

Emotionally Healthy Spirituality

GETTING STARTED GUIDE



EHS CHURCH-WIDE INITIATIVE

LAUNCHING *The Emotionally Healthy Spirituality Church-Wide Initiative* (for churches desiring to implement Emotionally Healthy Spirituality through preaching resources as well as groups)

LAUNCH your small groups or classes at anytime. This eight-week preaching series and EHS Course is especially effective for those times of the year when you would like to reach out to your community through a special series.

IMPLEMENT the preaching resources, promotional pieces, and samples from the enclosed *Emotionally Healthy Spirituality Church-Wide Initiative Resources* DVD. The best resource for implementing the church-wide initiative can be found in the “How to Run the Emotionally Healthy Spirituality Church-Wide Initiative” booklet found inside the *Emotionally Healthy Spirituality Church-Wide Initiative Resources* DVD.

You will need the following items in order to launch the *Emotionally Healthy Church-Wide Initiative*.

- *Emotionally Healthy Spirituality Church-Wide Resources* DVD (one needed per church)
- *Emotionally Healthy Spirituality* book (one needed per participant)
- *Emotionally Healthy Spirituality Day by Day* book (one needed per participant)
- *Emotionally Healthy Spirituality Course* DVD (one needed per group/class)
- *Emotionally Healthy Spirituality Course Workbook* (one needed per participant)



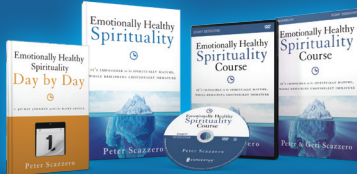
EHS COURSE

LAUNCHING *The Emotionally Healthy Spirituality Course* Group Study
(for churches or small groups desiring to engage the *Emotionally Healthy Spirituality* material in groups only)

Small groups can be launched at any time throughout the year. Additional instructions for implementing the *Emotionally Healthy Spirituality Course* can be found in the “How to Run the Emotionally Healthy Spirituality Course” booklet found inside the *Emotionally Healthy Spirituality Course* DVD.

You will need the following items in order to launch *Emotionally Healthy Spirituality Course* small groups.

- *Emotionally Healthy Spirituality* book (one needed per participant)
- *Emotionally Healthy Spirituality Day by Day* book (one needed per participant)
- *Emotionally Healthy Spirituality Course* DVD (one needed per group)
- *Emotionally Healthy Spirituality Course Workbook* (one needed per participant)



Whether you choose to implement *Emotionally Healthy Spirituality* as a church-wide initiative or as a course in groups, here are some helpful tips for successfully engaging the material.

1. FAMILIARIZE YOURSELF WITH THE CONTENT

- Read the *Emotionally Healthy Spirituality* book.
- Read the *Emotionally Healthy Spirituality Day by Day* book.
- Watch the eight video sessions on the *Emotionally Healthy Spirituality Course* DVD.
- Work through the Bible studies and applications found in the *Emotionally Healthy Spirituality Course Workbook*.

2. PROMOTE AND ORGANIZE YOUR STUDY

- Show your group a trailer from the EHS Course DVD, or share the first session directly from YouTube (<https://www.youtube.com/user/zondervan>) on the Small Group Bible Study Playlist via email or Facebook.
- Instruct group participants to purchase *Emotionally Healthy Spirituality* resources at your local Christian bookstore or online.

3. PRAY!

- This study will teach you and your group how to prayerfully make the kinds of courageous decisions needed to become emotionally healthy. Pray that your group members' hearts would be open and receptive to the transforming power of God's Word.