

SMALL GROUP LESSON PLAN



Teaching The Bible Through Practical Biblical Teaching

- Greeting/Opening Prayer/Food & Friendship
- Icebreaker ~ - What steps do you take to prepare for an important event (presentation, interview, competition etc.)?
- Testimonies/Good news/What are you thankful for?
- WOF's Purpose:
 - 1) We teach and educate - exercising believer's rights through practical application
 - 2) We are a holistic church- development of spirit, soul, and body
 - 3) We are a mission's church - serving both domestic and international
- Short review of what was preached at service on Sunday
- Facilitation of Lesson

(Facilitator Notes)

God's Recipe for Healing

Lesson 2: "Mind and Emotions"

God wants us whole in our Spirit, our soul and our body. We are a **Spirit** being, we possess (to have as an ability, quality, or characteristic) a **Soul** (will, mind and emotions) and we occupy a physical **Body**. In part one, we learned how to give ourselves *spiritual* examinations. This lesson will focus on keeping our "**Soul**" healthy by training our mind and controlling our emotions.

READ: 1Corinthians 2:10 -16 NLT, Ephesians 4:17-24 NLT - We have the mind of Christ, but we must choose to follow and flow in cooperation with Holy Spirit.

1. How do you train your mind to be Christ-like (i.e.: prayer, bible study, worship)?

READ: Philippians 4:6-9 NLT, Emotions are reactions to our physical environment, but our Creator has designed an internal healing process for our negative emotions.

2. How did God instruct us to overcome negative emotions? What will you do the next time life circumstances attempt you with unfavorable emotions?

READ: James 1:5-7 NLT, Mark 11:22 25 NLT. The bible instructs us to have faith when asking God for anything, including healing for our mind and emotions.

3. How can you increase your faith?

- Time of Decision (Everyone Bow Your Heads)

1) Receive Jesus as your Lord and Savior: *Some may have never received Jesus. *You may be a good person, give to the poor, and serve in the community. *Has there been a day where you confessed Jesus and Lord?

(Read Romans 10:9) If need to make this decision, raise your hand:

What to do next: Have them repeat after you: "I believe that Jesus is the son of God. I believe he died for me bearing my sins for me. I believe he rose from the dead and is alive right now. Dear Lord Jesus, come into my life now! Come into my heart now! I believe in my heart, and say with my mouth that Jesus Christ is my personal Lord as Savior. And I am, right now, born again."

2) Rededicate your life: *Is your life a mess? *Are you struggling right now? *You know something is just off in life? **{Read 1 John 1:9}** If you want to be restored with God, raise your hand:

What to do next: Lead the person in the following prayer, allowing them to repent before God for the area they have sinned: "Father, I come before you in the Name of Jesus asking for forgiveness ... (allow the person to personally speak to God about the specific thing they are repenting for). After they are finished, close out the prayer with them, thanking God for forgiveness and restoration."

- Time of Prayer
- Your Circle: (Family, Friends and those you have influence with) How's it going?
- Announcements-Next WOF service and any additional announcements
- Dismissal

Prayer focus: 1) Your Circle (friends and family) 2) Small Group members 3) Word of Faith Leadership
Have you reached out to your circle today?