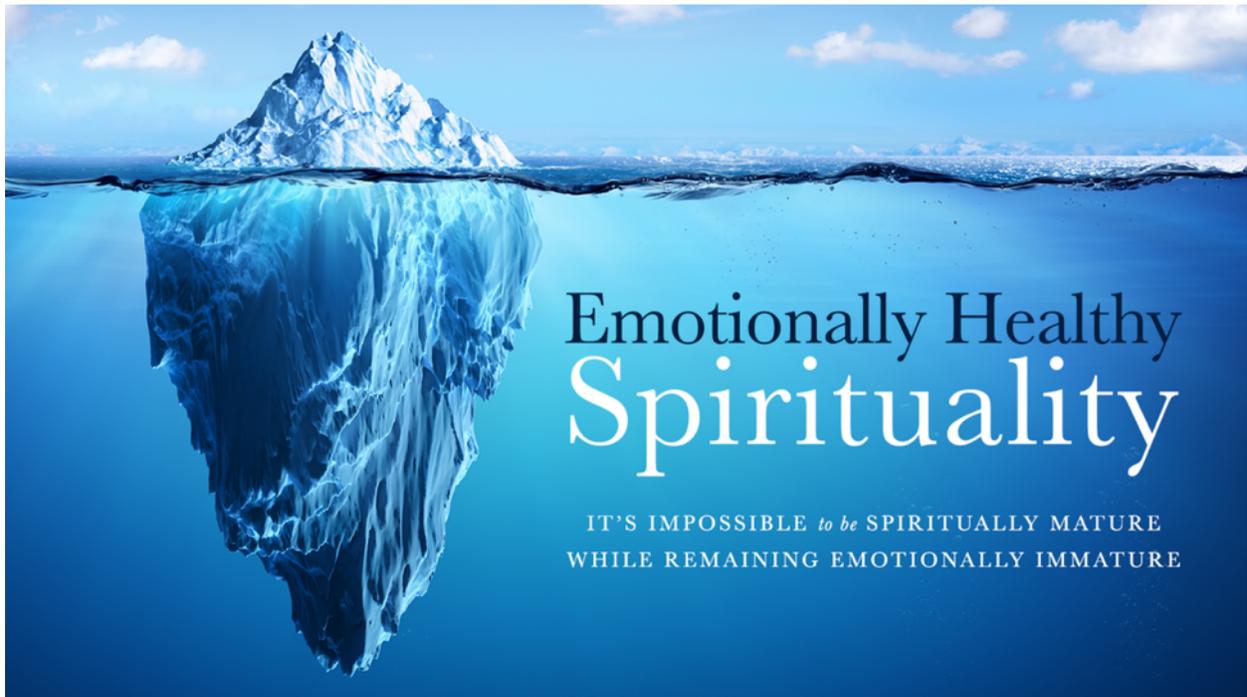


# 8 Week Course Starts Jan. 27<sup>th</sup>



## [Video Overview](#)

We are excited to announce a course that Pastor Keith and his wife Kyndall are planning to host in their home starting January 27th. Emotionally Healthy Spiritually is 8 Week course that explores important emotional and spiritual aspect vital for healthy development as a follower of Christ. There are several things within the course that focus of issues that are lacking in many discipleship courses. Perhaps you have met some people that knows their bible well but lacks the skills and commitment to engaging in a healthy way in their relationships. This course addresses that emotional and relational deficiency.

### **Here are some of the details:**

#### **Content Covered**

- People slow down their lives to develop their own personal relationship with Jesus.
- Confront the Crisis of Emotionally Unhealthy Spirituality
- Know and Become Your Authentic Self in Christ
- Discover How Your Family of Origin Affects You Today
- Find Your Way Through "Walls" to Grow into Maturity
- Enlarge Your Soul Through Embracing Grief and Loss
- Integrate Silence and Sabbath to Slow Down for Jesus
- Grow Into an Emotionally Healthy Adult
- Design a Lifelong Plan to Live in God's Love

## Goals for the Course:

**Spiritual Growth** - To take steps growing as follower of Jesus by identifying hinderances, hurts and unhealthy patterns and applying the gospel to those broken areas of your life.

**Know Jesus & Ourselves better**- Awareness of where we are at is necessary if we are to journey towards a destination. And awareness of that destination is also needed to get there. Knowing Jesus and having our lives conformed to Christlikeness is our destination (Rom. 8:29) and moving towards that involves us identifying where we are spiritually. The state of our emotional health gives us indicators to the state of our spiritual health. Many Christians fail to recognize this and leverage it for spiritual progress.

**Cultivate Loving Community** - As we get to know the Lord's heart towards us by cultivating proper time and space for that our relationship with Him we expect and aim to see the health in our relationships increase. Emotionally healthy people tend to contribute to the emotional & spiritual health of others while unhealthy hurting people tend to spread hurt and toxicity to their relationships.

**How Much:** \$25 order on Amazon [here](#) (Includes Book, Workbook & Devotional) If you would like for us to order for you let us know. Every person needs their own workbook. Books and devotionals can be shared between couples that attend.

**When:** Wednesday Nights @ 6:45pm-8:30pm (January 27th-March 17th)

**Where:** Dollar's Home

\* No childcare - we expect each family to make arrangements for their childcare.

There are a limited number of spaces for this course. So the first ones to respond will get a secured space.

**Who:** This is for both singles and married couples. We may break off into smaller groups of men and women at times when more personal communication needs to be shared. This is a great course for both leaders and new believers.

[Video Overview](#)