



# 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](http://churchwebsite.org)**