

*Emotionally Healthy Spirituality*, Part 1 of the Emotionally Healthy Discipleship Course, is a plan for discipleship that deeply changes our relationship with God. EH Spirituality does this in two ways: 1. Addressing directly the reality that emotional maturity and spiritual maturity are inseparable, that it is not possible to be spiritually mature while remaining emotionally immature. 2. Equipping people in a personal, firsthand relationship with Jesus by incorporating stillness, silence, and Scripture as daily life rhythms.

INTRO NIGHT – **September 8**

SESSION 1 – **September 15**

* “The Problem of Emotionally Unhealthy Spirituality”

SESSION 2 – **September 29**

* “Know Yourself That You May Know God”

SESSION 3 – **October 13**

* “Going Back in Order to Go Forward”

SESSION 4 – **October 27**

* “Journey through the Wall”

SESSION 5 – **November 3**

* “Enlarge Your Soul through Grief and Loss”

SESSION 6 – **November 17**

* “Discover the Rhythms of the Daily Office and Sabbath”

SESSION 7 – **December 1**

* “Grow into an Emotionally Mature Adult”

SESSION 8 – **December 15**

* “Go the Next Step to Develop a Rule of Life”

Our gatherings will either: 1) **Begin @ 6pm with a meal at someone’s home** OR 2) **Begin @ 6:30pm in the Youth Room** of First UMC Hershey. See the [signup](https://www.signupgenius.com/go/30e0b44aeae2aa0fc1-young) to be a host and/or provide a meal for one of our gatherings. GroupMe (contact Stephen to join) will have weekly communication on location/timing, how to prepare for each session, and general conversation.