

# SMALL GROUP LESSON PLAN



## Teaching The Bible Through Practical Biblical Teaching

- **Greeting/Opening Prayer/Food & Friendship**
- **Icebreaker** ~ What is your favorite ingredient to put on a sandwich?
- **Testimonies/Good news/What are you thankful for?**
- **WOF's Purpose:**
  - 1) We teach and educate - exercising believer's rights through practical application
  - 2) We are a holistic church- development of spirit, soul, and body
  - 3) We are a mission's church - serving both domestic and international
- **Short review of what was preached at service on Sunday**
- **Facilitation of Lesson**

(Facilitator Notes)

### God's Recipe for Healing - Lesson 1: "Spiritual Checkup"

God wants us healed in our Spirit, soul and body. Spiritual, mental and emotional issues can manifest in our bodies as physical illnesses. Stress caused by sin, unforgiveness and not practicing our love walk can lead to an ill spirit. A careful examination of our spirit on a regular basis is just as important as a physical checkup.

**READ: Proverbs 28:13 NLT, 1John 1:8-10 NLT.** Sin causes spiritual weakness, separating us from the father. Confessing our sins and asking for forgiveness will free us from heavy spiritual burdens.

1. Share a time that you felt separated from God. How did you find peace?

**READ: Matthew 6:14-15 NLT, Luke 17: 1-4 NLT.** Unforgiveness is poison to our spirit. God wants us to follow in His steps and walk the road of forgiveness that leads to blessings.

2. What characteristics in your life might indicate that you haven't fully forgiven past hurts? Hint: anger, fear, stress, illness, broken relationships. What steps will you take to resolve it? How do you show others that you have forgiven them?

**READ: Ephesians 5:1-2 NLT, 1Corinthians 13:4-AMP** The test of walking in love is not something we pass one time and never have to experience again, it is a walk that we must continually practice. Walking in love opens the gate to God's peace, eliminating stressful situations.

3. Share a time when walking in love saved you from a stressful situation.
4. What steps can you take to Improve your love walk?

- **Time of Decision** (Everyone Bow Your Heads)

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

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

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

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

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

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

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