



WORKBOOK OVERVIEW

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

LIVING + FAMILY GROUP FLOW

GROUP OPENING:

- + Key Point
- + Healthy Group Guidelines
- + Highs & Lows

FAITH

FACTS

FUTURE

LIVING + FAMILY: GROUP OPENING

KEY POINT:

Brief 1-2 sentence overview of the chapter. You can read together to introduce the topic for the meeting.

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 & follow-up after meeting finishes

REDEFINE GROUP FLOW

GROUP OPENING:

- + Group Guidelines
- + Highs & Lows
- + Prayer

REDISCOVER

REDESIGN

REDEFINE

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 & follow-up 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
