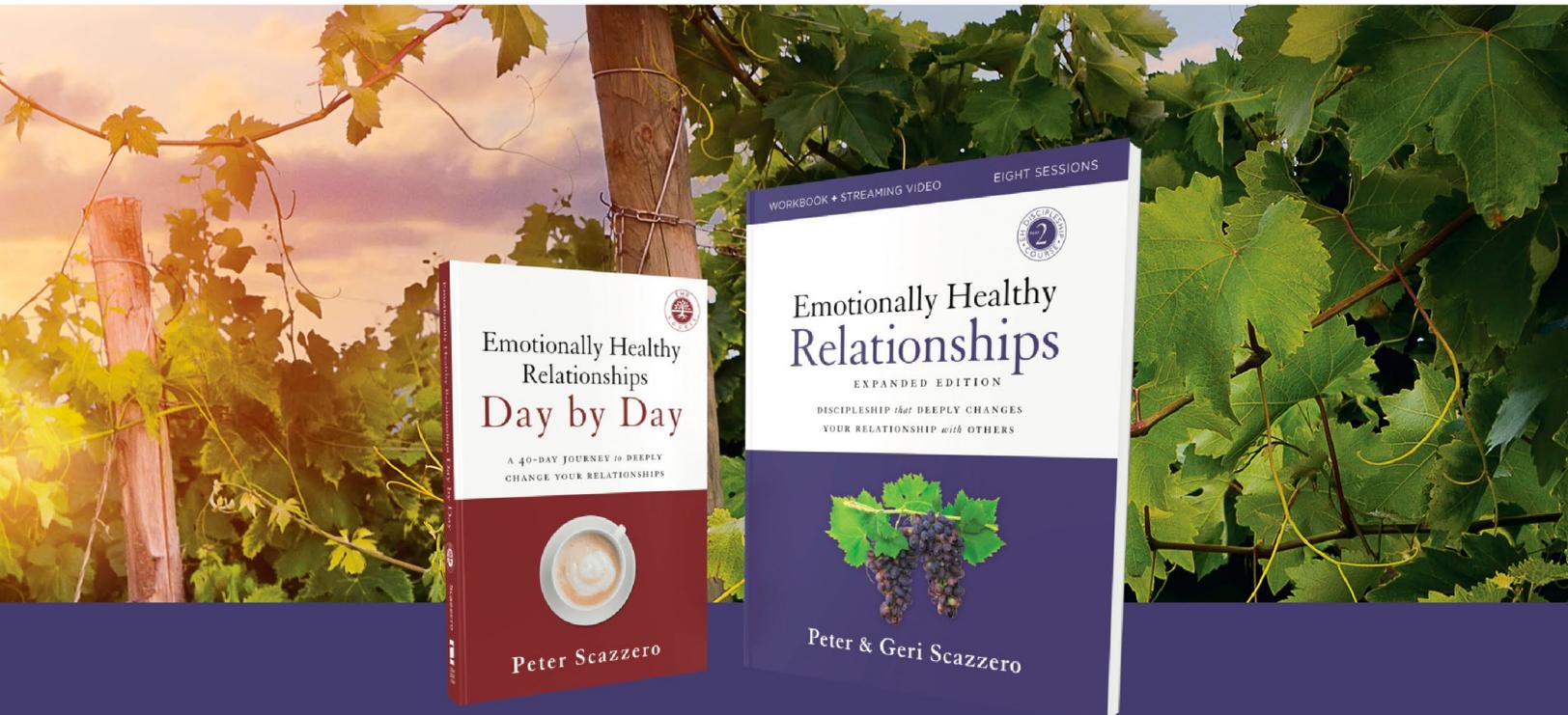




Emotionally Healthy Relationships

PLANNER

for use with the Emotionally Healthy Relationships Workbook 2023 Updated Edition



the emotionally healthy
**DISCIPLESHIP
COURSE** PART 1&2

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CHECKLIST

FOR POINT LEADERS RUNNING THE EH DISCIPLESHIP COURSE

- STEP 1 PREPARE for Your EHD Course**
- Complete Level 1 Training
 - Connect with a EHD Course Coach
 - Review all Course Resources
- STEP 2 PLAN Your EHD Course**
- Set the dates
 - Select the EHD Course Team
- STEP 3 PROMOTE Your EHD Course**
- Create a Promo Plan with Dates
 - Execute Your Promo Plan
- STEP 4 TRAIN EHD Course Team**
- Train your Table Leaders
 - Gather an Administrative Support Team
- STEP 5 RUN Your EH Course**
- Create a safe, hospitable environment
 - Communicate between Sessions
 - Check in with the EHD Course Team
 - Get feedback



Emotionally Healthy
Spirituality



Emotionally Healthy
Relationships

INTRODUCTION

Each of the **eight skills** in this Part 2 of the EH Discipleship Course are a means to work out God's call for us to love others like Jesus as member of his new family. So whether we are teaching people to love through the expression of appreciations (Community Temperature Reading, CTR), or to not make negative assumptions (Stop Mind Reading), or to declare their preferences without blaming (The Ladder of Integrity), or listen attentively (Incarnational Listening), or negotiate their differences with others (Clean Fighting), we have one overriding objective - to intentionally disciple people to love like Jesus.

The **eight skills** function as training wheels of a bicycle so people can learn healthy ways of relating in contrast to unhealthy habits learned in their family of origin, and cultures. The goal is that, eventually, they will no longer need the training wheels (the skills) because they will have internalized the skills leading to an ability to love like Jesus.

You will notice two consistent themes as we explore the essentials and pitfalls for each Session. First, it is vital to connect the skill to the Bible Study. The skills developed are a practical application of the Scripture in the Bible Study. Secondly, participants need to practice the skills from each Session - even if it feels wooden and awkward.

This is purposeful discipleship training in the area of relationships. This graphic illustrates the journey Emotionally Healthy Relationships wants to facilitate in people - moving them from brokenness towards wholeness in their relationships as disciples of Jesus.



FROM
BROKENNESS
(GENESIS 3)

TOWARD
WHOLENESS
(GENESIS 1 & 2)



Defensive
Low Self-Awareness
Isolation
Anger
Blame
Fear
Self-Absorption
Addiction
Dishonesty



Approachability
High Self-Awareness
Taking Responsibility
Non-Reactivity
Delight
Courage
Offering Self as Gift
Freedom
Honesty

Leading IN-PERSON



PART
2

Emotionally Healthy
Relationships



ORIENTATION MEETING

for EHD In-Person Course Participants

An orientation meeting is a helpful way for potential EHD Course participants to understand what they will experience during the Course and clarify the expectations of Course participation.

Some reasons for having a pre-course orientation are:

- Create excitement around potential participants discipleship journey
- Create an environment of safety for potential participants
- Participants gain a greater sense of the seriousness & the expectations of the Course
- People decide if they can fulfill the Course expectations or opt for a later time
- Participants are given their next steps for completion before Session 1

The following is an outline for a 1-hour orientation meeting.

Welcome – have a few table leaders

The Story of EHD

- Review the Iceberg
- Emotional Health and Spiritual Maturity are inseparable
- Slowed down spirituality is core (most of us – inside frantic/Sisyphus)

Review the parts of the Course – both parts are foundational to discipleship

- EH Spirituality - Part 1
- EH Relationships - Part 2

Jesus May Be in Your Heart but Grandpa is in Your Bones

- Genogram sample

Who is this Course For?

- Open to be changed by Jesus
- Willing to invest the time of 8 weeks for 2 – 2^{1/2} hour each session
- Committed to do the pre-session reading and practice the skills each week. This is serious discipleship with Jesus for the rest of your life.

What is this Course Not

- Therapy
- Addiction Support Group
- For the Severe Spectrum of Mental Disorders

What You Can Expect from Us

- Well prepared Presenters
- Trained Table Group Leaders
- Safe environment
- We will begin and end on time

How are you bent over and constricted? Our prayer for you - greater freedom

Jesus Luke 13. Laying hands on her.

Your Next Steps

- Get your materials. Review them. Read Chapter 1/Session 1.
- Do the EHD Personal Assessment. It's a wonderful way to prepare yourself.
- Clear your schedule for 8 weeks.

Show Video of Changed Lives

[The Power of the EH Spirituality](#)

[The Power of the EH Relationships](#)

Q&A

Close in Prayer



SESSION 1: TAKE YOUR COMMUNITY TEMPERATURE READING

THE THEME:

Discipleship must include both learning how to love God AND how to love other people. The Community Temperature Reading (CTR) is a foundational building block that enables people to discover and express their God-given voice and to begin building healthy relationships with others.

INTRODUCING THE DAILY OFFICE:

To be with Jesus. Build a Personal Relationship.

- [Watch video](#) of Pete Scazero introducing the Daily Office to prepare yourself
- Use Silence & Stillness Guidelines Card
 - Read through the 4 Silence & Stillness Guidelines
 - Let people know how normal it is that our mind wanders & we're distracted
 - This ancient practice of choosing a simple prayer (1-4 words) helps us return to being still before the Lord has been used globally for centuries

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, Lord, Jesus, Holy Spirit, have mercy on me)
- 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.



A print template for the Silence & Stillness Card available on pgs.76-77.

SESSION 1: IN-PERSON PLANNER

THE SAMPLE SESSION SCHEDULE: *First night start 10 minutes late to give people time to arrive and get settled.*

Sample Schedule	Your Scheduled Time	Content
7:00-7:10 (10 mins)	_____	WELCOME 🗣️1 Say "Hi" to 2-3 people outside your table that you don't know
<p>✍️ NOTE: People often arrive late first night (e.g. finding location, underestimate how long it takes to get there). Ten minutes is given here for that possibility.</p>		
7:10-7:13 (3 mins)	_____	REVIEW HOUSEKEEPING We provide refreshments on the first night. To save cost and work, we ask that all tables take responsibility for their own snacks each week. We provide a snack sign-up sheet at each table for this purpose.
7:13-7:20 (7 mins)	_____	INTRODUCE Silence & Stillness Card 🗣️2
7:20-7:24 (4 mins)	_____	PLAY VIDEO: Pete explains <i>The Daily Office</i> 🗣️3
7:24-7:27 (3 mins)	_____	INTRODUCE the Daily Office (pg.25-26) 🗣️4 Week 1: Day 1, Morning/Midday Office
		CANDLE during silence & office 🗣️5

 **NOTE:** You may want to begin and end with only 1-minute as this may be people's first time in this practice.

7:27-7:29
(2 mins)

INTRODUCE the 8 Sessions  **6**

1. Take Your Community Temperature Reading

2. Stop Mind Reading and 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 Emotionally Healthy Skills

READ ALOUD the introduction in the Workbook (pg.24)

7:29-7:34
(5 mins)

REVIEW the Suggested Group Guidelines from the front (pg.13-14)  **7**

 **NOTE:** This is to clarify expectations for how the table group functions. This is only done in the first 2 Sessions.

7:34-7:44
(10 mins)

GROWING CONNECTED Question (pg.25)  **8**

Give each person in the group 1 minute to share

7:44-7:54
(10 mins)

BIBLE STUDY  **9**

READ ALOUD the introduction and Scripture text (limit to 10 minutes)

7:54-8:17
(23 mins)

PLAY VIDEO: Take Your Community Temperature Reading  **10**

Encourage people to follow along in their workbooks (pg.26-30)

8:17-8:27
(10 mins)

WORKBOOK ACTIVITY - PARTNER ACTIVITY (pg.31)  **11**

READ ALOUD the instructions listed in the workbook

 **12 & 13** has slides with both the CTR Guidelines and the graphic and timing

THE ESSENTIALS

- *Connect the Bible Study of 1 Corinthians 13:1-3 to the CTR Skill.*
 - *When we see someone and appreciate them, we are being kind.*
 - *When we don't jump to judgments or negative conclusions, we are being gentle.*
 - *When we make a complaint with a request for change, we are being courteous.*
- *Encourage resistant people to hang in there with the structure.*

PITFALLS TO AVOID

- *Remind people, when they break up in twos, to tell their partner who they are standing in for.*
- *Keep the complaints and puzzles light. Going into deep issues calls for other skills.*

- If someone is stuck with using the phrase “I’m puzzled” it is okay to use language that gets at the spirit of what’s behind it e.g. “I wonder.”
- Encourage resistant people to hang in there with the structure. The structure and sentence stems serve like the training wheels on a bicycle to help begin unlearning the unhealthy habits of relating to others from their family of origin going back generations. There will come a time when they will no longer need these training wheels.

8:27–8:37
(10 mins)

BREAK (start timer) 🗣️**14**

Encourage Table Leaders publicly to get e-mails and phone #'s of the people at their tables so they can stay in touch with their group.

8:37–8:52
(15 mins)

SMALL GROUP SHARING (pg.31) 🗣️**15**

The PP clock is set for 10 minutes, but you have an extra 5 minutes here if needed.

8:52–8:59
(7 mins)

PLAY VIDEO: Closing Summary 🗣️**16**

Refer them to follow along in the notes (pg.33)

8:59–9:04
(5 mins)

PERSONAL ACTION STEP and Session Wrap-up 🗣️**17**

- **READ ALOUD** the Personal Action Step for the group
- Give the table groups 1-2 minutes to fill out

📝 **NOTE:** If your Course is scheduled to end at 9:30 this where you can give them more time for Q&A at their tables, and/ or ask how they would finish this sentence, “As a result of tonight’s lesson, I am beginning to realize...”

9:04–9:08
(4 mins)

REVIEW HOMEWORK 🗣️**18**

- Practice the CTR skill with a partner 2-3x this week
- Daily Office: *EHR Day by Day* Week One
- Pre-Session Reading for Session 2
- Take the EHS Personal Assessment (pg.16-23) 🗣️**19**

📝 **NOTE:** They can take the assessment again at the end of the Course to measure their progress. A digital version of the EHS Personal Assessment is available at emotionallyhealthy.org/personal-assessment.

9:08–9:10
(2 mins)

CLOSE IN PRAYER



SESSION 1 POWERPOINT:

Click Here to access the Session 1 PowerPoint

Select Download in the upper left-hand corner

NOTE: to access videos in PowerPoint presentation, use the StudyGateway.com Access Code found in the inside cover of your workbook.

THE SESSION 1 FOLLOW-UP EMAIL:

Send this email between Session 1 & Session 2

Dear EH Relationships Participants,

It was such a joy to be with you last (*day here*). I am particularly blessed by the quality of your Table Leaders serving all of us!

Let me encourage you to do 2 things this week:

1. Don't forget to practice the **Community Temperature Reading** 3x this week. Practicing these skills is the key to long-term transformation. And this is the foundational one upon which all the others build.

Be sure to access the videos using your unique access code found in the front of your workbook. You will see an explanation and sample of Pete & Geri modeling the skill.

2. Watch this 7-minute video where Pete Scazzero explains the Daily Office and how to use it: [What is the Daily Office and Why is it Needed?](#)

This is especially important for all of you who have not taken Emotionally Healthy Spirituality - Part 1.

Thanks so much. See you next week as we dig into Session 2: Clarify Expectations and Stop Mind Reading.

Warmly

(*your name here*)

SESSION 2: STOP MIND READING AND CLARIFY EXPECTATIONS

THE THEME:

The two skills of *Stop Mind Reading* and *Clarify Expectations* revolve around eliminating assumptions and misunderstandings that can cause havoc and destroy relationships.

INTRODUCING THE DAILY OFFICE:

To be with Jesus. Build a Personal Relationship (again)

- **Watch video** of Pete leading the Daily Office to prepare yourself
- Use Silence & Stillness Guidelines Card
 - Review the 4 Silence & Stillness Guidelines
 - Add the 3 goals found on the back of the card

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

A print template for the Silence & Stillness Card available on pgs.76-77.

SESSION 2: IN-PERSON PLANNER

THE SAMPLE SESSION SCHEDULE:

 **NOTE:** Since this is the only Session that teaches 2 skills. There are more stops and starts than with any other Session. It is important that you become very familiar with flow of the content beforehand.

Sample Schedule	Your Scheduled Time	Content
7:00-7:10 (10 mins)	_____	WELCOME 🗣️1 DAILY OFFICE (pg.59-60) 🗣️2 Week 2: Day 3, Morning/Midday Office INTRODUCE Silence & Stillness Card 🗣️3 CANDLE during silence & office 🗣️4
7:10-7:12 (2 mins)	_____	 NOTE: Begin and end with only 1-minute of silence as this may be people's first time in this practice. Then next week move to 2-minutes as the Day by Day indicates. INTRODUCE the 8 Sessions: this Week is Session 2 🗣️5 1. Take Your Community Temperature Reading 2. Stop Mind Reading and 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 Emotionally Healthy Skills

READ ALOUD the introduction in the Workbook (pg.43)

7:12-7:18 _____ **REVIEW** from up front Suggested Guidelines for the Group (pg.13-14) 🗣️ **6**
(6 mins)

7:18-7:28 _____ **GROWING CONNECTED** Questions (pg.44) 🗣️ **7**
(10 mins)

📝 **NOTE:** The goal of Question #1 is simply to provide encouragement and “light” accountability. It underlines the importance of spending time with Jesus as the foundation of this Course and the entire Christian life. Limit Question #1, however, to 5 minutes because it is only meant to be a check-in. You want to leave time for Question #2 which will lead them to the Session’s theme.

7:28-7:38 _____ **INTRODUCE BIBLE STUDY** 🗣️ **8**
(10 mins)

READ ALOUD the introduction and Scripture text (pg.44-45)
(Limit group time to 10 minutes)

SKILL: STOP MIND READING

7:38-7:47 _____ **PLAY VIDEO:** Stop Mind Reading and Clarify Expectations 🗣️ **9**
(9 mins)
Encourage people to follow along in their workbooks (pg.45-46)

7:47-7:53 _____ **WORKBOOK ACTIVITIES** (pg.47-48) 🗣️ **10**
(6 mins)

- *INDIVIDUAL ACTIVITY* - 2 minutes
Reinforce the video instructions
- *PARTNER ACTIVITY* - 4 minutes

THE ESSENTIALS

- Connect the Bible Study to the skills
 - For example, *fools make assumptions, telling themselves stories in their heads without checking them out* - Proverbs 18:2
 - A wise person clarifies things and doesn't make decisions based on their perspective alone* - Proverbs 18:17
- Have lots of recent, personal examples prepared for Stop Mind Reading

THE POTENTIAL PITFALL

- If someone doesn't like the phrase mind-reading, encourage them to use the stem: *“Can I check out an assumption with you that I have?”*

SKILL: CLARIFY EXPECTATIONS

7:53-8:07 _____ **RESUME VIDEO:** Stop Mind Reading and Clarify Expectations 🗣️ **11**
(14 mins)
Refer them to the notes (pg.48)

8:07-8:10 _____ **WORKBOOK ACTIVITY - INDIVIDUAL ACTIVITY** (pg.50) 🗣️ **12**
(3 mins)

PITFALLS TO AVOID

- *The key moment in the Clarify Expectations skill is that the expectations be specific enough. Have your own examples ready*
- *Ask the large group for 3-4 examples to ensure that the expectation they are working from is specific enough*

EXAMPLES OF CLEAR EXPECTATIONS

e.g. I expected my friend to return my phone call vs. I expected my friend to return my phone call by 6:30 pm yesterday

e.g. I expected my boss to send me for advanced training vs. I expected my boss to pay for and send me to advanced training at the Teacher's Conference last month

See other examples in the workbook. Have your own examples ready

8:10-8:20
(10 mins)

BREAK (start timer)  **13**

8:20-8:35
(15 mins)

WORKBOOK ACTIVITY - PARTNER ACTIVITY (pg.50)  **14**

READ ALOUD the instructions from up front before the table group begins

8:35-8:50
(15 mins)

SMALL GROUP SHARING (pg.51)  **15**

THE ESSENTIALS

If the expectation is “unagreed upon,” turn it into a hope.

8:50-8:55
(5 mins)

PLAY VIDEO: Closing Summary  **16**
Refer them to the notes (pg.52)

8:55-9:00
(5 mins)

OPTIONAL SESSION WRAP-UP  **17**

READ ALOUD the Personal Action Step (pg.53)

Give the table groups 1-2 minutes for people to fill out the Personal Action Step



NOTE: In each Session, if time allows, this is a good place for Q&A at their tables. This provides “life on life” interaction in the table groups that isn’t practical for the Course group as a whole.

9:00-9:05
(5 mins)

REVIEW HOMEWORK  **18**

- Practice Stop Mind Reading and Clarify Expectations 2x
- Practice the CTR 2x
- EH Relationships Day by Day: Week Two
- Pre-Session Reading for Session 3

- Take the EHS Personal Assessment  19

CLOSE IN PRAYER

You may want to mention next week's Session, Genogram Your Family, is a big week and a turning point in the Course. Encourage people to do the Pre-Session reading in advance.



SESSION 2 POWERPOINT:

Click Here to access the Session 2 PowerPoint

Select Download in the upper left-hand corner

THE SESSION 2 FOLLOW-UP EMAIL:

Send this email between Session 2 & Session 3

Dear EH Relationships Participants,

Dallas Willard contends that the primary place of our discipleship is not in church or small groups but in our workplace, school, or home. He writes: "To not find your job to be the primary place of discipleship is to automatically exclude a major part, if not most, of your waking hours from life with him. The gospel turns your work into a spiritual formation training center" (The Divine Conspiracy, pg.285).

Let me encourage you to apply "Stop Mind Reading" and "Clarify Expectations" each day as countless opportunities will inevitably present themselves to you. (And, of course, don't forget the CTR).

You remain in our prayers and hearts.

May God give you grace to slow down to be with Jesus, allowing Him to do a deep work in you that will now manifest in all your relationships.

Blessings,
(your name here)

P.S. If you have not taken the 15 min. EH Discipleship Personal Assessment that assesses if you are an emotional infant, child, adolescent or adult, do so here: emotionallyhealthy.org/mature. It would be good to take it now and then after the Course to see your progress.

SESSION 3: GENOGRAM YOUR FAMILY

THE THEME:

To lead people into doing a genogram to help them become aware of how the history and dynamics of their family, over three to four generations, has impacted their following of Jesus and his future for them.

INTRODUCING THE DAILY OFFICE:

To be with Jesus. Build a Personal Relationship (again)

- [Watch video](#) of Pete leading the Daily Office to prepare yourself
- Use Silence & Stillness Guidelines Card
 - Review the 4 Silence & Stillness Guidelines
 - Add the 3 goals found on the back of the card

CREATING A RHYTHM IN YOUR DAY

 Morning Prayer:	6:00am - 9:00am
 Afternoon Prayer:	11:00am - 2:00pm
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 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

A print template for the Silence & Stillness Card available on pgs.76-77.

SESSION 3: IN-PERSON PLANNER

THE SAMPLE SESSION SCHEDULE:

Sample Schedule	Your Scheduled Time	Content
7:00-7:10 (10 mins)	_____	WELCOME  1 INTRODUCE the DAILY OFFICE (pg.95-96)  2 Week 3: Day 4, Midday/Evening Office INTRODUCE Silence & Stillness Card  3 CANDLE during silence & office  4
7:10-7:12 (2 mins)	_____	INTRODUCE the 8 Sessions: this Week is Session 3  5 1. Take Your Community Temperature Reading 2. Stop Mind Reading and 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 Emotionally Healthy Skills READ ALOUD the introduction in the Workbook (pg.63)
7:12-7:22 (10 mins)	_____	GROWING CONNECTED Questions (pg.64)  6 Question #1: Possible addition to Question 1 - use Red, Yellow or Green to describe your experience of the Day by Day this past and why you chose that color.

Question #2: Give examples of “success” after reading this question.

 **NOTE:** The goal of Question #1 is simply to provide encouragement and “light” accountability. It underlines the importance of spending time with Jesus as the foundation of this Course and the entire Christian life. Limit Question #1, however, to 5-minutes because it is only meant to be a check-in. You want to leave time for the second connection question which will lead them to the Session’s theme.

7:22–7:32
(10 mins)

BIBLE STUDY  **7**

READ ALOUD the introduction and Scripture text (pg.64)

THE ESSENTIALS

- Connect the Bible Study to the genogram.
e.g. Jesus refers to the reality that we belong to two families—our families of origin and the new family of Jesus.
- Complete your own genogram and be prepared to share from it.
- Be sensitive to people who may need a follow up with a pastor/counselor/wise mentor.

PITFALLS TO AVOID

- Failing to remember that the genogram is meant to get people started in awareness on how their family of origin has impacted them.
- Encourage your Table leaders to share vulnerably first in order to create safety for the group.

THE SKILL: GENOGRAM YOUR FAMILY

7:32–7:51
(19 mins)

PLAY VIDEO: Genogram Your Family  **8**

Encourage people to follow along in their workbooks (pg.65-66)

 **NOTE:** A larger, legal size “Genogram Your Family” worksheet is available online [here](#). You can make copies of this if you like.

You may want to pause the video for a couple of minutes after Pete says: *“Now you have a three to four generational diagram in front of you” to be sure everyone is caught up. Let them know that, as you resume the video, Pete will explain the relationship symbols on page 67. They can start to more fully fill out their genogram as Pete speaks ,but they will have fifteen minutes to actually complete it once the video is finished.*

7:51–7:56
(5 mins)

TRANSITION

READ ALOUD the introduction to the Individual Activity and steps 1-4 (pg.66-67)

7:56–8:11
(15 mins)

WORKBOOK ACTIVITY - INDIVIDUAL ACTIVITY (pg.67-68)  **9**

- Pete’s Sample Genogram (also on pg.173) ☞10
- Walk around the room to answer questions

 **NOTE:** Be sure to read the leader’s notes on pg.167-168 to prepare for this session.

You may want to equip the Table Leaders with resources (possibly in a handout) for those who want to see a counselor, spiritual director, pastor, an inner healing prayer team, etc. This is often an important moment for people to take next steps in doing more serious inner work with God.

8:11–8:16 _____ **WORKBOOK ACTIVITY - PARTNER ACTIVITY** (pg.69) ☞11
(5 mins)

8:16–8:26 _____ **BREAK** (start timer) ☞12
(10 mins)

8:26–8:31 _____ **RESUME VIDEO: Genogram Your Family** ☞13
(5 mins)
Encourage people to follow along in their workbooks (pg.69)

8:31–8:51 _____ **WORKBOOK ACTIVITIES** (pg.69-71) ☞14
(20 mins)

- *PARTNER ACTIVITY* (7 minutes)
- *SMALL GROUP SHARING* (13 minutes) ☞15

8:51–8:55 _____ **PLAY VIDEO: Closing Summary** ☞16
(4 mins)
Refer the group to the notes in the workbook (pg.72)

8:55–9:00 _____ **OPTIONAL SESSION WRAP-UP** ☞17
(5 mins)

READ ALOUD the Personal Action Step (pg.72)

- Give the table small groups 1-2 minutes for people fill out the Personal Action Step
- If you have time, give them a few minutes for Q & A at their tables

9:00–9:03 _____ **REVIEW HOMEWORK** ☞18
(3 mins)

- Review Your Genogram 1x this coming week
- Do EHR Day by Day: Week Three
- Pre-Session Reading for Session 4
- Keep using the Skills: CTR, Stop Mind Reading, Clarify Expectations

9:03–9:06 _____ **CLOSE IN PRAYER**
(3 mins)

 **NOTE:** Consider encouraging people through the story of Joseph and how God works in, through and in spite of all our histories – provided we place it all in His hands.

You may also want to encourage people to read Chapter 3 from the book *Emotionally Healthy Spirituality* entitled “Go Back to Go Forward.” It provides larger theological framework for this very important session.



SESSION 3 POWERPOINT:

[Click Here](#) to access the Session 3 PowerPoint

Select Download in the upper left-hand corner

THE SESSION 3 FOLLOW-UP EMAIL:

Send this email between Session 3 & Session 4

Dear EH Relationships Participant,

Let me commend you for your hard work and courage in doing a genogram this *(meeting day)*. One of the great truths of life is this: You cannot change what you are unaware of. However, once we acknowledge negative legacies from our past - her power over us is diminished, if not broken.

Let me encourage you to do the following this week:

1. Offer your genogram to the light of Jesus during your Daily Office, allowing Him to give you any further insight He has for you.
2. Read chapter 3 of *Emotionally Healthy Spirituality - Going Back to Go Forward* - to provide several helpful ways to look at your genogram that we did not have time to go into last night. Some of those pages are also in the packet you picked up last night with readings for you.
3. Take time to reflect on page 174 of your *EH Relationships Workbook* that lays out the biblical, healthy family commandments for our lives in the new family of Jesus.

We are praying for you in two ways. First, that you might break the negative power of your past, and secondly, that you may discover the hidden treasures God has for you in even your painful past.

For as God promises through Isaiah: *"I will give you hidden treasures, riches stored in secret places"* (Isaiah 45:3).

Blessings,
(your name here)

SESSION 4: EXPLORE THE ICEBERG

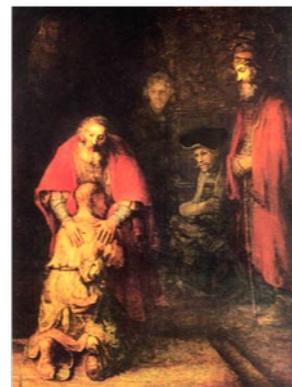
THE THEME:

To introduce and lead people into a skill, Explore the Iceberg, to enable them to become aware of their emotions and begin discerning God’s will with them.

INTRODUCING THE DAILY OFFICE:

To be with Jesus. Guilt/Shame.

- **Watch video** of Pete leading the Daily Office to prepare yourself
- 95% of us live in guilt/shame about our prayer life/devotions e.g. “I don’t pray enough” “How does God feel about me?”
- God is delighted that you showed up. His love is without strings.
- Show Rembrandt’s PRODIGAL SON painting



SESSION 4: IN-PERSON PLANNER

THE ESSENTIALS

- Connect the Bible study to the skill. David is an excellent example of what it means to be rigorously honest with ourselves and appropriately honest with others.
- You will want to watch the videos closely as there is a lot of important theology around God’s will and our feelings that may be worth repeating at key junctures in the Session.

PITFALLS TO AVOID

- Forgetting that behind anger are often the more vulnerable emotions of sadness or fear.
- Becoming impatient with people’s pace of becoming transparent and authentic. Relax. God is at work even when it appears slow.

THE SAMPLE SESSION SCHEDULE:

Sample Schedule	Your Scheduled Time	Content
7:00-7:10 (10 mins)	_____	WELCOME ☞1
		INTRODUCE the DAILY OFFICE (pg.105-107) ☞2 Week 4: Day 1, Morning/Midday Office
		CANDLE during Daily Office ☞3
7:10-7:25 (15 mins)	_____	OPTIONAL TABLE GROUP TIME There is extra time in tonight’s schedule because this Skill does not take as much time as some of the others.

Table leaders can have their group share around their experience of practicing and using the skills learned thus far: CTR, Stop Mind Reading, Clarify Expectations, and reviewing their Genogram.

7:25-7:27
(2 mins)

INTRODUCE the 8 Sessions: this Week is Session 4 🗣️4

1. Take Your Community Temperature Reading
2. Stop Mind Reading and 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 Emotionally Healthy Skills

READ ALOUD the introduction in the workbook (pg.81)

7:27-7:37
(10 mins)

GROWING CONNECTED Questions (pg.82) 🗣️5

7:37-7:47
(10 mins)

BIBLE STUDY 🗣️6

READ ALOUD the introduction and Scripture text (pg.82)

7:47-8:03
(16 mins)

PLAY VIDEO: Explore the Iceberg 🗣️7

Encourage people to follow along in their workbooks (pg.83-84)

8:03-8:13
(10 mins)

WORKBOOK ACTIVITY - INDIVIDUAL ACTIVITY (pg.85-86) 🗣️8

READ ALOUD the instructions and lead them through Questions

THE ESSENTIAL

Table Leaders participate in the Explore the Iceberg exercise during the session along with their table group.

8:13-8:28
(15 mins)

SMALL GROUP SHARING (pg.86) 🗣️9

These questions are so important as they relate to last week’s “Genogram Your Family,” that you may want to allow an extra 5 minutes for this time. Timer currently set for 10 minutes.

8:28-8:43
(15 mins)

BREAK (start timer) 🗣️10

The PowerPoint clock gives 10 minutes but tonight’s schedule allows for a 15 minute break if you like.

8:43-8:50
(7 mins)

OPTIONAL TESTIMONY

This is a place for a testimony by you as the Point Leader, or a Table Leader around their Family Commandments of anger, sadness, fear, joy, etc., and how they are doing emotions now in the new family of Jesus

8:50-8:56
(6 mins)

PLAY VIDEO: Closing Summary 🗣️11

Refer them to follow the notes (pg.87)

8:56-8:59
(3 mins)

OPTIONAL SESSION WRAP-UP 🗣️12

READ ALOUD the Personal Action Step (pg.88)

Allow the group 2 minutes to fill the Action Step in

8:59-9:09
(10 mins)

OPTIONAL TABLE GROUP TIME

Allow time for the group to ask questions, clarifications or puzzles around what's been covered in the Course

9:09-9:13
(4 mins)

REVIEW HOMEWORK 13

- Explore Your Iceberg 2x in your time with God
- EHR Day by Day: Week Four
- Pre-Session Reading for Session 5
- Keep using CTR /Stop Mind Reading/Clarify Expectations

CLOSE IN PRAYER

 **NOTE:** This Session could end earlier but we like to use the flexible time this Session allows to include more table group connection time (thus a longer Break), personal testimonies, and table group sharing around how they are experiencing the Course and using the Skills. These are things that Table Leaders and Participants had specifically asked for in past evaluations.



SESSION 4 POWERPOINT:

Click Here to access the Session 4 PowerPoint
Select Download in the upper left-hand corner

THE SESSION 4 FOLLOW-UP EMAIL:

Send this email between Session 4 & Session 5

Dear EH Relationships Participant,

Thank you again for an outstanding evening on Tuesday night. I believe we experienced a great introduction to “Explore the Iceberg” and why learning to feel is so essential to becoming fully human and alive in Christ.

Let me encourage you again to take 10-15 minutes, at least twice this week, to do a “feeling workout.” Again, you were created to feel, and, like a physical workout, you will find it easier and natural with time.

I trust you have picked up the EH Relationships workbook that provides readings from the various EHS books that correspond to each of the topics in the Course. The most important reading around feelings is found in Geri’s chapter 4, “Quit Denying Anger, Sadness, and Fear,” from *The Emotionally Healthy Woman*. This is our fullest, best treatment of this past week’s topic. I highly recommend you read it this week.

Irenaeus, a 2nd century bishop, once wrote: *“The glory of God is a living human being; and the life of human beings consists in beholding God.”* Our prayer is that these words may become more of your experience this coming week.

Blessings,
(your name here)

SESSION 5: LISTEN INCARNATIONALLY

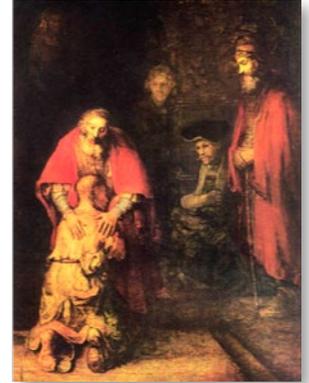
THE THEME:

To lead people into a skill (Incarnational Listening) to train them to listen at a heart level with empathy and, in so doing, mature in their ability to love others.

INTRODUCING THE DAILY OFFICE:

A visual picture of resting in the Father's love.

- **Watch video** of Pete leading the Daily Office to prepare yourself
- **Show** Rembrandt's PRODIGAL SON painting
- The Daily Office is a time for us to lean our head against the Father's chest and let His hands and love rest on us
- **Review** Silence & Stillness Guidelines using the card



SESSION 5: IN-PERSON PLANNER

THE SAMPLE SESSION SCHEDULE:

Sample Schedule	Your Scheduled Time	Content
7:00-7:10 (10 mins)	_____	WELCOME ☞ 1 INTRODUCE the DAILY OFFICE (pg.133-135) ☞ 2 Week 5: Day 1, Morning/Midday Office CANDLE during Daily Office ☞ 3
7:10-7:12 (2 mins)	_____	INTRODUCE the 8 Sessions: this Week is Session 5 ☞ 4 1. Take Your Community Temperature Reading 2. Stop Mind Reading and 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 Emotionally Healthy Skills READ ALOUD the introduction in the Workbook (pg.98)
7:12-7:22 (10 mins)	_____	GROWING CONNECTED Questions (pg.98-99) ☞ 5
7:22-7:32 (10 mins)	_____	BIBLE STUDY ☞ 6 READ ALOUD the introduction and Scripture text (pg.99)

☞ **NOTE:** Connect the Bible Study to the skill. God loved us by entering our world. We love others by entering their world.

7:32-7:50
(18 mins)

PLAY VIDEO: Listen Incarnationally 🗣️7
Encourage people to follow along in their workbooks (pg.100-103)

7:50-8:10
(20 mins)

WORKBOOK ACTIVITY - PARTNER ACTIVITY (pg.104) 🗣️8

✍️ **NOTE:** More time is given here than given in the workbook. We are leaving more time for transitions and the reading of the instructions.

READ ALOUD the instructions

The **QUESTION** they are answering is #3: “What is the biggest thing impacting you right now? How are you feeling about it?” 🗣️9

✍️ **NOTE:**

- Point to the feelings sheet on page 175 before they begin
- Give people time to think about what’s impacting them before the timer is started.
- We suggest you give 10 minutes for each person during this skill. Have someone signal for time to switch and restart Timer.
- Be sure to tell people that, if they are with someone they know, “the biggest thing impacting them“ needs to be about something OTHER than that person! This is not a clean fight. That is Session 7.

START TIMER (10 minutes each) 🗣️10

THE ESSENTIALS

- Speaking clearly, honestly, respectfully, and in a timely fashion is its own important, mini-skill!
- Help people distinguish between feelings and facts.
- “Feeling felt” and emotional connection is the goal.

THE PITFALLS TO AVOID

- The listener interrupting, being distracted, or trying to fix the speaker.
- The listener not stopping the speaker at short intervals so he/she can repeat back what they are saying.
- The speaker not speaking in the “I.”

8:10-8:20
(10 mins)

BREAK (start timer) 🗣️11

8:20-8:35
(15 mins)

SMALL GROUP SHARING (pg.105) 🗣️12

8:35-8:40
(5 mins)

PLAY VIDEO: Closing Summary 🗣️13

8:40-8:45
(5 mins)

OPTIONAL SESSION WRAP-UP and Personal Action Step 🗣️14
(pg.106)

READ ALOUD instructions for the Personal Action Step

Give Table Groups 1-2 minutes to fill out the Personal Action Step

8:45-8:47

(2 mins)

MENTION the checklist in the back of the EH Relationships workbook. Encourage them to begin checking off where they are and to make up any missing segments.

 **NOTE:** Encourage people to consider downloading the individual Sessions like this one (via Amazon/CBD/emotionallyhealthy.org, Bible Gateway, etc), or to purchase the DVD.

8:47-8:51

(4 mins)

HOMEWORK 15

- Practice Incarnational Listening at least 1x this week
- Do EHR Day by Day: Week Five
- Pre-Session Reading for Session 6
- Use the Skills: CTR, Stop Mind Reading, Clarify Expectations, Explore the Iceberg

8:51-8:54

(3 mins)

CLOSING WORDS AND PRAYER



SESSION 5 POWERPOINT:

Click Here to access the Session 5 PowerPoint

Select Download in the upper left-hand corner

THE SESSION 5 FOLLOW-UP EMAIL:

Send this email between Session 5 & Session 6

Dear EH Relationships Participant,

If there was ever a time to apply what you are learning in this course, it's in our current political climate! Let me encourage you to apply all the skills you have learned in the midst of the different challenging conversations happening around us:

- The Community Temperature Reading (“I’m puzzled! I notice and I prefer”)
- Stop Mind Reading (lot of that going on right now)
- Clarify Expectations
- Explore the Iceberg (I have been doing that a lot this week, especially around anger, sadness, and fear) and seeking to discern God’s voice in the process).
- Speaking and Incarnational Listening. Speaking honestly, respectfully, clearly and timely is very important right now. I think the word respect is most important.

Most importantly, let me encourage you to practice Incarnational Listening at least twice before we meet (*meeting day*). Again, this is core skill of the Course and the core to loving well.

And we may be known as great lovers, and listeners, for the sake of His name and glory. See you next (*meeting day*).

Blessings,
(*your name here*)

SESSION 6: CLIMB THE LADDER OF INTEGRITY

THE THEME:

To raise people's ability to live their values with integrity so that who they are "on stage" is not different from who they are "off stage."

This session's skill, The Ladder of Integrity, will enable people to clarify their values by processing their thoughts and feelings and if appropriate, assert themselves respectfully.

INTRODUCING THE DAILY OFFICE:

A visual picture of resting in the Father's love.

- [Watch video](#) of Pete leading the Daily Office to prepare yourself
- Our goal with the Offices is not to stop but to practice His presence all through the day
- We are growing muscles to remain in Him and pray always (Ephesians 6:18)

SESSION 6: IN-PERSON PLANNER

THE SAMPLE SESSION SCHEDULE:

Sample Schedule	Your Scheduled Time	Content
7:00-7:10 (10 mins)	_____	WELCOME 🗣️1 INTRODUCE the DAILY OFFICE (pg.168-170) 🗣️2 Week 6: Day 3, Morning/Midday Office CANDLE during Daily Office 🗣️3
7:10-7:12 (2 mins)	_____	INTRODUCE the 8 Sessions: this Week is Session 6 🗣️4 1. Take Your Community Temperature Reading 2. Stop Mind Reading and 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 Emotionally Healthy Skills READ ALOUD the introduction in the Workbook (pg.116)
7:12-7:22 (10 mins)	_____	GROWING CONNECTED Questions (pg.116-117) 🗣️5
7:22-7:32 (10 mins)	_____	BIBLE STUDY 🗣️6 READ ALOUD the introduction and Scripture text

THE ESSENTIALS

- Connect the skill to the Bible study. Paul models integrity by speaking clearly and directly to Peter.
- Be sure people get to Question #3 in the Bible study on pg.117 so people can see practical ways we do this today. Give examples.

7:32-7:48
(16 mins)

PLAY VIDEO: Climb the Ladder of Integrity 🗣️ **7**

Encourage people to follow along in their workbooks (pg.118-120)

7:48-8:03
(15 mins)

WORKBOOK ACTIVITY - INDIVIDUAL ACTIVITY (pg.121-122) 🗣️ **8**

📝 **NOTE:** While the workbook allows 4 minutes for this, we recommend 15. The timer on screen reflects the 4 minutes that they will take alone.

📝 **NOTE:** Getting Number 2 in the Ladder of Integrity right is important to avoid having trouble doing the rest of the Climb the Ladder Skill

Familiarize yourself with the two other examples found on pg.176-179

READ ALOUD the instructions for the Individual Activity to the entire group (pg.121-122)

REVIEW on how the Ladder is Level 3 of Self-Awareness in the Course 🗣️ **9**

- **Level I:** Community Temperature Reading - “I notice.... And I prefer...”
- **Level II:** Explore the Iceberg - “I feel”
Speaking - “honestly, clearly, respectfully, timely”
- **Level III:** Ladder of Integrity - “I value”

Slowly go through the chart on pg.121-122 with the group contrasting unclear and clear examples of answers for Number 2 - “*Right now the issue on my mind is...*” (Do it one at a time from left to right).

📝 **NOTE:** Be sure participants choose non-volatile issues. Give them 4 minutes alone to answer Questions #1 and #2

ASK a few participants to share aloud what they have written for Number 2. Be sure they are specific as in the above chart.

8:03-8:18
(15 mins)

BREAK (start timer) 🗣️ **10**

8:18-8:38
(20 mins)

WORKBOOK ACTIVITY - PARTNER ACTIVITY (pg.122) 🗣️ **11**

READ ALOUD the instructions before participants work on their own. Refer them to the Ladder of Integrity Worksheet on pg.176 and on the tables.

THE ESSENTIAL

- Make sure people have an issue that is specific, clear, and concrete when they begin their Ladder

THE PITFALLS TO AVOID

- Not helping people be clear on the first sentence stem: “*Right now the issue on my mind is...*” Take your time with this so Table Groups get this right.

8:38–8:48
(10 mins)

SMALL GROUP SHARING (pg.123) **12**

8:48–8:54
(6 mins)

PLAY VIDEO: Closing Summary **13**

8:54–8:59
(5 mins)

OPTIONAL SESSION WRAP-UP and **Personal Action Steps** (pg.124) **14**

READ ALOUD instructions

Give the Tables 1-2 minutes for people fill out the Personal Action Steps

Give a few minutes for Q & A at the group tables if time allows

 **NOTE:** Encourage your people to consider downloading the individual Sessions like this one (via Amazon/CBD/emotionallyhealthy.org/store, Bible Gateway, etc), or to purchase the DVD

8:59–9:02
(3 mins)

HOMEWORK **15**

REVIEW ALOUD

- Use the Ladder of Integrity at least 1x this week
- EH Relationships Day by Day: Week Six
- Pre-Session Reading for Session 7
- Keep using CTR/Stop Mind Reading/Clarify Expectations
- Mention the Checklist on the last page of the Workbook, inviting people to catch up on any Sessions, or parts of Sessions, they may have missed

9:02–9:05
(3 mins)

CLOSING WORDS AND PRAYER



SESSION 6 POWERPOINT:

Click Here to access the Session 6 PowerPoint

Select Download in the upper left-hand corner



THE SESSION 6 FOLLOW-UP EMAIL:

Send this email between Session 6 & Session 7

Dear EH Relationships Participant,

Last week's theme - The Ladder of Integrity - was the most challenging skill we have learned thus far. Why? It requires good self-awareness and builds on a number of skills we have learned (e.g. Explore the Iceberg, Genogram your Family, Clarify Expectations, CTR with "I notice and I prefer.").

Let me invite you to watch this excellent, well-developed example of a person Climbing the Ladder that was done at the Emotionally Healthy Leadership Conference - [view example here](#). It is based on a real life example of Phil Varghese with other staff around a work issue.

Also, read Geri Scazzero's *The Emotionally Healthy Woman* for a full development around the level of integrity and differentiation you seek to embody as Christ-followers at your church.

Excited for next week on "Clean Fighting"!

Blessings,
(*your name here*)

SESSION 7: FIGHT CLEANLY

THE THEME:

To introduce people to a tool, **Clean Fighting**, to enable them to unlearn how they presently do conflict (i.e. **dirty fighting**) and resolve a conflict maturely by taking responsibility for a difficult issue.

INTRODUCING THE DAILY OFFICE:

Abiding in Jesus is our goal (John 15)

- [Watch video](#) of Pete leading the Daily Office to prepare yourself

SESSION 7: IN-PERSON PLANNER

THE SAMPLE SESSION SCHEDULE:

THE ESSENTIALS

- *Connect the skill to the Bible study. Daniel provides an excellent example of someone who follows his integrity and negotiates his differences well.*
- *This skill builds on the previous skills (e.g. speaking in the “I”, Stop Mind Reading, The Ladder of Integrity).*
- *Be sure to practice the Clean Fight skill beforehand so you are familiar with the steps.*
- *Don’t underestimate how difficult this will be for people. Very few people have been disciplined in how to have a clean fight.*

Sample Schedule	Your Scheduled Time	Content
7:00-7:10 (10 mins)	_____	WELCOME 🗣️1 INTRODUCE the DAILY OFFICE (pg.187-188) 🗣️2 Week 7: Day 1, Midday/Evening Office CANDLE during Daily Office 🗣️3
7:10-7:12 (2 mins)	_____	INTRODUCE the 8 Sessions: this Week is Session 7 🗣️4 1. Take Your Community Temperature Reading 2. Stop Mind Reading and 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 Emotionally Healthy Skills READ ALOUD the introduction in the Workbook (pg.132)
7:12-7:22 (10 mins)	_____	GROWING CONNECTED Questions (pg.132-133) 🗣️5

7:22-7:32 _____ **BIBLE STUDY** 🗣️**6**
(10 mins)

READ ALOUD the introduction and Scripture text (pg.133)

7:32-7:37 _____ **PLAY VIDEO:** Fight Cleanly 🗣️**7**
(5 mins)

Encourage people to follow along in their workbooks (pg.134-135)

7:37-7:39 _____ **WORKBOOK ACTIVITY - INDIVIDUAL ACTIVITY**
(2 mins)

Dirty Fighting Tactics (pg.135-136) 🗣️**8**

7:39-7:48 _____ **RESUME VIDEO:** Fight Cleanly 🗣️**9**
(9 mins)

(pg.136-137)

7:48-7:58 _____ **WORKBOOK ACTIVITY - INDIVIDUAL ACTIVITY** (pg.138-139) 🗣️**10**
(10 mins)

READ ALOUD the instructions before the Timer starts

START TIMER for participants to complete Steps 1-4

7:58-8:08 _____ **BREAK** (start timer) 🗣️**11**
(10 mins)

8:08-8:28 _____ **WORKBOOK ACTIVITY - PARTNER ACTIVITY** (pg.139-140) 🗣️**12**
(20 mins)

READ ALOUD the instructions

🗒️ **NOTE:** Give 10 minutes for each person during this skill. Ask someone to signal when it's time for Speaker and Listener to switch and reset the Timer.

THE PITFALLS TO AVOID

- Make sure the issue is specific, clear, and not a large, long-standing conflict.
- Jumping to this skill without the foundation of the other skills.
- Don't pick a highly volatile topic that is emotionally charged.

8:28-8:38 _____ **SMALL GROUP SHARING** (pg.140) 🗣️**13**
(10 mins)

8:38-8:41 _____ **PLAY VIDEO:** Closing Summary 🗣️**14**
(3 mins)

8:41-8:46 _____ **OPTIONAL SESSION WRAP-UP** and **Personal Action Step** (pg.141) 🗣️**15**
(5 mins)

READ ALOUD instructions

Give the Table Groups 1-2 minutes to complete

8:46-8:48 _____ Emphasize importance of next week, Session 8 "Rule of Life"
(2 mins)

🗒️ **NOTE:** In session 8, participants will learn how the 8 sessions come together and be given a structure to make a long-term sustainable plan that becomes a foundation for their discipleship for the rest of their life

Loving People and Loving God can't be separated 📖16

📝 **NOTE:** Emphasize that EHR is only half of the EH Discipleship Course and encourage them to sign-up for Part 1 - Emotionally Healthy Spirituality

8:48-8:51
(3 mins)

HOMEWORK 📖17

REVIEW ALOUD

- Practice Fight Cleanly at least 1x
- Do EH Relationships Day by Day - Week Seven
- Pre-Session Reading for Session 8
- Use the skills you're learning

8:51-8:54
(3 mins)

CLOSING WORDS AND PRAYER



SESSION 7 POWERPOINT:

Click Here to access the Session 7 PowerPoint

Select Download in the upper left-hand corner

THE SESSION 7 FOLLOW-UP EMAIL:

Send this email between Session 7 & Session 8

Dear EH Relationships Participant,

I was especially aware last week that we were dealing with the greatest indicator of a spiritually/emotionally mature adult – the skill of Clean Fighting. Why? The true peace of Christ's kingdom in our homes, workplaces, friendship, or church requires we replace lies and pretense with the truth and light of Jesus.

Let me invite you again to re-read and pray through the 15 qualities of an emotionally mature Christian outlined on page 182 in your workbook. And let me also recommend you read chapter 7 in Emotionally Healthy Spirituality called "Grow into an Emotionally Mature Adult" as a great summary of this Course.

This (*meeting day*) we will practice again two key skills that are foundational to how we do relationships in the new family of Jesus – the Community Temperature Reading and Clarify Expectations. Then we will help you make an action plan for your next steps on how you will implement these powerful tools into your life. We will conclude with a blessing as we send you out in His name.

Looking forward to seeing you (*meeting day*),
(*your name here*)

SESSION 8: DEVELOP A RULE OF LIFE TO IMPLEMENT EH SKILLS

THE THEME:

The goal of this Session is for people to create a specific plan to implement the EH Relationship skills into their lives over the next 1-3 months and begin to practice the implementation of changes in the way they relate to God, themselves and others.

SESSION 8: IN-PERSON PLANNER

THE SAMPLE SESSION SCHEDULE:

THE ESSENTIALS

- Connect the skill to the Bible study. We are to count the cost of what it means to leave our family of origin and to do life in Jesus' way. The early church was intentional and purposeful.
- Make sure people get the space and time to develop a plan for their next steps.
- The sharing time at tables and possibly with the larger group is critical.
- Be sure to use the feedback form to gather feedback from the group.

THE PITFALLS TO AVOID

- Being uncomfortable with the silence as people work on their individual activity.
- Watch your timing, adjusting it to your group, so people have enough time to share in their groups as well as work individually.

Sample Schedule	Your Scheduled Time	Content
7:00-7:10 (10 mins)		WELCOME ☞ 1 INTRODUCE the DAILY OFFICE (pg.213-214) ☞ 2 Week 8: Day 1, Morning/Midday Office CANDLE during Daily Office ☞ 3
7:10-7:12 (2 mins)		INTRODUCE the 8 Sessions: this Week is Session 8 ☞ 4 1. Take Your Community Temperature Reading 2. Stop Mind Reading and 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 Emotionally Healthy Skills
7:12-7:22 (10 mins)		READ ALOUD the introduction in the Workbook (pg.150) GROWING CONNECTED Questions (pg.150-151) ☞ 5 5 minutes each question
7:22-7:37 (15 mins)		BIBLE STUDY ☞ 6

READ ALOUD the introduction and Scripture text (pg.151)

7:37-7:42 _____ **PLAY VIDEO:** Develop a Rule of Life to Implement EH Skills 🗣️7
(5 mins)

Encourage people to follow along in their workbooks (pg.152-154)

📝 **NOTE:** For participants that have read the EH Spirituality book, note that the Rule of Life diagram here looks different than the one in the EHS book. The point is to create a structure or rhythm that guides you in rooting the skills in your life.

7:42-7:52 _____ **WORKBOOK ACTIVITY - INDIVIDUAL ACTIVITY** (pg.154-156) 🗣️8
(10 mins)

READ ALOUD the questions to the entire group before they can respond prayerfully

7:52-7:57 _____ **WORKBOOK ACTIVITY - PARTNER ACTIVITY** (page 157) 🗣️9
(5 mins)

Give them 5 minutes in pairs, each taking 2^{1/2} minutes

7:57-8:00 _____ **PLAY VIDEO:** Closing Summary 🗣️10
(3 mins)

Point participants to the notes (pg.157-158)

8:00-8:10 _____ **BREAK** (start timer) 🗣️11
(10 mins)

8:10-8:20 _____ **FEEDBACK FORM** 🗣️12
(10 mins)

This Feedback Form (pg.73 of this Course Planner) serves two purposes. First, it gets people ready for the FINAL GROUP TIME and secondly, it enables you to discern what God did in the Course and improve it for the next time you teach it.

8:20-8:45 _____ **FINAL GROUP TIME** (pg.158) 🗣️13
(25 mins)

📝 **NOTE:** Invite selected participants to share with the large group, completing the following sentence stem: *“As a result of this Course I am beginning to realize...”*

8:45-8:47 _____ **HOMEWORK** 🗣️14
(2 mins)

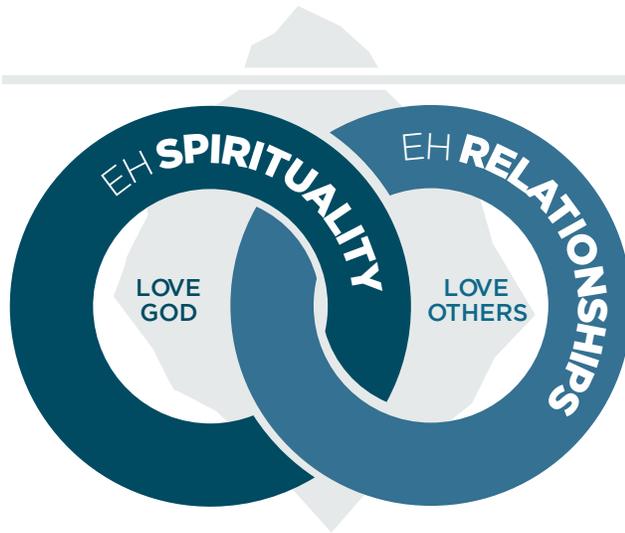
REVIEW ALOUD

- *EHR Day by Day* Week Eight
- Begin implementing your RoL plan to integrate the skills in your life

8:47-8:50 _____ **FINAL REMARKS**
(3 mins)

There are many ways you can close to celebrate the accomplishment of completion for your class. You can share your final remarks – hopes and wishes – along with any exhortation you may want to make.

REMIND people that this is only Part 2 of The Emotionally Healthy Discipleship Course. Part 1 is *Emotionally Healthy Spirituality*. 🗣️15



📝 **NOTE:** Be sure to point people to the 🗣️16 Checklist in the back of the EH Relationships workbook. Encourage them to begin checking off where they are and to make up any missing segments. Use this time to distribute Certificates of Completion.

8:50–8:55
(5 mins)

CLOSING PRAYER



SESSION 8 POWERPOINT:

Click Here to access the Session 8 PowerPoint

Select Download in the upper left-hand corner



THE SESSION 8 FOLLOW-UP EMAIL:

Email sent after the final meeting in Week 8

Dear EH Relationships Participants,

I want to thank you for a wonderful 8 weeks together. We pray and trust that it will serve as the beginning of a paradigm shift of how you love God, yourself, and others. Let me close with 3 invitations for you as you launch out with these new tools:

- **Practice the Skills.** They will change your life. Geri and Pete Scazzero, armed with only one skill in 1996 (Incarnational Listening), transformed their marriage and lives. Perhaps better said is that God transformed their lives. But they made a commitment to practice it at least twice a week.
- **Plan to attend The Emotionally Healthy Spirituality (EHS) portion of the course.** These 2 parts of the EH Discipleship Course provide the base of how we do discipleship and life together. See this outstanding video on [How EHS Deeply Transforms Lives](#) for a glimpse of the kind of life change you can expect.
- **Consider getting *The Emotionally Healthy Leader eBook*.** If you jump to the chapter “Culture and Team Building,” you will notice the material from *EH Relationships* for building teams and work cultures.

Again, thank you for your courage and willingness to allow Jesus into your life and relationships. You remain in my prayers.

Blessings to you,
(*your name here*)

TIPS for LEADING the EHD COURSE ONLINE



- 1 **Select a tech savvy person** and grant them Zoom “co-host” functionality to move participants to their assigned Breakout Rooms (Table Groups) during each session.

Setting up Zoom Breakout Rooms/Table Groups for the EHD Course [VIDEO](#)

- 2 **Lead a basic Zoom training for Table Leaders/Breakout Room Leaders** led by your Tech/Administrative Support, to review Zoom functions including group chat vs. private chat, gallery view, etc.
- 3 **Have an intro-session for participants before the course** start date to cover course expectations and Zoom “etiquette”.

Basic Zoom Etiquette for Participants

- **Download Zoom** to your computer **BEFORE** the first session.
 - **Join** the EHD Course sessions **at least 5 minutes early** each week.
 - **RENAME yourself** on Zoom when you enter = Breakout Room number + First & Last Name.
 - **MUTE yourself** during main group sessions including group scripture reading.
 - Keep your **AUDIO ON** during Breakout Room discussions.
 - Keep your **VIDEO ON** in a location with **GOOD LIGHTING**. **AVOID virtual backgrounds**.
 - **USE A COMPUTER rather than an iPhone or iPad**. Mobile devices make viewing and participating with the group restrictive.
- 4 **Keep Breakout/Table Groups to no more than 6 people** plus the Table Leader. Be sure people are put into pairs as they will be practicing the skills in each of the Sessions with one another. Married couples, of course, will be in the same room with one another. Singles, or married people without their spouse, will then need to mute themselves on Zoom and Facetime (or WhatsApp) one another as they do the Skill.
 - 5 **Pre-assign participants to Breakout Rooms in advance** of the first session and email Breakout Room assignments to participants and Table Leaders. Your Zoom “co-host” will move participants to their Table Groups during each session.

- ⑥ **Send the session schedule EACH WEEK to the Table Leaders and Tech/Administrative support.** This gives them the timing of Breakout Room discussions and the insights of the Bible Study focus of the session.

- ⑦ **Use PowerPoint sparingly.** As an on-line experience, it is more personal to simply tell people what page to turn to in their workbooks, Day by Day book, or the EHS book.

SAMPLE INVITATION LETTER

Dear _____

The Church will not be the same as we move forward from this global crisis. We need followers of Jesus living out of a deep inner life with Jesus and who live in communities as a distinct counterculture and who serve as salt and light in the world for Him.

Out of a desire to best utilize this season to invest in deep discipleship, *insert name* will be leading what we are calling - **Emotionally Healthy Relationships** via Zoom from 7:00 pm - 9:00 pm ET on eight consecutive Tuesdays, *insert dates*.

This is your invitation to **Emotionally Healthy Relationships (EHR)**

Our goal is simple: to lead you into a lived experience of the theology and culture of Emotionally Healthy Discipleship. Note: The EHR Course is Part 2 of the Emotionally Healthy Discipleship Course and focuses on Loving Others. Part 1, called Emotionally Healthy Spirituality focuses on Loving God. We hope you will be able to experience both courses.

But since we cannot give what they do not possess, the focus will be primarily on your inner life in Jesus. We are structuring the Course for those with a serious desire to grow and mature in their relationships with Jesus.

The topics are as follows:

Insert Date: Take Your Community Temperature Reading

Insert Date: Stop Mind Reading and Clarify Expectations

Insert Date: Genogram Your Family

Insert Date: Explore the Iceberg

Insert Date: Listen Incarnationally

Insert Date: Climb the Ladder of Integrity

Insert Date: Fight Cleanly

Insert Date: Develop a "Rule of Life" to Implement Emotionally Healthy Skills

The following are the requirements to attend:

- You have a God-given hunger to grow deeply in this season
- Attend all 8 Sessions from 7:00 pm - 9:00 pm ET
- Order a copy of each of the materials *EH Relationships workbook* & *EH Relationships Day by Day*
- Your commitment to do the readings/assignments each week (average of 1-2 hours per week)
- Read the *Emotionally Healthy Relationships* workbook and complete weekly homework assignments
For example: On our first day, you'll begin doing Daily Offices 2x a day - with silence and stillness - and begin prayerfully reading, or rereading, *Emotionally Healthy Relationships* workbook.

Before Week 1 on *insert date* please do the following:

1. Do the pre-reading for Session 1. Take the [EHS Personal Assessment](#).
2. Read and do the pre-work on Week 1 of the *Emotionally Healthy Relationships* Workbook and Chapter 1 of *The Emotionally Healthy Woman*.

Please contact [insert name & email](#) before *insert date* if you want to be part of this special opportunity. They will then provide information regarding registration and other details.

Looking forward to the journey together,

SESSION 1: TAKE YOUR COMMUNITY TEMPERATURE READING

THE THEME:

Discipleship must include both learning how to love God AND how to love other people. The Community Temperature Reading (CTR) is a foundational building block that enables people to discover and express their God-given voice and to begin building healthy relationships with others.

INTRODUCING THE DAILY OFFICE:

To be with Jesus. Build a Personal Relationship.

- **Watch video** of Pete Scazzero introducing the Daily Office to prepare yourself
- Use Silence & Stillness Guidelines Card
 - Read through the 4 Silence & Stillness Guidelines
 - Let people know how normal it is that our mind wanders & we're distracted
 - This ancient practice of choosing a simple prayer (1-4 words) helps us return to being still before the Lord has been used globally for centuries

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, Lord, Jesus, Holy Spirit, have mercy on me)
- 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.



A print template for the Silence & Stillness Card available on pgs.76-77.

SESSION 1: ONLINE PLANNER

THE SAMPLE SESSION SCHEDULE: First night start 5 minutes late to give people time to get online and get settled.

Sample Schedule	Your Scheduled Time	Content
7:00-7:05 (5 mins)	_____	WELCOME Review Zoom Etiquette, Breakout Rooms, etc. Leave extra time for logistics/Breakout Room movement
7:05-7:15 (10 mins)	_____	INTRODUCE Silence & Stillness Card PLAY VIDEO: Pete explains <i>The Daily Office</i>
7:15-7:18 (3 mins)	_____	INTRODUCE the Daily Office (pg.25-26) Week 1: Day 1, Morning/Midday Office
7:18-7:23 (5 mins)	_____	REVIEW the Suggested Group Guidelines (pg.13-14)

NOTE: You may want to begin and end with only 1 minute as this may be people's first time in this practice.

NOTE: This is to clarify expectations for how the breakout group functions. This is only done in the first two sessions.

7:23-7:25
(2 mins)

INTRODUCE the 8 Sessions:

1. Take Your Community Temperature Reading

2. Stop Mind Reading and 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 Emotionally Healthy Skills

READ ALOUD the introduction in the Workbook (pg.24)

7:25-7:35
(10 mins)

BREAKOUT ROOMS - 10 minutes

GROWING CONNECTED Question (pg.25)

7:35-7:45
(10 mins)

BIBLE STUDY

READ ALOUD the introduction and Scripture text (pg.25)

7:45-8:08
(23 mins)

PLAY VIDEO: Take Your Community Temperature Reading
Encourage people to follow along in their Workbooks (pg.26-30)

8:08-8:18
(10 mins)

WORKBOOK ACTIVITY - PARTNER ACTIVITY - CTR (pg.31)

READ ALOUD the instructions listed in the Workbook

THE ESSENTIALS

- *Connect the Bible Study of 1 Corinthians 13:1-3 to the CTR Skill.*
 - *When we see someone and appreciate them, we are being kind.*
 - *When we don't jump to judgments or negative conclusions, we are being gentle.*
 - *When we make a complaint with a request for change, we are being courteous.*
- *Encourage resistant people to hang in there with the structure.*

PITFALLS TO AVOID

- *Remind people, when they break up in twos, to tell their partner who they are standing in for.*
- *Keep the complaints and puzzles light. Going into deep issues calls for other skills.*
- *If someone is stuck with using the phrase "I'm puzzled" it is okay to use language that gets at the spirit of what's behind it e.g. "I wonder."*
- *Encourage resistant people to hang in there with the structure. The structure and sentence stems serve like the training wheels on a bicycle to help begin unlearning the unhealthy habits of relating to others from their family of origin going back generations. There will come a time when they will no longer need these training wheels.*

8:18-8:23 _____ **BREAKOUT ROOMS:** Tech Practice for Pairs (Solos and Marrieds) - **5 mins**
(5 mins)

8:23-8:33 _____ **BREAKOUT ROOMS:** CTR in Groups of Two - **10 minutes**
(10 mins)

8:33-8:38 _____ **LARGE GROUP**
(5 mins)

8:38-8:48 _____ **BREAKOUT ROOMS - 10 minutes**
(10 mins)

SMALL GROUP SHARING (pg.31)

8:48-8:55 _____ **PLAY VIDEO:** Closing Summary
(7 mins) Refer them to follow along in the notes (pg.33)

8:55-9:00 _____ **PERSONAL ACTION STEP** and **OPTIONAL SESSION WRAP-UP**
(5 mins)

- **READ ALOUD** the Personal Action Step for the group
- Give the table groups 1 - 2 minutes to fill out

 **NOTE:** If your Course is scheduled to end at 9:30 this where you can give them more time for Q&A at their tables, and/or ask how they would finish this sentence, “As a result of tonight’s lesson ‘I am beginning to realize...””

REVIEW HOMEWORK

- Practice the CTR skill with a partner 2 - 3x this week
- Daily Office: *EHR Day by Day* Week One
- Pre-Session Reading for Session 2
- Take the EHS Personal Assessment (pg.16-23)

 **NOTE:** They can take the assessment again at the end of the Course to measure their progress. A digital version of the EHS Personal Assessment is available at emotionallyhealthy.org/mature.

9:00-9:04 _____ **CLOSE IN PRAYER**
(4 mins)

THE SESSION 1 FOLLOW-UP EMAIL:

Send this email between Session 1 & Session 2

Dear EH Relationships Participants,

It was such a joy to be with you last (*day here*). I am particularly blessed by the quality of your Table Leaders serving all of us!

Let me encourage you to do 2 things this week:

1. Don't forget to practice the **Community Temperature Reading** 3x this week. Practicing these skills is the key to long-term transformation. And this is the foundational one upon which all the others build.

Be sure to access the videos using your unique access code found in the front of your workbook. You will see an explanation and sample of Pete & Geri modeling the skill.

2. Watch this 7-minute video where Pete Scazzero explains the Daily Office and how to use it: [What is the Daily Office and Why is it Needed?](#)

This is especially important for all of you who have not taken The Emotionally Healthy Spirituality Course.

Thanks so much. See you next week as we dig into Session 2: Clarify Expectations and Stop Mind Reading.

Warmly
(*your name here*)

SESSION 2: STOP MIND READING AND CLARIFY EXPECTATIONS

THE THEME:

The two skills of *Stop Mind Reading* and *Clarify Expectations* revolve around eliminating assumptions and misunderstandings that can cause havoc and destroy relationships.

INTRODUCING THE DAILY OFFICE:

To be with Jesus. Build a Personal Relationship (again)

- **Watch video** of Pete leading the Daily Office to prepare yourself
- Use Silence & Stillness Guidelines Card
 - Review the 4 Silence & Stillness Guidelines
 - Add the 3 goals found on the back of the card

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

A print template for the Silence & Stillness Card available on pgs.76-77.

SESSION 2: ONLINE PLANNER

THE SAMPLE SESSION SCHEDULE:

NOTE: Since this is the only Session that teaches 2 skills. There are more stops and starts than with any other Session. It is important that you become very familiar with flow of the content beforehand.

Sample Schedule	Your Scheduled Time	Content
7:00-7:05 (5 mins)	_____	WELCOME & HOUSEKEEPING
7:05-7:15 (10 mins)	_____	INTRODUCE the DAILY OFFICE (pg.59-60) Week 2: Day 3, Morning/Midday Office
		INTRODUCE Silence & Stillness Card
<p> NOTE: Begin and end with only 1-minute of silence as this may be people's first time in this practice. Then next week move to 2-minutes as the Day by Day indicates.</p>		
7:15-7:17 (2 mins)	_____	INTRODUCE the 8 Sessions: this Week is Session 2. 1. Take Your Community Temperature Reading 2. Stop Mind Reading and 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 Emotionally Healthy Skills

READ ALOUD the introduction in the Workbook (pg.43)

7:17-7:20 _____ **REVIEW** Guidelines (pg.13-14)
(3 mins)

7:20-7:30 _____ **BREAKOUT ROOMS - 10 minutes**
(10 mins)

GROWING CONNECTED Questions (pg.44)

#1: Day by Day Debrief: What challenges are you experiencing as you begin and end your *Day by Day* readings with silence? (7 mins)

#2: Not in two's but stay as a group. Does anyone have a recent expectation that went unmet (text or email not returned, etc.)? What story did you tell yourself? Have a few personal examples ready. (3 mins)

 **NOTE:** The goal of Question #1 is simply to provide encouragement and “light” accountability. It underlines the importance of spending time with Jesus as the foundation of this Course and the entire Christian life. Limit Question #1, however, to 7 minutes because it is only meant to be a check-in. You want to leave time for the second connection question which will lead them to the Session’s theme.

7:30-7:40 _____ **BIBLE STUDY**
(10 mins)

READ ALOUD the introduction and Scripture text (pg.44-45)

SKILL: STOP MIND READING

7:40-7:49 _____ **PLAY VIDEO:** Stop Mind Reading and Clarify Expectations
(9 mins) Encourage people to follow along in their Workbooks (pg.45-47)

7:49-7:55 _____ **BREAKOUT ROOMS - 6 minutes**
(6 mins)

WORKBOOK ACTIVITIES

INDIVIDUAL ACTIVITY (pg.47)

- Table Leader leads their participants through #1 - 3 (2 mins)
- Ask them to write a few for #3, and have personal examples ready

PARTNER ACTIVITY (pg.47-48)

- Table Leader reads instructions and then couples and paired individuals practice (coaching time) (4 mins)
- DO IT ALL TOGETHER

THE ESSENTIALS

- Connect the Bible Study to the skills

For example, fools make assumptions, telling themselves stories in their heads without checking them out - Proverbs 18:2

A wise person clarifies things and doesn't make decisions based on their perspective alone - Proverbs 18:17

- Have lots of recent, personal examples prepared for Stop Mind Reading

THE POTENTIAL PITFALL

- If someone doesn't like the phrase mind-reading, encourage them to use the stem: "Can I check out an assumption with you that I have?"

SKILL: CLARIFY EXPECTATIONS

7:55-8:01
(6 mins)

WORKBOOK ACTIVITY

Read individual instructions (pg.50)

PITFALLS TO AVOID

- *The key moment in the Clarify Expectations skill is that the expectations be specific enough. Have your own examples ready.*
- *Ask the large group for 3 - 4 examples to ensure that the expectation they are working from is specific enough.*

EXAMPLES OF CLEAR EXPECTATIONS

e.g. I expected my friend to return my phone call vs. I expected my friend to return my phone call by 6:30 pm yesterday.

e.g. I expected my boss to send me for advanced training vs. I expected my boss to pay for and send me to advanced training at the Teacher's Conference last month.

See other examples in the workbook. Have your own examples ready.

8:01-8:15
(14 mins)

RESUME VIDEO

8:15-8:43
(28 mins)

BREAKOUT ROOMS - 28 minutes

WORKBOOK ACTIVITY - PARTNER ACTIVITY (pg.50)

- Table Leader reads instructions (3 mins)
- Couples and Pairs practice (15 mins) (Coaching time)

Consider modeling with a person if they are having difficulty clarifying their expectation. Role play as them and they play the person they want to clarify the expectation with.

Have 2 couples turn off ZOOM (tell them who they are standing in for)

SMALL GROUP SHARING - 10 minutes (pg.51)

THE ESSENTIALS

If the expectation is "unagreed upon," turn it into a hope.

8:43-8:48
(5 mins)

PLAY VIDEO: Closing Summary

8:48-8:53
(5 mins)

Optional **SESSION WRAP-UP** and Personal Action Step (pg.53)

8:53-8:56
(3 mins)

REVIEW HOMEWORK

- Practice Stop Mind Reading and Clarify Expectations 2x
- Practice the CTR 2x
- EH Relationships Day by Day: Week Two
- Pre-Session Reading for Session 3
- Take the EHS Personal Assessment

 **NOTE:** In each Session, if time allows, this is a good place for Q&A. This provides “life on life” interaction in breakout groups that isn’t practical for the Course group as a whole.

8:56–8:58
(2 mins)

CLOSE IN PRAYER

THE SESSION 2 FOLLOW-UP EMAIL:

Send this email between Session 2 & Session 3

Dear EH Relationships Participants,

Dallas Willard contends that the primary place of our discipleship is not in church or small groups but in our workplace, school, or home. He writes: “To not find your job to be the primary place of discipleship is to automatically exclude a major part, if not most, of your waking hours from life with him. The gospel turns your work into a spiritual formation training center” (The Divine Conspiracy, pg.285).

Let me encourage you to apply “Stop Mind Reading” and “Clarify Expectations” each day as countless opportunities will inevitably present themselves to you. (And, of course, don’t forget the CTR).

You remain in our prayers and hearts.

May God give you grace to slow down to be with Jesus, allowing Him to do a deep work in you that will now manifest in all your relationships.

Blessings,
(your name here)

P.S. If you have not taken the 15 min. EH Discipleship Personal Assessment that assesses if you are an emotional infant, child, adolescent or adult, do so here: emotionallyhealthy.org/mature. It would be good to take it now and then after the Course to see your progress.

SESSION 3: GENOGRAM YOUR FAMILY

THE THEME:

To lead people into doing a genogram to help them become aware of how the history and dynamics of their family, over three to four generations, has impacted their following of Jesus and his future for them.

INTRODUCING THE DAILY OFFICE:

To be with Jesus. Build a Personal Relationship (again)

- [Watch video](#) of Pete leading the Daily Office to prepare yourself
- Use Silence & Stillness Guidelines Card
 - Review the 4 Silence & Stillness Guidelines
 - Add the 3 goals found on the back of the card

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

A print template for the Silence & Stillness Card available on pgs.76-77.

SESSION 3: ONLINE PLANNER

THE SAMPLE SESSION SCHEDULE:

Sample Schedule	Your Scheduled Time	Content
7:00-7:15 (15 mins)	_____	<p>WELCOME</p> <p>INTRODUCE the DAILY OFFICE (pg.100-102) Week 3: Day 5, Midday/Evening Office</p> <p>INTRODUCE Silence & Stillness Card</p>
7:15-7:17 (2 mins)	_____	<p>INTRODUCE the 8 Sessions: this Week is Session 3.</p> <ol style="list-style-type: none"> 1. Take Your Community Temperature Reading 2. Stop Mind Reading and 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 Emotionally Healthy Skills <p>READ ALOUD the introduction in the Workbook (pg.63)</p>
7:17-7:27 (10 mins)	_____	<p>BREAKOUT ROOMS - 10 minutes</p> <p>GROWING CONNECTED Questions (pg.64)</p> <p>Question 1: (Possible addition to Question 1 - use Red, Yellow or Green to</p>

describe your experience of the Day by Day this past and why you chose that color).

Question 2: Give examples of “success” after reading this question.

 **NOTE:** The goal of Question 1 is simply to provide encouragement and “light” accountability. It underlines the importance of spending time with Jesus as the foundation of this Course and the entire Christian life. Limit Question 1, however, to 5 minutes because it is only meant to be a check-in. You want to leave time for the second connection question which will lead them to the Session’s theme.

7:27–7:37
(10 mins)

BIBLE STUDY

READ ALOUD the introduction and Scripture text (pg.64)

THE ESSENTIALS

- Connect the Bible Study to the genogram.
e.g. Jesus refers to the reality that we belong to two families – our families of origin and the new family of Jesus.
- Complete your own genogram and be prepared to share from it.
- Be sensitive to people who may need a follow up with a pastor/counselor/wise mentor.

PITFALLS TO AVOID

- Failing to remember that the genogram is meant to get people started in awareness on how their family of origin has impacted them.
- Encourage your Table leaders to share vulnerably first in order to create safety for the group.

THE SKILL: GENOGRAM YOUR FAMILY

7:37–7:51
(14 mins)

PLAY VIDEO: Genogram Your Family

Encourage people to follow along in their Workbooks (pg.65-66)

 **NOTE:** A larger, legal size “Genogram Your Family” worksheet is available online [here](#). You can make copies of this if you like.

You may want to pause the video for a couple of minutes after Pete says: *“Now you have a three to four generational diagram in front of you.” to be sure everyone is caught up. Let them know that, as you resume the video, Pete will explain the relationship symbols on pg.67. They can start to more fully fill out their genogram as Pete speaks, but they will have fifteen minutes to actually complete it once the video is finished.*

7:51–7:52
(1 min)

PAUSE VIDEO: ADD ON...

Next to your parents, grandparents, and siblings – write down 2-3 adjectives. On the line between your parents, grandparents, and your marriage (if applicable), describe the marriages.

7:52-7:57
(5 mins)

RESUME VIDEO

7:57-8:12
(15 mins)

WORKBOOK ACTIVITY - *INDIVIDUAL ACTIVITY* (pg.67-68)

READ ALOUD the introduction to the Individual Activity and steps 1-4 (pg.66-67)

Work on genogram **INDIVIDUALLY**

- Give instructions for Individual Activity: mute, audio off (video stays on) and they set a timer for 15 minutes. The timer will be on screen too for you.
- At end of 15 minutes, you will move to Partner Activity (pg.69)
- Pete's Sample Genogram (also on pg.173)

 **NOTE:** Be sure to read the Leader's Notes on pg.167-168 to prepare for this session.

You may want to equip the Table Leaders with resources (possibly in a handout) for those who want to see a counselor, spiritual director, pastor, an inner healing prayer team, etc. This is often an important moment for people to take next steps in doing more serious inner work with God.

8:12-8:17
(5 mins)

BREAKOUT ROOMS - 5 minutes

PARTNER ACTIVITY (pg.69)

8:17-8:22
(5 mins)

RESUME VIDEO

Encourage people to follow along in their Workbooks (pg.69)

8:22-8:32
(10 mins)

FRAME 10 Commandments (pg.70)

8:32-8:39
(7 mins)

WORKBOOK ACTIVITY - *INDIVIDUAL ACTIVITY* (pg.69)

8:39-8:52
(13 mins)

BREAKOUT ROOMS - 13 minutes

SMALL GROUP SHARING

8:52-8:56
(4 mins)

PLAY VIDEO: Closing Summary

8:56-9:01
(5 mins)

Optional **SESSION WRAP-UP** and Personal Action Step

READ ALOUD the **Personal Action Step** (pg.72)

- Give the table small groups 1 - 2 minutes for people fill out the Personal Action Step
- If you have time, give them a few minutes for Q & A

9:01-9:04
(3 mins)

REVIEW HOMEWORK

- Review Your Genogram 1x this coming week
- Do EHR Day by Day: Week Three
- Pre-Session Reading for Session 4
- Keep using the Skills: CTR, Stop Mind Reading, Clarify Expectations

✍ **NOTE:** Consider encouraging people through the story of Joseph and how God works in, through and in spite of all our histories – provided we place it all in His hands.

You may also want to encourage people to read Chapter 3 from the book *Emotionally Healthy Spirituality* entitled “Go Back to Go Forward.” It provides larger theological framework for this very important session.



THE SESSION 3 FOLLOW-UP EMAIL:

Send this email between Session 3 & Session 4

Dear EH Relationships Participant,

Let me commend you for your hard work and courage in doing a genogram this *(meeting day)*. One of the great truths of life is this: You cannot change what you are unaware of. However, once we acknowledge negative legacies from our past - her power over us is diminished, if not broken.

Let me encourage you to do the following this week:

1. Offer your genogram to the light of Jesus during your Daily Office, allowing Him to give you any further insight He has for you.
2. Read chapter 3 of *Emotionally Healthy Spirituality - Going Back to Go Forward* - to provide several helpful ways to look at your genogram that we did not have time to go into last night.
3. Take time to reflect on pg.174 of your *EH Relationships Workbook* that lays out the biblical, healthy family commandments for our lives in the new family of Jesus.

We are praying for you in 2 ways. First, that you might break the negative power of your past, and secondly, that you may discover the hidden treasures God has for you in even your painful past.

For as God promises through Isaiah: “*I will give you hidden treasures, riches stored in secret places*” (Isaiah 45:3).

Blessings,
(your name here)

SESSION 4: EXPLORE THE ICEBERG

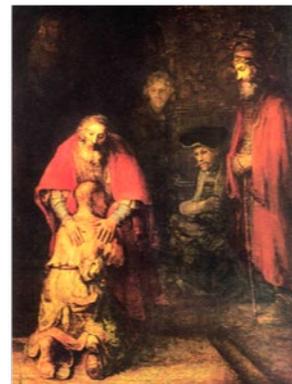
THE THEME:

To introduce and lead people into a skill, Explore the Iceberg, to enable them to become aware of their emotions and begin discerning God's will with them.

INTRODUCING THE DAILY OFFICE:

To be with Jesus. Guilt/Shame.

- [Watch video](#) of Pete leading the Daily Office to prepare yourself
- 95% of us live in guilt/shame about our prayer life/devotions e.g. "I don't pray enough" & "How does God feel about me?"
- God is delighted that you showed up. His love is without strings.
- Show Rembrandt's PRODIGAL SON painting



SESSION 4: ONLINE PLANNER

THE ESSENTIALS

- Connect the Bible study to the skill. David is an excellent example of what it means to be rigorously honest with ourselves and appropriately honest with others.
- You will want to watch the videos closely as there is a lot of important theology around God's will and our feelings that may be worth repeating at key junctures in the Session.

PITFALLS TO AVOID

- Forgetting that behind anger are often the more vulnerable emotions of sadness or fear.
- Becoming impatient with people's pace of becoming transparent and authentic. Relax. God is at work even when it appears slow.

THE SAMPLE SESSION SCHEDULE:

Sample Schedule	Your Scheduled Time	Content
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7:00-7:05 (5 mins)	_____	WELCOME
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7:05-7:07 (2 mins)	_____	INSTRUCTIONS for a Group CTR
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7:07-7:18 (11 mins)	_____	BREAKOUT ROOMS: Table Group CTR - 11 minutes
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7:18-7:28 (10 mins)	_____	INTRODUCE the DAILY OFFICE (pg.110-112) Week 4: Day 2, Morning/Midday Office
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7:28-7:30 (2 mins)	_____	INTRODUCE the 8 Sessions: this Week is Session 4. 1. Take Your Community Temperature Reading 2. Stop Mind Reading and Clarify Expectations 3. Genogram Your Family 4. Explore the Iceberg
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5. Listen Incarnationally
6. Climb the Ladder of Integrity
7. Fight Cleanly
8. Develop a “Rule of Life” to Implement Emotionally Healthy Skills

READ ALOUD the introduction in the Workbook (pg.81)

7:30–7:40

(10 mins)

BREAKOUT ROOMS - 10 minutes

GROWING CONNECTED Questions (pg.82)

#1: Day by Day Debrief: this question can be expanded to inviting people to share around their experience of meeting God via silence, or the readings, or practicing the Skills (6 mins)

#2: Stay as a group. Share on a scale of 1 to 5, with 5 being the highest, how you would rate your awareness of what is going on inside of you? (4 mins)

7:40–7:50

(10 mins)

BIBLE STUDY

READ ALOUD the introduction and Scripture text (pg.82)

7:50–8:06

(16 mins)

PLAY VIDEO: Explore the Iceberg
Encourage people to follow along in their Workbooks (pg.83-84)

8:06–8:16

(10 mins)

WORKBOOK ACTIVITY - INDIVIDUAL ACTIVITY (pg.85-86)
(Table Leaders participate in this too)

READ ALOUD the instructions and lead them through four questions.

THE ESSENTIAL

Table Leaders participate in the Explore the Iceberg exercise during the session along with their table group.

8:16–8:31

(15 mins)

BREAKOUT ROOM - 15 minutes

SMALL GROUP SHARING (pg.86)

These questions are so important as they relate to last week’s “Genogram Your Family” that you may want to allow an extra 5 minutes for this time.

8:31–8:36

(5 mins)

OPTIONAL TESTIMONY

This is a place for a testimony by you as the Point Leader, or a Table Leader around their Family Commandments of anger, sadness, fear, joy, etc., and how they are doing emotions now in the new family of Jesus

8:36–8:41

(5 mins)

PLAY VIDEO: Closing Summary
Refer them to follow the notes (pg.87)

8:41–8:46

(5 mins)

BREAKOUT ROOMS: OPTIONAL SESSION WRAP-UP

READ ALOUD the Personal Action Step (pg.88)

8:46-8:49
(3 mins)

REVIEW HOMEWORK

- Explore Your Iceberg 2x in your time with God
- EHR Day by Day: Week Four
- Pre-Session Reading for Session 5
- Keep using CTR/Stop Mind Reading/Clarify Expectations
Allow the group 2 minutes to fill in

8:49-8:52
(3 mins)

CLOSE IN PRAYER

 **NOTE:** This Session could end earlier but we like to use the flexible time this Session allows to include more table group connection time, personal testimonies, and table group sharing around how they are experiencing the Course and using the Skills. These are things that Table Leaders and Participants had specifically asked for in past evaluations.

THE SESSION 4 FOLLOW-UP EMAIL:

Send this email between Session 4 & Session 5

Dear EH Relationships Course Participant,
Thank you again for an outstanding evening on (*meeting day*). I believe we experienced a great introduction to “Explore the Iceberg” and why learning to feel is so essential to becoming fully human and alive in Christ.

Let me encourage you again to take 10 - 15 minutes, at least twice this week, to do a “feeling workout.” Again, you were created to feel, and, like a physical workout, you will find it easier and natural with time.

I trust you have picked up Emotionally Healthy Relationships workbook that provides readings from the various EHS books that correspond to each of the topics in the Course. The most important reading around feelings is found in Geri’s chapter 4, “Quit Denying Anger, Sadness, and Fear,” from *The Emotionally Healthy Woman*. This is our fullest, best treatment of this past week’s topic. I highly recommend you read it this week.

Irenaeus, a 2nd century bishop, once wrote: “*The glory of God is a living human being; and the life of human beings consists in beholding God.*” Our prayer is that these words may become more of your experience this coming week.

Blessings,
(*your name here*)

SESSION 5: LISTEN INCARNATIONALLY

THE THEME:

To lead people into a skill (Incarnational Listening) to train them to listen at a heart level with empathy and, in so doing, mature in their ability to love others.

INTRODUCING THE DAILY OFFICE:

A visual picture of resting in the Father's love.

- **Watch video** of Pete leading the Daily Office to prepare yourself
- **Show** Rembrandt's PRODIGAL SON painting
- The Daily Office is a time for us to lean our head against the Father's chest and let His hands and love rest on us
- **Review** Silence & Stillness Guidelines using the card



SESSION 5: ONLINE PLANNER

THE SAMPLE SESSION SCHEDULE:

Sample Schedule	Your Scheduled Time	Content
7:00-7:05 (5 mins)	_____	WELCOME
7:05-7:15 (10 mins)	_____	INTRODUCE the DAILY OFFICE (pg.137-140) Week 5: Day 2, Morning/Midday Office
7:15-7:17 (2 mins)	_____	INTRODUCE the 8 Sessions: this Week is Session 5. 1. Take Your Community Temperature Reading 2. Stop Mind Reading and 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 Emotionally Healthy Skills READ ALOUD the introduction in the Workbook (pg.98)
7:17-7:27 (10 mins)	_____	BREAKOUT ROOMS - 10 minutes GROWING CONNECTED Questions (pg.98-99)
7:27-7:37 (10 mins)	_____	BIBLE STUDY READ ALOUD the introduction and Scripture text (pg.99)

 **NOTE:** Connect the Bible Study to the skill. God loved us by entering our world. We love others by entering their world.

7:37-7:55
(18 mins)

PLAY VIDEO: Introduction - Listen Incarnationally
Encourage people to follow along in their Workbooks (pg.100-103)

7:55-8:25
(30 mins)

WORKBOOK ACTIVITY - PARTNER ACTIVITY (pg.104)

 **NOTE:** More time is given here than given in the Workbook. We are leaving more time for transitions and the reading of the instructions.

READ ALOUD the instructions

The **QUESTION** they are answering is #3: “What is the biggest thing impacting you right now? How are you feeling about it?”

 **NOTE:**

- Point to the feelings sheet on pg.175 before they begin
- Give people time to think about what’s impacting them before the timer is started.
- We suggest you give 10 minutes for each person during this skill. Have someone signal for time to switch and restart a timer.
- Be sure to tell people that, if they are with someone they know, “the biggest thing impacting them“ needs to be about something **OTHER** than that person! This is not a clean fight. That is in Session 7.

START TIMER (10 minutes each)

THE ESSENTIALS

- Speaking clearly, honestly, respectfully, and in a timely fashion is its own important, mini-skill!
- Help people distinguish between feelings and facts.
- “Feeling felt” and emotional connection is the goal.

THE PITFALLS TO AVOID

- The listener interrupting, being distracted, or trying to fix the speaker.
- The listener not stopping the speaker at short intervals so he/she can repeat back what they are saying.
- The speaker not speaking in the “I.”

8:25-8:40
(15 mins)

BREAKOUT ROOMS - 15 minutes

SMALL GROUP SHARING (pg.105)

8:40-8:45
(5 mins)

PLAY VIDEO: Closing Summary

8:45-8:50
(5 mins)

OPTIONAL SESSION WRAP-UP and **Personal Action Step** (pg.106)

READ ALOUD instructions for the Personal Action Step

Give Table Groups 1 - 2 minutes to fill out the Personal Action Step

MENTION the checklist in the back of the *EH Relationships Workbook*. Encourage them to begin checking off where they are and to make up any missing segments.

 **NOTE:** Encourage people to consider downloading the individual Sessions like this one (via Amazon/CBD/emotionallyhealthy.org/store/Bible Gateway/etc), or to purchase the DVD.

8:50–8:53
(3 mins)

HOMEWORK

- Practice Incarnational Listening at least 1x this week
- Do EHR Day by Day: Week Five
- Pre-Session Reading for Session 6
- Use the Skills: CTR, Stop Mind Reading, Clarify Expectations, Explore the Iceberg

8:53–8:59
(6 mins)

CLOSE IN PRAYER



THE SESSION 5 FOLLOW-UP EMAIL:

Send this email between Session 5 & Session 6

Dear EH Relationships Participant,

Let me encourage you to apply all the skills you have learned in the midst of the different challenging conversations happening around us:

- The Community Temperature Reading (“I’m puzzled! I notice and I prefer”)
- Stop Mind Reading (lots of that going on right now)
- Clarify Expectations
- Explore the Iceberg (I have been doing that a lot this week, especially around anger, sadness, and fear) and seeking to discern God’s voice in the process.
- Speaking and Incarnational Listening. Speaking honestly, respectfully, clearly and timely is very important right now. I think the word respect is important.

Most importantly, let me encourage you to practice Incarnational Listening at least twice before we meet (*meeting day*). Again, this is a core skill of the Course and the core to loving well.

And may we be known as great lovers, and listeners, for the sake of His name and glory. See you next (*meeting day*).

Blessings,
(*your name here*)

SESSION 6: CLIMB THE LADDER OF INTEGRITY

THE THEME:

To raise people's ability to live their values with integrity so that who they are "on stage" is not different from who they are "off stage."

This session's skill, The Ladder of Integrity, will enable people to clarify their values by processing their thoughts and feelings and if appropriate, assert themselves respectfully.

INTRODUCING THE DAILY OFFICE:

A visual picture of resting in the Father's love.

- [Watch video](#) of Pete leading the Daily Office to prepare yourself
- Our goal with the Offices is not to stop but to practice His presence all through the day
- We are growing muscles to remain in Him and pray always (Ephesians 6:18)

SESSION 6: ONLINE PLANNER

THE SAMPLE SESSION SCHEDULE:

Sample Schedule	Your Scheduled Time	Content
7:00-7:05 (5 mins)	_____	WELCOME
7:05-7:15 (10 mins)	_____	INTRODUCE the DAILY OFFICE (pg.168-170) Week 6: Day 3, Morning/Midday Office
7:15-7:17 (2 mins)	_____	INTRODUCE the 8 Sessions: this Week is Session 6. 1. Take Your Community Temperature Reading 2. Stop Mind Reading and 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 Emotionally Healthy Skills
		READ ALOUD the introduction in the Workbook (pg.116)
7:17-7:27 (10 mins)	_____	BREAKOUT ROOMS - 10 minutes
		GROWING CONNECTED Questions (pg.116-117)
7:27-7:37 (10 mins)	_____	BIBLE STUDY
		READ ALOUD the introduction and Scripture text (pg.117)

THE ESSENTIALS

- Connect the skill to the Bible study. Paul models integrity by speaking clearly and directly to Peter.

- Be sure people get to Question 5 in the Bible study on the top of pg.116 so people can see practical ways we do this today. Give examples.

7:37-7:53
(16 mins)

PLAY VIDEO: Climb the Ladder of Integrity
Encourage people to follow along in their Workbooks (pg.118-120)

7:53-8:08
(15 mins)

WORKBOOK ACTIVITY - INDIVIDUAL ACTIVITY (pg.121-122)

 **NOTE:** While the Workbook allows 4 minutes for this, we recommend 15.

 **NOTE:** Getting Number 2 in the Ladder of Integrity right is important to avoid having trouble doing the rest of the Climb the Ladder Skill

Familiarize yourself with the two other examples found in Appendix E (pg.176-179)

READ ALOUD the instructions for the individual activity to the entire group (pg.121-122)

REVIEW on how the Ladder is Level 3 of Self-Awareness in the Course

- **Level I:** Community Temperature Reading - “I notice.... And I prefer...”
- **Level II:** Explore the Iceberg - “I feel”
Speaking - “honestly, clearly, respectfully, timely”
- **Level III:** Ladder of Integrity - “I value”

Slowly go through with the group contrasting unclear and clear examples of answers for Number 2 - “Right now the issue on my mind is...”
(Do it one at a time from left to right)

 **NOTE:** Be sure participants choose non-volatile issues. Give them 4 minutes alone to answer Questions 1 and 2.

ASK a few participants to share aloud what they have written for Number 2. Be sure they are specific as in the above chart.

8:08-8:28
(20 mins)

BREAKOUT ROOMS - 20 minutes

WORKBOOK ACTIVITY - PARTNER ACTIVITY (pg.122)

READ ALOUD the instructions before participants work on their own. Refer them to the Ladder of Integrity worksheet. (pg.176)

THE ESSENTIAL

- Make sure people have an issue that is specific, clear, and concrete when they begin their Ladder.

THE PITFALLS TO AVOID

- Not helping people be clear on the first sentence stem: “Right now the issue on my mind is...” Take your time with this so Table Groups get this right.

8:28-8:38

(10 mins)

BREAKOUT ROOMS - 10 minutes

SMALL GROUP SHARING (pg.123)

8:38-8:44

(6 mins)

PLAY VIDEO: Closing Summary

8:44-8:49

(5 mins)

OPTIONAL SESSION WRAP-UP and **Personal Action Step** (pg.124)

READ ALOUD instructions

Give the groups 1-2 minutes for people fill out the Personal Action Step

Give a few minutes for Q&A at the group tables if time allows

 **NOTE:** Encourage your people to consider downloading the individual Sessions like this one (via Amazon/CBD/emotionallyhealthy.org/store/Bible Gateway/etc), or to purchase the DVD

8:49-8:52

(3 mins)

HOMEWORK

REVIEW ALOUD

- Use the Ladder of Integrity at least 1x this week
- EH Relationships Day by Day: Week Six
- Pre-Session Reading for Session 7
- Keep using CTR/Stop Mind Reading/Clarify Expectations
- Mention the Checklist on the last page of the Workbook, inviting people to catch up on any Sessions, or parts of Sessions, they may have missed

8:52-8:55

(3 mins)

CLOSE IN PRAYER

THE SESSION 6 FOLLOW-UP EMAIL:

Send this email between Session 6 & Session 7

Dear EH Relationships Participant,

Last week's theme - The Ladder of Integrity - was the most challenging skill we have learned thus far. Why? It requires good self-awareness and builds on a number of skills we have learned (e.g. Explore the Iceberg, Genogram your Family, Clarify Expectations, CTR with "I notice and I prefer.").

Let me invite you to watch this excellent, well-developed example of a person Climbing the Ladder that was done at the Emotionally Healthy Leadership Conference - [view example here](#). It is based on a real-life example of Phil Varghese with other staff around a work issue.

Also, read Geri Scazzero's *The Emotionally Healthy Woman* for a full development around the level of integrity and differentiation you seek to embody as Christ-followers at your church.

Excited for next week on "Clean Fighting"!

Blessings,
(*your name here*)

SESSION 7: FIGHT CLEANLY

THE THEME:

To introduce people to a tool, **Clean Fighting**, to enable them to unlearn how they presently do conflict (i.e. **dirty fighting**) and resolve a conflict maturely by taking responsibility for a difficult issue.

INTRODUCING THE DAILY OFFICE:

Abiding in Jesus is our goal (John 15)

- [Watch video](#) of Pete leading the Daily Office to prepare yourself

SESSION 7: ONLINE PLANNER

THE SAMPLE SESSION SCHEDULE:

THE ESSENTIALS

- *Connect the skill to the Bible study. Daniel provides an excellent example of someone who follows his integrity and negotiates his differences well.*
- *This skill builds on the previous skills (e.g. speaking in the “I”, Stop Mind Reading, The Ladder of Integrity).*
- *Be sure to practice the Clean Fighting skill beforehand so you are familiar with the steps.*
- *Don’t underestimate how difficult this will be for people. Very few people have been disciplined in how to have a clean fight.*

Sample Schedule	Your Scheduled Time	Content
7:00–7:05 (5 mins)	_____	WELCOME
7:05–7:15 (10 mins)	_____	INTRODUCE the DAILY OFFICE (pg.196-199) Week 7: Day 3, Midday/Evening Office
7:15–7:17 (2 mins)	_____	INTRODUCE the 8 Sessions: this Week is Session 7. 1. Take Your Community Temperature Reading 2. Stop Mind Reading and 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 Emotionally Healthy Skills READ ALOUD the introduction in the Workbook (pg.132)
7:17–7:27 (10 mins)	_____	BREAKOUT ROOMS - 10 minutes GROWING CONNECTED Questions (pg.132-133)

7:27-7:37
(10 mins)

BIBLE STUDY

READ ALOUD the introduction and Scripture text (pg.133)

7:37-7:42
(5 mins)

PLAY VIDEO: Fight Cleanly
Encourage people to follow along in their Workbooks (pg.134-135)

7:42-7:44
(2 mins)

WORKBOOK ACTIVITY - INDIVIDUAL ACTIVITY (pg.135-136)

7:44-7:53
(9 mins)

RESUME VIDEO (pg.136-137)

7:53-8:03
(10 mins)

WORKBOOK ACTIVITY - INDIVIDUAL ACTIVITY (pg.138-139)

READ ALOUD the instructions before the timer starts

START TIMER for participants to complete Steps 1 - 4

8:03-8:23
(20 mins)

BREAKOUT ROOMS - 20 minutes

WORKBOOK ACTIVITY - PARTNER ACTIVITY (pg.139-140)

READ ALOUD the instructions

 **NOTE:** Give 10 minutes for each person during this skill. Ask someone to signal when it's time for Speaker and Listener to switch and reset the timer.

THE PITFALLS TO AVOID

- Make sure the issue is specific, clear, and not a large, long-standing conflict
- Jumping to this skill without the foundation of the other skills
- Don't pick a highly volatile topic that is emotionally charged

8:23-8:33
(10 mins)

SMALL GROUP SHARING (pg.140)

8:33-8:36
(3 mins)

PLAY VIDEO: Closing Summary

8:36-8:41
(5 mins)

OPTIONAL SESSION WRAP-UP and **Personal Action Step** (pg.141)

READ ALOUD instructions

Give the Table Groups 1 - 2 minutes to complete

Emphasize importance of next week, Session 8 "Rule of Life"!

 **NOTE:** In Session 8, participants will learn how the 8 sessions come together and be given a structure to make a long-term sustainable plan that becomes a foundation for their discipleship for the rest of their life

Loving People and Loving God can't be separated.

 **NOTE:** Emphasize that EHR is only half of the Emotionally Healthy Discipleship Course and encourage them to sign-up for the Part 1 - *Emotionally Healthy Spirituality*

8:41-8:44

(3 mins)

HOMework

REVIEW ALOUD

- Practice Fight Cleanly at least 1x
- Do EH Relationships Day by Day - Week Seven
- Pre-Session Reading for Session 8
- Use the skills you're learning

8:44-8:48

(4 mins)

CLOSE IN PRAYER



THE SESSION 7 FOLLOW-UP EMAIL:

Send this email between Session 7 & Session 8

Dear EH Relationships Participant,

I was especially aware last week that we were dealing with the greatest indicator of a spiritually/emotionally mature adult – the skill of Clean Fighting. Why? The true peace of Christ's kingdom in our homes, workplaces, friendship, or church requires we replace lies and pretense with the truth and light of Jesus.

Let me invite you again to re-read and pray through the 15 qualities of an emotionally mature Christian outlined on page 182 in your workbook. And let me also recommend you read chapter 7 in *Emotionally Healthy Spirituality* called "Grow into an Emotionally Mature Adult" as a great summary of this Course.

This (*meeting day*) we will practice again two key skills that are foundational to how we do relationships in the new family of Jesus – the Community Temperature Reading and Clarify Expectations. Then we will help you make an action plan for your next steps on how you will implement these powerful tools into your life. We will conclude with a blessing as we send you out in His name.

Looking forward to seeing you (*meeting day*),
(*your name here*)

SESSION 8: DEVELOP A RULE OF LIFE TO IMPLEMENT EH SKILLS

THE THEME:

The goal of this Session is for people to create a specific plan to implement the EH Relationships skills into their lives over the next 1 - 3 months and begin to practice the implementation of changes in the way they relate to God, themselves and others.

INTRODUCING THE DAILY OFFICE:

Our first work is to be with Jesus, to seek His face.

- [Watch video](#) of Pete leading the Daily Office to prepare yourself

SESSION 8: ONLINE PLANNER

THE SAMPLE SESSION SCHEDULE:

THE ESSENTIALS

- Connect the skill to the Bible study. We are to count the cost of what it means to leave our family of origin and to do life in Jesus' way. The early church was intentional and purposeful.
- Make sure people get the space and time to develop a plan for their next steps.
- The sharing time at tables and possibly with the larger group is critical.
- Be sure to use the feedback form to gather feedback from the group.

THE PITFALLS TO AVOID

- Being uncomfortable with the silence as people work on their individual activity.
- Watch your timing, adjusting it to your group, so people have enough time to share in their groups as well as work individually.

Sample Schedule	Your Scheduled Time	Content
7:00-7:05 (5 mins)	_____	WELCOME
7:05-7:15 (10 mins)	_____	INTRODUCE the DAILY OFFICE (pg.230-232) Week 8: Day 4, Midday/Evening Office
7:15-7:17 (2 mins)	_____	INTRODUCE the 8 Sessions: this Week is Session 8. 1. Take Your Community Temperature Reading 2. Stop Mind Reading and 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 Emotionally Healthy Skills
		READ ALOUD the introduction in the Workbook (pg.150)

7:17-7:27 _____ **BREAKOUT ROOMS - 10 minutes**

(10 mins)

GROWING CONNECTED Questions (pg.150-151)
5 minutes each question.

7:27-7:42 _____ **BIBLE STUDY**

(15 mins)

READ ALOUD the introduction and Scripture text (pg.151)

7:42-7:47 _____ **PLAY VIDEO:** Develop a Rule of Life to Implement EH Relationship Skills

(5 mins)

Encourage people to follow along in their Workbooks (pg.152-154)

 **NOTE:** For participants that have read the EH Spirituality book, note that the Rule of Life diagram here looks different than the one in the EHS book. The point is to create a structure or rhythm that guides me in rooting the skills in my life.

7:47-7:57 _____ **WORKBOOK ACTIVITY - INDIVIDUAL ACTIVITY** (pg.154-156)

(10 mins)

READ ALOUD the questions to the entire group before they can respond prayerfully

7:57-8:12 _____ **BREAKOUT ROOMS - 15 minutes**

(15 mins)

Sharing together from Individual Activity (pg.156) allow more time than workbook. Give them 10 minutes in pairs, each taking 5 minutes.

8:12-8:15 _____ **PLAY VIDEO:** Closing Summary

(3 mins)

Point participants to the notes (pg.157-158)

8:15-8:25 _____ **FEEDBACK FORM**

(10 mins)

This Feedback Form (*on pg.73 of this Course Planner*) serves two purposes. First, it gets people ready for the FINAL GROUP TIME and secondly, it enables you to discern what God did in the Course and improve it for the next time you teach it.

8:25-8:50 _____ **FINAL GROUP TIME** (pg.158)

(25 mins)

 **NOTE:** This is an extremely important time for the Table Groups as people share together.

Invite selected participants to share with the large group, completing the following sentence stem: *“As a result of Part 2 of this Course I am beginning to realize...”*

8:50-8:53 _____ **HOMEWORK**

(3 mins)

REVIEW ALOUD

- *EHR Day by Day* Week Eight
- Begin implementing your RoL plan to integrate the skills in your life

8:53–8:58
(5 mins)

FINAL REMARKS

There are many ways you can close to celebrate the accomplishment of completion for your class. You can share your final remarks – hopes and wishes – along with any exhortation you may want to make.

REMINDE people that this is only Part 2 of *The Emotionally Healthy Discipleship Course*. Part 1 is *Emotionally Healthy Spirituality*.



NOTE: Be sure to point people to the Checklist in the back of the *EH Relationships Workbook*. Encourage them to begin checking off where they are and to make up any missing segments. Use this time to distribute Certificates of Completion.

8:58–9:02
(4 mins)

CLOSE IN PRAYER



THE SESSION 8 FOLLOW-UP EMAIL:

Email sent after the final meeting in Week 8

Dear EH Relationships Participants,

I want to thank you for a wonderful 8 weeks together. We pray and trust that it will serve as the beginning of a paradigm shift of how you love God, yourself, and others. Let me close with 3 invitations for you as you launch out with these new tools:

- **Practice the Skills.** They will change your life. Pete and Geri, armed with only one skill in 1996 (Incarnational Listening), transformed their marriage and lives. Perhaps better said is that God transformed their lives. But they made a commitment to practice it at least twice a week.
- **Plan to attend The Emotionally Healthy Spirituality (EHS) portion of the course.** These 2 parts of the EH Discipleship Course provide the base of how we do discipleship and life together. See this outstanding video on [How EHS Deeply Transforms Lives](#) for a glimpse of the kind of life change you can expect.
- **Consider getting [The Emotionally Healthy Leader eBook](#).** If you jump to the chapter “Culture and Team Building,” you will notice the material from *The EH Relationships Course* to building teams and work cultures.

Again, thank you for your courage and willingness to allow Jesus into your life and relationships. You remain in my prayers.

Blessings to you,
(*your name here*)



Emotionally Healthy Relationships

CERTIFICATE of COMPLETION awarded to

for completing Part 2 - Emotionally Healthy Relationships which includes completing the Workbook, working through the Day-By-Day resource, and experiencing the eight training sessions.

date

signed

Pete Scazzero

Founder, Emotionally Healthy Discipleship



emotionally healthy
DISCIPLESHIP

1. As a result of Part 2 of this Course, I am beginning to realize...

2. How would you rate the elements on a scale of 1 (lowest) to 5 (highest)?

A specific comment, along with your number, sheds even greater light.

RATING

- Session 1: Introduction and Community Temperature Reading (CTR)
Comment: _____

- Session 2: Stop Mind Reading and Clarify Expectations
Comment: _____

- Session 3: Genogram Your Family
Comment: _____

- Session 4: Explore the Iceberg
Comment: _____

- Session 5: Incarnational Listening
Comment: _____

- Session 6: Climb the Ladder of Integrity
Comment: _____

- Session 7: Fight Cleanly
Comment: _____

- Session 8: Develop a Rule of Life to Implement Emotionally Healthy Skills
Comment: _____

3. What were your “rhythms” with God before these sessions?

Describe any progress you have made.

4. What was most valuable to you? Why?

5. What could have been more helpful? How could it have been more helpful?

6. What else would you like to share with us that can help us improve the next time we offer Part 2. EH Relationships?

TABLE LEADER FEEDBACK FORM

NAME: _____

1. There are many moving parts of the EHD Course: Day by Day, workbook content, timing, enforcing guidelines, group dynamics, up front instruction, snacks, follow-up contact, homework, etc. In your experience as a Table Leader, what felt:

• Right? _____

• Missing? _____

• Confusing? _____

2. What was your greatest challenge? Greatest joy?

3. What further training could you have used in your role as a Table Leader? (e.g. handling specific situations with people/group – cell phone usage, table member not talking, etc.)

4. Is there anyone from your group you would recommend for a testimony for Day by Day or EHR impact?

5. Is there anyone from your group you would recommend for future TL apprenticeship and training?

6. Is there anything else we can help with, or suggestions you might have?

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.
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-  **Morning Prayer:** 6:00am - 9:00am
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-  **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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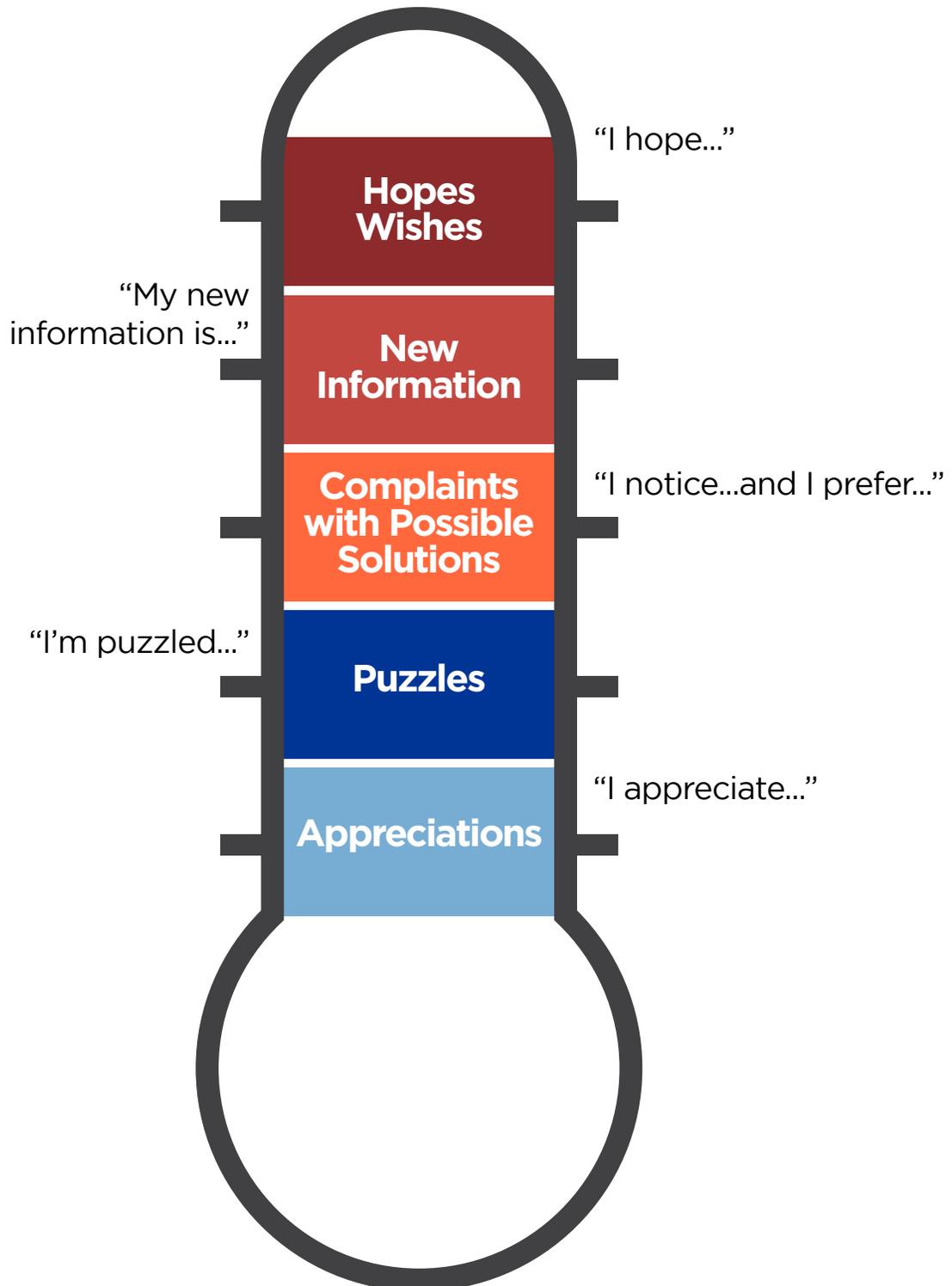
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COMMUNITY TEMPERATURE READING



STOP MIND READING

- 1 PICK a specific relationship area of your life where you might be "mind reading" or making an assumption**

(e.g. work, church, family, marriage, parents, friendships).

- 2 ASK PERMISSION**

"May I have permission to read your mind?"

OR

"Can I check out an assumption I have?"

- 3 ASK**

"I think that you think.... Is that correct?"

OR

"I am wondering.....is that correct?"

Dangers of Mind Reading

- Telling ourselves stories about others that aren't true
- Making assumptions without checking them out damages relationships

CLARIFY EXPECTATIONS

PRINCIPLE:

Expectations are only valid when they have been mutually agreed upon.

4 CRITERIA FOR VALID EXPECTATIONS

1 CONSCIOUS:

Were you aware you had this expectation?

2 REALISTIC:

What is the specific evidence this person(s) can, or will, do this?

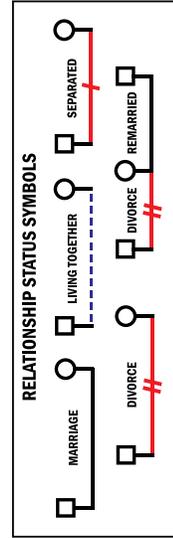
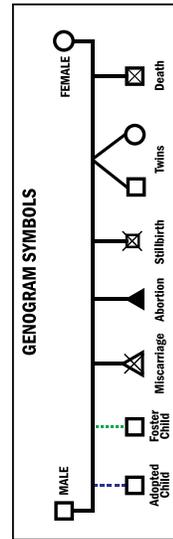
3 SPOKEN:

Have you clearly spoken the expectation or do you just think “they should know”?

4 AGREED UPON:

Has the other person agreed to the expectation?

GENOGRAM YOUR FAMILY



GENERATIONAL THEMES

"EARTHQUAKE" EVENTS

EXPLORE THE ICEBERG

A large iceberg floats in the ocean. The tip of the iceberg is visible above the water surface, while the much larger, submerged part of the iceberg is visible below the surface. The water is a deep blue color.

What are you mad about?

What are you sad about?

What are you anxious about?

What are you glad about?

SPEAKING

**Learning to speak truthfully in the new family of Jesus.
We do this:**

- 1 Respectfully**
- 2 Honestly**
- 3 Clearly**
- 4 Timely** (in a timely fashion)

INCARNATIONAL LISTENING

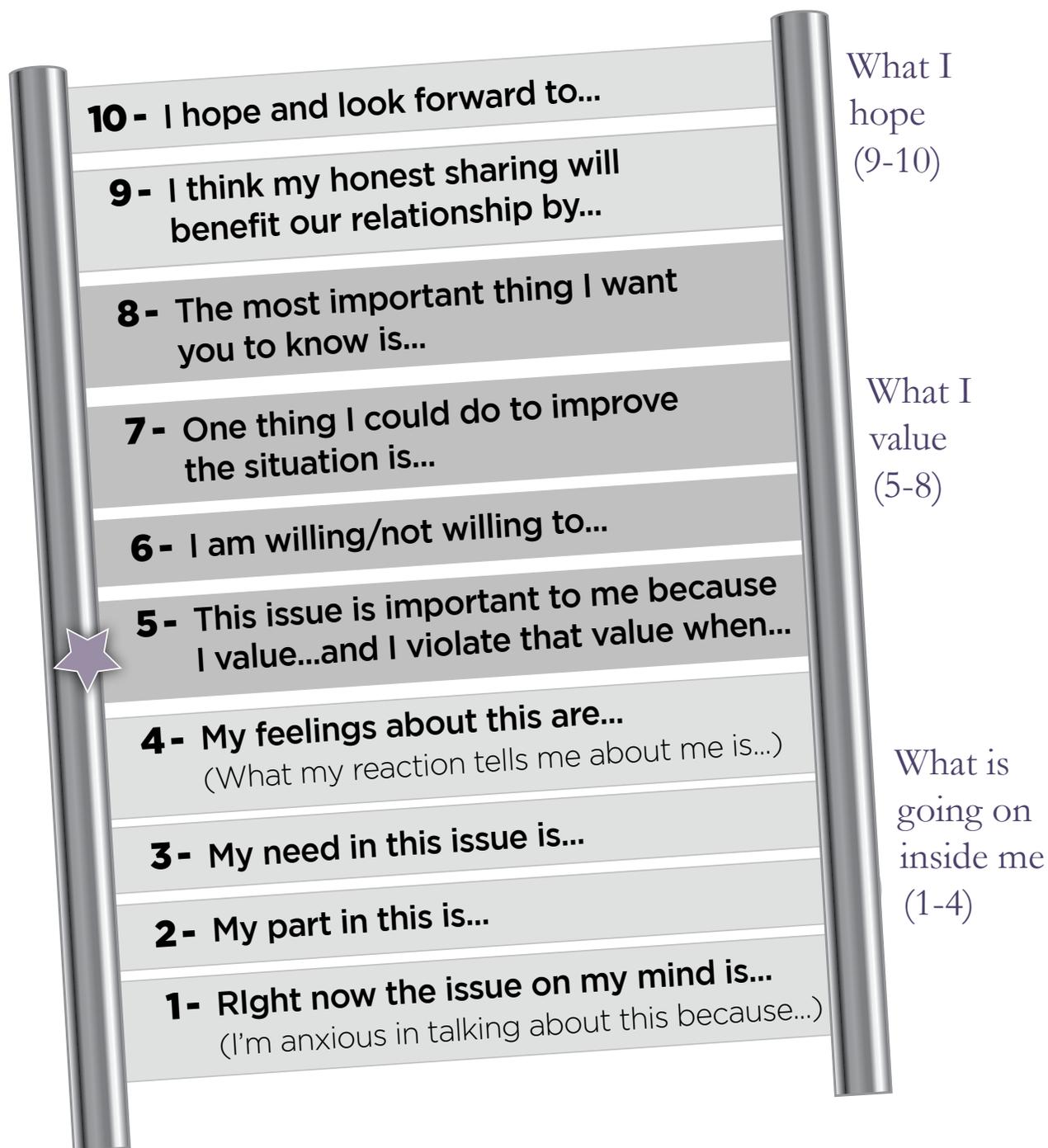
AS THE SPEAKER:

- **Speak in the “I”.**
- **Keep statements brief.**
- **Stop to let the other person reflect back or paraphrase.**
- **Include feelings.**
- **Be honest, clear, and respectful.**

AS THE LISTENER:

- **Give the Speaker your full attention**
- **Step into the Speaker’s shoes**
- **Avoid judging or interpreting.**
- **Reflect back as accurately as you can what you heard them say.**
- **When you think they are done, ask: “Is there more?”**
- **When they are done, ask: “Of everything you have shared, what is the most important thing you want me to remember?”**

CLIMB THE LADDER OF INTEGRITY



Be sure to stick to one issue.

CLEAN FIGHTING

SPEAKER:

Ask permission to do a clean fight.

LISTENER:

Remember to reflect back what you hear the Speaker saying by paraphrasing after each sentence stem (numbers 1-4).

SPEAKER:

- 1** State the problem. *"I notice..."*
- 2** State why it is important to you. *"I value because..."*
- 3** Fill in the following sentence: *"When you... I feel ..."*
- 4** State clearly, respectfully and specifically your request.
(Specifically means to include details such as time and dates.)

LISTENER:

- 5** Consider the request.
Briefly share your feelings and perspective on it.
- 6** Are you willing to do all of it, part of it, or none of it?

SPEAKER:

- 7** Agree on request
OR
Offer an alternative (go back and forth not more than 3 times)

TOGETHER:

- 8** Write the agreement (Review it in 2-4 weeks)
Speaker: My understanding of the agreement is...
Listener: My understanding of the agreement is...