

EH
DISCIPLESHIP COURSE

LEADERS
WORKBOOK

LEVEL 1

MASTERING
THE LAUNCH
OF THE EHD COURSE

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LEADERS WORKBOOK

with Pete & Geri Scazzero

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TABLE OF CONTENTS

Welcome	p. 3
1. FOUNDATIONS FOR YOUR LAUNCH	
5 “Musts” for a Successful Course Launch	p. 4
5 Common Pitfalls to Avoid	p. 8
2. PREPARE FOR YOUR LAUNCH	
How to Train Table Leaders	p. 11
How to Lead the Daily Office	p. 12
Make a Plan to Pilot the Course	p. 23
3. ADDITIONAL TRAINING SEGMENTS	
Why Run the EH Discipleship Course?	p. 24
Experience EH Spirituality with Pete Scazzero	p. 27
Experience EH Relationships with Geri Scazzero	p. 28
FAQ’s	p. 29

HOW TO MAKE THE MOST OF THIS WORKBOOK

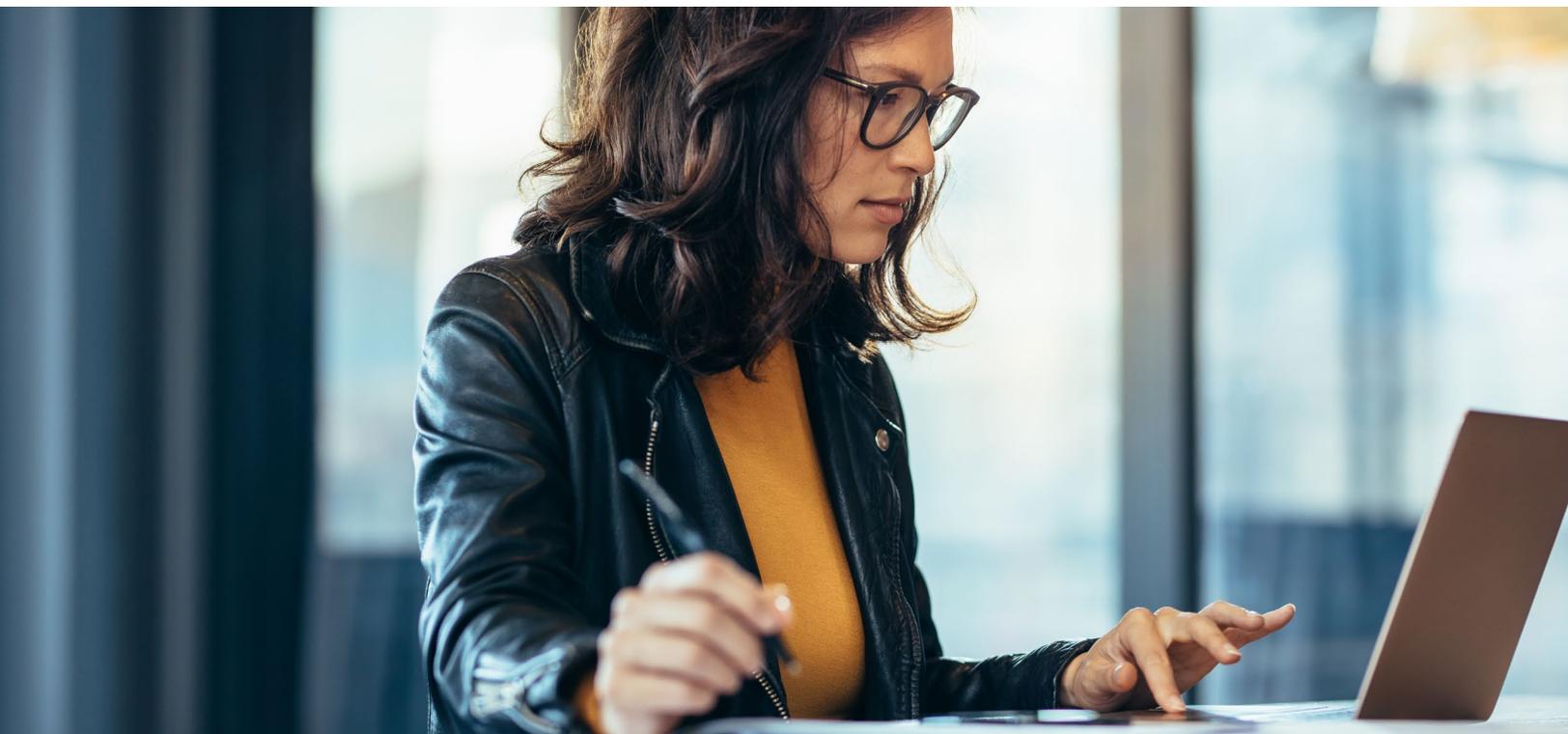
WELCOME!

At Emotionally Healthy Discipleship we know that you want to be a 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 launch of your 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!





Watch Video

FIVE MUSTS FOR A SUCCESSFUL COURSE LAUNCH

FIVE MUSTS FOR A SUCCESSFUL COURSE LAUNCH

- [1] Guard the Rhythms of the Daily Office
- [2] Lead Authentically from the Inside Out
- [3] Select and Train Table Leaders
- [4] Prepare Carefully with the Leader’s Vault
- [5] Call *The Emotionally Healthy Discipleship Course* a Pilot

[1] GUARD THE RHYTHMS OF THE DAILY OFFICE

The core, and most difficult part, of the Course is moving people to cultivate their own personal relationship with Jesus.

Most people are living off other people’s spirituality.



NOTES

“Many will say to me on that day, ‘Lord, Lord, did we not prophesy in your name and in your name drive out demons and in your name perform many miracles?’ Then I will tell them plainly, ‘I never knew you. Away from me, you evildoers!’”

Matthew 7:22-23 NIV

KEEPING THE DAILY OFFICE CENTRAL

- Each week, choose one of the Daily Offices from the Session you are in to do with the class.
- There is a soft accountability question in the “Growing Connected” section each week to reinforce the indispensability of spending time with God.
- Use the document, “Leading Your People into Silence and Stillness” on Page 14 to prepare for the 2-3 minute teaching period that precedes the Daily Office.
- Refer to the appendix in the back of the Day by Day books called, “Top Ten FAQs about Practicing Silence.”

NOTES



Watch The Power of Silence and Stillness video testimonies

2 LEAD AUTHENTICALLY FROM THE INSIDE OUT

The degree the material is transforming you in Jesus is the degree you can give it away to others.

“ We cannot give what we do not possess. We can only give what we do possess. ”

“If we skim on our inner world, our outer world will suffer as well.” - Parker Palmer

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3 SELECT AND TRAIN TABLE LEADERS

Point Leaders are like conductors of the orchestra leading all the moving parts of the Course.

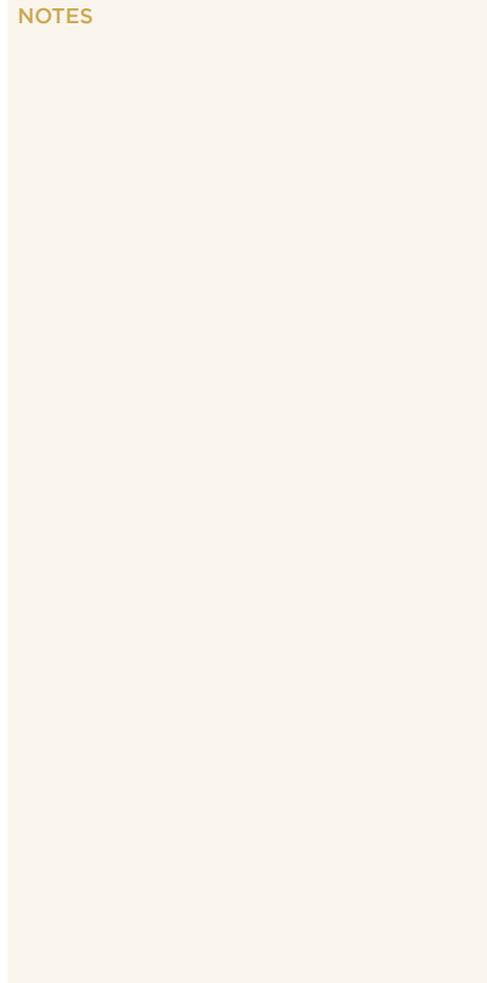
Table Leaders are the lifeblood of the Course. They are like midwives of what God wants to birth in people.

PERSONAL QUALIFICATIONS FOR TABLE LEADERS

- Growing in openness, approachability, and self-awareness
- Not highly reactive
- Able to share out of vulnerability and weakness

JOB DESCRIPTION FOR TABLE LEADERS

- Prepare themselves emotionally/spiritually
- Prepare themselves with the content of each Session
- Embody and gently enforce the guidelines
- Remain connected to the group
- Refer difficult situations
- Participate in debriefs



4 PREPARE CAREFULLY WITH THE LEADER'S TRAINING VAULT

To lead this Course well, you need the right tools and equipment. *e.g. Hiking and rock climbing*

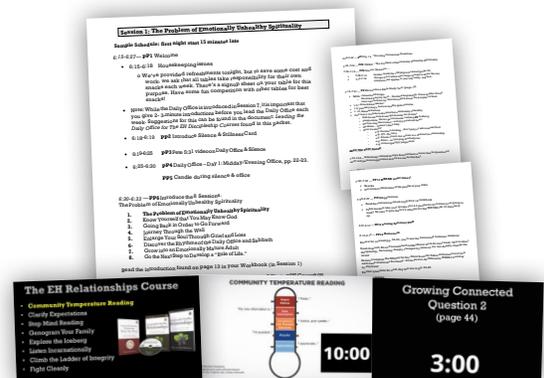
The Leader's Vault contains **exclusive, indispensable** materials for you.



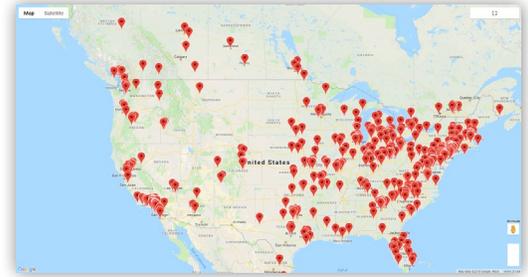
ACCESS THE TRAINING VAULT

AVAILABLE TRAINING RESOURCES:

- Sample schedules
- Sample PowerPoint slides
- Resources on leading people into silence and stillness
- Marketing videos and materials to publicize the Course



- Your church is listed on the Course map
- Access to a trained *Emotionally Healthy Discipleship Course* coach
- Access to other point leaders through a private Facebook group



ACCESS THE TRAINING VAULT

[5] CALL THE EMOTIONALLY HEALTHY DISCIPLESHIP COURSE A PILOT

Calling the Course a pilot is important because it:

1. Eases people’s fears.
2. Gives the church leadership time for discernment.
3. Takes the pressure off you and Table Leaders. You are all on a learning curve.

NOTES





[Watch Video](#)

FIVE COMMON PITFALLS TO AVOID

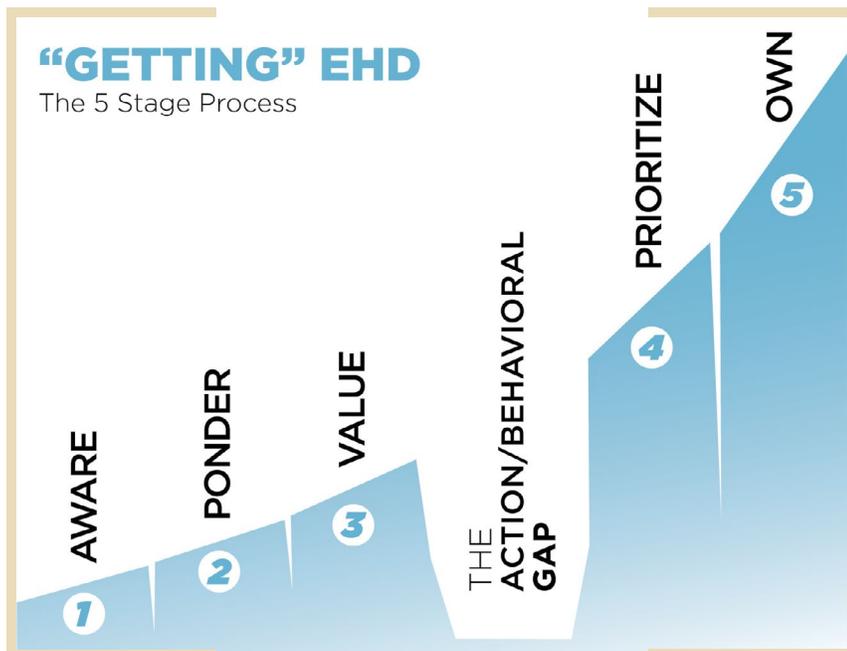
FIVE COMMON PITFALLS TO AVOID

- [1] Forgetting People Change Slowly
- [2] Rushing the Launch of the Course
- [3] Failing to Stay Present to the People in the Room
- [4] Failing to See Resistances as Key Discipleship Moments
- [5] Not Taking the Long View

[1] FORGETTING PEOPLE CHANGE SLOWLY

- We easily forget how slowly we change.
- Learning and changing is a slow process.

NOTES



[2] RUSHING THE LAUNCH OF THE COURSE

It's Going to Take Time to Prepare to Launch Part 1 and 2 of The EHD Course!

- You need two to four months to prepare.
- Go through the material slowly for yourself (e.g. read the book *Emotionally Healthy Spirituality*, do the EHS Workbook, the Day by Day Offices, practice the *EH Relationships Course Skills*, etc.)
- Train Table Leaders.
- Go through the EHS & EHR Course Planners, and adapt schedules and PowerPoint slides.
- Prepare introductions to the Daily Office.
- Order participant resources in advance.

[3] FAILING TO STAY PRESENT TO THE PEOPLE IN THE ROOM

It is easy to get so wrapped up in leading from up front that we miss the people in the room. You are holding the room, praying, and loving your people.

Just as a nursing mother cares for her children, so we cared for you. Because we loved you so much . . . we dealt with each of you as a father deals with his own children.

1 Thessalonians 2:7-8, 11 NIV

I am again in the pains of childbirth until Christ is formed in you.

Galatians 4:19 NIV

[4] FAILING TO SEE RESISTANCES AS KEY DISCIPLESHIP OPPORTUNITIES

- Prepare well. The most important person in the room to lead and manage is you.
- Make adjustments as needed.
- Prayerfully listen: “What is the Holy Spirit doing here in the room?”
- Respond to questions emerging in your context.

[5] NOT TAKING THE LONG VIEW

- Have realistic goals and expectations.
- Have the larger picture of how the Course can transform your entire church over a number of years.
- You are in the pilot stage in Level 1 Training to Master the Launch of the EHD Course.
- There is a Level 2 Training to learn about training high-level Table Leaders.



- After leading both parts of the Course at least once, your next step is LEVEL 2 training.

NOTES



Watch The Power of The EH Spirituality Course video testimonies


[Watch Part 1](#)
[Watch Part 2](#)

HOW TO TRAIN TABLE LEADERS

Table Leaders are the “heart-beat” of the EH Discipleship Course as they foster an environment of safety and trust, gently leading participants through the course workbook.

[Watch Part 1 - Introduction](#)

The most important thing you’ll want to do is start doing the material now in your own personal life, and just stay one step ahead of your group.

Expect God to meet you in a new way as a Table Leader!

[Watch Part 2 - Table Leader Training](#)

PERSONAL QUALIFICATIONS

- *Committed follower of Jesus*
- *Life has been positively impacted by EHS*
- *Growing in openness, approachability, and self-awareness*
- *Able to listen empathetically to others*
- *Not highly reactive*
- *Respect people’s different spiritual journeys*
- *Sensitive to people’s different personalities temperaments, and life experiences*
- *Able to share out of vulnerability and weakness*

TABLE LEADER JOB DESCRIPTION

View job description at [Build & Train Your Course Team](#)

SUGGESTED GUIDELINES

Refer to the guidelines at the front of your Course Workbook

CLOSING QUESTIONS

1. *What were your key learnings (i.e. “aha” moments)?*
2. *How is leading an EHD Table Group different from other small groups you’ve led or been in?*
3. *Which of the table group guidelines do you think will be most challenging or difficult for you?*

NOTES



[Watch Video](#)

HOW TO LEAD THE DAILY OFFICE

In this section you will find resources for leading the Daily Office at the beginning of each session of both parts of *The EH Discipleship Course*.

These resources include:

Video Resources for Silence & Stillness

Find videos that address the topic of silence and stillness and how to lead the Daily Office.

Tips for leading the Daily Office each week

Be sure to watch the video samples of how to introduce the Daily Office during the course.

A Silence & Stillness card PDF

The card (on page 21 & 22) can be printed as a double-sided document onto card stock and cut into wallet-sized cards that should be distributed to participants at the beginning of the course.

NOTES

LEADING THE DAILY OFFICE AT THE EH DISCIPLESHIP COURSE



WHAT IS THE DAILY OFFICE & WHY IT IS NEEDED?

TIP: Share this video with your course participants before the first course session preparing them with a better understanding of the Daily Office.



BE STILL...THE POWER OF SILENCE AND STILLNESS

TIP: Use this video to promote your course. Share this video with your course participants in the early weeks of the course to encourage them on their journey.

The spiritual practice of silence and stillness is the most *difficult* part of both parts of the EH Discipleship Course for most people. It is also, in many ways, the most *important* part.

Each week of *The EH Spirituality Course* or *The EH Relationships Course*, you will be leading a Daily Office with the entire course group. Silence and stillness will be a new and likely uncomfortable or awkward experience for most of The Course participants.

To guide participants each week into the Daily Office it is vitally important that you prepare a short teaching for the two to three minutes before you actually do the Daily Office in the large group.

Two things to note:

1. The most important thing is that people DO Silence!

It's not about getting this perfect. It's about starting, growing and beginning a regular, intentional rhythm to BE with Jesus.

2. People need HELP to enter into the silence.

We can help in different ways by framing the Daily Office introduction in a way that enables them to enter the silence more deeply and becomes a growing experience. We give them prayer words for their experience, and we move them towards the purpose of the Office - Centeredness in Jesus, listening, being with Him, communion with Him as a living Person.

INTRODUCING THE DAILY OFFICE DURING THE EHD COURSE SESSIONS

My goal - is to show you what it might look like to help people strengthen their silence each week throughout the Course. It is such a foreign concept. We've pro-actively created a sequence of teaching introductions to help them grow their silence muscles.



LEADING THE OFFICE EACH WEEK DURING THE COURSE

TIP: I model leading the Daily Office during each session. These videos are also incorporated into the Course Session Schedules found in the EHS & EHR Course Planners.

The following are 8 introductions you can use for those 2-3 minutes of teaching prior to doing the Daily Office in each Session. Session 1 will need a 5-7 minute introduction as it is the first one of the course.

SESSION 1 INTRODUCTION

FOCUS: **HEALTHY RELATIONSHIPS INCLUDE BOTH TALKING AND LISTENING**

- **Begin** by sharing how you began practicing silence and stillness.
- **Explain** how a relationship in which one person does all the talking is immature and limited. We can't know a person if we don't listen to them. It is the same with us and God. One goal of the course is to move us into a more mature, two-way relationship with God that will transform us.
- **Introduce** the Silence & Stillness card.
- **Transition to silence and silence**, ask them to first become aware of their body - any tension, anxiety they're feeling - sitting in a chair, their feet grounded in the earth, and they take a couple of deep breathes.

Remind them how normal it is for our mind to wander and to be distracted.

Our mind will begin to wander, "Don't forget to get milk... check email... call to make"... LET IT GO - observe the thoughts as if the thoughts are going down a river. Use their prayer word or phrase - HERE I AM LORD

- **Start this first session** with 1 minute of silence, reminding them that our goal is simply to be with Jesus, in communion with him, and enjoying a relationship of love with him.
- **Set the timer for ONE-MINUTE**

SESSION 2 INTRODUCTION

FOCUS: **REVIEWING SESSION 1 - HEALTHY RELATIONSHIPS INCLUDE BOTH TALKING AND LISTENING**

We're talking about healthy relationships are both talking and listening. Most of us are very underdeveloped in listening. Without silence and listening, it is almost impossible to grow in the Christian life.

- **As people enter the room**, often feeling hurried or stressed, invite them to take a couple of deep breaths to allow their spirit to catch up to their body.
- **What makes this experience of silence and stillness so different** is that we are still and silent before the Lord himself. This silence and stillness is about our relationship with him who fills the universe with his presence. We are with him, the living God, not empty space.
- **Briefly review** the key points from Session 1.

It is normal for our mind to wander, and when it does, we can use a simple prayer (such as Jesus, or Abba, or Here I am, Lord) to help us return to God.

- **Start this second session** with 1 minute of silence, reminding them that our goal is to be with Jesus, in communion with him, and enjoying a relationship of love with him.

SESSION 3 INTRODUCTION

FOCUS:

BE PATIENT. YOUR SILENCE MUSCLES ARE OUT OF SHAPE.

- **Remembering** that prayer is not only speaking but listening.
- **Just as it is with a new exercise routine, starting is initially hard**, especially if we've never exercised our silence and stillness muscles. It is easy to quit after the first two or three attempts. If your silence and stillness muscles are weak, stay with it—they will get stronger and this will get easier.
- **Read through the guidelines** on the Silence and Stillness Card. It provides another helpful focus point when they experience distractions.
- **Start** with 2 minutes of silence.

SESSION 4 INTRODUCTION

FOCUS:

THE DANGER OF PERFECTIONISM

Try not to fall into the trap of perfectionism/keeping score. You don't get a gold star for getting through all the Offices.

Sadly, if you ask ten Christians about their prayer life or their Bible reading, nine will hang their head in shame or guilt, saying something like, "God is disappointed. I'm not doing enough."

God doesn't love us any more or less based on the order we pray or how often or how long we pray. He simply loves us—without conditions. He loves us because he created us in his image. And he loves us because we stand before him in the righteousness of Jesus, who lived a perfect life and died on the cross for our sins.

Success in practicing silence and stillness is not based on warm feelings of God during or after the silence. Success is that we showed up at all. We moved toward him! That alone is fantastic. And God rejoices.

The goal is not to "get through" the whole Daily Office or devotional. Those of us who are perfectionists can turn even something as life-giving as this into a new legalism, a "have-to" that burdens us.

If you have only five minutes for the afternoon office, ask yourself, "What do I need in order to connect with Jesus?" Is it to spend the entire time in silence because you're feeling so agitated? Is it better to start with the Scripture or the devotional so you can calm down and do the silence and stillness later? Do whatever will help you connect and abide in Jesus.

- **Start** with 2 minutes of silence.

SESSION 5 INTRODUCTION

FOCUS: **THE THREE GOALS OF SILENCE AND STILLNESS**

- **Distribute the Silence and Stillness Guidelines Card cards** again for people to have

"The Lord is in his holy temple; let all the earth be silent before him." (Habakkuk 2:20)

In this passage, the people of Israel are upset and confused as they are about to be invaded by the Babylonian army. Among other things, God commands them to be silent. Sometimes, we too are commanded by God to be silent and still.

Here are three reasons we cultivate the spiritual practice of silence and stillness:

- 1. We receive God's love, allowing him to fill and invade every aspect of our being.*
- 2. We let go, surrendering our will to his will. This is something we need to do many times each day.*
- 3. We open ourselves to hear God speak.*

• **These three reasons are included** on the “Silence and Stillness Guidelines” card.

***I invite you to place your hands on your lap with your palms open toward heaven.** This physical posture of openness before the Lord signals your willingness to receive God's love, surrender your will to God's will, and to listen to what God might say to you.*

• **Start** with 2 minutes of silence.

SESSION 6 INTRODUCTION

FOCUS: STOPPING ENABLES US TO ABIDE IN HIM ALL THROUGH THE DAY

- **Most of us live compartmentalized lives**, thinking of God only in church, or in a Bible Study, or when we are praying. The reason we have spent so much time in developing rhythms 2x a day to stop and be with Jesus – is to remember/ stay connected throughout the day.
- **David prayed seven times a day** (Ps. 119:124). Daniel prayed three times a day (Daniel 6). Orthodox Jews in Jesus' day prayed three times a day. Stopping and pausing to be with God makes remembering him all through the day a real possibility.
- **In John 15:5 Jesus says the key to life is to abide in him.** If we remain in him, we will bear much fruit, meaning his life will flow through and out of us. Apart from him, however, we can do nothing (John 15:5). We are unable to bear fruit or bring life to others.

- **The purpose of the Daily Office is not the stopping itself**, but the goal of practicing God’s presence all throughout the day.

- **One translation of *abiding* is *relaxing*.** We stop, we allow ourselves to be held in the love of Jesus. We relax and allow God to steer our lives.

- **Start** with 2 minutes of silence.

SESSION 7 INTRODUCTION

FOCUS: KNEELING IN THE FATHER’S LOVE

- **TO PREPARE FOR OUR SILENCE AND STILLNESS BEFORE GOD** – today 3 minutes!

Refer to the Rembrandt painting, “[The Return of the Prodigal Son](#).”

- **It offers us 2 ways to approach** and resting in His love. The first is that of the younger son – kneeling, dependent and the 2nd is the Elder brother – standing, watching, serving, doing – but not entering in.

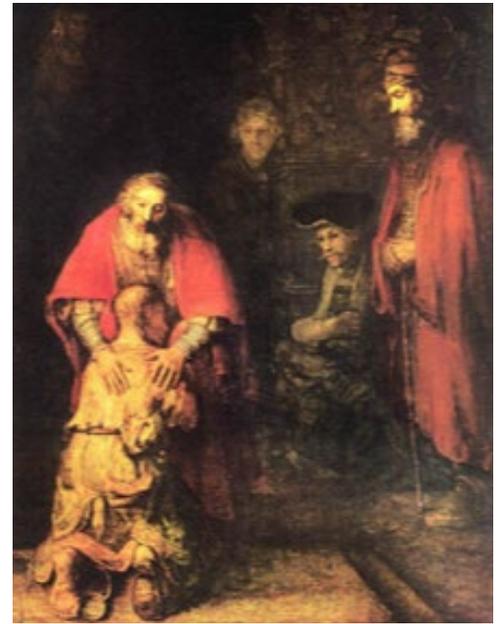
- **It may help you** during our times of silence to imagine yourself kneeling - dependent, resting his head on the Father’s chest/receiving his love. He is bald, seemingly exhausted, without his cloak, wearing only one tattered shoe, and disheveled. He is a picture of silent prayer, intentionally leaning in to his father’s embrace and resting in his father’s love.

- **Notice the older brother** on the right side, who is well-clothed in a red robe. He is in a posture of judgment. Cold. Angry.

- **Every time you slow down** to be still and silent before the Lord, imagine you are stepping out of being the elder brother (that is, only watching or talking about God) and kneeling down humbly like the younger brother to receive the Father’s love.

- **We’ll take 3 minutes of silence today.** If you feel distracted, feel free to look at the painting as a means of returning your attention to God.

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SESSION 8 INTRODUCTION

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FOCUS: COMPLINE AND LONG-TERM RHYTHMS

Psalm 27:4 changed my life... One thing I ask of the Lord, this is what I seek, that I may dwell in the house of the Lord all the days of my life, to gaze upon his beauty and to seek him in his temple.

My 1st work is to be with God/seek Him – not social worker, lawyer, Dad, pastor, any role. To be with him -- that is what OFFICE means – my 1st work.

For people like you and me who live outside a monastic community, they divided up the prayer times as follows:

Morning Prayer: 6 – 9 AM

Afternoon Prayer: 11 AM – 2 PM

Evening Prayer: 5 PM – 8 PM

Compline: just before going to bed

- **Compline** (pronounced “comp-line” or “comp-lin”) is a going-to-sleep prayer of trust. **It is a wonderful way to end the day with God,** it is the last of four Daily Offices typically observed during the following time frames. While we may miss one or more of these in a day, the reminder to pause, even for a couple of minutes, at the end of your day is potentially very powerful.

- **Compline is observed right before you go to sleep and is meant to be brief.** You may read a portion of a Psalm, do the Examen, or pray the Lord’s Prayer.

- **Compline brackets our day with God.** We begin with Morning Prayer and end with Compline. When we close our eyes to sleep, we release to God all the unfinished work of the day and trust him with our lives.

Today, we’ll begin with five minutes of silence, and then we’ll end with thirty seconds of silence. As we start, I invite you to release any heavy yoke you may be carrying related to the Daily Offices. Let’s remember: God is delighted that you are here, and showing up at all! His love for you is without conditions and without strings attached. There is nothing you can do to get him to love you more or less.

- Let’s begin and stretch a bit to **5 minutes of silence** before the Lord.

OTHER POSSIBILITIES FOR INTRODUCING THE DAILY OFFICE

1. In Week 6 or 7, substitute a testimony for the teaching time.

2. Present silence as a way to be stripped of our false self and offer our true self to others.

- It is normal to feel uncomfortable, even frightened by times of silence. You may think, “I can’t do this. This isn’t for me.” Silence and stillness help us to stop so we can be with God and ourselves.

3. Present prayer as receiving the loving gaze of God on us.

- God looks at us with a loving gaze. In fact, our desire to be with him does not begin with us; it originates in knowing ourselves seen by God. It is this heavenly love that kindles our desire for him.

- In silence and stillness, we take time to gaze ourselves and to experience the very powerful gaze of God that not only calls us into existence but sustains our very being.

4. Refer people to the “Top Ten FAQs about Practicing Silence” in the appendices of the *Day by Day* books. Highlight one or two or read them all, and invite participants to circle which of the FAQs they relate to or find most helpful.

NOTES

SILENCE & STILLNESS GUIDELINES

The Lord will fight for you; you need only to be still. Ex 14:14

- Sit down and take a few deep breaths to settle into the silence.
- Choose a very simple prayer to express your openness and desire for God.
(e.g. Abba, Father, Holy Spirit, Jesus, Here I am Lord)
- Close your eyes and offer this prayer to Jesus, allowing His will and love full access in your life.
- When you become distracted, offer again your simple prayer back to God.



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CREATING A RHYTHM IN YOUR DAY

-  **Morning Prayer:** 6:00am - 9:00am
-  **Afternoon Prayer:** 11:00am - 2:00pm
-  **Evening Prayer:** 5:00pm - 8:00pm
-  **Compline:** Just before going to bed/sleep

DURING OUR TIME OF SILENCE/STILLNESS:

-  We receive His love
-  We let go, surrendering our will to His will
-  We open ourselves to hear God speak



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-  We let go, surrendering our will to His will
-  We open ourselves to hear God speak



CREATING A RHYTHM IN YOUR DAY

-  **Morning Prayer:** 6:00am - 9:00am
-  **Afternoon Prayer:** 11:00am - 2:00pm
-  **Evening Prayer:** 5:00pm - 8:00pm
-  **Compline:** Just before going to bed/sleep

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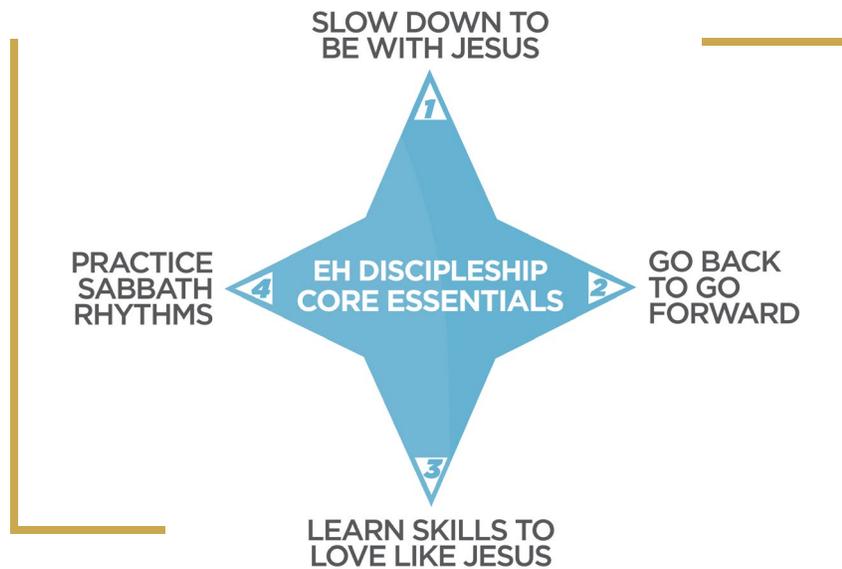


[Watch Video](#)

MAKE A PLAN TO PILOT THE COURSE

TWO NEXT STEP QUESTIONS:

1. What might be a couple of next steps for you to grow in your own discipleship in the next 30-60 days?



2. What is your next step to pilot the Course in your church?



[Watch Video](#)

WHY RUN THE EH DISCIPLESHIP COURSE?

OUR STORY

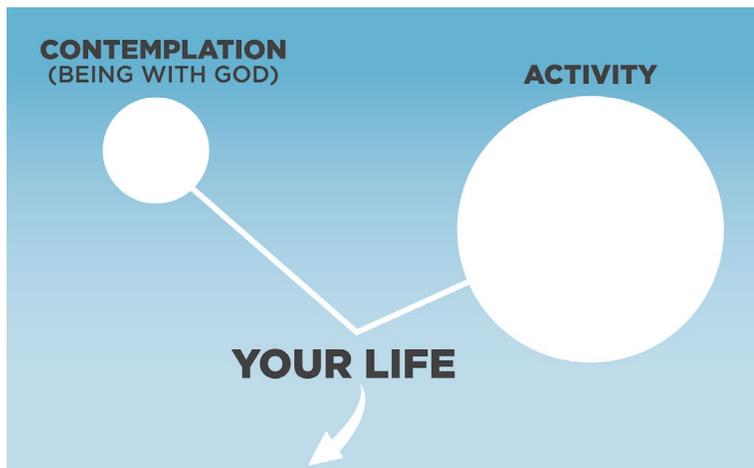
**Emotional Health and Spiritual Maturity
are Inseparable.**

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

Balancing Activity and Being with Jesus (Luke 10:38-42)

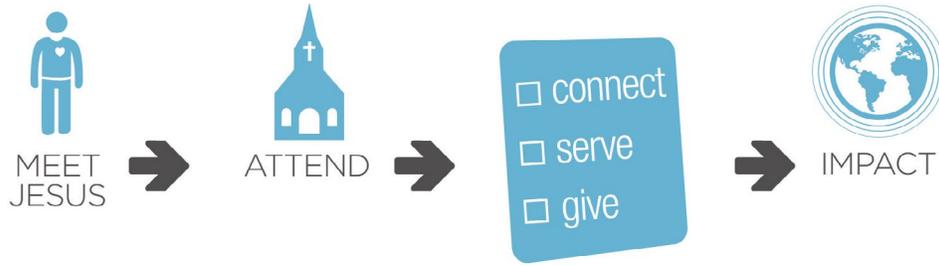
- **Martha:** Active, working for Jesus, but missing him
- **Mary:** Sitting at the feet of Jesus, listening, being with him

NOTES

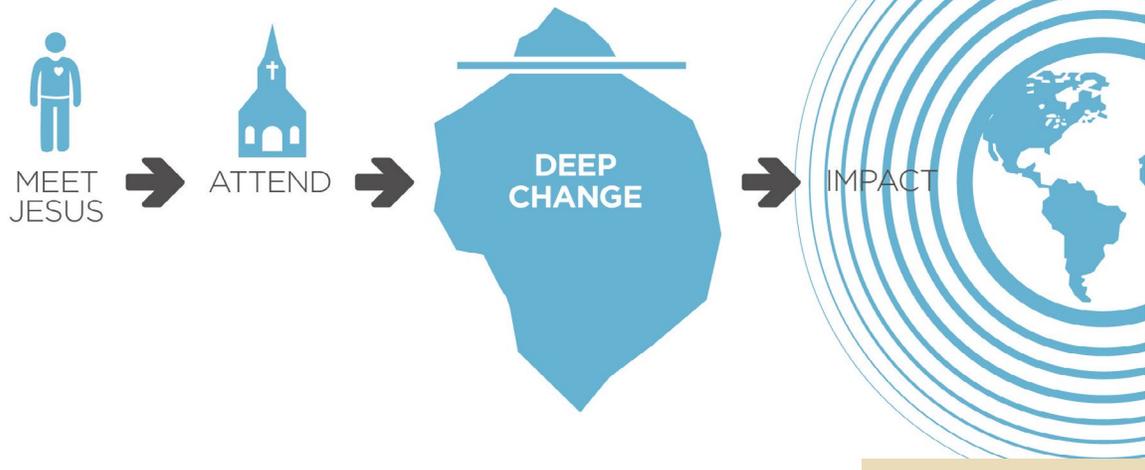


THE PROBLEM OF SHALLOW DISCIPLESHIP

TRADITIONAL DISCIPLESHIP



TRANSFORMATIVE DISCIPLESHIP



MODERN-DAY DISCIPLESHIP



JESUS' DISCIPLESHIP STRATEGY



NOTES

A large, empty rectangular area with a light beige background, intended for taking notes.

THE EMOTIONALLY HEALTHY DISCIPLESHIP COURSE

ONE COURSE IN TWO PARTS:

PART 1

EMOTIONALLY HEALTHY SPIRITUALITY

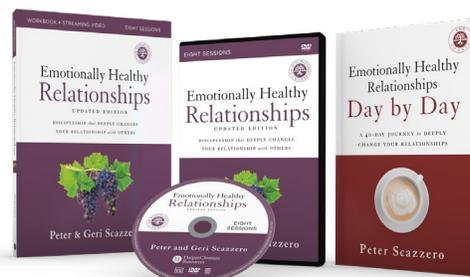
1. The Problem of Emotionally Unhealthy Spirituality
2. Know Yourself that You May Know God
3. Going Back to Go Forward
4. Journey through the Wall
5. Enlarge Your Soul through Grief and Loss
6. Discover the Rhythms of the Daily Office and Sabbath
7. Grow into an Emotionally Mature Adult
8. Go the Next Step to Develop a Rule of Life



PART 2

EMOTIONALLY HEALTHY RELATIONSHIPS

1. Take Your Community Temperature Reading
2. Stop Mind Reading & Clarify Expectations
3. Genogram Your Family
4. Explore the Iceberg
5. Listen Incarnationally
6. Climb the Ladder of Integrity
7. Fight Cleanly
8. Develop a Rule of Life to Implement Your New Skills





[Watch Video](#)

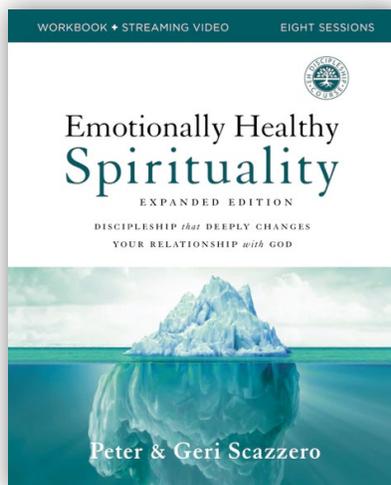
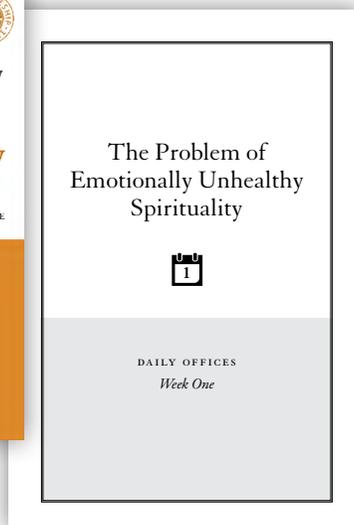
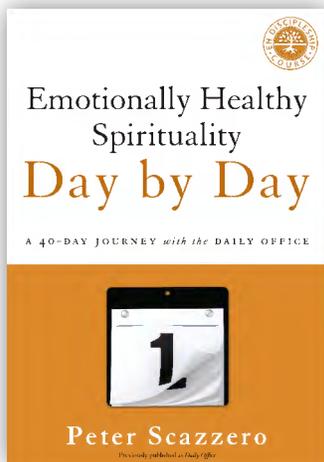
EXPERIENCE *EMOTIONALLY HEALTHY SPIRITUALITY*, PART 1

THE EMOTIONALLY HEALTHY SPIRITUALITY COURSE - SESSION 2:

Know Yourself That You May Know God

IMPORTANT: Be sure to download and print copies of the corresponding PDF's for *Daily Office* and *The Emotionally Healthy Spirituality Workbook*.

NOTES





[Watch Video](#)

EXPERIENCE *EMOTIONALLY HEALTHY RELATIONSHIPS*, PART 2



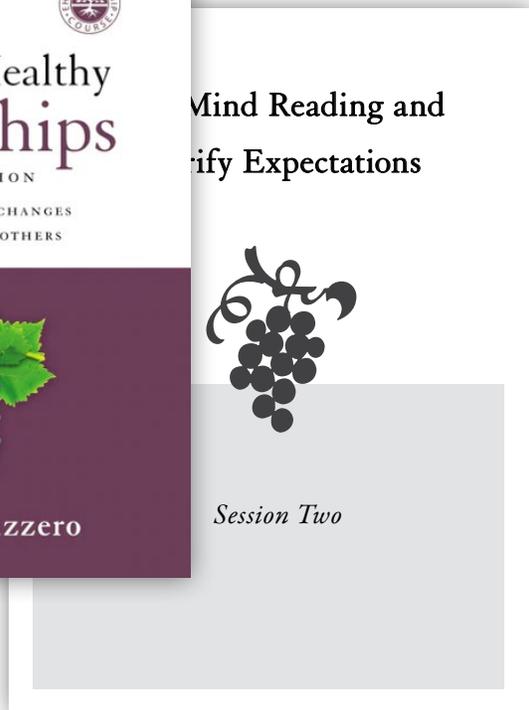
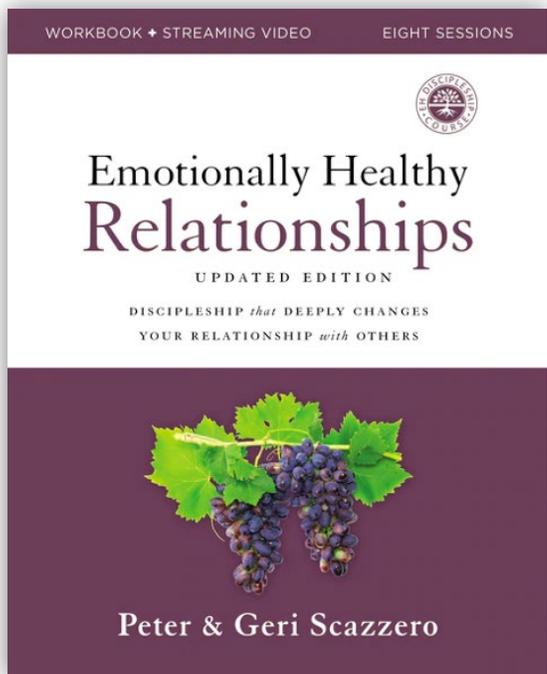
THE EMOTIONALLY HEALTHY RELATIONSHIPS COURSE - SESSION 2

Stop Mind Reading and Clarify Expectations

IMPORTANT: Be sure to download and print copies of the corresponding PDF's for *The Emotionally Healthy Relationships Workbook*.

NOTES

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Watch Video

FAQS TO IMPLEMENT THE EH DISCIPLESHIP COURSE

TWELVE FAQS

1. Why does *The Emotionally Healthy Discipleship Course* need to be done as a centralized course and not a small group curriculum?

- Quality.
- Small group format resulted in very little transformation.
- Centralized training and leaders living it has proven to bear fruit.

2. How do I overcome some people's resistance to "contemplative spirituality," silence, and stillness, as they think it comes from eastern meditation or New Age practices?

- Contemplative spirituality is a slowed-down spirituality of being with Jesus.
- The roots of these practices go back to Moses, Elijah, John the Baptist, and Jesus.
- Download the eBook book, "*Why Church History Matters to a Discipleship that Deeply Changes Lives*" - emotionallyhealthy.org/churchhistory

3. I notice *The Emotionally Healthy Discipleship Course* sessions are two hours long. How can I best do them in ninety minutes?

- We recommend one hour and forty-five minutes or two hours.
- Options: skip break time, break table groups into smaller groups, omit one or two questions, summarize Bible study time.
- A longer session allows for a more relaxed experience and the building of community.

NOTES

4. Is there a way watch the videos on demand versus on a DVD? Is there a digital download?

- Video presentations for each session are available wherever books/DVDs are sold, or by digital video through sites such as amazon.com, christianbook.com, gotothehub.com, and studygateway.com.

5. Which part of the Course do I need to start with first?

- You can start with either part of the Course but we recommend beginning with *The Emotionally Healthy Spirituality*.

6. Are the Courses suitable/appropriate for youth groups?

- Yes. Older members of youth groups have done well with good adult leadership as Table Leaders.

7. We are a church plant. How do you suggest we integrate the Courses?

- Have your core group go through the Course (Pt 1 and 2).

8. What do I do if my senior/lead pastor is not into it? How involved should the senior leader be?

- If your church is larger than 100 to 150 people, it is unlikely the lead pastor can spearhead *The Emotionally Healthy Discipleship Course*. It requires too much time, focus, and attention.

- You need the leader's permission to bring this level of discipleship into the church.

- Give the senior leader *The Emotionally Healthy Discipleship Course Leader's Kit* or *The Emotionally Healthy Leader* book.

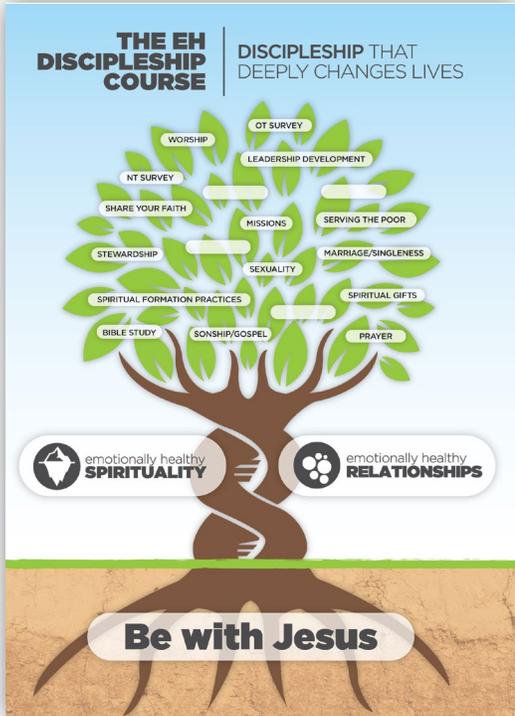
9. I want to expose our whole church to Emotionally Healthy Spirituality. What do you think about preaching a series on Emotionally Healthy Spirituality to launch the Course?

- Preaching a series can be a fine thing as long as you have a larger strategy for integrating the Course so that the message content can be worked into peoples' lives.

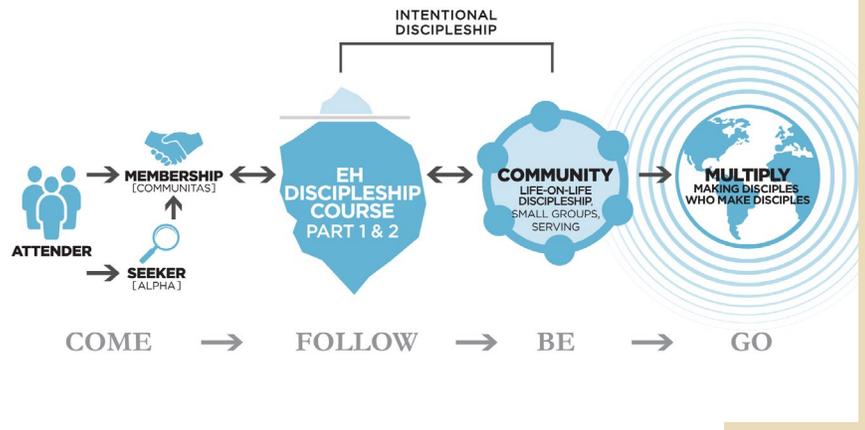
- It is great preaching material. You can easily do sermon series on each topic. See examples on our website emotionallyhealthy.org/sermons.

10. What do we do if we are a small church and don't have enough people to take different roles, such as point leader, administrator, table leader, etc.?

- The point leader may need to serve as the administrator and a table leader if you have only two to three groups.
- Keep it simple.



A TRANSFORMATIVE DISCIPLESHIP PATHWAY



11. What else do we do for discipleship after the Course (Part 1 and 2)?

- *The Emotionally Healthy Discipleship Course* is an **introduction** to a discipleship that deeply changes lives. You will need to think through how you want to build out the rest of your plan for discipleship.

12. Does everyone need their own materials—the *Emotionally Healthy Spirituality Workbook, Day by Day*, and the *Emotionally Healthy Relationships Workbook*?

- Yes.

For More Information

Contact one of our Emotionally Healthy Discipleship Course Coaches who will be able to address other questions you may have. Or contact us at info@emotionallyhealthy.org.



Watch The Power of The EH Relationships Course video testimonies