

## Life Group Preparation Notes:

### Emotionally Healthy Relationships

#### **Introduction to Emotionally Healthy Relationships Course:**

We have been on a journey growing in emotionally healthy spirituality as individuals and as Life Groups. Part of this journey is growing in our relationships as individuals with each other.

If you have already done the Emotionally Healthy Spirituality Course, then we would encourage you to do the Emotionally Healthy Relationships Course (8 weeks).

As you follow this course you will develop skills that are foundational for building healthy relationships in life group which will impact our church in a positive way.

Each person should watch the video and prepare for group by answering the questions in advance.

There are pre-session readings for each session that goes with Session 1-8.

Discuss the Group Discussion questions in group. You don't need to watch the video in group time to allow for enough participation and discussion time.

**Watch the intro by Peter and Gerri Scazzero EHR Introduction** <https://vimeo.com/332668250>  
(Password is EdgeChurch for the vimeo link)

At the start of the course, it would be good to emphasize group guidelines. Suggested guidelines include:

#### **Observe Confidentiality**

In order to create an environment that is safe for open and honest participation, please limit your sharing to your own personal experiences. In addition, anything personal shared within the group should not be repeated outside of the group.

#### **Speak for Yourself**

Use "I" statements as often as possible. We are only experts on ourselves.

#### **Respect Others**

Be brief in your sharing, remaining mindful that there are time limitations and others may want to share.

#### **Turn to Wonder**

If you feel judgemental or defensive when someone else is sharing, ask yourself: I wonder what brought him/her to this belief? I wonder what he/she is feeling right now? I wonder what my reaction teaches me about myself?

#### **Punctuality**

Resolve to begin on time and end on time.

#### **Silence**

It is ok to have silence between responses as the group shares, giving members the opportunity to reflect. Remember, there is no pressure to share.

**Be Prepared**

To get the most out of your time together, we highly recommend that you watch the video's, and read and prepare your answers to the group discussion questions in advance of the group meeting.

We also recommend that you start a file/journal dedicated to this course, with your written answers to the questions each week. Follow these practices and you will definitely grow radically!

We have used the Emotionally Healthy Relationships Course book extensively and have written permission from the publisher to do so.

**Taken from Emotionally Healthy Relationships by Peter L. and Geri Scazzero**

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