



## 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**

Attendee

### **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 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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