



## WORKBOOK OVERVIE<u>W</u>

- + Topical chapters participants can join at any time
- + Living and Family Grace Workbooks: 16 chapters
- + Redefine Grace Workbook: 10 chapters





### LIVING + FAMILY: GROUP OPENING

### **HEALTHY GROUP GUIDELINES:**

Guidelines to help establish healthy group dynamics. Read at beginning of every lesson as a reminder. Refer back to these throughout your group to keep the dialogue healthy and the group moving forward.

## LIVING + FAMILY: GROUP OPENING

### **GROUP UPDATE:**

Provide 1-3 people a chance to share about a life update, how they've seen or experienced God at work, or how they've incorporated something from the previous chapter in their day-to-day lives.

#### NOTE:

 + If sharing "highs and lows," limit time to prevent this from taking up entire group time.
 + New members: just ask for first name, don't need to share about mental

health difficulty or diagnosis until they feel ready

### LIVING & FAMILY: FAITH

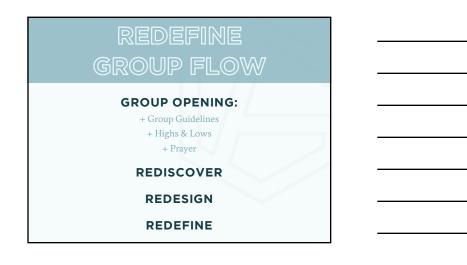
- + Opening Prayer
- + Investigate lives of men & women from the Bible to discover how faith, personal challenges, anxiety, depression and other mental health difficulties & disorders collide
- + Read Scripture & summary paragraph aloud as a group
- + Respond to discussion question as a group

## LIVING + FAMILY: FACTS

- + Compelling insights regarding relevant topics pertaining to mental health
- + Read each fact + question aloud together
- + Answer questions as a group
- + Some chapters also contain a tool or exercise in this exercise complete as a group

## LIVING + FAMILY: FUTURE

- + Weekly Takeaways: ways integrate lesson into daily life
- + Structured Prayer: read listed prayer together
- + **Group Prayer:** close with comforting group prayer
- + **Fellowship:** allow time for fellowship & followup after meeting finishes



# REDEFINE: GROUP OPENING

### GROUP GUIDELINES:

Read at start of every lesson to review and help establish healthy group dynamics and boundaries.

## REDEFINE: GROUP OPENING

### HIGHS + LOWS:

Briefly offer opportunity to share positive encouragements, answered prayers, goals met or any challenging or discouraging situations

### REDEFINE: GROUP OPENING

### PRAYER:

- + Validate and affirm highs and lows
- + Transition to short, simple prayer

#### Sample Prayer:

Father, thank you for being with us and understanding our unique journeys and stories. Give us wisdom to discover helpful insight and tools for each of our paths. Thank you for giving us hope, grace and Your steadfast love for better days to come. In Jesus' name, Amen."

## REDEFINE: REDISCOVER

- + Learn about personal journeys of men & women from the Bible to discover how they navigate overwhelming challenges and anxieties
- + Read Scripture & summary paragraph aloud as a group
- + Respond to discussion question as a group leave time to write down response

### REDEFINE: REDESIGN

- + Learn new facts about relevant topics
- + Read each fact + question aloud together
- + Answer questions as a group write down answers
- + Some chapters also contain a tool or exercise in this exercise complete as a group

### **REDEFINE:** REDEFINE

- + Pause to review: give time to write down thoughts & take-aways from chapter
- + Structured Prayer: read listed prayer together
- + Group Prayer: close with comforting group prayer
- + Fellowship: allow time for fellowship & followup after meeting finishes

### **REDEFINE:** HOW IT'S USED

- + POSSIBLE USES:
  - Individually
  - One-on-one with mentor or friend
  - + In a small group
- + POSSIBLE SETTINGS:
  - + Small group curriculum utilized by youth pastor to support a mental health series
  - + Small group curriculum for a few friends attending same school, living in same apartment or with similar experiences

  - Mentorship relationship content
    Support group materials for Care & Recovery ministry