

SMALL GROUP LESSON PLAN



Teaching The Bible Through Practical Biblical Teaching

- **Greeting/Opening Prayer/Food & Friendship**
- **Icebreaker** ~ Name an item that is considered a 'soul food'.
- **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)

SOUL FOOD FOR THE END TIMES: Emotions -Part 1

God made man in His image: a Spirit, who possess a Soul and lives in a Body. The "Soul" in man comprises your mind, will, and emotions. This lesson focuses on emotions. Emotion is defined as a conscious mental reaction experienced as strong feeling usually toward a specific object accompanied by physical and behavioral changes in the body (Merriam Webster). Emotions involve feelings that can range from anger and fear all the way to contentment and joy. When facing serious mental, social, financial, physical and spiritual challenges, it is important to keep our emotions in control.. Meditating on God's Word is food for the soul!

Read: 1 Thessalonians 5:23 NLT, 3 John 2KJV

God wants your soul to prosper! The devil wants your emotions to be 'out-of-whack.'

1. How do negative emotions affect you overall?
2. How do positive emotions affect you overall?

Read: Philippians 4:6-7 AMP, Proverbs 3:5AMP

God provides a recipe for dealing with anxious situations.

3. What is God's recipe for dealing with anxiety or fear?
4. How has anxiety, feelings or emotions kept you from accomplishing your plans ?

Read: Matthew 11:28-29 NIV

God's Word provides us the soul food we need to find rest ("chill out").

5. Share any past victories of how God's Word helped you better control your mind will and emotions.

- **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, giveto 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?