

ORIGINAL DESIGN **RESTORED**

Leader Packet



Hi!

THANK YOU SO MUCH FOR BEING WILLING TO WORK THROUGH THIS WORKBOOK WITH A SMALL GROUP! MY PRAYER IS THAT IT IS TRULY A TRANSFORMATIVE EXPERIENCE FOR EACH ONE OF YOU! WHAT YOU'LL FIND IN THIS PACKET IS A HANDFUL OF RESOURCES THAT WILL MAKE THE PROCESS OF WORKING THROUGH THIS WITH A GROUP A LITTLE SIMPLER.

THIS WORKBOOK IS DESIGNED FOR 12 SESSIONS; HOWEVER, YOU CAN ADJUST IT TO A 10-SESSION FORMAT IF YOU HAVE PARTICIPANTS WORK THROUGH CHAPTERS 5 AND 6 ON THEIR OWN, SEPARATE FROM THE GROUP SESSIONS.

THIS WORKBOOK IS ALSO DESIGNED TO HAVE THE PARTICIPANTS WORK THROUGH THE CHAPTER ON THEIR OWN PRIOR TO MEETING TOGETHER, SO THAT YOU ALL ARE READY TO DISCUSS THE CONTENT WHEN YOU GET TOGETHER. THE FOCUS VERSE AND QUESTIONS COME OUT OF THE CONTENT IN THAT CHAPTER.

WHILE THE SIZE OF A SMALL GROUP IS AT YOUR DISCRETION, THE CONTENT HERE WOULD BEST BE SHARED IN GROUPS OF 3-8 PEOPLE.

AT YOUR FIRST MEETING, I WOULD RECOMMEND HANDING OUT AND REVIEWING THE FEEDBACK PARAMETERS TO SET NORMS FOR CREATING AN EMOTIONALLY SAFE SPACE.

BELOW IS A SAMPLE OUTLINE FOR A 90-MINUTE MEETING. YOU DO NOT HAVE TO ADHERE TO THESE TIMEFRAMES OR STRUCTURE; THESE ARE SIMPLY LISTED TO OFFER SOME SCAFFOLDING FOR HOW TO STRUCTURE A MEETING. I WOULD RECOMMEND THAT YOU TAKE TIME TO ASK GOD HOW HE WOULD HAVE YOU SHAPE YOUR MEETINGS, AND IF HE'D HAVE YOU ADJUST ANYTHING FOR YOUR SPECIFIC GROUP.

KATIE



SAMPLE MEETING OUTLINE

SELF-AWARE (5 MINUTES)

BEGIN EACH MEETING BY HAVING EACH PERSON SHARE WHAT HE/SHE IS FEELING. LIMIT THIS TO ONE SENTENCE PER PERSON, "I AM FEELING..." WITHOUT ANY FURTHER EXPLANATION OF THE REASON BEHIND IT. THIS ALLOWS INDIVIDUALS TO BE SELF-AWARE AND THE GROUP TO ALL HAVE A QUICK UNDERSTANDING OF WHERE EVERYONE IS PERSONALLY.

FOCUS VERSE (10 MINUTES)

READ THE FOCUS VERSE AND ASK HOW THIS WEEK'S CONTENT BROUGHT THIS VERSE TO LIFE IN REAL WAYS.

THE BIG 3 (15 MINUTES ON EACH QUESTION, 45 MINUTES TOTAL)

THERE ARE 3 FOCUS QUESTIONS FOR EACH CHAPTER THAT BUILD UPON EACH OTHER. PLAN TO TAKE APPROXIMATELY 15 MINUTES PER QUESTION FOR THE GROUP TO DISCUSS THE QUESTION AND SHARE PERSONAL RESPONSES.

SELAH (10 MINUTES)

CHOOSE A SONG TO PLAY FROM THE "SELAH" SECTION FROM THAT WEEK'S CHAPTER. AS YOU PLAY THE SONG, ENCOURAGE THE GROUP TO LISTEN FROM AN INTERNAL POSTURE OF PRAYER. *OPTIONAL*: YOU FOLLOW THE SONG UP WITH EXTRA TIME TO PRAY FOR ONE ANOTHER.

CLOSURE (5 MINUTES)

AT THE CLOSE OF EVERY MEETING, TO FACILITATE HEALTHY RELATIONSHIPS, HAVE EVERYONE SPEAK ALOUD A PRAYER THAT SOUNDS SOMETHING LIKE, "I GIVE EVERY PERSON'S STORY BACK TO THEM AND TO YOU, JESUS, AND I BRING MY STORY BACK TO MYSELF, SURRENDERED TO YOU."



FEEDBACK PARAMETERS

AS WE MEET TOGETHER, WHEN OFFERING FEEDBACK TO ONE ANOTHER ABOUT ANYTHING THAT IS SHARED WITHIN THIS GROUP, PLEASE FRAME THE FEEDBACK IN THE FORM OF THE FOLLOWING THREE CATEGORIES AND NOT IN THE FORM OF ADVICE NOR PULLED INTO THE PERSONAL EXPERIENCE OF THE PERSON OFFERING FEEDBACK.

ESSENTIALLY, THE GOAL WOULD BE TO OFFER LIFE-GIVING FEEDBACK TO ANOTHER WITHIN THESE SAFE PARAMETERS AND NOT OFFER ADVICE NOR MAKE FEEDBACK ABOUT OURSELVES.

ALL FEEDBACK WILL BE FRAMED IN ONE OF THESE THREE TOPICS AND WILL SOUND LIKE:

- GIFTS (QUALITIES, CHARACTERISTICS, STRENGTHS)
 - "A GIFT I SEE IN YOU..."¹
- TRUTHS (AS SEEN IN THE PERSON'S STORY)
 - "A TRUTH I SEE IN YOUR STORY..."
- REDEMPTIVE RESTORATION (PLACES WHERE GOD'S HEALING-HAND COULD SHIFT SOMETHING DIFFICULT: A LIE BELIEVED, A WOUND RECEIVED, A SIN PATTERN)
 - "I WONDER IF..." (REDEMPTIVE RESTORATION FEEDBACK)²

IN ADDITION, YOU ARE WELCOME TO ASK QUESTIONS FOR FURTHER UNDERSTANDING OF WHAT SOMEONE HAS SHARED.



SELF-AWARE



FOCUS VERSE



GALATIANS 5:1

THE BIG 3

WHAT DO YOU BELIEVE ABOUT
EMOTIONS?

WHAT DO YOU WANT FROM THE
PROCESS OF WORKING
THROUGH THE WORKBOOK?

WHAT WOULD IT LOOK LIKE FOR
YOU TO ENGAGE AGENCY OVER
THE TRAJECTORY OF YOUR LIFE?

CHAPTER 1

HOPE FOR CHANGE



FOCUS VERSE



JOHN 10:10

THE BIG 3

WHAT DID YOU NOTICE ABOUT
THE GOSPEL?

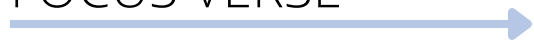
WHAT WOULD IT LOOK LIKE TO
ENGAGE THE GOSPEL AS THE
REALITY OVER YOUR EVERYDAY
LIFE?

WHAT PARTS OF THE GOSPEL
HAVE BEEN OVEREMPHASIZED
OR UNDEREMPHASIZED IN YOUR
PERSONAL EXPERIENCE?

TRANSFORMATION



FOCUS VERSE



2 CORINTHIANS 3:18

THE BIG 3

IF YOU WERE EXPERIENCING
FREEDOM, WHAT WOULD YOU
BE LIKE? WHAT WOULD YOUR
LIFE BE LIKE?

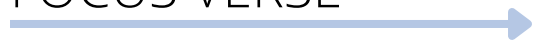
HOW DOES JESUS' BLOOD
MAKIN PEACE, THE POWER OF
THE HOLY SPIRIT, AND YOUR
PERSONAL CHOICES WORK
TOGETHER?

WHAT WOULD IT LOOK LIKE TO
ENGAGE THOSE THREE THINGS
AS YOU PURSUE
TRANSFORMATION?

MEETING WITH JESUS



FOCUS VERSE



JOHN 14:6

THE BIG 3

WHAT HAS BEEN YOUR
EXPERIENCE WITH OR BARRIERS
TO THIS TYPE OF PRAYER?

IF YOU DID TRY OUT THIS TYPE
OF PRAYER WHEN YOU READ
THE CHAPTER, WHAT WAS IT LIKE
FOR YOU?

WHAT DID YOU LEARN ABOUT
JESUS THROUGH THIS CHAPTER
AND/OR STYLE OF PRAYER?

CHAPTER 4

MAPPING YOUR LIFE >>>>>

FOCUS VERSE



COLOSSIANS 1:17

THE BIG 3

WHAT WAS YOUR EXPERIENCE
LIKE MAPPING YOUR STORY?

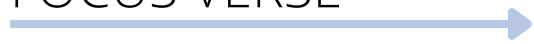
WHAT GIFTS IN YOUR STORY DID
YOU SEE AND CELEBRATE?

WHAT GRIEFS IN YOUR STORY
DID YOU SEE AND GREIVE?

CHAPTER 5

SHARING YOUR STORY >>>>>>

FOCUS VERSE



ROMANS 12:15

THE BIG 3

WHAT WAS THE EXPERIENCE OF
SHARING YOUR STORY LIKE?

WHAT FEEDBACK WAS
INSIGHTFUL OR LIFE-GIVING?

WAS THERE ANY FEEDBACK THAT
DIDN'T RESONATE THAT YOU
NEED TO RELEASE?
(NOTE: PRAY OVER THOSE WHO
HAVE THINGS TO RELEASE.)

CHAPTER 6

WHO YOU ARE



FOCUS VERSE



PSALM 139:14

THE BIG 3

WHAT WAS THE PROCESS LIKE
OF CREATING YOUR IDENTITY
ARTWORK?

FOR ANYONE WHO'S WILLING
TO SHARE THEIR ARTWORK:
WHAT DOES YOUR ARTWORK
TELL US ABOUT YOU?

WHAT DID YOU FIND OUT
ABOUT WHO GOD SAYS YOU
ARE?

TOOLS FOR HEALING >>>>>

FOCUS VERSE



EPHESIANS 4:22-24

THE BIG 3

WHAT WAS ONE TRUTH THAT
COUNTERACTED A LIE THAT HAS
SHAPED YOU?

WHAT WAS THE PROCESS OF
THE WITHDRAWAL SLIPS
EXERCISE LIKE FOR YOU?

WHAT IS YOUR EXPERIENCE OF
THE CONFESS/REPENT/BELIEVE
PROCESS?

FILLING UP



FOCUS VERSE



MATTHEW 22:39

THE BIG 3

HOW DOES TAKING CARE OF
YOURSELF/FILLING UP ALLOW
YOU LOVE OTHERS WELL?

WHAT BASIC NEEDS IN YOUR
LIFE NEED ATTENTION?

WHAT DO YOU PLAN TO DO FOR
WHOLE-PERSON SELF-CARE?

THE END IN MIND



FOCUS VERSE



HEBREWS 12:1

THE BIG 3

WHAT DID YOU NOTICE WHEN
YOU BEGAN TO REVERSE
ENGINEER YOUR LIFE?

WHEN YOU REACH THE END OF
YOUR LIFE, WHAT WILL YOU
WISH YOU HAD FOCUSED ON?

WHAT CHANGES WILL YOU MAKE
NOW TO MOVE TOWARD THE
END YOU DESIRE?

MOVING FORWARD



FOCUS VERSE



PHILIPPIANS 1:6

THE BIG 3

WHAT DID YOU SEE WHEN YOU
LOOKED BACK OVER THE
WORKBOOK?

WHAT ARE YOU STEPPING
AWAY FROM / STEPPING
TOWARD?

WHAT IS THE NEXT STEP FOR
YOU ON YOUR
TRANSFORMATION JOURNEY?

WARRIOR REST



FOCUS VERSE



EPHESIANS 6:13

THE BIG 3

WHAT ARE WE REALLY WARRING
AGAINST?

WHAT DOES SPIRITUAL ARMOR
LOOK LIKE IN REAL LIFE?

HOW IS REST POSSIBLE IN THIS
BATTLE REALITY?