



**Dr. Edward O. Williamson, Pastor-teacher**  
**Bible Study and Discussion Group**  
**Topic: “Emotionally Healthy Spirituality”**  
**(Pilot Course)**

**Handout #2 – Session 1 – The Problem of Emotionally Unhealthy Spirituality**

**Welcome & Introduction**

- I. The Daily Office – Week 1/Day 1**
  - a. What is the Daily Office
  - b. Elements of the Daily Office
  - c. Silence & Stillness Guidelines – *“The Lord will fight for you; you need only to be still.”* Ex. 14:14
  
- II. Video and Discussion Groups**
  - a. Discussion Group and Format
  - b. Group Guidelines pg. 11-12
  - c. Video – Session 1: The Problem of Emotionally Unhealthy Spirituality
  
- III. Discussion Group – Breakout**
  - a. Growing Connected (5 min.)
  - b. Starters (10 min.)
  - c. Bible Study – 1 Samuel 15:7-24 (20 min.)
  - d. Application (10 min.)
  
- IV. Reassemble – Closing and Summary**

**Homework – Between Sessions Personal Study**

- **Read chapter 2 of book, Emotionally Healthy Spirituality**
- **Prayerfully read week 1 of the devotional Emotionally Healthy Spirituality Day by Day. Answer the questions and journal your thoughts.**