



SMALL GROUP LESSON PLAN

Teaching The Bible Through Practical Biblical Teaching

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

Attendee

God's Recipe for Healing

Lesson 2: "Mind and Emotions"

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

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

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

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

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

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

3. How can you increase your faith?

- **Time of 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?

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