

Life Group Preparation Notes:

Emotionally Healthy Spirituality

Introduction to Emotionally Healthy Spirituality Course

The Edge Church Staff Leadership Team have been on a journey growing in emotionally healthy spirituality as individuals and as a Team, over 2016 and 2017.

We strongly recommend that you follow this course and as you do, we are sure that you will develop a new love for God and others.

At the start of the course, it would be good to emphasis 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 read and prepare your answers to the group discussion questions in advance of the group meeting.

We also recommend that you start a 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 Spirituality Course book extensively and have written permission from the publisher to do so.