



Dr. Edward O. Williamson, Pastor-teacher
Bible Study and Discussion Group
Topic: “Emotionally Healthy Spirituality”
Handout #1 – Introduction & Overview

Introduction

- Overview of the Emotionally Healthy Discipleship Course
 - Part I – Emotionally Healthy Spirituality
 - Part II – Emotionally Healthy Relationships
 - Pilot Course
 - Emotionally Healthy Spirituality
 - Resources
 - Emotionally Healthy Spirituality Book
 - Emotionally Healthy Spirituality Workbook
 - Emotionally Healthy Spirituality Day by Day
 - Emotionally Healthy Spirituality Video

- Guidelines & Format for Study
 - Complete Workbook sections before session and read chapter in book related to session.
 - A Daily Office will be selected and shared with group for each session.
 - Elements of each session:
 - Daily office together
 - Video presentation and discussion
 - Group and individual activities
 - Table Groups
 - Checklist and Certificate

- Appendix B – Defining Emotional Health and Contemplative Spirituality

- Appendix A – Excerpt from Emotionally Healthy Spirituality Day By Day

Questions/Comments/Closing (Next Meeting – May 11th, Session 1)