



The Emotionally Healthy Spirituality (EHS) Course is a 10-session growth opportunity for adults (mature teenagers ages 16 and above with permission from EHS point leader) who are seeking a high-commitment deeper discipleship experience. Through video teachings, reading assignments, devotional practice, and table group discussions, participants will be introduced to biblical principles that will offer a beneath-the-surface transformational experience in their walk with Christ.

Dates: Wednesday evenings from February 24 - April 28, 2021.

REGISTRATION IS NOW CLOSED. You can be placed on our waiting list by emailing Rebecca at rshoemaker1@charter.net.

Time: 6:15 PM – 8:30 PM

Location: This is a VIRTUAL course offered online using Zoom.

Cost: \$35 (This fee covers 3 books required for the EHS Course when purchased through Morning Star Church during registration and the cost of other incidentals. They are: Emotionally Healthy Spirituality (Updated Edition) 2017; Emotionally Healthy Spirituality Course Workbook (Updated Edition) 2017; and Emotionally Healthy Spirituality Day by Day 2017.)

Childcare: Due to COVID-19, childcare will not be offered.



In addition to the Orientation and Celebration, we will cover the following life-changing topics within our virtual groups of four to five people:

- The Problem of Emotionally Unhealthy Spirituality
- Know Yourself That You May Know God (Becoming Your Authentic Self)
- Going Back in Order to Go Forward (Breaking the Power of the Past)
- Journey Through the Wall (Letting Go of Power and Control)
- Enlarge Your Soul Through Grief and Loss (Surrendering to Your Limits)
- Discover the Rhythms of the Daily Office and Sabbath (Learning to BE with God)
- Grow Into an Emotionally Healthy Adult (Learning New Skills to Love Well)
- Go the Next Step to Develop a “Rule of Life” (Creating a Plan to Love God Above All Else)

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 EHS Course. Seating is limited.
- You are asked to complete approximately 20 minutes of homework each day (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 that may cause you to feel uncomfortable or excited. These feelings are normal and are to be celebrated.

- It's ideal to take the EHS Course before taking the EHR Course, but it's okay to take the courses in any order that works for you.