



the
emotionally healthy
RELATIONSHIPS
COURSE

Discipleship that **DEEPLY CHANGES**
YOUR RELATIONSHIP with others.

The Emotionally Healthy Relationships (EHR) Course is a 10-session growth opportunity for adults (mature teenagers ages 16 and above with permission from the EHR point leader) who are seeking a high-commitment deep discipleship experience that helps them move from defensiveness, low self-awareness, fear, blaming, etc. to becoming approachable, non-reactive, keenly self-aware, courageous, honest, and whole. Through video teachings, reading assignments, devotional practice, table group discussions, and by practicing 8 new skills with others, participants (singles and couples) will learn practical ways to love others like Jesus.

Dates: Wednesday evenings from September 15 - November 17, 2021
(Registration runs from July 28-August 22, 2021 or until seats are full.)

Time: 6:15 P.M. – 8:30 P.M.

Location: Morning Star Church – 1600 Fiese Rd. Dardenne Prairie, MO 63368

Cost: \$25 (This fee covers 2 books required for the EHR Course when purchased through Morning Star Church during registration and the cost of other incidentals. The books are: Emotionally Healthy Relationships Workbook and Emotionally Healthy Relationships Day by Day, both published in 2017.)

Childcare: Available with pre-registration and payment. You'll be prompted to register your children when you register for the course.



In addition to the orientation and celebration gatherings, we will have eight other classes where we will learn and practice the following life-changing skills within our table groups of six to eight people:

- Take Your Community Temperature Reading
- Stop Mind Reading, and Clarify Expectations
- Genogram Your Family
- Explore the Iceberg
- Listen Incarnationally
- Climb the Ladder of Integrity
- Fight Cleanly
- Develop a “Rule of Life” to Implement Your New Learnings

Before you register, please note the following:

- You are asked to make every possible effort to attend all ten class meetings. If you will miss more than one class, please wait to register for a future EHR Course. Seating is limited.
- You are asked to complete approximately 20 minutes of homework daily which includes practicing your new skills with another person (about 2 hours weekly).
- This course is not a Bible study, but our lessons are based on the teachings of the Bible.
- You will be asked to look at various aspects of your relationship with God and other people that may cause you to feel uncomfortable or excited. These feelings are normal and are to be celebrated.
- It’s ideal to take the EHR Course after taking the EHS Course, but it’s okay to take the courses in any order that works for you.