daily Office –how did it go last week? What obstacles/problems did you encounter?
  - The goal of the question is to help you get to know each other in the group. Your answer reveals something of your true self.
  - There are 8 people in your group. You have 1.5 min. each. SG Leaders – Decide if and how they might break up the group.

7:25-7:30 — Read Suggested Guidelines (add no fixing, saving.)

7:30-7:38 — Introductory talk to frame the theme of the evening

- Read Sheila Walsh story (pp. 79-80 of EHS book)
- Besides being a great intro, it reinforces the value of people actually reading the EHS book.

The EHS Course
Sample Schedule and Closing Summary

7:38-7:45 — End by reading the bottom of pg. 31 in workbook about allowing ourselves to feel. As you read the instructions into their 5-7 minutes, encourage them to respond to the ones that come most easily.

- Note – top of pg. 33 is wrong. Should read "What are you ashamed about?"

7:45-7:50 — Question 4 on the top of pg. 34

- Divide them into groups of 3 for this session.
- "What was it like to journal your feelings?"

7:50-7:55 — Take 5 minutes to give them background to lead up to the text.

- Context: Valley 1-mile sloping, ½ mile each side w/ armies.
- Goliath- 9 ft. tall!! Very large man. Coat of mail weighing 125 lbs. I can't bench press!
- Tip of his spear weighs 15 lbs (curls)
- Javelin - he'll kill me from a distance. Armor bearer with large rectangular shield.
- Years of experience, ridiculing Israel
- Tell story - Read vs. 11, Israel "dismayed and terrified"
- 80x in a row (for 40 days) – every morning and evening.
- I may teach briefly on differentiation here to prepare them for question 9
- Tell SG Leaders they have 30 min. but they need to leave 10 min. for last question on differentiation. This is a key question.

7:55-8:25 — **Bible Study,** reading the passage aloud from up front before you begin.

***8:25-8:35* — BREAK**

8:35- 8:50 — Application and Closing Prayer Section

- Read the 2 questions and give them 5 min. to journal alone
- (Help them fill out an understanding of #10 – "When are you afraid to speak up? Who do you have difficulty saying no to?"
- Then give them 10 min. to share in groups of 3

8:50-9:00 — Closing Summary

- David had to cut through 3 obstacles to be his authentic self in God. So must we.
  1. His Family (vs. 28-31)
     a. He is the youngest of 8 boys. Eliab oldest, probably 10-15 yrs. older. So great deal of authority with him. 3 oldest brothers in army.

b. No support from father, 7 older brothers (mother absent), unsupportive family. Judges him – conceited, wicked – receiving very intense anger!!!
Misunderstood, slandered. He was ignored, disregarded, put down
c. The message: "You're a nobody. Evil. Useless. Go home."
Our families, even the best of them, often add to these layers of false self that smother our true selves.
d. We grow up in families and cultures where certain true parts of ourselves are not "acceptable." They are cut off, surrendered and hidden.
e. Some of you were born and nobody noticed. GOD did.

2. Significant Others w/ Authority and Experience (Saul) vs. 32-33
   a. Saul had led an army of 330,000 men (1 Sam.11:6-8). Famous. Experienced. He says: "You are not able to do it… you are only a boy."
   b. I would be overwhelmed. I would say: *"You are right. I can't. What should we do?"*
   c. Whole army is frightened, in the trenches, not living by faith
   d. He was expected to wear Saul's armor. That is the way everyone fights war – lives life. Saul tried to give him his armor and weapons (who wouldn't want them). He tries walking around in it. David realizes "*I cannot go in these*"
   e. Summary - Everyone giving him advice.

3. Goliath (vv.41-43):
   a. Curses of Goliath – "You will die". Despised. Threatened with consequences!
   b. If you try to change –come out, be your authentic self—YOU WILL DIE. DISASTER!!!
   c. Goliath is utterly sure of himself. God is irrelevant to him

David – as young man!! Knows Himself and God – POWERFUL COMBINATION

- He cuts through the obstacles and is his authentic self in the Living God.

PP Read vv.39-40 as he takes off Saul's armor, goes out with his 5 stones/slingshot.
His guidance comes from inside (not external authority).
God Holy Spirit inside is inside of our unique person as well.

- The time between taking off Saul's armor – he is pondering. "God didn't make me this way. How am I going to do this that fits me???"
  Note: God gave us the gift of common sense. It is common sense not to fight Goliath if David had to use a sword. To go up vs. physical strength would have been fatal!
  It is an even match because he has sling shot skills. v.45
  David gets counsel – goes vs it. They do not see what David sees – THE LIVING GOD!
- This was not only a SIZE war but a differentiation issue.
- David has strengths that he is bringing to the battle. He knows what they are.
- He is looking at GOD **and** looking at Himself.
  PP vv. 45-47
- <u>The Result</u> – Whole nation is richly blessed, victorious. GOD IS GLORIFIED
  - Be yourself "that the world might know!!"
  - When we are not true to ourselves, not true to God.
  - YET HAS A MASSIVE RESOURCE BEYOND HIS OWN POWER THAT OPERATES FOR HIM – the powerful living God of Israel
  - <u>SO DO WE! YOU! God's invitation for you today!</u>

You are unrepeatable!!! We have only one you. Gift to the world.
(David 17-18, Moses 80, Abraham 75, Daniel teenager, Disciples 20's)

PP Next Week – Read the next chapter – Chapter 5
Day by Day – Week 3

THE EHS COURSE
Session 2

Section 2 - Power Point Slides
Pages 8-24

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EHS Course Session 2:
"Know Yourself that You May Know God"

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).
   - How did it go this week? What was difficult? What went well? What questions are you carrying?

2. Describe your dream job?

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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)

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Know Yourself that You May Know God

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1. I say "yes" when I really mean "no."
2. I get depressed when people are upset with me.
3. I have a need to be approved by others to feel good about myself.
4. I often remain silent in order to "keep the peace".
5. I believe that if I make mistakes, I myself am a failure.
6. I avoid looking weak or foolish for not having the answer.
7. I criticize others in order to feel better about myself.
8. I have to be needed to feel alive.
9. I am fearful and can't take risks.
10. I do what others want so they don't get mad at me
11. I want my children to behave well so others will think I am a good parent.
12. I compare myself a lot to other people.

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Emotional Health
and
Spiritual Maturity
are
Inseparable

It is not possible to be spiritually mature while remaining emotionally immature.

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Different Components of Who We Are

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Starter Question

pp. 31-33

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Starter – Groups of 3

Question 4 on the top of pg. 34

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Bible Study

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Application and Closing Prayer Section

5 minutes to Journal on Questions 10-11

Share in groups of 3

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Closing Summary

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38 Then Saul dressed David in his own tunic. He put a coat of armor on him and a bronze helmet on his head. **39** David …tried walking around, because he was not used to them.

"I cannot go in these," he said to Saul, "because I am not used to them." So he took them off. **40** Then he took his staff in his hand, chose <u>five smooth stones</u> from the stream, put them in the pouch of his shepherd's bag and, <u>with his sling in his hand</u>, approached the Philistine.

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45 David said to the Philistine, "You come against me with sword and spear and javelin, but I come against you in the name of the Lord Almighty, the God of the armies of Israel, whom you have defied. **46** This day the Lord will deliver you into my hands, and I'll strike you down and cut off your head. This very day I will give the carcasses of the Philistine army to the birds and the wild animals, and the whole world will know that there is a God in Israel. **47** All those gathered here will know that it is not by sword or spear that the Lord saves; for the battle is the Lord's, and he will give all of you into our hands."

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<u>Homework</u> – *EHS Day by Day* Week 3

- Read chapter 5

  Go Back to Go Forward

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THE EHS COURSE
Session 2

Section 3 – Sample Follow-up Email
Pages 26

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EHS Course Sample Emails

Email Sent Prior to Week 3

Dear EHS Course Participants,

This week we head into Week 3 – Go Back in Order to Go Forward. We will be looking at the life of Joseph (Genesis 37-50). It is a rich, multi-layered text that offers us one of the foundational pillars of following Jesus – leaving our family of origin and culture in order to learn to do life in the new family of Jesus. So please be sure to read chapter 5 in preparation.

I trust you are continuing to exercise your new muscles with the Daily Office. Keep experimenting!

Let me encourage you also to take the "Emotionally Healthy Personal Inventory" found on our website at www.emotionallyhealthy.org . It is an excellent way to determine whether you are an emotional infant, child, adolescent, or adult.

See you Tuesday night.

Blessings. You remain in our prayers,

Pastor Pete

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