

Grace Discipleship Institute (GDI) Course 2026

SYNOPSIS

Course Name	Emotionally Healthy Spirituality
Date / Day / Time	*1, *8, 15, 22, 29 September ; 6, 13, *20 October Tuesday 8 – 9:45pm
Growth (KWRSS)	DMT / Walk-Relate / GIC >> CTC >> CC
Course Objective	<p>Many Christians are spiritually active yet emotionally stuck. Unhealed wounds, unhealthy relationship patterns, and unresolved conflict can quietly shape a performance-based spirituality that eventually leads to burnout and broken relationships.</p> <p>We believe spiritual maturity cannot grow apart from emotional maturity. To make healthy disciples, we must first become healthy disciples.</p> <p>Emotionally Healthy Spirituality (EHS) invites disciples to go beneath the surface and grow from the inside out.</p> <p>Through this course, participants will learn to slow down, face their past, embrace their limits and build a life rhythm to live and lead from rest. This helps participants transition from a surface-level faith to a deep, integrated life, living more authentically with God, themselves, and others.</p>
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>This course is designed as an 8-week journey for participants to develop biblical foundation and principles to grow in emotional health and spiritual maturity.</p> <p>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 the air of eternity • Learning new skills to love well • Loving Christ above all else

	<p>Contemplative spiritual practices will also be introduced to integrate into your daily life.</p> <p>Participants are required to purchase the following EHS books authored by Peter Scazzero (available in Amazon):</p> <ul style="list-style-type: none"> ○ Emotionally Healthy Spirituality (EHS) book ○ Emotionally Healthy Spirituality Day by Day book 		
Speaker (if any)	Ps Goh Lee Choo & Team of Facilitators		
Format	<p>A combination of online and onsite sessions, with small group sharing & discussion for application.</p> <p>Before each session, participants are</p> <ul style="list-style-type: none"> • To read one chapter of the EHS book & watch teaching videos. • To slow down to reflect using “EHS Day by Day” book 		
Venue	Session 1, 2 & 8 (onsite at Grace@Tanglin) The other Sessions are online on Zoom	Cost	FOC
Remarks	<p>Attendance requirement: Minimum 75% to benefit from the course</p>		