

Grace Discipleship Institute (GDI) Course 2025

SYNOPSIS

Course Name	Emotionally Healthy Spirituality		
Date / Day / Time	*8, *15, 22, 29 Jul; 5, 12, 19, *26 Aug/ Tuesday / 8 – 9:45pm		
Growth (KWRSS)	DMT / Walk-Relate / GIC >> CTC >> CC		
Course Objective	Participants will be able to learn new pathways to develop an emotionally healthy spirituality. We will be introduced to contemplative spiritual practices to help us draw close to God. We will apply the biblical teachings to embrace our past experiences and life challenges for a life of discipleship. In our desire to grow in spiritual maturity, we will identify growth areas to develop our Christian walk for an intimate relationship with God, and to learn to love self and others well.		
Target Audience	Believers who desire to grow in discipleship by developing a deep inner life to love God, to love oneself and others well.		
Synopsis	<p>It is impossible to be spiritually matured while remaining emotionally immature. Through this course you will discover seven biblical, reality-tested steps to growing into an emotionally matured person:</p> <ul style="list-style-type: none"> • Becoming your authentic self • Breaking the power of the past • Letting go of power and control • Surrendering to your limits • Stopping to breathe by practicing rest and Sabbath • Learning new skills to love well • Loving Christ above all else 		
Speaker (if any)	Ps Goh Lee Choo & Team of Facilitators		
Format	A combination of online and onsite sessions, with small group sharing, discussion and application		
Venue	Session 1, 2 & 8 (onsite at Grace@Tanglin) The other Sessions are online on Zoom	Cost	FOC

Remarks	<ul style="list-style-type: none">• Participants to purchase a copy of two EHS books by Peter Scazzero (available in Amazon):<ul style="list-style-type: none">○ Emotionally Healthy Spirituality (EHS) book and○ Emotionally Healthy Spirituality Day by Day book <p>Before each session,</p> <ul style="list-style-type: none">• participants read one chapter of the EHS book with teaching videos• slow down to reflect using “EHS Day by Day” book <p>Attendance requirement: Minimum 75% to benefit from the course</p>
----------------	---