

## Under The Hood

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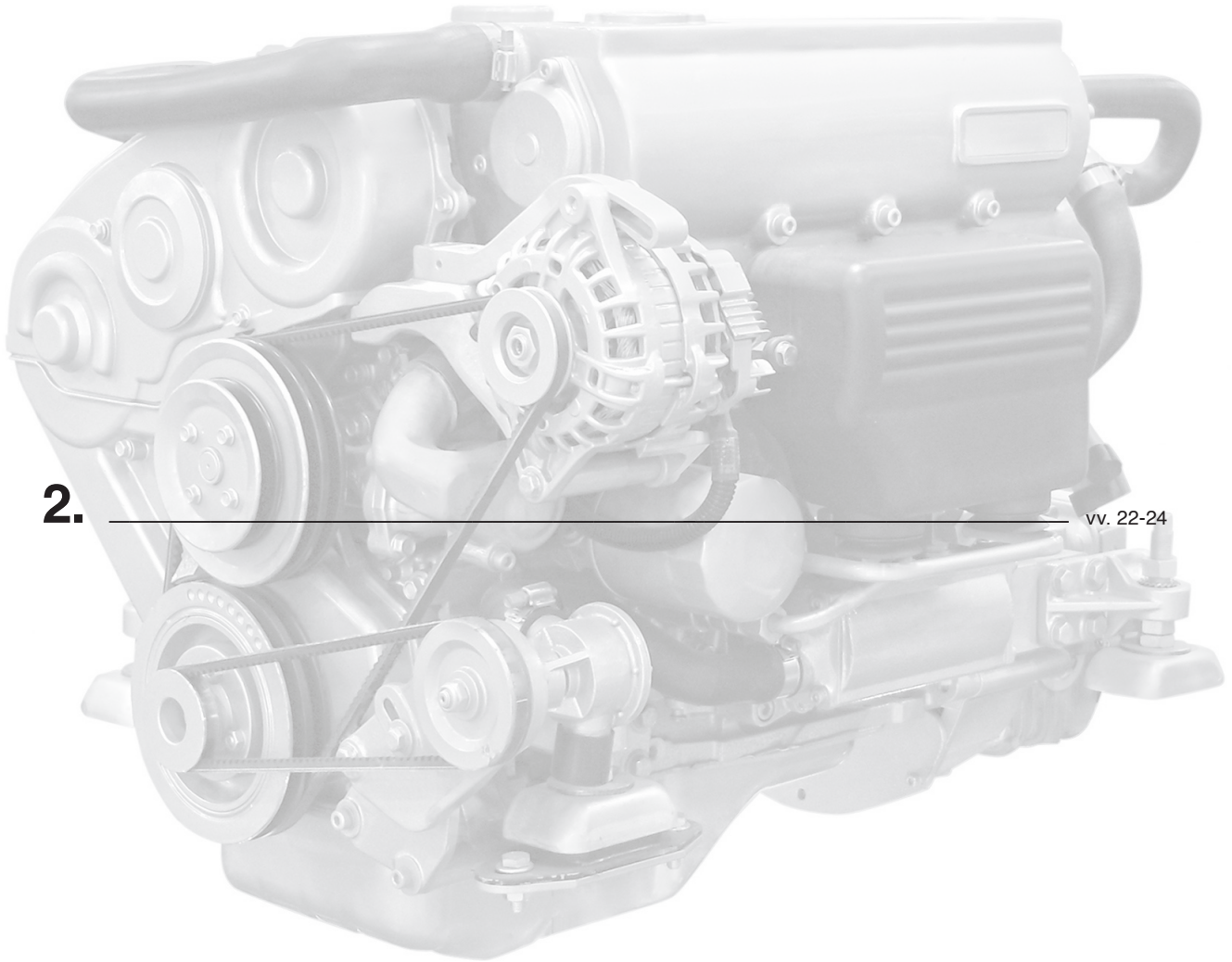
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vv. 18-21

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# emotionally HEALTHY SPIRITUALITY

## WHAT IS EMOTIONALLY HEALTHY SPIRITUALITY (EHS)?

EHS is an 8-week bible series to help deepen your walk with Jesus by addressing the often neglected emotional side of spiritual growth. This is a unique opportunity for you to develop a spiritual maturity that will change the way you've typically approached the topic. It is comprised of daily devotions, silent reflection, and personal application of God's word. It also includes weekly small group gatherings, providing a safe space for exploration, discussion, and practical experiences.

## SUNDAY MORNINGS

On Sunday mornings, the sermon messages will highlight a specific topic that EHS will cover for that particular week. Examples: The Problem of Emotionally Unhealthy Spirituality, Journey Through the Wall, Discover Spiritual Rhythms, And more...

## HOW DO I GET INVOLVED?

Purchase the Emotionally Healthy Spirituality Course Participant's Pack: Discipleship that Deeply Changes Your Relationship with God at [emotionallyhealthy.org](http://emotionallyhealthy.org) or Amazon.

Join a Grow Group today! Email [shelby@pccsc.org](mailto:shelby@pccsc.org) or sign-up via our website at: [pacificcoastchurch.org/gg](http://pacificcoastchurch.org/gg)

