

EH  
DISCIPLESHIP COURSE

◆ LEADERS  
WORKBOOK ◆

LEVEL 2

INTEGRATE  
THE COURSE



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# HOW TO MAKE THE MOST OF THIS WORKBOOK

## WELCOME!

At Emotionally Healthy Discipleship we know that you want to be change-maker for the disciple-making culture in your church. In order to do that, you need a Leader's Workbook that helps you master the elements of leading the Course. We believe that Course leaders should be set up for success just as well as Course participants.

## Here's the plan:

1. Use this workbook as a companion to the training videos. Mark up this workbook! Use the notes sections and prepare yourself to be an effective leader for participants.
2. When leading the Course, keep this workbook accessible as a guide to help you navigate topics and provide the best possible experience for Course participants.
3. Successfully move participants forward in their discipleship journey with Jesus.

## Let's get started!

[Play Session 1 Video](#) and flip to the next page of this workbook.





## Watch Session 1 Video

# SESSION 1. CAPTURE THE VISION TO BUILD A DISCIPLE-MAKING CULTURE IN YOUR CHURCH

The purpose of this Level 2 training is to **equip you with practical tools** and a **pathway** to unleash a Disciple-making culture in your church.

### THE 5 SESSIONS

**Session 1:** Capture the Vision to Build a Disciple-Making Culture in Your Church

**Session 2:** Emotionally Healthy Spirituality

Part 1: Become the Message of Emotionally Healthy Spirituality

Part 2: The Six Phases of Coaching the Grief and Loss Chart

**Session 3:** Emotionally Healthy Relationships

Part 1: Become the Message of Emotionally Healthy Relationships (*includes How to Coach People at Your Table in the Skills*)

Part 2: The Six Phases of Coaching a Leader's Genogram.

**Session 4:** Be an Incarnational Presence

**Session 5:** Take Your Next Steps to Become a High-Impact Disciple-Maker.

NOTES

In this Level 2 implementation of the Course, we are following Jesus' upside-down, intentional discipleship strategy of focusing on the 3, the 12, the 70 that the whole world might know him.

#### MODERN-DAY DISCIPLESHIP



#### JESUS' DISCIPLESHIP STRATEGY



We summarize the EH Discipleship Course as follows:

## **As Goes the Table Leaders, So Goes the Course.**

Without quality Table Leaders, the Course is in danger of becoming just another “program” with minimal transformation in people’s lives.

### Three statements summarize this *be-before-you-do* approach:

- You cannot give what you do not possess.
- What you do is important, but who *YOU* are is even more important.
- The state you are in is the state you give to others.

The Course is like an Icebreaker Ship, breaking through hard ice thick of what I call “faulty formation” that has many people stuck in their walk with Jesus – introducing them to a rich, expansive pathway for their relationship with Jesus for the rest of their lives.



#### NOTES



## Watch Session 2 - Part 1 Video

# SESSION 2. EMOTIONALLY HEALTHY SPIRITUALITY

## PART 1: BECOME THE MESSAGE OF EMOTIONALLY HEALTHY SPIRITUALITY

When we use the term “**become the message,**” we are referring to going beyond knowing biblical truths in your head to actually knowing them in your BEING.

We give away to others what actually lives inside us. This is the greatest gift we offer people at our Tables – ourselves.

### Session 1 Core Truths:

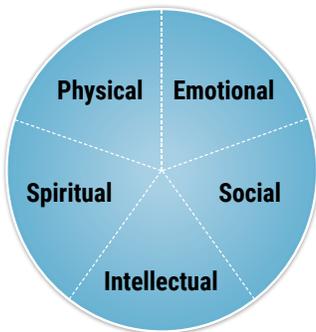
**#1:** God’s invitation for us to live out of our true selves in Christ, that we are the same person on the outside that we are on the inside.

**#2:** God’s invitation that the “being” with God is sufficient to sustain our “doing” for him.

### Session 2 Core Truths:

**#1:** The integration of our feelings and emotions as part of discerning God’s voice and learning to love others well.

**ASPECTS OF BEING HUMAN**



**AN OVER-SPIRITUALITY MINIMIZING OUR FULL HUMANITY**



**#2:** Differentiation is one helpful way to clarify this process of growing into our true selves.

### NOTES

### Session 3 Core Truths:

**#1:** Discipleship is being disciplined OUT of our family of origin and being disciplined to live IN the new family of Jesus.

**#2:** God's invisible hand works *in* and *through* and *in spite of* our histories so that we might be a blessing to the world.

### Session 4 Core Truths:

**#1:** The disorientation of the dark night of the soul (i.e. Walls) is God's normal way to grow us into spiritual adulthood.

**#2:** God pulls out of us our fiercely independent, self-will so we learn to surrender and attach to him alone.

### Session 5 Core Truths:

**#1:** Our culture sees losses and griefs as interruptions to avoid, minimize, deny, or suppress.

**#2:** Integrating our griefs and losses is central to God's path of growing us into mature, compassionate mothers and fathers of the faith.

### Session 6 Core Truths:

**#1:** The Daily Office and Sabbath are two ancient powerful practices that have stood the test of time in helping followers of Jesus develop rhythms to remain attentive and anchored to God.

**#2:** The most important gift you can give is that keep making progress with your own experience of Sabbath and silence/stillness.

### Session 7 Core Truths:

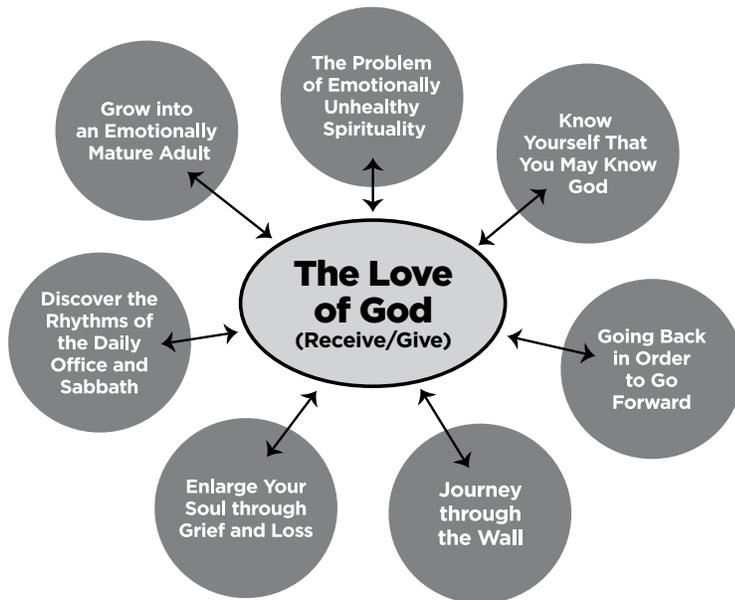
**#1:** Jesus' radical spirituality that made inseparable the importance of growing in love for God and growing in love for people.

**#2:** The degree to which we love people is the degree to which we love him.

## Session 8 Core Truths:

**#1:** People need space and time to integrate what they've learned from the previous sessions of this Course.

**#2:** People need a thoughtful, deliberate, and specific plan for the next 30-90 days after Course is completed.



**Remember:** The Emotionally Healthy Discipleship Course: Part 1 and 2 are only an INTRODUCTION to a discipleship with Jesus that deeply transforms lives.

NOTES

## ASSIGNMENT

Share together your response to this question:

*Based on what you just heard in this summary of the 8 Sessions, what might be one invitation God has for you as you prepare to lead in this upcoming Course?*



## Watch Session 2 - Part 2 Video

# SESSION 2. EMOTIONALLY HEALTHY SPIRITUALITY

## PART 2: THE SIX PHASES OF COACHING THE GRIEF AND LOSS CHART

**TWO worksheets are required for this module.**

1) The *Expanded Grief and Loss Chart Worksheet for Leaders*.

This can be found on the back page of this workbook, and is to be given to your Table Leader to send back to you a couple of days before you meet.

2) The *Six Phases to Coaching the Grief and Loss Chart*.

E X P A N D E D

# GRIEF AND LOSS CHART

W O R K S H E E T

AGE (IN YEARS)	LOSSES / DISAPPOINTMENTS EXPERIENCED	YOUR RESPONSE AT THE TIME
3 - 12		
13 - 18		
19 - 25		
26 - 40		
41 - 60		
61 - 75		

**ACTION**

chart like for you? Did it reveal

traced where new life might still be

your losses and disappointments? (s, etc)

grief and loss as a central part of leadership. What might be an

## **QUESTIONS FOR REFLECTION**

**1.** What was the experience of filling out the chart like for you? Did it reveal anything new to you? Explain. (*#2 in workbook*)

**2.** Are there any losses you have not yet embraced where new life might still be waiting to be birthed? (*#3 in workbook*)

**3.** What work have you done on processing your losses and disappointments? (*e.g. mentors, therapists, spiritual directors, etc*)

**4.** God invites us to integrate our seasons of grief and loss as a central part of our spiritual journey with Jesus and our leadership. What might be an invitation from God for you now?

# THE SIX PHASES TO COACHING THE GRIEF AND LOSS CHART

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## PHASE 1 BEFORE MEETING

Prayerfully review their chart and questions.

## PHASE 2 DURING MEETING

Ask deep and clarifying questions.

*How did your family do anger, sadness, fear, disappointments, losses, play?*

*Did this exercise intersect with any of the negative life messages you identified in Session 3?*

*Were there any invisible losses (e.g. loss of affection/warmth/family/comfort/safety/play)?*

Notice:

- Body language
- Any themes/repeated words
- If little is written  
(*you may want to ask, "Why do they think that is?"*)

## PHASE 3

Focus in on their answers to Questions #2 and #3.

*What work have you done in processing your losses and disappointments?*

*What might be God's invitation for you going forward?*

## PHASE 4

Help them consider "next step" implications

## PHASE 5

Encourage them

*e.g. what they have overcome, their courage, vulnerability, faithfulness, and the grace of God.*

## PHASE 6

Bless them in prayer

NOTES

# CASE STUDY #1 - John

NOTES

Case Study #1: John

Expanded Grief and Loss Worksheet for Table Leaders  
Emotionally Healthy Spiritual Care

Age (or Date)	Loss (Disappointments Experienced)	Your Response at the Time
11-12	Loss of father - alcoholism	Drunk, restless, etc.
13-14	Parents divorce - 1st	Went out night, "I need an environment"
15-16	Step's suicide	Depression - isolation
17-18	Big brother's death - cancer	Confusion, depression, guilt, isolation
19-20	Grandmother's death - Alzheimer's	Disbelief, took my own life, anger
21-22	Grandfather's death - Alzheimer's	Confusion, grief, anger
23-24	My brother Steve's cancer	Loss, anger, loss of faith, anger
25-26	My brother Steve's cancer	Loss, anger, loss of faith, anger
27-28	My brother Steve's cancer	Loss, anger, loss of faith, anger
29-30	My brother Steve's cancer	Loss, anger, loss of faith, anger
31-32	My brother Steve's cancer	Loss, anger, loss of faith, anger
33-34	My brother Steve's cancer	Loss, anger, loss of faith, anger
35-36	My brother Steve's cancer	Loss, anger, loss of faith, anger
37-38	My brother Steve's cancer	Loss, anger, loss of faith, anger
39-40	My brother Steve's cancer	Loss, anger, loss of faith, anger
41-42	My brother Steve's cancer	Loss, anger, loss of faith, anger
43-44	My brother Steve's cancer	Loss, anger, loss of faith, anger
45-46	My brother Steve's cancer	Loss, anger, loss of faith, anger
47-48	My brother Steve's cancer	Loss, anger, loss of faith, anger
49-50	My brother Steve's cancer	Loss, anger, loss of faith, anger
51-52	My brother Steve's cancer	Loss, anger, loss of faith, anger
53-54	My brother Steve's cancer	Loss, anger, loss of faith, anger
55-56	My brother Steve's cancer	Loss, anger, loss of faith, anger
57-58	My brother Steve's cancer	Loss, anger, loss of faith, anger
59-60	My brother Steve's cancer	Loss, anger, loss of faith, anger

# CASE STUDY #2 - David

NOTES

Case Study #2: David

Expanded Grief and Loss Worksheet for Table Leaders  
Emotionally Healthy Spiritual Care

Age (or Date)	Loss (Disappointments Experienced)	Your Response at the Time
11-12	Abandoned by mother and father	Thought that I was the best, but they left me.
13-14	My father going to jail and mother remarried	Thought that I was the best, but they left me.
15-16	My mother's death	Thought that I was the best, but they left me.
17-18	My father's death	Thought that I was the best, but they left me.
19-20	My brother's death	Thought that I was the best, but they left me.
21-22	My sister's death	Thought that I was the best, but they left me.
23-24	My brother's death	Thought that I was the best, but they left me.
25-26	My sister's death	Thought that I was the best, but they left me.
27-28	My brother's death	Thought that I was the best, but they left me.
29-30	My sister's death	Thought that I was the best, but they left me.
31-32	My brother's death	Thought that I was the best, but they left me.
33-34	My sister's death	Thought that I was the best, but they left me.
35-36	My brother's death	Thought that I was the best, but they left me.
37-38	My sister's death	Thought that I was the best, but they left me.
39-40	My brother's death	Thought that I was the best, but they left me.
41-42	My sister's death	Thought that I was the best, but they left me.
43-44	My brother's death	Thought that I was the best, but they left me.
45-46	My sister's death	Thought that I was the best, but they left me.
47-48	My brother's death	Thought that I was the best, but they left me.
49-50	My sister's death	Thought that I was the best, but they left me.
51-52	My brother's death	Thought that I was the best, but they left me.
53-54	My sister's death	Thought that I was the best, but they left me.
55-56	My brother's death	Thought that I was the best, but they left me.
57-58	My sister's death	Thought that I was the best, but they left me.
59-60	My brother's death	Thought that I was the best, but they left me.

# CASE STUDY #3 - Jane

NOTES

Case Study #3: Jane

Expanded Grief and Loss Worksheet for Table Leaders  
Emotionally Healthy Spiritual Care

Age (or Date)	Loss (Disappointments Experienced)	Your Response at the Time
11-12	My father's death	Thought that I was the best, but they left me.
13-14	My mother's death	Thought that I was the best, but they left me.
15-16	My brother's death	Thought that I was the best, but they left me.
17-18	My sister's death	Thought that I was the best, but they left me.
19-20	My brother's death	Thought that I was the best, but they left me.
21-22	My sister's death	Thought that I was the best, but they left me.
23-24	My brother's death	Thought that I was the best, but they left me.
25-26	My sister's death	Thought that I was the best, but they left me.
27-28	My brother's death	Thought that I was the best, but they left me.
29-30	My sister's death	Thought that I was the best, but they left me.
31-32	My brother's death	Thought that I was the best, but they left me.
33-34	My sister's death	Thought that I was the best, but they left me.
35-36	My brother's death	Thought that I was the best, but they left me.
37-38	My sister's death	Thought that I was the best, but they left me.
39-40	My brother's death	Thought that I was the best, but they left me.
41-42	My sister's death	Thought that I was the best, but they left me.
43-44	My brother's death	Thought that I was the best, but they left me.
45-46	My sister's death	Thought that I was the best, but they left me.
47-48	My brother's death	Thought that I was the best, but they left me.
49-50	My sister's death	Thought that I was the best, but they left me.
51-52	My brother's death	Thought that I was the best, but they left me.
53-54	My sister's death	Thought that I was the best, but they left me.
55-56	My brother's death	Thought that I was the best, but they left me.
57-58	My sister's death	Thought that I was the best, but they left me.
59-60	My brother's death	Thought that I was the best, but they left me.

## ASSIGNMENT

1. If you are with a small group of Table Leaders, turn to each other and, using the *Expanded Grief and Loss Chart Worksheet*, share additional insights you have gained from watching this module.
2. Table Leaders, set up a time to meet with your Point Leader (or another seasoned Table Leader/Person) around your Grief and Loss Worksheet.



## Watch Session 3 - Part 1 Video

# SESSION 3. EMOTIONALLY HEALTHY RELATIONSHIPS

## PART 1: LIVING AND COACHING THE SKILLS OF EMOTIONALLY HEALTHY RELATIONSHIPS

**Goal of this Session:** Embody the 8 skills so you can coach the people at your Table.

### THE 8 SKILLS

#### SKILL #1

##### Community Temperature Reading (CTR)

- provides people with easy sentence stems to begin
- the foundational skill on which the rest of the Course rests
- redistributes power, providing space for each person to express themselves and have a voice.
- breaks up unhealthy patterns and habits from peoples' family of origin and culture

#### SKILL #2 & #3

##### Clarify Expectations and Stop Mind Reading

- address the destructive problem of making assumptions about others
- are foundational for the more advanced skills that follow

#### SKILL #4

##### Genogram your Family

- the core of the EH Relationships Course
- since every family is broken, the genogram brings to light the unhealthy relational patterns that we've inherited from our families

#### SKILL #5

##### Explore the Iceberg

- people learn how to identify and express their emotions, many for the first time
- feeling one's own feelings are indispensable for us to become our true self in God and to love others well

#### NOTES

**SKILL #6****Incarnational Listening**

- involves listening without defending or judging and being able to validate and empathize with another person
- so important that an entire session in this Level 2 training is dedicated to it!

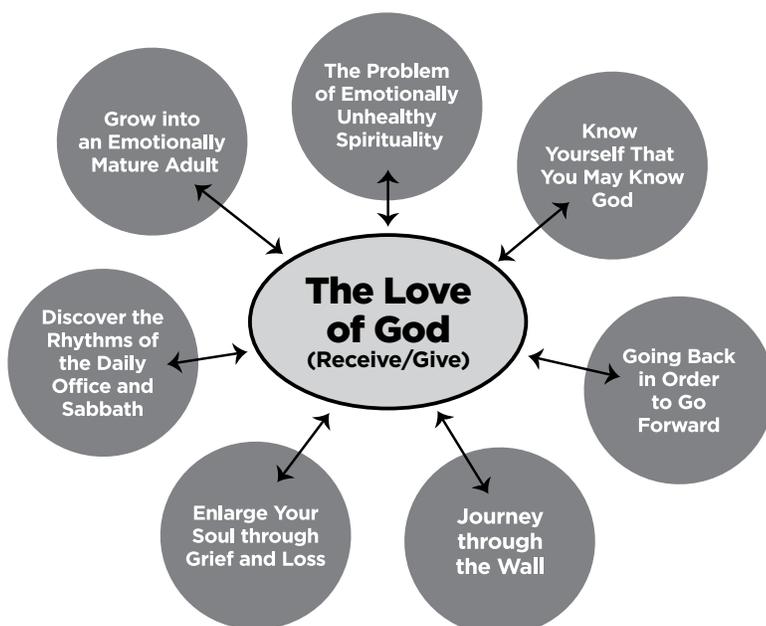
**SKILL #7****The Ladder of Integrity**

- specifically gets at the large, important concept of differentiation
- this is an incredible discipleship/leadership development tool which, once mastered, can change people's relationships with others

**SKILL #8****Clean Fighting**

- conflict is normal, important, and necessary if relationships are to enter their next level of growth and maturity.
- learning to have "clean fights" requires both skill and character.
- to become good at Clean Fighting, you have to be able to apply the first 7 skills

Session 8 provides the time and space for people to make a plan for the next 30-90 days.



## To become the Emotionally Healthy Relationships Course, you must practice the skills.

Your effectiveness will depend on how much you have practiced and internalized the skills for yourself.

### COACHING THE SKILLS

#### COMMUNITY TEMPERATURE READING (CTR)

As you observe Geri coaching Cathy and Bianca watch for the following coaching tips.

Coaching begins at 13:16. [Play Video](#)



#### NOTES

- ✓ Encourage people to move from generalities to specifics when expressing *appreciations*.
- ✓ Gently remind people to use the sentence stems provided.
- ✓ Pause people when they begin to respond beyond 10 seconds to a *puzzle*. The CTR emphasis here is the Speaker being able to express themselves.
- ✓ Remind people that *Complaints with Solutions* is not for resolving conflicts or problems.
- ✓ Point out when someone's tone of voice is not respectful or highly charged. Tone of voice is important. Again, reinforce the use of the sentence stem.
- ✓ Point out when people use words like *always* and *never*.
- ✓ Encourage people as they are doing the Skill well!
- ✓ When people apologize or are reluctant to use their voice, remind them how important their voice is.
- ✓ Thank them when it is over.

## COACHING THE SKILLS

### INCARNATIONAL LISTENING

As you observe Geri coaching Cathy and Bianca watch for the following coaching tips.

*Coaching begins at 21:32. [Play Video](#)*



- ✓ Gently interrupt when a person tells their partner to go first. Invite them to ask their partner, “Would you be willing to go first?”
- ✓ Remind the Listener to pause the Speaker to speak in brief phrases so the Listener can repeat back what was said.
- ✓ Pause the Listener to make sure they are truly entering into the Speaker’s feelings and feeling what they are feeling.
- ✓ Help the Speaker get clearer about the depth of their feelings. (For example, “*On a scale of 1-10, how strong is that feeling for you?*”)
- ✓ Move the conversation along, ensuring they ask the final question in the Listener guidelines.
- ✓ Pause the Speaker when they are sharing mostly thoughts and not feelings.
- ✓ After you gently correct someone, invite them to try doing it once again.
- ✓ When you hear a Speaker repeatedly mention their anger, remind them how anger is often only the surface emotion. Ask: “*What hurt, sadness, or fear might be beneath their anger?*”
- ✓ Watch the time, being sure the listener has time to ask the final summary question before it runs out.
- ✓ Offer final words of encouragement as their coach! Incarnational Listening can be a difficult and/or exhausting experience, especially for the first time.

#### NOTES



## Watch Session 3 - Part 2 Video

# SESSION 3. EMOTIONALLY HEALTHY RELATIONSHIPS

## PART 2: COACHING A LEADER'S GENOGRAM

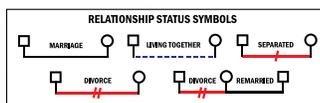
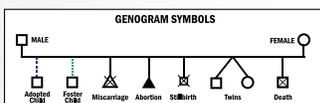
You will need the following worksheet for this module.

- The *Six Phases of Coaching a Leader's Genogram*. This can be found on the next page.

**Note:** Table Leaders are to send their genograms to the Point Leader a couple of days before you meet.

### GENOGRAM YOUR FAMILY

emotionally healthy  
RELATIONSHIPS



GENERATIONAL THEMES

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"EARTHQUAKE" EVENTS

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# THE SIX PHASES OF COACHING A LEADER'S GENOGRAM

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## PHASE 1 BEFORE MEETING

Prayerfully review their genogram before the meeting.

## PHASE 2 DURING MEETING

Thank them for being willing to share. Then ask your deepening, clarifying questions.

### NOTICE:

- **Body language** - e.g. posture, tone of voice.
- **Abuse** - this is very significant  
Ask: *"How have you processed that? Have you ever told anyone?"*
- **Themes** - Divorce, addiction, depression, or earthquake events.
- **Relationship Lines** - Conflict, distance, enmeshment.
- **Earthquake events** - Immigration, death, divorce, etc
- **If little is written**, they may not know a lot about their family.

### ASK:

*"Did you get to the final question?"*  
*"What are 1 or 2 insights you learned regarding how your family has impacted who you are today?"*  
*"Is there a story you can tell me that stands out in your childhood that might offer a window into your past?"*  
*"Is there anyone else who impacted you that's **not** on this genogram?"*

## PHASE 3

Ask: *"What do you think might be 1-3 of your vulnerabilities or negative life-messages that you are carrying in your bones?"*  
and *"How do you think that might be impacting you?"*

## PHASE 4

Help them consider "next step" implications.

## PHASE 5

Encourage them.  
*e.g. what they have overcome, their courage, vulnerability, faithfulness, and the grace of God.*

## PHASE 6

Bless them in prayer.

## NOTES





## Watch Session 4 Video

# SESSION 4. BE AN INCARNATIONAL PRESENCE

- [1] Learn from the Table Leader Skit
- [2] Review Table Group Guidelines
- [3] Helpful Phrases for Table Leaders
- [4] Become an Incarnational Presence at Your Table
- [5] Why Being Present is So Difficult
- [6] How To Grow in Presence

## [1] LEARN FROM THE TABLE LEADER SKIT



The **Wrong** Way to Lead A Table



The **Right** Way to Lead A Table

NOTES

## [2] REVIEW TABLE GROUP GUIDELINES

#1: Speak for Yourself

#2: Respect Others

#3: No Fixing, Saving, Giving Advice, or Setting Other People Straight

#4: Turn to Wonder

#5: Trust and Learn from Silence

#6: Observe Confidentiality

#7: Be Punctual

NOTES

### [ 3 ] HELPFUL PHRASES FOR TABLE LEADERS

*“Let me pause you for a moment. We have just one more minute left.”*

*“Let me pause you. How might you say that in the “I”?”*

*“This sounds like it carries a lot of emotion for you and deserves more space than we can give it here. How about if you and I talk at the end of the session tonight?”*

*“\_\_\_\_\_, let me pause you for a moment. Do you have \_\_\_\_\_’s permission to share this with us?”*

*“I’m having trouble hearing you and really want to hear what you have to say. Can you speak louder?”*

### [ 4 ] BECOME AN INCARNATIONAL PRESENCE TO THOSE AT YOUR TABLE

**We Love People by Being Present to Them**

**[ ATTUNEMENT = People “Feel Felt” ]**

Attunement is paying special attention to the speaker’s tone of voice, facial expressions, and body language.

## Incarnational Listening gives us Practice in the Art of Being Present.

**GUIDELINES** for Incarnational Listening:

### For the **SPEAKER**

- Speak in the “I.”
- Talk about your own feelings, your own thoughts and desires.
- Keep statements brief so the Listener can easily repeat or paraphrase.
- Correct the listener if you believe he/she missed something.
- Include feelings.
- Be honest, clear, and respectful.

### For the **LISTENER**

- Give the Speaker your full attention.
- Reflect back with exact words, or by paraphrasing, as accurately as you can what you heard them say.
- If necessary, tap them on the knee to pause them so you can reflect back what they said.
- Avoid judging or interpreting.
- Step into the Speaker’s shoes and feel what they are feeling.
- When you think the Speaker is done, ask, “*Is there more?*”
- When the Speaker is done ask, “*Of everything you have shared, what is the most important thing you want me to remember?*”

NOTES

## ASSIGNMENT

Choose from the following 2 questions. Each person will have 10 mins to share.

**Question #1:** What is the biggest thing impacting you right now, and how are you feeling about it?

**Question #2:** What is a recent disappointment you have had, or a prayer that has gone unanswered? How are you feeling about it?

## REFLECTION QUESTIONS to DISCUSS:

When your partner was sharing, what did you find yourself tempted to do apart from simply being present and listening to them? (e.g. ask questions, find solutions, advise them)

What is the need in you that makes it difficult to simply listen?

### [5] WHY BEING PRESENT IS SO DIFFICULT

- Culture Prioritizes Task over Being
- We Did Not Have **Presence** Modeled for Us
- We Have an Over Reliance on Technology

Ask yourself:

*Where do you recognize your over reliance of technology and its impact on your ability to be present?*

### [6] HOW TO GROW IN PRESENCE

Jesus is Our Model for Presence

Three Ways to Grow in Presence:

1. Practice Doing One Thing at a Time vs Multi-tasking
2. Be Present to Yourself
3. See Each Person as a *Thou* not an *It*.

You may be late.

You may not have had enough time to prepare the lesson.

You may not feel in the best of spirits.

**All those things can be “forgiven” if, when you arrive, you remember to be present with those at your Table.**

NOTES



## Watch Session 5 Video

# SESSION 5. TAKE YOUR NEXT STEPS TO BECOME A HIGH-IMPACT DISCIPLE-MAKER

John 21:15-17

**Jesus' First Question to Peter (and to us) is to Love Him, NOT to Do Something.**

First **BE** (*love*)  
and then **DO** (*feed others*)

NOTES

### REFLECTION QUESTION

What might be one or two next steps God is inviting you to in order to grow in your love for Jesus (*or your being with Jesus*), so that you can grow towards becoming a high-impact disciple-maker (i.e. do for Jesus)?

### As Goes the Table Leader, So Goes the Course.

Every hour we invest in our discipleship with Jesus is the **most loving thing** we can do for the people we want to serve.

Remember, we **invite people**, we **don't impose**.

NOTES

## A Few Suggestions for Next Steps

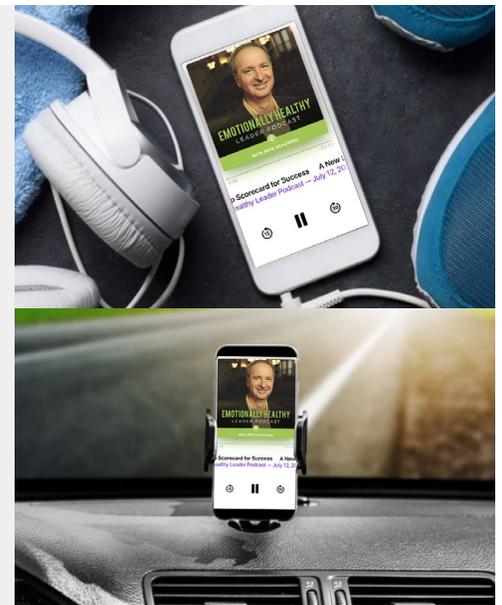
from the Reflection Question

- Go through the Courses on your own again
- Take your Genogram to a trained counselor or therapist
- Do a full [Leadership Genogram](#)
- Do a Deep Dive into the Practice of Silence and Stillness
- Learn More about the Richness and Breadth of Sabbath
- Dig Deeply into the Leadership Book that Serves as an Expansion to the Course - [Emotionally Healthy Discipleship](#)
- Develop a Full Leadership Rule of Life - [Access Video](#)
- Study [The Emotionally Healthy Woman](#)
- Apply the EH Discipleship Course to high-level leadership functions by studying [The Emotionally Healthy Leader](#) book
- Go Deeper to Grow in Discernment and Listening to God for Your Own Life

NOTES



OVER  
2 MILLION DOWNLOADS  
ANNUALLY  
IN 120+ COUNTRIES.



E X P A N D E D  
**GRIEF AND LOSS CHART**  
 W O R K S H E E T

AGE (IN YEARS)	LOSSES / DISAPPOINTMENTS EXPERIENCED	YOUR RESPONSE AT THE TIME
3 - 12		
13 - 18		
19 - 25		
26 - 40		
41 - 60		
61 - 75		

## **QUESTIONS FOR REFLECTION**

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**1.** What was the experience of filling out the chart like for you? Did it reveal anything new to you? Explain. (*#2 in workbook*)

**2.** Are there any losses you have not yet embraced where new life might still be waiting to be birthed? (*#3 in workbook*)

**3.** What work have you done on processing your losses and disappointments? (*e.g. mentors, therapists, spiritual directors, etc*)

**4.** God invites us to integrate our seasons of grief and loss as a central part of our spiritual journey with Jesus and our leadership. What might be an invitation from God for you now?