

WORKBOOK

EIGHT SESSIONS



# Emotionally Healthy Spirituality

UPDATED & REVISED

IT'S IMPOSSIBLE *to be* SPIRITUALLY MATURE,  
WHILE REMAINING EMOTIONALLY IMMATURE

A photograph of an iceberg in the ocean. The top part of the iceberg is visible above the water line, while the much larger, jagged part is submerged below. The water is a deep blue, and the sky is a lighter blue with some clouds. Sunlight rays are visible in the water on the right side.

Peter & Geri Scazzero

Emotionally Healthy  
Spirituality

WORKBOOK

## **The Emotionally Healthy (EH) Discipleship Courses**

### **The Emotionally Healthy (EH) Spirituality Course**

*Emotionally Healthy Spirituality*

*Emotionally Healthy Spirituality Workbook*

*Emotionally Healthy Spirituality Day by Day*

*Emotionally Healthy Spirituality DVD*

### **The Emotionally Healthy (EH) Relationships Courses**

*Emotionally Healthy Relationships Workbook*

*Emotionally Healthy Relationships Day by Day*

*Emotionally Healthy Relationships DVD*

### **Other Resources by Pete and/or Geri Scazzero**

*The Emotionally Healthy Woman* (book, workbook, and DVD)

*The Emotionally Healthy Leader*

*The Emotionally Healthy Church* (book and workbook)

# Emotionally Healthy Spirituality

DISCIPLESHIP THAT DEEPLY CHANGES  
YOUR RELATIONSHIP WITH GOD

UPDATED EDITION

WORKBOOK  
EIGHT SESSIONS

Peter and Geri Scazzero

 ZONDERVAN®



ZONDERVAN

*Emotionally Healthy Spirituality Workbook, Updated Edition*  
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## **Ebook Instructions**

In this ebook edition, please use your device's note-taking function to record your thoughts wherever you see the bracketed instructions [Your Notes] or [Your Response Here]. Use your device's highlighting function to record your response whenever you are asked to checkmark, circle, underline, or otherwise indicate your answer(s).

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## Introduction

*The Emotionally Healthy Spirituality Course* (or *The EH Spirituality Course*) is a plan for discipleship that deeply changes our relationship with God.

*The EH Spirituality Course* does this in two ways:

1. Addressing directly the reality that emotional maturity and spiritual maturity are inseparable, that it is not possible to be spiritually mature while remaining emotionally immature.
2. Equipping people in a personal, firsthand relationship with Jesus by incorporating stillness, silence, and Scripture as daily life rhythms.

The goal of this workbook, along with its companion resources—*The EH Spirituality Course* video, the *Emotionally Healthy Spirituality* book, and the *Emotionally Healthy Spirituality Day by Day* devotional—is to help you implement the eight core biblical truths and principles that make up *The EH Spirituality Course*. On the last page of the workbook you will find a checklist to keep you on track as you move through the Course. Fill it out along the way and, when completed, go to [emotionallyhealthy.org](http://emotionallyhealthy.org) to receive your certificate of completion.

Each of the eight truths explored in these sessions could easily have been expanded into their own course. We have kept them together, however, to serve as an introduction into a life with God that goes beyond “tip of the iceberg spirituality” into transformation through Christ that touches the depth of your being.



## How to Use This Workbook

### Before Session 1

- Purchase the *Emotionally Healthy Spirituality* book, *Emotionally Healthy Spirituality Day by Day*, and this workbook.
- Read chapter 1 of the *Emotionally Healthy Spirituality* book.
- A 5-minute video that introduces how to use *Emotionally Healthy Spirituality Day by Day* can be found at [www.emotionallyhealthy.org/ehscourse](http://www.emotionallyhealthy.org/ehscourse) or on YouTube.

## Throughout the Study

Before each group meeting, read the chapters from the *Emotionally Healthy Spirituality* book that correspond with each session in this workbook. Another core element of *The EH Spirituality Course* is to prayerfully read the devotionals found in *Emotionally Healthy Spirituality Day by Day* during the week that follows the study.

Each session is divided into six sections:

- Introduction
- Growing Connected
- Video: Opening Presentation
- Group Discussion
- Application
- Video: Closing Summary

This is followed by a Between-Sessions Personal Study that is based on questions from the Daily Offices found in the *Emotionally Healthy Spirituality Day by Day* devotional.

Space is provided throughout for you to record your responses, questions, or other insights that God may be bringing to you during your meeting time as well as during your personal study time between meetings.

The Leader's Guide found in the back of this workbook provides extremely helpful information to supplement the studies. We especially encourage you to avail yourselves of this valuable material. Additional resources for *The EH Spirituality Course* can be found at [www.emotionallyhealthy.org/courses](http://www.emotionallyhealthy.org/courses).

**Note**

Pete's video presentations for each session are available wherever books/ DVDs are sold or by digital video through sites such as: CBD.com, amazon.com, vimeo.com, Gotothehub.com, and studygateway.com.



## **Suggested Guidelines for the Group**

### **Be Prepared**

To get the most out of your time together, we ask that you read the chapters in *Emotionally Healthy Spirituality* that correspond with each session. Please also bring your workbook and the *EH Spirituality Day by Day* book with you to each meeting.

## **Speak for Yourself**

We encourage you to share and use “I” statements. We are only experts on ourselves. For example: Instead of saying, “Everyone is busy,” say, “I am busy.” Instead of saying, “We all struggle with forgiving,” say, “I struggle with forgiving.”



**Respect Others**

Be brief in your sharing, remaining mindful that there are time limitations and others may want to share.

### **No Fixing, Saving, No Setting Other People Straight**

Respect people's journeys and trust the Holy Spirit inside of them to lead them into all truth—in his timing. Resist the temptation to offer quick advice as people share in the group.

**Turn to Wonder**

If you feel judgmental or defensive when someone else is sharing, ask yourself: *I wonder what brought him/her to this belief? I wonder what he/she is feeling right now? I wonder what my reaction teaches me about myself?*

### **Trust and Learn from Silence**

It is okay to have silence between responses as the group shares, giving members the opportunity to reflect. Remember, there is no pressure to share.

**Observe Confidentiality**

In order to create an environment that is safe for open and honest participation, anything someone shares within the group should not be repeated outside of the group. However, feel free to share your own story and personal growth.

**Punctuality**

Resolve to arrive on time.



SESSION 1

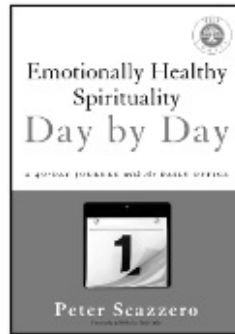
**The Problem of Emotionally Unhealthy Spirituality**

Before your first group meeting, read chapter 1 of the *Emotionally Healthy Spirituality* book.



**Daily Office** (10 minutes)

Do one of the Daily Offices from Week 1 of *Emotionally Healthy Spirituality Day by Day* to begin your session. (Leaders, please see point number two in the “General Guidelines” on [page 124](#).)



## **Introduction** (3 minutes)

Emotional health and spiritual maturity cannot be separated. It is not possible to be spiritually mature while remaining emotionally immature.

When we ignore the emotional component of our lives, we move through the motions of Christian disciplines, activities, and behaviors, but deeply rooted behavioral patterns from our pasts continue to hinder us from an authentic life of maturity in Christ.

We often neglect to reflect on what is going on inside us and around us (emotional health) and are too busy to slow down to be with God (contemplative spirituality).<sup>1</sup> As a result, we run the high risk of remaining stuck as spiritual infants, failing to develop into spiritually/emotionally mature adults in Christ.

Jay, one of our church members, described it best: “I was a Christian for twenty-two years. But instead of being a twenty-two-year-old Christian, I was a one-year-old Christian twenty-two times! I just kept doing the same things over and over and over again.”



In order to facilitate a sense of safety at each small group table, please turn to pages 11–12 as the “Suggested Guidelines for the Group” are read aloud.

**Growing Connected** (10 minutes)

1. Share your name and a few words about what makes you feel fully alive (e.g., nature, music, sports, reading).

**VIDEO: The Problem of Emotionally  
Unhealthy Spirituality** (19 minutes)

Watch the video segment for Session 1 and use the space provided to note anything that stands out to you.

NOTES

[Your Response Here]

## Group Discussion (45 minutes)

### Starters (10 minutes)

2. The following are the top ten symptoms of emotionally *unhealthy* spirituality. As the list that begins below is read aloud, put a check mark next to the one or two symptoms that are most relevant in your life today. Afterward, turn to another person and each share the one symptom that most applies to your spiritual life today.

- 1. Using God to run from God**  
(Example: I fill my life with Christian activities to avoid addressing difficult issues in my life.)
- 2. Ignoring the emotions of anger, sadness, and fear**  
(Example: I am rarely honest with myself and/or others about the feelings, hurts, and pains beneath the surface of my life.)
- 3. Dying to the wrong things**  
(Example: I tend to deny healthy, God-given desires and pleasures of life such as friendships, joy, music, beauty, laughter, and nature. At the same time, I find it difficult to die to my self-protectiveness, defensiveness, lack of vulnerability, and judgmentalism.)
- 4. Denying the past's impact on the present**  
(Example: I rarely consider how my family of origin and significant people/events from my past have shaped my present.)
- 5. Dividing life into "secular" and "sacred" compartments**  
(Example: I easily compartmentalize God to "Christian activities" while usually forgetting about him when I am working, shopping, studying, or recreating.)
- 6. Doing for God instead of being with God**  
(Example: I tend to evaluate my spirituality based on how much I am doing for God.)
- 7. Spiritualizing away conflict**  
(Example: I usually miss out on true peace by smoothing over disagreements, burying tensions, and avoiding conflict, rather than disrupting false peace as Jesus did.)
- 8. Covering over brokenness, weakness, and failure**  
(Example: I have a hard time speaking freely about my weaknesses, failures, and mistakes.)
- 9. Living without limits**  
(Example: Those close to me would say that I often "try to do it all" or "bite off more than I can chew.")
- 10. Judging the spiritual journeys of others**  
(Example: I often find myself occupied and bothered by the faults of those around me.)

### Bible Study: 1 Samuel 15:7–24 (35 minutes)

In this story we meet King Saul, the first king of Israel, and Samuel, God's prophet who brings God's word to Saul. King Saul had been instructed by God earlier in verse 3 to "attack the Amalekites and totally destroy all that belongs to them." (Note: The Amalekites were a wicked, sinful culture known for their destructiveness). Saul, however, gives in to the wishes of his fighting men and does *only part* of God's will. Read aloud 1 Samuel 15:7–24.

<sup>7</sup> Then Saul attacked the Amalekites all the way from Havilah to Shur, near the eastern border of Egypt. <sup>8</sup> He took Agag king of the Amalekites alive, and all his people he totally destroyed with the sword. <sup>9</sup> But Saul and the army spared Agag and the best of the sheep and cattle, the fat calves and lambs—everything that was good. These they were unwilling to destroy completely, but everything that was despised and weak they totally destroyed.

<sup>10</sup> Then the word of the LORD came to Samuel: <sup>11</sup> "I regret that I have made Saul king, because he has turned away from me and has not carried out my instructions." Samuel was angry, and he cried out to the LORD all that night.

<sup>12</sup> Early in the morning Samuel got up and went to meet Saul, but he was told, "Saul has gone to Carmel. There he has set up a monument in his own honor and has turned and gone on down to Gilgal."

<sup>13</sup> When Samuel reached him, Saul said, "The LORD bless you! I have carried out the LORD's instructions."

<sup>14</sup> But Samuel said, "What then is this bleating of sheep in my ears? What is this lowing of cattle that I hear?"

<sup>15</sup> Saul answered, "The soldiers brought them from the Amalekites; they spared the best of the sheep and cattle to sacrifice to the LORD your God, but we totally destroyed the rest."

<sup>16</sup> "Enough!" Samuel said to Saul. "Let me tell you what the LORD said to me last night."  
"Tell me," Saul replied.

<sup>17</sup> Samuel said, "Although you were once small in your own eyes, did you not become the head of the tribes of Israel? The LORD anointed you king over Israel. <sup>18</sup> And he sent you on a mission, saying, 'Go and completely destroy those wicked people, the Amalekites; wage war against them until you have wiped them out.' <sup>19</sup> Why did you not obey the LORD? Why did you pounce on the plunder and do evil in the eyes of the LORD?"

<sup>20</sup> "But I did obey the LORD," Saul said. "I went on the mission the LORD assigned me. I completely destroyed the Amalekites and brought back Agag their king. <sup>21</sup> The soldiers took sheep and cattle from the plunder, the best of what was devoted to God, in order to sacrifice them to the LORD your God at Gilgal."

<sup>22</sup> But Samuel replied:

"Does the LORD delight in burnt offerings and sacrifices"

as much as in obeying the LORD?  
To obey is better than sacrifice,  
and to [listen] is better than the fat of rams.

<sup>23</sup> For rebellion is like the sin of divination,  
and arrogance like the evil of idolatry.  
Because you have rejected the word of the LORD,  
he has rejected you as king.”

<sup>24</sup> Then Saul said to Samuel, “I have sinned. I violated the LORD’s command and your instructions. I was afraid of the men and so I gave in to them.”

3. In verse 11, what do you notice about God and Samuel’s responses to Saul’s failure to fully obey?

[Your Response Here]

How does this differ from Saul’s response in verses 12–13?

[Your Response Here]

4. Reread verses 12 and 24. What might have been going on beneath the surface of Saul’s life (iceberg) that he was unaware of?

[Your Response Here]

5. Reread verses 22–23. Describe in your own words how Samuel explains Saul’s disobedience.

[Your Response Here]

6. List one or two examples of how you go through the motions of making “burnt offerings” and “sacrifices” rather than obeying the word of the Lord (e.g., acting or speaking from fear of what others think, or being one person at church and another person at work or home, or not having a place in your life to be still and listen to the Lord)?

[Your Response Here]

7. Note the seriousness of verse 23a. What positive step(s) could Saul have taken to become aware of his own iceberg and hear God in his situation? What might be one positive step for you?

[Your Response Here]

In what ways can you relate, or not relate, to Saul?

[Your Response Here]

**Application** (15 minutes)

After the following paragraphs and questions 8 and 9 are read aloud, take 5 minutes to journal your response to those questions in the space provided. Then share your response to question 10 in groups of two or three.

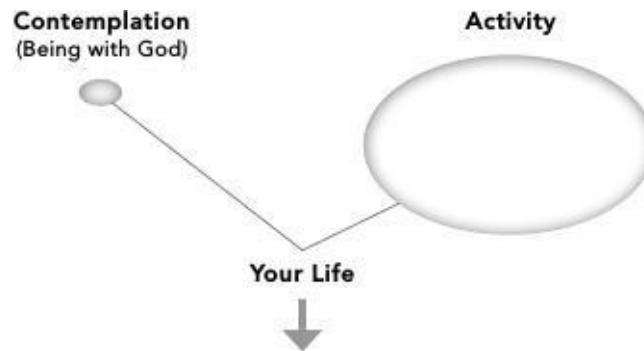
Not only was Saul unaware of what was going on inside of him, he also did not cultivate a contemplative life with God. His “doing” for God did not flow from his “being” with God.

In the same way, our “doing” for Jesus must flow from our “being” with him. Far too often, we live vicariously off other people’s spirituality and relate to God while busily “on the run.”

8. What challenges keep you from slowing down your life to be with God?

[Your Response Here]

9. The diagram below provides an illustration of a spiritual life where our activity (i.e., our doing) is out of balance with our contemplative life (i.e., our inner life with Jesus).



Now, using two circles like the ones in the diagram, draw your own diagram to illustrate how your activities (your doing) balance with your contemplative life (your being with God).<sup>2</sup>

[Your Response Here]

10. The remaining sessions of *The EH Spirituality Course* will address ways we can make changes in our lives. 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?

[Your Response Here]



**VIDEO: Closing Summary** (6 minutes)

Watch the closing video summary for Session 1 and use the space provided to note anything that stands out to you.

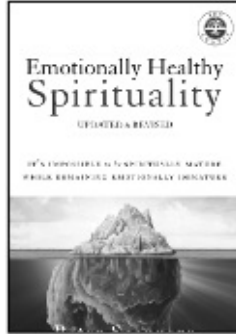
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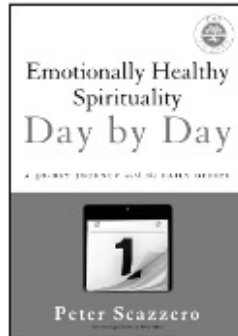
## Between-Sessions Personal Study

### SESSION 1

Read chapter 2 of the book *Emotionally Healthy Spirituality*, “Know Yourself That You May Know God.” Use the space provided to note any insights or questions you might want to bring to the next group session.



Prayerfully read Week 1 of the devotional *Emotionally Healthy Spirituality Day by Day*, “The Problem of Emotionally Unhealthy Spirituality.” Use the space provided to answer the Questions to Consider and/or to journal your thoughts each day.



**Day 1 Questions to Consider:**

How would you describe “what is secondary” in your life, the thing that might be “blocking the way” to experiencing God?

[Your Response Here]

How could you make more room in your life for silence in order to listen to God?

[Your Response Here]

**Day 2 Questions to Consider:**

What internal or external storm might God be sending into your life as a sign that something is not right spiritually?

[Your Response Here]

How do you hear the words of the apostle John today: "Do not love the world or anything in the world" (1 John 2:15)?

[Your Response Here]

**Day 3 Questions to Consider:**

In what way(s) has God put your life or plans “out of joint” so that you might depend on him?

[Your Response Here]

What might be one way your “busyness” blocks you from listening and communing with the living God?

[Your Response Here]

**Day 4 Questions to Consider:**

What things are “worrying” and “upsetting” you as you begin this day?

[Your Response Here]

What are you angry about today? Sad about? Afraid of? Pour out your responses before God, trusting in him as David did.

[Your Response Here]

**Day 5 Questions to Consider:**

What is one step you can take today to slow down and live more attentively to the voice of Jesus?

[Your Response Here]

How might brokenness or weakness in your life today present an opportunity for God's power to be demonstrated?

[Your Response Here]



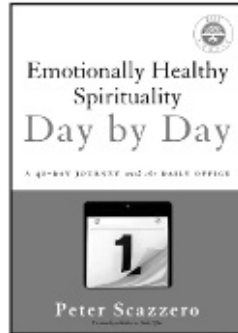


SESSION 2

**Know Yourself That You May Know God**

**Daily Office** (8 minutes)

Do one of the Daily Offices from Week 2 of *Emotionally Healthy Spirituality Day by Day* to begin your session. (**Leaders, please see point number two in the “General Guidelines” on page 124.**)



## **Introduction** (3 minutes)

Self-awareness is intricately related to our relationship with God. In fact, the challenge of Scripture to shed our old “false” self in order to live authentically in our new “true” self strikes at the very core of true spirituality.

In AD 500, Augustine wrote in *Confessions*, “How can you draw close to God when you are far from your own self?” He prayed: “Grant, Lord, that I may know myself that I may know thee.”

In 1530, John Calvin wrote in his opening of the *Institutes of the Christian Religion*: “Our wisdom . . . consists almost entirely of two parts: the knowledge of God and of ourselves. But as these are connected together by many ties, it is not easy to determine which of the two precedes and gives birth to the other.”

The vast majority of us go to our graves without knowing who we are. Without being fully aware of it, we live someone else’s life, or at least someone else’s expectations for us. This does violence to ourselves, to our relationship with God, and ultimately to others.



In order to facilitate a sense of safety at each small group table, please turn to [pages 11–12](#) as the “Suggested Guidelines for the Group” are read aloud.

**Growing Connected** (17 minutes)

1. *Day by Day* Debrief: What obstacles, difficulties, or successes did you experience in meeting with God this past week using the *EH Spirituality Day by Day* devotional? Have two or three people share. (7 minutes)

[Your Response Here]

2. Describe your dream job. (10 minutes. Depending on group size, you may have to divide the group in two.)

[Your Response Here]

**VIDEO: Know Yourself That You May Know God** (13 minutes)

Watch the video segment for Session 2. Use the space provided to note anything that stands out to you.

NOTES

[Your Response Here]

## Group Discussion (45 minutes)

### Starters (10 minutes)

After the following paragraph is read aloud, complete question 3 on your own.

The journey of genuine transformation to emotionally healthy spirituality begins with a commitment to allow yourself to feel. Feelings are an essential part of our humanity and unique personhood as men and women created in God's image. Scripture reveals God as an emotional being who feels as a person. Having been created in his image, we also are created with the gift to feel and experience emotions. Some of us may have learned that feelings are not to be trusted; that they are dangerous and can lead us away from God's will for us. While it is true that we are not to be led by our emotions, they do serve a critical function in our discipleship and discernment of God's will.

3. Journal your response to the questions on the next page in the space provided. Your concern can be something from the past, present, or future. Consider areas such as finances, health, relationships, work, etc. (5 min.)

- What are you angry about?

[Your Response Here]

- What are you sad about?

[Your Response Here]

- What are you anxious about?

[Your Response Here]

- What are you glad about?

[Your Response Here]

4. Share in groups of two or three what it was like to journal your feelings? (5 min.)

### Bible Study: 1 Samuel 17:26–45 (35 minutes)

In this famous story, the army of Israel faced the great army of the Philistines. For forty days, the Philistine hero Goliath, described as nine feet tall and dressed in powerful weaponry, challenged any Israelite soldier to come out and fight him. When the Israelites saw him, however, "they all fled from him in great fear" (1 Samuel 17:24). We pick up the story after David hears, for the first time, Goliath's humiliating challenge to Israel's army. Listen carefully as the story from 1 Samuel 17:26–45 is read aloud.

<sup>26</sup> David asked the men standing near him, "What will be done for the man who kills this Philistine and removes this disgrace from Israel? Who is this uncircumcised Philistine that he should defy the armies of the living God?"

<sup>27</sup> They repeated to him what they had been saying and told him, "This is what will be done for the man who kills him."

<sup>28</sup> When Eliab, David's oldest brother, heard him speaking with the men, he burned with anger at him and asked, "Why have you come down here? And with whom did you leave those few sheep in the wilderness? I know how conceited you are and how wicked your heart is; you came down only to watch the battle."

<sup>29</sup> "Now what have I done?" said David. "Can't I even speak?" <sup>30</sup> He then turned away to someone else and brought up the same matter, and the men answered him as before. <sup>31</sup> What David said was overheard and reported to Saul, and Saul sent for him.

<sup>32</sup> David said to Saul, "Let no one lose heart on account of this Philistine; your servant will go and fight him."

<sup>33</sup> Saul replied, "You are not able to go out against this Philistine and fight him; you are only a young man, and he has been a warrior from his youth."

<sup>34</sup> But David said to Saul, "Your servant has been keeping his father's sheep. When a lion or a bear came and carried off a sheep from the flock, <sup>35</sup> I went after it, struck it and rescued the sheep from its mouth. When it turned on me, I seized it by its hair, struck it and killed it. <sup>36</sup> Your servant has killed both the lion and the bear; this uncircumcised Philistine will be like one of them, because he has defied the armies of the living God. <sup>37</sup> The LORD who rescued me from the paw of the lion and the paw of the bear will rescue me from the hand of this Philistine."

Saul said to David, "Go, and the LORD be with you."

<sup>38</sup> Then Saul dressed David in his own tunic. He put a coat of armor on him and a bronze helmet on his head. <sup>39</sup> David fastened on his sword over the tunic and tried walking around, because he was not used to them.

"I cannot go in these," he said to Saul, "because I am not used to them." So he took them off. <sup>40</sup> Then he took his staff in his hand, chose five smooth stones from the stream, put them in the pouch of his shepherd's bag and, with his sling in his hand, approached the Philistine.

<sup>41</sup> Meanwhile, the Philistine, with his shield bearer in front of him, kept coming closer to David. <sup>42</sup> He looked David over and saw that he was little more than a boy, glowing with health and handsome, and he despised him. <sup>43</sup> He said to David, "Am I a dog, that you come at me with sticks?" And the Philistine cursed David by his gods. <sup>44</sup> "Come here," he said, "and I'll give your flesh to the birds and the wild animals!"

<sup>45</sup> David said to the Philistine, “You come against me with sword and spear and javelin, but I come against you in the name of the LORD Almighty, the God of the armies of Israel, whom you have defied.”

5. In your own words, what are some of David’s thoughts and feelings when he hears Goliath’s challenge to Israel (v. 26)?

[Your Response Here]

6. What are some of the accusations and messages David receives from the people around him?

- From his own family (v. 28)

[Your Response Here]

- From Saul (vv. 33, 38)

[Your Response Here]

- From Goliath (vv. 41–45)

[Your Response Here]

7. What feelings might you be experiencing if you were David (*ex.*: in response to an older sibling, a person in authority over you, or a competent and intimidating person like Goliath)?

[Your Response Here]

8. What enables David to live out of his true self against the powerful forces and pressures that seek to mold him into someone he is not?

[Your Response Here]

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

[Your Response Here]



**Application** (15 minutes)

Take five minutes alone to prayerfully journal your responses to the questions below. (5 min.)

10. What might it look like for you to take off armor that you are currently wearing that does not fit you?

[Your Response Here]

11. Many of us are so unaccustomed to distinguishing our true self from our false self that it may 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 . . .*

[Your Response Here]

12. Share your responses in groups of two or three. (10 min.)

[Your Response Here]

**VIDEO: Closing Summary** (6 minutes)

Watch the closing video summary for Session 2 and use the space provided to note anything that stands out to you.

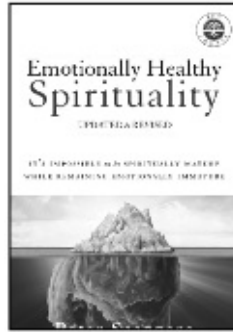
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[Your Response Here]

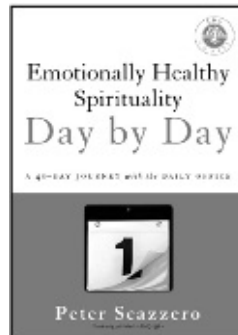
## Between-Sessions Personal Study

### SESSION 2

Read chapter 3 of the book *Emotionally Healthy Spirituality*, “Going Back in Order to Go Forward.” Use the space provided to note any insights or questions you might want to bring to the next group session.



Prayerfully read Week 2 of the devotional *Emotionally Healthy Spirituality Day by Day*, “Know Yourself So That You May Know God.” Use the space provided to answer the Questions to Consider and/or to journal your thoughts each day.



**Day 1 Questions to Consider:**

What might be one specific way that you give in to expectations of others rather than being faithful to what Jesus has for you?

[Your Response Here]

What might be one false layer or bandage God is inviting you to remove today?

[Your Response Here]

**Day 2 Questions to Consider:**

What do you think might be one of your “birthright” gifts from God that has been ignored in your life?

[Your Response Here]

Where do you see yourself on Bernard’s list of the four degrees of love?

[Your Response Here]

**Day 3 Questions to Consider:**

What impresses you most about the story of Anthony's life?

[Your Response Here]

What temptation(s) or trials do you find yourself in today that God may be using as a furnace to help develop your interior life?

[Your Response Here]

**Day 4 Questions to Consider:**

What would it look like to respect yourself in light of your God-given limits?

[Your Response Here]

What is one area of your inner person that the fire of God's presence might want to burn away (*ex.*: selfishness, greed, bitterness, impatience)?

[Your Response Here]



**Day 5 Questions to Consider:**

How might it change your day today if you were to cease looking for human approval and begin seeking only the approval of God?

[Your Response Here]

In what area of your life might you be living as a chicken when God, in reality, has made you an eagle?

[Your Response Here]

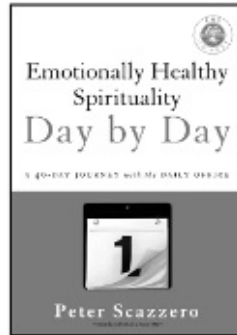


SESSION 3

**Going Back in Order to Go Forward**

**Daily Office** (8 minutes)

Do one of the Daily Offices from Week 3 of *Emotionally Healthy Spirituality Day by Day* to begin your session. (**Leaders, please see point number two in the “General Guidelines” on page 124.**)



**Introduction** (1 minute)

Emotionally healthy spirituality involves embracing God's choice to birth us into a particular family, in a particular place, at a particular moment in history.

That choice to embrace our past grants us certain opportunities and gifts. It also hands us a certain amount of "emotional baggage" for our journey through life. For some of us this load is minimal; for others, it is a heavy burden to carry.

True spirituality frees us to live joyfully in the present. Living joyfully, however, requires going back in order to go forward. This process takes us to the very heart of spirituality and discipleship in the family of God—breaking free from the destructive sinful patterns of our past in order to live the life of love that God intends.

**Growing Connected** (10 minutes)

1. *Day by Day* Debrief: What obstacles, difficulties, or successes did you experience in meeting with God this past week using the *EH Spirituality Day by Day* devotional? Have two or three people share.

[Your Response Here]

2. How would you describe the family atmosphere you grew up in? Try to use just a word or two (ex.: affirming, complaining, critical, approachable, angry, tense, cooperative, competitive, close, distant, fun, serious).

[Your Response Here]

**VIDEO: Going Back in Order to Go Forward** (13 minutes)

Watch the video segment for Session 3. Use the space provided to note anything that stands out to you.

NOTES

[Your Response Here]

## Group Discussion (40 minutes)

### Starters (7 minutes)

3. Our need to go back in order to go forward can be summed up in two essential biblical truths:

- The blessings and sins of our families going back two to three generations profoundly impact who we are today.
- Discipleship requires putting off the sinful patterns of our family of origin and relearning how to do life God's way in God's family.

What concerns or fears might you have in looking back at your family of origin to discern unhealthy patterns and themes? Explain.

[Your Response Here]

### Bible Study: Genesis 50:15–21 (33 minutes)

Read aloud the introductory paragraphs and then answer question 4.

The “family” is an emotional system of two to four generations who move through life together in different places at different times. When we are born into families, we inherit their ways of relating, their values, and their ways of living in the world. (Adopted children inherit not only birth family traits but draw on traits from their adoptive family.) Your family's story and your individual story cannot be separated.

Joseph is an excellent example of that reality. He was born into a complex, blended family where his father Jacob, Jacob's two wives, two concubines, and their children, all lived under one roof. Joseph was Jacob's favored son. As a result, his brothers grew jealous, leading them to sell Joseph to a merchant who took him to Egypt. The brothers never expected to hear from Joseph again. After he was sold, Joseph's life became very difficult. For the next ten to thirteen years, Joseph lived first as a slave, and later, as a prisoner falsely accused of rape.

4. Imagine yourself in Joseph's shoes sitting in a prison cell without any hope of freedom. What thoughts, feelings, or doubts might you have about your family? About yourself? About God?

[Your Response Here]

Now read aloud the next paragraph and Scripture passage before discussing the remaining questions.

Through God's miraculous intervention, Joseph was pulled from the pit of prison and made the second most powerful person in Egypt. Later, when his brothers came to Egypt for food during a famine in Israel, Joseph invited them to return for their father and live in Egypt—which they gladly did. But after Jacob died, the brothers began to worry. Read Genesis 50:15–21.

<sup>15</sup> When Joseph's brothers saw that their father was dead, they said, “What if Joseph holds a grudge against us and pays us back for all the wrongs we did to him?” <sup>16</sup> So they sent word to Joseph, saying, “Your father left these instructions before he died: <sup>17</sup> ‘This is what you are to say to Joseph: I ask you to forgive your brothers the sins and the wrongs they committed in treating you so badly.’ Now please forgive the sins of the servants of the God of your father.” When their message came to him, Joseph wept.

<sup>18</sup> His brothers then came and threw themselves down before him. “We are your slaves,” they said.

<sup>19</sup> But Joseph said to them, “Don't be afraid. Am I in the place of God? <sup>20</sup> You intended to harm me, but God intended it for good to accomplish what is now being done, the saving of many lives. <sup>21</sup> So then, don't be afraid. I will provide for you and your children.” And he reassured them and spoke kindly to them.

5. What assumptions are the brothers making about Joseph in verse 15?

[Your Response Here]

6. Why do you think Joseph weeps (v. 17)?

[Your Response Here]

7. Joseph chooses to break the “normal” way his family deals with hurt feelings and conflict by forgiving his brothers. How might you have responded if you were in Joseph's position? (Be sure to honestly put yourself in Joseph's shoes).

[Your Response Here]

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

- “Don't be afraid.”
- “Am I in the place of God?”
- “You intended to harm me, but God intended it for good.”



**Application** (25 minutes)

Complete question 9 on your own. Then answer questions 10–12 as a group before closing together in prayer.

9. Joseph had a rich sense of being part of his family of origin and how it had shaped his life—both good and bad. We must honestly face the truths about our family of origin as well. Prayerfully complete the chart on the following page 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.

- First, list the life messages you received from each of your parents or caretakers (ex.: Don’t be weak. Education is everything. You must achieve to be loved. Don’t be sad; things could be worse. Make a lot of money. Don’t trust people; they will hurt you.).
- Next, list any “earthquake” events that sent “aftershocks” into your extended family (ex.: abuse, premature or sudden deaths/losses, divorces, shameful secrets revealed, etc.).
- Review the three separate boxes and summarize what messages about life/yourself/others you internalized. Then fill in the bottom box, “Cumulative messages I received.”

Father (Caretaker)	Mother (Caretaker)	
Messages received about life:	Messages received about life:	"Earthquake" events in family history: •  •  •  •
Cumulative messages I received:		

10. Share with the group the message(s) you received. How do those messages compare with the messages below that reflect who you are in the new family of Jesus?

- It is good that you exist.
- You are lovable.
- You are good enough.

- You are a joy.
- You have nothing left to prove.
- Your needs are a delight.
- You are allowed to make mistakes.

[Your Response Here]

11. 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”?

[Your Response Here]

**VIDEO: Closing Summary** (7 minutes)

Watch the closing video summary for Session 3 and use the space provided to note anything that stands out to you.

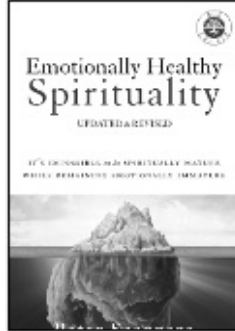
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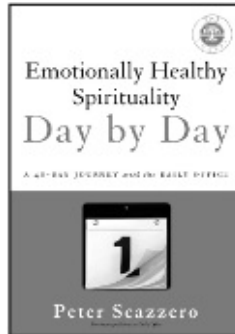
## Between-Sessions Personal Study

### SESSION 3

Read chapter 4 of the book *Emotionally Healthy Spirituality*, “Journey through the Wall.” Use the space provided to note any insights or questions you might want to bring to the next group session.



Prayerfully read Week 3 of the devotional *Emotionally Healthy Spirituality Day by Day*, “Going Back in Order to Go Forward.” Use the space provided to answer the Questions to Consider and/or to journal your thoughts each day.



**Day 1 Questions to Consider:**

What invitation might God be offering to you out of the failures and pain of your past?

[Your Response Here]

What heavy “raft” might you be carrying as you seek to climb the mountains God has placed before you?

[Your Response Here]

**Day 2 Questions to Consider:**

What false self are you struggling with that Christ wants you to die to, so that you can truly live?

[Your Response Here]

What most impacts you from the story about Francis? How is God speaking to you through that?

[Your Response Here]

**Day 3 Questions to Consider:**

What would it look like for you to surrender the pains of your past (mistakes, sins, setbacks, and disappointments) to God today?

[Your Response Here]

What pains in your life are waiting to be acknowledged and grieved?

[Your Response Here]



**Day 4 Questions to Consider:**

What space in the world (for which the past has prepared you) is waiting to be filled by you?

[Your Response Here]

Can you name ways in which you learned the pain of others by suffering your own pain?

[Your Response Here]

**Day 5 Questions to Consider:**

How might the words from Exodus 14:14–15—“The LORD will fight for you, you need only to be still” and “move on”—apply to you today?

[Your Response Here]

In Psalm 131:1, David prays: “I do not concern myself with great matters or things too wonderful for me.” How do you hear these words?

[Your Response Here]

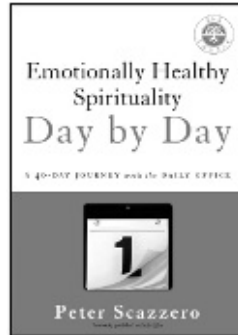


SESSION 4

**Journey through the Wall**

**Daily Office** (8 minutes)

Do one of the Daily Offices from Week 4 of *Emotionally Healthy Spirituality Day by Day* to begin your session. (**Leaders, please see point number two in the “General Guidelines” on page 124.**)



**Introduction** (1 minute)

Emotionally healthy spirituality requires that you go through the pain of the Wall—or, as the ancients called it, “the dark night of the soul.” Just as a physical wall stops us from moving ahead, God sometimes stops us in our spiritual journey through a spiritual Wall in order to radically transform our character. Often, we are brought to the Wall by circumstances and crises beyond our control.

Regardless of how we get there, every follower of Jesus at some point will confront the Wall. Failure to understand and surrender to God’s working in us at the Wall often results in great long-term pain, ongoing immaturity, and confusion. Receiving the gift of God in the Wall, however, transforms our lives forever.

**Growing Connected** (10 minutes)

1. *Day by Day* Debrief: What obstacles, difficulties, or successes did you experience in meeting with God this past week using the *EH Spirituality Day by Day* devotional? Have two or three people share.

[Your Response Here]

2. In this season of your life, what is the greatest obstacle that you face? Explain.

[Your Response Here]

**VIDEO: Journey through the Wall** (13 minutes)

Watch the video segment for Session 4. Use the space provided to note anything that stands out to you.

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[Your Response Here]

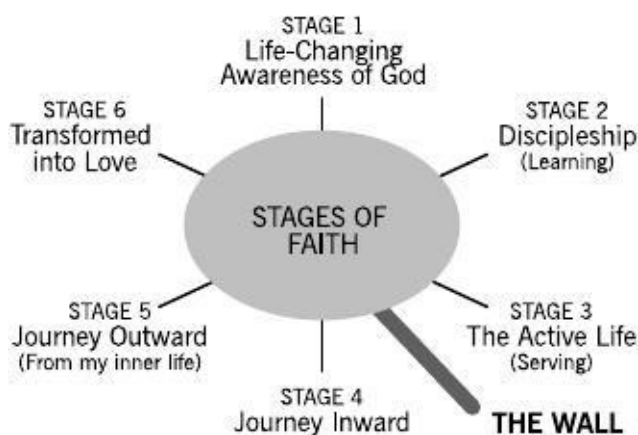


## Group Discussion (50 minutes)

### Starters (15 minutes)

Read aloud the following excerpt from the book *Emotionally Healthy Spirituality* before answering question 3.

For most of us, the Wall appears through a crisis that turns our world upside down. It comes, perhaps, through a divorce, a job loss, the death of a close friend or family member, a cancer diagnosis, a disillusioning church experience, a betrayal, a shattered dream, a wayward child, a car accident, an inability to get pregnant, a deep desire to marry that remains unfulfilled, a spiritual dryness or a loss of joy in our relationship with God. We question ourselves, God, and the church. We discover for the first time that our faith does not appear to “work.” We have more questions than answers as the very foundation of our faith feels like it is on the line. We don’t know where God is, what he is doing, where he is going, how he is getting us there, or when this will be over. . . . It (the Wall) is not simply a one-time event that we pass through and get beyond. It appears to be something we return to as part of our ongoing relationship with God. (pp. 101–102, *Updated Edition*)



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

[Your Response Here]

### Bible Study: Genesis 22:1–14 (35 minutes)

Read aloud the introductory paragraph and Scripture passage, and then discuss the questions that follow.

Abraham, in his earthly pilgrimage with God, appeared to go through a number of Walls. His greatest one, however, came when God asked him to do the unthinkable—to kill his only son Isaac. Read Genesis 22:1–14:

<sup>1</sup> Some time later God tested Abraham. He said to him, “Abraham!”

“Here I am,” he replied.

<sup>2</sup> Then God said, “Take your son, your only son, whom you love—Isaac—and go to the region of Moriah. Sacrifice him there as a burnt offering on a mountain I will show you.”

<sup>3</sup> Early the next morning Abraham got up and loaded his donkey. He took with him two of his servants and his son Isaac. When he had cut enough wood for the burnt offering, he set out for the place God had told him about. <sup>4</sup> On the third day Abraham looked up and saw the place in the distance. <sup>5</sup> He said to his servants, “Stay here with the donkey while I and the boy go over there. We will worship and then we will come back to you.”

<sup>6</sup> Abraham took the wood for the burnt offering and placed it on his son Isaac, and he himself carried the fire and the knife. As the two of them went on together, <sup>7</sup> Isaac spoke up and said to his father Abraham, “Father?”

“Yes, my son?” Abraham replied.

“The fire and wood are here,” Isaac said, “but where is the lamb for the burnt offering?”

<sup>8</sup> Abraham answered, “God himself will provide the lamb for the burnt offering, my son.” And the two of them went on together.

<sup>9</sup> When they reached the place God had told him about, Abraham built an altar there and arranged the wood on it. He bound his son Isaac and laid him on the altar, on top of the wood. <sup>10</sup> Then he reached out his hand and took the knife to slay his son. <sup>11</sup> But the angel of the LORD called out to him from heaven, “Abraham! Abraham!”

“Here I am,” he replied.

<sup>12</sup> “Do not lay a hand on the boy,” he said. “Do not do anything to him. Now I know that you fear God, because you have not withheld from me your son, your only son.”

<sup>13</sup> Abraham looked up and there in a thicket he saw a ram caught by its horns. He went over and took the ram and sacrificed it as a burnt offering instead of his son. <sup>14</sup> So Abraham called that place The LORD Will Provide. And to this day it is said, “On the mountain of the LORD it will be provided.”

4. How would you hear the words in verse 2: “Take your son, your only son, whom you love . . . sacrifice him”?

[Your Response Here]

5. What aspects of “the dark night” might have been tormenting Abraham’s soul as he bound his son Isaac and laid him on the altar? (*ex.*: weariness, sense of failure, defeat, emptiness, dryness, unbelief, guilt, disillusionment, abandonment by God)

[Your Response Here]

6. In light of this story, how is your image (or idea) of God challenged?

[Your Response Here]

7. What are some possible reasons you have a hard time accepting and moving through Walls? (Note: Speak in the “I.”)

[Your Response Here]

8. 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?

[Your Response Here]

9. This Wall gave Abraham a revelation of God that would change him and his relationship with God forever. He came to know God as Provider in even the most desperate of situations (v.14). How might this encourage you in any current Walls you are facing?

[Your Response Here]

**Application** (15 minutes)

Take about 5 minutes to complete question 10 on your own.

10. When God takes us through a Wall, we are changed. The following are four primary characteristics of life found on the other side of the Wall.

- A greater level of brokenness
- A greater appreciation for holy unknowing (mystery)
- A deeper ability to wait on God
- A greater detachment (from the world)

Journaling can be a powerful tool to help clarify areas of life where God desires to bring transformation. It illuminates what is going on inside of us. Few tools get us to the “issue beneath the issue” like journaling.

Choose one characteristic from the above list where you sense God is seeking to work in you now. Use the space provided to journal your thoughts and feelings regarding how God is birthing something new in you and/or helping you shed incomplete or immature ideas about him.

[Your Response Here]

11. Form groups of two and share how you sense God might be working in you now.

[Your Response Here]

**VIDEO: Closing Summary** (10 minutes)

Watch the closing video summary for Session 4 and use the space provided to note anything that stands out to you.

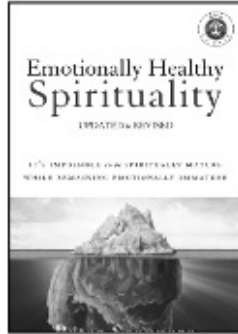
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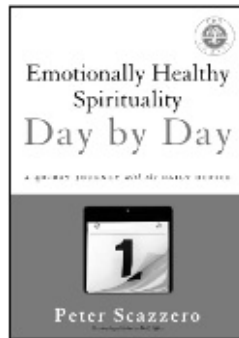
## Between-Sessions Personal Study

### SESSION 4

Read chapter 5 of the book *Emotionally Healthy Spirituality*, “Enlarge Your Soul through Grief and Loss.” Use the space provided to note any insights or questions you might want to bring to the next group session.



Prayerfully read Week 4 of the devotional *Emotionally Healthy Spirituality Day by Day*, “Journey through the Wall.” Use the space provided to answer the Questions to Consider and/or to journal your thoughts each day.



**Day 1 Questions to Consider:**

What does it mean for you to trust in the slow work of God today?

[Your Response Here]

What treasures might there be in such “darkness” or difficulties in your own life today?

[Your Response Here]

**Day 2 Questions to Consider:**

What might be some unhealthy attachments or “idols” God wants to remove from your life in order to lead you to deeper, richer communion with him?

[Your Response Here]

What things or people are you rooting your identity in that God may want to dig up so that your identity might be replanted in him?

[Your Response Here]



**Day 3 Questions to Consider:**

Have you experienced any “terrible” circumstances that (in time) actually turned out to be a rich blessing?

[Your Response Here]

What words or phrases from the Richard Rohr quote most speak to you? Why?

[Your Response Here]

**Day 4 Questions to Consider:**

How is God inviting you to wait on him today?

[Your Response Here]

In your own words, speak to God about your willingness to go where he leads you. What joys and/or fears accompany your willingness?

[Your Response Here]

**Day 5 Questions to Consider:**

What is one thing God might want you to unlearn today?

[Your Response Here]

What words speak to you most from the prayer found in the midday/ evening Office of Week 4? Why?

[Your Response Here]

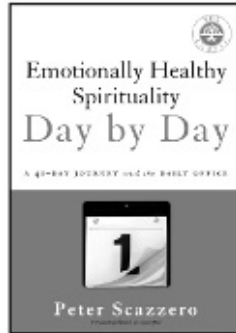


SESSION 5

**Enlarge Your Soul through Grief and Loss**

**Daily Office** (8 minutes)

Do one of the Daily Offices from Week 5 of *Emotionally Healthy Spirituality Day by Day* to begin your session. **(Leaders, please see point number two in the “General Guidelines” on [page 124](#).)**



**Introduction** (1 minute)

Loss is a place where self-knowledge and powerful transformation can happen—if we have the courage to participate fully in the process.

We all face many “deaths” within our lives. Our culture routinely interprets these losses and griefs as alien invasions and interruptions to our “normal” lives. The choice is whether these deaths will be terminal (crushing our spirit and life) or will open us up to new possibilities and depths of transformation in Christ.

**Growing Connected** (13 minutes)

1. *Day by Day* Debrief: What obstacles, difficulties, or successes did you experience in meeting with God this past week using the *EH Spirituality Day by Day* devotional? Have two or three people share.

[Your Response Here]

2. As you were growing up, how did you deal with your disappointments? Give one example.

[Your Response Here]

**VIDEO: Enlarge Your Soul through Grief and Loss** (13 minutes)

Watch the video segment for Session 5. Use the space provided to note anything that stands out to you.



NOTES

[Your Response Here]

**Group Discussion** (50 minutes)

**Starters (15 minutes)**

3. Briefly share one loss you have experienced this past year. How has this loss impacted you?

[Your Response Here]

**Bible Study: Matthew 26:36–44 (35 minutes)**

Read aloud the introductory paragraph and Scripture passage, and then discuss the questions that follow.

The end of Jesus' vibrant, popular, earthly life and ministry was an enormous loss to his disciples and followers. It was also, as we shall see, an enormous loss for Jesus. Read Matthew 26:36–44:

<sup>36</sup> Then Jesus went with his disciples to a place called Gethsemane, and he said to them, "Sit here while I go over there and pray." <sup>37</sup> He took Peter and the two sons of Zebedee along with him, and he began to be sorrowful and troubled. <sup>38</sup> Then he said to them, "My soul is overwhelmed with sorrow to the point of death. Stay here and keep watch with me."

<sup>39</sup> Going a little farther, he fell with his face to the ground and prayed, "My Father, if it is possible, may this cup be taken from me. Yet not as I will, but as you will."

<sup>40</sup> Then he returned to his disciples and found them sleeping. "Couldn't you men keep watch with me for one hour?" he asked Peter. <sup>41</sup> "Watch and pray so that you will not fall into temptation. The spirit is willing, but the flesh is weak."

<sup>42</sup> He went away a second time and prayed, "My Father, if it is not possible for this cup to be taken away unless I drink it, may your will be done."

<sup>43</sup> When he came back, he again found them sleeping, because their eyes were heavy. <sup>44</sup> So he left them and went away once more and prayed the third time, saying the same thing.

4. Following is a list of common defenses we often use to protect ourselves from grief and loss. Checkmark the common defenses that you sometimes use:

- Denial
- Minimizing (admitting something is wrong but in such a way that it appears less serious than it actually is)
- Blaming others (or God)
- "Over-spiritualizing"
- Blaming oneself
- Rationalizing (offering excuses and justifications)
- Intellectualizing (giving analysis and theories to avoid personal awareness or difficult feelings)
- Distracting
- Becoming hostile
- Medicating (with unhealthy addictions or attachments to numb our pain)

5. It is important for us to remember that Jesus was both fully human and fully God. Spend a few moments focusing on Jesus in verses 36–41. In contrast to the checklist in question 4, what were some of the ways he dealt with and moved through his losses?

[Your Response Here]

6. What about Jesus' example of grieving most speaks to you about embracing your own grief and loss?

[Your Response Here]

**Application** (20 minutes)

Take 5–7 minutes on your own to journal your answers to questions 7–9 below.

7. Using the chart that follows, choose two or three age ranges of your life, and write down your significant losses during those years.

GRIEF CHART

Age (in years)	Losses/Disappointments Experienced	Your Response at the Time
3–12		
13–18		
19–25		
26–40		
41+		

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

[Your Response Here]

9. One of the central messages of Christianity is that suffering and death bring resurrection and new life. Are there any losses you have not yet embraced where new life is still waiting to be birthed?

[Your Response Here]

10. Break into groups of two or three people and share your answers to questions 8 and 9.

**VIDEO: Closing Summary** (8 minutes)

Watch the closing video summary for Session 5 and use the space provided to note anything that stands out to you.

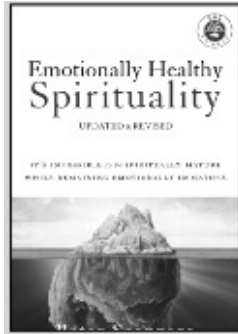
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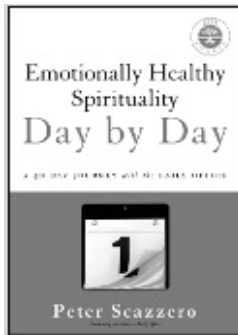
## Between-Sessions Personal Study

### SESSION 5

Read chapter 6 of the book *Emotionally Healthy Spirituality*, “Discover the Rhythms of the Daily Office and Sabbath.” Use the space provided to note any insights or questions you might want to bring to the next group session.



Prayerfully read Week 5 of the devotional *Emotionally Healthy Spirituality Day by Day*, “Enlarge Your Soul through Grief and Loss.” Use the space provided to answer the Questions to Consider and/or to journal your thoughts each day.



**Day 1 Questions to Consider:**

What does it mean for you to pray, “Yet not as I will, but as you will”?

[Your Response Here]

How can you see God enlarging your soul through your losses?

[Your Response Here]

**Day 2 Questions to Consider:**

In what ways is God bringing you to your knees before him through difficulties and setbacks in your life today?

[Your Response Here]

What about Horatio Spafford and his relationship with Christ moves you the most?

[Your Response Here]



**Day 3 Questions to Consider:**

What “road closed” sign is before you today that may be God’s way of redirecting you to something new?

[Your Response Here]

Name one or two limits God has placed in your life today as a gift.

[Your Response Here]

**Day 4 Questions to Consider:**

What might it mean for you to mature by entering the painful reality of your losses rather than avoiding them?

[Your Response Here]

How would it change your prayer life to bring to God what is *actually* in you and not what you think *ought* to be in you?

[Your Response Here]

**Day 5 Questions to Consider:**

In what way(s) are you tempted to spin or cover over your losses and miss God's deeper work in your interior?

[Your Response Here]

How is God coming to you through the "mini-deaths" in your life now?

[Your Response Here]

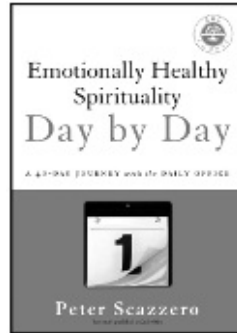


SESSION 6

**Discover the Rhythms of the Daily Office and Sabbath**

**Daily Office** (8 minutes)

Do one of the Daily Offices from Week 6 of *Emotionally Healthy Spirituality Day by Day* to begin your session. **(Leaders, please see point number two in the “General Guidelines” on page 124.)**



**Introduction** (1 minute)

Many of us are eager to develop our relationship with God. The problem, however, is that we can't seem to stop long enough to be with him. And if we aren't busy, we feel guilty that we are wasting time and not being productive. It is like being addicted—not to drugs or alcohol—but to tasks, work, and doing.

But God is offering us a way to deeply root our lives in him. This can be found in two ancient disciplines going back thousands of years—the Daily Office and Sabbath. When placed inside present-day Christianity, the Daily Office and Sabbath are groundbreaking, countercultural acts that go against the grain of our fast-paced Western culture.

Stopping for the Daily Office and Sabbath is not meant to add another “to-do” to our already busy schedules. It is the resetting of our entire lives toward a new destination—God himself. These practices enable us to stay attuned to God's presence throughout our days and weeks.

**Growing Connected** (10 minutes)

1. *Day by Day* Debrief: What obstacles, difficulties, or successes did you experience in meeting with God this past week using the *EH Spirituality Day by Day* devotional? Have two or three people share.

[Your Response Here]

2. On a scale of 1 to 10 (1= least busy to 10 = very busy), how busy are you? And where on the scale would you like to be?

[Your Response Here]

**VIDEO: Discover the Rhythms of the Daily Office and Sabbath** (13 minutes)

Watch the video segment for Session 6. Use the space provided to note anything that stands out to you.



NOTES

[Your Response Here]

## Group Discussion (45 minutes)

### Starters (10 minutes)

3. What is one practice you do on a daily/weekly basis that helps you stay connected to God?

[Your Response Here]

### Bible Study: Daniel 6:6–10; Exodus 20:1–17 (35 minutes)

Read aloud the introductory paragraph and the Daniel passage, and then answer questions 4–6. Then read aloud the Ten Commandments from Exodus 20:1–17 before answering questions 7–9.

After being forcibly removed from his country and home, Daniel was given a prestigious education and high-level job in government. The pressure on him to conform to the worldly, pagan values of Babylon was great. The following example gives us insight into one of the secrets of his faithful devotion to God. Read Daniel 6:6–10.

<sup>6</sup> So these administrators and satraps went as a group to the king and said: “May King Darius live forever! <sup>7</sup> The royal administrators, prefects, satraps, advisers and governors have all agreed that the king should issue an edict and enforce the decree that anyone who prays to any god or human being during the next thirty days, except to you, Your Majesty, shall be thrown into the lions’ den. <sup>8</sup> Now, Your Majesty, issue the decree and put it in writing so that it cannot be altered—in accordance with the law of the Medes and Persians, which cannot be repealed.” <sup>9</sup> So King Darius put the decree in writing.

<sup>10</sup> Now when Daniel learned that the decree had been published, he went home to his upstairs room where the windows opened toward Jerusalem. Three times a day he got down on his knees and prayed, giving thanks to his God, just as he had done before.

4. Reread verse 10 aloud. How do the words in this verse speak to you?

[Your Response Here]

5. How do you think this practice anchored Daniel in God and enabled him to resist the great pressure he was facing?

[Your Response Here]

6. What are the greatest obstacles preventing you from stopping to be with God once or twice a day?

[Your Response Here]

These are the Ten Commandments as recorded in Exodus 20:1–17:

<sup>1</sup> And God spoke all these words:

<sup>2</sup> “I am the LORD your God, who brought you out of Egypt, out of the land of slavery.

<sup>3</sup> “You shall have no other gods before me.

<sup>4</sup> “You shall not make for yourself an image in the form of anything in heaven above or on the earth beneath or in the waters below. . . .

<sup>7</sup> “You shall not misuse the name of the LORD your God, for the LORD will not hold anyone guiltless who misuses his name.

<sup>8</sup> “Remember the Sabbath day by keeping it holy. <sup>9</sup> Six days you shall labor and do all your work, <sup>10</sup> but the seventh day is a Sabbath to the LORD your God. On it you shall not do any work, neither you, nor your son or daughter, nor your male or female servant, nor your animals, nor any foreigner residing in your towns. <sup>11</sup> For in six days the LORD made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore, the LORD blessed the Sabbath day and made it holy.

<sup>12</sup> “Honor your father and your mother, so that you may live long in the land the LORD your God is giving you.

<sup>13</sup> “You shall not murder.

<sup>14</sup> “You shall not commit adultery.

<sup>15</sup> “You shall not steal.

<sup>16</sup> “You shall not give false testimony against your neighbor.

<sup>17</sup> “You shall not covet your neighbor’s house. You shall not covet your neighbor’s wife, or his male or female servant, his ox or donkey, or anything that belongs to your neighbor.”

7. Reread the fourth commandment in verses 8–11. Biblical Sabbaths are a 24-hour block of time each week with four characteristics (see next page) that distinguish this time from a “day off.”

- **Stop:** “To stop” is built into the literal meaning of the Hebrew word. We have limits. God is on the throne running the world. We are called to let go and trust him.
- **Rest:** Once we stop, we are called to rest from our work and our “doings.”
- **Delight:** We are to slow down so we can enjoy what we have been given.
- **Contemplate:** We seek to see the invisible in the visible—to recognize the hidden ways the miracle of life is all around

us in his gifts to us.

What 24-hour period might work for you at this phase of your journey to practice Sabbath?

[Your Response Here]

8. What do you need to stop that relates to your work—paid and unpaid?

[Your Response Here]

9. What activities, places, and/or people create rest and delight for you?

[Your Response Here]

**Application** (25 minutes)

10. Review the “Sabbath FAQs” on [pages 88–91](#). Pick one question from among that list. In groups of two or three, discuss with one another the response to your question.

11. 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?

[Your Response Here]

12. Share that step with one other person.

**VIDEO: Closing Summary** (9 minutes)

Watch the closing video summary for Session 6 and use the space provided to note anything that stands out to you.

**Sabbath FAQs****1. Why do I need to keep Sabbath for a whole 24-hour period each week?**

God created us in his image for a rhythm of work and rest. When we violate that rhythm, we do violence to our own souls. Moreover, we are not defined by what we do or what we produce. We are defined by God's unconditional love for us in Christ Jesus. Therefore, we don't keep Sabbath to earn God's love. Rather, Sabbath is God's gift to keep us centered and rooted in that amazing reality. It is not an accident that this essential spiritual formation practice is found in the fourth commandment of the Ten Commandments.

**2. How do I go about deciding what specific activities are acceptable and unacceptable on the Sabbath?**

Reflect on the following questions as you sort out God's pathway for you:

- What do I need to stop that relates to my work—paid and unpaid?
- What activities create delight and rest for me?
- How can I structure my day to cultivate a greater awareness of God in my life and in the world?
- What might help me see God's goodness and miracles all around me today?

Lynne Baab says, "Whatever we choose to do for Sabbath needs to give us rest and life over time. The challenge is discernment, experimenting to find what works for us and the people we love, what helps us catch our breath and remember who we are as God's beloved."

**3. Do I need a day-off and a Sabbath?**

You will need at least a half-day, or several hours, to prepare for Sabbath. Part of the Sabbath experience is the preparation time. What needs to happen before Sabbath starts so you (or your family) can experience true rest on the day itself? A basic list of what needs to get done before Sabbath starts might include getting the errands and chores of life done (e.g., food shopping, laundry, errands, cleaning the house, bringing closure to your work, final phone calls, paying bills). These things make Sabbath more restful and communicate the order and peace many of us long for.

**4. What do I do about my tendency to perfectionism?**

We don't ever get Sabbath "right." Sabbath is a day to let go of perfectionism and let God run the universe. Inconsistencies, bad choices, and learning from our mistakes are part of the point. Do your best to stop working, letting God worry about what you're not doing right, taking your focus off yourself so you can rest in him.

**5. Isn't Jesus our Sabbath-rest? Is this another works-righteousness?**

Jesus reinforced the gift of Sabbath amid all the abuses of his day. He reminds us, "The Sabbath was made for people, not people for the Sabbath" (Mark 2:27). To keep Sabbath is to exercise one's freedom, to declare oneself to be neither a tool to be "employed" nor a beast to be burdened. Sabbath-keeping is an invitation to rest because God rested. This rest serves as a sign of contemplation and abundance. God's gifts to humanity are so generous that we are able to rest. Our rest indicates that we depend completely on the God who redeemed us from sin, death, and evil.

**6. How do I cease from the work of parenting?**

You cannot stop changing diapers, of course. But you can cease from tidying up, cooking, doing laundry, and running errands. You can do some things together as a family. You can hire a babysitter, so you and your spouse can get time alone. Or you can take time alone for yourself, leaving parenting to your spouse. Then, you take the children and give equal time to him/her.

**7. What do I do about my children who aren't interested in Sabbath?**

The important thing to remember is that this is not a day of deprivation. Sabbath is to be a delight. Rather than simply taking things away, think about things you can add (e.g., special desserts, a movie, a creative family activity—depending on the ages of your children). It doesn't have to be a forced family day. If your

children are older, they are going to naturally want to connect with their friends. That is okay. You will go through many transitions in keeping Sabbath, depending on your children's ages and temperaments. But, whenever possible, remember this is a wonderful opportunity to build rhythm, intentionality, and sacred traditions into your family.

**8. What about sports and extracurricular activities my children may be involved in?**

There may be some activities you want to eliminate because of the stress involved. But there may be others (e.g., if your child loves soccer) that you will continue, but you will do so in a different spirit. You may go to the soccer game but you are doing it without multitasking, talking on the phone, reading emails, or reading work-related paperwork at halftime or during time outs. You can focus on enjoying the game, other parents, or the very gift of the human body able to participate in athletics.

**9. How, like Jesus, can we exercise compassion on the Sabbath without turning it into work?**

The Jews have long believed that showing compassion on the Sabbath reflects the glorious abundance of the day. We rest from work in order to turn our hearts toward God, and God is always concerned with human need. When we stop for Sabbath, it may happen that we become more attentive to the problems of the world around us. This ultimately leads us to show more, not less, compassion. Maybe the Good Samaritan was on his Sabbath! Just be careful that it is not a "should." Rejoice in small acts of caring, allowing them to connect us to our compassionate God.

**10. Which day is the Sabbath? Sunday or Saturday? I have heard different views.**

Paul addresses this very issue in the Jew/Gentile/multicultural church in Romans 14:1–8. He writes: "One man considers one day more sacred than another; another considers every day alike. Each one should be fully convinced in his own mind. He who regards one day as special, does so to the Lord . . ." I believe the key principle is keeping a rhythm for the same day of the week each week. Doing it around the Sunday gathering of worship is clearly best when possible, I believe, as this is part of our contemplation.

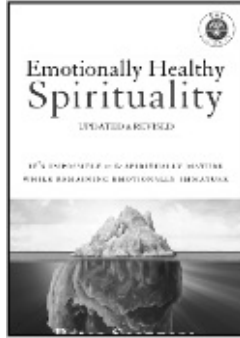
**11. Can I serve at church as a volunteer? Should I stop?**

Yes, you can serve in your community. Except for a very, very few, our work is not at our church. We work as secretaries, social workers, teachers, lawyers, accountants, moms/dads at home, students, etc. Serving in our church community is not our job. Hopefully, there is delight in serving Christ as a children's worker, usher, greeter, etc. It is also important to remember that showing mercy and compassion was the missing element Jesus brought back into God's original intention of Sabbath-keeping. Treating people like Christ—whether children, youth, or adults—is the heart of what we seek to do in our churches.

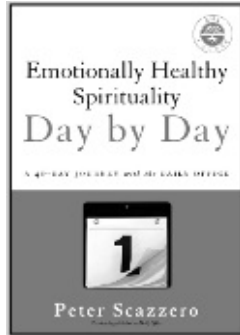
## Between-Sessions Personal Study

### SESSION 6

Read chapter 7 of the book *Emotionally Healthy Spirituality*, “Grow into an Emotionally Mature Adult.” Use the space provided to note any insights or questions you might want to bring to the next group session.



Prayerfully read Week 6 of the devotional *Emotionally Healthy Spirituality Day by Day*, “Discover the Rhythms of the Daily Office and Sabbath.” Use the space provided to answer the Questions to Consider and/or to journal your thoughts each day.





**Day 1 Questions to Consider:**

Pause and consider your day. What “seeds” from God might be coming to you that you don’t want to miss?

[Your Response Here]

How do you hear the invitation to “stop and surrender to God in trust” today?

[Your Response Here]

**Day 2 Questions to Consider:**

When can you set aside some time for extended, uninterrupted silence to hear God?

[Your Response Here]

How might you be busier than God requires?

[Your Response Here]

**Day 3 Questions to Consider:**

What keeps you from silence?

[Your Response Here]

How do the rhythms you see in nature (spring, summer, fall, winter, day, night) speak to you about the kind of rhythms you desire for your own life?

[Your Response Here]

**Day 4 Questions to Consider:**

What is your greatest fear in stopping for a 24-hour period each week?

[Your Response Here]

How might Sabbath-keeping (for an entire 24-hour period) or a Daily Office (a mini-Sabbath for a few minutes) provide for you a taste of eternity?

[Your Response Here]

**Day 5 Questions to Consider:**

How will you allow God to lead you to the “quiet waters” of rest this week so that you experience his unconditional love and acceptance?

[Your Response Here]

How might the truth that God doesn't want to use you, but to enjoy you, give you a vision for celebrating Sabbath?

[Your Response Here]

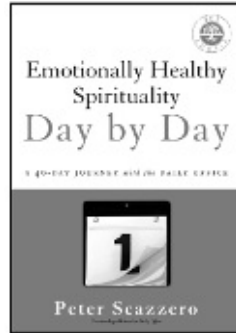


SESSION 7

**Grow into an Emotionally Mature Adult**

**Daily Office** (8 minutes)

Do one of the Daily Offices from Week 7 of *Emotionally Healthy Spirituality Day by Day* to begin your session. (**Leaders, please see point number two in the “General Guidelines” on page 124.**)



**Introduction** (1 minute)

The goal of the Christian life is to love well. Jesus was aware that true spirituality included not only loving God, but also the skill of loving others maturely.

Growing into an emotionally mature Christian person includes experiencing each individual, ourselves included, as sacred, or as Martin Buber put it, as a “Thou” rather than an “It.” Becoming emotionally mature requires learning, practicing, and integrating such skills as speaking respectfully, listening with empathy, negotiating conflict fairly, and uncovering the hidden expectations we have of others . . . just to name a few.

As we will see in today’s Bible study on the parable of the Good Samaritan, both self-respect and compassion for others are part of a life rooted in “I-Thou” relating.



**Growing Connected** (10 minutes)

1. *Day by Day* Debrief: What obstacles, difficulties, or successes did you experience in meeting with God this past week using the *EH Spirituality Day by Day* devotional? Have two or three people share.

[Your Response Here]

2. As a group, brainstorm two lists (on a whiteboard, if one is available): qualities that describe emotional immaturity and qualities that describe emotional maturity. As you think about these qualities, consider how we treat/view ourselves and how we treat/view other people.

Emotional Immaturity	Emotional Maturity

**VIDEO: Grow into an Emotionally Mature Adult** (13 minutes)

Watch the video segment for Session 7. Use the space provided to note anything that stands out to you.

NOTES

[Your Response Here]

**Group Discussion** (45 minutes)

**Starters (10 minutes)**

3. Why do you think we can be committed and “growing” in Christ and yet not be growing in our ability to be “prayerfully present” or loving toward others?

[Your Response Here]

**Bible Study: Luke 10:25–37 (35 minutes)**

Read the introductory paragraph and Scripture passage, and then discuss the questions that follow.

Who can hear a story on the news about someone getting mugged, robbed, stripped naked, and left for dead in an alleyway without being affected? These real-life stories also happened in the days of Jesus. And Jesus told a parable recorded in Luke 10:25–37 that imagines one such disturbing story—with an unusual twist.

<sup>25</sup> On one occasion an expert in the law stood up to test Jesus. “Teacher,” he asked, “what must I do to inherit eternal life?”

<sup>26</sup> “What is written in the Law?” he replied. “How do you read it?”

<sup>27</sup> He answered, “ ‘Love the Lord your God with all your heart and with all your soul and with all your strength and with all your mind’; and, ‘Love your neighbor as yourself.’ ”

<sup>28</sup> “You have answered correctly,” Jesus replied. “Do this and you will live.”

<sup>29</sup> But he wanted to justify himself, so he asked Jesus, “And who is my neighbor?”

<sup>30</sup> In reply Jesus said: “A man was going down from Jerusalem to Jericho, when he was attacked by robbers. They stripped him of his clothes, beat him and went away, leaving him half dead. <sup>31</sup> A priest happened to be going down the same road, and when he saw the man, he passed by on the other side. <sup>32</sup> So too, a Levite, when he came to the place and saw him, passed by on the other side. <sup>33</sup> But a Samaritan, as he traveled, came where the man was; and when he saw him, he took pity on him. <sup>34</sup> He went to him and bandaged his wounds, pouring on oil and wine. Then he put the man on his own donkey, brought him to an inn and took care of him. <sup>35</sup> The next day he took out two denarii and gave them to the innkeeper. ‘Look after him,’ he said, ‘and when I return, I will reimburse you for any extra expense you may have.’

<sup>36</sup> “Which of these three do you think was a neighbor to the man who fell into the hands of robbers?”

<sup>37</sup> The expert in the law replied, “The one who had mercy on him.”

Jesus told him, “Go and do likewise.”

4. According to Martin Buber, the great Jewish theologian, we treat people as an “It” when we use them as means to an end or as objects. We treat people as a “Thou” when we recognize each person as a separate human being made in God’s image and treat them with dignity and respect.<sup>3</sup> If you were the priest or Levite, what are some of the reasons you may have passed by this man and treated him as an “It” instead of a “Thou”?

[Your Response Here]

5. Look back at verses 31–33. What did the Samaritan see and feel that the priest and Levite did not?

[Your Response Here]

6. On your own, journal your thoughts on the following questions for two minutes. Then have one or two volunteers share their responses.

- Can you think of a time when you were seen in a negative light, treated as inferior, or passed over as invisible? How did it feel?

[Your Response Here]

- Who have you been taught not to see (i.e., to treat as an “It”)?

[Your Response Here]

7. Reread verses 33–36. The Samaritan’s compassion led him to stop and help the hurting man. At the same time, how did he demonstrate self-respect and awareness of his limits?

[Your Response Here]

8. What are some of your challenges when it comes to loving your neighbor and loving yourself?

[Your Response Here]

9. 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”?

[Your Response Here]

#### Application<sup>4</sup> (25 minutes)

Read aloud the introductory paragraphs below. Answer questions 10 and 11 on your own. Then, in groups of two or three, answer question 12 and close in prayer.

One way of growing in the area of loving others well, and treating ourselves and others as a “Thou,” is to understand how we manage our expectations in relationships.

EXPECTATIONS are ASSUMPTIONS about what someone SHOULD do. Every time we make an assumption about someone without checking it out, it is likely we are treating them as an “It” and not a “Thou.” Why? We are jumping to conclusions without having checked out the assumption. Consider how you feel when someone is angry with you because you didn’t fulfill their expectations, yet they never communicated this expectation to you. They simply assumed you should know.

Unmet and unclear expectations can create havoc in our places of employment, classrooms, friendships, dating relationships, marriages, sports teams, families, and churches. We expect other people to know what we want before we say it. The problem with most expectations is that they are:

- **Unconscious:** We may have expectations we’re not even aware of until we are disappointed by someone.
- **Unrealistic:** We may develop unrealistic expectations by watching TV, movies, or other people/resources that give false impressions.
- **Unspoken:** We may have never told our spouse, friend, or employee what we expect, yet we are angry when our “expectations” are not met.
- **Un-agreed upon:** We may have had our own thoughts about what was expected, but those thoughts were never agreed upon by the other person.

10. Think of a recent, simple expectation that went unmet and made you angry or disappointed. (*Ex.*: I expected my husband to accompany me to my office party this past weekend; I expected to socialize with members of my small group outside the meeting times; I expected my teenagers to put their dirty dishes in the dishwasher; I expected my boss to give me at least a 5 percent cost of living raise last year.) Write yours down.

[Your Response Here]

11. Now compare that unmet expectation with the inventory questions below:

- **Conscious:** Were you conscious (aware) you had this expectation?

[Your Response Here]

- **Realistic:** Is the expectation realistic regarding the other person?

[Your Response Here]

- **Spoken:** Have you clearly spoken the expectation to them or do you just think “they should know”?

[Your Response Here]

- **Agreed upon:** Has the other person agreed to the expectation?

[Your Response Here]

Remember this principle: Expectations are only valid when they have been mutually agreed upon. These are the expectations we have a right to expect.

12. Break into groups of two or three and respond to the following two questions:

- What did you discover about your expectations?

[Your Response Here]

- What step(s) can you take to make your expectations conscious, spoken, realistic, and agreed upon so that you are relating in an “I-Thou” way?

[Your Response Here]

**VIDEO: Closing Summary** (7 minutes)

Watch the closing video summary for Session 7 and use the space provided to note anything that stands out to you.

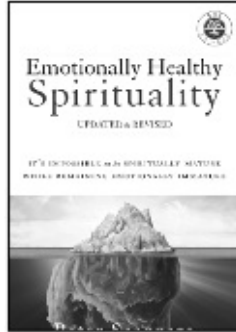
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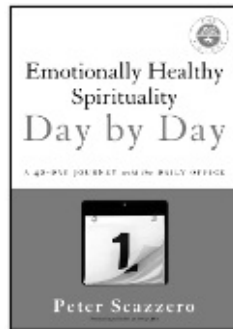
## Between-Sessions Personal Study

### SESSION 7

Read chapter 8 of the book *Emotionally Healthy Spirituality*, “Go the Next Step to Develop a ‘Rule of Life.’ ” Use the space provided to note any insights or questions you might want to bring to the next group session.



Prayerfully read Week 7 of the devotional *Emotionally Healthy Spirituality Day by Day*, “Grow into an Emotionally Mature Adult.” Use the space provided to answer the Questions to Consider and/or to journal your thoughts each day.





**Day 1 Questions to Consider:**

What is one step you can take to place yourself (with all your flaws) in the hands of Jesus, inviting him to mold you into a spiritually and emotionally mature disciple?

[Your Response Here]

How can you “practice the presence of people,” within an awareness of his presence today?

[Your Response Here]

**Day 2 Questions to Consider:**

Which words from Henri Nouwen's quotation about the prodigal son speak to you?

[Your Response Here]

What is the biggest challenge you face in being still before the Lord?

[Your Response Here]

**Day 3 Questions to Consider:**

How can you begin to see Jesus Christ in the people you meet this week?

[Your Response Here]

Take a few moments and consider the people you will encounter today. What might it look like for you to slow down and treat each one as a “Thou” rather than an “It”?

[Your Response Here]

**Day 4 Questions to Consider:**

What sometimes distracts you from seeing the people you are with as they really are?

[Your Response Here]

What might be one way you can let go of power and control, and, in love, choose to serve someone today?

[Your Response Here]

**Day 5 Questions to Consider:**

Is there someone God is calling you to stop judging? What might it look like to bless and extend mercy to them?

[Your Response Here]

Where are you experiencing tensions in relationships that you are afraid to disrupt?

[Your Response Here]

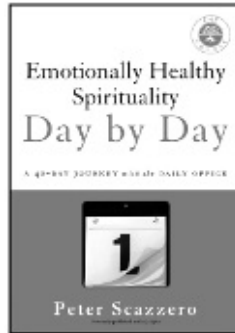


SESSION 8

**Go the Next Step to Develop a “Rule of Life”**

**Daily Office** (8 minutes)

Do one of the Daily Offices from Week 8 of *Emotionally Healthy Spirituality Day by Day* to begin your session. (**Leaders, please see point number two in the “General Guidelines” on page 124.**)



**Introduction** (1 minute)

If we are to nurture a heart that treats every person, ourselves included, as a “Thou” instead of “It,” we need to be intentional about our lives. By ordering our lives to contemplate the love of Christ and to receive the love of Christ, we will be able to give the love of Christ away to others. In this way, he transforms our lives into a gift to our families, friends, coworkers, and communities.

The problem again, however, is our busyness and lack of intentionality. Often, we find ourselves unfocused, distracted, and spiritually adrift. Few of us have a conscious plan for intentionally developing our spiritual lives.

Nurturing a growing spirituality in our present-day culture calls for a thoughtful, conscious, purposeful plan. To do this well requires us to uncover another ancient buried treasure—a “Rule of Life.”



**Growing Connected** (12 minutes)

1. *Day by Day Debrief*: What obstacles, difficulties, or successes did you experience in meeting with God this past week using the *EH Spirituality Day by Day* devotional? Have two or three people share.

[Your Response Here]

2. Before we launch fully into our final session, it is important that we pause and consider the past seven sessions:

- **The Problem of Emotionally Unhealthy Spirituality**  
(Saul—emotionally unaware and not cultivating his relationship with God)
- **Know Yourself That You May Know God**  
(David—courageously living out of his true self)
- **Going Back in Order to Go Forward**  
(Joseph—transformed by a very difficult past)
- **Journey through the Wall**  
(Abraham—trusting God in a “dark night of the soul”)
- **Enlarge Your Soul through Grief and Loss**  
(Jesus in Gethsemane—embracing God’s will)
- **Discover the Rhythms of the Daily Office and Sabbath**  
(Daniel—anchoring himself in God)
- **Grow into an Emotionally Mature Adult**  
(The Good Samaritan—modeling an “I-Thou” heart to others)

In light of how God has been coming to you throughout these sessions, complete the following sentence (and then briefly share with the group as time permits):

*I am beginning to realize . . .*

**VIDEO: Go the Next Step to Develop a “Rule of Life”** (13 minutes)

Watch the video segment for Session 8. Use the space provided to note anything that stands out to you.

NOTES

[Your Response Here]

**Group Discussion** (25 minutes)

**Starters (10 minutes)**

3. Take about 5 minutes to think about your life in terms of prayer, rest, work/activity, and relationships. In each box, write one specific thing you are currently doing in each of these four areas to nurture your relationship with Jesus. Then briefly take turns sharing your “nurture” habits with the group.

<b>Prayer</b>	<b>Rest</b>
<b>Work/Activity</b>	<b>Relationships</b>

**Bible Study: Acts 2:42–47 (15 minutes)**

Have a volunteer(s) read the introductory paragraph and Scripture passage, and then discuss the questions that follow.

The Rule of Life will be introduced as we study the first Christian community in the book of Acts. The word *rule* comes from the Greek word for “trellis.” A trellis is a tool that enables a grapevine to get off the ground and grow upward, becoming more fruitful and productive. In the same way, a Rule of Life is a trellis that helps us abide in Christ and become more fruitful spiritually.<sup>5</sup> Read Acts 2:42–47:

<sup>42</sup> They devoted themselves to the apostles’ teaching and to fellowship, to the breaking of bread and to prayer. <sup>43</sup> Everyone was filled with awe at the many wonders and signs performed by the apostles. <sup>44</sup> All the believers were together and had everything in common. <sup>45</sup> They sold property and possessions to give to anyone who had need. <sup>46</sup> Every day they continued to meet together in the temple courts. They broke bread in their homes and ate together with glad and sincere hearts, <sup>47</sup> praising God and enjoying the favor of all the people. And the Lord added to their number daily those who were being saved.

4. In the book of Acts, we are given a window into the life of the first community of believers soon after the coming of the Holy Spirit at Pentecost when three thousand people came to faith in Christ. What speaks to you from this passage?

[Your Response Here]

5. Based on this one passage, how would you describe this community’s Rule of Life? Describe the activities/disciplines they used to grow and mature in Christ.

[Your Response Here]

**Application** (43 minutes)

Read the introductory paragraphs as well as question 6 (pages 116–117), and answer question 6 on your own (15 minutes). Then follow the instructions provided for questions 7 and 8.

Now it is time for you to begin developing your own personal Rule of Life. The following story and questions are meant to help you discern what may be getting in the way of developing a way of life that keeps you closely connected to God.

In his book *A Hidden Wholeness*,<sup>6</sup> Parker Palmer relates a story about farmers in the Midwest who would prepare for blizzards by tying a rope from the back door of their house out to the barn as a guide to ensure they could return safely home. These blizzards came quickly and fiercely and were highly dangerous. When their full force was blowing, a farmer could not see the end of his or her hand. Many froze to death in those blizzards, disoriented by their inability to see. They wandered in circles, lost sometimes in their own backyards. If they lost their grip on the rope, it became impossible for them to find their way home. Some froze within feet of their own back door, never realizing how close they were to safety.

Many of us are wandering amidst the blizzards of life and have lost our way spiritually.

6. Spend time alone with God around the following questions:

- What is the nature of your blizzard at this time?

[Your Response Here]

- What contributes to your blizzard? What does it look like? Feel like?

[Your Response Here]

- What does that blizzard obscure? What gets “lost”?

[Your Response Here]

- We each need a rope to keep us connected to God. Notice that every rope is actually made up of a series of smaller, intertwined threads. In light of your life at this time, what “threads” do you want to make up your rope (Rule of Life)?

[Your Response Here]

7. After your time alone, get into groups of two. Share what you discovered in your time alone. (10 minutes)

8. Return to your small group and invite those who would like to share how God is coming to them regarding the blizzard and their own personal “Rule of Life”? (13 minutes)

**VIDEO: Closing Summary** (8 minutes)

Watch the closing video summary for Session 8 and use the space provided to note anything that stands out to you.

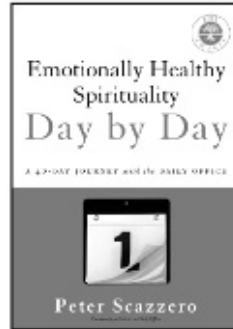
NOTES

[Your Response Here]

## Personal Study for the Coming Days

### SESSION 8

Prayerfully read Week 8 of the devotional *Emotionally Healthy Spirituality Day by Day*, “Go the Next Step to Develop a ‘Rule of Life.’” Use the space provided to answer the Questions to Consider and/or to journal your thoughts each day.





**Day 1 Questions to Consider:**

What is your plan, in the midst of your busy day, for not leaving the nurture of your interior life with God to chance?

[Your Response Here]

How and why do you think finding time alone with God in silence might “teach you everything”?

[Your Response Here]

**Day 2 Questions to Consider:**

What spoke to you when you read about the lifestyle of the early Christians in Acts and the way they sought to follow the life of Jesus?

[Your Response Here]

Where can you find the time in your week to “gaze on the infinite beauty of God”?

[Your Response Here]

**Day 3 Questions to Consider:**

What difference might it make if you were to practice “building open spaces” into your life?

[Your Response Here]

In what ways might God be searching for you today—knocking on the door of your life?

[Your Response Here]

**Day 4 Questions to Consider:**

What might it look like for you to “run on the path of God’s commandments”?

[Your Response Here]

What lines from Patrick’s prayer speak to you? Carry them in your heart today.

[Your Response Here]

**Day 5 Questions to Consider:**

What fears are you carrying that you can release to your Abba Father today?

[Your Response Here]

What might it look like for God's love to invade and fill you, guiding you to what you must do?

[Your Response Here]



## **Leader's Guide**

*The EH Spirituality Course*, of which this workbook is a part, provides an indispensable foundation to integrate the larger, deeper, beneath-the-surface discipleship paradigm of Emotionally Healthy Spirituality into the life of your church.

## Overview of the Course

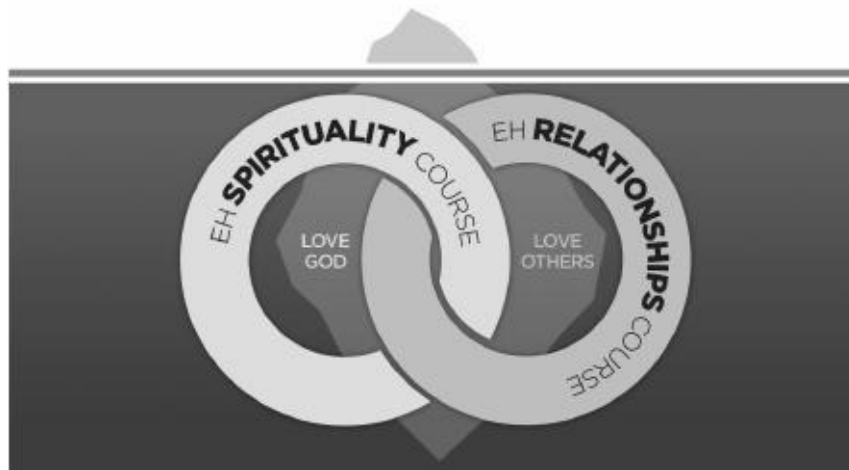
*The EH Spirituality Course* has been designed and structured to offer a high-quality teaching experience in a large group setting while at the same time offering close community support within a small group.

Why?

At New Life Fellowship Church and churches around the world, we realized that this content was so critical that it needed to be offered in a centralized format that would ensure a high-quality experience for participants.

First, we wanted every newcomer and member to grasp our core elements of following Jesus in a way that deeply transforms us. And, secondly, we wanted to ensure the long-term integration of EHS into every aspect of the church. The radical, introductory call of discipleship found in the *EH Spirituality Course* serves as both an entry point and an essential bridge into the larger EHS vision. For this reason, the *EH Spirituality Course* is offered at least one or two times a year in churches (along with the *EH Relationships Course*).

*The EH Spirituality Course* equips us in a discipleship paradigm that deeply changes **our relationship with God**. *The EH Relationships Course* then deeply changes **our relationship with others**. The two Courses together form the foundation of a powerful discipleship strategy.



At New Life Fellowship Church our discipleship strategy builds on these two Courses. Go to [www.emotionallyhealthy.org](http://www.emotionallyhealthy.org) to download a variety of excellent, free resources to help you serve as the Point Leader of the course or a Small Group Table Leader.




## General Guidelines

1. Be sure to work through the workbook content before each session. Becoming familiar with the material and instructions will allow you to comfortably lead your group. You will also want to read the corresponding chapter(s) of the *Emotionally Healthy Spirituality* book before each session. If possible, we recommend you watch the video segments as well.
2. The Point Leader, or another appointed person, will need to select a Daily Office to open each session. The initial large-group Daily Office (for Session 1) is particularly challenging because it will be the first exposure to silence and stillness for many people. Have them turn to the appropriate page in the *EH Spirituality Day by Day* book and explain to them the elements of the Office before you begin. Refer to the Silence and Stillness guidelines below or display them on a PowerPoint slide as a brief orientation. While the Office may be difficult for some people, it will set a tone for the Course's centrality on being with Jesus. Specific suggestions on how to lead these Offices each week, and what you might say each week as an introduction, can be found at [www.emotionallyhealthy.org/courses/the-ehs-course/](http://www.emotionallyhealthy.org/courses/the-ehs-course/).

**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.



3. Have extra copies of this workbook, the *Emotionally Healthy Spirituality* book, and the *Emotionally Healthy Day by Day* devotional available for each participant to purchase at the first two sessions. Make scholarships available, if possible, for those who need financial assistance.
4. Each session—a combination of doing a Daily Office together, the video presentation and discussion, group and individual activities—will require 90–120 minutes to complete. Respect everyone by beginning and ending on time.
5. Set up the meeting room in a way that will comfortably seat all participants, preferably at a table so that everyone can see each other. Arrive at least 15 minutes ahead of time to greet group members individually as they come in.
6. The nature of this material easily lends itself to lengthy sharing. One of your greatest challenges as the Small Group Table Leader will be to keep the group focused and to share within the time frames allotted for each part of the session. Remember that each of these sessions could easily have been expanded into its own course. We have kept them together to serve a biblical framework that serves as an introduction into a life with God that goes beyond “tip of the iceberg spirituality.” The implementation of these truths will involve the rest of people’s lives.
7. If your table small group is large, you may want to break into smaller groups of three to four people so that everyone has a chance to participate.
8. When appropriate, it will be helpful if you lead by example—being vulnerable and open with life examples from your own journey. Remember, we are only experts on *our own* journey.
9. Respect where each person is in their journey with Christ. The Holy Spirit will prompt and lead each person differently and at different paces through this material. Remember that people change slowly—that includes you!
10. Being with Jesus is the core of *The EH Spirituality Course*. Learning the practice of silence to listen and *be with God* two or three times a day is the core discipline leading to a deep personal transformation. You will want to be sure to faithfully meet with God each day in the silence and stillness using *Emotionally Healthy Spirituality Day by Day: A 40 Day Journey with the Daily Office* and encourage participants to do the same.

Beginning in Session 2, the following question is asked in the “Growing Connected” section: What obstacles, difficulties, or successes did you experience with God this week using the *EH Spirituality Day by Day* devotional?

## **Additional Suggestions<sup>7</sup>**

1. Avoid answering your own questions. Feel free to rephrase a question.
2. Encourage more than one answer to each question. Ask, “What do the rest of you think?” or “Anyone else?”
3. Try to be affirming whenever possible. Let people know you appreciate their contributions.
4. Try not to reject an answer. If it is clearly wrong, ask, “What in the passage led you to that conclusion?”
5. Avoid going off on tangents. If people wander off course, gently bring them back to the subject at hand.

## Specific Guidelines for Each Session

### ***SESSION 1: The Problem of Emotionally Unhealthy Spirituality***

In addition to the general guidelines, here are a few other key items for each session that you may find helpful.

#### Before the Session

- Read chapter 1 of the book *Emotionally Healthy Spirituality*.
- Select a Daily Office from Week 1 of *Emotionally Healthy Spirituality Day by Day* to begin the session. You will need 2–3 minutes to introduce the ideas of the Daily Office and stillness/silence. See point 2 under General Guidelines, [pages 124–125](#).

#### Introduction

- Be sure to read aloud the “Suggested Guidelines for the Group” ([pages 11–12](#)) at the first two sessions.

#### Growing Connected

- This first “Growing Connected” section is longer than most to allow time for the Suggested Guidelines to be reviewed and for people to get to know one another with the second question: “Share your name and a few words about what makes you feel fully alive.” You will want to think about this beforehand so you can give a concrete example from your own life.

#### Bible Study

- The command to “totally destroy everything,” including women and children, presents a difficult moral and theological problem for the modern reader. Shortly after leaving Egypt, the Israelites “weary and worn out” were attacked by the Amalekites (Exodus 17:8–16). After God granted his people victory, he promised to completely destroy the Amalekites from the face of the earth (see also Deuteronomy 25:17–18). Now, through Saul, God determines to carry out his threat. You may want to mention three reasons for such a command. First, Israel was functioning as an instrument of God’s judgment on a wicked, utterly sinful culture. Second, Israel needed to eliminate all forms of temptation that might corrupt and prevent them from being God’s chosen instrument in the world. This drastic action was needed to maintain holiness (Deuteronomy 7:1–6; 20:16–18). Finally, in Hebrew the phrase “totally destroy” means “to devote to Yahweh.” The spoils, then, were surrendered and dedicated to God and were in some way a sacrifice to God.
- (*Question 7*) For those who have not read the book, you will want to explain the iceberg illustration found on [page 17](#) of chapter 1 of *Emotionally Healthy Spirituality*.

### ***SESSION 2: Know Yourself That You May Know God***

In addition to the general guidelines, here are some other helpful items to note by section:

#### Before the Session

- Read chapter 2 of the book *Emotionally Healthy Spirituality*.
- Select a Daily Office from Week 2 of *Emotionally Healthy Spirituality Day by Day* to begin the session. Again, take extra time as needed to explain the Daily Office and stillness/silence. See point 2 under General Guidelines.

#### Introduction

- Again, read aloud the “Suggested Guidelines for the Group” ([pages 11–12](#)).

#### Growing Connected

- Have copies of the *Emotionally Healthy Spirituality Course Workbook*, the *Emotionally Healthy Spirituality* book, and *Emotionally Healthy Spirituality Day by Day* devotional available for newcomers.
- (*Question 1*) This is the first time you’ll debrief on the readings from *EH Spirituality Day by Day* that the group did the past week. Allow two or three people to share. We recommend about 7 minutes for debriefing and 10 minutes for question 2.
- (*Question 2*) Keep in mind that this question about people’s dream job often offers to the speaker, as well as the group, a glimpse of their “true self” in surprising ways.

#### Starters

- You may want to reread the section “Discovering God’s Will and Your Emotions” in *Emotionally Healthy Spirituality* ([pages 48–49](#)) for a brief summary of the role of feelings in discerning God’s will.
- (*Questions 3 and 4*) This exercise may bring up significant pain in some of the members of the group (ex.: unresolved anger, sadness that has not been grieved, shame that has been masked). Remember that this is a limited exercise with one goal—to help people *begin* to be aware of how much is going on inside of them. This is not the time to fix or give advice. Giving people space to express their feelings is a gift enough. If “Pandora’s box” opens for a member of the group, thank the person for their awareness and vulnerability and let them know that you would be glad to talk with them after the meeting,

if they would like. It is important to recognize your role as facilitator/small group leader and not a professional counselor. In some cases, you may want to direct them to get the help they need beyond the limits of your group.

## Bible Study

- One very helpful way to clarify this process of growing into our true selves in a new way is through use of a new term: *differentiation*. It refers to a person's capacity to "define his or her own life's goals and values apart from the pressures of those around them." The key emphasis of differentiation is the ability to think clearly and carefully as another means, besides our feelings, of knowing ourselves.

It involves the ability to separate who you are from who you are not. The degree to which you are able to affirm your distinct values and goals apart from the pressures around you (separateness), while remaining close to people important to you (togetherness), helps determine your level of differentiation. People who are highly differentiated—such as David in this Bible account—can choose how they want to behave without being controlled by the approval or disapproval of others. Intensity of feelings, high stress, or the anxiety of others around them does not overwhelm their capacity to think intelligently.

If you have additional time in your group, you can add the following question:

David's ability to have a solid sense of who he was and who he wasn't in the midst of great trials and pressure is, in modern terminology, called *differentiation*. If David had been less differentiated, how might he have responded to his brothers, to Saul, and to Goliath?

## **SESSION 3: Going Back in Order to Go Forward**

In addition to the general guidelines, here are some other helpful items to note by section:

### Before the Session

- Read chapter 3 of the book *Emotionally Healthy Spirituality*.
- Select a Daily Office from Week 3 of *Emotionally Healthy Spirituality Day by Day* to begin the session.

## Bible Study

- (*Question 6*) There is no way we can know for sure why Joseph weeps, but numerous possibilities exist. Perhaps he weeps because he knows that Jacob never left instructions that he should not harm the brothers. Maybe he realizes that they will never really change; they are still lying. Or it could be that they are finally admitting their terrible cruelty and sins against Joseph, and Joseph is weeping because his pain is finally validated or acknowledged. It could be that these are tears of joy as he realizes this is the fulfillment of his dream from Genesis 37, or that all the pain of his life has led to the truth of this moment when he must make a momentous decision of whether or not to forgive.

## Application

- (*Question 9*) Encourage those who may have done work on their family of origin in some other setting, or even filled out the chart prior to the group meeting, to prayerfully ponder this exercise again. God often surprises us with fresh insights when we have space to contemplate these messages before him.

## **SESSION 4: Journey through the Wall**

In addition to the general guidelines, here are some other helpful items to note by section:

### Before the Session

- Read chapter 4 of the book *Emotionally Healthy Spirituality*.
- Select a Daily Office from Week 4 of *Emotionally Healthy Spirituality Day by Day* to begin the session.

## Starters

- (*Question 3*) It usually takes a while (sometimes a long while!) to share about a Wall in a person's life. In light of only having a limited time for this question, you may want to use the time to share about a Wall that *you* have experienced, modeling how to do this in a limited time frame. We have found, at times, a well thought out testimony can sometimes be better than open sharing at this point. That may mean, however, that only two or three people will have time to share.

## Bible Study

- (*Question 7*) We often carry within us inaccurate beliefs, or ideas, about God. For example, we take "Take delight in the LORD and he will give you the desires of your heart" (Psalm 37:4) to mean that if we are doing all we think God wants, then only good things will follow. The problem is that this contradicts other Scriptures such as our text here. Abraham was, as far as Scripture indicates, doing God's will. Yet it surely was not the desire of Abraham's heart to kill his son! Job is another classic example. He is an innocent sufferer—what makes his life so bewildering is the undeserved nature of his pain. The principle that we reap what we sow (Galatians 6:7–8) did not apply to Job, as his friends argued in Job chapters 3–37. For this reason, embracing our Walls frequently results in a crisis of faith for many believers rather than a doorway to transformation.

## **SESSION 5: Enlarge Your Soul through Grief and Loss**

In addition to the general guidelines, here are some other helpful items to note by section:

### Before the Session

- Read chapter 5 of the book *Emotionally Healthy Spirituality*.
- Select a Daily Office from Week 5 of *Emotionally Healthy Spirituality Day by Day* to begin the session.

### Bible Study

- (*Question 5*) Jesus felt deeply his sorrow and pain. He did not “spin” or spiritualize it away. Jesus openly admitted his grief to those close to him and asked for their support. He repeatedly prayed to his Father for an alternative, but finally accepted the Father’s “no.” We see him move through a process from struggling to accept the Father’s will to finally rising up to embrace it.

### Application

- (*Question 9*) Two questions frequently come up in relation to grieving.

1. How do I know I am grieving or if I should be grieving?

One way to know if you are grieving is when you experience some of the following symptoms that normally accompany the stages of grieving—depression, anger, disbelief, yearning, bargaining. On the other hand, if you go through a significant loss but do not experience any of the above feelings, you may need a mature, objective outsider to help you move through the process.

2. How do I know when I am done grieving?

There are many factors that impact the amount of time needed to grieve. For example, the deeper the loss, the more time needed to grieve. The loss felt when a child leaves home and goes off to college is very different from the loss experienced should that child die tragically. Another factor is to respect how God has crafted each of us differently. The time you need and I need may be very different. One key principle is to not censor your emotions that come bubbling up as a result of the loss. Allow yourself, like Jesus and David, to feel them deeply before God. Censoring certain feelings because they are “bad” will only prolong or abort the discipleship process needed for long-term transformation in our lives.

## **SESSION 6: Discover the Rhythms of the Daily Office and Sabbath**

In addition to the general guidelines, here are some other helpful items to note by section:

### Before the Session

- Read chapter 6 of the book *Emotionally Healthy Spirituality*. The key word in this session is the word *rhythms*—in our days and weeks. Since we have been modeling Daily Offices each week, and talking about people’s progress each week in developing a daily rhythm, the focus of this study will be on Sabbath. For more information on Sabbath, see [www.emotionallyhealthy.org/courses/free-resources/](http://www.emotionallyhealthy.org/courses/free-resources/).
- Select a Daily Office from Week 6 of *Emotionally Healthy Spirituality Day by Day* to begin the session.

### Starters

- (*Question 3*) The Daily Office is a learned practice that takes time. For some it will be difficult; for others it will not be long enough. Others will struggle with all their interior noise. Be ready for a wide variety of responses. Hopefully, many will have adjusted comfortably to the rhythm of the Daily Office if they have been doing it since the Course began.

### Bible Study

- (*Question 5*) The concept of the Daily Office has a rich history going back to David, Daniel, the Jews during Jesus’ time, and the early church. It is the rhythm of stopping to be with God at set times so that we can “practice the presence of God” all through our day when we are active. Daniel seamlessly models this for us. Jesus, of course, does this for us as well as we observe him getting alone to pray often (Luke 4:42–44; 5:12; 6:12–13; 11:1).

### Application

- The specific questions people have may go beyond the FAQs listed on [pages 88–91](#). It is okay to say, “I don’t know” and be comfortable in your own process of practicing Sabbath. For a larger treatment of the subject of Sabbath, read chapter 4, “Practice Sabbath Delight,” in *The Emotionally Healthy Leader* (Zondervan, 2015). Another great resource is Wayne Mueller’s *Sabbath: Finding Rest, Renewal, and Delight in Our Busy Lives* (New York: Bantam, 1999). Free sermons on Sabbath can also be found at [www.emotionallyhealthy.org/media/sermons/](http://www.emotionallyhealthy.org/media/sermons/). Finally, remember that the goal of this session is to provide people with an introduction to Sabbath, not to provide an exhaustive study.

## **SESSION 7: Grow into an Emotionally Mature Adult**

In addition to the general guidelines, here are some other helpful items to note by section:

## Before the Session

- Read chapter 7 of the book *Emotionally Healthy Spirituality*.
- Select a Daily Office from Week 7 of *Emotionally Healthy Spirituality Day by Day* to begin the session.

## Starters

- (*Question 3*) Be aware this can lead to a lively discussion! The following are examples of possible answers: we often emphasize spiritual productivity and gifts, often overlooking troublesome character traits; we also equate the knowledge of Scripture to spiritual maturity and ignore emotional immaturity; loving well is much more difficult to measure than content and doing ministry for God. So be prepared to end this discussion in the time allotted and move on to the next section.

## Bible Study

- (*Question 8*) It is important that we maintain the creative tension and healthy balance between self-care and self-giving. Living at either extreme leads us to eventually resent people or ignore those in need around us altogether. The Samaritan stopped to help the hurting man. At the same time, he had the self-awareness and self-respect to recognize his own limits and decided to resume his own journey the next day. A healthy balance of self-care and self-giving in our lives is necessary in order to live out an “I-Thou” relationship both toward ourselves and others.

## Application

- (*Questions 10 and 11*) Advise participants beforehand to avoid examples of expectations around moral issues or responsibilities (*ex.*: domestic abuse, adultery, parent’s role in nurturing children, financial integrity in the church). These issues go beyond the scope of this exercise.

## **SESSION 8: Go the Next Step to Develop a “Rule of Life”**

In addition to the general guidelines, here are some other helpful items to note by section:

## Before the Session

- Read chapter 8 of the book *Emotionally Healthy Spirituality*.
- Select a Daily Office from Week 8 of *Emotionally Healthy Spirituality Day by Day* to begin the session.

## Bible Study

- Please note that this Bible Study section is intentionally only 15 minutes. We have placed the weight of this final meeting on the “Application” section, which requires about 45 minutes.
- (*Question 5*) Notice that there is no hint of legalism or “shoulds” in the description of the church in Acts. Jesus said, “Come to me, all you who are weary. . . . My yoke is easy and my burden is light” (Matthew 11:28–30). In the same way, any healthy Rule of Life we develop needs to fit how God made us at this particular season of our life.

## Application

- This exercise is best done when participants are given physical space to be alone. If space allows, have the individual members find a personal spot where they can spend these 20 minutes in solitude contemplating the questions before God.

## Notes

1. For a more complete understanding of what we mean by emotional health and contemplative spirituality, see the book *Emotionally Healthy Spirituality*, pages 212–213.
2. See *Emotionally Healthy Spirituality*, pages 212–213.
3. For a fuller discussion of Martin Buber’s distinction between “I-It” and “I-Thou” relationships, see *Emotionally Healthy Spirituality*, 172–175.
4. This exercise is adapted from Pat Ennis, *The Third Option: An Ongoing Program to Build Better Marriages*, Teachers Manual, Topic #3, “Expectations,” 1–9.
5. Remember, a Rule of Life is simply an intentional, conscious plan to keep God at the center of everything we do. It provides guidelines to help us continually remember God as the source of our lives. It includes our unique combination of spiritual practices that provide structure and direction for us to intentionally pay attention and remember God in everything we do.
6. Parker Palmer, *A Hidden Wholeness* (San Francisco: Jossey-Bass, 2009).
7. Adapted from James F. Nyquist and Jack Kuhatschek, *Leading Bible Discussions* (Downers Grove, Ill.: InterVarsity Press, 1985).





## About the Authors



**Geri Scazzero** is the author of the bestselling *The Emotionally Healthy Woman*, *The Emotionally Healthy Woman Workbook*, and coauthor of *The Emotionally Healthy Relationships Course*. She is also, along with her husband Pete, the cofounder of Emotionally Healthy Spirituality, equipping the church in a discipleship that deeply changes lives.

Geri has served on staff at New Life Fellowship Church in New York City for the last twenty-nine years and is a popular speaker to pastors, church leaders, and at women's conferences—both in North America and internationally.

Connect with Geri on Facebook ([www.facebook.com/GeriScazzero](https://www.facebook.com/GeriScazzero)).



**Pete Scazzero** is the founder of New Life Fellowship Church in Queens, New York, a large, multiracial church with more than seventy-three countries represented. After serving as senior pastor for twenty-six years, Pete now serves as a teaching pastor/pastor at large. He is the author of the recently released *The Emotionally Healthy Leader* and two bestselling books: *The Emotionally Healthy Church* and *Emotionally Healthy Spirituality*. He is also the coauthor of *The Emotionally Healthy Relationships Course*. Pete and Geri have four lovely daughters.

Connect with Pete on Twitter [@petescazzero](https://twitter.com/petescazzero) or Facebook.

For more information, visit [emotionallyhealthy.org](https://emotionallyhealthy.org).



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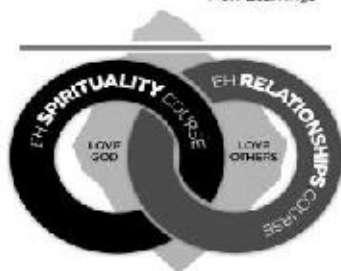
1. The Problem of Emotionally Unhealthy Spirituality
2. Know Yourself That You May Know God
3. Going Back in Order to Go Forward
4. Journey through the Wall
5. Enlarge Your Soul through Grief and Loss
6. Discover the Rhythms of the Daily Office and Sabbath
7. Grow into an Emotionally Healthy Adult
8.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



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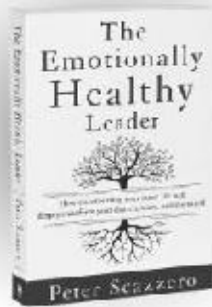
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# CHECKLIST | EMOTIONALLY HEALTHY SPIRITUALITY COURSE

SESSION #	 EHS BOOK	 DAY-BY-DAY	 WORKBOOK	 DVD (or live)
1. The Problem of Emotionally Unhealthy Spirituality	<input type="checkbox"/> Read Chapter 1	<input type="checkbox"/> Prayerfully read Intro & Week 1	<input type="checkbox"/> Read intro and fill out Session 1	<input type="checkbox"/> Watch Session 1
2. Know Yourself That You May Know God	<input type="checkbox"/> Read Chapter 2	<input type="checkbox"/> Prayerfully read Week 2	<input type="checkbox"/> Fill out Session 2	<input type="checkbox"/> Watch Session 2
3. Going Back in Order to Go Forward	<input type="checkbox"/> Read Chapter 3	<input type="checkbox"/> Prayerfully read Week 3	<input type="checkbox"/> Fill out Session 3	<input type="checkbox"/> Watch Session 3
4. Journey through the Well	<input type="checkbox"/> Read Chapter 4	<input type="checkbox"/> Prayerfully read Week 4	<input type="checkbox"/> Fill out Session 4	<input type="checkbox"/> Watch Session 4
5. Melt Your Soul through Grief and Loss	<input type="checkbox"/> Read Chapter 5	<input type="checkbox"/> Prayerfully read Week 5	<input type="checkbox"/> Fill out Session 5	<input type="checkbox"/> Watch Session 5
6. Discover the Rhythms of the Holy Office and Sabbath	<input type="checkbox"/> Read Chapter 6	<input type="checkbox"/> Prayerfully read Week 6	<input type="checkbox"/> Fill out Session 6	<input type="checkbox"/> Watch Session 6
7. Grow Into an Emotionally Healthy Adult	<input type="checkbox"/> Read Chapter 7	<input type="checkbox"/> Prayerfully read Week 7	<input type="checkbox"/> Fill out Session 7	<input type="checkbox"/> Watch Session 7
8. Go the Next Step to Develop a "Rule of Life"	<input type="checkbox"/> Read Chapter 8	<input type="checkbox"/> Prayerfully read Week 8	<input type="checkbox"/> Fill out Session 8	<input type="checkbox"/> Watch Session 8

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