

the ■ ultimate Journey

Phase 1

Unpacking Self-Deception

Leaders Guide

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PART 1: PREPARING TO LEAD

WELCOME!

Welcome to the world of leadership! It is so awesome that you have followed God and taken the steps to lead others on the journey you have been on. We are all still learning and growing, but you are steps ahead of those who are just getting started. Your experience thus far and the fact that your faithful covenant God lives in you is your assurance that it is going to be a great experience. God is in you and traveling with you every step of the way. The Ultimate Leader of all leaders is in control. So don't sweat it. He's got you covered every step of the way! In *The Ultimate Journey* being a leader doesn't mean you know everything. It means that you know the One who does know everything. He will put the resources and people in your path to help you through whatever you need. The Ultimate Leader is leading you. You get front row seats to watch Him work and you will get to enjoy the fruit of what He is doing. Yes, He is doing it and you get to cooperate with Him in what He is doing! Enjoy the ride! It is going to be great!

EXPECTATIONS OF THE GROUP DIRECTOR

1. Maintain communication with church leadership if applicable.
2. Recruit facilitators and FIT's (facilitators in training)
3. Train facilitators with the facilitator training materials provided by Christ-Life Ministries
4. Ensure that Facilitator Registration Forms are turned into the Christ-Life Ministries office.
5. Oversee the promotion of *The Ultimate Journey* in the church and/or community.
6. Secure the meeting places and determine the dates and times for the various phases.
7. Direct the Orientation session for Phase 1 or assign someone to do it.
8. Order training, and promotional materials.
9. Obtain the statue poster, The Kid DVD, acorns, baby dolls and any other resources needed.
10. Garden the facilitators and FITs by holding facilitator training meetings each week and be available to answer their questions as needed. Consider having an end of the session potluck or brunch to show your appreciation to your facilitators and to debrief their Phase 1 facilitating experience.
11. Supply facilitator with any updated training information and other resources.
12. Inform the various FITs what their role in the groups will be.
13. Pray for facilitators and group members.

14. Communicate with Christ-Life Ministries staff when necessary for any problems or situations you want input on. We want to be here for you!

15. Group directors also meet the same expectations that facilitators are asked to meet.

A GROUP DIRECTOR'S PRAYER

Father, I acknowledge You as the Creator, Owner and Director of The Ultimate Journey that I am a part of leading. As my director, Your wisdom, guidance and instruction are released for the administration of this ministry. You bring the counsel and discernment necessary for every aspect of this process. You call upon people to facilitate I surrender to You that You may provide an effective structure to work through. Thank You that You are going to produce the fruit of many godly disciples through this process. I listen and obey and leave the results to You.

REQUIREMENTS FOR FACILITATORS

1. You have been through a Phase 1 group and preferably Phase 2 whenever possible.
2. You have done what you've known to finish your unfinished business up to this point, and are continuing to do so as issues arise.
3. You have grown to a point where your own pain does not prevent you from being able to attend to the hurts and wounds of others.
4. You can be responsible in the areas of attendance, promptness, setting up your room, and seeing that your group has tissues.
5. You can abide by The Support Group Covenant.
6. You have been approved to facilitate by the overseeing Group Leader or Church Leader.
7. You have completed the Facilitator Training through Christ-Life Ministries.
8. You attend the weekly Facilitator Training meetings if applicable.
9. You have "gardener's eyes" and can see each person as a wounded soul, and are able to allow God to love, protect, nurture, encourage, and reveal Himself through you to the people in your small group. Your prayer is that the same love Father God had for Jesus would come through you. (John 17:26)
10. You will not preach, teach, give advice, or try to "fix" anyone in your group. Feelings are for feeling, not fixing! Remember, Pain is not illegal!
11. You are able to keep track of the time so all group members have a chance to share.
12. You are willing to be transparent and share your own issues with your group.

13. Even if you may be a little uncomfortable praying in front of your group, you will be opening and closing each session with prayer.
14. You are able to give affirmations to fellow group members.
15. You have learned the skill of mirroring.
16. You understand the Adult Ally Concept and have been able to become your own Ally.
17. You pray regularly for your group members
18. You believe that you cannot possibly facilitate unless God intervenes and gives you everything needed for every breathing moment in each group meeting.

REQUIREMENTS FOR FITS (FACILITATOR IN TRAINING)

The same requirements apply for a FIT as for a facilitator. The group director decides what part the FIT will have in the group. Not all groups must have a FIT but it is a great way to keep reproducing new facilitators. Also, not every facilitator has to have been a FIT first. This is up to the discretion of the Group Director.

1. Will the FIT write the letters and complete the assignments like the other group members?
2. If they write letters, will they take a turn and share them in the group, or just write them for their personal benefit?
3. The FIT will mirror and ask questions as other group members do.
4. If the group director feels it is appropriate, the FIT can begin leading the group beginning with Middle School/Jr. High with the other facilitator still participating but not doing all the initiating. Or, whenever the Group Director feels it is appropriate.
5. Fill in as directed by the Group Director if the lead Facilitator has to miss a meeting.

A FACILITATOR'S PRAYER

Lord, You created me to be weak, helpless, dependent and extremely limited in and of myself. I need to be filled and fueled moment by moment by Your presence. You Lord, are the perfect provision for this group. I trust You to keep my flesh nailed down so nothing contaminates Your life coming through me. Be free to think, feel, do and say anything through me to bless these group members.

FACILITATOR'S ROLE

A. What Group Members Need From Their Facilitator

1. **Facilitator Relying on God**

- a. Prayer
- b. Reading God's Word. It is the source of truth.
- c. Depending on Christ's Life in them

2. Logistics

- a. Make sure participants have everything they need to be able to do the group work (books, study guide, paper and pen, meeting schedule etc...)
- b. Contact plan if groups are cancelled for bad weather, etc...
- c. Know what to do if medical emergency, fire etc...
- d. Know procedures for the space you are meeting in lights, security, set up, clean up...
- e. Make sure the location of the group is suitable for confidentiality, the chairs are comfortable, and the room temperature is acceptable to participants.
- f. Participants know who to contact and how to contact them if they have to miss a meeting.

3. Proper Running of the Group

- a. Facilitators use the Teaching DVDs and Leaders Guides provided
- b. Clearly communicate how to do each exercise/assignment. In first few weeks repeat how to write the letters twice.
- c. Ask participants if they understand what is expected of them.
- d. Able to get participants back on track if they steer away from the objectives
- e. Begin and end on time
- f. Do not get a backup facilitator for a meeting unless it is a FIT or co-facilitator that has been in that particular group that can take over.

4. Safety – we are here to let people be where they are at, but they will in time change and grow.

- a. To be accepted for who they are by listening, showing compassion, letting them feel their feelings.
- b. To be accepted for what they've done by not criticizing or judging.
- c. Assurance of confidentiality.
- d. Protection from the hurt of the actions or words of others in the group. Interrupt or after say, "How did that make you feel when you heard that?"

5. Connection & Compassion

- a. Sense of belonging
- b. Demonstration of a desire to know them
- c. Encouragement of the importance of the contribution they bring to the group
- d. Compassion for their hurts and struggles. Imagine yourself being in their shoes. What does Jesus feel towards this person?

6. Speaking the Truth in Love

- a. Enable participants to see their experiences through the eyes of truth
- b. Reveal the lies that they have believed
- c. Share what the truth is they need to tell themselves

- What does the child need to hear?
- d. Dismantle the strongholds that keep them from being able to accept the truth.

7. Conflict Resolution

- a. Not afraid of dealing with conflict between group members.
- b. Everything is raw material.
- c. Does not personalize conflict even if it is aimed at the facilitator.
- d. Our reaction to anything says more about us than the thing we are reacting to.
- e. Have the maturity to apologize if needed.
- f. Willingness to dismiss participants from the group if they are missing meetings, not doing the homework, or are not safe for others in the group.

8. Mastery of Skills

- a. Mirroring: Ask each person, “What did you observe as they shared?” (tone of voice, body language)
- b. Attentive Listening
- c. Asking Good Questions
- d. Validating Feelings
- e. Giving Affirmations: Make sure they understand why we do the affirmations and how to give them. If a person does not want the affirmations read to them, you still read them anyway.
 - We ask them what stood out to them as the affirmations were being read
 - Note what is going on in the person reading the affirmations
- f. Using the Lie Detector
- g. Make sure they understand the Adult Ally concept.

B. What Group Members Do Not Need From Their Facilitator

1. Domination of the conversations.
2. Experiencing the facilitator’s emotional struggles. They have enough of their own.
3. Not being able to dismiss someone from the group if they are violating the covenant (missing meetings, not doing homework etc...)
4. Working harder at the process than the participant. Can’t make a blind person see (prayer)
5. Judgment of their backgrounds, religious beliefs, socio-economic status, race, etc...
6. Unsolicited personal views on subjects such as homosexuality, political parties, drinking alcohol, denominational preferences etc...
7. Staying late without the approval of all group members unless someone is okay with leaving even if the rest of the group is going to stay
8. Showing up late or being unprepared for the session.
9. Romantic displays or failure to address them if they are developing among group members.
10. Unbalanced use of time between group members.
11. Preaching, Teaching, Giving Advice – by allowing people to be where they are at so they can get to where they need to be.

TRUTHS FOR FACILITATORS TO REMEMBER

1. My group does not need me to have the perfect answers. They DO need to see me trusting our Perfect God for His answers.
2. I am NOT responsible for teaching anyone, anything. GOD is responsible and more than capable of doing whatever He knows needs to be done in His body.
3. God is my audience of one. His opinion is the only one that I seek.
4. I want what God wants no matter what that is. I am resting, knowing He will raise up facilitators as He sees fit. And this is not a problem for Him.
5. My only job is to show up physically, and to do what I can to make it a safe place for others to share their own “stuff”. I can be transparent myself and share anything that the Holy Spirit prompts me to share, knowing I have worked through any shame and guilt about my past.
6. It is not my job to try and talk people into taking The Ultimate Journey. I trust God to bring His wounded sons and daughters according to His perfect plan, In His perfect timing.
7. There is nothing anyone could share that would make me feel any differently about him or her. I have God’s gardening eyes and therefore see all participants as wounded little boys/girls that need love and acceptance.

“GARDENER EYES” STORY FOR FACILITATORS

The following is a modern version of a Native American tale set in the woods of the American Northwest. A raccoon and a possum met and soon became good friends. One day the raccoon invited the possum to his home near the river. When the possum saw a beautiful garden outside the raccoon’s home, he was envious. “Could I have a garden like this?” he asked.

“Why, of course, anyone can,” the raccoon answered. “It’s hard work though.”

“I will work hard! Give me some seeds,” the possum said.

“Okay, here is a bag of seeds. Just throw them on the ground and bury them, and they will grow into a beautiful garden like mine,” the raccoon instructed.

So the possum ran home as fast as he could with the bag of seeds in his hand. When he arrived he took a spoon and dug out the seeds. He threw them all around, laughing and dancing. Then he covered them with dirt.

Afterward, the possum went into his house, ate a cheese sandwich and fell asleep. When morning came, he jumped out of bed and ran outside. But to his amazement, there was no garden! Anger welled up within him. He began pounding the ground and screaming, “Grow, seeds, grow!”

Animals and birds from throughout the forest gathered to see the possum rage. The possum's raccoon friend was among the spectators. The raccoon spoke up. "What are you doing, Possum? Your racket has awakened the whole forest," he scolded.

"I have no garden. I tell the seeds to grow, but they do not grow," the possum answered and he demonstrated by stepping from seed to seed and thundering, "I command you to grow!"

All the animals began making fun of the possum for thinking he could make seeds grow by yelling at them. But the possum only yelled louder.

Finally, the raccoon could stand it no longer. "Hold on now, Possum," he said. "You can't make the seeds grow. You can only make sure they get sun and water, then watch them do their work. The life is in the seed not in you."

The crowd dispersed and from that point on the possum began watering the seeds regularly. Sometimes, though, when the other animals weren't around, he still did a little shouting.

Finally one morning the possum awoke to see that his garden was full of beautiful green sprouts. Just a few days later, flowers began to bloom. He ran and asked the raccoon to come and enjoy his garden with him.

The raccoon was pleased. "You see, Possum, all you had to do was let the seeds do their work while you watched."

"Yes," smiled the possum knowingly. "But it is a hard job watching a seed work. There is a lesson here for all of us. Sometimes, as Facilitators we may start to take ourselves too seriously instead of simply planting people in the proper loving environment and letting the True "Great Gardener" grow them.

ENCOURAGEMENT FROM OTHER FACILITATORS

- "It wasn't as scary as I thought it could be."
- "I learned to rely on God to let me know what to say and when to say it."
- "It is important to understand that we don't all need to lead exactly the same way, as long as we all turn it over to God and let Him lead through us."
- "Don't try to fix or change or lecture."
- "Because of the warmth and safety in the group, you become a family."
- "Let God do it. You can't."
- "Relax, trust God & enjoy being with his beautiful people."
- "He is faithful even if you don't see major changes right away, no one will walk away the same."

- “Recognize that the Holy Spirit is in charge. You may be tempted to take things personally; but because the Holy Spirit is in you, He is responsible to help people see what they need to see or feel what they need to feel.”
- “Think about time keeping before group.”
- “Pray for the group members during the week.”
- “Use word pictures/paradigms when communicating with them.”
- “Use your own experiences and how God met you during your groups in the past.”
- “It was easy to be loving, but firm, without being pushy.”
- “Be real.”
- “I learned to be quiet and listen.”
- “Realize you don’t have to ‘fix’ people.”
- “Remember to rely on the Holy Spirit. He knows the heart of each person and will work through your availability to Him.”
- “Do not be afraid. God does everything!”
- “Depend on God & the guidance of the Holy Spirit. Don’t be afraid to ask questions.”
“Trust the Holy Spirit and believe that He will lead you in your group.”

EXPECTATIONS OF GROUP MEMBERS

1. Be faithful to attend all scheduled meetings. Notify the facilitator or group director if you are going to be gone.
2. Help make the group a safe place to share by being open and transparent yourself. That will greatly help others to be able to follow suit. And allow others to be where they are, without shaming, blaming or rejecting them. That will enhance the safety and freedom of all.
3. Be a responsible student. This includes doing all the reading in the Phase 1 book as well as completing all the assignments in the Study Guide.
4. Be respectful of the Group Leader and facilitators. Learn from them so the Lord can groom you to take your place alongside them in the future.

TEN STATEMENTS GROUP MEMBERS MAY NEED TO HEAR

1. You were not responsible for your parents' behavior. You were a child, and they were the adults. You were not to blame. Your parents were 100% responsible for their bad choices. It was not your responsibility as a child to change or prevented their inappropriate behaviors.
2. It is true that your parents did the best they knew how to at that time. However, it is also true that they didn't do a very good job meeting your emotional needs. Now you get to decide how your little girl/little boy is going to be nurtured and cared for from this day forward.
3. It is okay to make mistakes. Everyone makes them. Mistakes are really just opportunities for you to learn, and to see God at work.
4. You did the best you knew how to at the time. Your children didn't need you to be a perfect parent. God is the only perfect parent, and HE is who they need.
5. It is okay for you to be honest about what really happened as you were growing up. Honoring your parents does NOT mean keeping what happened as a secret. In this safe, confidential, group, it is imperative that you are completely honest about everything. The purpose of you sharing these "things" is for your own personal growth. You are not doing anything wrong. God already knows all the details and He just wants you to get them out, so they will no longer keep you in pain.
6. Nothing you could tell us about would make us feel any differently about you. You are an amazing woman/man who has so much to offer. Not only to this group, but to the body of Christ. In all the world there is no one exactly like you. You are irreplaceable.
7. Your value is not based upon your weight, or your external appearance in any way. You have unlimited value because you were created by God, in His perfect image. Jesus gave his life for you and that proves how very valuable you really are.
8. It is perfectly understandable, given your circumstances, that you did what you did. You were trying to meet a need that had not been met in a healthy way, by your mother/father. God already knows every bit of your sins, past, present and future, and He has already forgiven you. Can you accept his forgiveness? If not, it is as if you are saying that Jesus' life wasn't enough payment for what you did. How do you think that would make him feel?
9. The Living God, Creator of the entire universe lives in you. HE is the perfect provision for all relationships and all situations in your life. You can rest now, knowing He loves you very much and wants nothing but abundant life for you. He promises "more than any eye can see or any mind can imagine", just for you.
10. You may not have fit in with your earthly family, but you DO fit in with your God-given, spiritual family. You belong here. We are a body of one. HIS body.

PART 2 : SHARPENING YOUR SKILLS

ATTENTIVE LISTENING

A. What Is It?

1. Attentive means to pay close attention to: to be observant, perceptive, alert, aware, considerate, understanding, thoughtful, kind, vigilant.
2. The way to communicate to someone that you hear what they are saying so they feel heard and understood.
 - a) When someone really listens and acknowledges a person's inner pain and gives them a chance to talk more about what is troubling them, they begin to feel less upset, less confused and more able to cope with their circumstances.
3. Noticing and naming what is happening with body language, thoughts and emotions
4. Listening is one of the greatest gifts you can give to a person.
 - a) James 1:19 "Everyone should be quick to listen, slow to speak and slow to become angry."
 - b) Proverbs 17:27-28 "A man of knowledge uses words with restraint."

B. Why Is it Important?

1. It helps a person feel safe.
2. If a person feels heard and understood, they will open up.
 - a) Seek first to understand, before trying to be understood.
3. A person feels valued
 - a) What I have to say matters, therefore I matter.
 - b) I am worth the time to be heard.
 - Example: "I feel like you are taking too much time on me." Or, "It's time for someone else to share."
4. It creates a space where someone is able to discover more about themselves.
 - a) As we hear the words coming out of our mouths, we realize things we are thinking we may not have not been aware of.
5. A person has the experience of being known at a deeper level by others.
 - a) Sense of "You "get" me!"
 - b) Being "known" is an important step towards being able to receive love and forgiveness from God. "You know all about me and you still love me?"

C. How Do We Attentively Listen?

1. Suspend our preoccupation with ourselves and our own mind chatter and enter into the experience of another person.
 - a) Attentive listening is similar to standing in a pool. In order to see the bottom clearly, you must be still.
2. Listen with full attention
 - a) Involves not just wanting to know facts about someone but *who* they are.
 - b) Involves all of your senses in the listening process

- Being intentional and engaged with your whole being
 - Example: Jim at a restaurant
- c) Open heart to listen not just open ears
- You can hear someone talk, but not really be listening
 - Example: child grabbing mom's face to get her to pay attention
- d) Your posture facing them – face to face
- e) Make Eye contact
- f) Physical Observations: watching non-verbal signals to mirror (body language, eye contact, tone of voice, pace, volume, inflections, silence)
- g) Mental Observations: Paying attention to the words, details and information
- h) Emotional Observations: attention to the feelings
- i) Listening for what is not being said as well as what is being said
- Sharing about mom but not sharing about dad etc...
 - Sharing facts but not feelings
 - Sharing positive events but not negative ones
3. Acknowledge what is being shared
- “Oh”...”Mmm”...”I see”
 - Acknowledging does not mean agreeing
 - Not everyone in the group may be able to respond with questions or statements, but each person needs to be able to acknowledge what the person is saying.
4. Ask questions to invite more communication
- “What else would you like to say about that?”
5. Summarize what you are hearing
- a) “What I hear you saying is...”
 - b) “If I understand what you are saying, it sounds like...”
 - c) “Let me try to summarize what I think I am hearing you say.”
 - d) Ask them, “Did I get that right?” Did I hear you correctly?”
6. Validate their feelings
- a) There is a direct connection between how we feel and how we act. When we feel right, we act right. We are able to feel right when our feelings are accepted and processed.
 - “That sounds like a bad experience. I can tell that you really feel heartbroken to be subjected to that attack from of all those people, especially after having been under so much pressure. That must have been really hard to take!”
 - b) Denying a person's feelings leads to anger, hurt, lack of trust, or suppressing emotions.
 - “Sounds like you're feeling scared.”
 - “Looks like you're feeling sad about that.”
 - “I can see why you would be angry.”
 - c) If you are not sure of the feeling you can ask, “How did that make you feel?”
 - d) If they have a hard time coming up with it you might say, “If that happened to me I would feel _____.”
7. Unhelpful responses when needing to validate.
- a) **Denial of Feelings**

- “There’s no reason to be so upset. It’s foolish to feel that way. You’re probably just tired and blowing the whole thing out of proportion. It can’t be as bad as you make it out to be. Come on smile...You look so nice when you smile.”
- b) **Philosophical Response**
- “Look, life is like that. Things don’t always turn out the way we want. You have to learn to take things in stride. In this world, nothing is perfect.”
- c) **Advice**
- “You know what I think you should do? You need to go to that person and tell them what you think. You need to...”
- d) **Questioning**
- “What exactly were you thinking when you did that? Why would you say that? Didn’t you realize that would make them mad?”
- e) **Defense of the Other Person**
- “I can understand why your parents did that. They were probably just trying the best they could. They didn’t have good parenting either.”
- f) **Amateur Psychoanalysis**
- “Has it ever occurred to you that the real reason you are so upset by this is because your husband reminds you of your father and you are projecting this on him.”
- g) **Spiritualizing**
- “I am sure God has a good reason for why this has happened to you. Maybe you needed to go through this so you could be stronger and have a testimony.”
- h) **Saying “I understand.”**
- “I understand exactly what you are going through. That happened to me.”
- i) **Pity**
- “Oh you poor thing. That’s terrible! I feel so sorry for you, I could just cry.”
8. Questions about validating feelings
- a) If I validate a person’s feelings will they get the idea that everything they did is okay?
- Validating is not the same as approving of. It addresses the emotion, not the facts.
- b) If I validate sad feelings will they become depressed?
- People tend to become depressed when others don’t validate their sad feelings.
- c) If I accept a person’s anger am I condoning it?
- It is not a sin to be angry. How we express our anger can end up being sinful.
 - “Be angry and yet do not sin.” Ephesians 4:26
 - “Chasing the Car” Analogy
- d) What if I identify a feeling and I get it wrong?
- You can usually tell by their facial expression
 - Ask them, “How did that make you feel?”
- e) What if after a conversation I realized my response was not helpful?
- “Maybe I was off there.”
 - “I don’t want to put words in your mouth.”

D. Pitfalls to Avoid When Needing To Listen

1. Thinking about an answer while the other person is talking
2. Interrupting
3. Failing to acknowledge their feelings
4. Suggesting they shouldn't feel the way they do
5. Fidgeting, glancing at your watch, appearing to be rushed
6. Distracted by cell phones or other technology
7. Failing to maintain eye contact
8. Wanting to fix. "Feelings are for feeling. Not for fixing!"
9. Giving unsolicited advice: "You ought to..." or "You should..."
10. Topping their story or experiences with a story of your own
11. Projecting one's feelings or thoughts onto the other by assuming that the roles, perspectives and experiences of the other person are the same as your own.
12. Not asking follow-up questions
13. Being defensive and taking their words personally
14. Treating someone like they need to be fixed
15. Trying to get them to agree with you or to change them
16. Judging or criticizing what is being said

E. Circumstances That May Hinder People from Being Good Listeners

1. Being tired
2. Being in a hurry
3. Being preoccupied with your own thoughts
4. Being distracted by things or circumstances around you
5. Being angry, scared, anxious, upset
6. Being triggered by what is being said and the focus turns on ourselves
7. Forgetting to take an interest in what is being said
8. Lack of self-care: need to put your own oxygen mask on first or you have nothing to give.

F. How to Know If Attentive Listening Is Taking Place

1. Do people feel safe?
2. Do they feel listened to and understood?
3. Do they feel loved and cared about?
4. Is the group asking follow-up questions?
5. Is the group able to help the person identify their feelings?
6. Does the group notice if someone is hurting and is responding accordingly?

LIE DETECTOR: UNCOVERING LIES PEOPLE BELIEVE

“A lie unchallenged becomes the truth you live by.”

A. Common Lies People Believe

1. I'm not good enough
2. I'm not lovable
3. I don't matter
4. I'm a burden or bother
5. I'm a mistake
6. I'm a failure
7. I'm shameful
8. I'm not wanted
9. It's not okay for me to feel or express my feelings
10. Other people's needs are more important than my own
11. It's my job to make other people happy
12. I have to be perfect
13. It's not okay to make mistakes
14. I'm stupid
15. I'm not important
16. It's weak to have needs
17. It's weak to feel emotions

B. Patterns that develop because of believing lies

1. Trying to prove I'm good enough by performance, people pleasing, perfectionism, workaholism, control.
2. To avoid feelings of not feeling good enough, numbing out with food, drugs, alcohol, pornography, abuse of self and others etc...
3. Stuffing emotions
4. Anxiety, depression, fear, stress
5. Avoiding conflict, inability to make decisions, trust issues
6. Co-dependency – looking to someone else to meet your needs
7. Lack of Boundaries – don't know what to let in and what to keep out of your “yard.”
8. Inability to receive God's love and forgiveness
9. Relationship problems

C. Lie Detector

AGE LEVEL:			
Event/Situation: What happened/didn't happen that wounded me?	Feeling: What emotions did I feel as a result?	Lie: What did I come to believe about myself?	Truth: What is God's truth I need to side with?
List in this column the painful events they describe while reading/sharing	Record any feelings that are described in the letter. i.e. "I was so ashamed."	Record any lies that you can hear being expressed as they read. i.e. "I felt like such a failure."	"You are good enough."
Note when they get choked up as they read. Put a star by those events.	Record any feelings you pick up that are being expressed	"What message did you get from what was done or said in that situation?"	"You are lovable."
If they have trouble reading because of pain, say, "It's okay to take your time."	Ask, "How did that make you feel?"	"What message do you think your son/daughter would get from that response?"	"It's okay to make mistakes."
Observe the body language, tone of voice,	Don't analyze, "I wonder if you felt that way because..."	"How has that message played out in your adult life?"	"It's not your job to make other people happy."
Ask questions needed to clarify any events.	If having trouble knowing their feelings, ask, "How do you think your son, daughter, niece etc.. would have felt if that happened to them."	Listen for "shoulds" "oughts" or "musts."	"It's okay for you to take up space in this world."
See if they covered the questions in the Leaders Guide for that age period.	If that would have happened to me, I would have felt___.	Go deeper, "If I am not important then... I am am...unlovable. If I am unlovable then...I should be alive."	"It's okay for you to have a voice. What you have to say matters."

Affirmations: 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15

D. Lie Detector Example

AGE LEVEL: ELEMENTARY SCHOOL YEARS			
Event/Situation: What happened/didn't happen that wounded me?	Feeling: What emotions did I feel as a result?	Lie: What did I come to believe about myself?	Truth: What is God's truth I need to side with?
My uncle sexually abused me when I was 8	Bad, dirty, shameful, hurt	Something is wrong with me. It's my fault. I should have told someone	It's not your fault. You are okay. Nothing is wrong with you. You were too little to tell.

E. Allying Response Example

Dear Precious Little One,

I am so sorry that your uncle abused you when you were such a little girl. That was so wrong of him. I know that hurt you very much. That made you feel bad, dirty and shameful and that something was wrong with you. I want you to know that you were a beautiful, innocent little girl that was taken advantage of. That was not your fault. You are not bad, dirty or shameful. Your uncle was acting in a bad, dirty and shameful way, but that was not about you. Even though you enjoyed all the attention you got from him and sometimes it even felt good, that does not mean that you asked for it or are to blame for it. You were just a little girl and he should have known better.

I know you wished you would have told someone, but you were so afraid they would blame you and be upset with you. You were just a little girl and you didn't know how other people would react. Your uncle threatened to kill your mom and dad if you told, so of course you believed him and wouldn't have wanted that. I want to tell you again, "that was not your fault." That is something that happened to you, but it is not who you are. You are precious. You are lovable. You have so much to offer to this world. I am going to be here for you from now on. You can tell me anything and I will listen and comfort you and help you and you are going to be okay.

With Love, Big You!

ALLYING

The Healing and Life Changing Power of Allying

The little child God created each of us to be is our real, true self. It is the part of us that feels deeply, needs deeply, and loves deeply. That child embodies our unique personality, our needs, and our gifts and talents. Our parents and caregivers become the mirrors that we learn to see ourselves through. Painful experiences in childhood have a huge impact on our lives. During these difficult times, if we aren't gardened properly, we often learn to push our needs and feelings aside and look to the needs of other people, often those of our parents. By helping others instead of ourselves, we further neglect our needs. Or, because of our unmet needs, we end up looking to others to be our source of love, comfort and satisfaction, and when they don't meet our needs we become angry and resentful. Both avenues lead to co-dependency.

So because our needs and feelings do not get attended to, we go through life with a huge lack of comfort and unmet needs. Most addictive behaviors are driven by a need for comfort. Unfortunately, the ways we often try to comfort ourselves are substitutes for the real thing. We receive some temporary relief, but it doesn't get down to the heart of the matter. If you heard a baby crying would you numb out their cries or would you try to find out what they need and then give it to them?

YOUR BRAIN ONLY LISTENS TO YOU! What is really needed is for us to comfort ourselves effectively, which involves paying attention to our own needs and feelings and seeing that they are met through allying ourselves.

A. Why Is Allying So Important?

1. It is biblical.
 - a) "And He said to him, 'YOU SHALL LOVE THE LORD YOUR GOD WITH ALL YOUR HEART, AND WITH ALL YOUR SOUL, AND WITH ALL YOUR MIND.' This is the great and foremost commandment. The second is like it, 'YOU SHALL LOVE YOUR NEIGHBOR AS YOURSELF.'" Matthew 22:37-39
 - b) We are unable to obey God's 2 greatest commandments if we are unable to love ourselves.
 - c) "We have come to know and have *believed* the love which God has for us. God is love, and the one who abides in love abides in God, and God abides in him...We love, because He first loved us." 1 John 4:16, 19
 - d) "...so that Christ may dwell in your hearts through faith; and that you, being rooted and grounded in love, may be able to comprehend with all the saints what is the breadth and length and height and depth, and to know the love of Christ which surpasses knowledge, that you may be filled up to all the fullness of God. Ephesians 3:17-19
 - e) "Above all else, guard your heart for it is the wellspring of life." Proverbs 4:23

- f) “Surely I have composed and quieted my soul. My soul is like a weaned child within me.” Psalm 132:2
- g) Psalmist David: Often times in the Psalms you see a pattern where David describes his desperate situation, then tells how he feels. Psalm 86:14 David says, “The arrogant are attacking me, O God; a band of ruthless men seeks my life—men without regard for you. But You, O Lord, are a compassionate and gracious God, slow to anger, abounding in love and faithfulness. ”David doesn’t pretend there is not a problem, or deny his feelings by telling himself if he was more spiritual he wouldn’t be struggling. Instead, he ally’s himself by acknowledging the truth about what is going on, how that makes him feel and *then* he brings the truth about God into the equation.

2. It is necessary to being able to renew our minds.

According to Dr. Bruce Lipton, a geneticist, “The function of the soul is to create coherence between our beliefs and the reality we experience. The major problem is that people are aware of their conscious beliefs and behaviors, but not of subconscious beliefs and behaviors. Most people don’t even acknowledge that their subconscious mind is at play, when the fact is that the subconscious mind is a million times more powerful than the conscious mind and that we operate 95 to 99 percent of our lives from subconscious programs. It comes down to how the subconscious mind, which contains our deepest beliefs, has been programmed.”

In TUJ we would call the conscious mind our head and the subconscious part, our heart.

“It’s a complex situation,” said Dr. Lipton. People have been programmed to believe that they’re victims and that they have no control. We’re programmed from the start with our mother and father’s beliefs. It is these beliefs that ultimately cast the deciding vote.

“Too many positive thinkers know that thinking good thoughts—and reciting affirmations for hours on end—doesn’t always bring about the results that feel-good books promise. That is because positive thoughts come from the conscious mind, while contradictory negative thoughts are usually programmed in the more powerful subconscious mind. Your subconscious beliefs are working either for you or against you, but the truth is that you are not controlling your life, because your subconscious mind supersedes all conscious control. So when you are trying to heal from a conscious level—citing affirmations and telling yourself you’re healthy—there may be an invisible subconscious program that’s sabotaging you.”

When we ally ourselves we are aligning our subconscious programming with our conscious beliefs. We end the “civil war” and come into agreement by siding with God for ourselves rather than siding with the lies (the enemy) against ourselves.

“You are of your father the devil...you want to do the desires of your father...there is no truth in him. Whenever he speaks a lie, he speaks from his own nature, for he is a liar and the father of lies.” (John 8:44)

“If you continue in My word, then you are truly disciples of Mine; and you will know the truth, and the truth will make you free.” (John 8:31-32)

“We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.” (2 Corinthians 10:5)

B. What is Allying?

1. Siding with God’s truth about yourself and then giving it to yourself.
 - a) Do we obey God or the father of lies, Satan? Who are we siding with? YOUR BRAIN ONLY LISTENS TO YOU!
 - b) “Is this thought a weed that is taking up space and needs to be pulled, or is it a flower that I need to tend and love and let thrive.” (Elizabeth Kunz, *Girls on the Run*)
2. Taking the “knowing” to “believing” - from your head to your heart.
3. Allying has 3 main components that address the needs of a heart.
 - a) Validating your feelings: *Feelings are for feeling, not for fixing*. This involves not only listening but also comforting.
 - b) Telling yourself the truth rather than the lies
 - c) Commitment to oneself: being your own coach, cheerleader, and fan club
4. It is not so much about us needing to change and become someone else, but to finally become who God created us to be.
 - a) A lot of dirt and sand must be removed for an ounce of gold to be found, but you don’t go into a mine looking for dirt.

C. What Keeps Me From Allying Myself?

If as children our emotions were not validated, we try to cope in one or more of the following ways:

1. Stuffing emotions
2. Medicating emotions by drugs, alcohol, or prescription drugs
3. Looking to substitutes for comfort like food, pornography, sex, shopping etc...
4. Spiritualizing
5. Minimizing
6. Numbing out with TV, video games, movies, Facebook,
7. Performance, people pleasing, workaholism

D. When Do I Need to Ally Myself?

Track your triggers

1. When I am emotionally hurting: sad, depressed, angry, mad, hurt, wounded etc...
 - a) Someone has hurt me.
 - b) When I am “chasing the car.”
 - c) I have been hurtful to myself; “beating yourself up”
2. When I make a mistake.

3. When I sin and need to accept God's forgiveness and forgive myself so that I respond to conviction and not live in condemnation.
 - a) "I should have known better."
 - b) "God can't forgive me."
 - c) "I don't deserve to be forgiven."
4. When someone sins against me or I feel offended.
5. When I feel a button is being pushed; a trigger goes off and I overreact and I want to act negatively out of my emotions. You have chinks in your armor.
6. When I am believing a lie about myself: "I'm not good enough"; "I'm stupid"; "I'm not important"; "Other people's needs are more important than my own" etc...
7. When I find myself in addictive behaviors. Addictions are the result of lack of comfort, substitutes for the real thing.
8. When I just have that overall feeling that it is not well with my soul.

E. How Do I Ally Myself?

"Studies show that by writing about stressful, emotional or traumatic events, people are significantly more likely to have fewer illnesses and be less affected by trauma. Instead of obsessing unhealthily over an event, they can focus on moving forward. By doing so, stress levels go down and health correspondingly goes up." Rachel Grate, *Science Shows Something Surprising About People Who Love to Write*.

1. Have your heart write you a letter sharing what is going on inside.
 - a) What am I feeling? (Feeling Words pg. 26 of TUJ Study Guide)
 - b) What am I thinking?
2. Read the letter out loud and listen for what your heart is needing
3. Write back an allying response.
 - a) What feelings do I need to validate?
 - If you are feeling a lot of anger, it could be anger at yourself.
 - Be aware of minimizing, numbing, or trying to cheer yourself up.
 - b) Are there any lies that I am believing that I need to tell myself the truth
 - "It's okay to make mistakes"
 - "You are important"
 - "It's okay for you to have needs."
4. "Hands on allying: Put your hand on your heart and talk out loud to yourself, validating your feelings, and telling yourself the truth.
 - a) "Listen to your heart." "How is the child taking what you said?" "Is there anything else the child needs?" "Does he/she have any questions for you?"
5. Talk to a picture of yourself.
6. Look in the mirror and talk to yourself.
7. Hold a doll, especially helpful if you need physical comfort.

F. 10 Ways To Be Your Ally

1. Love, accept and approve of who you are.
2. Affirm yourself.
3. Understand that not everything was/is your fault.
4. Validate your feelings.
5. Comfort yourself.
6. Correct the lies by telling yourself the truth.
7. Forgive yourself.
8. Protect yourself from the hurtful words and behavior of others.
9. Give yourself whatever is needed for each situation.
10. Take ownership of the care of your own heart. Don't expect others to do it, or give them the power.

HOW TO CARE FOR YOUR HEART

What Not's	How To's
<p>Avoid doing the steps below by putting your hand over your mouth.</p>	<p>Follow the steps below while putting your hand over your heart.</p>
<p>1. Don't tell yourself you are unlovable or not good enough. "You are not lovable enough or good enough for anyone to love you." "You need to be or do something to prove you're good enough."</p>	<p>1. Love yourself! How can you care for your heart if you don't really love and care for yourself? God made you lovable and good enough! Good enough is not something you become. It is a state of being. "You are lovable just the way you are. There is nothing more you need to do or be."</p>
<p>2. Don't carry guilt and shame around. God forgives and forgets your sins so you don't need to keep reminding Him of them. "You should have known better." "This is so bad God will never forgive you."</p>	<p>2. Forgive yourself whenever you "blow" it. When you forgive yourself, you allow God's forgiveness of you to be experienced in your heart. "God has forgiven you and I forgive you."</p>
<p>3. Don't stuff down your feelings. They will eventually come back up. "You shouldn't feel this way."</p>	<p>3. Feel your feelings: hurt, anger, fear, sadness, etc...Avoid emotional constipation.</p>
<p>4. Don't let your emotions cycle around in your head like a washing machine, while you are trying to figure out why you are feeling this way. "I need to figure out what is going on inside of me. If I figure it out then I won't have to feel it and process it."</p>	<p>4. Express your feelings: - Aloud to yourself - Journal them: read aloud what you wrote - Share with a safe person, one who is not going to try to "fix" you or your problem, but will validate your emotions. "It is okay to feel. Expressing emotions is a normal and healthy way to live."</p>
<p>5. Don't try to fix your feelings. Feelings are for feeling, not for fixing. "Maybe if you _____." "Look on the bright side."</p>	<p>5. Validate your feelings. Put your hand over your heart. "It's okay to feel hurt about that. That was really painful."</p>
<p>6. Don't "numb out" your feelings. Addictions are a substitute for real comfort. "A drink would really help right now." "I deserve some comfort food."</p>	<p>6. Comfort yourself. Give yourself an emotional hug. "I am here for you. I care about you and all you are feeling."</p>
<p>7. Don't side with the lies against yourself. "I'm a failure." "I'm not important." "No one could really love me."</p>	<p>7. Speak truth to yourself. Side with God's truth for yourself "It's okay to make mistakes." "That was not your fault."</p>

USING THE INFANT DOLL TO HELP PEOPLE CONNECT

At some point early in life most people disconnected from themselves because they did not feel loved, accepted or good enough. In essence they abandoned themselves. By holding the infant doll they become reunited in a way that will help them begin to love and accept themselves.

Psalm 131:2: “Surely I have composed and quieted my soul; like a weaned child rests against his mother; my soul is like a weaned child within me.

A. Discuss the Infancy Issues

1. Mistake (rape, premarital sex)
2. Unwanted (untimely pregnancy – age, college)
3. Abandoned (adopted out, made to stay in crib or play pen)
4. Not the preferred gender (wanted a boy but got a girl etc...)
5. Neglect (parents put their own needs before themselves or are incapable of giving the child what he/she needs)
6. Not celebrated; not taking the time to know and celebrate who God created them to be
7. Abuse (physical, sexual, emotional)
8. Twin – not having your own identity

B. Discover the Feelings

1. Sad, Anger, Hurt, Fear, Rejection, Abandonment, Shame (can use feeling list as a guide)

C. Validate the Feelings

1. I am so sorry that mom and dad weren't excited that God made you a girl.
2. I can understand how mad that makes you feel, that it wasn't your choice to be born and it feels like they blame you for it. “God wanted you to be born and so do I.”
3. That hurts that you were made to feel like a burden when you couldn't help having needs. Children are needy. That is reality. Parents are supposed to meet those needs.

D. Uncover the Lies the Child Came to Believe

1. I shouldn't have been born/ I don't deserve to live. I'm a mistake.
2. I'm unlovable
3. I'm too needy (parents frustrated with taking care of child's needs; comments like “you were such a handful” or “you cried all the time”).
4. I'm weak (if I was strong I wouldn't need people to take care of me, rather not need anyone).
5. My needs don't matter therefore I don't matter.
6. I'm not important. I'm not worth it.
7. Affirmations also reveal what the child believes about themselves.

E. Facilitator Holds the Infant Doll

1. Put the doll on your lap and say, “Here's little _____”
2. Ask: “How do you feel towards little _____ as you look at her?”
3. Watch the expression on their face: Can they look at the baby?
 - * Usual responses: “I want to hold her” or “I don't like her,” or “I'm uncomfortable”
 - a. “I want to hold her” – While you still have the baby ask, “Based on what you shared about what she/he went through, what she/he needs to hear.” The other participants can share their thoughts as well.

- b. "I don't like her." – Ask what is it that you don't like or what makes you uncomfortable? This will lead you to the lies that are still being believed. You can start talking to the baby on your own so they can hear how you feel about the baby and what the baby needs. That will connect to their heart. Hopefully then they will be able to ally themselves. I don't give the baby over to someone unless I feel the person is ready and is not just going through the motions.
- c. Many will just say "this is weird". Respond, "Yes it is weird and strange and uncomfortable, but very powerful." I often talk about how strange it was for Jesus to have to spit on some dirt to make mud and put it on a blind person's eyes to heal them.
4. Based on all the things that you shared, what does she/he need to hear now? What has she/he been waiting for all these years? Ask question to the group.
- "I love you."
 - "I am so glad you were born."
 - "Your needs matter to me. You are not too needy. You are supposed to have needs. I am going to be here to take care of your needs."
 - "I am so glad that God made you a girl."
 - "I am so excited to get to know you. I want to find out who you are and what you love to do."
 - You are important to me. You matter."
 - "I am going to be here for you no matter what."

F. Participant Holds the Infant Doll

- When the person feels like they can say those things to the baby, then let them take the doll FROM you. Have them reach out for it. That shows their initiative. The participant will hold the doll and talk out loud to it while the rest of the participants close their eyes and look down so it won't be so awkward. The baby needs to hear it that is why it is important to talk out loud. If they miss saying something on the Lie Detector, I will speak out like in a child's voice, "Do you love me?" "Are you glad I was born?" "Are you happy that I am a girl?"
- Notice if they say things like "you are loved," or "Jesus loves you" instead of "I love you." That means they are having trouble personalizing it. Just ask them to say, "I love you." Or say from the baby perspective, "Do you love me?"
- When they seem to be done, say, "Now just listen to your heart and see how the baby is doing. See if she/he has any questions that she/he wants to ask you?"
- Often when they lift their shoulders and breathe a big sigh, you know they felt relief.
- What if they don't feel positive toward the baby or want to hold it?
 - * Ask, "What if this was one of your own children. How would you feel if they were being treated like what you are doing right now?"
 - * Say, "We have all told you what we think about the baby. But we will listen to your case as to why this baby doesn't deserve to hear these things." Okay. Build your case!"
 - * Facilitator can put the baby behind your back, put it in a garbage can, and throw it aside or whatever the visual is to what they are expressing towards the child. Then the participant has to be the one that goes and rescues it.

PART 3: GETTING STARTED

ORDERING MATERIALS

- When you are ready to start a group, contact Christ-Life Ministries, Inc. You can order brochures that tell about *The Ultimate Journey*. You can also order the Phase 1 Teaching DVDs if you don't already have them.
- You may be asked if spouses or friends may share a book. Each participant is buying the program which includes the book needed to participate so each person should have their own book.

How Participants Order Their Books

1. What is the cost of taking the program?

The price for going through each phase is \$50. As a reminder, the registration fee is not just for the books but is to help underwrite the cost of making this program available. Each individual going through *The Ultimate Journey* should share in their part of the cost and be registered directly with us, so *sharing of books is not permitted*. Some churches do provide scholarships for individuals who cannot afford the full amount. In those cases, we highly recommend that they be expected to pay whatever they can so they have "ownership" in the process.

2. How do I communicate with participants on how to register for their class?

The Ultimate Journey online registration process is similar to ordering anything else online from a website store, except the participant will need to know their **Group Code** and approximate **Start Date**. Once we have received your Facilitator Registration form, we will email you your Group Code and include an attachment for you to send to your participants detailing step by step how to order their book from our online STORE. Here is a copy of this attachment.

The Ultimate Journey Program Ordering Instructions

1. Go to www.theultimatejourney.org and click on the **Store** tab.
2. Click on the **picture of the phase** you are planning to take to see the products available.
3. Click on the **Read More** button for the related program.
4. Click on the **Buy** button under the picture to add it to your cart.
5. Under **Billing Information** you will need:
 - **Password:** This is where you create your own password
 - **Group Code:** Yours is:
 - **Click Validate Code button**
 - **Start Date:** Yours is: (whatever day your first meeting is)
6. Fill in the **Shipping information** and check out as with any other online process. Unless there is a company name on your credit card, you can leave that space blank. If you are picking up your book at the Des Moines office, you may select "pick up at office" as your shipping option. Please note, it will pause for a few seconds before moving on.

3. What if a participant does not have the ability to order online?

This should be rare, but when it applies, we assume they will have someone they know who could order the book for them. If not, we would ask that you, or someone else, place the order for them.

4. What if someone doesn't order their book in time for the first class?

The first lesson for each phase can be reviewed online or downloaded. The lesson includes the study guide material as well. Or, if you prefer, you can make copies of the download to keep on hand and give them out when needed. These downloads can be found in the Resources section of the website under whichever phase they are taking.

5. What if the church is paying for or partially paying for a participant?

The Ultimate Journey online Store allows for someone to purchase the program as a gift for someone else and put in the new participant's contact information so they will be sure to receive all the benefits of being registered for the class. Simply go to the Store and be sure to select the "Gift" version of the book. If costs are being shared, one party will need to run the full payment on their credit card and the other will simply pay them for the part they are paying.

6. Will participants have to pay for shipping?

Yes. People are accustomed to paying for shipping when they order items online. Shipping is determined by weight. The standard price for shipping the books is \$4.50 (5-8 days). If they need it expedited, or if they order additional materials, the cost will be adjusted accordingly. If a participant wants to pick up their book directly from the office in Des Moines without paying a shipping charge, they can do that by choosing "pick up at office" under shipping.

SCHEDULING YOUR GROUP

- You need to allow a three-hour time slot to do justice to the group process. It seems like a long time, but it goes very fast and we have found that people have not had a problem with making that commitment.
- Phase 1 lasts 13 weeks including the Orientation Session. If for some reason during the course cycle you end up having to cancel a session for whatever reason, you could combine Meetings 11 & 12 to make up the time.
- In obtaining a room to meet in, make sure it is a place free from a lot of outside distraction. If multiple groups will be meeting in the same room, make sure that it is big enough to allow ample space between groups.
- Since the paradigm reading each week is read, but is not discussed in group, some churches have set up a separate class, typically a Sunday School class where the Phase 1 *Ultimate Journey* Group Members can discuss the paradigm reading each week during Sunday School. If you can do this with your group members, it is a great way to enhance the process.

HOW TO SEPARATE PEOPLE INTO SMALL GROUPS

- Once you have received all the "Applications For Group Membership" (application is in the handout section of the facilitator page), pray that God would direct you to put people in the groups and with the facilitators He knows are best designed for them. The following are some general guidelines you may follow.

- It is best to have no more than 4 people in a group plus a facilitator. If you are using co-facilitators you may consider having 3 new participants in those groups plus the facilitator and co-facilitator..
- Spouses and close friends are not to be put in the same group. Most people open up more readily with people they do not know real well. This is not always possible as some churches and communities are very small. If there are not enough groups to place a married couple in separate groups, then it would be best for one spouse to wait until they can be in a separate group. In the case of friends, if there is not an option to separate them, then make sure they would be willing to be open and transparent with those people. If not, they should wait until another group opens up.
- Try to have men and women mixed in the groups. This is because some people have issues with the opposite sex and this can help bring those up so they can be dealt with. For more information on why this is suggested: <http://www.theultimatejourney.org/on-the-journey/facilitators-and-group-directors/leader-faqs/#question1>
- It is helpful to have a variety of ages in the group. Try not to put a young single person with all married people that are older. It is nice for people in their twenties to have one other person their age. This is the same for seniors. It is nice for them to have someone their age when possible.
- It is good to mix single, divorced, widowed and married people. We want to get a cross section of the “Body of Christ” in each group.
- For more information on forming groups: <http://www.theultimatejourney.org/on-the-journey/facilitators-and-group-directors/leader-faqs/>

WHAT TO DO AS YOUR GROUPS GROW

These groups have a tendency to reproduce very quickly. However, it is important that you focus on the foundation that you are building by making sure Facilitators are trained and that they have completed Phase 2 of *The Ultimate Journey* before facilitating. It may be hard to do this, because word will spread quickly and you will want to keep going with Phase 1 groups. Please remember that Phase 1 is only the first piece of a three-part discipleship process. It is expected that churches will offer the entire process to participants. While we recognize that it is impossible as you are starting to have all three phases going on, that must be the goal. We are here to assist you in every way we can to help you continue with Phase 2 and Phase 3.

Another “growing pain” you may experience is the availability of space to hold all the people. The following are some options to look at as you expand:

- *You can start several groups yourself.* This is a very difficult option. Most people don’t have several three-hour blocks of time each week to do this. However, there is nothing wrong with doing it this way initially.
- *You be the Group Leader, but train other Facilitators so that several small groups can meet at the same time.* In this case, you would need one large room where you could open up every meeting using the Leaders Guide and the rest of the Facilitators would have a small group. This way they would observe you leading several times and then could move into the Group Leader role at some time. If you don’t have one large room, all the groups could meet for the opening time and then when it is time to do the group exercises, the different groups could spread out into other rooms of the church.

Eventually, you may have several Group Leaders having their own rooms full of groups in various parts of the church, or another place, or even meeting on various nights of the week. We have seen a variety of options work depending on the circumstances. We would be happy to help you figure out what options will work best for your situation.

PHASE 1 EVALUATION

It is expected that all participants in Phase 1 will go online and fill out the Phase 1 evaluation. They are instructed to do so in an email they receive during the group process. If they do not have access to the computer, then you can give them a hard copy and have it returned to the Group Director at the last meeting. This will help give you feedback on how your groups are going and how your Facilitators are doing. In addition, we at Christ-Life Ministries, Inc. require each church to send us copies of these Evaluation forms from their groups. For those participants that fill it out online, we will forward on the results to the Group Director who will in turn forward the evaluation to the appropriate facilitator. This is our way of getting feedback as well. It also enables us to know how Facilitators are doing so that we can assess the need for any additional training we may need to be providing. You are encouraged to email your participants at the end of each phase and ask them to please fill out the evaluation when the email comes.

GATHERING RESOURCES

POSTER PICTURE OF THE BORN-AGAIN BRONZE STATUE

This poster entitled “Born Again” can be purchased at the Christ-Life Ministries offices. The price of the poster is \$10 if you pick it up and \$15 to be delivered. It is highly encouraged that you have one to show at the Orientation as it does a beautiful job of showing the Phase 1 process. To order the poster, please call 515-251-6838.

“YOU ARE SPECIAL” BOOK

The book, “You Are Special” is written by Max Lucado. It can be found in most bookstores. It is another tool that can be used to illustrate the message in Phase 1. While it is a children’s book, adults quickly relate to it and are touched by the message. You may read this book to your group anytime throughout the process you feel would be helpful. The end of Lesson 6 Your Life Story when group members read their Fairy Tales may be an opportune time.

An important point to emphasize from the story is whether we have been striving to get “gold stars” or trying to avoid “gray dots”, either way we are in bondage. At the end of the story, when the “gray dot” falls off Punchinello, it only did so when he said, “I think He really means it.” The way God feels about us is only made a reality when we agree with it in our minds. It is not enough to hear it, but we must believe it and tell it to ourselves. Thereby, we side with God and ally ourselves with the truth.

INFANT DOLLS

The Infancy Session of Phase 1 includes using infant dolls to help people connect better. In Lesson 3 for Infancy, you will want to obtain an infant doll to use for this time period. Lesson 3 of the Phase 1 Teaching DVDs explains the use of the doll further. Use a life-like baby doll if at all possible for this. If you bring a rag doll or a hard doll that doesn’t look like an infant it won’t be very effective. A suggested way to introduce the baby doll to the group is to bring it wrapped totally covered in a blanket in some sort of basket, like a wood picnic basket or even a child carrier. You can mention at the beginning of the group when you come in that you brought something very special and you will show it later. When you do bring it out, do so as you

would a real baby. This will help the people connect with it. If you just treat it like a doll, you will not get the responses you are looking for. It is okay for people to be squeamish about holding a doll, as you hold the doll and treat it like it is real and not weird it will help others. It is okay for people to think it is weird. You can mention, "Writing that first letter with your non-dominant hand was weird too, but it was powerful. Jesus spit on mud and put it on someone's eyes. That was weird, but it was healing.

Amazon has a great selection of dolls that work well. They are only \$29.99 each with free shipping and include Caucasian, African American, Hispanic and Asian. Here are the links below: Or you may try E-bay.

Caucasian Doll

Brown Eyes

http://www.amazon.com/JC-Toys-Lots-Cuddle-Expressions/dp/B001PPBC92/ref=pd_bxgy_t_img_z

Blue Eyes

http://www.amazon.com/gp/customer-media/product-gallery/B001NV15Q8/ref=cm_ciu_pdp_images_0?ie=UTF8&index=0

or

http://www.amazon.com/JC-Toys-inches-Baby-Bird/dp/B001NV15Q8/ref=pd_sim_t_3

African American Doll

http://www.amazon.com/Designed-Berenguer-Cuddle-African-American/dp/B002Y4ZHB2/ref=pd_bxgy_t_img_y

Hispanic Doll

http://www.amazon.com/inches-Cuddle-Hispanic-Outfits-Expressions/dp/B001PPB8IM/ref=sr_1_1?s=toys-and-games&ie=UTF8&qid=1376407699&sr=1-1&keywords=jc+toys+lots+to+cuddle+hispanic

Asian Doll

http://www.amazon.com/JC-Toys-Lots-Cuddle-Asian/dp/B002Y4ZL22/ref=sr_1_fkmr1_1?ie=UTF8&qid=1376407547&sr=8-1-fkrmr1&keywords=JC+toys+newborn+20+berenguer+doll

You may need to buy a neutral gender sleeper for the dolls.

SONGS

The following are songs that people have found to be applicable to the Phase 1 process to help others on their journey. They are in no particular order. There are also several on our website:

<http://www.theultimatejourney.org/resources/songs-poems/>

1. Younger to My Self—Mercy Me
2. Perfect People—Natalie Grant
3. The Real Me—Natalie Grant
4. Hide—Joy Williams
5. Whatever you're Doing—Sanctus Real
6. I'm not alright—Sanctus Real
7. You Are A Child of Mine—Mark Shultz
8. You Get Me—Zoe Girl
9. Just the Way I Am—Big Daddy Weave
10. More Beautiful You—Johnny Diaz (14 year old and later 21 year old girl trapped in shame)
11. Born Again—Third Day (man experiencing the freedom of healing)
12. Voice of Truth—Casting Crowns

13. Chainbreaker—Charlie Hall
14. My Brightness—Charlie Hall
15. Garden—Misty Edwards
16. If This Is Not A Place—Ken Medema
17. Exodus—Bethany Dillon (great for the end of Phase 2)
18. Believe Me Now—Stephen Curtis Chapman
19. Try – Colbie Calliant

ISSUES THAT MAY ARISE

The following sections address issues that occasionally arise within groups. It is important that you and the other group facilitators demonstrate the oneness of the body of Christ whenever you encounter any issues. On this Ultimate Journey issues and situations are never avoided or magnified. They are always dealt with in Christ's love, truth and grace. If you are in doubt about any issue, consult your group director, your overseeing pastor, or Christ-Life Ministries. Remember, they are here to help you.

NOT WANTING TO SIGN THE COVENANT

Individual will not be allowed to participate.

See if you can resolve the reasons the person won't sign. Many times it is just a misunderstanding of what the covenant says.

See Group Leader if needed.

VIOLATING THE SUPPORT GROUP COVENANT

Bring up the violation to them in a gentle manner. Generally these would involve preaching, teaching or giving advice, and not making it safe for others to share.

Give them a warning and then see if they are able to function as a group member.

We must make the safety of the group our #1 priority.

Address the covenant with the person.

The person may need to ask for forgiveness from the other group members.

Depending on how damaging this was to the group, it may be necessary for the offender to stop participating in the group.

WANTING TO EXCHANGE PHONE NUMBERS

This is generally not a good idea because we don't want to form liaisons outside of group. If this happens, then other people in the group aren't privy to what those in the liaison have talked about and unity breaks down. In addition, some people may want to "emotionally dump" on another person during the week. This is not recommended because each group member has enough of their own issues to be processing through the week without having to process someone else's. Facilitator needs to decide whether he/she wants to give out their phone number. If group member will be gone they can be asked to leave a message with the church receptionist or the Group Leader. Need to be aware of people that might be extra needy and will tend to make a lot of phone calls to a Facilitator. This puts the Facilitator in different role than intended. The Facilitator is not to be the person's private counselor or ear on the telephone regarding issues discussed during group meetings.

MISSING MEETINGS

It is helpful for the Facilitator to give them a phone call letting them know they were missed.

Group members are encouraged to let their Facilitator or Group Leader know if they are going to be gone.

They are also responsible to keep up with the reading and the life application questions for the week they

missed. However, they must be prepared for the next lesson with everyone else at the next meeting

It is not unusual if group members have a conflict or two during that long span of time. Each group member should take his commitment to the other group members seriously and avoid missing if at all possible. If someone misses too many meetings it harms the continuity and interaction of the whole group. In that case you may want to encourage them to drop out and start over when they have more time to commit. Frequent absence gives a demeaning message to the group. 'Group trust' is not enhanced when people bounce in and out as they please. This does not apply if someone is absent due to unforeseen sickness or job requirements or family situations etc. Prior warning of an unavoidable absence is always called for.

NOT COMPLETING WEEKLY STUDY GUIDE MATERIAL

Say something like, "Can you share with me what is preventing you from doing your study guide work?" If they are too busy, you may want to suggest that they wait until they have the time to come and participate by doing their assignments. Or, they may need further explanation of the assignments due to lack of understanding and fear to ask. Or, they may not want to face something that is coming up. Listen for the response. You may say, "I'm confused. You've invested a lot of time in this journey and yet, you aren't doing your study guide material."

Journaling is the key to continual gardening of truths that we learn in Phase 1.

EMOTIONALLY OVERWHELMED

It is important for people to be able to cry. If it happens, the Facilitator needs to prayerfully decide when it's time to break the silence and how to keep things moving.

If the person is out of control, touch them on the arm and change the subject to help get their mind out of the overwhelm cycle and onto something unrelated. 'Out of control' would be if they began to lose touch with current reality.

ANGER AND RAGE

It is okay to express it. (Be angry but do not sin.) It's what you do with the anger that can become damaging or sinful.)

Anger has words. You may ask the person, "What do you need to say to whatever or whoever you are angry with?"

You may suggest they write a letter to the person/s they are angry at, expressing those feelings. Then they can share what they wrote with the group, in safety and confidentiality.

The letter is not to be mailed. It is for the personal use of the group members— to process and discharge the emotional buildup that is still not processed and remains trapped within.

PREACHING, EVANGELIZING, TEACHING, GIVING ADVICE, TRYING TO FIX

There are benefits to these things in other venues. But they are not the purpose of an *Ultimate Journey* group. Group time is not the time for these activities. That makes the group unsafe, and that is a breach of the covenant. If a group member is pushy, say, "I appreciate what you are trying to say but that's not the purpose of this group, and it goes counter to the support group covenant. It's okay for people be where they are at." Stop it before damage is done.

TAKING TOO MUCH TIME

Have such people share last in the group each week.

Don't give them too much eye contact. That encourages them to keep it up.

Talk to them in private. Remind them there's only so much time and everyone needs an equal share.

INTERRUPTING

Say, "We need to let her finish. You'll get a turn."

If they yank the focus to their own issues when someone else is sharing, say, "We want to hear more, but let's do it when it's your turn to share."

ARGUMENTATIVE

You might say, "We don't all have to agree or see things the same way. Let's keep it safe for people to be where they're at."

MONOPOLIZING THE TIME

Say, "I know you have a lot to share, and I hate to interrupt, but we need to move on for the sake of time."

PERSONALITY CLASHES AND IN-GROUP FRICTION

If people clash, it may be that one reminds the other of someone from the past. If that's the case, explore the root source. It is important for people to know that God has His hand in how the groups are formed and He has good reasons for placing people together. He doesn't necessarily give us what we want, He gives what we really need. If your explanation fails, then address the clash directly with the people involved. Say, "There's obviously something between you and Mary. Do you know what that's all about?" The Facilitator needs to prayerfully decide if this needs to be done inside or outside the group. Let sensitivity and time restraints guide you deciding which way and at what time to address this. Ask the group director for input.

HOLDING BACK AND UNWILLING TO SHARE

We don't force or pressure people to share.

If they are quiet, say, "What can we do to make it safer for you to be able to open up and work with us as a member of the team?"

If they are belligerent, say, "I'm confused, you're investing all this time in the group but no one, neither you, nor the others in the group will be able to benefit, unless you join the others in sharing".

ON PSYCHIATRIC MEDICATION

Do not tell people to stop taking their medication. That is between them and their doctor. But explain that medication is designed to numb or dull our ability to feel what we're feeling. It may be like trying to row across a lake in a boat while dragging your anchor in the water. Such activity is self-defeating.

This also applies to any other kinds of numbing outs like drinking, etc.

SUICIDAL

There is a difference between saying you don't want to live and saying you want to commit suicide. Some people don't want to live, but they also don't want to die. That's not suicidal.

If a group member says they don't want to live, ask them to explain what they mean. If they say they want to kill themselves, urge them to check themselves into a hospital. Ask for permission to bring it to the attention of the group director so that perhaps a phone call could be made to a relative or friend to take them to the hospital.

If there is a pastor on duty, you might refer them there. If the group member does not want you to tell the Group Leader, then you need to ask them to call someone. If they are really not serious about suicide, and you take their threat seriously and hold them to accountability, there is a good chance they will back off and stop using such threats to control or manipulate other people. But if there's a real doubt, play it safe for the good of all concerned, report suicide threats to the person's family and, if there is no time for that, report the threat and distress of the person to the police. In such cases, the rule of thumb is, 'Better safe than sorry.'

CRIMINAL BEHAVIOR

You are required to report a person if they give the specific name of the person they committed a crime against. Our focus is to help the person deal with their issues so they no longer act in sinful ways. If your group operates under a church, they can advise you of what the legal requirements are that they are under. If group members inquire about your responsibility to report certain crimes, let them know that if they tell you a specific name they are going to or have committed a crime against, or if they are threatening to hurt themselves or someone else you are responsible to report it, first to your group director.

SEEMS TO BE MENTALLY UNSTABLE

Make sure the Participation Notification Form is signed by the appropriate person and is turned in, when applicable.

Group Leader may suggest they see a professional counselor.

The safety and effectiveness of each member of the group, including the person in question, must be protected and maintained. If a person gives good evidence of posing a threat to anyone in the group, including their selves, either relocate certain people in different groups, or see that the person gets the proper help, and, when necessary, dismiss the person that presents the problem from further participation in the group.

SWEARING/CURSING

If it is said during letters or sharing and it is emotion coming out, that is acceptable.

If it is just part of their normal conversation, pull them aside before or after group and mention that not everyone is comfortable with that language. Maybe say, "It would be helpful if while you're in group, you could be conscious of it."

PERSON DOESN'T SEEM TO WANT TO BE IN GROUP

Sometimes people join a Phase 1 group because someone else wanted them to do it more than they really wanted to themselves. Some examples of this would be if one spouse went through and now wants the other spouse to go through. A couple that is engaged or dating may want the other person to go through Phase 1 of *The Ultimate Journey* before they further their relationship, or anyone else that may have a lot of influence on a person's life may encourage it.

In some cases, the person that joins under pressure gets down to business and is really thankful that they did and benefits immensely. However, in other cases the person does not want to cooperate, doesn't do their homework or doesn't share like they need to. This person may be quite open and vocal about not wanting to accept the process or they may not be vocal about it but their actions speak lack of cooperation either by not sharing when they need to or not doing their homework.

People that make the group unsafe for others need to be talked to privately in an expedient manner. It will really hinder other people who really want to be there from benefiting. Of course, sometimes these people under duress will just drop out. If they don't, it is okay to say something like, "I am really confused, you signed up for this group, but by the things you are saying it seems that you really don't want to be here. We are not putting any pressure on you, in fact, it would probably be better if you did it another time when you really were able to benefit from it." If they say they don't want to do it but they feel they have to because of a spouse, etc... then you just need to tell them that unless they can be a safe person, you will have to dismiss them from participating even if that will get them in trouble with a spouse.

SAFETY, SAFETY, SAFETY are the three most important ingredients to a successful group.

EXPLANATION OF FORMS

The following is an explanation of each of the forms that are found on the website www.theultimatejourney.org. You find the Facilitator part of the website by clicking on the Resources Tab. Then click on the "For Leaders" box.

APPLICATION FOR GROUP MEMBERSHIP

Each person that wants to participate in *The Ultimate Journey* will fill out one of these applications at the orientation meeting. You will use this form to guide you in separating people into groups.

MEETING & ASSIGNMENT SCHEDULE

This allows the group members to know the date of each lesson meeting and the assignment due for that meeting. There are two different formats that you can choose from.

SUPPORT GROUP PARTICIPATION NOTIFICATION FORM

This form is to be filled out if a participant is currently in counseling. They are to give it to their therapist, have it signed and brought back to you for your own records. It is good for a counselor to know if one of their clients is participating in this process.

SUPPORT GROUP SIGNATURE FORM

This is the form group members sign in agreement to follow the Support Group Covenant. It is also in the Study Guide so they can tear it out from there if you want them to.

PHASE 1 SMALL GROUP MEMBERS LIST

This is a list for each facilitator to have of their small group which includes the names and emails of their group members. (Only found in the Leaders Guide, pg 23)

LIE DETECTOR

This form contains the same information that is in the Lie Detector for each Phase 1 age group lesson. This is provided for you to use to help you keep a record of what you are hearing as each person shares their letters. You can also hand it out to other group members if they would find it helpful for them to keep track when another person is sharing.

More information on how to use the Lie Detector is in Part 2: Sharpening Your Skills and Lesson 3 of this Leaders Guide.

SUPPORT GROUP TUNE-UP

There are times when your group may be dealing with the previous issues and group dynamics mentioned in the above material. Your first step would be to talk with your Group director if you have one. Maybe they can give you some guidance in how you can talk individually to a particular person in the group that may be causing the problem. If you are the group director, then call the Christ-Life Ministries offices if you want some guidance. It may result in doing a Support Group Tune-Up. You give a copy of the tune up to everyone in your small group including yourself. Then you read through the form together. Once you have read through it, give each person time to write their answers to the questions. Then have each person share their answers. It is best if the facilitator shares last. (only found in the Leader Guide, pages 25 & 26)

PHASE 1 EVALUATION FORM

This hard copy is only to be passed out if people do not have access to go on the website to fill out the online version. Once the online evaluation is received from a participant, we will forward it to the group director who will then determine how that information is to be passed on to the facilitators. If they needed to fill out a hard copy, please make a copy and send to Christ-Life Ministries office in Des Moines, Iowa

SUPPORT GROUP TUNE-UP

Each group develops a personality and chemistry of its own, just like any family would. Members get used to and come to know each other's traits and ways. In that sense, we are just like any close-knit team or family.

In time, any unhealthy, dysfunctional traits, habits and styles that you struggle with at home, or that others at home have to struggle with because of you, may have begun to emerge. Since we are here to get in touch with what keeps us stuck and contaminates our lives and close relationships, we need to devote time to group housekeeping and inventory.

Healthy families are willing to learn and do well, what unhealthy ones refuse to do at all. They open up. They get real. They refuse to sweep 'icky', uncomfortable issues under the rug. Instead they bring them up—in *mutual trust and concern*. They discuss and work through them together, fine-tuning their family system so that everyone can be nurtured and nobody is abused or left out. In that way, problems and pet peeves do not have time to grow and fester. They are nipped in the bud and gardened promptly.

It is time to learn to take care of your group family together. The following list is a tool to help you do it. Go over it. If any items remind you of something that is taking hold in your group, write short paragraphs about each item you think needs to be dealt with. This will help your group get the maximum benefits from each group meeting.

Remember: IT'S OKAY TO MAKE A MISTAKE. IT'S OKAY TO BE WRONG. When you're moving into new territory mistakes are inevitable. They go with the territory. So even if you are mistaken in your perceptions and understanding, that too is great raw material for you and for everyone else to learn some great lessons. If you are correct, the group will benefit. If you are wrong, your misunderstanding will be straightened out as you discuss it together. You cannot lose. You and your group will still benefit either way.

When it is time for you to start sharing, take turns reading your paragraphs and then let the group address each issue that was brought up so that each person can be heard. Bring the issues up with love, respect, and compassion. Then receive each issue others may bring up in the same Spirit. Please....

NO SHAMING, BLAMING, TAKING OFFENSE, ARGUING, OR ABUSING!

We do this to help each group and group member, not to put anyone down. This stimulates growth and personal development. We are learning new skills that nobody taught us before in our life. IT HAS GOT TO BE SAFE FOR EACH ONE TO BE WHO AND WHERE THEY ARE. Let each one be encouraged and stimulated to grow and make effective adjustments after the group points out areas needing adjustment.

SOME AREAS IN YOUR GROUP THAT MAY NEED WORK:

1. Is there too much time for some, not enough for others?
2. Is someone still in denial? Who do you think it is?
3. Is someone still not able to trust enough to open up? Who? Why do you think that is?
4. Is someone holding back in giving meaningful Affirmations? Who? Why?

5. Is anyone showing a lack of interest in the needs of the others? Who? Why?
6. Is anyone teaching, preaching, giving advice or trying to 'fix' anyone else? Who?
7. Is anyone changing the subject and derailing the group progress? Who?
8. Is anyone giving you the message that 'it isn't safe'? Who? How is it happening?
9. Is there any specific thing you need from anyone in the group? Who? What?
10. Can you think of anything your group could do from now on, to improve and enhance its effectiveness in working together?

The way you handle this assignment gives invaluable information. It indicates the maturity level each of you has reached. It also indicates the depth of your skill level for engaging in long term, healthy, intimate, nurturing relationships.

These skills are absolutely essential for healthy, fulfilling marriage, effective parenting, good teamwork, and close, true friendships.

Dealing with problems openly, honestly, and with mutual desire to grow, are signs of healthy intimacy, spiritual and emotional maturity, emotion wholeness, and true, lasting, Christ-centered love.

PHASE 1 SMALL GROUP MEMBERS

FACILITATOR _____ **ROOM#** _____

Name _____

Email _____ Phone _____

Name _____

Email _____ Phone _____

Name _____

Email _____ Phone _____

Name _____

Email _____ Phone _____

Name _____

Email _____ Phone _____

PART 4: LEADING THE WEEKLY MEETINGS

It is important that you utilize the Teaching DVDs. The DVDs add great value and frees the facilitator up to focus on the group work and watching the participant's body language as they view the DVDs. Kathie Hobson, Training Director for Christ-Life Ministries, lays the foundation for each weekly session. She walks with you and your group step by step, presenting the information as needed in preparation for the sharing time you will do with your own group.

VALUE OF THE PHASE 1 TEACHING DVD'S

For Participants:

- The DVDs maintain the integrity and consistency of the message that The Ultimate Journey proclaims so that each person receives the information and tools for an optimum experience.
- The DVDs give people with different learning styles another mode of taking in information.

For New Facilitators:

- More people can feel comfortable facilitating groups knowing that they are not responsible for trying to communicate the truths while they are still learning themselves. They can feel free to grow and learn right along with their group without feeling they have to have all the answers.
- When using the DVDs during the group time, new facilitators can rest assured that all of the important concepts and skills for the weekly lesson are being properly communicated. This helps take the pressure off the facilitator and allows them to focus on the group process, rather than having to remember and be able to articulate everything that the participants need to receive.

For Experienced Facilitators:

- Because of the quality and simplicity of using the DVDs many seasoned facilitators continue to use them each time they lead a group. However, if the experienced facilitator feels comfortable, they are welcome to simply use the DVDs as a review during their personal preparation time. Use of the DVDs in this way helps them with ongoing training on how to communicate them.

Special Helps:

- There are three clips of "The Kid" movie along with discussion questions that are imbedded in the Teaching DVD for Session 3. In order to do this with copyright laws, a DVD of "The Kid" is included with each Phase 1 Teaching DVD set.

HOW TO USE THE PHASE 1 TEACHING DVDs

The Phase 1 Teaching DVDs go along with each lesson.

1. A device is needed for playing the DVD that can easily be viewed by each group member.
2. Allow the group to exchange brief small talk at the beginning of the session.
3. Put in the DVD for the particular lesson.
4. At various points the DVD may be paused while certain questions are being answered.
5. The DVD will indicate when it is time to do the small group sharing. At that point the facilitator will turn off the DVD and proceed with the prescribed exercise.
6. At the end of each lesson the homework assignment is given on the DVD. You can use the DVD to give the assignment or the facilitator can share the homework assignment with the group.

Note: If you are meeting in a large group to view the major portion of the DVD and then breaking into small groups for your group work, the facilitators will need to be prepared to give the homework assignment.

HOW TO USE THE WEEKLY MEETING GUIDE

MEETING PREPARATION

This tells you what you need to do before each meeting and what you will need to bring to each meeting.

FACILITATOR MEETING

For those of you that have multiple groups with various Facilitators, it is strongly encouraged that you meet with your Facilitators between each meeting. This way they can ask questions, you can make sure you are all on the same page regarding the meeting agenda, as well as a time of prayer for each other and for the groups. Most leaders find that it works best to get together with the Facilitators a half hour or forty-five minutes before the regularly scheduled group meeting. This section will give you information on some of the things you will want to share with your Facilitators each week.

MEETING FORMAT

This section walks you step by step through each meeting. It is written in first person so that you can read word for word what to say. Please note that when you see words in *italics*, those are not to be spoken but instead are used to give you direction. A good example of this can be found in the ORIENTATION section under the MEETING FORMAT. For those of you who are already familiar with leading, you can follow the **bold** headings and words to cue you and then you can share in your own words.

The meeting format is set up for groups where they all meet in a large meeting first and then split up into small groups and for individual groups. If your group is not using the large group meeting format for the brief opening session before you split off into small groups, then you may want to save giving the assignment for the end of your small group session each week instead of at the beginning.

ORIENTATION MEETING

*Note: Some Directors may already have groups set before orientation while other Directors use orientation as a prerequisite to signing people up.

MEETING PREPARATION

THINGS TO DO BEFORE GROUP MEETING

- _____ Order the Phase1 Teaching DVDs
- _____ Recruit facilitators and FITs (facilitator in training).
- _____ Make sure all Facilitators have received Facilitator Training.
- _____ Make sure all Facilitators have Leaders Guides
- _____ Obtain the meeting room you will be using and make sure it is set up.
- _____ Ask a few Facilitators, or former participants, to give their Phase 1 testimony during Orientation. If it is a brand new group, then the Group Leader will do it.
- _____ Determine a phone number that participants and Facilitators can call to find out if the group meeting will be cancelled due to inclement weather or some other cause.
- _____ Establish a phone number or e-mail address that participants can contact to notify if they will be unable to attend a group meeting.
- _____ Make nametags for yourself and all Facilitators that will be at the Orientation. If you desire, you may also have nametags available for participants to wear.
- _____ Make copies of handouts for each participant (Application, Meeting & Assignment Schedule). These are found behind the "Handouts" section of the Leaders' Guide as well as on the website for easy printing.
- _____ Prepare refreshments if you want to have any at the Orientation.
- _____ Gather articles for object lessons (Kleenex, acorns, Born Again poster etc...)

THINGS TO BRING TO GROUP MEETING

- _____ Leaders Guide
- _____ Nametags for Facilitators and participants, if you choose
- _____ Handouts (Either put them on chairs before the people come or have them on a table to pick up before they sit down. You may also want to print each on a different color of paper so that they can be easily identified when you address them at the Orientation).

- _____ Application
- _____ Meeting and Assignment Schedule
- _____ Phase 1 Book (to show while sharing about Phase 1)
- _____ Phase 2 Book (to show while sharing about Phase 2)
- _____ Phase 3 Book (to show while sharing about Phase 3)
- _____ Study Guide
- _____ Any articles for object lessons you may share (tissue, acorns, statue picture, etc.)
- _____ Any refreshments you may choose to serve

MEETING FORMAT

- 1. Open in Prayer.**
- 2. Group Director Introduction.** *Share how you became involved in The Ultimate Journey and how it has impacted you personally. Introduce any Facilitators.*
- 3. Play Orientation Video.**
 - Part 1 – Overview of *The Ultimate Journey*
 - Part 2 – Overview of Phases, emphasis on Phase 1
 - Part 3 – Demonstrations (tissue, acorn, Born Again poster. Feel free to play the video or do the demonstrations yourself. Feel free to do the demonstrations yourself. If you need a Born Again Statue Poster we have them available through the TUJ headquarters. 515-251-6838
- 4. Testimonies.** *You may share your testimony or have some others share. Now I've asked a couple of our Facilitators to come and share with you about how God has used *The Ultimate Journey* process to change their life. So, those that I've asked to share, would you please come up now. (You may also have other past Phase 1 participants that are not Facilitators give their testimonies.)*
- 5. Demonstrations.** Now let's take an even closer look at just Phase 1. When we become born again, our spirit is saved. We are freed from the power of sin and death. We have come into right standing with God and the blood of Jesus Christ cleanses us from all sin. He becomes our righteousness. However, our soul, which is our mind, will and emotions, still needs to go through a transformation process. This is what is talked about in Romans 12:2. That is why we need to see how living in this sin-infested world has caused each of our souls to be conformed to the pattern of this world, that we might then be transformed. Phase 1 begins that process.
 - **Tissue:** *For this analogy you will need a tissue like a Kleenex: You will hold up this tissue in its unfolded state in front of the group and say the following:*
 - *Let's say this tissue represents your life. I'm going to tear a large piece of it off. (Take away all but just a one to two inch strip. Hold the small part with one hand in front of you, and crumple up the remaining larger piece and put it behind your back with your other hand). This part up front represents what you see as your "good" part. It is the part that you don't mind showing to*

everyone. *(Take that piece and put it up in the air towards heaven and say), "God don't you just love me?" (Hold that piece out to the audience and say) "Hi, don't you just love me?"*

(Then ask the audience) "How much of me is getting loved?" (Then as you bring the tissue out from behind your back say), "What about this? (Make a disgusting face as you bring it forward and say,) What does Jesus want to do with this? (Give opportunity for the people to answer). He wants to love it and accept it! That is a part of who you are.

God doesn't have a problem with it. He died for all that. It is all covered. But we, because of shame, don't want to deal with it. That prevents us from experiencing the freedom that was purchased on the cross for us. We need to face that stuff so we can accept what the blood from the cross did for us...all of us. So, in Phase 1 we will be looking at that Kleenex in a safe, loving, accepting, environment, where it is okay to be who and what we really are. *(Now, hold both parts of the Kleenex together and say), "Now how much of me is getting loved?" No longer will you be saying "I know God loves me up here (point to your brain), but I don't feel it down here (point to your heart).*

- **Acorns:** *(You will need two acorns for this analogy) (Hold up two acorns putting one in each hand). I have two acorns. These two seeds contain everything needed to become oak trees. But, if I give one seed to a tree farmer and the other seed to a person in the big city, who walks on concrete and lives in a high rise, what do you think will happen to each of the seeds? (People will typically say the farmer will plant his and it will grow and the other one will not make it.) Is that because there is something wrong with the seed? No, it was how it was gardened that made the difference.*

This is the same for many of us. We have spent our whole lives thinking something was wrong with us, that we were defective or "bad". But the seed is not the problem. It contains everything for life and fruitfulness. How it is gardened determines how it will grow. For some of us, much of our growth has unfortunately been stagnated by things done to us through poor gardening. In these groups, we will be sharing about how our caregivers gardened us. The point of this is not to put them on trial or blame them for everything. It is about looking at what we received so that we can learn to garden ourselves now in healthy and productive ways.

The exciting thing is even though a seed may not have gotten what it needed, you can take that seed 10, 20, 30 or more years later and start giving it the care it needs and it will begin to grow and thrive. It's never too late!

- **Poster Picture of the Born-Again Bronze Statue:**
***Note:** This Poster is very powerful and a great example of the Phase 1 program. The poster can be purchased at the Christ-Life Ministries office. 515-251-6838

(Hold up the picture). What do you see when you look at the statue? (wait for responses.) This picture represents the stripping away of the old man. That is not who we really are. We were created in the image and likeness of Jesus Christ; however, we have this "yuck" that has been covering us for a long time. We will identify this yuck in Phase 1 and allow it to be stripped off so that the image and likeness of God, that we were created to be, will finally be able to shine through us. Notice that the person is not stripping it off himself. He is just surrendering to the process. You can tell by the way he looks and the flexing of his muscles, that he appears to be in some pain. You too will experience some emotional pain in this process, but it will be a bittersweet thing. You will also receive the freedom that you have always wanted.

6. Weekly Overview Now that I've explained an overview of Phase 1 of *The Ultimate Journey* and what we want to accomplish, let me share with you more of how we'll do this each week.

- Each week we will break up into small groups. These groups will have approximately 4 people in them along with a Facilitator. The Facilitator has personally been through Phase 1 at least once before. The group that you are put in will remain together throughout the entire Phase 1 class.
- Each week, we will go through a different time period from your life. These time periods are broken up into Infancy, Early Childhood, Elementary School, Middle School/Jr. High, High School, Early Adulthood, and Adulthood. There will be some reading that you will do each week to help you remember some of the things you may have experienced at those different age levels. Also, you will do some general reading that will help you see your old patterns of thinking, which we call paradigms.

When you come to group each week, you will have an opportunity to share what you have discovered about yourself. Although you will be encouraged to share since that is the purpose of this process, no one is going to make you share anything you don't want to. Also, no one is going to indicate to you that things may have happened to you that you cannot recollect. That will be totally up to you and the Holy Spirit with what you come up with. In the next few weeks we will give more detail on how each small group will operate.

- That's just a brief overview. You'll understand it more as we go.

7. Class Details and Sign-Up

The groups will be meeting from _____ to _____ (times) on _____ (day). We will meet _____ (location).

8. Meeting Schedule

- Take a look at the Meeting and Assignment Schedule (*show one*).
- This Schedule let's you know what we will be doing in each meeting and what lesson you will need to complete before you come each week.
- For next week you will need to do Read Lesson 1 in your book and complete Lesson 1 in your Study Guide.
- There are questions you will need to answer, checklists you will need to complete and eventually letters you will write. The assignments are all spelled out for you in your Study Guide.

9. What To Bring

From now on, please bring:

- Your Book and Study Guide to each meeting.
- You will also need to have a journal or notebook to do your writing in along with the Study Guide.
- Bring a pen or pencil to each meeting
- Photos of each age group

10. Application Form and Support Group Participation Notification Form

- Let's take a look at the Application (*Hold one up*). This is the Application for Group Membership. For those of you that have decided to go ahead and pursue your Ultimate Journey, we will need you

to fill this out now if you haven't already done so. The top part is pretty self-explanatory. But, I'll go ahead and explain a couple of the things towards the bottom.

- As you'll notice, there's a place to list all your relatives and close friends that are also taking this Phase 1 group. We ask this simply because we've found that people are more apt to feel free to open up when they're with people they don't know as well. Therefore, we do not put people in the same groups as their spouses, other family members, or closest friends.
- I also want to point out that the groups will have a mixture of men and women in them. This has really helped people to deal with any unfinished issues they may have related to the opposite sex. On occasion it may not be possible to have mixed groups, but it is most beneficial when possible.
- Some of you may also be wondering about confidentiality. Your small group will be reading together and signing a Support Group Covenant that will address confidentiality as well as other issues.
- Between now and next week we will separate you into small groups. *(Inform them where they are to go next week when they come).* God knows everything about each one of you and what you need in a group. So, before we begin the process of making up groups, we pray over these applications and ask God to give us direction for how these groups are to be arranged. People are always amazed at how God puts people together in groups in such an awesome way.
- We also ask you to write down if you are seeing a therapist or counselor and any medications that you are currently taking. For those that are currently seeing a professional therapist or counselor, we also ask you to have another form filled out. The purpose of this form is so that your counselor can be made aware that you are taking part in this group. So, to whomever this may pertain, please take one of these forms *(hold up the form)*, have it signed and returned to your Facilitator or myself within two weeks. If you have any further questions about this, feel free to talk to me afterwards. *(Group Leader – please keep a file of these forms along with all the applications.)*

11. Contact Information

I want to give you a way to find out if a group meeting is cancelled due to inclement weather or for some other reason, as well as who to contact if you have to miss a group meeting. *(Give them a phone number, e-mail address or whatever your plan is for this).*

12. Does anyone have any questions?

13. Wrapping Up

For those of you that have decided to go ahead with this, you can hand in your completed Application, and purchase your books through the Christ-Life Ministries office. The Phase 1 Program which includes a book and study guide is \$50. To purchase the Phase 1 Program go to www.theultimatejourney.org. Print out copies of the ordering instructions below or email them to your participants.

14. Close in Prayer

The Ultimate Journey Program Ordering Instructions

1. Go to www.theultimatejourney.org and click on the **Store** tab.
2. Click on the **picture of the phase** you are planning to take to see the products available.
3. Click on the **Read More** button for the related program.
4. Click on the **Buy** button under the picture to add it to your cart.
5. Under **Billing Information** you will need:
 - **Password:** This is where you create your own password
 - **Group Code:** Yours is:
 - **Click Validate Code button**
 - **Start Date:** Yours is: (whatever day your first meeting is)
6. Fill in the **Shipping information** and check out as with any other online process. Unless there is a company name on your credit card, you can leave that space blank. If you are picking up your book at the Des Moines office, you may select “pick up at office” as your shipping option. Please note, it will pause for a few seconds before moving on.

LESSON 1

GETTING READY FOR GROUP WORK

MEETING PREPARATION

THINGS TO DO BEFORE GROUP MEETING

- _____ Place people in groups and make sure that everyone that has signed up has been put into a group. Please make this a matter of prayer before you set up the groups.
- _____ Review the applications and make a list of who will need to turn in a Support Group Notification form.
- _____ Let all facilitators know the time and location of the facilitator meeting.
- _____ Make up nametags for yourself and all Facilitators (optional)
- _____ Make nametags for each of the group members including their facilitators name (optional).
- _____ Make extra copies of the Support Group Covenant signature page in the Handout section for Facilitators. This is if they will have already used their copy in their manual from their previous Phase 1 group.
- _____ Prepare for Facilitator Meeting.
- _____ Room Set-Up.
- _____ Let facilitators know how Kleenex boxes will be distributed or taken care of.

THINGS TO BRING TO GROUP MEETING

- _____ Phase 1 Teaching DVD for Lesson 1
- _____ Leaders Guide
- _____ Study Guide
- _____ Facilitator Nametags and one for yourself (optional)
- _____ Group Member Nametags with their Facilitator's Name on it also (optional)
- _____ Box of Kleenex for each group
- _____ Group Assignment List
- _____ Extra copies of Meeting and Assignment Schedules
- _____ Extra copies of the Support Group Covenant signature page for Facilitators

FACILITATOR MEETING

1. *Pass out the Facilitator Nametags if you are using them.*
2. *While in each meeting we will review what we will be doing, it is expected that you will read through the appropriate Lesson in the Leaders Guide before each meeting.*
3. *Let's go over what to expect for this meeting. First, you will take your group through the Get Acquainted Exercise. Be sure to emphasize the last two questions. You, the facilitator will share first. Next, you will go through the Support Group Covenant and how to do that. Mention and talk through possible "problem" scenarios they may encounter while doing this. Tell them to hand the Support Group Covenant signature forms to the Leader after their group is finished.*
4. *Each Facilitator needs to know how they are to get their box of Kleenex for each meeting. Are they to return it and pick it up at the Facilitator meeting each week or are they to keep it to bring each week on their own?*
5. *For this first meeting, make sure Facilitators are in their rooms 15 minutes before group begins to greet their new group members.*
6. *Tell the Facilitator who in their group should have a Support Group Participation Notification form returned. If they don't receive it back, instruct them on how to go about asking the person. Maybe request to speak to them after group so they are not blurting it out in front of everyone. Then they can ask them if they have it or if not, how soon they think they can get it signed, like when is their next appointment, etc.*
7. *Ask someone to be in charge of seeing that participants get their nametags.*
8. *Ask who needs another Covenant signature page and hand that out.*
9. *Let them know that we'll all finish at different times so they will need to pray and dismiss their own group.*
10. *Close in Prayer.*

MEETING FORMAT

1. Help Group Members find their group

- *Introduce yourself as they come in and check their name off your list.*
- *If you are using nametags, give them their nametag with their Facilitator name on it or have a place where they can pick them up themselves.*
- *If needed, help direct each member to their Facilitator and their new group.*

2. Make sure everyone is in their appropriate group. *If there is a problem, such as people that know each other happen to end up in the same group, or only a few people from a group showed up, then handle appropriately. (It is not uncommon to have to make last-minute adjustments.)*

3. When all is settled, begin meeting.

Welcome! I am so glad to have you here! Let's go ahead and begin in prayer...

4. Assignment. *(Hold up meeting and assignment schedule).* Does anyone have any questions about how the Meeting and Assignment Schedule? Just to make sure everyone understands, for next week your assignment will be Lesson 2. Don't forget to bring your journal or spiral notebook and pen each week.

5. Play DVD – Lesson 1. It is best if each facilitator has a set of the teaching DVD's and device to play it on. If not, each facilitator will need to know the next week assignment in order to talk to the group about the homework.

6. Pause DVD to do Get Acquainted Exercise.

Please turn to where it says Get Acquainted on page 10 of your Study Guide. We will take turns, beginning with the Facilitator, and answer these questions and just share with your group some things about yourself. Make sure you answer the last two questions: "What would you like to accomplish during the time you will be in group?" and "What do you think your biggest challenge will be as you participate in this group?" Feel free to ask each other questions, too. This will help us to get to know one another a little more. *(You can read directly from pg. 10 of the Study Guide or read as follows).*

Without getting into deeply emotional or personal matters, you'll share some of the following information so the group can get to know you:

- Your name
- How you heard about *The Ultimate Journey* and what drew you to pursue it
- Something about your personality
- Whether you are single, dating, married, divorced, or widowed
- Something about your spouse or children or, if single, your relatives or friends
- How you earn a living, spend your days, or enjoy retirement
- Any hobbies you like
- Your goals, dreams, or plans
- What would you like to accomplish through this group?
- What will pose your biggest challenge?

7. Pause DVD to Read the Support Group Covenant as a Group.

Now we will go through the Support Group Covenant. This is found in your Study Guide on page 11. The purpose of this important Covenant is 3-fold:

- a. So we all know what to expect and what is expected.
- b. So we can make it a safe place for everyone involved.
- c. To facilitate trust and confidentiality.

In the group, we'll go around and take turns reading each point, one at a time. If you are uncomfortable, or for any reason you don't want to read in front of the group, that's fine, you can simply say "pass" when it's your turn. Also, after the Covenant has been read, if you have any questions, please feel free to ask them. Then we will each sign this Covenant Signature form and then I will collect them.

I am going to read the first point and then we will go around the circle with each person reading.

THE ULTIMATE JOURNEY SUPPORT GROUP COVENANT

1. I realize that The Ultimate Journey support group is a Christ-centered tool for studying and applying biblical principles to my own personal life. I understand that it is purely voluntary, and that all who agree to follow this covenant and cooperate with the appointed leaders and group members are welcome, regardless of race, gender, or religion.
2. I assume full responsibility for my own future reactions and choices. I acknowledge that they are and will be entirely my own, and in no way will they be the responsibility of the church, pastor, or group leaders under which this group will operate. I am responsible for anything I choose to do.
3. I acknowledge that my group director and facilitators are responsible for the proper running of this support group process according to the guidelines provided to them. I acknowledge that they have the authority to see that others abide by them for the good of the whole group.
4. I promise to cooperate with the group director and facilitators and to follow their instructions, accept their correction and abide by their final decisions. If I cannot do that, I reserve the right to resign from further participation in the group. I acknowledge that the group leader has authority to excuse anyone from participation in this group that they believe is not ready or is incapable of participating safely and profitably.
5. I understand that Phase 1 is designed to help me learn to deal more effectively with unfinished, emotional business from the past. I realize this means learning to face my fears and weaknesses instead of continuing to avoid or deny them. I understand I will learn to admit what happened to me, what I learned to do as a result, and that I will be encouraged to express my true feelings, count my losses, and grieve them. I understand that to

do my grief work effectively, I will have to suspend use of any “numb-out” techniques to the best of my ability. Therefore, I promise to refrain from indulging in excessive, counter-productive use of potentially addictive things. These include, but are not limited to:

- a. illegal drugs, alcohol, misuse of prescription drugs
- b. eating disorders (bulimia, anorexia, overeating)
- c. pornography and other forms of sexual addiction
- d. gambling, shopping, hoarding
- e. using religion as a means to avoid facing reality
- f. abuse of self or others
- g. TV, video/computer games/internet or other forms of entertainment that I use to escape
- h. relationships that merely distract and kill time
- i. anything else that I realize I use to “numb out” and disconnect from my true feelings and emotions.

I plan to attend the group meetings fully prepared to get in touch with my memories, unhealed wounds, trapped emotional voltage, and truth-twisting techniques.

6. I promise to work to create and maintain a family of God atmosphere for my group, where it is safe to be who, what and where we really are. I understand that none of us, including me is perfect. We all need to learn to grow. Therefore, I promise to do my part to maintain a safe, learning, growing environment for everyone involved.
7. I promise to keep strict confidentiality concerning what is said and done in our group meetings. I will not relate or discuss anything personal about another to anyone apart from my small group, including my own family members and friends, or anyone from any other small group. I promise to protect the names and reputations of all group members at all times.
8. I understand that my group director and/or facilitator may be considered a mandatory reporter, and will be obligated to report anything the law requires of them.
9. I promise to attend the meetings faithfully, so my group can count on my attendance and promptness. I promise to cooperate and strive to learn whatever skills the process is trying to instill. I promise to follow whatever the exercises require, to the best of my ability.
10. I promise to be open and honest with my fellow group members when it is time for me, during an exercise, to share my life and myself with them. I promise to be attentive and truly listen when it is time for each person in my group to do the same. I promise to assist, encourage and allow them in gentle, non-threatening, non-abusive ways, to freely, thoroughly, express and vent their feelings, so that they can reconnect with their unfinished issues, unhealed wounds, and unprocessed emotions.
11. I promise to refrain from trying to fix, give advice to, teach or counsel any fellow group member.

12. I promise to refrain from trying to alter the curriculum or steer the group process in a direction different from the one required by the course. I promise to refrain from imposing my own agendas, arguing or criticizing others in areas such as religion, politics, etc.
13. I promise to refrain from making romantic, sexually-motivated advances to any group member during the course of this support group cycle. I acknowledge that this would interfere with our group work. I also promise to refrain from encouraging or accepting any romantic, sexual advances made to me by another.
14. I promise to refrain from discussing my issues with my fellow group members outside of the group time. I understand that this could result in relationships that become co-dependent, damaging, or divisive, and undermine the group process.
15. I agree to gently and lovingly confront any group member with compassion, equality, firmness, and kindness when I detect a possible group covenant violation. I will say so to the appropriate person. This includes such things as denial, abuse, getting off the subject, or any other behavior that would harm group integrity or derail the intent of the exercise.
16. I agree to allow my group members to share with me what they observe. I will gratefully listen when they point out any attitudes or behavior in me that would help me grow in this process. I acknowledge that we must learn this healthy family communication skill to benefit from our group work.
17. I promise to comply fully with the requirements of The Ultimate Journey process. I will cooperate to make our work together as smooth, safe and beneficial as I possibly can for all concerned.
18. I acknowledge that this group is intended for our mutual help. I acknowledge that its purpose is to supplement but not to replace professional therapy, counseling, or any allied services. Thus, I promise to acknowledge any therapy or professional help I have recently received to the group director and return the completed Participation Notification form.
19. I acknowledge that the material made available to me is for my information and voluntary consideration only, and that I am not at all obligated to accept or carry out any suggestions, explicit or implied in it. Therefore, whatever interpretation and response I come up with will be purely my own. I realize that *The Ultimate Journey* support group is a Christ-centered tool for studying and applying biblical principles to my own personal life. I understand that it is purely voluntary, and that all who agree to follow this covenant and cooperate with the appointed leaders and group members are welcome, regardless of race, gender, or religion.

8. Restart DVD for Clarification of Several Covenant Points

(Ask group members if they have any questions. Then have everyone sign the Support Group Covenant Signature form, tear it out and turn it in. It's found in the Study Guide on page 15).

9. Resume DVD or Discuss Homework Assignment for Next Week – Lesson 2

Let's turn to page 18 of Lesson 2 in your Study Guide. You will be completing a checklist for *Identifying Wounds*. There are different ways people are wounded. Some wounds come because of what we needed that we didn't get. These are unmet needs that often go unnoticed because we aren't always conscious of what we missed if we never had it before. Let's look at a few here. *(Refer to the list and read a few)*. Other wounds come from things that we got that we didn't need. These are the more common wounds we think of like physical abuse, sexual abuse etc...The important thing to remember is both categories of wounds affect us deeply even if we may not be aware of it. We will not be sharing your responses to the list in class. It is for your personal use. As you share about your past in future weeks, these wounds will come to light and you can discuss these with your group.

10. If there are multiple groups meeting in the same room.

Each week individual groups may finish at different times. When your group is done, your Facilitator will close in prayer and dismiss you. It is important that when your group finishes that you leave quietly since other groups may still be going on. You are free to continue any further conversation you want to have with your group members outside this room. You may now begin your group work.

11. Close in Prayer.

LESSON 2

DISCOVERING YOUR PERCEPTION OF YOURSELF

MEETING PREPARATION

THINGS TO DO BEFORE GROUP MEETING

_____ Set up room(s)

THINGS TO BRING TO GROUP MEETING

_____ Phase 1 Teaching DVDs – **after the Letter Writing exercise is done and discussed, consider playing the first part of the Teaching DVD for Lesson 3. This way next week’s DVD won’t be so long. You could play the first 43 minutes which goes through the “10 Steps to Being your Adult Ally.” Complete the next 32 minutes next week.**

_____ Leaders Guide

_____ Study Guide

_____ Box of Kleenex for each group

_____ Extra paper & pens for the letters just in case people might forget to bring their own

FACILITATOR MEETING

1. *Go over Meeting Format.*

- *When you read the letters this first meeting, Facilitators are to go first. In other meetings you will go last. You will need to help your group mirror you this first time.*
- *Encourage your group that if no one says anything on the mirroring, that they can simply go around the circle and ask each person, “What did you notice?” You may also ask for support from other group members by asking, “Did someone else notice that?”*
- *If a group member misses this night it will probably be difficult for them to make up the Letter Writing Exercise. If you can find a time to have them make-up their letter that would be good, but there will probably not be class time to do it.*

2. *Remember to discuss Time Keeping.*

3. *We are going to discuss this sample letter. What do you hear about the relationship John has with the child he used to be?*

Dear Little John,

I vaguely know you but I think it is important we get connected. I hardly remember any experiences from

childhood. I do remember more negative experiences than positive. I've grown up, moved on and have left the past forgiven and forgotten. I sometimes wonder how you survived the terrifying nights when dad was in a drunken rage. The safest place was in bed under the covers, praying that dad would stop the yelling and abuse. You never told anyone about it, mom made you promise not to. I wonder what would have happened if you or mom told a friend. You lived most of your childhood in fear, not knowing what to expect from dad. As you get older and involved in sports, dad's anger will cool down some, but don't expect him to get involved in your life. He loves you and shows it by his hard work. He knows no other way to express it. Understand, he knows no other way. Don't become hateful or resentful. Pray for dad and support and encourage mom. - Big John

Dear Big John,

Why is dad always so angry? I wish he would treat mom better. I wish mom would stand up for herself. Her tears only make dad more angry. Why doesn't Dad have any friends? I wonder if it would be better for mom and dad to split up. That wouldn't work. Mom can't work, she needs dad to provide. I wish they would get help. We live in isolation. Nobody knows. I'll try to have a good attitude like mom. Dad just has bad days. I'm afraid of dad. I never know what he will do. Help me if you can, but if you can't, I'm a tough kid and I'll be ok. - Little John

4. Pray.

MEETING FORMAT

1. Open in Prayer

2. Time Keeping -It is important that everyone gets time to share when it is their turn. That is why time-keeping is an important part of group work. Let me explain this.

- After I have finished talking, we will note how much time is remaining. That time will be divided by how many people are in the group. This will give you the approximate minutes each person has to share.
- Each week a different group member will be responsible for being the timekeeper. When the person sharing has five minutes remaining, the timekeeper will need to say "five minutes" or give some agreed upon motion that will let this be known. This will let the person sharing know they need to wrap it up, and also let the Facilitator prepare to move on to the next person. Of course, if the person sharing is in the middle of crying, you would want to be as discreet as possible.
- It is important for the groups to end on time for the courtesy of all involved

3. Play DVD – Lesson 2

4. Pause DVD for Discovering Your Perception of Yourself: Letter Writing Exercise

We want to discover what kind of relationship you currently have with yourself. You do have a relationship with yourself, even if it something that you are not aware of. Hundreds of times a day you talk to yourself. Sometimes what you say is helpful, like "Good job!" or sometimes you say things to yourself like, "That was so stupid. What an idiot I am."

The way we are going to discover your perception of yourself is through a Letter Writing Exercise we are going to do now. You can just listen now, as I read through the instructions for this exercise. As I explain the exercise, you will probably think it seems strange, and it is, but you will understand the importance of it once you have done it. *(Begin reading The Letter Writing Exercise that follows)*

Stored in your brain and nervous system are little neurological “videos”, of all of your past experience. That stored experience is contained, even now, just the way it was recorded, years ago. You've assembled a library of experiences, perspectives, and feelings stored by the person you used to be. They are not an adult's experiences, issues, and viewpoints. They are those of an inexperienced, vulnerable, child.

The impressions you've stored do not grow and mature as you age and learn new things. New things are stored in separate “videos”, in different sections of your brain. But that old childhood data is in the same place, and is exactly the same data now that it was when you first stored it away as a child.

Different compartments in the data bank of your brain correspond to the different stages of life you have lived through. We might categorize it as stored data from the following periods:

1. Infancy
2. Early childhood
3. Elementary School
4. Middle School/Jr. High
5. High School
6. Early adulthood
7. The intervening stages leading up to the present time.

The first four, infancy to middle school constitute what we call childhood. The information stored during these years created the roots of our later adolescent and adulthood issues. Our tendencies, sin patterns, dysfunction and habits in the present were actually programmed during our childhood.

We are looking for any unfinished childhood business you may still have from those times. It forms a mental and emotional umbilical cord that still connects you to your childhood or any other period of your life where you may have been wounded or abused. These things can prevent you from breaking free and growing beyond your circumstances, into more mature, healthier, adult patterns.

Before we can deal with such time-remote issues, we must first get in touch with them and discover what they really are, and what they have been doing to us all this time. We want to access anything that keeps us stuck, emotionally distressed, immature, and creates destructive patterns that prevent us from having healthy, mature, loving relationships. Because damaging or abusive relationships from the past are usually what cause the most trouble later on in life, that will be our focus for Phase 1.

If your past relationships were damaging or abusive, they still actively influence your life. Those old videos can run your life and dictate your actions in current and future relationships. That is why we want to reconnect with and process those experiences until they become finished business. We can truly leave the past behind when it is finished in our mind and heart.

All of our childhood situations, issues, actions, words, voices, sights, sounds, smells, wounds, traumas and feelings are contained in those videos. You may have forgotten most of them, but they are still there within you. We are going to help ourselves, and one another to reconnect with the stored videos

of the child each of us used to be. We're going to come back home and re-establish an ongoing, working relationship with the child we used to be. By doing this we will be able to deal with and resolve as much of our unfinished business and heal as many open soul wounds as we can.

These exercises require that we lay aside our current, adult issues for a while. Sometimes it is hard to do this, because we may be in a lot of pain, anxiety, and distress due to present issues. The temptation will be to obsess over and focus on our current distress. However, if we continue to do that, we will not be able to do our childhood grief work effectively. The present will be too much of a distraction, and it will get in the way of our dealing with the past. Nevertheless, failure to deal with the past effectively is exactly what keeps us stuck in it.

So Phase I will require discipline on our part. We will have to learn to stop letting the present captivate all our attention and begin to focus on getting in touch with earlier memories and experiences. Secondly, we'll have to stop using any substances (except for medical prescriptions) or indulging in any activities that we've learned to use addictively as distractions and painkillers. If we do not, it will be like driving with our brakes on. We'll show up for meetings numbed out and feeling no pain when we're supposed to access that pain and do our grief work! Whatever we use to numb out will prevent us from getting in touch with our real feelings and reconnecting with our real inner issues and problems that keep us stuck.

We can always come back to our present problems after we have finished our childhood grief work. But for now, we want to leave that and reconnect with the little child section of our brain. If we can access unfinished business from our past, what we learn in our group work can equip us to finish it and finally put it to rest. Past horrors, hurts, hatreds, hungers and humiliations will never again contaminate what we are trying to do and become in the present and in the future.

So you are going to start getting in touch with the feeling and remembering part of your God-given makeup. It is time to learn to work through any toxic shame you may have picked up along the way. It is time to get back in touch with the little child you have forgotten all about and from which you may have disconnected. It is time to reconnect with what you really thought and felt about yourself and the things that were happening in your life. It is time for an inventory of your childhood relationships and the way you were treated during those critical, formative years.

I am going to ask you to connect with the heart of the child you used to be and gain access to the part of your brain where your childhood experiences are stored. We have a very easy way of accomplishing that. We're going to learn to communicate with that part of ourselves, simply by writing letters, back and forth, between the adult you are now and the child you used to be. Another way of saying it is, we use this technique to help one part of your brain, access another part of your brain. What we're looking for is any unfinished business, such as unhealed wounds and unmet emotional needs that may be stored in the little child section of your mind.

We are now going to write two letters, not very long letters, but letters nevertheless. The adult that you are now will write the first one. You will write this letter to the child you used to be. So, begin by saying something like:

'Dear little John,' or 'Dear little Mary.' If you used to have a nickname, use it as long as you actually answered to it and it is not abusive, derogatory or damaging. You are making contact with the child you used to be to help him or her move beyond the past, not to remain stuck in it. So if your nickname is an unacceptable name for our purposes simply use 'Dear little...' and put in your first name.

Since this letter is your first attempt at re-establishing communication and building a relationship with the child you used to be, I want to emphasize that truth is absolutely necessary. Say anything you feel like saying, even if it is cold, distant, uncaring, or even angry. The content must be what you really feel as you are writing to that child. Let it be the truth, the whole truth and nothing but the truth, in terms of how you feel toward that child as you open the lines of communication.

Please *do not* write what you think would be nice, appropriate, 'spiritual,' or what you think the other people in your group would like to hear. *Write honestly*, in language that expresses your true feelings. Remember: we're trying to melt through our toxic shame and access our real, true self. Our objective is - Reality, just the way it is.

After the adult you finishes writing what you feel like saying, then write the second letter. This letter will allow the heart of the child you used to be to respond.

To help you switch over to the child section of your brain, you will need to change hands for the second letter. *The letter from your child is written with your non-dominant hand.* The handwriting will be child-like and you will be amazed at what happens when you do this. The simple act of writing with your non-dominant hand will help you begin to get in touch with the viewpoint and feelings of the child you used to be that are still trapped inside of you.

Little children do not usually ramble a lot. They are direct, open, and sometimes painfully candid. They tell you just the way it is with them. So your second letter will probably be very short. As you allow the child to respond, let the child's heart be exactly what it is. If he is excited, let him be excited. If she is angry and bitter, allow her to express that anger and bitterness. If he is afraid, let him be afraid. If she is cynical and unable to trust the adult you now are, let her be free to say so.

We want to get in touch with the real relationship you developed with that part of yourself. So here is the rule for these two letters, and any others we will be writing in the future: "If it sounds nice, but isn't true, it's a total dud. But if it's truly how you feel and it's what you want to say, even if it's very angry or nasty and unpleasant -- then it's a masterpiece!"

SAMPLE LETTERS

Here are a couple of examples of what this kind of letter exchange might look like:

Dear Little Sam,

I don't really know how to start. It's been so long since I had anything to do with you. We don't really know each other. I am sorry. I guess I started treating you the way you were used to being treated. You were always lost in the crowd, standing on the fringe of whatever went on in the family, or with the other kids, or at school. Nobody ever paid much attention to you, for one reason or another. You were not very important.

I guess I began doing the same thing to you myself. I'm very sorry. That wasn't your fault. I wish I could go back and do it all over. I wish I could make up all that lost time to you, but I can't. It happened. But at least now, I can come back for you and get to know you. I know better now. Please let me show you that I have changed. I want to show you that you are important. I want to be here for you always, so you do not have to feel all alone and abandoned, ever again.

Love,
Big Sam

An example of the child's response would be something like this:

Dear Big Sam,

Why does everybody ignore me? What's wrong with me? Why do I always have to try so hard to get somebody to pay attention to me? I get into so much trouble all the time. Why did Dad and Mom pay attention to all the other kids, but not me? I hate myself. I hate them. I wish I hadn't been born! I am glad you want to come back for me. It is so lonely. I sure hope you really mean it. Are you going to leave me alone again? I am afraid. Please help me.

Little Sam

Here's another example:

Dear Little 'Bright Eyes,'

I always thought of you as a big 'mistake'. Mom and Dad divorced soon after they conceived you. They never really wanted you in the first place, and when Mom married Pete, he resented you because you were not really his child. I felt ashamed of you when the kids would ask 'Where is your real Dad?' I was ashamed of your different last name. It let everybody at school and at church know that you were weird, did not really belong, and Pete did not want you. You always seemed weird and out of place. Why didn't you get better grades in school? Maybe you should have tried harder. I wish you would have been better at sports. And why did you have such a hard time making friends. I feel very uncomfortable trying to get in touch with you now. I am not sure what to say, because I never wanted to be seen in public with you back then. I guess it wasn't really your fault. I want to try to get to know you. I want to come back for you so you do not have to remain imprisoned in the past. If you are trapped and unhappy, so am I. I want to set us both free, so we can both heal and grow, and enjoy life together. I will do my best to make it up to you, for both of our sakes. What do you say?

Love,
Big 'Bright Eyes'

Dear Big 'Bright Eyes'

Why even bother? This is a trick isn't it? I don't trust you or anybody. Why should I? I know you don't really mean it. Why would you want to come back for me after all this time? If you do not mean it, just leave me alone. I don't need you. I don't need anybody.

Little 'Bright Eyes'

5. Writing the Letters

I know this may seem strange to write these letters and to write with your non-dominant hand, but it will make sense to you once you have done it. So, let's review the instructions to make sure you understand.

- The first letter is the adult you now are writing to the child that you used to be. There is not a particular age you need to focus on, as long as it is during your childhood years.

- Then you will change hands with your writing utensil and the child you used to be responds to the first letter. Although I know it may be hard and quite messy for you to write with you non-dominant hand, it is possible and very beneficial. Your Facilitator will explain further if necessary. *(If a person finds it impossible to write this way, then they may stay with their dominant hand.)*
- Please just simply allow the pen to hit the paper. If you are not sure what to say, start out saying, “I’m not sure what to say” and then it will likely flow. It doesn’t require a lot of forethought.
- This is going to help you see what the relationship is that you have with yourself. How you feel about yourself is directly connected to how you will respond to others and to God. For example, if the 6 year old still hasn’t resolved a particular fear, that fear will continue for the 15 year old, the 25 year old and on and on.
- Also, some of us have a civil war going on inside of us and that has a lot to do with our being stuck, depressed, hurting etc. These letters will help us identify that inner conflict so we can begin to resolve it.
- After the letters are written, each person will read their letters aloud to their small group, beginning with the Facilitator.

6. Are there any questions?

7. You can now begin writing your letters.

- 8. Sharing the letters.** Now that the letters are written, we will share the letters beginning with mine. As I am reading and others are reading, observe anything you would want to mirror. Also, ask yourself, what kind of relationship does this person have with the child they used to be? Is it close and caring, is it angry or distant?

(After you have read your letter, it probably will not sound like what they wrote. Let them know what your first letter sounded like. Better yet, if you have it, read that to them first, so they can see the contrast. That will give them hope) In your reading for this week and during group next week we are going to discuss the concept of The Adult Ally. This will help you develop the kind of relationship you need to have with yourself.

9. Resume DVD or Discuss Homework Assignment with the Group - Lesson 3

Memory Stimulation Script & Letter.

Go over this very carefully with your group. Turn to page 26 in your Study Guide. In each lesson for a particular age period is a Memory Stimulation Script. You are to read this yourself this week so that you can begin to get in touch with what happened to you during that time-period of your life. Then, as instructed on the bottom of page 29, you will write, in a letter format, the experiences and feelings you remembered as you read the script. This will give you an opportunity to get in touch with and share all that you experienced so that any unfinished business of your past can be addressed.

This week you will be writing from the infant perspective. Next week in your small group you will read the letter from the Infant you will write. This will include any memories and feelings that came up during Infancy which includes birth to age 2. Some people may not have much to share because they simply can't remember and that's okay. This time period is usually most significant for those who were adopted, felt unwanted or like they were a mistake, didn't feel they were the gender their parents wanted, or if there were other problems (physical ones like problems in the womb or at birth or emotional ones with their parents during this time).

Each person will share what he or she recalls were the circumstances surrounding their birth. Most of what you know about your birth will be from what you have heard from other people in your life. So it's not like you'll actually remember being born, but rather just what you've been told about this time period and any feelings you may have that go with it.

This letter will be written **from** the infant you use to be to the adult you now are. Writing **from** the child rather than to the child better enables you to connect with your past experiences. This is different from how you wrote the letter today, so don't be confused. You can address it, for example, Dear adult John, or Dear big Mary. Since you will be writing it in first person, it would sound something like, "When I was born...when I...If you find yourself using "you" instead of "I" then you reversed who the letter is to be written from.

You will bring this letter next week to share with your group.

Note: Participants do not need to continue writing with their non-dominant hand for the remaining letters, unless you or your group director strongly encourages it. Some facilitators believe it helps participants to better get in touch with the child when they use the non-dominant hand in future letters. Other leaders feel that it makes it more difficult for participants to write as much as they would want to and be able to clearly read what they wrote in future letters. As a rule, most facilitators do not use the non-dominant hand from elementary school years on.

Let them know that they do not do anything with The Lie Detector on page 31. You will discuss that next week.

Phase 1 Book and Questions. You will not be discussing all the reading material in the group but it is important that you read it as well as answer all the questions in the Study Guide. This will give you a strong foundation for what you will be processing as you go through the group meetings. In the past, there have been those that didn't do the reading, and later they went back to it and really regretted not taking the time to read it when they were going through the group.

10. Important Considerations

- Many of you have been pushing down, or numbing out, a lot of the feelings you have. You are not used to feeling them and when they surface, the temptation will be to "do" something about them. When this happens, you need to let your God-given emotional processing equipment go to work. You were designed to feel them. Your tendency may be to want to fix, run from or numb them out. Sometimes it is helpful just to go before God and say, "God, here I am with all this stuff. I don't know what to do with it all, but I am trusting you to help me get through this. Help me process this the way you intended."

- There may be weeks when you share some things that are very deep and painful and possibly things you feel shame over. After these times, it is not uncommon to feel exposed, and you may feel like you want to run and not come back. That is because of the shame you feel over these things. That shame barrier is the very thing you need to break through. So, even though you may be telling yourself you are shameful, that is not what the group is thinking. They are so glad that you had the courage to share and hope you will continue. If you feel this way at any time it is normal. Please don't let it prevent you from continuing. Feel free to be honest with your group about it.

11. Any questions?

12. Close in Prayer

LESSON 3

YOUR ENTRANCE INTO THE WORLD

MEETING PREPARATION

THINGS TO DO BEFORE GROUP MEETING

- _____ Review how to fill out the Lie Detector on pg. 18 of this Leader Guide.
- _____ *Each participant must have the affirmations read to them. This is not an option. If a participant does not want to hear them there is a reason for it and all the more why they need to be affirmed. You may want to inquire as to why they do not want to hear them? Assure the participant that although they might sound like a lie or seem strange they are words that every little boy or girl needs to hear. There is no right or wrong response. Let them squirm in their chair, cry, get mad etc.they still need to hear them. If they completely disengage, a facilitator might stop and ask what is going on? What is their brain telling them?
- _____ Re-read, "Using the Infant Doll to Help People Connect" on pg. 27 of this Leader Guide
- _____ Use the Phase 1 Teaching DVD which has the "The Kid" clips included. This movie is PG rated with Bruce Willis as the main character. There is no sex, violence, or bad language in this movie. If you are in a church, you will want to make sure that your church/group is licensed to show movies to a group.
- _____ Ask a Facilitator to help with showing the proper way to do Affirmations
- _____ Set up room(s)

THINGS TO BRING TO GROUP MEETING

- _____ Phase 1 Teaching DVD – **If you played the first part of this DVD last week, then start 43 minutes in where Kathie begins to talk about the Group Work Steps right after she shares about the 10 Steps to Being An Adult Ally." That would be 32 minutes. Otherwise, if you didn't split the DVD, play the whole thing.**
- _____ Leaders Guide
- _____ Study Guide
- _____ Box of Kleenex for each group

FACILITATOR MEETING

Use the Phase 1 Teaching DVDs for this session as there is a lot of important material to cover.

1. *Review the role of a facilitator for each meeting.*
 - a. *Listen to the reading of the letters.*
 - b. *Mirror the person and validate the feelings that were shared.*
 - c. *Ask questions for further explanation and exploration.*
 - d. *Help the person complete the lie detector*
 - e. *Discuss the ways the person needs to ally the child.*

2. Discuss the “Feeling” Words list on page 26. This is helpful for people who have difficulty articulating their feelings.
3. Go over Meeting Format
4. Affirmations - Show the teaching on this from the Phase 1 Teaching DVDs. Be prepared to role play the giving of Affirmations with them during the group.
 - Discuss up front with your group about whether people feel comfortable touching or being touched. If anyone is not comfortable, give him or her a few weeks to get used to the idea. Accept them where they are, but gently encourage them by asking, “Is there any place that you WOULD feel comfortable with us touching you?” Maybe a hand on their shoulder or forearm.
 - Also, ask the group member if there is a special nickname that they were called while growing up. Remind the group member, that it needs to be a NICE nickname. If positive, use that name in the Affirmations for as long as it’s applicable.
 - If you feel that it would be good to have a man or woman read a particular Affirmation to a woman or vice versa, at any time, you may suggest that when that Affirmation comes.

Be sure to refer to the “Additional Questions for Infancy Exercise” to make sure they are covered.

5. “Baby Holding” Concept. **Please refer to “Using The Infant Doll to Help People Connect” (pg. 27 of the Leader Guide to walk through this powerful exercise with each participant.**
 You will use a life-like baby doll if at all possible for this. A suggested way to introduce the baby doll to the group is to bring it wrapped totally covered in a blanket in some sort of basket, like a wood picnic basket or even a child carrier. You can mention at the beginning of the group when you come in that you brought something very special and you will show it later. When you do bring it out, do so as you would a real baby. This will help the people connect with it. If you just treat it like a doll, you will not get the responses you are looking for. It is okay for people to be squeamish about holding a doll, as you hold the doll and treat it like it is real and not weird it will help others. It is okay for people to think it is weird. You can mention, “Writing that first letter with your non-dominant hand was weird to, but it was powerful. Jesus spit on mud and put it on someone’s eyes. That was weird, but it was healing.
6. Make sure facilitators understand the Group Work Steps that will be discussed in this meeting.
7. Does anyone have anything going on in your group that you need help with?
8. Pray...

MEETING FORMAT

NOTE: USE THE PHASE 1 TEACHING DVDs THEY WILL CHANGE HOW YOU LEAD THE MEETING. THE DVD WILL LEAD IT FOR YOU!

- 1. Any questions?** Does anyone have any questions or comments before we get started?
- 2. Play Teaching DVD – Lesson 3**

3. Begin Your Group Work (THE FOLLOWING STEPS ARE DONE WITH ONE PERSON BEFORE MOVING ON TO THE NEXT PERSON)

1) Sharing of the Infancy Letter

NOTES: * *During the sharing of the Infancy Letter it is helpful if you begin to fill out the participant's Lie Detector sheet. This way you will be able to have notes to refer to when they are done reading the letter and also if you have filled it in, it saves time for them having to do it themselves later. Consider using a pencil instead of a pen for this.*

**Before reading their letter, have the group member show you any pictures they brought from the infancy age period.*

I will select one group member to begin sharing the infant letter they wrote. While they are reading their letter, be sure to observe them carefully so you will be prepared to mirror what you observe. Listen for the following:

- a. Each event that happened that was wounding to the person.
- b. The emotions they felt as a result of that event.
- c. What they came to believe about themselves because of what happened.

2) Mirroring & Validating Feelings

We will go around and each person will mirror what they observed. In addition, it is important to validate a person's feelings. The feeling words list on page 26 of your Study Guide can be helpful in identifying the feelings of your group members as well as your own feelings. An example of validating feelings would be, "That was really painful when your father said that to you. I can see why you would be feeling so hurt and sad about that."

3) Questions

This is a chance for you to ask any questions you came up with as the letter was being shared. *(These questions come up on the screen of the teaching DVDs).* Listen to see if these important questions are being answered as the letters are being read. If not, it may be helpful to ask some of them to get more details.

1. Did you feel wanted when you were born, or more like you were a mistake, unwanted or a burden?
2. What was the relationship like between your mom and dad when you were born?
3. Who was present at your birth?
4. Were you put up for adoption?
5. Was there any shame surrounding your birth such as an unplanned pregnancy or adultery?
6. Were you the sex your parents wanted, or were they hoping for you to be a boy but you were a girl, or hoping for a girl but you were a boy?

4) Affirmations

Refer to your affirmations in the Study Guide on page 36. We will go around and read these as we discussed earlier. Be sure to pay close attention to the person being read to so you can mirror what you observed.

5) More Mirroring

What did you observe as the affirmations were being read? What did you feel as you were being read those affirmations? Which ones stuck out to you in any way? Circle the affirmations that you did not receive during this time period.

6) Complete the Lie Detector for Infancy – (Facilitator should have reviewed how to fill out the Lie Detector on pgs. 18-20 of this Leaders Guide.

Turn to page 30 in your Study Guide. This is an example of how to fill out the Lie Detector. We will be filling out one of these for each age period you share. The purpose of the Lie Detector is to enable you to know how you need to ally yourself.

(Talk through each of the columns of the Lie Detector example. After you have explained it, the group can share what they see needs to go into each column along with the person that shared giving input. You will need to help with the section on the lies (what did I come to believe about myself because it is hard for people to see this on their own.) Also, talk about the truth they need to tell themselves. Affirmations: have them circle the affirmations at the bottom of the Lie Detector that they realized they didn't get so they know which ones they need to ally themselves with.

7) Using the Infant Doll to Help People Connect (Facilitator should have reviewed "Using the Infant Doll to Help People connect on pg. 27 of this Leader Guide). A portion of that information is here to help you walk through your participants.

At some point early in life most people disconnected from themselves because they did not feel loved, accepted or good enough. In essence they abandoned themselves. By holding the infant doll it will help you become reunited in a way that will help you begin to love and accept themselves.

Facilitator Holds the Infant Doll

1. Put the doll on your lap and say, "Here's little _____"
2. Ask: "How do you feel towards little _____ as you look at her"?
3. Watch the expression on their face: Can they look at the baby?
 - * Usual responses: "I want to hold her" or "I don't like her," or "I'm uncomfortable"
 - a. "I want to hold her" – While you still have the baby ask, "Based on what you shared about what she/he went through, what she/he needs to hear." The other participants can share their thoughts as well.
 - b. "I don't like her." – Ask what is it that you don't like or what makes you uncomfortable? This will lead you to the lies that are still being believed. You can start talking to the baby on your own so they can hear how you feel about the baby and what the baby needs. That will connect to their heart. Hopefully then they will be able to ally themselves. I

- don't give the baby over to someone unless I feel the person is ready and is not just going through the motions.
- c. Many will just say "this is weird". Respond, "yes it is weird and strange and uncomfortable, but very powerful." I often talk about how strange it was for Jesus to have to spit on some dirt to make mud and put it on a blind person's eyes to heal them.
4. Based on all the things that you shared, what does she/he need to hear now? What has she/he been waiting for all these years? Ask question to the group.
- "I love you."
 - "I am so glad you were born."
 - "Your needs matter to me. You are not too needy. You are supposed to have needs. I am going to be here to take care of your needs."
 - "I am so glad that God made you a girl."
 - "I am so excited to get to know you. I want to find out who you are and what you love to do."
 - "You are important to me. You matter."
 - "I am going to be here for you no matter what."

Participant Holds the Infant Doll

- When the person feels like they can say those things to the baby, then let them take the doll FROM you. Have them reach out for it. That shows their initiative. The participant will hold the doll and talk out loud to it while the rest of the participants close their eyes and look down so it won't be so awkward. The baby needs to hear it that is why it is important to talk out loud. If they miss saying something on the Lie Detector, I will speak out in a child's voice, "Do you love me?" "Are you glad I was born?" "Are you happy that I am a girl?"
- Notice if they say things like "you are loved," or "Jesus loves you" instead of "I love you." That means they are having trouble personalizing it. Just ask them to say, "I love you." Or say from the baby perspective, "Do you love me?"
- When they seem to be done, say, "Now just listen to your heart and see how the baby is doing. See if she/he has any questions that she/he wants to ask you?"
- Often when they lift their shoulders and breathe a big sigh, you know they felt relief.
- What if they don't feel positive toward the baby or want to hold it?
 - * Ask, "What if this was one of your own children. How would you feel if they were being treated like what you are doing right now?"
 - * Say, "We have all told you what we think about the baby. But we will listen to your case as to why this baby doesn't deserve to hear these things." Okay. Build your case!"
 - * Facilitator can put the baby behind your back, put it in a garbage can, and throw it aside or whatever the visual is to what they are expressing towards the child. Then the participant has to be the one that goes and rescues it.

8. Prayer of Blessing

God's plan is for blessing to flow from generation to generation. Blessing is the impartation of identity and destiny through words, actions and touch. I will stand behind the person and place my hand on their head. The rest of you will gather around, laying hands on their hands, shoulder or arms. We will all read out loud and in unison the Prayer of Blessing. I will begin by inserting the person's name at the beginning.

REPEAT THE ABOVE STEPS WITH EACH GROUP MEMBER

9. Resume DVD or discuss Homework Assignment - Lesson 4

- Turn to page 38 in your Study Guide. We are going to walk through the first steps of Lesson 4 together to make sure you understand what you will be doing between now and next group meeting.

Read through with them:

- Complete The Lie Detector
- List Old Lies New Truth
- Review Last Week's lesson let them know they can go back and review if they need more repetition about the Adult Ally.
- Ally Letter for Infancy Example
- Response Letter for Infancy Example
- Write Ally & Response Letters
Emphasize that it would be good for them to do the Lie Detector, Old Lies/New Truth and write their Ally Letters within the next 24 hours.
- Speak Personal Affirmations. Show them where to find these in the Affirmation Side of the Study Guide
- Point out the Memory Stimulation Script on Page 43 of the Study Guide and reiterate how they will read that and then formulate a letter. Make sure they remember that it is from the child so it is written in first person, "When I was born..."

10. What to Bring to the Next Group Meeting –

Refer to Page 47 of your Study Guide.

11. Close in Prayer

LESSON 4

YOUR EARLY CHILDHOOD YEARS

MEETING PREPARATION

THINGS TO DO BEFORE GROUP MEETING

- _____ Set up room(s)
- _____ Re-read “Attentive Listening” on pg. 14 of this Leaders Guide as a refresher to help you.
- _____ Re-read “Allying” on pg. 21 of this Leaders Guide as a refresher to help you guide others in this process.

THINGS TO BRING TO GROUP MEETING

- _____ Phase 1 Teaching DVDs
- _____ Leaders Guide
- _____ Study Guide
- _____ Box of Kleenex for each group

FACILITATOR MEETING

1. *Go over Meeting Format.*
2. *Any issues that need to be discussed?*
3. *Don't forget to focus on the “Additional Questions for Early Childhood.”*
4. *Pay attention to how well your group members were able to ally the Infant.*
5. *Pray*

MEETING FORMAT

1. **Questions.** Does anyone have any questions or comments?
2. **Pray.** Let's pray....
3. **Play DVD – Lesson 4**
4. **Group Work Steps**
 - **ADULT ALLY LETTER TO THE INFANT & CHILD RESPONSE LETTER FROM THE INFANT**
Each person reads their Infant Ally letter and the Infant Child Response Letter. Pay attention to how the person did at giving the infant what he/she needed.

- **LETTER FROM EARLY CHILDHOOD**

- **MIRRORING & VALIDATING FEELINGS**

- **QUESTIONS**

1. What were your parents up to during this time?
2. Who put you to bed at night?
3. Did your parents play with you or read to you?
4. Did your mom and dad hold you, hug you, and tell you they loved you?
5. Who spent the most time with you and was there for you?
6. How did you and your siblings get along?
7. When you picture the little child that you were, is he or she smiling and happy or do you see a different expression on his/her face? What is it? How do you feel towards the child you used to be?
8. How were you disciplined and what impact did that have on you?
9. Did any kind of abuse take place in your earliest years? If so, was it physical, emotional and/or sexual? Who abused you and how did it make you feel?

- **AFFIRMATIONS**

- **MORE MIRRORING**

- **ADULT ALLY LETTER DISCUSSION/LIE DETECTOR**

- **PRAYER OF BLESSING**

5. Resume DVD or Discuss Homework Assignment – Lesson 5

- Turn to page 53 in your Study Guide.
- Remind them to complete Lie Detector and Ally letters in the next 24 hours.
- Discuss the Family Rules Inventory and Family Secrets Inventory.
- Point out the Memory Script on page 58 and reiterate that the letter will be written in first person. “When I started School.....”

6. Close in Prayer

LESSON 5

YOUR ELEMENTARY SCHOOL YEARS

MEETING PREPARATION

THINGS TO DO BEFORE GROUP MEETING

_____ Set up room(s)

THINGS TO BRING TO GROUP MEETING

_____ Phase 1 Teaching DVDs

_____ Leaders Guide

_____ Study Guide

_____ Box of Kleenex for each group

FACILITATOR MEETING

1. *Go over Meeting Format.*
 - *Do you all understand how to introduce the Fairy Tale exercise?*
 - *Facilitators need to either write a new Fairy Tale or bring their old one to share with their group next week. You will share your Fairy Tale last.*
2. *If you have anyone in their group that does not show up this week, you will need to call them and explain the “Fairy Tale” exercise to them so they can come prepared next week.*
3. *Group members will also be sharing their Family Rules & Secrets Checklist found on pages 55-57 of the Study Guide. **Depending on your time constraints, you can share these during this lesson or wait until next lesson in conjunction with the fairy tale when there may be more time available.***
4. *After they share their Ally/Response letters. Each person in the circle goes around and shares which statements they checked off.*
5. *Remind Facilitators to focus on the “Additional Questions for School Age”.*

Below is a sample Ally letter you can share with your group to help reinforce the Adult Ally Concept.

Dear Little John,

Pure Dad loves you. I love you. You are not alone. I saw how nervous yet excited you were on your first day of kindergarten. You’re not alone. I’m glad I was with you when mom dropped you off that first day. I’m sorry clay dad wasn’t there for your first day. You have what it takes to be successful. I will help you with school and stick up for you when other kids pick on you. It’s ok for you to have all the different feelings you

are experiencing. And it's ok to tell me about what you're feeling, even if you're mad. It's ok for you to feel confused and afraid sometimes. You can talk to me about it. I'm here for you. – Big John

Response Letter from Child

Dear Big John,

School is great. I have my own desk and painting shirt. My favorite time is recess though. I love to play soccer. I think I'm the fastest boy in the whole world. I love to kick that ball! I'm nervous about asking questions in class. I think I should already know some of this stuff. Thanks for listening to me Dad. I think you're the coolest Dad in school! – Little John

6. Any questions or difficulties you are having?

7. Pray.

MEETING FORMAT

1. Questions. Does anyone have any questions or comments?

2. Pray. Let's pray...

3. Play DVD – Lesson 5

4. Group Work Steps

- **ADULT ALLY LETTER TO EARLY CHILDHOOD (2-5YEARS)**

- **CHILD RESPONSE LETTER FROM EARLY CHILDHOOD (2-5 YEARS)]**

- **“FAMILY RULES FAMILY & SECRETS” CHECKLIST IS SHARED**

Depending on your time constraints, you can share these during this lesson or wait until next lesson in conjunction with the fairy tale when there may be more time available.

- **LETTER FROM THE SCHOOL-AGE CHILD**

- **MIRRORING & VALIDATING FEELINGS**

- **QUESTIONS**

1. How did you do in grade school? What kind of grades did you get? How did you get along with your teachers?

2. How did you get along with other kids? Were you ever bullied or picked on? If so, what for? Did you have many friends? What kind of kids were they?

3. What did you think of yourself during these years?

4. What were your parents up to during this time? How was their marriage? What was going on with your siblings?
5. Who was the person most 'there' for you during these years?
6. Did you experience any kind of verbal, physical or sexual abuse during this time? How did that affect you? How is that still affecting you?

- **AFFIRMATIONS**
- **MORE MIRRORING**
- **ADULT ALLY LETTER DISCUSSION/LIE DETECTOR**
- **PRAYER OF BLESSING**

5. Resume DVD or Discuss Homework Assignment – Lesson 6. We have a different type of exercise we are going to do for next week. You will write your letters regarding the School-age child, but you will also be writing a Fairy Tale. (You can explain the Fairy Tale at the beginning of this meeting or at the end.)

FAIRY TALE

- Please turn to page 67 in your Study Guide. This describes writing the Fairy Tale. I'm going to go ahead and read these instructions to you as you follow along.

6. Questions about the Fairy Tale.

Are there any questions about the Fairy Tale Exercise?

7. Close in Prayer

LESSON 6

YOUR LIFE STORY: FAIRY TALE

MEETING PREPARATION

THINGS TO DO BEFORE GROUP MEETING

_____ Write Your Personal Fairy Tale

_____ Set up room(s)

THINGS TO BRING TO GROUP MEETING

_____ Phase 1 Teaching DVDs

_____ Leaders Guide

_____ Study Guide

_____ Box of Kleenex for each group

_____ Personal Fairy Tale to share with your group

FACILITATOR MEETING

1. *Go over Meeting Format.*

Make sure they all either have their own personal Fairy Tales with them or tell them just to simply tell their group the gist of their Fairy Tale if they forgot to bring theirs.

2. *If anyone in their group forgets to bring their Fairy Tale tonight, let them know to be sure to do it and bring it next week. They can read it then. We don't want anyone to not complete this exercise.*

Encourage them to engage the group in some discussion after people read their Fairy Tale. Bring out the significant memories that were shared and any emotions that were evident as the Fairy Tale was being read.

3. *Each person will take their turn by first sharing their School-Age Ally letter and Response letter. Then, they will share their Fairy Tale.*

4. *Any questions?*

5. *Pray*

MEETING FORMAT

- 1. Questions.** Does anyone have any questions or comments?
- 2. Fairy Tales.** Tonight we are going to be reading our Fairy Tales. Before you read your Fairy Tale, you will share you Ally Letter to the Elementary School child and then your Response letter. Your Facilitator will begin by reading their letters and Fairy Tale last. Then we'll go around the group with each person taking a turn to read their own. After the Fairy Tale is shared, we'll take time to mirror back to that person anything you may have seen or felt as they were reading. Then you may ask questions. This is a good night for us to be able to get a bigger picture of the life of each group member.
- 3. Pray.** Let's pray...

4. Play DVD – Lesson 6

5. Group Work Steps

- **ADULT ALLY LETTER TO ELEMENTARY SCHOOL CHILD**
- **CHILD RESPONSE LETTER FROM ELEMENTARY SCHOOL CHILD**
- **SHARE FAIRY TALES**
- **MIRRORING & VALIDATING FEELINGS**
- **QUESTIONS**
- **AFFIRMATIONS**
- **PRAYER OF BLESSING**

6. Resume DVD OR Discuss Homework Assignment – LESSON 7

You will just have one letter to write next week. That letter is from the middle school/junior high school child.

7. Close in Prayer

LESSON 7

YOUR MIDDLE SCHOOL/JR. HIGH YEARS

MEETING PREPARATION

THINGS TO DO BEFORE GROUP MEETING

_____ Set up room(s)

THINGS TO BRING TO GROUP MEETING

_____ Phase 1 Teaching DVDs

_____ Leaders Guide

_____ Study Guide

_____ Box of Kleenex for each group

FACILITATOR MEETING

1. *Go over Meeting Format.*

Does anyone have anything that has come up with your group that you would like to discuss?

2. *Discuss the need for adolescents to receive see that time as the fruit of what was planted earlier and the need to forgive themselves. Refer to the Study Guide on page 76 under Prepare to Unpack where it talks about the adolescent years. Make the goal of this week and next week to help the group members get the adolescent they used to be “off the hook.” This is admitting the wrong done, but also being able to say to themselves, “I forgive you.” God has forgiven us but sometimes we don’t receive this for ourselves. Even if a young person knew better, they are still forgiven. Wounded children make bad choices out of the lies they believe about themselves.*

Remember to address “Additional Questions for Middle School/Jr. High Years.”

3. *Any questions?*

4. *Pray.*

MEETING FORMAT

1. Questions. Does anyone have any questions or comments?

2. Pray. Let's pray...

3. Group Work Steps

- **LETTER FROM THE MIDDLE SCHOOL/JR. HIGH ADOLESCENT**

- **MIRRORING & VALIDATING FEELINGS**

- **QUESTIONS**

1. How did you get along with your peers in Middle/Jr. High School years?
2. How did you get along with members of the opposite sex? Did you date? How did your relationships turn out?
3. What was going on in your home and family during this time?
4. How did you get along with teachers and other authority figures during this time?
5. Did anyone bully, abuse or mistreat you during these years? Did you do any of those things to anyone else?
6. Is there anything that you did during your middle school/jr. high years that you still feel guilt and shame over that you need to forgive yourself for so you can get yourself off the hook? Have you accepted God's forgiveness for these things? If not, make sure the teenager knows that he/she is forgiven.

- **AFFIRMATIONS**

- **MORE MIRRORING**

- **ADULT ALLY LETTER DISCUSSION/LIE DETECTOR**

- **PRAYER OF BLESSING**

4. Resume DVD or Discuss Homework Assignment – Lesson 8

* Remember to fill out your lie detector and write your ally letter in the next 24 hours.

* Write letter from High School child to the adult.

5. Close in Prayer

LESSON 8

YOUR HIGH SCHOOL YEARS

MEETING PREPARATION

THINGS TO DO BEFORE GROUP MEETING

_____ Set up room(s)

THINGS TO BRING TO GROUP MEETING

_____ Phase 1 Teaching DVDs

_____ Leaders Guide

_____ Study Guide

_____ Box of Kleenex for each group

FACILITATOR MEETING

1. *Go over Meeting Format.*
2. *Does anyone have anything that has come up with your group that you would like to discuss?*
3. *Remind everyone of the need for adolescents to receive forgiveness as discussed last week page 76. Make the goal of this week and next week to help the group members get the adolescent they used to be "off the hook." This is admitting the wrong done, but also being able to say to themselves, "I forgive you." God has forgiven us but sometimes we don't forgive ourselves. Even if a young person knew better, they are still forgiven. Encourage your facilitators to talk about this with their group members.*
4. *Remind Facilitators to address "Additional Questions For High School Years".*
5. *Any questions?*
6. *Pray.*

MEETING FORMAT

1. **Questions.** Does anyone have any questions or comments?
2. **Pray.** Let's pray...

3. Group Work Steps

- **ADULT ALLY LETTER TO THE MIDDLE SCHOOL/JR. HIGH**
- **CHILD RESPONSE LETTER FROM MIDDLE SCHOOL/JR. HIGH**
- **LETTER FROM THE HIGH SCHOOL ADOLESCENT**
- **MIRRORING & VALIDATING FEELINGS**
- **QUESTIONS**
 1. Following up with the analogy of the canoe ride that you read about in the Memory Stimulation Script for this week, how would your family fit into this analogy?
 2. How did you get along with your peers in High School?
 3. How did you get along with members of the opposite sex? Did you date? How did your relationships turn out?
 4. What was going on in your home and family during this time?
 5. How did you get along with teachers and other authority figures during this time?
 6. Did anyone bully, abuse or mistreat you during these years? Did you do any of those things to anyone else?
 7. Is there anything that you did during your teenage years that you still feel guilt and shame over that you need to forgive yourself for so you can get yourself off the hook? Have you accepted God's forgiveness for these things? Have you forgiven yourself for these things? If not, make sure the teenager knows that he/she is forgiven.
- **AFFIRMATIONS**
- **MORE MIRRORING**
- **ADULT ALLY LETTER DISCUSSION/LIE DETECTOR**
- **PRAYER OF BLESSING**

4. Resume DVD or Discuss Homework Assignment – Lesson 9

5. Close in Prayer

LESSON 9

YOUR YOUNG ADULT YEARS

(AGES 18-LATE 20's)

MEETING PREPARATION

THINGS TO DO BEFORE GROUP MEETING

_____ Set up room(s)

THINGS TO BRING TO GROUP MEETING

_____ Phase 1 Teaching DVDs

_____ Leaders Guide

_____ Study Guide

_____ Box of Kleenex for each group

FACILITATOR MEETING

1. *Go over Meeting Format.*
2. *Remember to address "Additional Questions For Early Adult Age".*
3. *How is the Adult Ally process going? Are they "getting it"?*
4. *Any questions?*
5. *Pray.*

MEETING FORMAT

1. Questions. Does anyone have any questions or comments?

2. Pray. Let's pray...

3. Group Work Steps

- **ADULT ALLY LETTER TO THE HIGH SCHOOL ADOLESCENT**
- **CHILD RESPONSE LETTER FROM THE HIGH SCHOOL ADOLESCENT**

- **LETTER FROM THE EARLY ADULT**

- **MIRRORING & VALIDATING FEELINGS**

- **QUESTIONS**

1. How did the aircraft carrier (your family) that was to launch you prepare you for adulthood? Did you have a smooth take-off?
2. Did you have a healthy cut of the umbilical cord from your family of origin? Did they encourage you to start a life of your own and make your own decisions, or did they continue to hold onto you and try to influence your choices and decisions? Did you feel unprepared and stayed connected out of insecurity on your part?
3. If you were to go back and re-launch, what would you want your caretakers to do differently to prepare you better this time?
4. What are your biggest regrets from your young adult years? What would you do differently?
5. If you married, how did you and your spouse adjust to marriage?
6. If you did not marry, was this because of your choosing, or were you unable to find someone you wanted to spend your life with?
7. Did anything traumatic happen to you during this time?

- **AFFIRMATIONS**

- **MORE MIRRORING**

- **ADULT ALLY LETTER DISCUSSION/LIE DETECTOR**

- **PRAYER OF BLESSING**

4. Resume DVD or Discuss Homework Assignment – Lesson 10

- Write ally letter to the young adult you and a response from the young adult.
- Write an adult letter

5. Close in Prayer

LESSON 10

YOUR ADULT YEARS

(AGES - LATE 20'S TO PRESENT)

MEETING PREPARATION

THINGS TO DO BEFORE GROUP MEETING

_____ Set up room(s)

THINGS TO BRING TO GROUP MEETING

_____ Phase 1 Teaching DVDs

_____ Leaders Guide

_____ Study Guide

_____ Box of Kleenex for each group

FACILITATOR MEETING

1. *Go over Meeting Format.*
2. *Do you understand the Personal Loss List assignment?*
3. *Because of reviewing the loss list assignment, we will not take time to read a memory stimulation script this week for adulthood.*
4. *Remember to use the "Additional Questions For Adult years".*
5. *Play the segment on the Phase 1 Teaching DVD about the Giver/Taker/Lover chart so that facilitators can explain this to their group members, or play it for the group members as well.*
6. *Any questions?*
7. *Pray.*

MEETING FORMAT

1. **Questions.** Does anyone have any questions or comments?
2. **Pray.** Let's pray...

3. Group Work Steps

- **ADULT ALLY LETTER TO THE EARLY ADULT**
- **CHILD RESPONSE LETTER FROM THE EARLY ADULT**
- **MEMORY STIMULATION SCRIPT FOR ADULTHOOD**
 - We will not read a memory stimulation script this week.
- **LETTER FROM THE ADULT**
- **MIRRORING & VALIDATING FEELINGS**
- **QUESTIONS**
 1. What are the greatest moments of your adult years?
 2. What are the things you most regret?
 3. What would you have changed if you could have?
 4. What is the legacy you want to leave?
 5. What would you want other people to say about you when you die? What would God say about you and the life you have lived?
- **AFFIRMATIONS**
- **MORE MIRRORING**
- **ADULT ALLY LETTER DISCUSSION/LIE DETECTOR**
- **PRAYER OF BLESSING**

4. Explain Loss List Assignment

Turn to page 117 in your Study Guide. Let's read through page 119 together to prepare you for writing your loss list next week.

You may come up with other things that aren't on this list and that is fine. Another way to think about this exercise is to imagine that your home (your life) was robbed and you are going back through the house to assess what was stolen from you. This is just a list of losses you will be writing. It should not be in a letter format.

5. Questions about the lost list assignment?

6. Close in Prayer

LESSON 11

THE JOY OF GRIEVING YOUR LIFETIME LOSSES

MEETING PREPARATION

THINGS TO DO BEFORE GROUP MEETING

- _____ Determine when and where Phase 2 will be held.
- _____ Make a signup sheet to pass around or set up a table for signing up for those going on to Phase 2. It should include the date, time, place and cost of the book (\$50).
- _____ Prepare what you want to share about Phase 2. You may want to use some of the information that you shared in the Orientation meeting. Be willing to share how Phase 2 personally impacted you. Also, let the group know how Phase 2 will operate as compared to Phase 1.
- _____ Set up room(s)

THINGS TO BRING TO GROUP MEETING

- _____ Phase 1 Teaching DVDs
- _____ Leaders Guide
- _____ Study Guide
- _____ Box of Kleenex for each group
- _____ Phase 2 signup sheets

FACILITATOR MEETING

1. *Go over Meeting Format.*
 - *As you are reading through the Good-bye letter writing assignment in the Study Guide on pages 124-126, make sure each person in your group checks the boxes on page 126 of who they are going to write their goodbye letters to.*
 - *If a group member has had a loved one recently die, they may not be ready yet to say good-bye. They may still need to go through earlier stages of the grief process. Encourage them to write the letter if they can, but be understanding if they can't yet do that.*
 - *Remember to have group members go on the website and fill out the Phase1 Evaluation. You can hand out hard copies for those who do not have computer access.*
2. *Remind your group members that they are going to write out their own affirmations for each person in the group, including the facilitator for next week. You as a facilitator are to come prepared as well. The affirmations will be read to each person, and then the group member will give copies of what he or she read to that person*

3. *Begin to plant the seed for Phase 2. Share with your groups how Phase 2 has personally impacted you. Let them know when and where Phase 2 will be held.*

4. *Any questions?*

5. *Pray.*

MEETING FORMAT

1. Questions. Does anyone have any questions or comments?

2. Phase 1 Evaluation. Please fill out the evaluation form as per the email you received to do so. Please give your honest and thorough feedback. The Facilitators and I need your honesty so we can grow ourselves and continue to learn what your needs are as you go through this process. This will also give you an opportunity to share how you have been impacted during this time. We would also appreciate any other comments you have.

On the website you can also sign up to receive a free daily affirmation and have access to videos, articles, seminars and updates from Christ-Life Ministries.

3. Donation for Christ-Life Ministries *(Only do this if you feel it is appropriate)*

If you have benefited from your Phase 1 experience, consider giving a donation to Christ-Life ministries to “pay it forward” for others to be able to experience the healing and growth that you have. The books you purchased for Phase 1 only cover, less than, half of the necessary funds to operate. At next week’s meeting we will be giving you the opportunity to contribute to this ministry by making a financial donation.

4. Plant the seed for people to go on to Phase 2.

As we get started here, I wanted to take a few minutes to share with you about Phase 2 of *The Ultimate Journey*. Phase 2 will be held _____ at _____. I really want to encourage all of you to continue on into Phases 2 and 3. Here in Phase 1, it has been a time for you to take a deep, honest look at yourself and all that’s happened to you up to this point. It’s a time of “emptying out” all the things that have hindered us from actually having the abundant life Jesus came to give us. In Phase 2, we begin to take a look at how we need to be thinking and living for Christ-Life to become a reality in us. We begin to explore what a Blood Covenant is and all about the incredible love relationship God wants to have with us. So, in Phase 1 you have exposed the old wiring and in Phase 2 you will begin to see what the new wiring should look like. You’ve been emptied out, now it’s time for you to be filled up. If you stop now, it will be like leaving yourself just hanging there. I have prepared a signup sheet for those of you who plan to go on to Phase 2. *(Either send around a signup sheet or have a table prepared for them to sign up at afterwards).*

In your lesson reading this week you will learn a lot more about what lies before you in the rest of the journey you are on.

5. Questions about Phase 2. Are there any questions about Phase 2?

6. Questions. Does anyone have any questions about writing the Good-Bye Letters?

7. Pray. Let's pray...

8. Group Work Steps

- **ADULT ALLY LETTER TO THE ADULT**
- **RESPONSE LETTER FROM THE ADULT**
- **READ PERSONAL LOSS LIST**
- **MIRRORING & VALIDATING FEELINGS**
- **AFFIRMATIONS FOR THE LOSS EXERCISE**
- **PRAYER OF BLESSING**

9. Resume DVD or Discuss Homework Assignment - Lesson 12

You will be writing what we call "Good-Bye Letters." This is a way for you to "Declare your Independence" from the power your past has had over you. You will declare freedom from old patterns as well as bring closure to various relationships that are unfinished. Please turn to pages 124-126 in your Study Guide. We will read the Writing Goodbye Letter sections together.

They can read the examples on their own during the week.

10. Close in Prayer

LESSON 12

SAYING GOOD-BYE AND MOVING FORWARD

MEETING PREPARATION

THINGS TO DO BEFORE GROUP MEETING

- _____ Phase 2 Sign Up sheet(s)
- _____ Prepare a table for the Sign-Up Sheets for Phase 2 or just pass it around in individual groups
- _____ Set up room(s)

THINGS TO BRING TO GROUP MEETING

- _____ Phase 1 Teaching DVDs
- _____ Leaders Guide
- _____ Study Guide
- _____ Box of Kleenex for each group
- _____ Copies of the Phase 1 Evaluation Form (Please only use these for those who do not have computer access to go online and fill out the form on the website.)
- _____ Sign Up sheet(s) for Phase 2
- _____ Books for Phase 2. If you want to have them available, purchase them ahead of time. They should have Lesson 1 read before the first Phase 2 meeting.

FACILITATOR MEETING

1. *Go over Meeting Format:*
 - *Ask facilitators to ask their group members if they went on the website and filled out the evaluation.*
 - *The completed evaluations will be sent by e-mail to the group directors and the group directors will forward them on to the appropriate facilitators or make copies for the facilitators.*
 - *Let them know how you will have people sign up for Phase 2.*
 - *Remind them to allow time for each person to be prayed for individually in their group at the end of the session.*
2. *Any questions?*
3. *Pray*

MEETING FORMAT

1. **Questions.** Does anyone have any questions or comments?
2. **Evaluations?** You will be receiving an evaluation online if you have not already. Please take the time to fill it out. It is very helpful to us and the ministry to get your feedback.
3. **Phase 2.** I also want to take a few minutes again to remind you that Phase 2 will begin on _____ (day) at _____ (time) at _____ (place). Again I want to stress the importance of after emptying out here in Phase 1 that you go through Phase 2 where you can be filled with the truth and a fresh revelation of who God is and how He wants us to respond to Him in the midst of “reality.” Take a few minutes to share how Phase 2 impacted your life.
4. **Questions about Phase 2.** Are there any questions regarding Phase 2?
5. **Closing Comments.** Well, this is our final session. I want to personally congratulate each one of you on a job well done. You have stuck with it and have done what you’ve known to do to finish your unfinished business. I’m really proud of you all and I’m excited and expectant about all that God has in store for you through Phase 2 and Phase 3 as well.

You’ve come along way, but don’t stop now, you are just getting started!

6. **Pray.**
7. **Group Work Steps**
 - **READ GOOD-BYE LETTERS**
 - **AFFIRMATIONS**
 - **PRAYER OF BLESSING**
8. **Close in Prayer**