

EMOTIONALLY HEALTHY SPIRITUALITY

Moving from Shallow Christianity to Deep Transformation

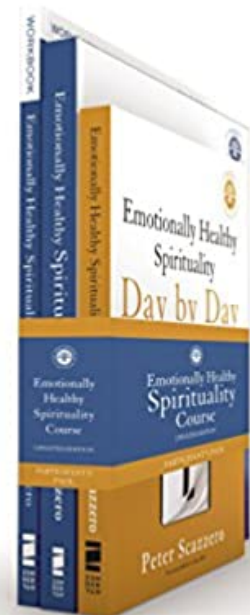
Beginning Tues. evening February 7th @ 7pm, David and Debbie are opening up their home to lead an **8 sessions course over 2 months**. It's called **Emotionally Healthy Spirituality (EHS)**. In a nutshell, EHS offers us foundational training in discipleship and an important building block for aspiring leaders in our Vineyard community. The training is focused on growing in our love for God.

The course presents members with personal tools and session exercises to better explore the state of our hearts and God's love for us. God cares about the maturing of our faith and emotional health. By understanding family roots, making peace with the past, and learning rhythms of going to God in a 1-on-1 conversation, we're hoping to foster an Emotionally Healthy Spirituality where our loving Father is at the forefront.

IT'S IMPOSSIBLE to be SPIRITUALLY MATURE WHILE REMAINING EMOTIONALLY IMMATURE

In the *Emotionally Healthy Spirituality Course Participant's Pack*, Pete Scazzero outlines a roadmap for discipleship with Jesus that is powerfully transformative for us as individuals and as a community of believers. Pete unveils what's wrong with our current definition of "spiritual growth" and offers not only a model of spirituality that actually works, but seven steps to foster change that will help you experience authentic faith and hunger for God.

- Become your authentic self
- Break the power of the past
- Let go of power and control
- Surrender to your limits
- Stop to breathe by practicing rest and Sabbath
- Learn new skills to love well
- Love Christ above all else



The *EHS Participant's Pack* will help you begin the journey of applying the profound biblical truths found in Emotionally Healthy Spirituality to your life. It includes one each of the following products:

- Emotionally Healthy Spirituality trade book
- Emotionally Healthy Spirituality Day-by-Day book
- And the 8-session Emotionally Healthy Spirituality Course Workbook

Each of these books are integral to the *Emotionally Healthy Spirituality Course* and will provide the resources to help you grow in your relationship to Christ and your relationship with others.

Three steps to involving yourselves in the Emotionally Healthy Spirituality course;

1. Order you EHS Participant's Pack TODAY.

Amazon Books ([click here](#))

Cost is \$50.89 (list price \$65.99).

FREE delivery is offered to Friday Jan 13 th.

2. Email Debbie and tell her that you want to attend, debbie@kamloopsvineyard.com.

3. Immerse yourself in the course and curriculum,

it's an investment that keeps paying forward:

- Set aside time to practice Daily Office
(*practice the Day-By-Day prayer and devotional, 10 - 15 min., 2 times a day*).
- Read the EHS trade book and workbook introductions in tandem with the 8 sessions.

For more information and directions please visit the [Vineyard events page](#), or contact David and Debbie Tombe.



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