



HOW TO RUN

The Emotionally Healthy (EH)

DISCIPLESHIP COURSES



the
emotionally healthy
SPIRITUALITY
COURSE



the
emotionally healthy
RELATIONSHIPS
COURSE

emotionallyhealthy.org

The Emotionally Healthy (EH) **DISCIPLESHIP COURSES**



The Emotionally Healthy **Spirituality** Course

Learn to LOVE GOD

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"

The Emotionally Healthy **Relationships** Course

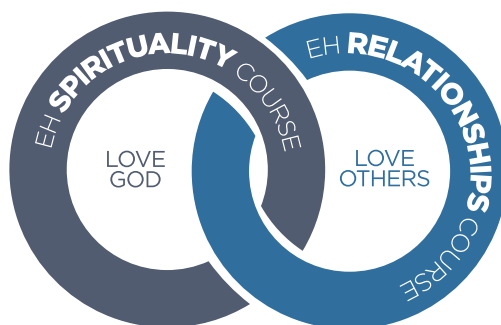
Learn to LOVE OTHERS

1. Check Your Community Temperature Reading
2. Stop Mind Reading and Clarify Expectations
3. Genogram Your Family
4. Explore the Iceberg
5. Listen Incarnationally
6. Climb the Ladder to Integrity
7. Fight Cleanly
8. Develop a "Rule of Life" to Implement Your New Learnings

Learn more: **emotionallyhealthy.org**

Lead *The Emotionally Healthy (EH)* Courses in your church.

The EH Discipleship Courses provide a solid foundation for a discipleship that deeply changes people's lives. It does it through two Courses – *The EH Spirituality Course* (equipping us to love God) and *The EH Relationships Course* (equipping us to love others).



We found that we needed to move to a Course format as the years passed for two reasons. First, we recognized that the quality of the content required the training of leaders if it was going to launch people into serious discipleship with Jesus. And secondly, we wanted to ensure the long-term integration of a discipleship that would penetrate every aspect of the church. This booklet was written to guide you in that process.

I want to thank Alpha International for helping us make these *EH Discipleship Courses* more accessible to churches as we have adapted this booklet from their *Running The Alpha Course*.

May God bless you as you do this slow, hard work of discipleship with your people. And, as a result, may the world be filled with the glory of Jesus.

Blessings,

Pete Scazzero



5 Important Steps for Running The EH Discipleship Courses

STEP

1

PREPARE for Your EH Course

- Attend a How to Lead The EH Discipleship Courses live training event
 - Read and review all the Course resources in the Leader's Pack
 - Appoint an EH Point Leader
 - Register on the EH Course Leaders Network at emotionallyhealthy.org
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STEP

2

PLAN Your EH Course

- Set the dates
 - Select the EH Course Team
 - Prepare your marketing materials
-

STEP

3

PROMOTE Your EH Course

- Hold an introductory event
 - Show video stories of lives transformed by the courses during Sunday promotions
 - Distribute invitations to your church members and leaders
-

STEP

4

TRAIN EH Course Team

- Train your Small Group Table Leaders
 - Gather an Administrative Support Team
 - Gather a Prayer Team
-

STEP

5

RUN Your EH Course

- Create a safe, hospitable environment
- Communicate between sessions
- Check in with the EH Course Team
- Get feedback

STEP 1

PREPARE for Your EH Course

We recommend you do the following at least 3 months before your Course starts.

ATTEND A HOW TO LEAD THE EH DISCIPLESHIP COURSES LIVE TRAINING EVENT

- For dates and details on the next live stream training, go to emotionallyhealthy.org

PERSONAL PREPARATION

- Read and review each of the elements in the Leader's Pack (Book, Workbook, Day by Day, DVD)
- Review the companion free resources available at emotionallyhealthy.org/courses/the-ehs-course

APPOINT AN EH COURSE POINT LEADER

- EH Course Point Leader has spiritual, pastoral, and organizational responsibility for the running of the Course. He or she appoints, trains, and coaches team members, and provides leadership regarding budgets, resources, and meetings.

REGISTER ON THE EH COURSE LEADERS NETWORK

- Go to the EH website—emotionallyhealthy.org—to register your Course and connect with an EH Course Coach who will answer your questions as you plan and run the EH Discipleship Courses. Through the Course Leaders Network, people interested in attending the EH Discipleship Course in your geographic area will be able to find you.

STEP 2

PLAN Your EH Course

SET THE DATES

Select dates that fit into your annual church calendar (Winter, Spring, Fall). Avoid a Course during major public holidays or the vacation seasons. You can use the following guide to plan the dates for each element of the Course.

SESSION & DATE

Initiate marketing (6-8 weeks prior): _____

Training for Small Group Table Leaders: _____

Introductory Event (optional): _____

Week 1: _____

Week 5: _____

Week 2: _____

Week 6: _____

Week 3: _____

Week 7: _____

Week 4: _____

Week 7: _____

PREPARE YOUR MARKETING MATERIALS

- Visit emotionallyhealthy.org for flyer and invitation templates and videos to help you build a marketing plan.

SELECT THE EH COURSE TEAM

There are several roles involved in the EH Course Team, including Small Group Table Leader, Administrative roles, and Prayer Team roles. For full job descriptions, visit the Get Started page on emotionallyhealthy.org.

The Small Group Table Leader forms the core of your EH Course Team. The Small Group Table Leader is more like a host welcoming guests to their home and facilitating conversation rather than a leader who teaches and takes control.

Think about your table small groups carefully and prayerfully. This is a critical component for people to have a powerful, transformative experience.

SELECT THE EH ADMINISTRATOR AND SUPPORT TEAM

This is the group of people who will do all the practical work behind the scenes during each EH session, including;

- Welcoming participants as they arrive.
- Setting up chairs and tables for each table small group.
- Setting up sound, Powerpoint, and technology needs.
- Selling the EH Book, Course Workbook, and Day by Day book for each participant, providing for any scholarship needs.
- Preparing for light refreshments the first week. (We highly recommend that each table take responsibility for their own refreshments after Session 1.)
- Cleaning up at the end of sessions.

STEP 3

PROMOTE Your EH Course

4-6 weeks prior to your Course

CAST THE VISION

It is very helpful if the church leader gives church members a vision for The EH Discipleship Course, getting them excited about being involved with the Course.

- Show one of the video clips available on the EH website of lives transformed by the EH Courses or that explain what the EH Courses are.
- Make invitations available on your website and in the church lobby.
- Use the free EH assessment tool from the EH website to help people see where they are on the emotionally healthy continuum.

- Ask people to pray for God's Word and power to transform lives in the Course.
- Ask people who have attended previous Courses to give their testimony. Record them on video if possible.

HOLD AN INTRODUCTORY EVENT

Choose to have introductory meeting 2 weeks before you start. This should be a short gathering of 30–45 minutes for Course participants.

- Give a brief description of the EH Course and when the Course begins, clarifying the unique distinction of EH as a Discipleship Course that deeply changes people.
- Have all the resources before the first Course session begins.
- Explain the Day by Day book and how it is to be used throughout the Course, with each week corresponding to the theme they are studying. You can do this live or through the video clip "Intro to Day by Day" available on the EH website.
- Share testimonies of people who have had their lives transformed by EH, if possible.
- Be available to answer questions.

STEP 4

TRAIN EH Course Team

TRAIN YOUR SMALL GROUP TABLE LEADERS

- Watch the video clip "Training for Small Group Table Leaders" found on the EH website or the EH Course DVD.
- Carefully review the Table Leader expectations: praying for and following up with each member of their group during the week.
- Pray with your Table Leaders for the effectiveness of the Course and reinforce the unique values and DNA of EH.

EMPOWER THE ADMINISTRATIVE SUPPORT TEAM

This team is highly organized with lots of attention to detail. Tasks include:

- Overseeing online registration
- Replying to email questions
- Ensuring website marketing and printed materials are ready
- Preparing name tags for the Welcome Table
- Ordering and organizing resources for the Book Table

GATHER A PRAYER TEAM

The Prayer Team is a group that is dedicated to pray specifically for the EH Course. Prayer Team members are often former Small Group Table Leaders or others who are excited to serve in this capacity.

STEP 5

RUN Your EH Course

PLAN THE SCHEDULE

Go to emotionallyhealthy.org/courses/the-ehs-course for sample schedules for each session.

- Model Day by Day (with Silence & Stillness)
- Welcome and Growing Connected
- Introductory Talk (DVD Teaching Session)
- Bible Study
- Break
- Application and Closing Summary (DVD or Live)

CREATE A HOSPITABLE ENVIRONMENT

- Room environment is important. Groups can be in a circle or around a table.
- When you have multiple small groups in a room, be sure to leave enough space.
- Each group brings their own drinks and snacks after Session 1. Most groups do that at the beginning and during their break, while others begin with a meal together.

COMMUNICATE BETWEEN SESSIONS

- Each Small Group Table Leader should collect the contact information of members.
- Send out weekly reminders about assignments and preparing people for the next class.
- If someone misses a session, a follow-up email or phone call helps to check in.

CHECK IN WITH SMALL GROUP TABLE LEADERS

- The Coordinator should plan to check in with Small Group Table Leaders for feedback and to monitor any concerns in the groups.

GET FEEDBACK FROM YOUR PARTICIPANTS

Information is gathered from participants to make improvements for the next time the Course is offered. Go to emotionallyhealthy.org/courses/the-ehs-course

KEEP EH IN THE CULTURE

- EH is not a quick-fix solution to spiritual formation. It is a long-term strategy, a powerful paradigm shift that leads to a constant stream of new people.
- It was designed to be run as a continuous program.
- This means you are always planning for the next Course.
- Running the Course at least one time a year is most effective in keeping the momentum going.
- Alternate The EH Spirituality Course with The EH Relationships Course.

HOW TO LEAD THE EMOTIONALLY HEALTHY (EH) **DISCIPLESHIP COURSES** WITH PETE SCAZZERO

⦿ A LIVE STREAM EVENT

PRACTICAL TRAINING
for pastors and church
discipleship leaders.





Event Highlights:

- Learn step-by-step details to lead the Courses in your church
- Experience a complete Course Session as a participant and Small Group Table Leader
- Learn to train Small Group Table Leaders
- Equip your people in a real, firsthand relationship with Jesus

Register now at: emotionallyhealthy.org

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 Wall	<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. Enlarge 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 Daily 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



CHECKLIST

EMOTIONALLY HEALTHY RELATIONSHIPS COURSE

SESSION #			
	WORKBOOK	DVD	DAY-BY-DAY
1. Intro & Community Temperature Reading (CTR)	<input type="checkbox"/> Read Introduction <input type="checkbox"/> Fill out Session 1	<input type="checkbox"/> Watch Session 1	<input type="checkbox"/> Prayerfully read Intro & Week 1
2. Stop Mind Reading and Clarify Expectations	<input type="checkbox"/> Read Introduction <input type="checkbox"/> Fill out Session 2	<input type="checkbox"/> Watch Session 2	<input type="checkbox"/> Prayerfully read Week 2
3. Genogram Your Family	<input type="checkbox"/> Read Introduction <input type="checkbox"/> Fill out Session 3	<input type="checkbox"/> Watch Session 3	<input type="checkbox"/> Prayerfully read Week 3
4. Explore the Iceberg	<input type="checkbox"/> Read Introduction <input type="checkbox"/> Fill out Session 4	<input type="checkbox"/> Watch Session 4	<input type="checkbox"/> Prayerfully read Week 4
5. Incarnational Listening	<input type="checkbox"/> Read Introduction <input type="checkbox"/> Fill out Session 5	<input type="checkbox"/> Watch Session 5	<input type="checkbox"/> Prayerfully read Week 5
6. Climb the Ladder of Integrity	<input type="checkbox"/> Read Introduction <input type="checkbox"/> Fill out Session 6	<input type="checkbox"/> Watch Session 6	<input type="checkbox"/> Prayerfully read Week 6
7. Clean Fighting	<input type="checkbox"/> Read Introduction <input type="checkbox"/> Fill out Session 7	<input type="checkbox"/> Watch Session 7	<input type="checkbox"/> Prayerfully read Week 7
8. Develop a "Rule of Life" Plan	<input type="checkbox"/> Read Introduction <input type="checkbox"/> Fill out Session 8	<input type="checkbox"/> Watch Session 8	<input type="checkbox"/> Prayerfully read Week 8



emotionallyhealthy.org

Discipleship that Deeply Changes Lives.

March 2017