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January 5 2022

Dear HBC Chester Family,

The Church will not be the same as we move forward from this global crisis. We need followers of Jesus living out of a deep inner life with Jesus and who live in communities as a distinct counterculture and who serve as salt and light in the world for him.

Out of a desire to best utilize this season to invest in deep discipleship, Andy and Sue will be leading what we are calling The Emotionally Healthy Spirituality Course via Zoom from 8.00 pm – 9:15pm on Wednesday evenings, beginning on Wednesday 19 January 2022. Running once a fortnight see list of dates below. Our goal is simple: to lead you into a lived experience of the theology and culture of Emotionally Healthy Discipleship. But since we cannot give what they do not possess, the focus will be primarily on your inner life in Jesus. We are structuring the Course for those with serious desire to grow and mature in their relationships with Jesus.

This is your invitation to that Course.

The topics are as follows:

- January 19:** The Problem of Emotionally Unhealthy Spirituality (Saul & the False Self)
 - February 2:** Know Yourself that You May Know God (David & Leading from a True Self)
 - February 16:** Go Back to Go Forward (Joseph and a Life of Surrender)
 - March 2:** Journey Through the Wall (Abraham and the Dark Night of Leadership)
 - March 16:** Enlarge Your Soul Through Grief & Loss (Jesus and the Treasures Found in Loss)
 - March 30:** Discover the Rhythms of the Daily Office and Sabbath (A Sabbath Deep Dive)
 - April 6:** Grow into an Emotionally Mature Adult (Loving People as a Thou not an It)
 - April 27:** Develop a Rule of Life (Recrafting How You Structure Your Life)
- (This is an optional evening after Easter you can choose to be involved in)

Before Week 1 on January 19 please do the following:

1. Get familiar with the Emotionally Healthy Spirituality Workbook and the Day by Day Book
2. Take the EHS Personal Assessment. How Emotionally Healthy Are You?
3. Watch the Session One Teaching video

If you've any questions do get in touch. Looking forward to the journey together

Every Blessing

Andy and Sue

PS

If you can't attend the sessions, you could still order the course workbooks and watch the Session videos – just let us know if this is what you intend to do so we can journey with you

