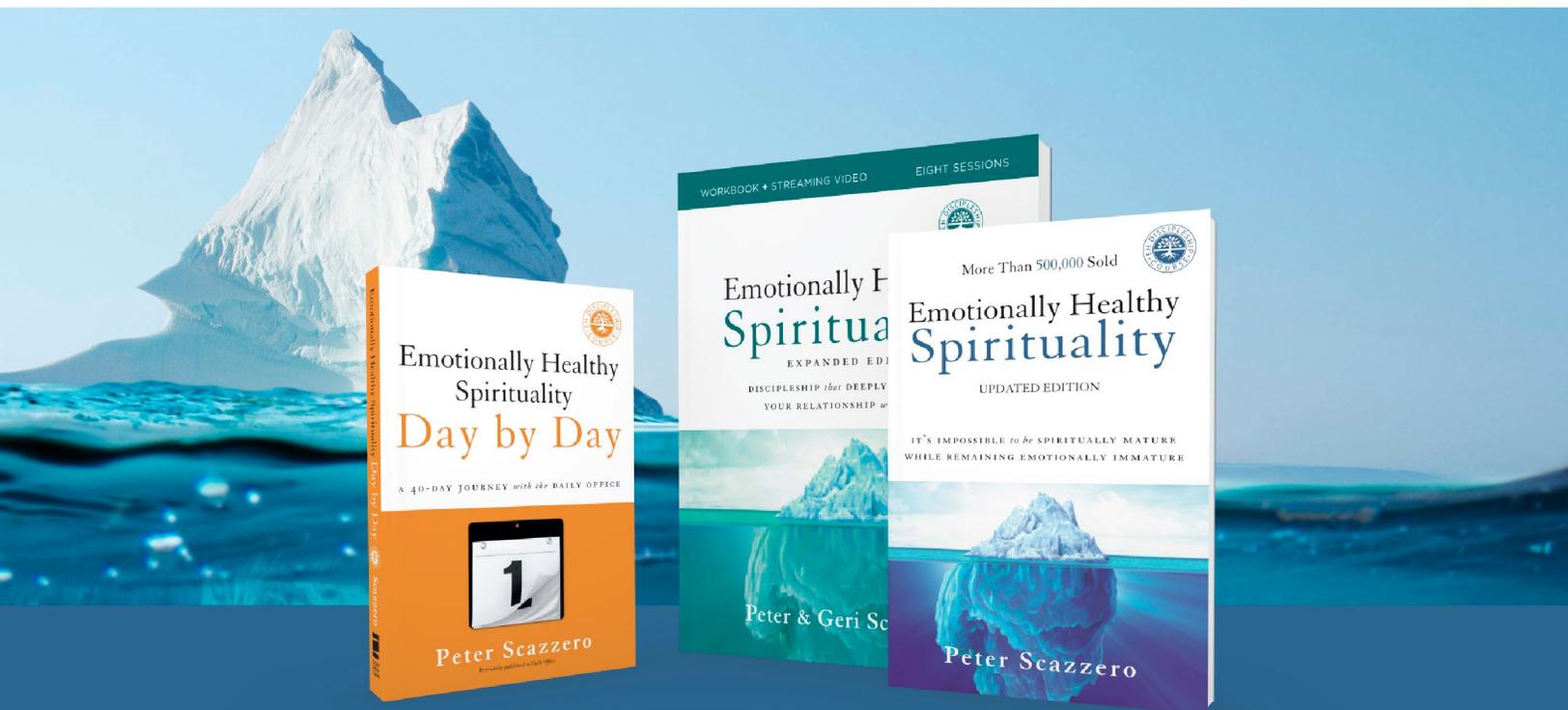




Emotionally Healthy Spirituality

PLANNER

for use with the Emotionally Healthy Spirituality 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

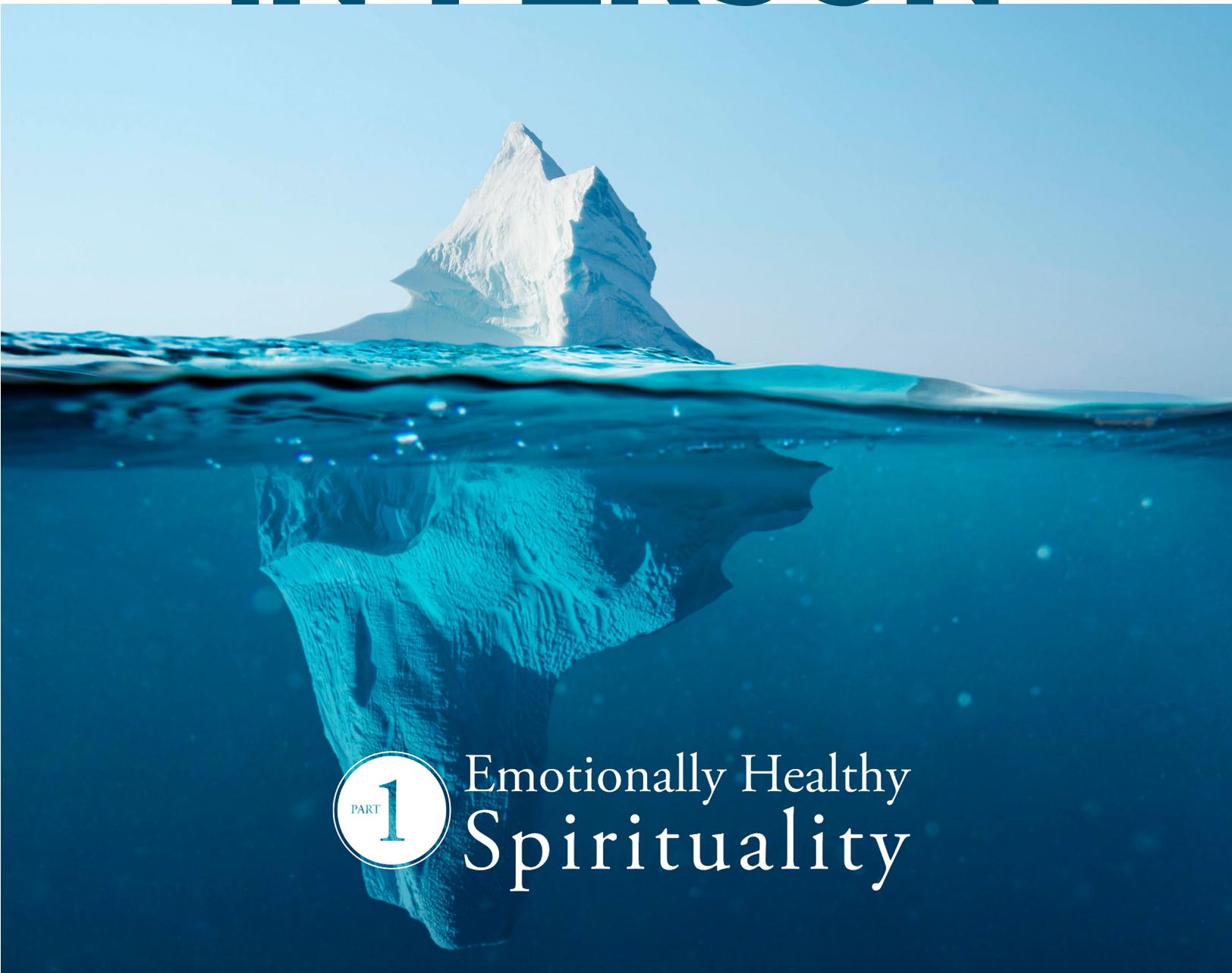


Emotionally Healthy
Spirituality



Emotionally Healthy
Relationships

Leading **IN-PERSON**



PART
1

Emotionally Healthy
Spirituality

An image of an iceberg floating in blue water. The top part of the iceberg is above the surface, and a much larger part is submerged below the surface, illustrating the concept of an orientation meeting as a 'tip of the iceberg' for a larger course.

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 present

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 2 Courses – both courses are foundational to discipleship

- Emotionally Healthy Spirituality Course
- Emotionally Healthy Relationships Course

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} hours 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 in 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 Course](#)

[The Power of the EH Relationships Course](#)

Q&A

Close in Prayer

SESSION 1: THE PROBLEM OF EMOTIONALLY UNHEALTHY SPIRITUALITY - SAUL

THE THEME:

- Without self-awareness, we are stuck in emotional immaturity like Saul
- Unless we slow down for a deep relationship with God, we will be in trouble like Saul

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 and 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 back pages.

SESSION 1: IN-PERSON PLANNER

THE SAMPLE SESSION SCHEDULE: *Often the first night starts 10-15 minutes late as people get into Tables.*

Sample Schedule	Your Scheduled Time	Content
7:00-7:15	_____	WELCOME 🗨️ 1 <i>(corresponding PowerPoint slide)</i>
7:00-7:03 (3 mins)	_____	REVIEW HOUSEKEEPING We've provided refreshments tonight, but to save some cost and work, we ask that all tables take responsibility for their own snacks each week. There's a signup sheet on your table for this purpose. Have some fun competition with other tables for best snacks!
7:03-7:10 (7 mins)	_____	INTRODUCE Silence & Stillness Card 🗨️ 2
7:10-7:15 (5 mins)	_____	PLAY VIDEO: Pete Scazzero explains <i>The Daily Office</i> 🗨️ 3
		DAILY OFFICE (pg. 22-23): Day 1 - Midday/Evening Office 🗨️ 4
		CANDLE during silence & office 🗨️ 5
7:15-7:18 (3 mins)	_____	INTRODUCE the 8 Sessions 🗨️ 6 1. The Problem of Emotionally Unhealthy Spirituality 2. Know Yourself that You May Know God 3. Going Back in Order to Go Forward 4. Journey through the Wall 5. Enlarge Your Soul through Grief and Loss 6. Discover the Rhythms of the Daily Office and Sabbath 7. Grow into an Emotionally Mature Adult 8. Go the Next Step to Develop a "Rule of Life"

READ ALOUD the introduction in your Workbook (pg.1)

7:18-7:23 _____ **READ ALOUD** suggested guidelines of how we do SG's in the EHS Course
(5 mins)

7:23-7:33 _____ **GROWING CONNECTED** Questions (pg.2) 🗣️ **7**
(10 mins)

7:33-7:44 _____ **PLAY VIDEO:** The Problem of Emotionally Unhealthy Spirituality 🗣️ **8**
(11 mins)

7:44-7:59 _____ **STARTER QUESTION** 🗣️ **9**

7:44-7:49 _____ **READ ALOUD** the 10 Symptoms (pg.3)
(5 mins)

7:49-7:59 _____ Groups of 2-3 within their larger groups to share the one symptom that
(10 mins) applies to your life today, and how

7:59-8:04 _____ **INTRODUCE** the Bible Study Text (pg.4) 🗣️ **10**
(5 mins)

Introduce the Bible Study on 1 Samuel 15 as clearly and simply as possible before you read it aloud

OUTLINE OF 1 SAMUEL 15 BIBLE STUDY

- SAUL: Israel had 3 kings
Anointed king by God... Humble beginnings. Great leader. Given clear instructions by God through Samuel the prophet of God.
- v.9 Partially obeys, feels no healthy guilt/remorse
- Can't see it. Outside looks good but emotionally unhealthy
 - Both his emotional and spiritual life out of order
 - He has a big disconnect...activity/head and heart
 - He skims...doesn't obey fully
 - How we skim?
 - Decision making... don't pray or ask counsel/God
 - QT... no time
 - Attend church but remain in a destructive relationship
 - Bitter... not praying God help me
 - Critical/gossipy/judgmental

READ ALOUD THE TEXT

Encourage people to circle phrases that speak or stand out to them as you read

8:04-8:34 _____ **BIBLE STUDY** in Table Groups
(30 mins)

THE KEY TEACHING MOMENT:

QUESTION #4 - Symptoms of a False self survey

QUESTION #5 - What might be one invitation from God for you out of this entire story about Saul?

8:34–8:39 _____ **BREAK (start timer)** 🗣️ **11**
(5 mins)

- Snacks
- Get contact information of the people at your table

8:39–8:54 _____ **APPLICATION** 🗣️ **12**
(15 mins)

READ ALOUD the instructions in your workbook (pg.8)

Table Leaders take your groups into 2-3 people for Question 3 when your group is ready. Be sure to give them 3-4 minutes for this BEFORE the 15 minutes are up.

THE KEY TEACHING MOMENT:

QUESTION #3 - At this point, what might be one or two simple steps you can take toward beginning to slow down your life and balance your two circles?

8:54–9:02 _____ **PLAY VIDEO: Closing Summary** 🗣️ **13**
(8 mins)

9:02–9:04 _____ **HOMEWORK** 🗣️ **14**
(2 mins)

- Review for yourself pg.11, you'll see the homework between sessions
- Read Chapter 2, Know Yourself that You May Know God, for next week. This is about discipleship, becoming deeply changed by Jesus so we can deeply change the world.
- Be sure to explain the *EHS Day by Day*. Show them the Table of Contents and how each week reinforces the theme. Invite them to do Offices for WEEK 1 from *Day by Day* book.
- Review questions for each day (pg.11-14)

CLOSE IN PRAYER

📝 **NOTE:** Additional guidelines for each session are in the Leader's Guide section in the back of the EHS workbook



SESSION 1 POWERPOINT:

Click Here to access the Session 1 PowerPoint
Select Download in the upper right-hand corner

NOTE: to access videos in PowerPoint presentation, use the [StudyGateway.com Access Code](https://StudyGateway.com) found in the inside cover of your workbook.

SESSION 1 FOLLOW-UP EMAIL:

Send this email between Session 1 & Session 2

Dear EH Spirituality Participants,

I trust you are having a wonderful week. We got off to a great start last (*meeting day*), and I look forward to what God will do this week.

Be sure to read Chapter 2 in preparation for a great study on “Know Yourself that You May Know God” as we open up the great theme of differentiation. If you have time, do go back and read Chapter 1 on “The Problem of Emotionally Unhealthy Spirituality.”

Let me encourage you to press in on the Daily Office (EHS Day by Day). [Click here](#) for a 7-minute video that will give you a bit of background to how the Daily Office differs from what we commonly call Devotions or Quiet Time. Rich and I recently recorded a 15-minute podcast on embracing silence. You may find that helpful as well. [Click here](#) to go to the blog post and podcast.

You are in our prayers. And we look forward to what God will do in and through you these next 8 weeks.

Warmly,
(*your name here*)

SESSION 2: KNOW YOURSELF THAT YOU MAY KNOW GOD - DAVID

THE THEME:

Knowing yourself and knowing God cannot be separated.

INTRODUCING THE DAILY OFFICE:

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

- **Watch video** of Pete introducing 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 back pages.

SESSION 2: IN-PERSON PLANNER

THE SAMPLE SESSION SCHEDULE:

Sample Schedule	Your Scheduled Time	Content
7:00-7:10 (10 mins)	_____	<p>WELCOME 📺 1</p> <p>SILENCE & STILLNESS GUIDELINES CARD 📺 2</p> <p>READ the 4 Guidelines again</p> <p>Add the 3 goals found on the back of the card</p> <ul style="list-style-type: none"> • <i>We receive God's love</i> • <i>We let go and surrender our will to His will</i> • <i>We open ourselves to hear God speak</i> <p>DAILY OFFICE (pg.39-40) 📺 3</p> <p>Focus - to be with Jesus. Personal Relationship.</p> <p>Day 1 - Morning/Midday Office</p>
7:10-7:13 (3 mins)	_____	<p>INTRODUCE today's theme - Know Yourself to Know God 📺 4</p> <p>This is the first of the seven pathways to EHS</p> <ol style="list-style-type: none"> 1. The Problem of Emotionally Unhealthy Spirituality 2. Know Yourself that You May Know God 3. Going Back in Order to Go Forward 4. Journey through the Wall 5. Enlarge Your Soul through Grief and Loss 6. Discover the Rhythms of the Daily Office and Sabbath 7. Grow into an Emotionally Mature Adult 8. Go the Next Step to Develop a "Rule of Life" <p>READ ALOUD the introduction in your Workbook (pg.15-16)</p>

7:13-7:30 _____ **GROWING CONNECTED** Questions (pg.16) 🗣️5
(17 mins)

- The goal of the first Growing Connected each week is meant to be a light accountability (**not guilt or shame**) for cultivating time with Jesus each week using the *Day by Day* devotional

📝 **NOTE:** This is the most challenging, difficult part of the Course.

- The goal of the 2nd question is to help you get to know each other in the group. Your answer reveals something of your true self.

📝 **NOTE:** If there are 8 people in your group. You have 1.5 mins each. Table Leaders - decide if and how they might break up the group.

7:30-7:31 _____ **READ ALOUD** Group Guidelines (pg.ix)
(1 min)

7:31-7:41 _____ **PLAY VIDEO:** Know Yourself that You May Know God 🗣️6
(10 mins)

7:41-7:51 _____ **STARTER QUESTION** 🗣️7
(10 mins)

READ ALOUD the paragraph on pg.17 in the workbook about allowing ourselves to feel along with Question 2, then answer questions

SHARE in groups (or keep group together) from Question 2 (pg.18) 🗣️8

7:51-7:56 _____ Take 5 minutes to give them background to lead up to the text 🗣️9
(5 mins)

- *Context: Valley 1-mile sloping, 1/2 mile each side with armies.*
- *Goliath: 9ft. tall! Very large man. Coat of mail weighing 125lbs.*
- *Tip of his spear weighs 15lbs.*
- *Javelin: he'll kill me from a distance. Armor bearer with large rectangular shield.*
- *Years of experience, ridiculing Israel.*
- *Tell story: Read vs.11, Israel "dismayed and terrified."*
- *80x in a row (for 40 days) - every morning and evening.*
- *I may teach briefly on differentiation here to prepare them for Question 9.*
- *Tell SG Leaders they have 30 min. but they need to leave 10 min. for last question on differentiation. This is a key question.*

7:56-8:26 _____ **BIBLE STUDY**
(30 mins)

READ ALOUD the passage from up front before they begin

THE KEY TEACHING MOMENTS:

QUESTION #4 - Where in your life, or with whom, is it difficult to be your true self (ex: to speak honestly, say "no", disagree with, or not be afraid of what others think)?

8:26-8:36 _____ **BREAK** (start timer) 🗣️10
(10 mins)

8:36-8:51 _____ **APPLICATION** 🗣️11
(15 mins)

READ ALOUD the two Questions (#1 & #2) on pg.22 and give them 5 minutes to journal alone

THE KEY TEACHING MOMENTS:

QUESTION #1 - What might it look like for you to take off armor that you are currently wearing that does not fit you?

QUESTION #2 - Many of us are so unaccustomed to distinguishing our true self from our false self that it many seem difficult to know where to begin. Complete the following sentence, and then share it with your group as a first step: *What I am beginning to realize about myself is...*

• **SHARE** in groups  **12**

Give them 10 minutes to share in groups of 2-3

8:51-8:59 _____

(8 mins)

PLAY VIDEO: Closing Summary  **13**

8:59-9:03 _____

(4 mins)

REVIEW their Homework for this week

• Read the next chapter: Chapter 3, Go Back to Go Forward  **14**

• Do *Day by Day* - Week 2



NOTE: Mention the **checklist** in the back of the workbook and *Day by Day* Book. Encourage them to begin checking off where they are and to make up any missing segments.

CLOSE IN PRAYER

Blessing them that they too (like David) might know the uniqueness of how God made them and know God also. And in doing so, they too may break through the Goliaths in front of them.



NOTE: Additional guidelines for each session are in the Leader's Guide section in the back of the EHS workbook



SESSION 2 POWERPOINT:

Click Here to access the Session 2 PowerPoint

Select Download in the upper right-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 2 FOLLOW-UP EMAIL:

Send this email between Session 2 & Session 3

Dear EH Spirituality Participants,

This week we head into Week 3 – Go Back in Order to Go Forward. We will be looking at the life of Joseph (Genesis 37-50). It is a rich, multi-layered text that offers us one of the foundational pillars of following Jesus – leaving our family of origin and culture in order to learn to do life in the new family of Jesus. So please be sure to read Chapter 3 in preparation.

I trust you are continuing to exercise your new muscles with the Daily Office. Keep experimenting!

Let me encourage you also to take the “Emotionally Healthy Personal Assessment” found on the EHD website at emotionallyhealthy.org/mature. It is an excellent way to determine whether you are an emotional infant, child, adolescent, or adult. See you (*meeting day*).

Blessings. You remain in our prayers,
(*your name here*)

SESSION 3: GOING BACK TO GO FORWARD - JOSEPH

THE THEME:

Story of God's work in and through Joseph's tragic past for the blessing of the world provides a biblical framework that permeates this session and the entire course.

INTRODUCING THE DAILY OFFICE:

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

- **Watch video** of Pete introducing 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 back pages.

SESSION 3: IN-PERSON PLANNER

THE SAMPLE SESSION SCHEDULE:

Sample Schedule	Your Scheduled Time	Content
7:00-7:10 (10 mins)	_____	WELCOME and Daily Office  1 SILENCE & STILLNESS GUIDELINES CARD  2 Introduce the Daily Office Focus - to be with Jesus. Personal Relationship. Review the 4 guidelines again and add the 3 goals found on the opposite side of the card: <ul style="list-style-type: none"> • <i>We receive God's love</i> • <i>We let go and surrender our will to His will</i> • <i>We open ourselves to hear God speak</i>
7:10-7:11 (1 min)	_____	DAILY OFFICE (pg.71-72)  3 Day 4 - Midday/Evening Office Start & End with 2 minutes of silence
		The 8 Sessions and where this Session fits.  4 <ol style="list-style-type: none"> 1. The Problem of Emotionally Unhealthy Spirituality 2. Know Yourself that You May Know God 3. Going Back in Order to Go Forward 4. Journey through the Wall 5. Enlarge Your Soul through Grief and Loss 6. Discover the Rhythms of the Daily Office and Sabbath 7. Grow into an Emotionally Mature Adult 8. Go the Next Step to Develop a "Rule of Life"

READ ALOUD the introduction (pg.27)

7:11-7:21 _____ **GROWING CONNECTED** Questions (pg.28)  **5**
(10 mins)

7:21-7:33 _____ **PLAY VIDEO:** Going Back in Order to Go Forward  **6**
(12 mins)

7:33-7:40 _____ **STARTER QUESTION** (pg.29)  **7**
(7 mins)

READ ALOUD the background to the question and the question itself.
Be sure to break the group into 2's or 3's.

7:40-8:13 _____ **BIBLE STUDY** (pg.30-31)
(33 mins)

READ the introduction and text from the workbook (pg.30)  **8**

THE KEY TEACHING MOMENTS:

QUESTION #5 - Slowly re-read verses 19-21. Here we see Joseph's response to the enormous losses he experienced in his life. Carefully consider the different aspects of this response noted below.

"Don't be afraid."

"Am I in the place of God?"

"You intended to harm me, but God intended it for good."

As you think about your own life story, which one speaks the most to you and why?

8:13-8:23 _____ **BREAK** (start timer)  **9**
(10 mins)

8:23-8:48 _____ **APPLICATION**  **10**
(25 mins)

READ ALOUD the instructions (pg.32)

- Give them 10 minutes alone to fill out the chart
- Then have them spend 15 minutes in groups of 3 to answer Questions 2 & 3 (pg.34)  **11**

THE KEY TEACHING MOMENTS:

QUESTION #1 - Prayerfully complete the chart even if you have done a similar exercise before. We often receive new insights when we ponder and reflect on our family's impact on us at different times.

QUESTION #3 - What might be one specific message from your family of origin that God has revealed to you today that you want to change as part of your "hard work of discipleship?"

8:48-8:55 _____ **PLAY VIDEO:** Closing Summary  **12**
(7 mins)

8:55–9:00
(5 mins)

REVIEW Homework for Next Week 13

- Encourage them to do Week 3 of the Daily Office
- Read the next chapter, Journey through the Wall
- If you have time, mention the EHS Assessment at emotionallyhealthy.org/mature

CLOSE IN PRAYER

That we too might see God as Joseph did and fulfill His purposes!

 **NOTE:** Additional guidelines for each session are in the Leader's Guide section in the back of the EHS workbook



SESSION 3 POWERPOINT:

Click Here to access the Session 3 PowerPoint
Select Download in the upper right-hand corner

THE SESSION 3 FOLLOW-UP EMAIL:

Send this email between Session 3 & Session 4

Dear EH Spirituality Participants,

This week we will be looking at the life of Abraham and Journeying Through the Wall. It is one of the more important chapters upon which the EHD Course hinges. The following are two things you can do to get the maximum out of this coming week.

- 1.** Let me encourage you to read the story of Abraham from Genesis Chapter 12-24. It will give you a good overview of his life as well as provide a context for our very passage this week where God asks him to sacrifice his son Isaac.
- 2.** Read [this blog](#) that Pete Scazzero posted. It provides a summary of what he shared about how to spend time in silence and stillness before the Lord and links you to 10 FAQ's people have about silence.

Looking forward to seeing you all. Blessings.
(your name here)

SESSION 4: JOURNEY THROUGH THE WALL - ABRAHAM

THE THEME:

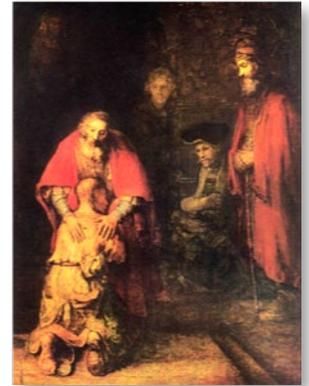
Understanding the disorientation of the dark night of the soul is key to spiritual maturity.

The death and suffering of Walls are powerful transformative moments.
We follow and trust in the person of Jesus, not our feelings about Jesus.

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 SAMPLE SESSION SCHEDULE:

Sample Schedule	Your Scheduled Time	Content
7:00-7:10 (10 mins)	_____	WELCOME and Daily Office 🗣️ 1 PRODIGAL SON PAINTING 🗣️ 2 Introduce the Daily Office Focus - to be with Jesus. Guilt/Shame. DAILY OFFICE (pg.86-87) 🗣️ 3 Day 3 - Midday/Evening Office
7:10-7:11 (1 min)	_____	The 8 Sessions and where this Session fits. 🗣️ 4 1. The Problem of Emotionally Unhealthy Spirituality 2. Know Yourself that You May Know God 3. Going Back in Order to Go Forward 4. Journey through the Wall 5. Enlarge Your Soul through Grief and Loss 6. Discover the Rhythms of the Daily Office and Sabbath 7. Grow into an Emotionally Mature Adult 8. Go the Next Step to Develop a “Rule of Life”
7:11-7:21 (10 mins)	_____	READ ALOUD the introduction from the workbook (pg.39) GROWING CONNECTED Questions (pg.40) 🗣️ 5

7:21-7:33 _____ **PLAY VIDEO:** Journey through the Wall 🗣️**6**
(12 mins)

7:33-7:48 _____ **STARTER QUESTION** (pg.41) 🗣️**7**
(15 mins)

READ ALOUD the 3 paragraphs on the middle of pg.101-102 from the EHS book to distinguish trials from walls

- Move them to sharing opportunity at top of pg.42

7:48-8:23 _____ **BIBLE STUDY** (groups of 2-3) 🗣️**8**
(35 mins)

READ ALOUD the introduction and text from the workbook (pg.42)

THE KEY TEACHING MOMENTS:

QUESTION #4 - What are some possible reasons you have a hard time accepting and moving through Walls?

QUESTION #5 - This is a key theological moment for this Session. Be sure to re-read it in the chapter.

In order to grow in Christ, every believer must go through Walls, or “dark nights of the soul.” This is God’s way of rewiring and “purging our affections and passions” that we might delight in his love and enter into a richer, fuller communion with him. In this way he frees us from unhealthy attachments, faulty images of who God is, and idolatries of the world. How might this larger perspective serve as an encouragement to you today?

 **NOTE:** You may want to address the issue of how often we don’t understand what God is doing and then reemphasize the incredible faith/obedience of Abraham

8:23-8:33 _____ **BREAK** (start timer) 🗣️**9**
(10 mins)

8:33-8:48 _____ **APPLICATION**
(15 mins)

READ ALOUD the questions and instructions from up front (pg.45)

PART 1: give participants 5 minutes alone 🗣️**10**

PART 2: give 10 minutes (in groups of 2-3) to share how God is speaking to them 🗣️**11**

8:48-8:57 _____ **PLAY VIDEO:** Closing Summary 🗣️**12**
(9 mins)

8:57-9:00 _____ **REVIEW** Homework for next week 🗣️**13**
(3 mins)

- Encourage them to stay with *EHS Day by Day* – Week 4
- Read the next chapter, Enlarge Your Soul through Grief and Loss
- Mention the Checklist in the back of the workbook and EHS Book

Encourage them to begin checking off where they are and to make up any missing segments

CLOSE IN PRAYER

 **NOTE:** Additional guidelines for each session are in the Leader's Guide section in the back of the EHS workbook



SESSION 4 POWERPOINT:

Click Here to access the Session 4 PowerPoint

Select Download in the upper right-hand corner

THE SESSION 4 FOLLOW-UP EMAIL:

Send this email between Session 4 & Session 5

Dear EH Spirituality Participants,

Thank you for another great week this last (*meeting day*) as we looked at Abraham and the Wall together. I am excited about our time this coming week as well as we dive into Chapter 5: Enlarge Your Soul Through Grief and Loss.

This is one of the most important, neglected truths in Scripture that, once rediscovered, has enormous potential to release a deep work of God in our hearts. It is truly a life-changer!

So read chapter 5 before arriving and continue pressing into the *Daily Office* each day, giving God room to strengthen that spiritual muscle of paying attention to Him.

Blessings to you.
(*your name here*)

SESSION 5: ENLARGE YOUR SOUL THROUGH GRIEF AND LOSS - JESUS

THE THEME:

God sees loss and grief as places where self-knowledge and powerful transformation can happen – if we participate in His process.

People need to slow down to feel their losses like David/Jeremiah in order to grow into mature, deeply compassionate Christ followers.

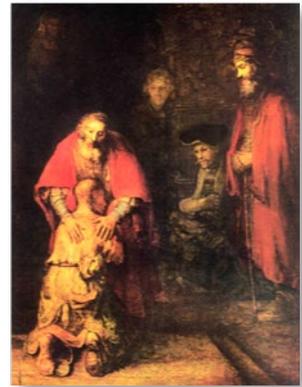
There are 3 phases of grieving in the new family of Jesus

1. Pay attention
2. Waiting in the Confusing In-Between
3. Let the old birth the new

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 and Daily Office 🗣️ 1 PRODIGAL SON PAINTING 🗣️ 2 Introduce the Daily Office SILENCE & STILLNESS GUIDELINES 🗣️ 3 DAILY OFFICE cover 🗣️ 4 DAILY OFFICE (pg.100-101) Day 1 - Midday/Evening Office
7:10-7:11 (1 min)	_____	INTRODUCTION The 8 Sessions and where this Session fits. 🗣️ 5

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

READ ALOUD the introduction from the workbook (pg.51)

7:11-7:24 _____ **GROWING CONNECTED** Questions (pg.52) 🗣️ **6**
(13 mins)

7:24-7:34 _____ **PLAY VIDEO:** Enlarge Your Soul through Grief and Loss 🗣️ **7**
(10 mins)

7:34-7:44 _____ **STARTER QUESTION** in groups of 2-3 (pg.53) 🗣️ **8**
(10 mins)

7:44-8:24 _____ **BIBLE STUDY** 🗣️ **9**
(40 mins)

READ ALOUD the introduction and text from the workbook (pg. 53)

You may want to reemphasize the following before they go into the Bible Study

Jesus is:

- v.37 - sorrowful - “depressed”
- v.38 - “My soul is overwhelmed to the point of death” = Jesus anguish enough to kill him!
- v.39 - falls on his face to the ground - physical position tells us of spiritual condition. **DEEP.**
- Luke 22:44 - “and being in anguish, he prayed more earnestly, and his sweat was like drops of blood falling to the ground.”
- He who knew no sin about to take on our sin (2 Cor. 5:21) - loss of Judas (betrayal), desertion of other 11 been their teacher, healer, encourager, supporter, friend.
- Not spiritual **SUPERHERO**, but Jesus is entirely human like us - body, emotions, mind. Really one of us...fully God and fully human.
- This is the Messiah - God in the flesh. Incarnation.

THE KEY TEACHING MOMENTS:

QUESTION #3 - What about Jesus’ example of grieving most speaks to you about embracing your own grief and loss?

8:24-8:34 _____ **BREAK** (start timer) 🗣️ **10**
(10 mins)

8:34-8:59 _____ **APPLICATION** (pg.55-56)
(25 mins)

Give them 8-10 minutes to work on Questions #2-4 alone  11

Then, 15 minutes in groups of 2-3 to share together  12

THE KEY TEACHING MOMENTS:

QUESTION #2 - What was the experience of filling out the chart like for you? Did it reveal anything new to you? Explain.

QUESTION #3 - Are there any losses you have not yet embraced where new life might still be waiting to be birthed?

8:59-9:07 _____ **PLAY VIDEO:** Closing Summary  13
(8 mins)

9:07-9:09 _____ **REVIEW** Homework for next week  14
(2 mins)

- Encourage them to stay with *EHS Day by Day* - Week 5
- Read the next chapter in EHS, Discover the Rhythms of the Daily Office and Sabbath

CLOSE IN PRAYER

 **NOTE:** Additional guidelines for each session are in the Leader's Guide section in the back of the EHS workbook



SESSION 5 POWERPOINT:

Click Here to access the Session 5 PowerPoint
Select Download in the upper right-hand corner

THE SESSION 5 FOLLOW-UP EMAIL:

Send this email between Session 5 & Session 6

Dear EH Spirituality Participants,

Once again, I am excited as I pray about our time together this (*meeting day*) as we enter into Week 6 - "Discover the Rhythms of the Daily Office and Sabbath."
In some ways this coming week takes us to the heart of the EHS Course- cultivating a life of being with God out of which we actively live for Him.

Marjorie Thompson describes it well: *"Like an artist who wishes to develop painting skills, or an athlete who desires a strong and flexible body, a person of faith chooses freely to adopt certain life patterns, habits, and commitments to grow spiritually."*

I will be praying God uses this week to develop deep, sustainable rhythms in your days (the Daily Office) and in your weeks (Sabbath) that change both you and all those you influence.

Looking forward to seeing you (*meeting day*).

Blessings.

(*your name here*)

SESSION 6: DISCOVER THE RHYTHMS OF THE DAILY OFFICE & SABBATH - DANIEL AND THE 10 COMMANDMENTS

THE THEME:

The Daily Office and Sabbath are ground-breaking, counter-cultural spiritual practices that go against our fast-paced Western culture to anchor us in the love of Jesus.

Practicing Sabbath for a 24-hour period each week (to stop, rest, delight, contemplate God) is one of the most powerful ways we can slow down our lives for Jesus in the 21st century.

INTRODUCING THE DAILY OFFICE:

Abiding in Jesus is our goal (John 15)

- **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:

 **NOTE:** At this point, participants in the Course will have been doing Daily Offices (*EHS Day by Day*) for 5 weeks. As a result, this Session focuses more on Sabbath rhythm and FAQ's around Sabbath.

Sample Schedule	Your Scheduled Time	Content
7:00-7:10 (10 mins)	_____	WELCOME and Daily Office  1 Introduce the Daily Office Focus - Abiding in Jesus is our goal (John 15) <ul style="list-style-type: none"> • Our goal with the Offices is not to stop but to practice His presence all through the day, to abide/remain with Jesus, remembering Him all through our days • Most of us live compartmentalized lives, thinking of God only in church, small groups, etc. • We are growing muscles to remain in Him, and pray always (Eph. 6:18)
		DAILY OFFICE (<i>pg.122-123</i>)  2 Day 2 - Morning/Midday Office

7:10-7:11 _____ **INTRODUCTION**

(1 min)

The 8 Sessions and where this Session fits. 🗨️ **3**

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

READ ALOUD the introduction from the workbook (pg.61-62)

7:11-7:21 _____ **GROWING CONNECTED** Questions (pg.62) 🗨️ **4**

(10 mins)

7:21-7:33 _____ **PLAY VIDEO:** Discover the Rhythms of the Daily Office and Sabbath 🗨️ **5**

(12 mins)

7:33-7:43 _____ **STARTER QUESTION** (pg.63) 🗨️ **6**

(10 mins)

7:43-8:18 _____ **BIBLE STUDY** 🗨️ **7**

(35 mins)

READ ALOUD the introductory paragraph and the Daniel 6 passage, giving them 10-12 minutes to answer Questions 1-3 on pg.64-65 (*You may want to break the table groups into 2's and 3's for a time*)

POINT them to pg.65 to the Ten Commandments. Have them note there are 10 commandments but that the 4th is the longest.

READ ALOUD v.8-11 followed by Question 4 from up front. Then send them off into their groups of 2's and 3's to answer the questions on pg.67 (i.e. Questions 5-6).

THE KEY TEACHING MOMENTS:

QUESTION #3 - What are the greatest obstacles preventing you from stopping to be with God once or twice a day?

8:18-8:28 _____ **BREAK** (start timer) 🗨️ **8**

(10 mins)

8:28-8:53 _____ **APPLICATION** (pg.67-72) 🗨️ **9**

(25 mins)

This is perhaps the most important part of this Session. People will have questions. Be prepared to share your experience and/or invite others to share theirs. Remember the goal - to get people to take their first steps towards integrating Sabbath as a spiritual practice.

THE KEY TEACHING MOMENTS:

QUESTION #2 - In the space provided, take a few minutes to journal one small step you can take to begin to incorporate Sabbath as a spiritual formation practice.

8:53-9:01 _____ **PLAY VIDEO:** Closing Summary  **10**
(8 mins)

9:01-9:04 _____ **FAQ's** with Sabbath  **11**
(3 mins)

REVIEW Homework  **12**

- EHS *Day by Day* Week 6
- Read Chapter 7 on Grow into an Emotionally Mature Adult

CLOSE IN PRAYER

 **NOTE:** At some point in the evening, I like to point people to their EHS book and read the bottom two paragraphs under the heading “Stopping to Surrender” (pg.156-157). It provides a rich summary of God’s heart for us in these two spiritual practices.

 **NOTE:** Additional guidelines for each session are in the Leader’s Guide section in the back of the EHS workbook



SESSION 6 POWERPOINT:

Click Here to access the Session 6 PowerPoint
Select Download in the upper right-hand corner

THE SESSION 6 FOLLOW-UP EMAIL:

Send this email between Session 6 & Session 7

Dear EH Spirituality Participants,

Greetings! This (*meeting day*) we will be in Week 7 - Growing into an Emotionally Mature Adult. This will give you a taste for *The Emotionally Healthy Relationships Course* (second part of EHD Courses) and how our ability to love others well is inseparable from a mature love for people.

Let me connect you to two helpful resources that will serve you in growing in the Daily Office and Sabbath:

1. An excellent devotional book on Sabbath to consider reading is:

Wayne Muller, Sabbath: Finding Rest, Renewal and Delight in our Daily Lives.

2. There is a **free app** for Centering Prayer now available for iPhones, iPads (iOS 7+) and Android phones. I have found it very helpful and commend it to you. I recommend you set it simply with introductory music, the timer for silence, and then, the concluding music.

You remain in our prayers.

Blessings.

(your name here)

SESSION 7: GROW INTO AN EMOTIONALLY MATURE ADULT - THE GOOD SAMARITAN

THE THEME:

Jesus made loving God and loving people inseparable. It is not possible to be spiritually mature while remaining emotionally immature.

Jesus is not looking to us to act religious but to be filled with mercy, without judgment towards others.

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:

Sample Schedule	Your Scheduled Time	Content
7:00-7:10 (10 mins)	_____	WELCOME 🗣️ 1
		INTRODUCE THE DAILY OFFICE 🗣️ 2
		DAILY OFFICE (pg.150-151) Day 5 - Midday/Evening Office
7:10-7:11 (1 min)	_____	INTRODUCTION
		The 8 Sessions and where this Session fits. 🗣️ 3
		1. The Problem of Emotionally Unhealthy Spirituality
		2. Know Yourself that You May Know God
		3. Going Back in Order to Go Forward
		4. Journey through the Wall
		5. Enlarge Your Soul through Grief and Loss
		6. Discover the Rhythms of the Daily Office and Sabbath
		7. Grow into an Emotionally Mature Adult
		8. Go the Next Step to Develop a “Rule of Life”
		READ ALOUD the introduction from the workbook (pg.77)
7:11-7:21 (10 mins)	_____	GROWING CONNECTED Questions (pg.78) 🗣️ 4
7:21-7:31 (10 mins)	_____	PLAY VIDEO: Grow into an Emotionally Mature Adult 🗣️ 5
7:31-7:38 (7 mins)	_____	STARTER QUESTION in groups of 2-3 (pg.79) 🗣️ 6
7:38-8:16 (38 mins)	_____	BIBLE STUDY (pg.79-82) 🗣️ 7

READ ALOUD the introduction and scripture before you begin

THE KEY TEACHING MOMENTS:

QUESTION #5 - What are some of your challenges when it comes to loving your neighbor and loving yourself?

QUESTION #6 - In light of how God is coming to you through this study, how do you hear the words in verse 37 to “go and do likewise”?

8:16-8:26 _____ **BREAK** (start timer) 📺 **8**
(10 mins)

8:26-8:51 _____ **APPLICATION** 📺 **9**
(25 mins)

READ ALOUD the questions and instructions from up front (pg.83-85)

8:51-8:58 _____ **PLAY VIDEO:** Closing Summary 📺 **10**
(7 mins)

8:58-9:01 _____ **REVIEW** Homework for next week 📺 **11**
(3 mins)

- *EHS Day by Day* - Week 7
- Read Chapter 8 - Go the Next Step to Develop a Rule of Life
- Reference the Checklist at the back of the workbook and encourage people to catch up on any sections they have missed

CLOSE IN PRAYER

📝 **NOTE:** Additional guidelines for each session are in the Leader’s Guide section in the back of the EHS workbook



SESSION 7 POWERPOINT:

Click Here to access the Session 7 PowerPoint

Select Download in the upper right-hand corner

THE SESSION 7 FOLLOW-UP EMAIL:

Send this email between Session 7 & Session 8

Dear EH Spirituality Participants,

As we prepare for this week's class, I find it hard to believe that it is our 8th and final class. And what a wonderful time we have had together!

Our goal has been to give you the framework for your relationship with God that, we trust, will serve you the rest of your life. You have been introduced to two powerful concepts:

1 - Emotional health and spiritual maturity are inseparable. When we open up our interior lives to the Lord Jesus (e.g. looking at our griefs and losses, our Walls, our families of origin), we find ourselves disoriented yet experiencing Jesus in new and profound ways.

2 - A slowed down spirituality is necessary to cultivate a first-hand relationship with Jesus. Our desire has been to introduce you to the radical spiritual practices of silence, stillness, and solitude through the Daily Office.

Of course, this has been only the first of the 2 parts of the course that form the foundation of discipleship at Emotionally Healthy Discipleship. These themes will be reinforced in The Emotionally Healthy Relationships Course.

So be sure to read the final chapter - Go the Next Step to Develop a Rule of Life - for this coming (*meeting day*).

We shall see you soon. You remain in our prayers.
(*your name here*)

SESSION 8: GO THE NEXT STEP TO DEVELOP A “RULE OF LIFE” – ACTS 2

THE THEME:

Each of us needs a deliberate, purposeful plan to intentionally structure our lives to receive and give the love of God.

INTRODUCING THE DAILY OFFICE:

Abiding in Jesus is our goal (John 15)

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

SESSION 8: 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 🗣️ 2 DAILY OFFICE (pg.163-164) Day 3 - Morning/Midday Office
7:10–7:11 (1 min)	_____	INTRODUCTION Congratulations! We are in Session 8 of the EHS Course – “Go the Next Step to Develop a Rule of Life” 🗣️ 3 This session is intended to bring all our previous studies together 1. The Problem of Emotionally Unhealthy Spirituality 2. Know Yourself that You May Know God 3. Going Back in Order to Go Forward 4. Journey through the Wall 5. Enlarge Your Soul through Grief and Loss 6. Discover the Rhythms of the Daily Office and Sabbath 7. Grow into an Emotionally Mature Adult 8. Go the Next Step to Develop a “Rule of Life” READ ALOUD the introduction from the workbook (pg.91-92)
7:11–7:23 (12 mins)	_____	GROWING CONNECTED Questions 🗣️ 4 READ ALOUD the two “Growing Connected” questions for the large group before releasing them into their Table Groups
7:23–7:34 (11 mins)	_____	PLAY VIDEO: Go the Next Step to Develop a “Rule of Life” 🗣️ 5

7:34-7:44 _____ **STARTER QUESTION** (pg.93) 🗣️**6**
(10 mins)

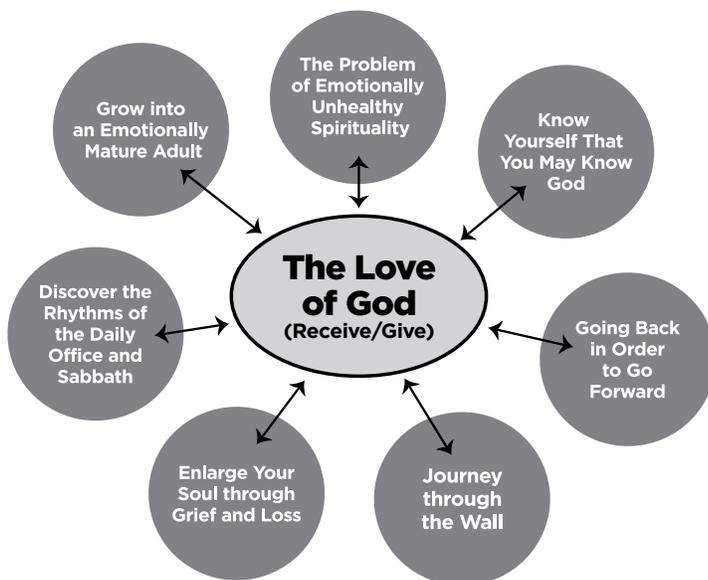
7:44-7:59 _____ **BIBLE STUDY** 🗣️**7**
(15 mins)

READ ALOUD the introduction and text from the workbook (pg.94)

Keep this short to protect time for final applications together

7:59-8:22 _____ **APPLICATION** 🗣️**8**
(23 mins)

READ ALOUD - Be sure to use the correct illustration below. One of the printings had the graphic that corresponds to the EH Relationships Course final session.



Give them the remaining time (13-15 minutes) to prayerfully and thoughtfully journal their answers to the questions

THE KEY TEACHING MOMENTS:

QUESTION #3 - What might be the 1-3 truths or applications that God is inviting you to intentionally focus on during the next three months?

8:22-8:32 _____ **BREAK** 🗣️**9**
(10 mins)

8:32-8:57 _____ **CONTINUE APPLICATION**
(25 mins)

ANSWER Question 6 in groups of 2-3 (pg.97) 🗣️**10**

TRANSITION to Final Group Time: Questions #1-2 (read aloud) for people to share in their Table Groups 🗣️**11**

8:57-9:04 _____ **PLAY VIDEO:** Closing Summary 🗣️**12**
(9 mins)

9:04-9:06 _____ **REVIEW Homework:** *EHS Day by Day* - Session 8 🗣️**13**
(2 mins)

Reference the Checklist at the back of the workbook and encourage people to catch up on any sections they have missed. Use this time to distribute Certificates of Completion.

9:06-9:16
(10 mins)

FEEDBACK FORM

Be sure to leave 5-10 minutes for people to fill this out. A separate one for Table Leaders is also available. This will integrate new learnings and take the quality of the Course to the next level.

Be sure to remind people that they have completed Part 1 of *The Emotionally Healthy Discipleship Course*

Invite them to Part 2, *The Emotionally Healthy Relationships Course*, a completely different Course focused on getting disciplined on how we love others in the new family of Jesus

CLOSE IN PRAYER

 **NOTE:** Additional guidelines for each session are in the Leader's Guide section in the back of the EHS workbook



SESSION 8 POWERPOINT:

Click Here to access the Session 8 PowerPoint

Select Download in the upper right-hand corner

THE SESSION 8 FOLLOW-UP EMAIL:

Email sent after the final meeting in Week 8

Dear EH Spirituality Participants,

Congratulations on completing *The EHS Course*. I believe we enjoyed a fabulous eight weeks together!

Let me recommend two excellent books that I believe will serve you as a follow up: ***Creating a Life with God*** by Daniel Wolpert and ***God in My Everything*** by Ken Shigematsu.

Remember, the best way to learn something is to teach something yourself. You may want to consider starting your own EHS small group with a few of your friends.

Give yourself a lot of grace as you begin to take your first steps without the support of our class. You will spend the rest of your spiritual journey exploring more deeply the truths we talked about each week. Our goal was to introduce them to you and to begin laying a foundation for your life in Christ. That, I believe, was accomplished.

Again, thank you for a great EHS Course!

Blessings.

(your name here)

Leading **ONLINE**



Emotionally Healthy
Spirituality

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 Spirituality** via Zoom from 7:00 pm – 9:00 pm ET on eight consecutive Tuesdays, [insert dates](#). (This is Part 1 of a two-part EH Discipleship Course. Part 2 is called *Emotionally Healthy Relationships*).

This is your invitation to the Course.

Our goal is simple: to lead you into a lived experience of the theology and culture of Emotionally Healthy Discipleship.

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 serious desire to grow and mature in their relationships with Jesus.

The topics are as follows:

- [Insert Date](#): The Problem of Emotionally Unhealthy Spirituality (*Saul & the False Self*)
- [Insert Date](#): Know Yourself that You May Know God (*David & Leading from a True Self*)
- [Insert Date](#): Go Back to Go Forward (*Joseph and a Life of Surrender*)
- [Insert Date](#): Journey Through the Wall (*Abraham and the Dark Night of Leadership*)
- [Insert Date](#): Enlarge Your Soul Through Grief & Loss (*Jesus and the Treasures Found in Loss*)
- [Insert Date](#): Discover the Rhythms of the Daily Office and Sabbath (*A Sabbath Deep Dive*)
- [Insert Date](#): Grow Into an Emotionally Mature Adult (*Loving People as a Thou not an It*)
- [Insert Date](#): Develop a Rule of Life (*Recrafting How You Structure Your Life*)

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 Spirituality book*, *EHS workbook* & *EHS Day by Day*
- Your commitment to do the readings/assignments each week (average of 1-2 hours per week)
- Read the *Emotionally Healthy Spirituality* book 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 Spirituality*.

Before Week 1 on [insert date](#) please do the following:

1. Read chapter 1 of *Emotionally Healthy Spirituality*.
2. Take the [EHS Personal Assessment](#). How Emotionally Healthy Are You?

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: THE PROBLEM OF EMOTIONALLY UNHEALTHY SPIRITUALITY - SAUL

THE THEME:

- Without self-awareness, we are stuck in emotional immaturity like Saul
- Unless we slow down to be with God and ourselves, we will never mature as followers of Jesus.

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 back pages.

SESSION 1: ONLINE PLANNER

Send the Session Schedule to Table Leaders/Tech/Admin in advance

THE SAMPLE SESSION SCHEDULE:

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 the Silence & Stillness Card DAILY OFFICE (pg. 22-23) Day 1 - Midday/Evening Office
7:15-7:18 (3 mins)	_____	INTRODUCE the 8 Sessions: 1. The Problem of Emotionally Unhealthy Spirituality - Saul 2. Know Yourself that You May Know God - David 3. Going Back in Order to Go Forward - Joseph 4. Journey through the Wall - Abraham 5. Enlarge Your Soul through Grief and Loss - Jesus 6. Discover the Rhythms of the Daily Office and Sabbath - Daniel 7. Grow into an Emotionally Mature Adult - Parable of Jesus 8. Go the Next Step to Develop a "Rule of Life" - Acts
7:18-7:23 (5 mins)	_____	READ ALOUD suggested guidelines of how we do Small Groups in the EHD Course (pg.ix)

7:23-7:33 _____ **BREAKOUT ROOMS - 10 minutes**

(10 mins)

GROWING CONNECTED Questions (pg.2)

Share your name, church/ministry, and a few words about what makes you feel fully alive (music, art, nature, sports, cooking, reading, etc.)

7:33-7:44 _____ **PLAY VIDEO:** The Problem of Emotionally Unhealthy Spirituality

(11 mins)

 **NOTE:** You can choose to stop the video where Pete begins to read the top 10 Symptoms and read them aloud yourself as you go into the Starter Question)

7:44-7:47 _____ **READ ALOUD** the 10 Symptoms (pg.3)

(3 mins)

Check the ones that apply to you

7:47-7:54 _____ **BREAKOUT ROOMS - 7 minutes**

(7 mins)

Participants share their top answer/s with their Breakout Room

7:54-7:56 _____ **INTRODUCE** the Bible Study text (pg.4)

(2 mins)

Introduce the Bible Study on 1 Samuel 15 as clearly and simply as possible before you read it aloud

OUTLINE OF 1 SAMUEL 15 BIBLE STUDY

- SAUL: Israel had 3 kings

Anointed king by God... Humble beginnings. Great leader. Given clear instructions by God through Samuel the prophet of God.

- v.9 Partially obeys, feels no healthy guilt/remorse
- Can't see it. Outside looks good but emotionally unhealthy
 - Both his emotional and spiritual life out of order
 - He has a big disconnect... activity/head and heart
 - He skims... doesn't obey fully
 - How we skim?
 - Decision making... don't pray or ask counsel/God
 - QT... no time
 - Attend church but remain in a destructive relationship
 - Bitter... not praying God help me
 - Critical/gossipy/judgmental

7:56-7:59 _____ **READ ALOUD** Bible Study together in the Main Room

(3 mins)

Be sure to encourage people to circle phrases or words that speak or stand out to them as you read

 **NOTE:** Be sure all participants are MUTED during group scripture readings

7:59-8:29 _____ BREAKOUT ROOMS - 30 minutes

(30 mins)

 **NOTE TO TABLE LEADERS:** Move through the initial observation questions quickly to allow time for Questions 4 & 5 for personal reflection

Suggested Timing to Pace the Bible Study in the Breakout Room

- **Question #1:** 3 minutes
- **Question #2:** 3 minutes

Some possibilities are:

- He is unaware of his mixed motives
- He has an inflated sense of who he is rather than humility and a recognition of his absolute dependence on Go
- He does not recognize he is pretending to be someone he is not (i.e. his false self)

- **Question #3:** 4 minutes
- **Question #4:** 8 minutes
- **Question #5:** 12 minutes

THE KEY TEACHING MOMENT:

QUESTION #5 - What might be one invitation from God for you out of this entire story about Saul?

8:29-8:44 _____

(15 mins)

APPLICATION

Stay together as a Large Group

- 1 minute: Read the instructions aloud on pg.8 of workbook
- 4 minutes: Lead them into 4 minute timer ALONE Questions #1-2
- Mention that the most important Question is #3

 **NOTE:** Tech person can prepare a timer to be on the main screen for the 10 minutes for Question #3

THE KEY TEACHING MOMENT:

QUESTION #3 - What might be one or two simple steps you can take toward beginning to slow down your life and balance your two circles?

BREAKOUT ROOMS - 10 minutes

Discuss Application - Question #3

8:44-8:52 _____

(8 mins)

PLAY VIDEO: Closing Summary

8:52-8:57 _____

(5 mins)

REVIEW HOMEWORK for next week

- Review for yourself pg.11, you'll see the homework between sessions
- Read Chapter 2, Know Yourself that You May Know God, for next week. This is about discipleship, becoming deeply changed by Jesus so we can deeply change the world.
- Be sure to explain the *EHS Day by Day*. Show them the Table of

Contents and how each week reinforces the theme. Invite them to do Offices for WEEK 1 from *Day by Day* book.

- Review questions for each day (pg.11-14)

8:57–8:58

(1 min)

CLOSE IN PRAYER



NOTE: Additional guidelines for each session are in the Leader's Guide section in the back of the EHS workbook

THE SESSION 1 FOLLOW-UP EMAIL:

Send this email between Session 1 & Session 2

Dear EH Spirituality Participants,

I trust you are having a wonderful week. We got off to a great start last (*meeting day*), and I look forward to what God will do this week.

Be sure to read Chapter 2 in preparation for a great study on “Know Yourself that You May Know God” as we open up the great theme of differentiation. If you have time, do go back and read Chapter 1 on “The Problem of Emotionally Unhealthy Spirituality.”

Let me encourage you to press in on the Daily Office (EHS Day by Day). [Click here](#) for a 7-minute video that will give you a bit of background to how the Daily Office differs from what we commonly call Devotions or Quiet Time. Pastor Rich Villodas and Pete Scazzero recently recorded a 15-minute podcast on embracing silence. You may find that helpful as well. [Click here](#) to go to the blog post and podcast.

You are in our prayers. And we look forward to what God will do in and through you these next 8 weeks.

Warmly,
(*your name here*)

P.S. Here is the Zoom link (*insert link*). We will use the same Zoom link every week.

SESSION 2: KNOW YOURSELF THAT YOU MAY KNOW GOD - DAVID

THE THEME:

Knowing yourself and knowing God cannot be separated.

INTRODUCING THE DAILY OFFICE:

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

- **Watch video** of Pete introducing 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 back pages.

SESSION 2: ONLINE PLANNER

Send the Session Schedule to Table Leaders/Tech/Admin in advance

THE SAMPLE SESSION SCHEDULE:

Sample Schedule	Your Scheduled Time	Content
7:00-7:15 (15 mins)	_____	<p>WELCOME and HOUSEKEEPING</p> <p>REVIEW SILENCE & STILLNESS GUIDELINES CARD</p> <p>READ ALOUD the 4 Guidelines again</p> <p>Add the 3 goals found on the back of the card</p> <ul style="list-style-type: none"> • <i>We receive God's love</i> • <i>We let go and surrender our will to His will</i> • <i>We open ourselves to hear God speak</i>
7:15-7:18 (3 mins)	_____	<p>INTRODUCE today's theme</p> <p>READ ALOUD the introduction in your Workbook (pg.15)</p> <ol style="list-style-type: none"> 1. The Problem of Emotionally Unhealthy Spirituality 2. Know Yourself that You May Know God 3. Going Back in Order to Go Forward 4. Journey through the Wall 5. Enlarge Your Soul through Grief and Loss 6. Discover the Rhythms of the Daily Office and Sabbath 7. Grow into an Emotionally Mature Adult 8. Go the Next Step to Develop a "Rule of Life"
7:18-7:21 (3 mins)	_____	REVIEW GUIDELINES for EHD Course Tables/Breakout Rooms

7:21-7:38 _____ **BREAKOUT ROOMS - 17 minutes**

(17 mins)

GROWING CONNECTED Questions (pg.16)

- #1: How did it go with Day by Day? Silence? - 7 minutes
- #2: Dream job is an important question! - 10 minutes
- The goal of the first Growing Connected each week is meant to be a light accountability (**not guilt or shame**) for cultivating time with Jesus each week using the *Day by Day* devotional

 **NOTE:** This is the most challenging, difficult part of the Course

- The goal of the 2nd question is to help you get to know each other in the group. Your answer reveals something of your true self.

 **NOTE:** If there are 8 people in your group. You have 1.5 minutes each. Breakout Leaders - decide if and how they might break up the group.

7:38-7:48 _____ **PLAY VIDEO:** Know Yourself that You May Know God

(10 mins)

7:48-7:58 _____ **STARTER QUESTION**

(10 mins)

READ ALOUD the paragraph on pg.17 in the workbook - 1 minute

ASK Feeling questions (pg.18) with 1 minute to journal for each one

BREAKOUT ROOMS - 5 minutes

Groups share what it was like to journal their feelings

7:58-8:01 _____ **INTRODUCE** the Bible Study

(3 mins)

READ ALOUD the Bible passage

- *Context: Valley 1-mile sloping, 1/2 mile each side with armies.*
- *Goliath: 9ft. tall! Very large man. Coat of mail weighing 125lbs.*
- *Tip of his spear weighs 15lbs.*
- *Javelin: he'll kill me from a distance. Armor bearer with large shield.*
- *Years of experience, ridiculing Israel.*
- *Tell story: Read vs.11, Israel "dismayed and terrified."*
- *80x in a row (for 40 days) - every morning and evening.*
- *I may teach briefly on differentiation here to prepare them for Question #9.*
- *Tell SG Leaders they have 30 min. but they need to leave 10 minutes for last question on differentiation. This is a key question.*

8:01-8:33 _____ **BREAKOUT ROOMS - 32 minutes**

(32 mins)

Bible Study

Suggested Timing to Pace the Bible Study in the Breakout Room

- **Question #1:** 6 minutes
- **Question #2:** 6 minutes
- **Question #3:** 8 minutes
- **Question #4:** 12 minutes

THE KEY TEACHING MOMENTS:

QUESTION #4 - Where in your life, or with whom, is it difficult to be your true self (ex: to speak honestly, say “no”, disagree with, or not be afraid of what others think)?

8:33–8:48 _____ APPLICATION

8:33–8:36 _____ JOURNAL ALONE - Questions #1-2
(3 mins)

THE KEY TEACHING MOMENTS:

QUESTION #1 - What might it look like for you to take off armor that you are currently wearing that does not fit you?

QUESTION #2 - Many of us are so unaccustomed to distinguishing our true self from our false self that it many seem difficult to know where to begin. Complete the following sentence, and then share it with your group as a first step: *What I am beginning to realize about myself is...*

8:36–8:48 _____ BREAKOUT ROOMS - 12 minutes

(12 mins)

- Share from Question #2: *What I am beginning to realize about myself is...*
- Be sure everyone has a chance to share. If you have time, invite them to share their answers to Question #1.

8:48–8:56 _____ PLAY VIDEO: Closing Summary

(8 mins)

8:56–8:58 _____ REVIEW HOMEWORK

(2 mins)

- Read the next chapter: Chapter 3, Go Back to Go Forward
- Do *Day by Day* - Week 2

 **NOTE:** Mention the **checklist** in the back of the workbook and *Day by Day* Book. Encourage them to begin checking off where they are and to make up any missing segments.

CLOSE IN PRAYER

Blessing them that they too (like David) might know the uniqueness of how God made them and know God also. And in doing so, they too may break through the Goliaths in front of them.

 **NOTE:** Additional guidelines for each session are in the Leader’s Guide section in the back of the EHS workbook.

THE SESSION 2 FOLLOW-UP EMAIL:

Send this email between Session 2 & Session 3

Dear EH Spirituality Participants,

This week we head into Week 3 – Go Back in Order to Go Forward. We will be looking at the life of Joseph (Genesis 37-50). It is a rich, multi-layered text that offers us one of the foundational pillars of following Jesus – leaving our family of origin and culture in order to learn to do life in the new family of Jesus. So please be sure to read Chapter 3 in preparation.

I trust you are continuing to exercise your new muscles with the Daily Office. Keep experimenting!

Let me encourage you also to take the “Emotionally Healthy Personal Assessment” found on the EHD website at emotionallyhealthy.org/mature. It is an excellent way to determine whether you are an emotional infant, child, adolescent, or adult. See you (*meeting day*).

Blessings. You remain in our prayers,
(*your name here*)

P.S. Here is the Zoom link (*insert link*). We will use the same Zoom link every week.

SESSION 3: GOING BACK TO GO FORWARD - JOSEPH

THE THEME:

Story of God's work in and through Joseph's tragic past for the blessing of the world provides a biblical framework that permeates this session and the entire course.

INTRODUCING THE DAILY OFFICE:

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

- **Watch video** of Pete introducing 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 back pages.

SESSION 3: ONLINE PLANNER

Send the Session Schedule to Table Leaders/Tech/Admin in advance

THE SAMPLE SESSION SCHEDULE:

Sample Schedule	Your Scheduled Time	Content
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7:00-7:02 (2 mins)	_____	WELCOME
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7:02-7:12 (10 mins)	_____	Introduce the Daily Office
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Focus - to be with Jesus. Personal Relationship.

Review the 4 guidelines again and add the 3 goals found on the opposite side of the card:

- *We receive God's love*
- *We let go and surrender our will to His will*
- *We open ourselves to hear God speak*

DAILY OFFICE *(pg.71-72)*

Day 4 - Midday/Evening Office
Start & End with 2 minutes of silence

7:12-7:13 (1 min)	_____	INTRODUCE the Session - Going Back in Order to Go Forward
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The 8 Sessions and where this Session fits:

1. The Problem of Emotionally Unhealthy Spirituality
2. Know Yourself that You May Know God
- 3. Going Back in Order to Go Forward**
4. Journey through the Wall
5. Enlarge Your Soul through Grief and Loss
6. Discover the Rhythms of the Daily Office and Sabbath

7. Grow into an Emotionally Mature Adult
8. Go the Next Step to Develop a “Rule of Life”

7:13-7:23 _____ **BREAKOUT ROOMS - 10 minutes**

(10 mins)

GROWING CONNECTED Questions (pg.28)

7:23-7:35 _____ **PLAY VIDEO:** Going Back in Order to Go Forward

(12 mins)

 **NOTE:** For this Online version of the Course, we recommend skipping Starter and Starter Question.

7:35-7:38 _____ **INTRODUCE BIBLE STUDY** (pg.30)

(3 mins)

READ ALOUD the introduction. Set up the context for Question #1.

7:38-7:45 _____ **BREAKOUT ROOMS - 7 minutes**

(7 mins)

Question #1 (pg.30)

7:45-7:48 _____ **EXPLAIN** the rest of the story

(3 mins)

READ ALOUD Genesis 50:15-21 (pg.31)

- Through God’s miraculous intervention, Joseph was pulled from the pit of prison and made the second most powerful person in Egypt at age 30. Incredible leader and impeccable integrity.
- Organizes Egypt so that they save plenty of crops for the time of famine. Other countries have to come to them, including Israelites.
- One day Joseph’s brothers, whom he never expected to see again, show up. Lots of shock, drama, tears.
- Joseph saves his family from starvation by bringing them to Egypt. As long as their father is alive, they don’t fear Joseph’s revenge BUT their father has finally died... and now they are afraid!
- At least 22-23 years have passed since Joseph was sold into slavery.
- 7 years past – abundance (Genesis 41-46).
- 2-3 years into famine. 22-23 years have passed.

7:48-8:10 _____ **BREAKOUT ROOMS - 22 minutes**

(22 mins)

Bible Study (pg.31-32) Questions #5-8

Suggested Timing to Pace the Bible Study in the Breakout Room

- **Question #2:** 4 minutes
- **Question #3:** 4 minutes
- **Question #4:** 6 minutes
- **Question #5:** 8 minutes (Key Question)

THE KEY TEACHING MOMENTS:

QUESTION #5 - Slowly re-read verses 19-21. Here we see Joseph's response to the enormous losses he experienced in his life. Carefully consider the different aspects of this response noted below.

"Don't be afraid."

"Am I in the place of God?"

"You intended to harm me, but God intended it for good."

As you think about your own life story, and view of God, which one of these three statements speak the most to you and why?

8:10-8:12 _____ **APPLICATION** (pg.32-34)

(2 mins)

READ ALOUD and **EXPLAIN** instructions for participants to fill out the chart

 **NOTE:** You may want to add other negative messages.
Examples: Don't make mistakes. Always be nice. Don't ask questions.
Don't have fun. Don't assert yourself.

 **NOTE:** Most family messages were unspoken

THE KEY TEACHING MOMENTS:

QUESTION #1 - Be sure to fill out the chart even if you have done it before. We often receive new insights when we ponder and reflect on our family's impact on us at different times.

8:12-8:20 _____ **PARTICIPANTS FILL OUT CHART** in the main room together (pg.33)

(8 mins)

8:20-8:35 _____ **BREAKOUT ROOMS - 15 minutes**

(15 mins)

Answer Questions #2-3

THE KEY TEACHING MOMENTS:

QUESTION #3 - What might be one specific message from your family of origin that God has revealed to you today that you want to change as part of the "hard work of discipleship"?

8:35-8:42 _____ **PLAY VIDEO:** Closing Summary

(7 mins)

8:42-8:45 _____ **REVIEW HOMEWORK**

(3 mins)

- Encourage them to do Week 3 of the Daily Office
- Read the next chapter, Journey through the Wall
- If you have time, mention the EHS Assessment at emotionallyhealthy.org/mature

CLOSE IN PRAYER

That we too might see God as Joseph did and fulfill His purposes!

 **NOTE:** Additional guidelines for each session are in the Leader's Guide section in the back of the EHS workbook

THE SESSION 3 FOLLOW-UP EMAIL:

Send this email between Session 3 & Session 4

Dear EH Spirituality Participants,

This week we will be looking at the life of Abraham and Journeying Through the Wall. It is one of the more important chapters upon which the EHD Course hinges. The following are two things you can do to get the maximum out of this coming week.

1. Let me encourage you to read the story of Abraham from Genesis Chapter 12-24. It will give you a good overview of his life as well as provide a context for our very passage this week where God asks him to sacrifice his son Isaac.

2. Read [this blog](#) that Pete Scazzero posted. It provides a summary of what he shared about how to spend time in silence and stillness before the Lord and links you to 10 FAQ's people have about silence.

Looking forward to seeing you all. Blessings.

(your name here)

P.S. Here is the course zoom link: *(insert link)*

SESSION 4: JOURNEY THROUGH THE WALL - ABRAHAM

THE THEME:

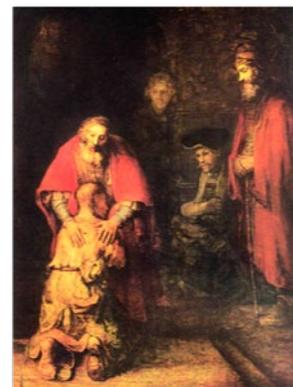
Understanding the disorientation of the dark night of the soul is key to spiritual maturity.

The death and suffering of Walls are powerful transformative moments.
We follow and trust in the person of Jesus, not our feelings about Jesus.

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

Send the Session Schedule to Table Leaders/Tech/Admin in advance

THE SAMPLE SESSION SCHEDULE:

Sample Schedule	Your Scheduled Time	Content
7:00-7:02 (2 mins)	_____	WELCOME
7:02-7:12 (10 mins)	_____	DAILY OFFICE (pg.86-87) Day 3 - Midday/Evening Office
7:12-7:13 (1 min)	_____	INTRODUCE THEME: Journey Through the Wall 1. The Problem of Emotionally Unhealthy Spirituality 2. Know Yourself that You May Know God 3. Going Back in Order to Go Forward 4. Journey through the Wall 5. Enlarge Your Soul through Grief and Loss 6. Discover the Rhythms of the Daily Office and Sabbath 7. Grow into an Emotionally Mature Adult 8. Go the Next Step to Develop a “Rule of Life”
7:13-7:23 (10 mins)	_____	BREAKOUT ROOMS - 10 minutes GROWING CONNECTED Questions (pg.40)
7:23-7:35 (12 mins)	_____	PLAY VIDEO: Journey through the Wall
7:35-7:50 (15 mins)	_____	STARTER QUESTION

READ ALOUD the introduction (pg.41)

BREAKOUT ROOMS - 10 minutes

If you have been through a Wall, briefly share one way it impacted you and your view of God. (pg.42)

7:50-7:51

(1 min)

BIBLE STUDY (pg.42)

REVIEW the background - Genesis 22:1-14

BACKGROUND

- Joseph's great grandfather (his father's grandfather)
- Genesis 1-11 covers millions of years. Then 14 chapters devoted to this one life.
- All the great heroes look to him as an example of what it meant to live by faith: Moses, Joshua, David, Daniel, Elijah - each looked to him as a model of what it meant to live by faith. His trust in God is unmatched in all of Scripture
- Jews, Christians and Muslims all name their children after him.
- Abraham's Walls:
 - 1: Pain of leaving his family and going to an unknown place.
 - 2: Marital tension and 25 years of infertility.
 - 3: Broken-heartedness of losing one son: Ishmael that had to be sent away.
 - 4: God wants to take Isaac: PROMISE want to take him away from us.

READ ALOUD Genesis 22:1-14

7:51-8:25

(34 mins)

BREAKOUT ROOMS - 34 minutes

Bible Study

Suggested Timing to Pace the Bible Study in the Breakout Room

- **Question #1:** 3 minutes
- **Question #2:** 4 minutes
- **Question #3:** 5 minutes
- **Question #4:** 6 minutes
- **Question #5:** 8 minutes
- **Question #6:** 8 minutes

THE KEY TEACHING MOMENTS:

QUESTION #4 - What are some possible reasons you have a hard time accepting and moving through Walls? (Note: Speak in the "I.")

QUESTION #5 - This is a key theological moment for this Session. Be sure to re-read it in the chapter.

In order to grow in Christ, every believer must go through Walls, or “dark nights of the soul.” This is God’s way of rewiring and “purging our affections and passions” that we might delight in his love and enter into a richer, fuller communion with him. In this way he frees us from unhealthy attachments and idolatries of the world.

How might this larger perspective serve as an encouragement to you today?

 **NOTE:** You may want to address the issue of how often we don’t understand what God is doing and then reemphasize the incredible faith/obedience of Abraham

8:25–8:40 _____ **APPLICATION** (pg.45)
(15 mins)

READ ALOUD Question #1

JOURNAL ALONE - 5 minutes for Question #1

BREAKOUT ROOMS - 10 minutes

Share as a small group how you sense God might be working in you now.

8:40–8:49 _____ **PLAY VIDEO:** Closing Summary
(9 mins)

8:49–8:53 _____ **REVIEW HOMEWORK**
(4 mins)

- Encourage them to stay with *EHS Day by Day* - Week 4
- Read the next chapter, *Enlarge Your Soul through Grief and Loss*

CLOSE IN PRAYER

 **NOTE:** Additional guidelines for each session are in the Leader’s Guide section in the back of the EHS workbook

THE SESSION 4 FOLLOW-UP EMAIL:

Send this email between Session 4 & Session 5

Dear EH Spirituality Participants,

Thank you for another great week this last (*meeting day*) as we looked at Abraham and the Wall together. I am excited about our time this coming week as well as we dive into Chapter 5: Enlarge Your Soul through Grief and Loss.

This is one of the most important, neglected truths in Scripture that, once rediscovered, has enormous potential to release a deep work of God in our hearts. It is truly a life-changer!

So read chapter 5 before arriving and continue pressing into the *Daily Office* each day, giving God room to strengthen that spiritual muscle of paying attention to Him.

Blessings to you.
(*your name here*)

P.S. Here is the course zoom link: (*insert link*)

SESSION 5: ENLARGE YOUR SOUL THROUGH GRIEF AND LOSS - JESUS

THE THEME:

God sees loss and grief as places where self-knowledge and powerful transformation can happen – if we participate in His process.

People need to slow down to feel their losses like David/Jeremiah in order to grow into mature, deeply compassionate Christ followers.

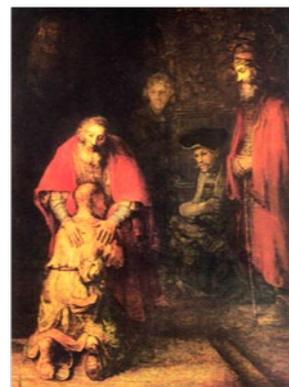
There are 3 phases of grieving in the new family of Jesus

1. Pay attention
2. Waiting in the Confusing In-Between
3. Let the old birth the new

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

Send the Session Schedule to Table Leaders/Tech/Admin in advance

THE SAMPLE SESSION SCHEDULE:

Sample Schedule	Your Scheduled Time	Content
7:00-7:02 (2 mins)	_____	WELCOME
7:02-7:12 (10 mins)	_____	DAILY OFFICE (pg.100-101) Day 1 - Midday/Evening Office
7:12-7:13 (1 min)	_____	INTRODUCE THEME: Grief and Loss The 8 Sessions and where this Session fits: 1. The Problem of Emotionally Unhealthy Spirituality 2. Know Yourself that You May Know God 3. Going Back in Order to Go Forward 4. Journey through the Wall 5. Enlarge Your Soul through Grief and Loss 6. Discover the Rhythms of the Daily Office and Sabbath 7. Grow into an Emotionally Mature Adult 8. Go the Next Step to Develop a "Rule of Life"

7:13-7:26 _____ **BREAKOUT ROOMS - 13 minutes**

(13 mins)

GROWING CONNECTED Questions (pg.52)

7:26-7:36 _____ **PLAY VIDEO:** Enlarge Your Soul through Grief and Loss

(10 mins)

7:36-7:46 _____ **BREAKOUT ROOMS - 10 minutes**

(10 mins)

Starter Question (pg.53)

7:46-7:48 _____ **INTRODUCE BIBLE STUDY**

(2 mins)

READ ALOUD Matthew 26:36-44

Jesus is:

- v.37 - sorrowful - “depressed”
- v.38 - “My soul is overwhelmed to the point of death” = Jesus anguish enough to kill him!
- v.39 - falls on his face to the ground - physical position tells us of spiritual condition. DEEP.
- Luke 22:44 - “and being in anguish, he prayed more earnestly, and his sweat was like drops of blood falling to the ground.”
- He who knew no sin about to take on our sin (2 Corinthians 5:21) - loss of Judas (betrayal), desertion of other 11 being their teacher, healer, encourager, supporter, friend.
- Not spiritual SUPERHERO, but Jesus is entirely human like us - body, emotions, mind. Really one of us... fully God and fully human.
- This is the Messiah - God in the flesh. Incarnation.

7:48-8:13 _____ **BREAKOUT ROOMS - 25 minutes**

(25 mins)

Bible Study (pg.53)

Suggested Timing to Pace the Bible Study in the Breakout Room

- **Question #1:** 5 minutes
- **Question #2:** 8 minutes
- **Question #3:** 12 minutes

THE KEY TEACHING MOMENTS:

QUESTION #3 - What about Jesus’ example of grieving most speaks to you about embracing your own grief and loss?

8:13-8:38 _____ **APPLICATION** (pg.55)

(25 mins)

JOURNAL ALONE/FILL OUT CHART: 5-10 minutes

 **NOTE:** While filling out the chart is the priority, encourage people to answer Questions #2-3 on pg.56 if they have time. Encourage people to do this prayerfully before the Lord.

BREAKOUT ROOMS - 20 minutes

Application Questions #2-3

THE KEY TEACHING MOMENTS:

QUESTION #2 - What was the experience of filling out the chart like for you? Did it reveal anything new to you? Explain.

QUESTION #3 - Are there any losses you have not yet embraced where new life might still waiting to be birthed?

8:38-8:46 _____ **PLAY VIDEO:** Closing Summary
(8 mins)

8:46-8:50 _____ **REVIEW HOMEWORK**
(4 mins)

- Encourage them to stay with *EHS Day by Day* - Week 5
- Read the next chapter in EHS, Discover the Rhythms of the Daily Office and Sabbath

CLOSE IN PRAYER

 **NOTE:** Additional guidelines for each session are in the Leader's Guide section in the back of the EHS workbook

THE SESSION 5 FOLLOW-UP EMAIL:

Send this email between Session 5 & Session 6

Dear EH Spirituality Participants,

Once again, I am excited as I pray about our time together this *(meeting day)* as we enter into Week 6 - "Discover the Rhythms of the Daily Office and Sabbath."
In some ways this coming week takes us to the heart of the EHS Course- cultivating a life of being with God out of which we actively live for Him.

Marjorie Thompson describes it well: *"Like an artist who wishes to develop painting skills, or an athlete who desires a strong and flexible body, a person of faith chooses freely to adopt certain life patterns, habits, and commitments to grow spiritually."*

I will be praying God uses this week to develop deep, sustainable rhythms in your days (The Daily Office) and in your weeks (Sabbath) that change both you and all those you influence.

Looking forward to seeing you *(meeting day)*.

Blessings.
(your name here)

P.S. Here is the course zoom link: *(insert link)*

SESSION 6: DISCOVER THE RHYTHMS OF THE DAILY OFFICE & SABBATH - DANIEL AND THE 10 COMMANDMENTS

THE THEME:

The Daily Office and Sabbath are ground-breaking, counter-cultural spiritual practices that go against our fast-paced Western culture to anchor us in the love of Jesus.

Practicing Sabbath for a 24-hour period each week (to stop, rest, delight, contemplate God) is one of the most powerful ways we can slow down our lives for Jesus in the 21st century.

INTRODUCING THE DAILY OFFICE:

Abiding in Jesus is our goal (John 15)

- **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

Send the Session Schedule to Table Leaders/Tech/Admin in advance

THE SAMPLE SESSION SCHEDULE:



NOTE: At this point, participants in the Course will have been doing Daily Offices (*EHS Day by Day*) for 5 weeks. As a result, this Session focuses more on Sabbath rhythm and FAQ's around Sabbath.

Sample Schedule	Your Scheduled Time	Content
7:00-7:02 (2 mins)	_____	WELCOME
7:02-7:12 (10 mins)	_____	DAILY OFFICE (<i>pg.122-123</i>) Day 2 - Morning/Midday Office
7:12-7:13 (1 min)	_____	INTRODUCE THEME: Discover the Rhythms of the Daily Office and Sabbath The 8 Sessions and where this Session fits: 1. The Problem of Emotionally Unhealthy Spirituality 2. Know Yourself that You May Know God 3. Going Back in Order to Go Forward 4. Journey through the Wall 5. Enlarge Your Soul through Grief and Loss 6. Discover the Rhythms of the Daily Office and Sabbath 7. Grow into an Emotionally Mature Adult 8. Go the Next Step to Develop a "Rule of Life"

READ ALOUD the introduction from the workbook (pg.61)

7:13-7:23 _____ **BREAKOUT ROOMS - 10 minutes**

(10 mins)

GROWING CONNECTED Questions (pg.62)

7:23-7:35 _____ **PLAY VIDEO:** Discover the Rhythms of the Daily Office and Sabbath

(12 mins)

7:35-7:45 _____ **BREAKOUT ROOMS - 10 minutes**

(10 mins)

Starter Question (pg.63)



NOTE: You might skip the starter question to allow more time to focus on the rhythm of Sabbath

7:45-7:48 _____ **READ ALOUD** the introductory paragraph and the Daniel 6 passage (pg.64)

(3 mins)

7:48-8:04 _____ **BREAKOUT ROOMS - 16 minutes**

(16 mins)

Bible Study

Suggested Timing to Pace the Bible Study in the Breakout Room

- **Question #1:** 3 minutes
- **Question #2:** 5 minutes
- **Question #3:** 8 minutes

THE KEY TEACHING MOMENTS:

QUESTION #3 - What are the greatest obstacles preventing you from stopping to be with God once or twice a day?

8:04-8:06 _____ **READ ALOUD** Exodus 20:8-11 (pg.65)

(2 mins)

POINT them to the Ten Commandments. Have them note there are 10 Commandments but the 4th (Sabbath) is the longest.

READ ALOUD Questions #4-6

8:06-8:10 _____ **JOURNAL IN SILENCE** - 4 minutes

(4 mins)

Questions #4-6

8:10-8:28 _____ **BREAKOUT ROOMS - 18 minutes**

(18 mins)

Questions #4-6

Suggested Timing to Pace the Bible Study in the Breakout Room

- **Question #4:** 5 minutes
- **Question #5:** 5 minutes
- **Question #6:** 8 minutes

8:28-8:30 _____ **APPLICATION** (pg.67)

(2 mins)

Prepare Participants (pg.68-71)

This is perhaps the most important part of this Session. People will have questions. Be prepared to share your experience and/or invite others to share theirs. Remember the goal – to get people to take their first steps towards integrating Sabbath as a spiritual practice.

8:30–8:33 _____ **JOURNAL IN SILENCE** - 3 minutes
(3 mins) Questions #1-2

8:33–8:53 _____ **BREAKOUT ROOMS** - 20 minutes
(20 mins)

THE KEY TEACHING MOMENTS:

QUESTION #2 - In the space provided, take a few minutes to journal one small step you can take to begin to incorporate Sabbath as a spiritual formation practice.

8:53–9:03 _____ **SABBATH Q&A** - 10 minutes (as a large group)
(10 mins) Use the Zoom Chat function

READ ALOUD questions from the group & answer

NOTE: If you are not sure of an answer to a question, simply say, “I don’t know.”

9:03–9:11 _____ **PLAY VIDEO:** Closing Summary
(8 mins)

9:11–9:13 _____ **REVIEW HOMEWORK**
(2 mins)

- EHS *Day by Day* Week 6
- Read Chapter 7 on Grow into an Emotionally Mature Adult

CLOSE IN PRAYER

NOTE: At some point in the evening, I like to point people to their EHS book and read the bottom two paragraphs under the heading “Stopping to Surrender” (pg.156-157). It provides a rich summary of God’s heart for us in these two spiritual practices.

NOTE: Additional guidelines for each session are in the Leader’s Guide section in the back of the EHS workbook

THE SESSION 6 FOLLOW-UP EMAIL:

Send this email between Session 6 & Session 7

Dear EH Spirituality Participants,

Greetings! This (*meeting day*) we will be in Week 7 - Growing into an Emotionally Mature Adult. This will give you a taste for *The Emotionally Healthy Relationships Course* (second part of EHD Courses) and how our ability to love others well is inseparable from a mature love for people.

Let me connect you to two helpful resources that will serve you in growing in the Daily Office and Sabbath:

1. *The Emotionally Healthy Leader* book, chapter 5, has an excellent chapter called “Practice Sabbath Delight” for further study.
2. There is a **free app** for Centering Prayer now available for iPhones, iPads (iOS 7+) and Android phones. I have found it very helpful and commend it to you. I recommend you set it simply with introductory music, the timer for silence, and then, the concluding music.

You remain in our prayers.

Blessings.

(*your name here*)

P.S. Here is the course zoom link: (*insert link*)

SESSION 7: GROW INTO AN EMOTIONALLY MATURE ADULT - THE GOOD SAMARITAN

THE THEME:

Jesus made loving God and loving people inseparable. It is not possible to be spiritually mature while remaining emotionally immature.

Jesus is not looking to us to act religious but to be filled with mercy, without judgment towards others.

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

Send the Session Schedule to Table Leaders/Tech/Admin in advance

THE SAMPLE SESSION SCHEDULE:

Sample Schedule	Your Scheduled Time	Content
7:00-7:02 (2 mins)	_____	WELCOME
7:02-7:12 (10 mins)	_____	DAILY OFFICE (pg.150-151) Day 5 - Midday/Evening Office
7:12-7:13 (1 min)	_____	INTRODUCE THEME: Grow into an Emotionally Mature Adult The 8 Sessions and where this Session fits: 1. The Problem of Emotionally Unhealthy Spirituality 2. Know Yourself that You May Know God 3. Going Back in Order to Go Forward 4. Journey through the Wall 5. Enlarge Your Soul through Grief and Loss 6. Discover the Rhythms of the Daily Office and Sabbath 7. Grow into an Emotionally Mature Adult 8. Go the Next Step to Develop a "Rule of Life"
		READ ALOUD the introduction from the workbook (pg.77-78)
7:13-7:23 (10 mins)	_____	BREAKOUT ROOMS - 10 minutes
		GROWING CONNECTED Questions (pg.78)
7:23-7:33 (10 mins)	_____	PLAY VIDEO: Grow Into an Emotionally Mature Adult
7:33-7:40 (7 mins)	_____	BREAKOUT ROOMS - 7 minutes Starter Question (pg.79)

7:40-7:43 _____ **BIBLE STUDY** (pg.79-80)
(3 mins)

READ ALOUD the introduction and scripture before they begin

7:43-8:18 _____ **BREAKOUT ROOMS - 35 minutes**
(35 mins) Bible Study (pg.79-82)

Suggested Timing to Pace the Bible Study in the Breakout Room

- **Question #1:** 3 minutes
- **Question #2:** 3 minutes
- **Question #3:** 6 minutes
- **Question #4:** 6 minutes
- **Question #5:** 8 minutes
- **Question #6:** 9 minutes

THE KEY TEACHING MOMENTS:

QUESTION #5 - What are some of your challenges when it comes to loving your neighbor and loving yourself?

QUESTION #6 - In light of how God is coming to you through this study, how do you hear the words in verse 37 to “go and do likewise”?

8:18-8:22 _____ **APPLICATION**
(4 mins)

READ ALOUD the questions and instructions on expectations (pg.83). Be sure to note that the Good Samaritan and the Innkeeper had clear expectations.

 **NOTE:** Suggest to each Breakout Room Leader that they watch the video on “Clarify Expectations” in *EH Relationships* before this session.

8:22-8:30 _____ **REVIEW** the 4 Criteria of for Valid & Invalid Expectations (pg.83)
(8 mins)

SHARE YOUR SCREEN with the whole group

8:30-8:34 _____ **JOURNAL ALONE**
(4 mins) Questions #1-2 (pg.84)

Invite people to write down multiple examples if they have time

8:34-8:43 _____ **BREAKOUT ROOMS - 9 minutes**
(9 mins) Question #3

8:43-8:50 _____ **PLAY VIDEO:** Closing Summary
(7 mins)

8:50-8:55 _____ **REVIEW HOMEWORK** for next week
(5 mins)

- *EHS Day by Day - Week 7*

- Read Chapter 8 - Go the Next Step to Develop a Rule of Life
- Reference the Checklist at the back of the workbook and encourage people to catch up on any sections they have missed

CLOSE IN PRAYER

 **NOTE:** Additional guidelines for each session are in the Leader's Guide section in the back of the EHS workbook



SESSION 7 POWERPOINT:

Click Here to access the Session 7 PowerPoint

Select Download in the upper right-hand corner

THE SESSION 7 FOLLOW-UP EMAIL:

Send this email between Session 7 & Session 8

Dear EH Spirituality Participants,

As we prepare for this week's class, I find it hard to believe that it is our 8th and final class. And what a wonderful time we have had together!

Our goal has been to give you the framework for your relationship with God that, we trust, will serve you the rest of your life. You have been introduced to two powerful concepts:

1 - Emotional health and spiritual maturity are inseparable. When we open up our interior lives to the Lord Jesus (e.g. looking at our griefs and losses, our Walls, our families of origin), we find ourselves disoriented yet experiencing Jesus in new and profound ways.

2 - A slowed down spirituality is necessary to cultivate a first-hand relationship with Jesus. Our desire has been to introduce you to the radical spiritual practices of silence, stillness, and solitude through the Daily Office.

This has been only the first of the 2 parts of the course that form the foundation of discipleship at Emotionally Healthy Discipleship. These themes will be reinforced in Emotionally Healthy Relationships.

So be sure to read the final chapter - Go the Next Step to Develop a Rule of Life - for this coming (*meeting day*).

We shall see you soon. You remain in our prayers.
(*your name here*)

P.S. Here is the course zoom link: (*insert link*)

SESSION 8: GO THE NEXT STEP TO DEVELOP A “RULE OF LIFE” – ACTS 2

THE THEME:

Each of us needs a deliberate, purposeful plan to intentionally structure our lives to receive and give the love of God.

INTRODUCING THE DAILY OFFICE:

Abiding in Jesus is our goal (John 15)

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

SESSION 8: ONLINE PLANNER

Send the Session Schedule to Table Leaders/Tech/Admin in advance

THE SAMPLE SESSION SCHEDULE:

Sample Schedule	Your Scheduled Time	Content
7:00–7:05 (5 mins)	_____	WELCOME
7:05–7:15 (10 mins)	_____	DAILY OFFICE (pg.163-164) Day 3 - Morning/Midday Office
7:15–7:16 (1 min)	_____	CONGRATULATIONS! We are in Session 8 of the EHS Course – Go the Next Step to Develop a “Rule of Life”
		<p>This session is intended to bring all our previous studies together</p> <ol style="list-style-type: none"> 1. The Problem of Emotionally Unhealthy Spirituality 2. Know Yourself that You May Know God 3. Going Back in Order to Go Forward 4. Journey through the Wall 5. Enlarge Your Soul through Grief and Loss 6. Discover the Rhythms of the Daily Office and Sabbath 7. Grow into an Emotionally Mature Adult 8. Go the Next Step to Develop a “Rule of Life” <p>READ ALOUD the introduction from the workbook (pg.91-92)</p>
7:16–7:27 (11 mins)	_____	PLAY VIDEO: Go the Next Step to Develop a “Rule of Life”
		<p> NOTE: We recommend eliminating the growing connected section this week to provide more time for Breakout Room sharing</p>
7:27–7:37 (10 mins)	_____	BREAKOUT ROOMS - 10 minutes Starter Question

7:37-7:40 _____ **BIBLE STUDY** (pg.94)
(3 mins)

READ ALOUD the introduction and text from the workbook

7:40-7:52 _____ **BREAKOUT ROOMS - 12 minutes**

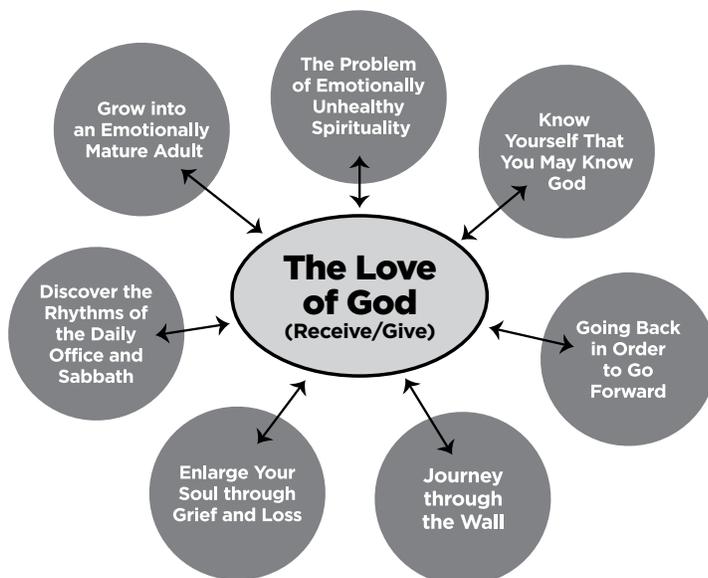
(12 mins)

Suggested Timing to Pace the Bible Study in the Breakout Room

- **Question #1:** 6 minutes
- **Question #2:** 6 minutes

7:52-8:07 _____ **APPLICATION** (use correct diagram below)

(15 mins)



JOURNAL ALONE

Questions #1-6

8:07-8:17 _____ **BREAKOUT ROOMS - 10 minutes**

(10 mins)

Share responses to Question #6

8:17-8:42 _____ **FINAL GROUP TIME - 25 minutes**

(25 mins)

Invite people to write in the chat function their answer to the first point in the Feedback form:

“As a result of Part 1 of this course, I am beginning to realize...”

 **NOTE:** As you see what people write, invite them by name to unmute themselves and share with the whole group. Keep the sharing short and have as many people as possible share.

8:42-8:49 _____ **PLAY VIDEO:** Closing Summary

(7 mins)

8:49-8:51 _____ **EXPLAIN** the Feedback Form

(2 mins)

8:51-9:01 _____ **PARTICIPANTS COMPLETE** the Feedback Form

(10 mins)

CLOSE IN PRAYER

Homework: *EHS Day by Day* - Session 8

Reference the Checklist at the back of the workbook and encourage people to catch up on any sections they have missed. Use this time to distribute Certificates of Completion.

Be sure to remind people that they have completed Part 1 of *The Emotionally Healthy Discipleship Course*

Invite them to Part 2, *Emotionally Healthy Relationships*, focused on getting discipled on how we love others in the new family of Jesus

 **NOTE:** Additional guidelines for each session are in the Leader's Guide section in the back of the EHS workbook

THE SESSION 8 FOLLOW-UP EMAIL:

Email sent after the final meeting in Week 8

Dear EH Spirituality Participants,

Congratulations on completing Part 1: *Emotionally Healthy Spirituality*. I believe we enjoyed a fabulous eight weeks together!

Let me recommend two excellent books that I believe will serve you as a follow up: ***Creating a Life with God*** by Daniel Wolpert and ***God in My Everything*** by Ken Shigematsu.

Remember, the best way to learn something is to teach something yourself. You may want to consider starting your own EHS small group with a few of your friends.

Give yourself a lot of grace as you begin to take your first steps without the support of our class. You will spend the rest of your spiritual journey exploring more deeply the truths we talked about each week. Our goal was to introduce them to you and to begin laying a foundation for your life in Christ. That, I believe, was accomplished.

Again, thank you for a great Part 1 of the EHD Course!

Blessings.

(your name here)



Emotionally Healthy Spirituality

CERTIFICATE of COMPLETION

awarded to

for completing Part 1 - Emotionally Healthy Spirituality 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 1 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: The Problem of Emotionally Unhealthy Spirituality

Comment:

- Session 2: Know Yourself that You May Know God

Comment:

- Session 3: Going Back in Order to Go Forward

Comment:

- Session 4: Journey through the Wall

Comment:

- Session 5: Enlarge Your Soul through Grief and Loss

Comment:

- Session 6: Discover the Rhythms of the Daily Office and Sabbath

Comment:

- Session 7: Grow into an Emotionally Mature Adult

Comment:

- Session 8: Go the Next Step to Develop a “Rule of Life”

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 the Emotionally Healthy Spirituality?

TABLE LEADER FEEDBACK FORM

NAME: _____

1. There are many moving parts of the EHS 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 EHS 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.
- When you become distracted, offer again your simple prayer back to God.



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CREATING A RHYTHM IN YOUR DAY

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

DURING OUR TIME OF SILENCE/STILLNESS:

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



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