

Emmaus Institute
Discipleship Classes
Winter 2022

Week 1 - Wednesday, Jan 5

Title: The Context of Stress

Description: We will investigate and discuss the prevalence of stress in our society and lives, and how that stress is resulting in so many of the behaviors we are familiar with today.

Week 2 - Wednesday, Jan 12

Title: The Various Manifestations of Stress

Description: We will investigate and discuss in detail the various stress disorders recognized medically today.

Week 3 - Wednesday, Jan 19

Title: The Various Solutions to Stress

Description: We will investigate and discuss the various treatments available today, most of which are particularly empowered for Christians and do not require medications.

Week 4 - Wednesday, Jan 26

Title: Depression: It's Manifestations and Solutions

Description: We will investigate and discuss the various causes, expressions, and solutions of depression. Again, many of these solutions are particularly empowered for Christians.