



Mar 11th – Apr 29th, 2026

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

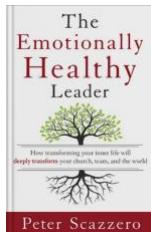
SPRING SEMESTER
EH Spirituality for
Leaders Mar 11 – Apr 29, 2026

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.



SCHOOL OF EMOTIONALLY HEALTHY LEADERSHIP

SEMESTER SYLLABUS

Oct 14th – Dec 9th, 2026

EH Relationships for Leaders

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



SCHOOL OF EMOTIONALLY HEALTHY LEADERSHIP

EH Relationships for Leaders

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

COURSE REQUIREMENTS:

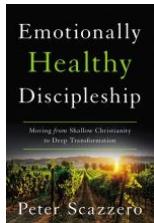
Before the Course Begins:

- 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:



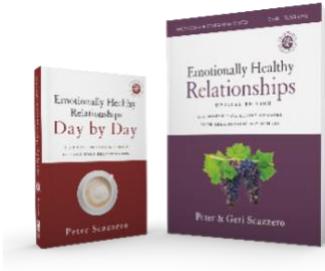
Emotionally Healthy Discipleship by Peter Scazzero
[PURCHASE HERE](#)

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The EH Leader book during the 8 Sessions)



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REQUIRED TEXTS:

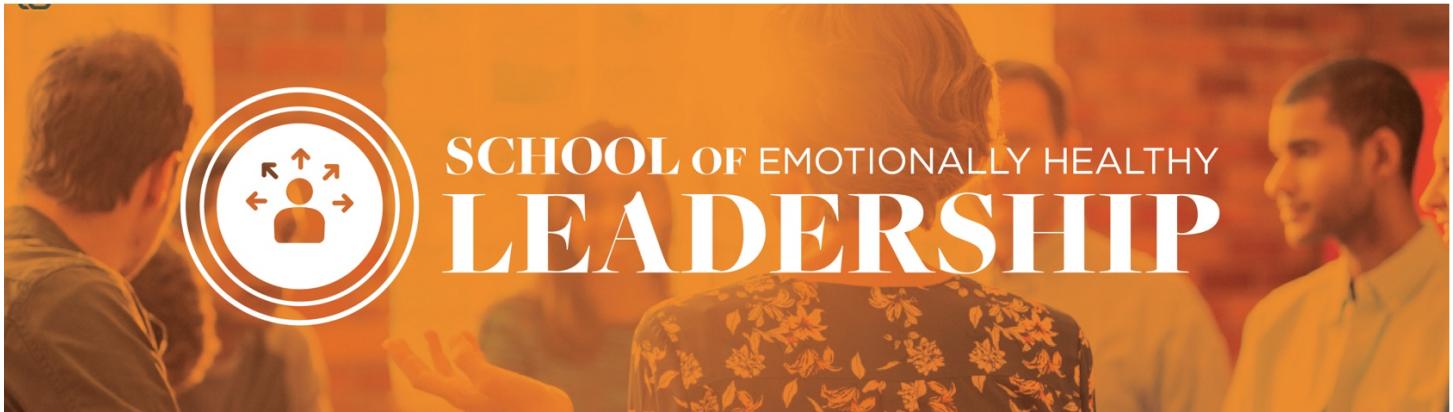


Emotionally Healthy Relationships Course Workbook
by Peter & Geri Scazzero

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

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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.”