

## **A 2 Semester, 16 Week Experience to Deeply Transform You and Your Ministry**

**At the completion of the School of EH Leadership, you will be equipped:**

- 1 To lead others out of a deeper inner life with Jesus by:**
  - Slowing down for rhythms to be with Him in silence, Scripture, and Sabbath delight.
  - Applying genogram theology to your personal formation and leadership.
  - Mastering key EH Relationship Skills.
  - Being more present with yourself, and God in you, to discern God's will more clearly.
- 2 To utilize EH Discipleship, Pt. 1 (EH Spirituality) and EH Discipleship, Pt. 2 (EH Relationships) for your ministry to build high-impact leaders and create a disciple-making culture.**
- 3 To take your next step for further mentoring, networking, resourcing, and through the community of "Emotionally Healthy Culture Churches."**





SCHOOL OF EMOTIONALLY HEALTHY  
**LEADERSHIP**

**EH Spirituality for Leaders**

**SEMESTER  
SYLLABUS**

March 12 – April 30, 2025

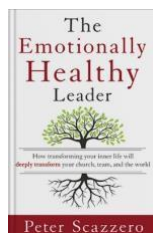
Date	Session	READ  BEFORE the session	READ/PRACTICE  AFTER the session
<b>SESSION 1</b> <b>Mar 12</b>	<b>The Problem of Emotionally Unhealthy Spirituality</b> <i>(Saul and the False Self)</i>	<ul style="list-style-type: none"> <li>• <i>EH Spirituality</i> Intro and Chapter 1</li> <li>• <i>EH Leader</i> Chapter 1</li> </ul>	<ul style="list-style-type: none"> <li>• <i>Day by Day:</i> Week 1</li> </ul>
<b>SESSION 2</b> <b>Mar 19</b>	<b>Know Yourself that You May Know God</b> <i>(David and Leading from a True Self)</i>	<ul style="list-style-type: none"> <li>• <i>EH Spirituality</i> Chapter 2</li> <li>• <i>EH Leader</i> Chapter 2 (p.51-70)</li> </ul>	<ul style="list-style-type: none"> <li>• <i>Day by Day:</i> Week 2</li> </ul>
<b>SESSION 3</b> <b>Mar 26</b>	<b>Go Back to Go Forward</b> <i>(Joseph and a Life of Surrender)</i>	<ul style="list-style-type: none"> <li>• <i>EH Spirituality</i> Chapter 3</li> <li>• <i>EH Leader</i> Chapter 2 (p.70-80)</li> </ul>	<ul style="list-style-type: none"> <li>• <i>Day by Day:</i> Week 3</li> </ul>
<b>SESSION 4</b> <b>Apr 2</b>	<b>Journey Through the Wall</b> <i>(Abraham and the Dark Night of Leadership)</i>	<ul style="list-style-type: none"> <li>• <i>EH Spirituality</i> Chapter 4</li> <li>• <i>EH Leader</i> Chapter 9</li> </ul>	<ul style="list-style-type: none"> <li>• <i>Day by Day:</i> Week 4</li> </ul>
<b>SESSION 5</b> <b>Apr 9</b>	<b>Enlarge Your Heart Through Grief and Loss</b> <i>(God's Treasures Found in Loss)</i>	<ul style="list-style-type: none"> <li>• <i>EH Spirituality</i> Chapter 5</li> <li>• <i>EH Leader</i> Chapter 4 (p.115-132)</li> </ul>	<ul style="list-style-type: none"> <li>• <i>Day by Day:</i> Week 5</li> </ul>
<b>SESSION 6</b> <b>Apr 16</b>	<b>Discover the Rhythms of the Daily Office and Sabbath</b> <i>(Stopping to Breathe the Air of Eternity)</i>	<ul style="list-style-type: none"> <li>• <i>EH Spirituality</i> Chapter 6</li> <li>• <i>EH Leader</i> Chapter 5</li> </ul>	<ul style="list-style-type: none"> <li>• <i>Day by Day:</i> Week 6</li> </ul>
<b>SESSION 7</b> <b>Apr 23</b>	<b>Grow into an Emotionally Mature Adult</b> <i>(Loving People as Thou's)</i>	<ul style="list-style-type: none"> <li>• <i>EH Spirituality</i> Chapter 7</li> <li>• <i>EH Leader</i> Chapter 7</li> </ul>	<ul style="list-style-type: none"> <li>• <i>Day by Day:</i> Week 7</li> </ul>
<b>SESSION 8</b> <b>Apr 30</b>	<b>Develop a Rule of Life</b> <i>(Recrafting Your Entire Life Around Jesus)</i>	<ul style="list-style-type: none"> <li>• <i>EH Spirituality</i> Chapter 8</li> <li>• <i>EH Leader</i> Chapter 4 (p.133-142)</li> </ul>	<ul style="list-style-type: none"> <li>• <i>Day by Day:</i> Week 8</li> </ul>

## GENERAL INFORMATION

### COURSE REQUIREMENTS

- Attend ALL 8 Sessions from 1:00 - 3:30pm
- Do Pre-Course and weekly readings from the *EH Spirituality & EH Leader* books
- Practice the Daily Office (silence and devotionals 2x daily)
- Meet one time with your Table Leader around next steps on your Grief and Loss Chart outside the Course time

### PRE-COURSE READING



*The Emotionally Healthy Leader* by Peter Scazzero

[PURCHASE HERE](#)

(We will be drawing on the critical material found in The EH Leader book during the 8 Sessions)



Church Culture Revolution eBook (FREE)

[DOWNLOAD HERE](#)

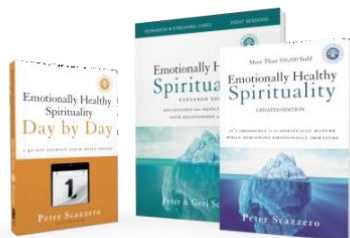
### REQUIRED TEXTS

*Emotionally Healthy Spirituality* by Peter Scazzero

*Emotionally Healthy Spirituality Course Workbook*  
by Peter & Geri Scazzero

*Emotionally Healthy Spirituality Day by Day:*  
A 40-Day Journey with the Daily Office

[PURCHASE HERE](#)





SCHOOL OF EMOTIONALLY HEALTHY  
**LEADERSHIP**

**EH Relationships for Leaders**

**SEMESTER  
SYLLABUS**

Oct 22 – Dec 17, 2025

Date	Session	READ  BEFORE the session	READ/PRACTICE  AFTER the session
<b>SESSION 1</b> <b>Oct 22</b>	<i>Take Your Community Temperature Reading (CTR)</i>	<ul style="list-style-type: none"> <li>• EHR Workbook: Session 1</li> <li>• EH Discipleship: Chapter 1</li> </ul>	<ul style="list-style-type: none"> <li>• Day by Day: Week 1</li> <li>• Practice Skills 2-3x this week</li> </ul>
<b>SESSION 2</b> <b>Oct 29</b>	<i>Stop Mind Reading and Clarify Expectations</i>	<ul style="list-style-type: none"> <li>• EHR Workbook: Session 2</li> <li>• EH Discipleship: Chapter 7</li> </ul>	<ul style="list-style-type: none"> <li>• Day by Day: Week 2</li> <li>• Practice Skills 2-3x this week</li> </ul>
<b>SESSION 3</b> <b>Nov 5</b>	<i>Genogram Your Family</i>	<ul style="list-style-type: none"> <li>• EHR Workbook: Session 3</li> <li>• EH Discipleship: Chapter 8</li> </ul>	<ul style="list-style-type: none"> <li>• Day by Day: Week 3</li> <li>• Practice Skills 2-3x this week</li> <li>• Set up 1 hour mtg to Review Your Genogram w/ Table Leader</li> </ul>
<b>SESSION 4</b> <b>Nov 12</b>	<i>Explore the Iceberg</i>	<ul style="list-style-type: none"> <li>• EHR Workbook: Session 4</li> <li>• EH Discipleship: Chapter 6</li> </ul>	<ul style="list-style-type: none"> <li>• Day by Day: Week 4</li> <li>• Practice Skills 2-3x this week</li> </ul>
<b>SESSION 5</b> <b>Nov 19</b>	<i>Incarnational Listening</i>	<ul style="list-style-type: none"> <li>• EHR Workbook: Session 5</li> <li>• EH Discipleship: Chapter 3</li> </ul>	<ul style="list-style-type: none"> <li>• Day by Day: Week 5</li> <li>• Practice Skills 2-3x this week</li> </ul>
<b>SESSION 6</b> <b>Dec 3</b>	<i>Climb the Ladder of Integrity</i>	<ul style="list-style-type: none"> <li>• EHR Workbook: Session 6</li> <li>• EH Discipleship: Chapter 4</li> </ul>	<ul style="list-style-type: none"> <li>• Day by Day: Week 6</li> <li>• Practice Skills 2-3x this week</li> </ul>
<b>SESSION 7</b> <b>Dec 10</b>	<i>Clean Fighting</i>	<ul style="list-style-type: none"> <li>• EHR Workbook: Session 7</li> <li>• EH Discipleship: Chapter 9</li> </ul>	<ul style="list-style-type: none"> <li>• Day by Day: Week 7</li> <li>• Practice Skills 2-3x this week</li> </ul>
<b>SESSION 8</b> <b>Dec 17</b>	<i>Develop a "Rule of Life" to Implement Emotionally Healthy Skills</i>	<ul style="list-style-type: none"> <li>• EHR Workbook: Session 8</li> <li>• EH Discipleship: Chapter 5</li> </ul>	<ul style="list-style-type: none"> <li>• Day by Day: Week 8</li> </ul>



# SCHOOL OF EMOTIONALLY HEALTHY LEADERSHIP

Fall Semester: EH Relationships for Leaders

## COURSE SYLLABUS

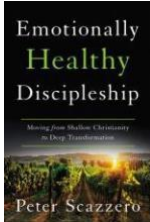
Oct 22 – Dec 17, 2024

### GENERAL INFORMATION:

#### Requirements:

- Attend all 8 sessions from 1:00 - 3:30 PM EST on Wednesdays.
- Commitment to the Daily Office (silence and devotionals 2x daily).
- Practice the EH Relationship Skills between Sessions.
- Complete weekly pre-readings from the Workbook.
- Meet 1-1 with your Table Leader after Session 3 around your “Genogram” outside of the scheduled session time.
- Take the EHS Personal Assessment at [www.emotionallyhealthy.org/mature](http://www.emotionallyhealthy.org/mature)

#### PRE- READING:



***Emotionally Healthy Discipleship*** by Peter Scazzero

[PURCHASE HERE](#)

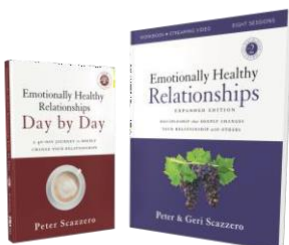
(We will also be drawing on the critical material found in *The EH Leader* book during the 8 Sessions)



**Church Culture Revolution eBook (FREE)**

[DOWNLOAD HERE](#)

#### REQUIRED TEXTS:



***Emotionally Healthy Relationships Workbook***  
by Peter & Geri Scazzero **(Updated & Expanded edition available)**

***Emotionally Healthy Relationships Day by Day:***  
A 40-Day Journey with the Daily Office

[ORDER HERE](#)

*We appreciate if you order from our website as all profits sustain the larger ministry globally.*