

EHS Applied: 5 Phases for Transforming Culture



OUR GOALS FOR PASTORS/LEADERS

1. Each Pastor/Leader leads out of deep interior life with Jesus, a cup that overflows.
2. Each Pastor/Leader grows into an emotionally mature adult, learning reproducible skills to create healthy church culture.
3. Each Pastor/Leader and spouse leads out of a growing, dynamic marriage and/or singleness that reflect our marriage to Christ.
4. Each Pastor/Leader initiates strategic changes for the transformation of the wider church culture.

PHASE 1: PERSONAL/MARRIAGE (if applicable)

PASTOR/LEADER

- **Read** *Emotionally Healthy Spirituality* and *Emotionally Healthy Church*
- **Watch DVD** or **listen to MP3**, “The Leader’s Marriage”
- **Emotionally Healthy Skills 2.0:** Sessions 1 & 2
Community Temperature Reading, Stop Mind Reading, Clarify Expectations
- **Begin listening to the sermon series:** Receive the Gift of Sabbath
or The Revolutionary Act of Sabbath Keeping

PHASE 2: LEADERSHIP

PASTOR/LEADER with KEY LEADERS

- **EHS small group curriculum** (Small Group Workbook, DVD, Daily Offices)
- **Emotionally Healthy Skills 2.0:** Sessions 1 & 2
Community Temperature Reading, Stop Mind Reading, Clarify Expectations
- **Slow down.** Take first steps towards health.

PHASE 3: CHURCH INTRODUCTORY EXPOSURE

Implement Emotionally Healthy Church Wide Initiative:

- **Option 1: EHS Church Wide Initiative (Basic)**

Preach – Emotionally Healthy Spirituality: CWI Sermons
Daily Offices whole church (2-3 weeks preparation)
Church makes available the book, *Emotionally Healthy Spirituality*
Launch a few groups/classes with EHS Small Group curriculum
Towards end of series – launch EHS Small Groups

- **Option 2: EHS Church Wide Initiative (Full)**

Preach – Emotionally Healthy Spirituality: CWI Sermons
Daily Offices whole church (2-3 weeks preparation)
Church reads the book, *Emotionally Healthy Spirituality*
All groups/classes do EHS Small Group curriculum to expand/deepen sermon content

Introduce Additional Curriculum:

- **Small Groups and Classes**

Emotionally Healthy Skills 2.0

Emotionally Healthy Woman – Small Group Curriculum
to be released Jan 2013 (formerly *I Quit*)

- **Leadership**

Emotionally Healthy Skills 2.0
Use Daily Offices (*available on mobile app*)
Experiment with Sabbath keeping

- **Preaching Series/Themes** (*choose one or two*)

Emotionally Healthy Relationships: Marriage, Singleness and Sexuality (*preach 4 or 5 of the 8 parts*)
Receiving God's Gift of Rhythm and Limits (*4 parts*)
The Beatitudes: The Upside Down Spirituality
Learning to Pray: The Lord's Prayer
Journey through the Wall

PHASE 4: CHURCH DEEPER EXPOSURE

- **Church**

Use Daily Offices (*available on mobile app*)
Invitation to experiment with Sabbath Keeping

- **Small Groups and Classes**

Emotionally Healthy Spirituality curriculum
Emotionally Healthy Skills 2.0 curriculum
The Emotionally Healthy Woman curriculum (*January 2013 release*)
Emotionally Healthy Marriage curriculum (*future product*)

- **Leadership**

Implement *Emotionally Healthy Skills 2.0* into Leadership culture
Staff/Key Leadership and an Intentional "Rule of Life"
Leaders mentored around their genogram
Leadership development with EHS



DEEPER EXPOSURE *(continued)*

- **Preaching Series/Themes** *(choose two or four)*
 - The Revolutionary Act of Sabbath Keeping *(4 parts)*
 - Receive the Gift of Sabbath *(Lent 2010)*
 - Your Life, Your Calling and Your Work *(with Commissioning Service)*
 - Transitions: Enlarge Your Soul Through Grief and Loss *(formerly, "A Biblical Perspective on Grieving")*
 - Elijah: The Power of a Hidden Life of Silence and Solitude
 - Discovering God's Will for Your Life
 - Resist the Beast: The Seven Churches in Revelation (Rev 1-3)
- **Workshop/Seminars**
 - Clarify Expectations
 - Genogram Your Family
 - Emotionally Healthy Skills 2.0* Introduction
 - Introduce "Day Alone with God"
 - Develop Your Own Personal Rule of Life



PHASE 5: CHURCH FULL INTEGRATION

- **Church**
 - Prayer Centers and Creative Services
 - Strong Marriage and Family Ministry
 - Equip Singles on Relationships and Sexuality
 - Parenting, Youth and Children Applications
 - Intentional Leadership Training - all levels
 - Integrate EHS into Membership
- **Small Groups and Classes**
 - Continue integration of curriculum from Phase 4
- **Leadership**
 - Address Implications of Unique Leadership Challenges**
 - The Marriage Vow and Implications for Leadership
 - Strategic Planning and Waiting on God
 - Dual Relationships, Power and Spiritual Authority
 - The Gift of Limits and Discernment
 - Endings and New Beginnings
 - Preaching/Teaching out of our Interior Life
- **Preaching Series/Themes** *(choose one or two)*
 - The Return of the Prodigal Son
 - Our Body, Our Sexuality and Our God
 - Lessons from the Life of Jacob
 - The Gift of Limits
- **Workshop/Seminars**
 - Continue integration of curriculum from Phase 4