



Module One was an introduction to the heart and being in tune with our emotions.

The transition between retreats is to prepare you to experience the next Module.

### **Module One – Interim Learning Details**

**WHAT YOU ARE WORKING TO LEARN:** The practice of connecting with your emotions and learning to embrace them. It is important to get comfortable with being vulnerable, authentic and in our “brokenness” to prepare our hearts to be able and ready to “be with Jesus” and accept His love more.

**YOUR GOAL:** Develop the practice of creating capacity to live a spiritual life from the heart and live from the deep places. As Moses declared, “I will seek the Lord with all of my heart.” (Deuteronomy 4:9)

#### **YOUR CRITICAL ACTIVITIES:**

- **Journaling about thoughts and feelings:** *What is going on beneath my surface so that I can get in touch with my brokenness; noticing how my spiritual & emotional maturity impacts or shows up in my life and how I handle it*
- **Slowing Down:** *Knowing the every spiritual journey takes us to the hardest realities in our lives and facing them requires intentional, focused time. Asking God to give me strength to stay with the discomfort of the “pain & confusion” that comes when looking beneath the surface.*
- **Breaking the past:** *Reflecting on my story and how my past might be negatively affecting my ability to love people.*
- **Studying my limits:** *Learning that God wants me to be emotionally healthy and to do so requires that I set limits to honor my own well-being and my relationships.*

### **Module One – Interim Learning Rhythms**

#### **EACH MODULE WILL INCLUDE THESE ACTIVITIES. HERE THE SPECIFIC ACTIVITIES FOR MODULE ONE**

- **Book Discussions** (One per Module) **March 18th @ 6:30 pm** Recorded for those who cannot attend  
Read The Emotionally Healthy Church  
Questions: What did you learn about yourself from this book? How will the learning assist you to mature emotionally and spiritually? How will you help other in the growth process?
- **Journaling** (At least two times per week) What you are noticing, learning, thinking, feeling, etc.
- **Coaching** (Two times per Module) See the document in Dropbox: “Coaching and Buddy Coaching 2011 02” This also includes email interchanges and monthly check-ins
- **Buddy Coaching** (Two times per month) See the document in Dropbox: “Coaching and Buddy Coaching 2011 02” and follow the suggested guidelines
- **Blog:** [www.TransformationalDiscipleship.org](http://www.TransformationalDiscipleship.org) Subscribe to follow with updates of new postings
- **Webinars** (Details to be provided) Learning that will also be recorded for you to download  
**March 29<sup>th</sup> @ 9:00 – 9:00 pm CST**  
**April 12<sup>th</sup> @ 9:00 – 9:00 pm CST**
- **Creating Space** (Creating regular rhythms) Prayer & devotional reflection

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During the Module Two Retreat – April 20 & 21 – we will explore BEING with God and learn about spiritual disciplines to connect with God in our heart. These skills will be in the area of solitude and community. The work that you are during this interim will prepare you for Module Two. If you have any questions, let us know.