THE EHS COURSE
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THE EHS COURSE
Session 1

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

Week 1 – The Problem of Emotionally Unhealthy Spirituality

Sample Schedule:

7:00-7:10 — **PP** Welcome (Say "hi" to 2-3 people outside your table you don't know)

- **PP** Daily Office – Reading of the poem "Be Free for God." Following with 1 minute of silence
- Read the first 4 paragraphs from the introduction to Chapter 2 – *"Emotionally Healthy Spirituality"*, pg. 23
- Housekeeping issues

7:10-7:15 — Read thru Suggested Guidelines on How We do SG's in EHS Course (add no fixing or saving)

7:15-7:25 — **PP** Pg. 16, "Growing Connected Question"

- If there is 8 people or more in your group, you will have 1.5 min. each

7:25-7:40 — **PP** "Our Story" or EHS DVD

- PP The 8 Sessions (Table of Contents) ….breath….. launch….rest of your lives….
- Today - Problem of Emotional Unhealthy Spirituality

7:45-7:52 — #4 Starter Question….

- Leader reads the 10 Symptoms aloud
- Send attendees into groups of 2-3 within their larger groups

7:55-8:05 — Introduce Bible Study Text

- SAUL – Israel had 3 kings.
  - Anointed king by God… Humble beginnings. Great leader. Given clear instructions by God through Samuel the prophet of God.
- **PP** **** v.3, "Attack Amalekites"
- v. 9, partially obeys, feels no healthy guilt/remorse
- v. 13, Blesses Samuel
- Can't see it. Outside looks good but emotionally unhealthy
  - Both his emotional and spiritual life out of order
  - Inseparable. Never gets beneath iceberg

- **PP** "Iceberg"
  - He has a big disconnect – activity/head and heart
  - He skims… Doesn't obey fully.
  - How we skim?
    - e.g. Decision making – don't pray or ask counsel/God
    - e.g. QT – No time
    - e.g. In destructive relationship
    - e.g. Bitter – not praying God help me.
    - e.g. critical/gossipy/judgmental
    - e.g. conflict. Don't engage "You won't like me." Don't tell whole truth

READ THE TEXT ALOUD

8:05-8:30 — Bible Study in Small Groups. Be sure to focus attention on #7-#9 and personal application on how we can be like Saul.

***8:30-8:40* — BREAK**

- Snacks
- Get contact information of the people at your table

8:40- 9:00 — Application and Closing Prayer Section

- Read the instructions aloud on pg.22-24 of workbook
- Work within small groups of 3-4 people
- No need for them to pray in their groups here.
- **Closing Summary from the Leader**
  - NOTES: End each session will end with remarks – A 5-10 minute summary from you or a point person is needed to drive home the main points of the particular session. This is not provided at this time on the DVD. A sample outline that I use is below as well as on our EHS website under EHS Course, Free Resources.
  - God's Invitation tonight can be summed up in 3 points
    - **Begin the Journey PP**
      - PP Review the topics of the 8 weeks
      - Homework – Read chapter 4 for next week. This is about discipleship, becoming deeply changed by Jesus so we can deeply change the world.
  - Tonight introduces us to the 2 main parts of an emotionally healthy spirituality
    - **Slow Down for God PP**
      - **PP** – CIRCLES
      - **PP** 15:22-23
      - Explain Daily Office. Show book. Invite them to do Offices for WEEK 1 from *Day by Day* book. Show Table of Contents and introduction.

- **Allow Jesus Access to Your Own Iceberg PP**
- **PP** Iceberg
  - On the surface Saul looks like he is serving God – praying, listening prophetic words, going to church, doing some of God's will.
  - Underneath, he wants/needs approval (so deep even in repenting v.30)
  - Unaware of his own fears (v.24 "I was afraid of the people")
  - Jealous. Doesn't want others be more popular than him.
  - Ch.18-20 – filled with details of 6 attempts at murdering David.
  - Reality is he is shallow and unaware of his interior life, not really paying attention to God

- We live one appearance above surface but another whole reality underneath
  - You can't be in touch with God if not in touch with yourself
- Let me summarize this session: The problem of emotionally unhealthy spirituality –something as common today as it was for Saul is twofold
  - <u>Not Cultivating our Personal Relationship with God</u>
    We never see Saul writing songs/poetry/music like David
    - *Unaware. He can't see that he IS NOT LISTENING
    - *v.22 – To listen is better than sacrifice* (KEY WORD IN TEXT)
    - Not asking "How does it apply to me?" "What is God saying to me?"
    - The development of interior spaciousness. HEART Not only HEAD knowledge

Our prayer is that you will slow down these next 8 weeks to develop your first hand relationship with Jesus

- <u>Not recognizing that emotional maturity and spiritual maturity are inseparable.</u>
  - Growing into humble, teachable, loving, broken people who love well is the heat of the Christian life (cf. 1 Cor. 13).

God wants to take the Saul out of us – that tendency to pretend, live shallow lives, skim on our relationship with Jesus, go through religious motions, follow God for ourselves or on our own terms.

He wants to make you a David – a man/woman after God's own heart. (Next week's theme). He knows himself and is comfortable in his own skin

- Emotionally very self-aware (suicidal, depressed, angry, joyful, dancing, repentant). He is very much alive emotionally, bringing it all to God. writes 2/3 of the Psalms –
- Passionate for God. He hungers and thirsts for God. Spends time in silence and solitude. Seeks him with all his heart.
-

That is our goal here - Emotionally alive before God and Passionate for God like David

God had a destiny, a plan for David's life. He has one for you as well. A person you are to become and things for you to do. That is our prayer for you!

Bless the group for the journey!

THE EHS COURSE
Session 1

Section 2 - Power Point Slides
Pages 8-37

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EHS Course Session 1:

"The Problem of Emotionally Unhealthy Spirituality"

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:

Page 16, Question 1

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Conversion 1

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The Iceberg

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Conversion 2:

Emotional Health
and
Spiritual Maturity
are
Inseparable

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

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Conversion 3:
A Slowed Down Spirituality

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…..She had a sister called Mary, who sat at the Lord's feet listening to what He said.

But **Martha** was **distracted** by all the preparations that had to be made. She came to Him and asked, *"Lord, don't you care that my sister has left me to do the work by myself? Tell her to help me!"*

"Martha, Martha," the Lord answered, "you are **worried** and **upset** about many things, but only one thing is needed. Mary has chosen what is better, and it will not be taken away from her."

(Luke 10:38-42)

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Contemplation
(Being with God)

Activity

Your Life

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Conversion 4

From Skimming

to

Integrity in Leadership

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"GETTING" EHS

The 5 Stage Process

1 AWARE

2 PONDER

3 VALUE

THE ACTION/BEHAVIORAL GAP

4 PRIORITIZE

5 OWN

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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)
6. Discover the Rhythms of the Daily Office/Sabbath (Daniel)
7. Grow Into an Emotionally Mature Adult (Good Sam)
8. Go the Next Step to Develop a "Rule of Life" (Acts 2:42ff)

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Starter Question

Question 4 on page 18.

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Bible Study: Saul
1 Sam.15

v. [1] Samuel said to Saul, "I am the one the Lord sent to anoint you king over his people Israel; so listen now to the message from the Lord.

[2] This is what the Lord Almighty says: 'I will punish the Amalekites for what they did to Israel when they waylaid them as they came up from Egypt.
[3] Now go, attack the Amalekites and totally destroy all that belongs to them. …"

[4] So Saul summoned the men and mustered them at Telaim—200,000 foot soldiers and 10,000 from Judah.

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The Iceberg

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Bible Study

Note: Question 6 – see vv. 12, 24

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APPLICATION AND CLOSING PRAYER

Pages 22-24

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Closing Summary

1. Begin the Journey

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Emotionally Healthy Spirituality Course

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Closing Summary

1. Begin the Journey

2. **Slow Down for God**

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Contemplation
(Being with God)

Activity

Your Life

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To obey is better than sacrifice, and

To heed (listen) is better than the fat of rams.

1 Sam. 15:22

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Emotionally Healthy Spirituality

Day by Day

A 40-DAY JOURNEY *with the* DAILY OFFICE

Peter Scazzero

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Closing Summary

1. Begin the Journey

2. Slow Down for God

3. **Allow Jesus Access to Your Own Iceberg**

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THE EHS COURSE
Session 1

Section 3 – Sample Follow-up Email
Pages 39

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EHS Course Sample Email

Email sent between Week 1 and Week 2

Dear EHS Course Participant,

I trust you are having a wonderful week. We got off to a great start last Tuesday night and I look forward to what God will do this week.

Be sure to read chapter 4 in preparation for a great study on "Know Yourself that You May Know God" as we open up the great theme of differentiation. If you have time, do go back and read Chapter 2 on "The Problem of Emotionally Unhealthy Spirituality."

Let me encourage you to press in on the Daily Office (*EHS Day by Day*). Click here for a 3-5 min. video that will give you a bit of background to how the *Daily Office* differs from what we commonly call *Devotions* or *Quiet Time*. Rich I recently recorded a 15-minute podcast recently on embracing silence. You may find that helpful as well. Click here to go to the blog post and podcast.

You are in our prayers. And we look forward to what God will do in and through you these next 8 weeks.

Warmly,

Pastor Pete

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