



Emotionally Healthy Spirituality

A powerful 8-week journey that will forever change the way you love God, yourself and others.

In this course, you'll learn how to slow down your life and develop a personal relationship with Jesus. Discover how to:

- Confront the Crisis of Emotionally Unhealthy Spirituality
- Know and Become Your Authentic Self in Christ
- Discover How Your Family of Origin Affects You Today
- Find Your Way Through "Walls" to Grow into Maturity
- Enlarge Your Soul Through Embracing Grief and Loss
- Integrate Silence and Sabbath to Slow Down for Jesus
- Grow Into an Emotionally Healthy Adult
- Design a Lifelong Plan to Live in God's Love

Course Dates: Tuesdays Feb 31 - May 1

Cost: \$_____

Meeting in _____

Other information as Needed

Register now at churchwebsite.org