





EH Spirituality for Leaders

Date	Session	READ  BEFORE the session	READ/PRACTICE  AFTER the session
SESSION 1 MAR 11	The Problem of Emotionally Unhealthy Spirituality <i>(Saul and the False Self)</i>	<ul style="list-style-type: none"> • <i>EH Spirituality</i> Intro and Chapter 1 • <i>EH Leader</i> Chapter 1 	<ul style="list-style-type: none"> • <i>Day by Day:</i> Week 1
SESSION 2 MAR 18	Know Yourself that You May Know God <i>(David and Leading from a True Self)</i>	<ul style="list-style-type: none"> • <i>EH Spirituality</i> Chapter 2 • <i>EH Leader</i> Chapter 2 (p.51-70) 	<ul style="list-style-type: none"> • <i>Day by Day:</i> Week 2
SESSION 3 MAR 25	Go Back to Go Forward <i>(Joseph and a Life of Surrender)</i>	<ul style="list-style-type: none"> • <i>EH Spirituality</i> Chapter 3 • <i>EH Leader</i> Chapter 2 (p.70-80) 	<ul style="list-style-type: none"> • <i>Day by Day:</i> Week 3
SESSION 4 APR 1	Journey Through the Wall <i>(Abraham and the Dark Night of Leadership)</i>	<ul style="list-style-type: none"> • <i>EH Spirituality</i> Chapter 4 • <i>EH Leader</i> Chapter 9 	<ul style="list-style-type: none"> • <i>Day by Day:</i> Week 4
SESSION 5 APR 8	Enlarge Your Heart Through Grief and Loss <i>(God's Treasures Found in Loss)</i>	<ul style="list-style-type: none"> • <i>EH Spirituality</i> Chapter 5 • <i>EH Leader</i> Chapter 4 (p.115-132) 	<ul style="list-style-type: none"> • <i>Day by Day:</i> Week 5
SESSION 6 APR 15	Discover the Rhythms of the Daily Office and Sabbath <i>(Stopping to Breathe the Air of Eternity)</i>	<ul style="list-style-type: none"> • <i>EH Spirituality</i> Chapter 6 • <i>EH Leader</i> Chapter 5 	<ul style="list-style-type: none"> • <i>Day by Day:</i> Week 6
SESSION 7 APR 22	Grow into an Emotionally Mature Adult <i>(Loving People as Thou's)</i>	<ul style="list-style-type: none"> • <i>EH Spirituality</i> Chapter 7 • <i>EH Leader</i> Chapter 7 	<ul style="list-style-type: none"> • <i>Day by Day:</i> Week 7
SESSION 8 APR 29	Develop a Rule of Life <i>(Recrafting Your Entire Life Around Jesus)</i>	<ul style="list-style-type: none"> • <i>EH Spirituality</i> Chapter 8 • <i>EH Leader</i> Chapter 4 (p.133-142) 	<ul style="list-style-type: none"> • <i>Day by Day:</i> Week 8



SCHOOL OF EMOTIONALLY HEALTHY
LEADERSHIP
EH Spirituality for Leaders

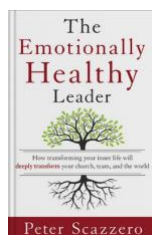
SPRING SEMESTER
EH Spirituality for
Leaders Mar 11 – Apr 29, 2026

GENERAL INFORMATION

COURSE REQUIREMENTS

- Attend ALL 8 Sessions from 1:00 - 3:30pm
- Do Pre-Course and weekly readings from the *EH Spirituality* & *EH Leader* books
- Practice the Daily Office (silence and devotionals 2x daily)
- Meet one time with your Table Leader around next steps on your Grief and Loss Chart outside the Course time

PRE-COURSE READING



The Emotionally Healthy Leader by Peter Scazzero

[PURCHASE HERE](#)

(We will be drawing on the critical material found in
The EH Leader book during the 8 Sessions)



Church Culture Revolution eBook (FREE)

[DOWNLOAD HERE](#)

REQUIRED TEXTS

Emotionally Healthy Spirituality by Peter Scazzero

Emotionally Healthy Spirituality Course Workbook
by Peter & Geri Scazzero

Emotionally Healthy Spirituality Day by Day:
A 40-Day Journey with the Daily Office



[PURCHASE HERE](#)



We appreciate if you order from our website as all profits sustain the larger ministry globally.



EH Relationships for Leaders

Date	Session	READ  BEFORE the session	READ/PRACTICE  AFTER the session
SESSION 1 OCT 14	<i>Take Your Community Temperature Reading (CTR)</i>	<ul style="list-style-type: none"> • EHR Workbook: Session 1 • EH Discipleship: Chapter 1 	<ul style="list-style-type: none"> • Day by Day: Week 1 • Practice Skills 2-3x this week
SESSION 2 OCT 21	<i>Stop Mind Reading and Clarify Expectations</i>	<ul style="list-style-type: none"> • EHR Workbook: Session 2 • EH Discipleship: Chapter 7 	<ul style="list-style-type: none"> • Day by Day: Week 2 • Practice Skills 2-3x this week
SESSION 3 OCT 28	<i>Genogram Your Family</i>	<ul style="list-style-type: none"> • EHR Workbook: Session 3 • EH Discipleship: Chapter 8 	<ul style="list-style-type: none"> • Day by Day: Week 3 • Practice Skills 2-3x this week • Set up 1 hour mtg to Review Your Genogram w/ Table Leader
SESSION 4 NOV 4	<i>Explore the Iceberg</i>	<ul style="list-style-type: none"> • EHR Workbook: Session 4 • EH Discipleship: Chapter 6 	<ul style="list-style-type: none"> • Day by Day: Week 4 • Practice Skills 2-3x this week
SESSION 5 NOV 11	<i>Incarnational Listening</i>	<ul style="list-style-type: none"> • EHR Workbook: Session 5 • EH Discipleship: Chapter 3 	<ul style="list-style-type: none"> • Day by Day: Week 5 • Practice Skills 2-3x this week
SESSION 6 NOV 18	<i>Climb the Ladder of Integrity</i>	<ul style="list-style-type: none"> • EHR Workbook: Session 6 • EH Discipleship: Chapter 4 	<ul style="list-style-type: none"> • Day by Day: Week 6 • Practice Skills 2-3x this week
SESSION 7 DEC 2	<i>Clean Fighting</i>	<ul style="list-style-type: none"> • EHR Workbook: Session 7 • EH Discipleship: Chapter 9 	<ul style="list-style-type: none"> • Day by Day: Week 7 • Practice Skills 2-3x this week
SESSION 8 DEC 9	<i>Develop a "Rule of Life" to Implement Emotionally Healthy Skills</i>	<ul style="list-style-type: none"> • EHR Workbook: Session 8 • EH Discipleship: Chapter 5 	<ul style="list-style-type: none"> • Day by Day: Week 8



SCHOOL OF EMOTIONALLY HEALTHY
LEADERSHIP
EH Relationships for Leaders

FALL SEMESTER
EH Relationships for
Leaders Oct 14 – Dec 9, 2025

COURSE REQUIREMENTS:

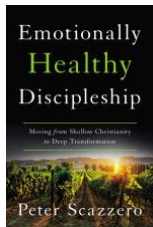
Before the Course Begins:

- Read *Emotionally Healthy Discipleship* before the Course.
- Take the EHS Personal Assessment at emotionallyhealthy.org/mature.

During the Course:

- Attend all 8 sessions from 1:00 - 3:30 PM EST on Wednesdays.
- Commitment to the Daily Office (silence and devotionals 2x daily).
- Practice the EH Relationship Skills between Sessions.
- Complete weekly pre-readings from the Workbook.
- Meet 1-1 with your Table Leader after Session 3 for your “Genogram” outside of the Course time.

PRE-COURSE READING:



***Emotionally Healthy Discipleship* by Peter Scazzero**

[PURCHASE HERE](#)

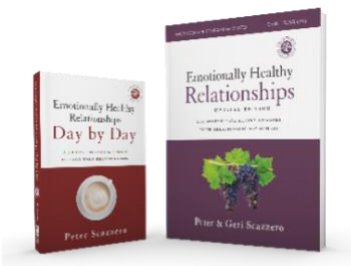
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A 2 Semester, 16 Week Experience to Deeply Transform You and Your Ministry

At the completion of the School of EH Leadership, you will be equipped:

1: to lead others out of a deeper inner life with Jesus by:

- Slowing down for rhythms to be with Him in silence, Scripture, and Sabbath delight.
- Applying genogram theology to your personal formation and leadership.
- Mastering key EH Relationship Skills.
- Being more present with yourself, and God in you, to discern God's will more clearly.

2: to utilize EH Discipleship, Pt. 1 (EH Spirituality) and EH Discipleship, Pt. 2 (EH Relationships) for your ministry to build high-impact leaders and create a disciple-making culture.

3: to take your next step for mentoring, networking, and resourcing through the community of "Emotionally Healthy Culture Churches."