

HOPE & HEALING (SMALL GROUP)

Lesson 2: Get Your Weight Up!

Objective: A Christ-centered Mental Workout Plan



ACTIVITY:

Create a physical workout plan with at least (5) five exercises, include numbers of reps for each exercise
*Have each person explain what part(s) of the body this will affect and how that will help the whole body.

LEADER: Most doctors explain how staying active and daily physical exercise helps you live a healthy life. Diet, sleep, having a hobby, etc are things they add to the explanation to help you see the whole picture. Having a strong body helps us maintain our energy, focus, and ability to get things done. But there is one thing stronger than our bodies that we have to keep healthy too. Our mind is the part of us that has control over every part of our body. How do we workout our mind so we can live a healthier life? Stress, anxiety, self-doubt, negative thoughts, and discouragement are some of the things that attack our mental health. Everything we are or think goes through our mind first. We can't even blink unless our mind tells our body to do it. Every thought, reaction, desire, fear, and joy comes through the mind. How many of us have a workout plan for our minds when our thoughts try to bully us into doing things that may harm us.

VIDEO: https://www.youtube.com/watch?v=cyCDFuJ4Qu0&feature=emb_logo

Allen Parr-Seven Secrets of Spiritual Warfare

ACTIVITY: Use the (5) five symbols you used to represent the physical workout you designed, and draw them again with room to write by them. Now write the Phases: God's Presence, God's Promises, God's Plan, God's Power, and God's Provision. This is what we will use to create our Christ-Centered Mental Workout.

Use all five GOD'S topics to briefly discuss how in God's word we can find mental health and healing if we work out daily with these verses. Use popular verses that the group may have heard before or will hear in most Christian communities of Believers.

Sample verses and "What to highlight from Biblical Truth"

Points from the video (2:30) to build from

- ***God's Presence**-Matthew 28:19-20 - "and surely I am with you always"
- ***God's Promises**-Proverbs 3:5-6 - "Trust God, I will make your path straight"
- ***God's Plan**-John 3:16-17 - "Jesus was sent to give His life so we can have life"
- ***God's Power**-John 10:27-29 - "No one can snatch them from my hand"
- ***God's Provision**-Matthew 6:33 - "and all these things will be given to you"

CLOSING: Working out everyday is hard but so is trying to fight life by yourself. Your thoughts have beat you down over and over again and we are trying to build a Christ centered plan to get you stronger so He can show you and others that He wants us all to heal from any and all pain this life has caused us. God's promises are true!