

FAQS TO IMPLEMENT THE EH DISCIPLESHIP COURSE



Q.

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

A.

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

Q.

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?

A.

- 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 a FREE eBook, "*Why Church History Matters to a Discipleship that Deeply Changes Lives*" - emotionallyhealthy.org/churchhistory

Q.

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

A.

- 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.

Q.

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

A.

- Streaming video presentations for each session are available at StudyGateway.com. The access code for streaming videos can be found in the inside cover of the course workbook.

- 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.

Q.

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

A.

- You can start with either Course but we recommend beginning with *The EH Spirituality Course*.

Q.

Is the EH Discipleship Course suitable/appropriate for youth groups?

A.

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

Q.

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

A.

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

Q.

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

A.

- 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.

Q.

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?

A.

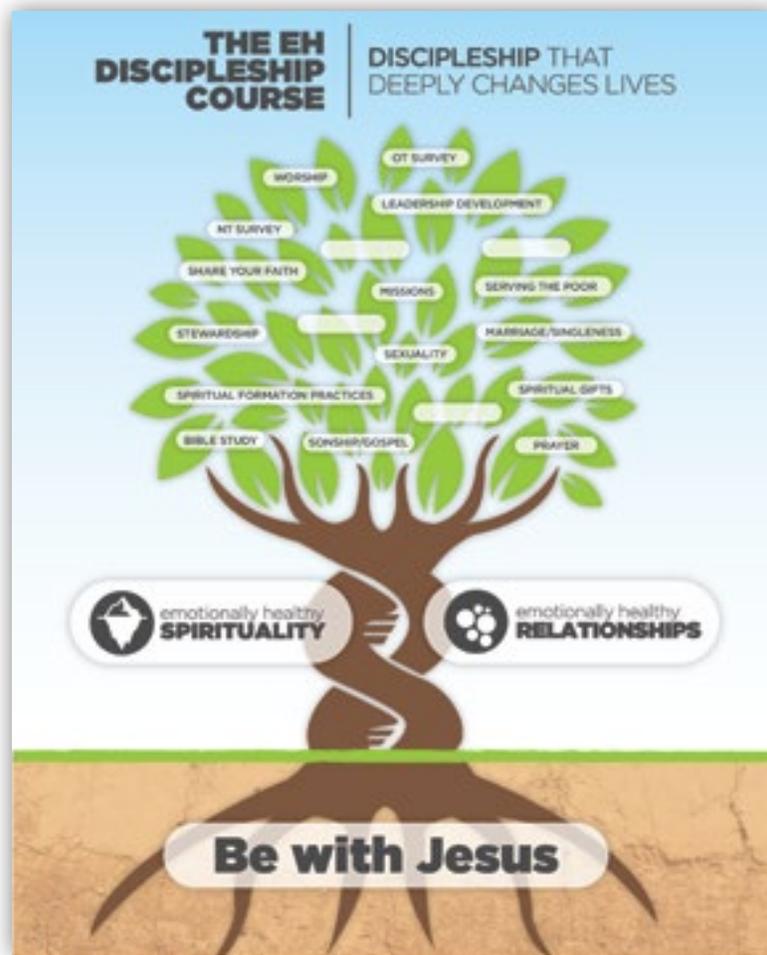
- Preaching a series can be a fine thing as long as you have a larger strategy for integrating the Course so that the message content can be worked into peoples' lives.
- It is great preaching material. You can easily do sermon series on each topic. See examples on our website emotionallyhealthy.org/sermons.

Q.
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.?

- A.**
- 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.

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

- A.**
- *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.



A TRANSFORMATIVE DISCIPLESHIP PATHWAY



Q.

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

A.

- 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.