

SMALL GROUP LESSON PLAN



Teaching The Bible Through Practical Biblical Teaching

- **Greeting/Opening Prayer/Food & Friendship**
- **Icebreaker** ~ - What is your favorite sport, watching or playing?
- **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 3: Physical Healing

In Corinthians Paul reminds us that we were bought with a price and we must honor and glorify God with our bodies, we must be wise and disciplined on how we treat our bodies. Avoiding unhealthy habits, practicing healthy eating and participating in physical activities are key ingredients to healthy bodies. God's recipe for healing is to take care of our spirit, soul and body.

READ: 1 Corinthians 6:19-20 AMP, Galatians 5:19-21 AMP. The bible makes it clear that using our bodies to participate in unhealthy habits will stop us from inheriting the kingdom of God, which includes healing.

1. How do you avoid temptations or overcome unhealthy habits?
2. Share some scriptures that bring peace when temptations rise.

READ: 1 Corinthians 10:31 AMP, Ecclesiastes 3:11-14 AMP. God wants us to enjoy all that He has provided for us, but like the other areas of our lives, we should involve Him in our grocery shopping, food preparation and portion sizes, always giving thanks.

3. What are some benefits of healthy eating?
4. Share some general healthy eating practices.

READ: 1 Corinthians 9:24-27 AMP, James 1:5-8 AMP. Seek God for wisdom to develop and maintain physical activities for your body.

5. What challenges are stopping you from adding a physical activity into your schedule?
6. What steps can you take to improve your physical healing?

- 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?