



LEADING THE WELLNESS REVELATION

General Class Structure: (Always leaving room for the Spirit to move)

Prayer

Mini Lesson/ watch video / workout

Discussion Time (have people share the scripture memory)

Special Moment

Set them up for the next week

Prayer

*idea of meeting a second day in the week

Week 1: Set up

- Fun opening
- Let them share
- Tools
- Expectations
 - Communication
 - Spirit led
 - S's
- Group safety
- Set them up for Fast
- Prayer partners- I ask in an intro email
- Encourage people to read and do the questions first
- Will you do a service project of love others together

Week 2: Our Purpose

- Share their 1 out of 3 of their top spiritual and physical goal with the group
- Read the Fasting section- tell them you will be saving space next week to talk about how it went.

Week 3: Be Free

- How did the fast go?

Week 4: Live out His purpose - Food Conversation

- Awareness of masters



Week 5: Rest in His strength- Physical aspect conversation

- Where Are You? document

Week 6: Renewing our Minds

- Putting a thought on trial together have everyone in the group participate
- The “Bring to mind someone you love” exercise
- 1 Physical, 1 Character trait

Week 7: Attend to matters of the heart- emotions

- Body Exercise
- Feelings chart
- Top 3 things you love most about God and what you think God loves about you

Week 8: Be Transformed

- Share testimony
- Speaking life exercise

Week 9: Press on

- Enough space for people to share their Moving Forward plans
- What is next? Help them tie into this community