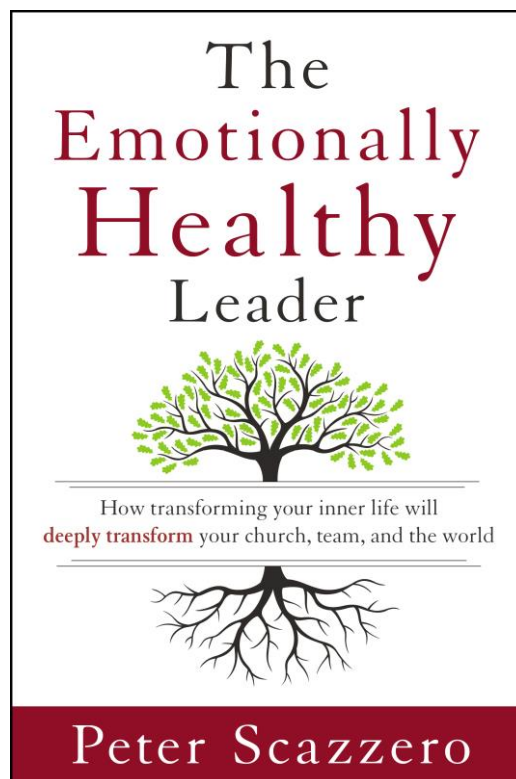


Emotionally Healthy Leadership

Discipleship That Deeply Changes Lives

Pete Scazzero



Twitter / Facebook: @PeteScazzero
Website: emotionallyhealthy.org

Session 1: Jesus' Upside Down Strategy

I. The Crisis of Discipleship in the Church

II. Jesus' Strategy to Love the World (John 17)

- Jesus Prays for Himself (vv.1-5)
- Jesus Prays for the 11 (vv.6-19)
- Jesus Prays for the Global Church (vv.20-26)

III. A Journey of Four Conversions

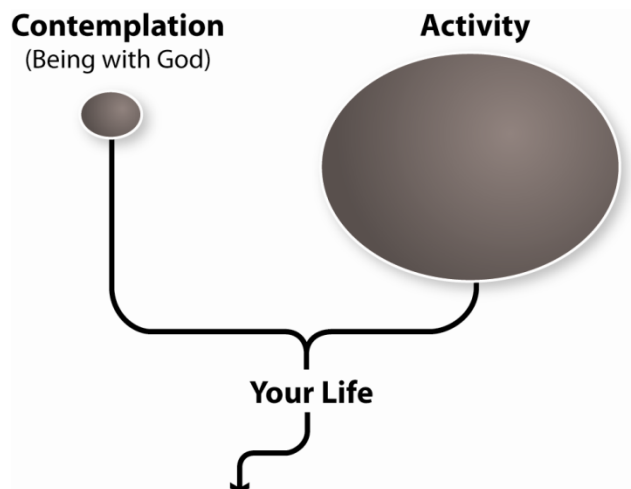
A. Becoming a Christian

B. Emotional Health and Spiritual Maturity are Inseparable

(It is not possible to be spiritually mature while remaining emotionally immature).

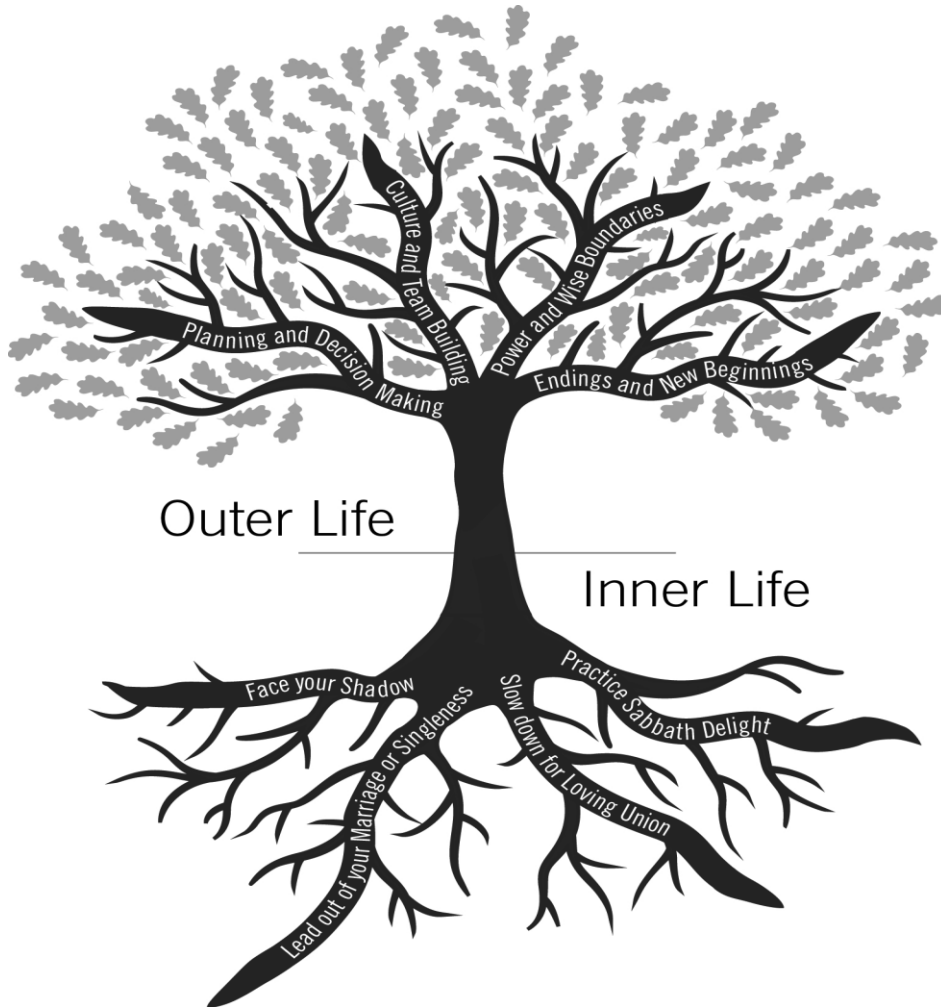
C. A Slowed Down Spirituality

Radically slowing down our lives to *be* with God in order to lead *for* him (Luke 10:38-42).



D. Leading with Integrity (2007–2013)

IV. The Emotionally Healthy Leader (Zondervan, 2015)



1. The Problem of Emotionally Unhealthy Spirituality

Inner Life

- a. Face Your Shadow
- b. Lead Out of Your Marriage/Singleness
- c. Slow Down for Loving Union
- d. Practice Sabbath Delight

Outer Life

- a. Planning and Decision Making
- b. Culture and Team Building
- c. Power and Wise Boundaries
- d. Endings and New Beginnings

V. Explore the Iceberg: Know Yourself That You Might Know God

A. Introduction

What lies behind us and what lies before us are tiny matters compared to what lies within us.

Ralph Waldo Emerson



1. Unprocessed Emotions Don't Die

2. Awareness is Necessary for Transformation

3. Healthy Community Requires People Know Themselves

4. Emotions Play a Role in Discerning God's Voice

B. Exercise

Session 2: Leadership That Goes Back to Go Forward

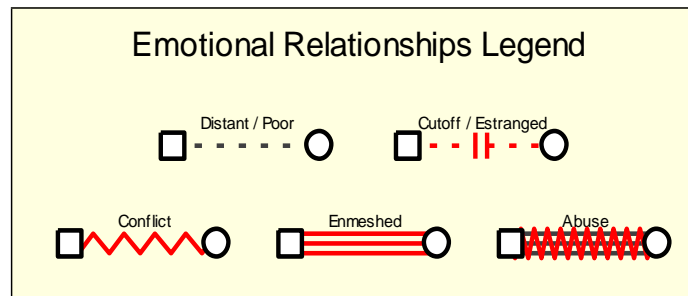
Genogram Worksheet

(Pete and Geri Scazzero © January 2016)

We look at our families, not to find fault, but to get a realistic picture of what unhealthy patterns might be blocking our growth and maturing in Christ. We are not focusing on our positive legacies in this exercise due to the limits of time.

Fill in 1–3 through the eyes of your childhood (8 to 12 years old).

1. Next to each family member (parents, grandparents, siblings, and children) write down 2–3 adjectives describing them.
2. On the lines between your parents describe their marriage(s). Describe your grandparent’s marriages, and then your own marriage (in 2–3 words).
3. Use the symbols from the chart below to describe the relationships between your family members.



Cutoff/Estranged: Family members avoid communication or contact.

Conflict: Issues don’t get resolved.

Enmeshed: Pressure is created for family members to think, feel, and act alike. For example, you are expected to attend a family event and you do so in order not to deal with someone else’s disapproval.

Abuse: Severe crossing of personal boundaries, injuring the dignity and humanity of another—whether it be sexual, emotional, or physical.

Distant/Poor: Low or minimal emotional connection between family members.

4. On the right side of your paper, note generational themes. (*For example, addictions, affairs, losses, abuse, divorces, depression, mental illness, abortions, children born out of wedlock, etc.*)

IV. Applications for Leadership

A. Take Responsibility

1. The Past May Not Be Your Fault, but it is Your Responsibility to Get a Really Good Future Out of It.

2. The Example of Joseph

Joseph said to them, “Don’t be afraid. Am I in the place of God? You intended to harm me, but God intended it for good to accomplish what is now being done, the saving of many lives. So then, don’t be afraid. I will provide for you and your children.” And he reassured them and spoke kindly to them. Genesis 50:19-21

B. Minimize the Impact of Your Shadow in Your Leadership

1. Planning and Decision Making

2. Culture and Team Building

3. Power and Wise Boundaries

4. Endings and New Beginnings

C. Reframe Equipping as Learning to Live in the New Family of Jesus

Examples of Unbiblical Family Commandments

1. MONEY

- Money is the best source of security.
- The more money you have, the more important you are.
- Make lots of money to prove you “made” it.

2. CONFLICT

- Avoid conflict at all costs.
- Don't get people mad at you.
- Loud, angry, constant fighting is normal.

3. SEX

- Sex is not to be spoken about openly.
- Men can be promiscuous; women must be chaste.

4. GRIEF AND LOSS

- Sadness is a sign of weakness.
- You are not allowed to be depressed.
 - Get over losses quickly and move on.

5. EXPRESSING ANGER

- Anger is dangerous and bad.
- Explode in anger to make a point.
- Sarcasm is an acceptable way to release anger.

6. FAMILY

- You owe your parents for all they've done for you.
- Don't speak of your family's “dirty laundry” in public.
- Duty to family and culture comes before everything.

7. RELATIONSHIPS

- Don't trust people. They will let you down.
- Don't ever let anyone hurt you.
- Don't show vulnerability.

8. ATTITUDES TOWARD OTHER CULTURES

- Only be close friends with people who are like you.
- Do not marry a person of another race or culture.
- Certain cultures/races are not as good as ours.

9. SUCCESS

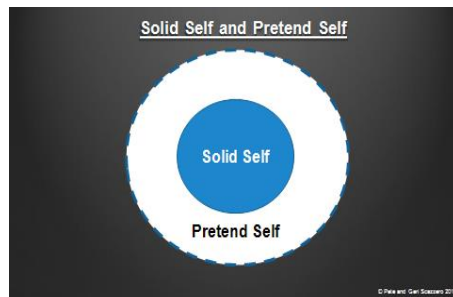
- Is getting into the “best schools.”
- Is making lots of money.
- Is getting married and having children.

10. FEELINGS AND EMOTIONS

- You are not allowed to have certain feelings.
- Your feelings are not important.
- Reacting with your feelings without thinking is okay.

D. Grow in Differentiation

1. **Working Definition:** Remaining connected to people, yet not allowing my reactions or behaviors to be determined by them.



2. The Differentiation Scale

0.....25.....5075.....100

25–50

- Most of self is a “false self” and reflected from others
- When anxiety is low, they function relatively well
- Quick to imitate others and change themselves to gain acceptance from others
- Often advocate one set of principles/beliefs, yet live another
- Self-esteem soars with compliments and is crushed by criticism
- Often make poor decisions due to their inability to think clearly under stress

50–75

- Can follow life goals that are determined from within
- Can state beliefs calmly without putting others down
- Can allow children to progress through developmental phases into adult autonomy
- Able to cope with crises without falling apart
- Stay in relational connection with others without insisting they see the world the same

E. New Skills + New Language + Intentional Follow-Up = Transformed Community

1. The Community Temperature Reading

Purpose: To increase awareness within yourself of your God-given value and to build healthy relationships with others.

a) Appreciations and Excitements

Appreciations are about the positive aspects of life together – what is good about others or what they have done; buffer for not taking one another for granted.

e.g. I appreciate you putting out the garbage every Tuesday night.

e.g. I appreciate you filling the car up with gas.

e.g. I appreciate you making me coffee in the morning.

b) Worries, Concerns or Puzzles

Expressing a “puzzle” enables us to avoid *judgments* instead of jumping to assumptions or negative interpretations about our spouse. They help us to pause and catch our hearts before it jumps to judgment.

e.g. Instead of saying: “You still haven’t paid that bill?!”, we can say, *“I’m puzzled why you haven’t paid that bill yet.”*

e.g. Rather than say, “You should have called me,” we can say, *“I’m puzzled as to why you didn’t call me if you knew you would be late.”*

c) Complaints and Recommendations

Refers to LITTLE ANNOYANCES.

The purpose of complaints and recommendations is to help each person be aware of and take responsibility for the small irritations and annoyances that arise every day. Here the person with the complaint takes responsibility for coming up with a possible solution.

We invite you to use the format, *“I notice..... and I prefer...”*

e.g. I notice that you often lower the thermostat and I would prefer if you talk to me before you do that.

e.g. I notice you put your dishes in the sink and I prefer you put them directly into the dishwasher.

d) New Information

This can take many forms – events, appointments, new decisions, achievements, opportunities, activities. Relationships can only grow when people know what is happening in each other’s lives – the trivial as well as the important.

e.g. We’re invited to my aunt’s birthday celebration.

e.g. John has a doctor’s appointment on Friday.

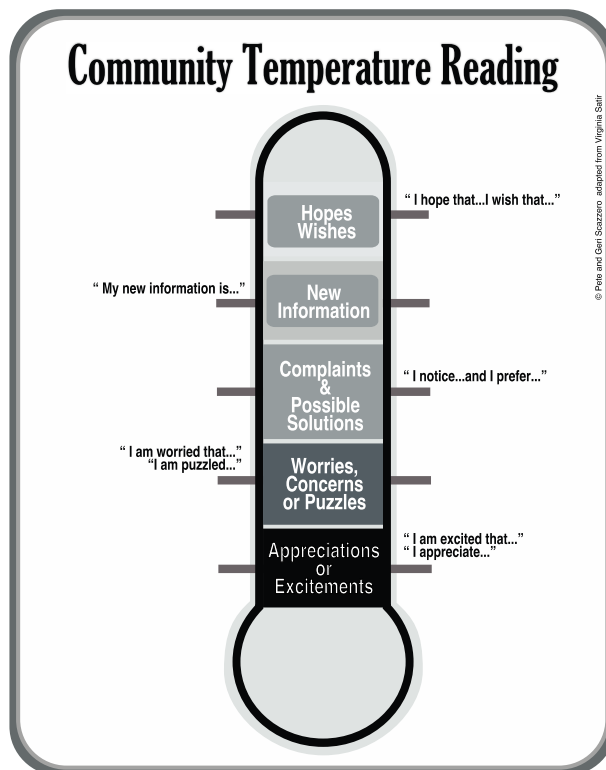
e.g. My meeting was cancelled.

e) Hopes and Wishes

This moves to the immediate future. Sharing hopes and wishes are windows into your unique soul. Family life, in particular, becomes richer as we support and listen to each other’s hopes and dreams.

e.g. I hope I get that new job I applied for.

e.g. I hope Sam makes the basketball team.



Session 3: Leading Out of a Marriage that is a Sign and Wonder

Marriage woven throughout Scripture

Gen. 2:25

The man and his wife were naked, and they felt no shame.

Song of Songs

Rev.19: 6, 9

*Halleluia! Let us rejoice and be glad
wedding of the Lamb has come....
Blessed are those invited to the wedding
supper of the Lamb!*

“For this reason a man will leave his father and mother and be united to his wife, and the two will become one flesh.” This is a profound mystery - but I am talking about Christ and the church.

Ephesians 5: 31-32

I. Make Marriage Your First Ambition

II. Pray for Passion

III. Become a Sign and Wonder

Session 4: Slowing Down for Sabbath Delight

I. The Danger of Leading without Jesus

“Not everyone who says to me, ‘Lord, Lord,’ will enter the kingdom of heaven, but only the one who does the will of my Father who is in heaven. Many will say to me on that day, ‘Lord, Lord, did we not prophesy in your name and in your name drive out demons and in your name perform many miracles?’ Then I will tell them plainly, ‘I never knew you. Away from me, you evildoers!’”

Matthew 7:21-23

Some Jews who went around driving out evil spirits tried to invoke the name of the Lord Jesus over those who were demon-possessed. ...Seven sons of Sceva, a Jewish chief priest, were doing this. One day the evil spirit answered them, “Jesus I know, and Paul I know about, but who are you?” Then the man who had the evil spirit jumped on them and overpowered them all. He gave them such a beating that they ran out of the house naked and bleeding. Acts 19:13-16

II. What is Loving Union?

To allow Jesus and His will to have full access to your life in a posture of attentiveness, openness, and surrender.

III. Obstacles to Loving Union

A. Compartmentalization

B. Chaotic Rhythm

IV. The Sabbath – a 24-hour time frame without anxiety or “have-to’s”

A. “The Sabbath was made for people, not people for the Sabbath”. (Mk 2:27)

I am the Lord your God who brought you out of Egypt, out of the land of slavery.

- * You shall have no other gods before me.
- * You shall not make for yourself an idol.
- * You shall not misuse the name of the Lord your God.
- * Observe the Sabbath day by keeping it holy, as the Lord your God has commanded you. Six days you shall labor and do all your work, but the seventh day is a Sabbath to the Lord your God. On it you shall not do any work, neither you, nor your son or daughter, nor your male or female servant, nor your ox, your donkey or any of your animals, nor any foreigner residing in your towns, so that your male and female servants may rest, as you do. *Remember that you were slaves in Egypt and that the Lord your God brought you out of there with a mighty hand and an outstretched arm.* Therefore, the Lord your God has commanded you to observe the Sabbath day.
- * Honor your father and your mother.
- * You shall not murder.
- * You shall not commit adultery.
- * You shall not steal.
- * You shall not give false witness.
- * You shall not covet. (Deuteronomy 5:6-21)

B. Four Core Elements to a Biblical Sabbath

1. Stop
2. Rest
3. Delight
4. Contemplate

V. Small Group Questions

- What questions do you have regarding Sabbath-keeping?
- What 24-hour period might serve you at this phase of your journey (For example, all day on Mondays or Fridays, 6 p.m. Friday night to 6 p.m. Saturday night every week)?
- What do you need to stop that relates to your work—paid and unpaid?
- What activities create rest and delight for you?
- If you already keep the Sabbath, what adjustments could you make in order to deepen or broaden your experience?

VI. Final Sabbath Applications for You and Your Church

A. Reframing Vacations and Getaways

B. Sabbaticals: The Long View

C. Introducing Sabbath to the Whole Church

D. For FAQ's and Other Resources:

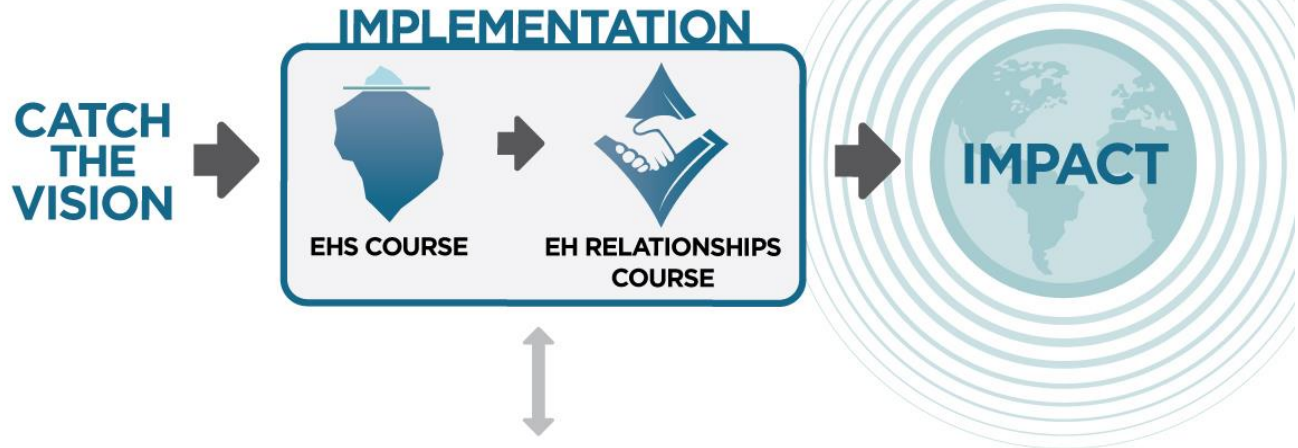
- For free sermons on Sabbath by Pete, go to:
<http://www.emotionallyhealthy.org/media/sermons/>
- Wayne Mueller, *Sabbath: Finding Rest, Renewal, and Delight in Our Busy Lives* (Bantam, 2000)
- Lynn Baab, *Sabbath Keeping: Finding Freedom in the Rhythms of Rest* (IVP, 2005)

Implementing EHS into Your Church

I. The Task Before Us: Making Disciples for the Sake of the World

Emotionally Healthy Spirituality

A Strategy for Discipleship that Deeply Transforms Lives



A. The Emotionally Healthy Spirituality (EHS) Course

For free resources and help, go to: <http://www.emotionallyhealthy.org/courses/the-ehs-course/>

- The Problem of Emotionally Unhealthy Spirituality (Saul- 1 Sam. 15)
- Know Yourself that You May Know God (David- 1 Samuel 17)
- Go Back to Go Forward (Joseph - Gen. 50)
- Journey Through the Wall (Abraham - Gen. 22)
- Enlarge Your Soul through Grief and Loss (Jesus - Matt. 26)
- Discover the Rhythms of the Daily Office and Sabbath (Daniel -Daniel 6 and Ex. 20)
- Grow into an Emotionally Mature Adult (Good Samaritan -Luke 10)
- Go the Next Step to Develop a “Rule of Life” (Early Church - Acts 2:42ff)

B. The Emotionally Healthy Relationships Course

For free resources and help, go to: <http://www.emotionallyhealthy.org/courses/eh-relationships-course/>

- Community Temperature Reading
- Clarify Expectations
- Stop Mind Reading
- Genogram Your Family
- Explore the Iceberg
- Incarnational Listening
- Climb the Ladder of Integrity
- Clean Fighting

C. Sign-up for the Course Leaders' Network and be connected to a Course Coach

Receive exclusive insights, resources and personal coaching to help you launch, run and integrate the courses in your church. Find out more at:

<http://www.emotionallyhealthy.org/courses/the-ehs-course/>

D. How to Lead the EHS Course Training (Live Stream)

Thurs., Nov 17th 10 am- 4 pm.

II. Stay Connected



www.emotionallyhealthy.org

Podcasts/Weekly Updates from Pete/etc.



@petescazzero



www.facebook.com/PeteScazzero

To take a free personal emotional health assessment, visit <http://www.emotionallyhealthy.org/tools/ehs-toolbox/personal-assessment/>

My Applications

Put the Principles You've Learned into Practice

Note below your biggest takeaways from God for each of the Sessions.

Session 1: Jesus' Upside Down Spirituality

Session 2: Leadership That Goes Back to Go Forward

Session 3: Leading Out of a Marriage that is a Sign and Wonder

Session 4: Slowing Down for Sabbath Delight

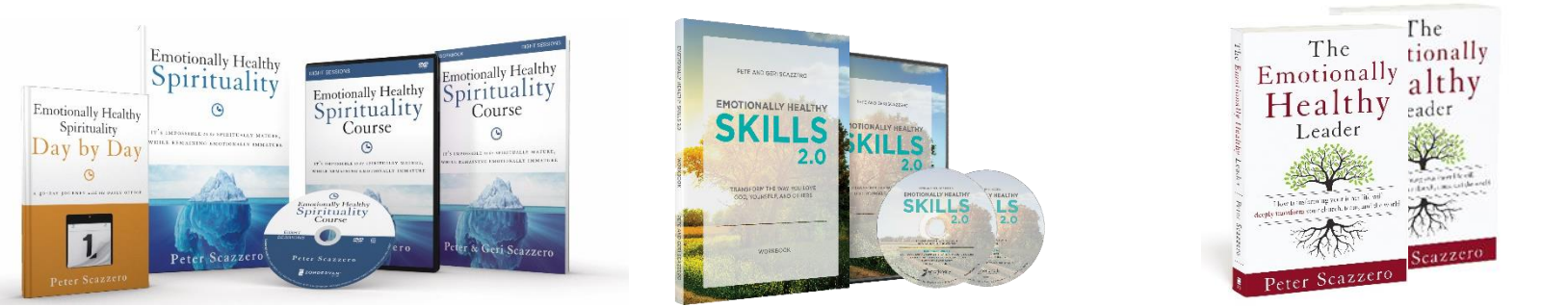
Now it is time to get started!

Prioritize your takeaways. Don't try to put everything in place at once. Make a list of 1-3 takeaways for your personal life and your church/ministry.

Personal

Church/Ministry

PATHWAY to EHS CHURCH TRANSFORMATION



Emotionally Healthy Spirituality – The EHS Course

Leaders Kit: Workbook, DVD & EHS Day by Day
Participants Kit: Workbook & EHS Day by Day

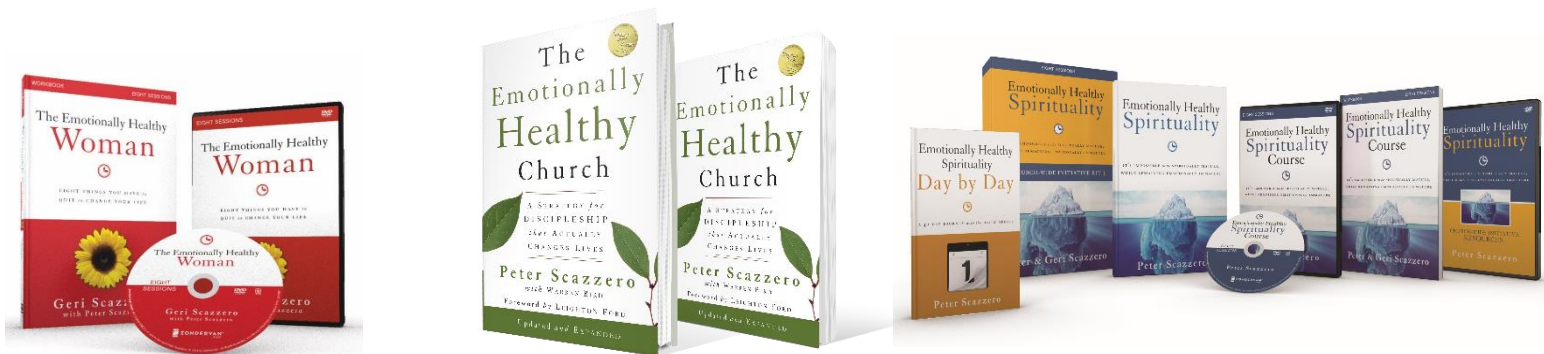
Emotionally Healthy Relationships

Workbook & DVD

The Emotionally Healthy Leader

Book & Study/Discussion Guide

OTHER studies



The Emotionally Healthy Woman

Workbook & DVD

The Emotionally Healthy Church

Book & Workbook

EHS Church-wide Initiative

Workbook, Day by Day, teaching DVD, Multimedia Pack with message transcripts, teaching notes, promotional materials, campaign training DVDs/CDs and kickoff DVD

BOOKS

Emotionally Healthy
Spirituality
Day by Day

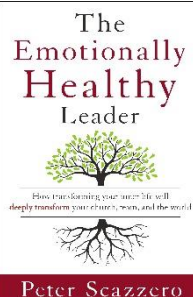


Day by Day

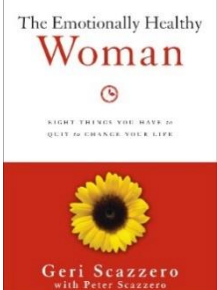
Emotionally Healthy
Spirituality



**Emotionally Healthy
Spirituality**



The Emotionally Healthy Leader



**The Emotionally Healthy
Woman**



emotionally healthy **LEADERSHIP CONFERENCE**

Pete & Geri Scazzero with Rich Villodas

MAY 3-4, 2017

What you do matters; who you are matters more.

This conference is designed to equip church leaders to address what is perhaps the greatest crisis confronting us today – people’s lives are not being deeply changed in our churches. Without this issue being seriously addressed, our long-term missional effectiveness to bring Jesus to the world is limited and stunted.

Our goal is to immerse you in the radical discipleship paradigm we now call emotionally healthy spirituality, giving you a taste of EHS’s many different facets. Moreover, we aim to equip you in your first steps to bring this to your church, movement, or denomination.

Limited to 350 people.

registration

Super Early Bird pricing ends 10/31/16:

Individual: \$229/person
Group 2+: \$209/person
International & Student: \$179/person

Early Bird pricing ends 02/28/17:

Individual: \$259/person
Group 2+: \$239/person
International & Student: \$209/person

Regular pricing beginning 03/01/17:

Individual: \$289/person
Group 2+: \$269/person
International & Student: \$239/person

location

New Life Fellowship

82-10 Queens Boulevard
Elmhurst, New York 11373

contact info

email | info@emotionallyhealthy.org
tel | 888-238-8905

**register now at
emotionallyhealthy.org**

conference schedule

Each year our understanding and insights around Emotionally Healthy Leadership continue to deepen and expand. As result, our conference grows deeper and sharper each year.

We strongly encourage you to read *The Emotionally Healthy Leader* (Zondervan, 2015) and *Emotionally Healthy Spirituality* (Zondervan 2006). We will be expanding and applying the truths found in those books over our two days together.

WEDNESDAY May 3

9:00am - 5:30pm

Welcome and Worship

Session 1:

Opening address with Pete and Geri Scazzero

(EH Skill - Explore the Iceberg)

Session 2:

Leadership that Goes Back to Go Forward

(EH Skill - Genogram Your Family)

Lunch *(In-House Lunch Provided)*

Session 3:

Differentiation and Climbing the Ladder of Integrity

Session 4:

The EHS Courses and Church Culture Transformation

THURSDAY May 4

9:00am - 5:30pm

Session 5:

Slowing Down for Sabbath Delight

Session 6:

The Power of a "Rule" of Life to Transform You and Your Church

Lunch *(On Your Own)*

Session 7:

Workshops *(choose one)*

- Emotionally Healthy Preaching
- Emotionally Healthy Ministry to the Poor and Marginalized
- Clarify Expectations: a Key EH Relationship/Culture Shaping Skill
- The Challenge of Power and Wise Boundaries
- Emotionally Healthy Prayer and Prophetic Ministry
- The Transformative Power of Grief & Loss in EHS

Session 8:

Next Steps: Limits, Miracles, and the Power of God

pre-conference seminar for married couples

THE LEADER'S MARRIAGE

MAY 2, 2017

9:00am - 5:30pm

Becoming a Sign of God's Passionate Love for the World

There are few greater challenges as pastors and leaders than maintaining and nurturing a high-quality, intimate marriage. This seminar focuses on these challenges and offers practical, biblical experiences that will transform your marriage relationship. **Limited to 60 couples.**

Topics Include:

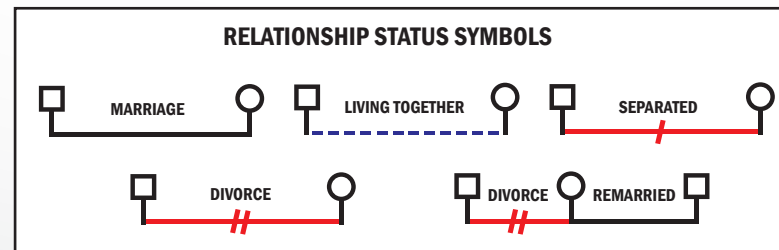
- Leading Out of Your Marriage
- Community Temperature Reading
- Quit Criticism, Choose Affirmation
- Sex as Communication
- Incarnational Listening (Speaking and Listening)
- Stop Mind Reading
- Spiritual Practices to Become a Marital Sign and Wonder

For registration information and requirements visit emotionallyhealthy.org

GENOGRAM YOUR FAMILY



RELATIONSHIP	RELATIONAL DYNAMICS	SYMBOL
Conflicted	A consistent pattern where issues do not get resolved between people.	
Cut Offs	People in the family stop talking to one another or avoid contact.	
Distant/Poor	Low or minimal emotional connection between family members.	
Enmeshment	Pressure is created for family members to think, feel and act alike. There is low tolerance for people to be separate, to disagree, or to be different.	
Abuse	A severe crossing of personal boundaries - whether it be sexual, emotional, or physical, severely injuring the dignity and humanity of another.	



THEMES

EARTHQUAKE EVENTS

SILENCE & STILLNESS GUIDELINES

The Lord will fight for you; you need only to be still. Ex 14:14

- Sit down and take a few deep breaths to settle into the silence.
- Choose a very simple prayer to express your openness and desire for God.
(e.g. Abba, Father, Holy Spirit, Jesus, Here I am Lord)
- Close your eyes and offer this prayer to Jesus, allowing His will and love full access in your life.
- When you become distracted, offer again your simple prayer back to God.



CREATING A RHYTHM IN YOUR DAY

 **Morning Prayer:** 6:00am - 9:00am

 **Afternoon Prayer:** 11:00am - 2:00pm

 **Evening Prayer:** 5:00pm - 8:00pm

 **Compline:** Just before going to bed/sleep

DURING OUR TIME OF SILENCE/STILLNESS:

 We receive His love

 We let go, surrendering our will to His will

 We open ourselves to hear God speak