

Emotionally Healthy Spirituality



Each person needs to get a book.
Leaders can purchase a Leader's Guide but not necessary.
Here are the video clips to the series

Week 1. The Problem

<https://www.youtube.com/watch?v=895hXe7KMOw>

Week 2. Know yourself that you may know God

2a intro

<https://www.youtube.com/watch?v=WMSXAxORlRk>

2b closing summary

<https://www.youtube.com/watch?v=Sx1nuHEX9z4>

Week 3 Going back so I can go forward

3a into

https://www.youtube.com/watch?v=d3RUT_O-LhM

3b closing

<https://www.youtube.com/watch?v=49kWQbgy7Lg>

Week 4. The Wall

4a intro

<https://www.youtube.com/watch?v=idJQjk1ojMI>

4b closing

<https://www.youtube.com/watch?v=sUqc8XuliPc>

Week 5. Enlarge your soul through Grief and Loss

5a intro

https://www.youtube.com/watch?v=VrA_8zuIVd0

5b closing

https://www.youtube.com/watch?v=Y_DmsJFPJd4

Week 6. Discover the Rhythms of the Daily Office

6a intro

<https://www.youtube.com/watch?v=FMtd1n6mCqo>

6b closing

https://www.youtube.com/watch?v=GhDHoubg_00

Week 7. Growing into an Emotionally Mature Adult

7a intro

<https://www.youtube.com/watch?v=M5OY5-u59MQ>

7b closing

<https://www.youtube.com/watch?v=Tookb4GVPAA>

Week 8. Develop a Rule of Life

8a intro

<https://www.youtube.com/watch?v=-yjP8Yxs1Jk>

8b closing

<https://www.youtube.com/watch?v=vAUMn82QDo>