

# 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.
- See the **vault** for a book and video titled, "*Why Church History Matters to a Discipleship that Deeply Changes Lives*" - [emotionallyhealthy.org/churchhistory](http://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.**

- They are available to stream at [emotionallyhealthy.org](http://emotionallyhealthy.org).
- Video presentations for each session are available wherever books/DVDs are sold, or by digital video through sites such as [amazon.com](http://amazon.com), [christianbook.com](http://christianbook.com), [gotothehub.com](http://gotothehub.com), and [studygateway.com](http://studygateway.com).

**Q.**

**Which 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.**

**Are the Courses 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 Courses?**

**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.**

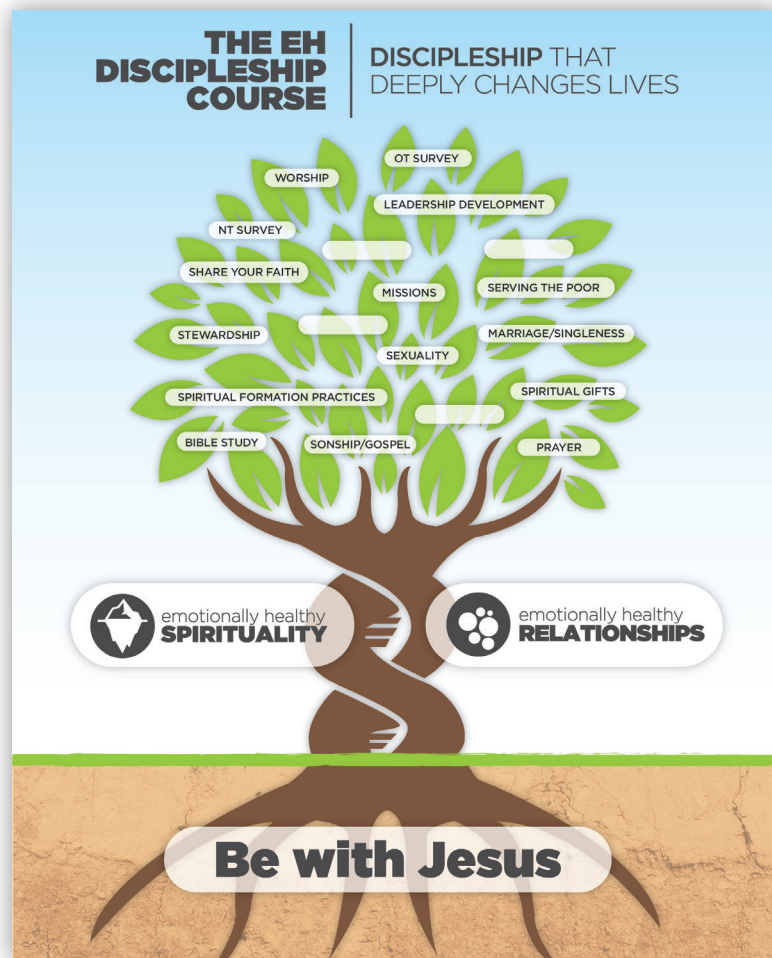
- Preaching a series can be a fine thing as long as you have a larger strategy for integrating the Course so that the message content can be worked into peoples' lives.
- It is great preaching material. You can easily do sermon series on each topic. See examples on our website [emotionallyhealthy.org/sermons](http://emotionallyhealthy.org/sermons).

**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](mailto:info@emotionallyhealthy.org).