THE EHS COURSE
Session 8 Planning Pack

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THE EHS COURSE
Session 8

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

Week 8: Go the Next Step to Develop a Rule of Life

7:00-7:10 — Welcome and Daily Office
- Do Day 3: Morning/Midday Office, pg. 161-163

7:10-7:13 — Transition: Congratulations! We are in Session 8 of the EHS Course – "Go the Next Step to Develop a Rule of Life**."** This session is intended to bring all our previous studies together. **PP** Review the 8 Sessions found on page 106 and set up the evening as the culmination of the Course.

*7:13-7:*25 — **PP Growing Connected** Question
Add Daily Office question - Were you able to make any progress with the Offices? If not, what was your biggest obstacle?

7:25-7:35 — DVD or You Speak (If you speak yourself, I would begin by reading pages 197-198 called "Daniel's Rule of Life").

7:35-7:43 — **PP Starter** question #3
- Read question #3, giving them 3 minutes to fill out the chart.
- Then have them share in groups of 2-3 for 5 minutes.

7:43-7:45 — Read the introduction and text from the workbook on pg. 84-85

7:45-7:55 — **PP** Read the Scriptural text and give them 10 minutes for the **Bible Study**.

7:55- 8:15 — **PP Application and Closing Prayer** Section
- Read the blizzard story, introduction and questions aloud.
- Give them the remaining time 15-18 minutes to fill out question 6 on pp. 111-112

8:15-8:25 — Answer question 7 in groups of 2. (p. 112)

8:25-8:35 — **BREAK**

8:35- 8:50 — Answer question 8 – either as a large group all together (preferable) or in small groups.

8:50-9:00 — **Closing Summary:**

The EHS Course
Sample Schedule and Closing Summary

Introduction
The primary goal of your final remarks is to share your heart passion for what you hope God will do in them as they leave this course and to pray for the participants.
My notes:

- At _____ (name of your church/ministry), we are serious about Christ being formed in you. Paul said I labor till Christ is formed in you. That is work and challenging (Gal.4:19). The EHS Course was meant to challenge you, to take the formation of God in your life to the next level.
- This EHS Course is an introduction into a deep, beneath the surface spirituality, i.e. serious discipleship, out of which we seek to bless the world. Each of these 8 themes each could have been an 8-week course in itself.
- Our goal has been to provide an introduction to these vast themes. Even the idea of rhythms to stop and be with Jesus in order to practice His presence all day is a radical shift that is not possible to make in only 8 weeks.

You will want to tie the content of the Course with your membership course, your vision and your values here.

We recommend the other EHS materials for follow up and make them available. We also let people know about the next time will be teaching this course as well as the *Emotionally Healthy Relationships Course* coming. Finally, we intentionally move them to future groups, ministries, and next steps.

FEEDBACK SHEET
We recommend you leave time for people to fill out a Feedback sheet. Besides giving you a glimpse into what happened in people, it will enable you to make improvements on the Course for the next time you do it. The following is a sample for you:

1. What was the biggest impact for you of the EHS Course?
2. What was your "rhythms" of spending time with God before the EHS Course?
3. What are they now? How has the EHS Day by Day helped or not?
4. What areas of improvement do you recommend to us?
5. Any other comments?

PRAYER OF BLESSING
Finally, you will want to pray a blessing on them as you bring your time to a conclusion.

THE EHS COURSE
Session 8

Section 2 - Power Point Slides
Pages 6-27

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EHS Course Session 8:
Go the Next Step to Develop a "Rule of Life"

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:

Growing Connected pg. 107

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. I am beginning to realize…

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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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“RULE” of LIFE

from Greek word “TRELLIS”

a framework or structure to help enable us continually to pay attention to God

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Rule of Life

A. History

B. Anchoring Your Life in God

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Prayer

- Weekly Sabbath
- Daily Offices (3-4x per day)
- Lectio Divina
- 1-2x month Day Alone God
- Journal regularly
- Solitude and Silence
- Daily examine
- Read desert/church Fathers
- Yearly 4-5 day monastic retreat

Rest

- Exercise 5-6x Week
- Well planned vacations
- 2/3 – 3/3 day off Fridays
- Read broadly/library visits
- 3-4 month Sabbaticals
- Seasons of therapy
- Reading broadly/widely
  Go to beach, nature,,hike/bike

- Limiting Social Media
- Limiting speaking

The Love of God

(Give and Receive)

Relationships

- Attentive to/fun with Geri
- Engaged w/ Eva, Maria, Christy and Faith
- Stay in good communication with siblings
- Regular mentoring/spiritual direction
- Lead a small group w/ Geri
- Be present to staff/key friends
- Vacation/holidays Geri's family

Work

- Personal Development
- Mentor Rich and Redd
- Preach/Teach NLF
- Resource NLF/NLCDC next phase
- Mentor staff 5 M's/values
- Blog/Facebook/Twitter
- Develop plan train EHS trainers
- Oversee finances home

- Limit writing
- Pray/process before saying "yes"

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Possible Components for Your Rule of Life

1. Scripture
2. Silence and Solitude.
3. Daily Office (Prayer)
4. Study
5. Sabbath –
6. Simplicity –
7. Play and Recreation
8. Service and Mission
9. Care for the Physical Body
10. Emotional Health
11. Family
12. Community

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Starter Question

Page 108

Alone – 3 minutes

Groups of 2-3 – 5 minutes

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Bible Study

Page 109

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Application and Closing Prayer

Answer question 6 (pp. 111-112)

Answer question 7 in group of two.

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Emotionally Healthy Spirituality
Book and Group Study DVD/Workbook

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The Emotionally Healthy Woman
Book and Group Study DVD/Workbook

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Emotionally Healthy Relationship Course

Emotionally Healthy Skills 2.0

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The Emotionally Healthy Church
Book & Workbook

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Closing Comments

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Information on EH Relationships Course

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FEEDBACK FORM

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The EHS Personal Assessment

Based on the best-selling book, *The Emotionally Healthy Church*, this 20-30 minute tool was created to help individuals, teams, or churches get a sense of whether their discipleship has touched the emotional components of their lives and, if so, how much. Each stage of emotional maturity is described fully at the end of the assessment.

You can take your EHS Personal Assessment below or click here to download a printable version.

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THE EHS COURSE
Session 8

Section 3 – Sample Follow-up Email
Pages 29

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EHS Course Sample Emails

Email Sent *After* Week 8

Dear EHS Course Participant,

Congratulations on completing *The EHS Course*. I believe we enjoyed a fabulous 8 weeks together!

Let me recommend two excellent books that I believe will serve you as a follow up: Creating a Life with God by Daniel Wolpert and God is My Everything by Ken Shigematsu. Moreover, do sign up for *The Emotionally Healthy Relationships Course* (if you have not taken it) that will begin in October through the New Life website.

Remember, the best way to learn something is to teach something yourself. You may want to consider starting your own EHS group in late spring/summer with a few of your friends.

Give yourself a lot of grace as you begin to take your first steps without the support of our class. You will spend the rest of your spiritual journey exploring more deeply the truths we talked about each week. Our goal was to introduce them to you and to begin laying a foundation for your life in Christ. That, I believe, was accomplished.

Again, thank you for a group EHS Course!

Blessings,

Pastor Pete

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