THE EHS COURSE
Session 7 Planning Pack

SECTION 1 2

EHS COURSE SESSION 7 SCHEDULE AND CLOSING SUMMARY 3-8

SECTION 2 9

EHS COURSE SESSION 7 POWERPOINT SLIDES 10-38

SECTION 3 39

EHS COURSE FOLLOW UP EMAIL 40

©PeteScazzero2016

THE EHS COURSE
Session 7

Section 1 - Schedule and Closing Summary
PAGES 3-8

©PeteScazzero2016

The EHS Course
Sample Schedule and Closing Summary

Session 7: Grow into an Emotionally Mature Adult

7:00-7:10 — Welcome and Daily Office
- Do a *Daily Office*
- Use Day 1: Midday/Evening Office on pp. 136-137

7:10-7:20 — Growing Connected Question, pg. 94
- **PP** Add Daily Office question- Were you able to make any progress with the Offices? If not, what was your biggest obstacle?

7:20-7:35 — Transition: **PP** The 8 Sessions (Table Contents).
- DVD or You Speak.

7:35-7:40 — Starter question pg. 95. Break into groups of 2-3.

7:40-7:45 — Bible Study. Read the introduction and Scripture aloud before they begin.

7:45-8:15— Do the Bible Study in SG's
- Be sure to leave time for questions 8 and 9.

***8:15-8:25* — Break**

8:25-8:50 — **Application and Closing Prayer Section**

10 Min.- Read introduction and have them answer Question 10 alone (Think of an expectation that went unmet and left you angry or disappointed).
I recommend that you model with the whole group 3-4 examples from their answers to ensure they are specific enough.

e.g. I expected my friend to return my phone call by 6:30 pm yesterday. I expected my father to return the signed letter by last Friday. I expected my boss to pay for and send me to advanced training at a Teacher's Conference last month.
See the examples in the workbook. Have your own examples ready.
If possible, watch Session 2 from EH Skills 2.0 to get a fuller sense of the power of this particular skill. The more familiar you are with this skill, the more clear and helpful your time will be.

5 min. – Large Group Processing (ensuring the examples chosen fit the example)

10 min. Get into groups of 2-3 and answer 11 and 12.

The EHS Course
Sample Schedule and Closing Summary

8:50-9:00 — **Closing Summary**

Read the top 3 paragraphs from page 180 that reiterate the heart of this session.

PP - When we actually "see" people, ie. Recognizing their uniqueness and separateness from us, seeing them as a "Thou" and not an "It," we have an encounter with God. Martin Buber, the famous Jewish theologian, wrote that when two people have an "I Thou" encounter, God fills the in-between space. It is a powerful experience that reflects the I-Thou relationship we have with God. In other words, God's presence is manifest. He called it --Sacred Space

This loving well requires the learning of skills. First, we talked in the Bible Study about the challenge of limits and loving. The following story – called "The Bridge" gives us a glimpse of the tensions we carry (This is found in chapter 8 from *The Emotionally Healthy Church* "Receive the Gift of Limits).

Rabbi Edwin Friedman tells the story of a man who had given much thought to what he wanted from life. After trying many things, succeeding at some and failing at others, he finally decided what he wanted.

<u>One day the opportunity came for him to experience exactly the way of living that he had dreamed about. But the opportunity would be available only for a short time. It would not wait, and it would not come again</u>.

Eager to take advantage of this open pathway, the man started on his journey. With each step, he moved faster and faster. Each time he thought about his goal, his heart beat quicker; and with each vision of what lay ahead, he found renewed vigor.

As he hurried along, he came to a bridge that crossed through the middle of a town. The bridge spanned high above a dangerous river.

After starting across the bridge, he noticed someone coming from the opposite direction. The stranger seemed to be coming toward him to greet him. As the stranger grew closer, the man could discern that they didn't know each other, but yet they looked amazingly similar. They were even dressed alike. The only difference was that the stranger had a rope wrapped many times around his waist. If stretched out, the rope would reach a length of perhaps thirty feet.

The stranger began to unwrap the rope as he walked. Just as the two men were about to meet, the stranger said, "Pardon me, would you be so kind as to hold the end of the rope for me?"

The man agreed without a thought, reached out, and took it.

"Thank you," said the stranger. He then added, "Two hands now, and remember, hold tight." At that point, the stranger jumped off the bridge.

The man on the bridge abruptly felt a strong pull from the now-extended rope. He automatically held tight and was almost dragged over the side of the bridge.

"What are you trying to do?" he shouted to the stranger below.

"Just hold tight," said the stranger.

This is ridiculous, the man thought. He began trying to haul the other man in. Yet it was just beyond his strength to bring the other back to safety.

Again he yelled over the edge, "Why did you do this?"

"Remember," said the other, "if you let go, I will be lost."

"But I cannot pull you up," the man cried.

"I am your responsibility," said the other.

"I did not ask for it," the man said.

"If you let go, I am lost," repeated the stranger.

The man began to look around for help. No one was within sight.

He began to think about his predicament. Here he was eagerly pursuing a unique opportunity, and now he was being sidetracked for who knows how long.

Maybe I can tie the rope somewhere, he thought. He examined the bridge carefully, but there was no way to get rid of his newfound burden.

So he again yelled over the edge, "What do you want?"

"Just your help," came the answer.

"How can I help? I cannot pull you in, and there is no place to tie the rope while I find someone else who could help you."

"Just keep hanging on," replied the dangling man. "That will be enough."

Fearing that his arms could not hold out much longer, he tied the rope around his waist.

"Why did you do this?" he asked again. "Don't you see what you have done? What possible purpose could you have in mind?"

"Just remember," said the other, "my life is in your hands."

Now the man was perplexed. He reasoned within himself, If I let go, all my life I will know that I let this other man die. If I stay, I risk losing my momentum toward my own long-sought-after salvation. Either way this will haunt me forever.

As time went by, still no one came. The man became keenly aware that it was almost too late to resume his journey. If he didn't leave immediately, he wouldn't arrive in time.

Finally, he devised a plan. "Listen," he explained to the man hanging below, "I think I know how to save you." He mapped out the idea. The stranger could climb back up by wrapping the rope around him. Loop by loop, the rope would become shorter.

But the dangling man had no interest in the idea.

"I don't think I can hang on much longer," warned the man on the bridge.

"You must try," appealed the stranger. "If you fail, I die."

Suddenly a new idea struck the man on the bridge. It was different and even alien to his normal way of thinking. "I want you to listen carefully," he said, "because I mean what I am about to say."

The dangling man indicated that he was listening.

"I will not accept the position of choice for your life, only for my own; I hereby give back the position of choice for your own life to you."

"What do you mean?" the other asked, afraid.

"I mean, simply, it's up to you. You decide which way this ends. I will become the counterweight. You do the pulling and bring yourself up. I will even tug some from here."

He unwound the rope from around his waist and braced himself to be a counterweight. He was ready to help as soon as the dangling man began to act.

"You cannot mean what you say," the other shrieked. "You would not be so selfish. I am your responsibility. What could be so important that you would let someone die? Do not do this to me."

After a long pause, the man on the bridge at last uttered slowly, "I accept your choice." In voicing these words, he freed his hands and continued his journey over the bridge.1

The EHS Course
Sample Schedule and Closing Summary

This story reminds me of the dilemmas of loving and limits. You and I, of course, want to help people who have fallen off the bridge. For years I pulled people up, often at great personal expense emotionally and spiritually, only to find out they purposefully would fall off (or jump off) another bridge the next month.

For years I reluctantly took the rope. Once I had the rope and they were dangling, I felt guilty if I let go. How could I? I was a Christian. Wouldn't Jesus pull them up? If I did not pull them up, was I being selfish? For how long would I need to place my visions, dreams, desires, hopes, and plans on hold? Did they matter anyway since I was a servant of Christ? And where was everyone else?

Secondly, we learned tonight about the Skill of Clarifying Expectations
-- **PP** Review the Skill of "Clarify Expectations"

PP – areas of expectations that affect our ability to love well
PP - Problem
PP – Expectations – 4 guidelines
PP – To be Valid….

- Paul reminds in 1 Cor. 13 – if we don't have love, we don't have anything.
- And Jesus summarized it as: 'By this all will know that you are my disciples, if you love one another." Jn. 13:35 The greatest gift we can give the world truly is the love of Jesus flowing through us!

PP Becoming a Christian does not automatically make us into an emotionally mature adult. We must go back to Go Forward

Because of Jesus inside of us, we have enormous power by the Holy Spirit to change! Grace enables us to take risks and do things different than the imprints on us from our family of origins and our pasts.

2 Invitations:

1. **PP Become Aware of Your Family of Origin's Capability for Emotional Connection.**
   PP

- Did you learn to trust?
- Did you learn to respect others?
- Did you learn to wait and to take turns?
- Did your learn to speak clearly, respectfully honestly and in a timely way?
- Were your feelings allowed?
- Did you learn to listen well?
- What did you learn about processing your anger?
- What did you learn about clean fighting and negotiating differences?

PP 2. Take Practical Steps of Discipleship to Grow into an Emotionally Mature Adult

The EHS Course
Sample Schedule and Closing Summary

NLF –PATHWAY…

PP The 2nd course with 8 simple tools that teach us how to love well in the new family of Jesus. It is called *Emotionally Healthy Relationships.*

PP *EH SKILLS 2.0 workbook/DVD*
It teaches 8 tools or skills that powerfully teach us how to grown into emotionally mature adults who love well and how we do this in the new family of Jesus as a church. We did one of those skills today called "Clarify Expectations." A few others are mentioned and explained in the chapter from the book.
PP The 8 SKILLS

- The Community Temperature Reading
- Stop Mind Reading
- Clarify Expectations
- Genogram Your Family
- Explore the Iceberg
- Incarnational Listening
- Climb the Ladder of Integrity
- Clean Fighting

- Don't underestimate what is involved in doing these skills. You are breaking generations of unhealthy ways of relating that go back in your family and culture -- perhaps 100's of years! That is no small thing. These skills don't just become part of you overnight. Give yourself time and grace. Remember, Israel coming out of Egypt took 400 years. (This is the same principle we learned last week of how challenging it is to slow down and develop rhythms for Sabbath).

The EHS Course
Sample Schedule and Closing Summary

- Always remember that even though you change, it doesn't mean those around you have. So I like to remind myself of a famous story about a Hasidic rabbi on his deathbed who said the following:

  > *When I was young, I set out to change the world. When I grew a little older I perceived this was too ambitious so I set out to change my state. This too I realized was too ambitious so I set out to change my town. When I realized I could not even do this, I tried to change my family. Now as an old man I know that I should have started by changing myself. If I had started with myself, maybe then I would have succeeded in changing my family, the town, or even the state – and who knows maybe even the world.*

- So let me pray for you as we close – that God will strengthen you, give you grace. May the Lord bless you and keep you as you embark on this new journey. May the Lord make His face shine upon you…. May the power of the Holy Spirit fill you that old destructive patterns deeply embedded inside you be broken up and may God rebuild you and set you free- that your life might the gift He intended to those around you. In Jesus' name! AMEN.

THE EHS COURSE
Session 7

Section 2 - Power Point Slides
Pages 10-38

©PeteScazzero2016

EHS Course Session 7:
"Grow into an Emotionally Mature Adult"

WELCOME

©PeteScazzero2016

Emotionally Healthy Spirituality

Day by Day

A 40-DAY JOURNEY *with the* DAILY OFFICE

Peter Scazzero

©PeteScazzero2016

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.

©PeteScazzero2016

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. 94

©PeteScazzero2016

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)

©PeteScazzero2016

Growing into an Emotionally Mature Adult

©PeteScazzero2016

If I speak in the tongues of men and of angels… if I have the gift of prophecy… if I have a faith that can move mountains, but have not love, I am nothing.

I Cor. 13:1-3

©PeteScazzero2016

God invites us to practice the presence of people within an awareness of His presence.

©PeteScazzero2016

Different Levels of Emotional Maturity

Emotional Infant

Emotional Child

Emotional Adolescent

Emotional Adult

©PeteScazzero2016

Emotionally Healthy Relationship Course

Skills 2.0

1. Community Temperature Reading (CTR)
2. Clarify Expectations
3. Stop Mind Reading
4. Genogram Your Family
5. Explore the Iceberg
6. Incarnational Listening
7. Climb the Ladder of Integrity
8. Clean Fighting

©PeteScazzero2016

EH Relationship Course

Emotionally Healthy Skills 2.0

©PeteScazzero2016

Emotional Health
and
Spiritual Maturity
are
Inseparable

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

©PeteScazzero2016

"GETTING" EHS

The 5 Stage Process

1 AWARE

2 PONDER

3 VALUE

THE ACTION/BEHAVIORAL GAP

4 PRIORITIZE

5 OWN

©PeteScazzero2016

Starter Question

Page 95 (groups of 2-3)

©PeteScazzero2016

Bible Study

Page 96-98

©PeteScazzero2016

Application/Closing Prayer

Page 98-99

©PeteScazzero2016

©PeteScazzero2016

The Bridge

The Challenge of Love and Limits

©PeteScazzero2016

Consider the Expectations in these Areas

holidays
vacations
family
neighbors
friends
work
dating
birthdays

parents
children
spouse
chores in the house
church

©PeteScazzero2016

Problem with Our Expectations

1. **Un**conscious
2. **Un**realistic
3. **Un**spoken
4. **Un** "agreed upon"

©PeteScazzero2016

Valid Expectations Must Be:

1. **Conscious**
   I become aware of my expectation

2. **Realistic**
   I have specific evidence that this person can or will do my request

3. **Spoken**
   I have expressed the expectation clearly and respectfully

4. **"Agreed upon"**
   The other person has to agree to the expectation
   (or I have to agree to the expectation)

©PeteScazzero2016

Expectations are Only Valid When They Have Been Mutually Agreed Upon

©PeteScazzero2016

Becoming a Christian does not automatically make us into an emotionally mature adult.

©PeteScazzero2016

2 Invitations

1. **Become Aware of Your Family of Origin's Capability for Emotional Connection.**

©PeteScazzero2016

1. Did you learn to trust?
2. Did you learn to respect others?
3. Did you learn to wait and to take turns?
4. Did your learn to speak clearly, respectfully honestly and in a timely way?
5. Were your feelings allowed?
6. Did you learn to listen well ?
7. What did you learn about processing your anger?
8. What did you learn about clean fighting and negotiating differences?

©PeteScazzero2016

2 Invitations

1. Become Aware of Your Family of Origin's Capability for Emotional Connection.

2. **Take Practical Steps to Grow into an Emotionally Mature Adult**

©PeteScazzero2016

Emotionally Healthy Spirituality

A Strategy for Discipleship that Deeply Transforms Lives

EMOTIONALLY HEALTHY LEADER

EMOTIONALLY HEALTHY CHURCH

EMOTIONALLY HEALTHY WOMAN

CHURCH-WIDE INITIATIVE

Emotionally Healthy Relationship Course

Emotionally Healthy Skills 2.0

©PeteScazzero2016

Emotionally Healthy Relationship Course

Skills 2.0

1. Community Temperature Reading (CTR)
2. Clarify Expectations
3. Stop Mind Reading
4. Genogram Your Family
5. Explore the Iceberg
6. Incarnational Listening
7. Climb the Ladder of Integrity
8. Clean Fighting

©PeteScazzero2016

THE EHS COURSE
Session 7

Section 3 – Sample Follow-up Email
Pages 40

©PeteScazzero2016

EHS Course Sample Emails

Email Sent Prior to Week 8

Dear EHS Course Participant,

As we prepare for this week's class, I find it hard to believe that it is our 8th and final class. And what a wonderful time we have had together!

Our goal has to been to give you the framework for your relationship with God that, we trust, will serve you the rest of your life. You have been introduced to 2 powerful concepts:

- Emotional health and spiritual maturity are inseparable. When we open up our interior lives to the Lord Jesus (e.g. looking at our griefs and losses, our Walls, our families of origin), we find ourselves disoriented yet experiencing Jesus in new and profound ways.
- A slowed down spirituality is necessary to cultivate a first-hand relationship with Jesus. Our desire has been to introduce you to the radical spiritual practices of silence, stillness, and solitude through the Daily Office.

Of course, this has been only the first of the 2 courses that form the foundation of discipleship here at NLF. These themes will be reinforced in The Emotionally Healthy Relationships Course next Fall.

So be sure to read the final chapter – Go the Next Step to Develop a Rule of Life – for this coming Tuesday night.

We shall see you soon.

You remain in our prayers.

Pastor Pete

©PeteScazzero2016