



Emotionally Healthy Discipleship - Frequently Asked Questions

Q: Why should I consider taking the Emotionally Healthy Discipleship course?

A: Discipleship is about growing in maturity, into the full stature of Christ (Ephesians 4:13). However, Christian maturity is not just acquiring knowledge about Jesus and the Bible and prayer. It also involves gaining insight into our behavior and motivations, which have become so much a part of us that we may not recognize their impact on our relationship with God and others. This knowledge allows the Holy Spirit to transform in our behavior whatever doesn't line up with what we believe. We cannot be spiritually mature without also being emotionally mature.

Q: Eighteen weeks is a big commitment of time. Can I do this program on my own?

A: The course is on Monday evenings for nine sessions in the Fall, and nine sessions in Winter, for a total of 18 sessions with a nine week break from mid-November to mid-January. The course is not designed to be done individually, as the fellowship that develops around each table helps to promote deep and meaningful relationships.

Q: I may be out of town for some of the sessions. Is it ok to miss a few?

A: Yes! As long as you will miss no more than two sessions in Part 1 and two sessions in Part 2, you will be able to keep up. However, missing more than two sessions for each part will detract from the fellowship around your table.

Q: Are homework assignments part of the course?

A: The homework is a small time commitment, about 60 minutes a week, that will enhance your experience of the course. It includes a short, daily devotional that encourages you to slow down and be still before God. This can be incorporated into time you may already be spending with God or wish you were. There is also pre-session reading for the next session that enables you to be more fully prepared for the lesson.

Q: What are the benefits of participating in the Emotionally Healthy Discipleship course?

1. Greater awareness of God's unfailing love for you - that he loves you as much now as he will in the age to come.
2. The courage to acknowledge your sin and weaknesses and a renewed desire for Christ-likeness.
3. The ability to love others well because you know yourself better and the power of God's transforming grace.
4. Deepening friendships with others in our church and the surprising transparency that results.
5. Tools to help you confront conflict in a healthy way in any relationship.