

year 2, training 1 syllabus

FOCUS: SELF
themes: gospel + personal

› COURSE GUIDES

Module 1 - Emotionally Healthy Leader

Content Instructor: Trey Abney

POD Leader: Trey Abney

Module 2 - Communication

Content Instructor: Kristian Hernandez

› COURSE DESCRIPTION

Gospel centered relationships and communication are an extremely important part of the flourishing of your growing community of faith. The redemption through Jesus and on-going sanctification through His Spirit transforms our relationships into life-giving and not life-taking ones. This is evidenced, as Ephesians states, in truthful and loving speech, anger but not rage, confession and reconciliation, among many others. To start your second year in Training 1 we are going to journey together through two resources that help us cultivate healthy relationships and contextual communication.

› COURSE OBJECTIVES

1. Cultivate healthy relationships both personally and professionally.
2. Examine the task of gospel communication

› COURSE FORMAT

This course is structured differently than previous courses. Each week's content will consist of videos, reading, writing, and/or activity for the topic. There will be 8 weeks of sessions with an EHL facilitator. There are also videos and reading associated with Module 2 - you will need to be self paced to finish those during the Trimester. Each element is considered an essential portion of the program.



module 1

emotionally healthy leadership

› MODULE DESCRIPTION

The redemption through Jesus and on-going sanctification through His Spirit transforms our relationships into life-giving and not life-taking ones. This is evidenced, as Ephesians states, in truthful and loving speech, anger but not rage, confession and reconciliation, among many others. It is also evidenced in avoiding malice, exploitation, bitterness, wrath, slander, narcissism, sexual immorality, among others. Through the Emotionally Healthy Discipleship paradigm, we will explore foundational identities and enfleshed practices of cultivating healthy relationships both personally and professionally.

› KEY VERSES

Ephesians 4:17 – 5:21

› REQUIRED READING

Scazzero, Peter *The Emotionally Healthy Leader*, Zondervan, 2015.

Scazzero, Peter *Emotionally Healthy Spirituality Day by Day* Zondervan, 2018.

› ASSIGNMENT

Complete weekly reading + pre-call work in *The Emotionally Healthy Leader* as provided by Instructor.

Practice the Daily Office (silence and devotionals 2x daily)



module 2

gospel communication

MODULE DESCRIPTION

Using the Beholding and Proclaiming model, we will examine the task of a gospel communication being two-fold: the foundational beholding of God's glory revealed in a scriptural text and then the faithful proclaiming of what the preacher has seen to a contextualized audience.

KEY VERSE

Ephesians 6:18-20

OPTIONAL READING

Hernandez, Kristian. *Beholding and Proclaiming: Reimagining the Art of Preaching, Reclaiming the Training of Preachers*. 2018

ASSIGNMENT

In preparation for a preaching lab at retreat, engage with the videos and come prepared to communicate a 5 minute sermon (frame this for whatever is appropriate for your current model). Please work from the same portion of scripture as your cohort members (John 2:1-12). There is also a template in your course resources that can be used after watching each video to help process through Kristian's steps. This part is not required, just available as a tool if you find it helpful.

You can also use the additional processing questions below as an aid to developing your sermon by reflecting on the "audience" God has called you to preach the Gospel to.

1. Reflect on the impact of our broader culture (Ex. Post Modern, Post Christian, Religious, Atheistic, etc) that exists within the community you are trying to reach.
2. Consider the followers of Jesus you are discipling in your community and identify the idols that exist in their lives. What are the things that occupy the center of their lives other than Jesus? What are their functional gods?
3. Think of different kinds of people you are reaching or feel called to reach. Once you identify them, jot down the idols that keep them bound spiritually (in other words, what the things that they love that will hinder them from fully embracing the Gospel?)
4. Take time to pray"

hand + heart rhythms

YEAR 2

Below is the list of topics and rhythms you are being asked and invited to engage in over the course of Training 1. The growth and development of you as a planter, leader, and follower of Jesus is done not just through the head, but also through the rhythms of your heart and hands. Some will be daily practices, like the 30 min devotion, and others can be engaged with at the times that work best for you.

training 1: SELF

themes: **gospel** + **personal**

heart

➤ 21 Day Fast:

[Fasting Resources](#)

➤ 30 Min Daily Prayer/Devotion:

[Emotionally Healthy Spirituality Day by Day](#) (align with EHL syllabus assignments)

hands

➤ Develop A Rule of Life:

[Rule of Life Workbook](#). If you have already created one prior to this revisit and renew the workbook.

Financially Participate in Church:

We are constantly tempted to do this work on our own wisdom and strategy but both disallow the Spirit of God to be the chief builder in this work. Like the biblical concept of the tithe, we are asked by God to willingly part with the first portion of our possessions as a declaration that we are not the providers and sustainers of our lives; rather, He is. We are asking that you build this principle into the foundation of your church plant now acting in a way that is obedient to the Lord and entrusting all of this work not to your strategy or wisdom but His presence and power.