



*Blessings from the Heart*  
*A Woman's Legacy*

**-Training Manual-**  
**Revised 3/31/16**

# Table of Contents:

Blessings from the Heart: Manual Intro .....	3
Accessing the Video Content and Course Curriculum .....	4
Building Your Event Team.....	5-6
Blessings from the Heart Leader Material.....	7
Session Duration Models.....	8
Blessings from the Heart – Round 2 and Beyond.....	9
Promoting Your Event.....	10-11
Getting the Press Involved.....	12-13
Community Group Leadership Models .....	14-15
Community Group Organization, Management, and Training.....	16-18
Tips for Being a Good Facilitator/Community Group Leader .....	19
Community Group Attendance and Accountability Page.....	20
Session #1 Outline .....	21-22
Session #1 Community Group Leader Page.....	23
Session #1 Teaching DVD Fill-in-the-blank answers .....	24-25
The Blessing Chapters 1-3 questions & answers.....	26
The Lost Art of Letter Writing Intro - Session #4 Fill-in-the-blank answers.....	27-31
Session #2 Outline .....	32
Session #2 Community Group Leader Page.....	33
Session #2 Teaching DVD Fill-in-the-blank answers .....	34-35
The Blessing Chapters 4-7 questions & answers.....	36
Session #3 Outline .....	37
Session #3 Community Group Leader Page.....	38
Session #3 Teaching DVD Fill-in-the-blank answers .....	39-40
The Blessing Chapters 8-9 questions & answers.....	41
Session #4 Outline .....	42-43
“1 brings 2” Invite a friend list .....	44
Session #4 Community Group Leader Page.....	45
Session #4 Teaching DVD Fill-in-the-blank answers .....	46-47
The Blessing Chapter 10 questions & answers.....	48
Session #5 Outline .....	49
Session #5 Community Group Leader Page.....	50
Session #5 Teaching DVD Fill-in-the-blank answers .....	51-52
The Blessing Chapter 11 questions & answers.....	53
Session #6 Outline .....	54
Session #6 Community Group Leader Page.....	55
Session #6 Teaching DVD Fill-in-the-blank answers .....	56-57
The Blessing Chapter 12-13 questions & answers .....	58
Session #7 Outline .....	59
Session #7 Community Group Leader Page.....	60
Session #7 Teaching DVD Fill-in-the-blank answers .....	61-62
The Blessing Chapter 14 – Appendix B questions & answers .....	63
Session #8 Outline .....	64-65
Session #8 Community Group Leader Page.....	66
Session #8 Teaching DVD Fill-in-the-blank answers .....	67-68

# Blessings from the Heart:

## Manual Intro

Welcome! Thank you for leading Blessings from the Heart at your church! We believe strongly that you are about to embark on the most exciting legacy leaving experiences of your lifetime. What will follow in this guide will be all the resources you will need to lead Blessings from the Heart. For each session, a detailed outline is provided to help guide you. Various exercise sheets, fill in the blank question and answer sheets, and insights and tips will help you make each meeting an extraordinary one.

On page 26 you will find Tips for Being a Good Facilitator/Community Group Leader: Read and re-read this sheet as the weeks progress to remind yourself of these principals. They can ensure that you keep the groups on a positive and productive track.

Depending on how much time you have, and how many women you have, you may need to recruit and train additional Community Group Leaders yourself. Community Group Leaders should be able to **motivate** and **challenge** the women. They will be responsible for assignment completion and the attendance of their group.

Keep in mind that you are going to be hearing some wonderful stories over the next months. Try to take note of these because you will want to share them to the group. Success stories can be turned into powerful motivators for the other women. Capture these stories and bring them to the women's attention.

You will receive other words of advice as you progress through this manual. It should answer most of the questions you might have. Read it thoroughly. Work the process. Be blessed. You are in for the journey of a lifetime.

## **Accessing the Video Content and Course Curriculum**

Blessings from the Heart contains two pieces of video content and three pieces of written content.

### Video Content:

1. The primary video teaching by Greg Vaughn is accessible in the Grace Digital Library on the Blessings from the Heart course page. To access it, go to [www.grace101.org](http://www.grace101.org) and login using the church's Username and Password. If you do not know that information, contact your church or contact Grace Ministries at 972-437-6575 x 0.

Feel free to make this login information available to the women in your class. This is helpful if a woman has to miss a session and would like to keep up with the rest of the class.

2. The secondary video teaching is called "The Lost Art of Letter Writing". This content is also accessible on the Blessings from the Heart course page. This teaching is to be completed as homework after Session #1. It has probably been a while since your last English/Writing class. The Lost Art of Letter Writing teaches the fundamentals of being a great letter writer.

### Downloadable Written Content:

1. The Blessings from the Heart Course Curriculum. This is the required coursework for the class. The curriculum contains fill-in-the-blanks, Community Group activity pages, promise verses, and course assignments. For a very reasonable price, the curriculum is available in digital format for the entire church. Call Grace Ministries to purchase 972-437-6575 x 0.

2. Lost Art of Letter Writing activity pages. These pages are homework assignments to be completed while the participants watch The Lost Art of Letter Writing. These are available for download on the Blessings from the Heart course page

3. Max Lucado Devotions with sample letters. Part of each Blessings from the Heart session will be to read and reflect on one Max Lucado devotion from his wonderful "Grace For The Moment" devotional. The participants are encouraged to use these powerful devotions as a springboard to write "bounce off" letters. These are also available for download on the Blessings from the Heart course page.

# Building Your Team

Running a successful Blessings from the Heart workshop in your church needs the support of the church leadership. Blessings from the Heart reaches beyond the women's ministry. It has the potential to impact every person in the church whose mother, wife, friend, or sister is involved. As a result, it has the ability to impact every aspect of your church's ministry.

This is how your church leadership can be involved to make Blessings from the Heart a roaring success.

1. **WOMEN'S DIRECTOR: THE WOMEN MUST BUY INTO IT!!!** Your Women's Director must be behind this 100%. She should make it clear that she wants every woman in the church to go through this workshop.
2. **SENIOR PASTOR/MINISTER: GET THEIR BLESSING.** Blessings from the Heart cannot be successful without the full support and blessing of the Senior Pastor/Minister. It is they that occupy the pulpit. They are the most noticeable figure in the church. The Senior Pastor/Minister, on Sunday, from the pulpit, should encourage every woman to participate in Blessings from the Heart.
4. **COMMUNICATIONS DIRECTOR: GET VISIBLE.** Using the promotional materials at your disposal, post Blessings from the Heart all over the facility. It should be placed prominently on all methods of communications that the church utilizes. To run a successful program, Blessings from the Heart should be front and center on the church's website home page, newsletters, bulletins, radio spots, etc... If your church is located in a high traffic area, construct an advertisement for the street traffic.

Remember to include all pertinent times, dates, locations, and contact information on all signage. Be sure to mention websites as well.

5. **YOUTH MINISTER: MAKE THEIR JOB EASIER!** When parents fall short it is often the Youth Minister that gets left holding the mess. They are the ones that have to handle the family problems the children are dealing with.

Get the Youth Minister pumped up about the program and what it could mean in the lives of the kids. Have him/her encourage the mothers of his youth to sign up for the sake of their children.

6. **WORSHIP/ARTS DIRECTOR: SERENADE THEM!** Get the music/arts director involved. Release him/her to develop creative skits and music to promote Blessings from the Heart in the service.

7. **APPOINT SOMEONE TO INVOLVE THE MEDIA: STOP THE PRESS!**  
You will want to utilize local media to spread the word about the Blessings from the Heart program at your church. Contact the local newspaper and radio stations. Ask them to run a story about the program, what it is doing in the lives of families, and how women can get involved. Most major newspapers have done feature articles on Letters from Dad. They will be interested in Blessings from the Heart as well. In addition, Greg Vaughn makes himself available to be interviewed by reporters and writers.
  
8. **EVANGELISM DIRECTOR: SPREAD THE GOOD NEWS!** Blessings from the Heart can be an incredible evangelistic opportunity. It is a fun and non-threatening way to reach out to the community. Many women jump at the chance to learn how to connect with their families, and other people in their world, on a deep level.
  
9. **COUNSELING & MARRIAGE RENEWAL: DON'T LET THE SIZZLE FIZZLE!** At the heart of marriage renewal lays one thing. That is the willingness of a woman to become a conduit of blessing to her husband and family. In Blessings from the Heart, wives will learn to encourage and build into their husband so that he can be everything God has intended him to be.

In most congregations, staff members wear more than one hat. Whoever it may be that is over these different departments, it is important to task them with the responsibility of helping you make Blessings from the Heart successful in your church. To do all of this alone would be a huge task, much too large for most people. By utilizing the people that God has put around you to help you, Blessings from the Heart can be more than just a program about letter writing. It can be about sharing the bright light of Christ with a dark world that desperately needs it.

## **Blessings from the Heart Leadership Material**

You will find files containing Promotion & Leader material in the Leader's Portal in the Grace Digital Library. Click "Login" in the menu bar on [www.grace101.org](http://www.grace101.org) (if currently logged into your church's library account you'll need to log out first). Directly below the login fields you will see a link that says "Leader's Portal".

Simply login with:

Username: Leader

Password: Leader

Beneath the Blessings from the Heart logo will be a menu with available leader's resources (including this manual). Included are files containing promotional flyers, posters, inserts, etc...

Promotional video clips can be downloaded as well. The teaching sessions must be viewed and played directly from the course page. To get back to those you will need to log out of the Leader's Portal and log back in to your church's account using your church's Username and Password.

Each of the eight Greg Vaughn video teaching sessions run about 25 minutes. The 5 Lost Art of Letter Writing session are each 10 minutes.

The Treasure Box:

You will hear Greg reference the "Treasure Box" throughout the course. This is a receptacle for blessing letters/cards. At the beginning of sessions 2-8, participants are invited to place their completed cards/letters in stamped and addressed envelopes in the Treasure Box to be prayed over. The facilitator takes these to the mailbox after the session is over. We encourage you to find a Treasure Box to be used for this purpose.

# Session Duration Models

Each session is packed full of activity. You could easily spend two hours on each one. The session outlines in the following sections offer two different tracks.

The first option is for a 1 hour time frame. The other is for a 1 ½ hour time frame. Choose the track that fits your time restrictions.

The elements of the session do not change. What changes is how long you spend on each element. Every session contains:

1. Worship
2. Prayer & commitment of cards/letters
3. Video teaching
4. Community Group Activities and Discussion
5. Writing time

The time frames provided are merely suggested. They are provided to assist the facilitator and Community Group Leader to stay on pace. If the facilitator or Group Leader falls behind during a Community Group Activity, just skip the next discussion question and move on. You don't want one group lagging too far behind.

Don't feel like you have to answer every discussion question. If the discussion has reached an important or very deep level, don't force the women to wrap up and move on. We are here to bear each other's burdens. Have fun and let the Spirit lead you.



## Round 2 and Beyond

You know from experience that there are women out there who desperately need Blessings from the Heart. They may be women that are separated from their children by an emotional or physical distance. They may be women that are making one last grab at holding a marriage together. Or they may be women who simply want to know how to bless and affirm loved ones in a meaningful, tangible way. Whatever you do, do not deny yourself the opportunity to expose these women to the healing love of Christ.

From the very beginning, start planning for the next round. It is at that point that Blessings from the Heart truly turns into an outreach program. This is where you have an opportunity to grow your church, impact the community, and give your women an avenue to reach out to their friends, co-workers, neighbors and relatives.

In Session #4, the facilitator will be prompted to hand out the “*1 brings 2*” sheets. On this page, the women will write down the names of two women that they would like to invite to the next semester. These will be collected by the facilitator or the Community Group Leader and then handed to the facilitator.

When the next semester of Blessings from the Heart has been set, the facilitator or Community Group Leader must then have the participants follow up with their pledge to invite their friends.

For some women it will simply be enough to extend a verbal invitation by saying: “Hey Suzy, I just went through this program at the church and it radically changed the relationship I have with my family. Would you like to come to a brunch and see if it is something you would like to do?” Some women may prefer that a letter be mailed to their friends and to follow up with a phone call. Some may want to use a formalized invitation.

You and your women decide what would be the best approach for you to take. Whatever path you choose, the most important thing is to collect as many names as possible and to see that every invitation is followed up. Encourage your Community Group Leaders to help you accomplish this.

Hopefully this information sheet helps you catch the vision of ROUND 2 and its vast potential for reaching your community. Don't let this tremendous opportunity pass by without giving it your best effort.

# Promoting Your Event

Promotion will be an integral part of pulling off a successful Blessings from the Heart seminar. Promotion takes a little time. We suggest that you promote Blessings from the Heart for at least the three weeks leading up to the event and maybe a little after.

Outside of a personal, one-on-one invitation, promoting the program from the podium will be the single most effective method for getting the word out. In your Blessings from the Heart Leadership File are supplies that can be used to introduce the congregation to the Blessings from the Heart program. Someone may even want to deliver an entire sermon on the subject of ‘building a lasting legacy’.

Promote the first event using the flyer and poster files located in the file. There are PDF files that can be used to create bulletin inserts, flyers, posters, and invitation cards. Post flyers in the children’s wing, distribute them in the neighborhoods and parking lots, put them in the bulletins. Stay visible.

You will want to collect RSVPs for the first session so that you can get a decent head count so that you have enough material. To accomplish this, have a highly visible kiosk in the lobby before and after services, or events, to register people. Have it manned with a gregarious person who will actively engage women and invite them to register. It is important that they have a warm body to speak with to answer any questions they might have and to collect their information. Maybe even have tea bags of a popular tea to give away as an incentive to sign up.

This is what a church’s promotion schedule might look like in the weeks building up to their first class.

## **Promotion Week #1**

- Present Blessings from the Heart to the media. For ideas on this see “Getting the Press Involved” on page 10.
- Make an announcement from the pulpit about the upcoming Blessings from the Heart classes. Instruct women to RSVP themselves and their friends.
- Place posters in prominent locations around the church.
- Have a manned kiosk in the lobby before, and after, the service to register people and provide information. Offer tea bags of a popular tea to give away as an incentive to sign up. Be sure to get their email to send out a reminder.

## **Promotion Week #2**

- Make another announcement about the first class. Instruct women to RSVP themselves and their friends.
- Include a RSVP card insert in the bulletin that the women can complete and place in the offering plate. Be sure to get their email to send out a reminder.
- Have some women in the lobby and hallways passing out flyers and talking to the women. Provide them with clip boards and an RSVP list to register women for the event.
- Have a manned kiosk in the lobby before, and after, the service to register women and provide information. Offer tea bags of a popular tea to give away as an incentive to sign up.

## **Promotion Week #3**

- Show the 1 minute promo clip from the pulpit (use the 4 min. clip if you have enough time) and follow it with another announcement about the first session. Instruct women to RSVP themselves and their friends.
- Have some women in the lobby and hallways passing out flyers and talking to the women. Provide them with clip boards and an RSVP list to register women for the first class. Be sure to get their email to send out a reminder.
- Have a manned kiosk in the lobby before, and after, the service to register women and provide information. Again, offer a popular tea selection as incentive to sign up.

We know that Blessings from the Heart can be a life changing experience. Most likely, you also believe that it is important, or you wouldn't be reading this. The desire to be a blessing to our family is universal. It appeals to women no matter their religion, denomination, ethnicity, or socio-economic status. It may seem like all this promotion takes a little bit of effort. It does. But with a little teamwork and a little vision, you have an opportunity to impact your church, and community, in a significant way.

# Getting the Press Involved

Contact a local radio station with a Christian music, community focus, talk, or news format. You can Google “radio stations in \_\_\_\_\_” (put your city and state in the blank) and see what links it brings up for stations in your city.

One man walked into one of his local radio stations and shared the Letters from Dad story. The station manager had heard about Letters from Dad on Focus on the Family. The station manager got so excited that he donated 41 one minute spots for broadcast over the following week.

You have an opportunity to really reach out and expose your church, or organization, to the community. This can be a way to bring in new women and families. When they come, be prepared to seize the opportunity and get them plugged into your church body or organization.

Also, don't discount the people in your church/organization. Some of them may have instrumental contacts with the local media. Some may even be employed by a local station or know someone who is. You may even want to challenge these people to champion this area.

## Sample Press Release

**For Immediate Release from the author and creator of Letters from Dad**

**Date:** \_\_\_\_\_

**A unique ministry is moving into the \_\_\_\_\_ area. It's called “*Blessings from the Heart: A Woman's Legacy*” It is teaching women to leave a legacy by putting into written form things they want their loved ones to remember. “I love you,” “You're the treasure of my life,” and, “I'll always be there for you,” are things every child wants and needs to hear from their mom. *Blessings from the Heart* has restored family communication, produced healed marriages, and reconciled parent child relationships through the lost art of letter writing.**

***Blessings from the Heart* teaches women to open up their hearts and put into words their love for their husbands, children, parents, and friends. It not only teaches them “Why” to write letters but also the mechanics of letter writing and how to keep them safe for posterity.**

**(Church Name) Church will be hosting *Blessings from the Heart* for our community. It will be held in the (Building Name) building at (Address), in (City). It will run from (Time). Everyone is welcome. BRING A FRIEND!**

# Community Group Leadership Models

Much of the responsibility for the success of Blessings from the Heart rests with the Community Group Leader(s). Below, we will describe two models. The type of model you will choose largely depends on number of women you have attending your sessions.

## Model 1: Less than 20 women

This is a centralized leadership model. Responsibility is concentrated on the *facilitator*. The facilitator will serve as Community Group Leader for all Community Groups. In this model, instead of *appointing* and *training* Community Group Leaders, the facilitator takes responsibility for the entire course. The facilitator must set the example for the women. This often requires the facilitator to be the first to share a letter or an experience when required.

1. Once the teaching portion of the session is completed, the facilitator will instruct the women to break into their Community Groups (pre arranged groups of 5-8 women).
2. Using the “Community Group Leader sheet(s)” located in this Training Manual and in the Leadership File, the facilitator instigates discussion within the groups. She will guide the participants through the “Community Group Activity” pages in each session.
3. The facilitator will read, out loud, the questions and the Community Groups will discuss it among themselves. Try to have everyone in the group answer each question.
4. The facilitator will keep close watch on the clock. When it is time, the facilitator will prompt the Community Groups to wrap up their discussion and will then read the next discussion question.
5. In this model, the facilitator is responsible for calling and emailing each woman during that intervening week. To assist the facilitator in this, pair up the women in groups of 2 or 3 within their Community Groups. Task them with the responsibility of contacting each other each week to foster relationships, encourage each other, and ensure accountability.

**Model 2:**  
**More than 20 women**

This is a decentralized model. The facilitator is responsible for the Community Group Leaders. Community Group Leaders are responsible for the women in their groups. Responsibility is concentrated in both the *facilitator* & the *Community Group Leader*. The facilitator must be in weekly contact with her Community Group Leaders to offer support, encouragement, and to help them in holding their group accountable.

Each Community Group will have a Leader. Much like the *facilitator* in the previous model, the Community Group Leader is responsible for the women in her group for the duration of the course. She must set the example for the women in her group by being the first to share a letter or experience when required.

1. Once the teaching portion of the session is completed, the facilitator will instruct the women to break into their Community Groups (pre arranged groups of 5-8 women).
2. The Community Group Leaders will take attendance using the “Community Group Attendance and Accountability Page”. They will also note on this page when a woman completes an assignment. This can be found on page 19 of this manual and in your Leadership File.
3. Using the “Community Group Leader Sheet(s)” located in this Training Manual and in the Leadership File, the Community Group Leader instigates discussion within the groups. She will guide the participants through the “Community Group Activity” pages in each session.
4. The Community Group Leader will read, out loud, the questions and the Community Groups will discuss it. The goal is to have everyone in the group give an answer for each question.
5. The discussion must progress quickly enough to be completed in the time allowed. If the leader notices that her group is lagging behind, she may want to skip certain questions to help keep pace.
6. In this model, the Community Group Leader is responsible for calling and emailing each participant during the week. To assist the Community Group Leaders, they should consider pairing the women in groups of 2 or 3 within the Community Group, like in model 1. Task them with the responsibility of contacting each other, each week, in order to foster relationships, encourage each other, and ensure accountability.

# Community Group Organization, Management, and Training

## How many Community Groups/Leaders do I need?

After you have planned, promoted, you will know how many “Community Groups” you will need by the number of registrations you have collected. Each Community Group consists of 5-8 women. Each Community Group needs one “Community Group Leader”.

For Example: If you have 24 registrations, you know that you need 3 to 5 Community Groups (depending on how many woman are in each Community Group). You need one Community Group Leader per group, so you need 3-5 Community Group Leaders.

You might already have an idea in your head about who you would like your Community Group Leaders to be. They must be responsible and passionate about helping women through Blessings from the Heart.

## What are the responsibilities of the Group Leaders?

Community Group Leaders must keep track of the progress of their participants. They should use the “Community Group Attendance & Accountability Page” to track attendance and who is completing their assignments. This will allow them to quickly assess which women need the most assistance.

Group Leaders will need to contact each of the women in their Groups every week to check in on them. Usually a short phone call and/or email will do. Some might even want to send out an encouraging letter to their group sometime during the first month.

It is helpful if Group Leaders are available to meet with a woman if she is having trouble with her assignment. We have even had Community Group Leaders schedule a “Blessings from the Heart” study hall during the week.

Communication is very important. If a woman falls behind on an assignment, she is less likely to show up for the next session. If she misses a session, it is less likely that she will show up for the remaining sessions. Nurturing the relationship between Group Leaders and participants will foster accountability. Accountability results in strong attendance, participation, and completed assignments. Completed assignments result in multiplied blessings for everyone.



## Organizing Community Groups:

People often ask: “What is the best way to group women into Community Groups? Age? Proximity? Bible class?”

We find that a simple, random grouping works well. There is something special about a childless and/or single person learning from a wife/mother with many children who is also learning from an elderly woman with grandchildren. Having a variety of women, with a variety of life experiences, brings richness to the Groups.

Assign your Community Group Leaders to a Group and create rosters for them. About a week before your first session would be a good time to do this. Usually by then all the sign-up forms have been processed.

## Managing Community Group Leaders:

As a facilitator, your responsibility is to treat your Community Group Leaders like they should be treating their Community Groups.

Contact your Community Group Leaders weekly to get a status report from them. Using their “Community Groups Attendance & Accountability Page”, have them report on the following:

- a. Describe each woman’s attendance and assignment progress by name. Take note of any woman that is struggling. Call that woman personally and offer your encouragement and assistance.
- b. Ask her to share with you any noteworthy stories about the delivery of a letter. Record these for use at a future time.

## Training Community Group Leaders:

1. Initially, you will want to meet with your Community Group Leaders about a week before Session #1 for at least 1 hour.
2. You may or may not want to provide them with an entire “Training Manual”. They can download it or just read it online from the Grace Library page.
3. Provide them with enough of their assigned Community Group rosters for themselves and to hand out to their participants at Session #1.
4. Provide them with a “Community Group Attendance & Accountability Page”. This is on page 19 of this manual.
5. Provide them with all of their “Community Group Leader Sheet(s)”.

6. Walk the Group Leaders through the Session #1 outline on pages 20-21 of this manual so that they have a good understanding of the format.

Tip: In Session #1, the women go around the table and share some information (spouse's name, children's names, why they are there, etc). It is a very good idea for the Group Leaders to take some notes, next to the women's names, so that they can reference these items throughout the course.

7. Make sure they understand what their responsibilities are.
  - a. Contact their Group members once a week.
  - b. Pair the women in groups of 2 or 3 and make them call each other during the week as well for inspiration and accountability.
  - c. Keep track of attendance and completed assignments for each woman using the "Community Group Attendance & Accountability Page".
  - d. Have all their assignments completed on time.
8. If time permits, watch Session #1 of the teaching session.

## Tips for Being a Good Facilitator/Community Group Leader:

1. Be Prepared:
  - Review the materials before each session (Facilitators, review the teaching session).
  - Make any notes in the book or training manual that might help you.
  - Have your writing assignments completed.
  - Provide extra pens and nametags.
  - Make sure all video & sound equipment is ready and that it is functioning properly.
  - Have all food & drink preparations ready.
2. Start and end sessions on time.
3. **Be sensitive to marital situations and parent/child relationships (This is an important one.)**
4. Be careful in moving the session along. Do not let any one person dominate the discussion time.
5. Facilitate exchange- don't lecture! Don't be "me-focused". Be "others-focused". Come to bless and encourage.
6. Communication is the key. Make sure the women are aware of session times, dates, and assignments. Facilitators should be in weekly contact with their Community Group Leaders, and Community Group Leaders should be in weekly contact with their Community Groups.
7. Facilitators should mingle with the women as much as possible to ask them about their experiences. You might even consider having them share their positive letter writing/delivery experiences with the entire group. It is very important to have someone share at the opening of each weekly meeting. Be sure not to have the same person more than once.

# Community Group Attendance & Accountability Page

		Session #1	Session #2	Session #3	Session #4	Session #5	Session #6	Session #7	Session #8
	<i>Attendance</i>								
<b>(Name)</b>	<i>Completed Assignment</i>								
	<i>Attendance</i>								
<b>(Name)</b>	<i>Completed Assignment</i>								
	<i>Attendance</i>								
<b>(Name)</b>	<i>Completed Assignment</i>								
	<i>Attendance</i>								
<b>(Name)</b>	<i>Completed Assignment</i>								
	<i>Attendance</i>								
<b>(Name)</b>	<i>Completed Assignment</i>								
	<i>Attendance</i>								
<b>(Name)</b>	<i>Completed Assignment</i>								
	<i>Attendance</i>								
<b>(Name)</b>	<i>Completed Assignment</i>								
	<i>Attendance</i>								
<b>(Name)</b>	<i>Completed Assignment</i>								

## Session 1 Outline: Blessings

[The facilitator is responsible for the objectives leading up to the Community Groups.]

*This session includes these important activities:*

**1. My personal commitment**

**2. Blessing Quotient Quiz**

**3. Ice Breaker Questions in Community Group**

5 min

1. The facilitator introduces herself to the women and instructs them to take their seats in their Community Groups.
  - Instruct them to open to page# 1 in their curriculum
  - Out loud, slowly read through the “My Personal Commitment” box located on the first page of the curriculum but tell them not to sign it.
  - Everyone has come to Blessings from the Heart for a reason. Have them write down these reasons on the next page. Tell them to consider this a prayer list of the things they would have God do through the Blessings from the Heart program.
  - Once that is done, have them sign their commitment.
  - The facilitator then commits the course to God in prayer. Pray for the Goals that have been set and pray that God will be glorified through their efforts over the next months.

5 min or  
10 min

2. Worship (Optional): Select a song(s) that are familiar and use this time to lift your voices to God. In future sessions, the women will place their stamped, addressed, completed cards/letters in the Treasure Box during this time.
  - 1 hour track choose 1 song.
  - 1 ½ hour track choose 2 songs.

28 min

3. Watch the teaching for Session #1

- Before starting instruct them to read the Session 1 Intro.
- Instruct them to turn to Session #1 of their curriculum.
- Tell them turn to curriculum pg. 8 and fill-in-the-blank as they watch the Greg Vaughn teaching lesson.
- Start Teaching Session

## Break into Community Groups

[The **Community Group Leader** is responsible for the following.]

20 min or  
40 min

4. **Community Group Activity:**
  - Progress through the Community Group Activity utilizing Community Group Leader Page

5 min or 10  
min

5. Begin your first Blessing Card/Letter. This needs to be completed, in a stamped and addressed envelope, ready for delivery by next session.
6. Cover the assignments at the end of session located on curriculum page 17. Remind them of the time and date of the next meeting. Pray & Dismiss

## **Session #1: Blessings Community Group Leader Page**

*Leader Note: Don't feel that you have to answer all these questions. Have fun and let the Spirit lead you.*

### **Ice Breaker: Ask the ladies to introduce themselves.**

In one answer, ask the women to provide their:

1. Name
2. Husband's name (if married) & how long they have been married
3. If they are single or widowed, ask about other family or their job.
4. Number of children & grandchildren (if any)
5. **MOST IMPORTANTLY, HAVE THEM ANSWER THE QUESTION: "WHY ARE YOU HERE?"**
  - o *More specifically, what is it about Blessings from the Heart that motivated them to get involved?*

### **Discuss Question #1: The Blessing Quotient Quiz**

*(Tell the participants that, if they do not want to respond to the following questions, they can simply say "Pass".)*

**Step #1:** Ask their scores to illustrate the variety of background we all have when it comes to the blessing.

**Step #2:** Ask "Who scored an 8 on the Quiz? 7? 6? 5? 4? 3? 2? 1? 0?"

**Step #3:** Be ready to give a hug/affirmation to those that had a low score. Remind them that although they never received the blessing, their Heavenly Father has already given them "every spiritual blessing in Christ!"

### **Discussion Question #2**

What part of the blessing is the most difficult for you to bestow? Why is that?

### **Discussion Question #3**

How do you think the Blessings from the Heart course will help you in your relationship with others?

### **Discussion Question #4**

Who in your life really needs a special blessing today? Why choose that person?

Participant: \_\_\_\_\_ Recipient: \_\_\_\_\_ Participant: \_\_\_\_\_ Recipient: \_\_\_\_\_

Participant: \_\_\_\_\_ Recipient: \_\_\_\_\_ Participant: \_\_\_\_\_ Recipient: \_\_\_\_\_

Participant: \_\_\_\_\_ Recipient: \_\_\_\_\_ Participant: \_\_\_\_\_ Recipient: \_\_\_\_\_

Participant: \_\_\_\_\_ Recipient: \_\_\_\_\_ Participant: \_\_\_\_\_ Recipient: \_\_\_\_\_

### **#5 Let's Get Started:**

Instruct them to begin drafting their Blessing Card/Letter or the "I am blessed because..." letter to that person from question #4. Sample is on curriculum page 14.



Session #1

## **Blessings**

### **Memory Verse**

***It is the BLESSINGS of the Lord that makes us RICH and he adds no sorrow to it.***

***Proverbs 10:22 (NAS)***

The blessings of God have to do with the amount of money that you have  
(**True or False**)?

- A Biblical definition of ***Blessed*** is:  
“The happy condition of those that LOVE God, SERVE God, OBEY God, and REVERNCE God.”

### **Promise #1**

The Sovereign Lord declares, “I will make a covenant of peace with them...I will send down showers in season; there will be showers of BLESSING.

Ezekiel 34:25

### **Promise #2**

Praise be to the God and Father of the Lord Jesus Christ, who has BLESSED us in the heavenly realms with EVERY spiritual BLESSING in Christ!

Ephesians 1:3

### **Promise #3**

BLESSED is the man (woman) who perseveres under trial, because when he has stood the test, he will receive the crown of life that God has promised to those that love him.

James 1:12

### **Promise #4**

Surely, O Lord, you BLESS the righteous; you surround them with your favor as with a SHIELD.

Psalms 5:12

### **Promise #5**

Do not repay evil with evil or insult with insult, but with BLESSING, because to this you were called so that you may inherit a BLESSING.

I Peter 3:9



### **Promise #6**

I have set before you life and death, BLESSINGS and curses. Now, CHOOSE life, so that you and your children may live.  
Deut 30:19

### **Promise #7**

For there is no difference between Jew and Gentle- the same Lord is Lord of all and RICHLY BLESSES all who call on him.  
Romans 10:22

### *Memory Verse*

*It is the BLESSINGS of the Lord that makes us rich and he adds no sorrow to it.*

*Proverbs 10:22 (NAS)*

- The Blessing is comprised of these four elements:
  - a. Meaningful TOUCH  
This is especially important with our children.
  - b. WORDS of High Praise & Value  
God called out from Heaven to proclaim that Jesus was His beloved Son, in Whom He was well pleased.
  - c. Picturing a Special FUTURE  
We should pour out our hopes and dreams for our children, and others, encouraging them in their talents.
  - d. Active COMMITTMENT  
God gives us daily what we need to survive. We must also be dependable to our children, family, and friends, always keeping our word to them.
- Follow along with Greg and complete your blessing Quotient Quiz.
  - Mark one point in each box for each part of the blessing you received from each parent.
  - Total your score.

*The purpose of the Blessing Quotient Quiz is to make us consider how we were raised. It also illustrates the variety of backgrounds we have as it relates to our relationships with our parents. Sometimes it is helpful in providing insight into who we are and how easily we bestow these same blessings on our families.*

- God is a God of LOVE and God is a God of BLESSING

## **“The Blessing” Chapters 1-3 questions and answers**

1. If you can, list 3 people from whom you feel you have received The Blessing.

*This answer is subjective. Answers will differ.*

2. **If you are a parent, how can learning about the family blessing help provide your child, or children, with a “protective tool”?**

*The best defense against a child’s longing for imaginary acceptance is to provide him or her with genuine acceptance. By providing a child with genuine acceptance and affirmation at home, you can greatly reduce the likelihood that he or she will seek acceptance in the arms of a cult member or with someone in an immoral relationship. Genuine acceptance radiates from the concept of the blessing*

3. **In the Old Testament, what was the symbolic meaning of touch? Provide some examples of meaningful touch.**

*In the Old Testament, physical touch was a graphic picture of transferring power or blessing from one person to another. Examples are Aaron and the scapegoat in Leviticus and Elijah passing along his role as God’s prophet by laying hands on Elisha.*

4. **How can important, meaningful touch bless us physically? How does it bless our relationships?**

*Physical touch blesses us physically by raising levels of hemoglobin which aids in the regenerative process. It can also lower blood pressure. It blesses our relationships because, at times, even the smallest act of touch can be a vehicle to communicating love and personal acceptance. Meaningful touch to a child can protect him/her from looking to meet this need in all the wrong places.*

# The Lost Art of Letter Writing<sup>©</sup>

with  
Dr. Reg Grant

**This video teaching and worksheets are available in the Blessings from the Heart course section of the Grace Digital Library.**

## **Dr. Reg Grant Video Introduction**

1. *Blessings from the Heart* will help you write your Heart and your Mind.
2. 81% of the New Testament is composed of letters.
3. The best letter you can leave your kids is a life well lived.
4. Give your letters a title.

### Life Applications:

1. Who will read your letters and journals when you're gone?
2. What aspects of your life do you want them to discover?
3. What words of wisdom and challenges do you want to share with your family now and once you are gone? (What do you want them to know about your life and theirs?)

## Dr. Reg Grant Video Session #1: **WRITE** - “Just do it”

1. What two purposes should you have in mind when writing a letter?

Clarity & Creativity .

2. What two activities do you need to do in order to become a great writer?

Read insatiably & Write incessantly .

3. The first sentence in your letter is the most important.

4. Name four ways you can begin a letter:

A) Riddle \_\_\_\_\_.

B) Story \_\_\_\_\_

C) Startling Statement \_\_\_\_\_

D) Summarizing your subject \_\_\_\_\_

5. Don't begin a letter with a weak opening or a bible verse.

6. Always mention at least two or three ideas in your letter. True or **False**

7. Unity can be achieved through:

A) Subject \_\_\_\_\_.

B) Incident \_\_\_\_\_

C) Theme \_\_\_\_\_

D) Point of View \_\_\_\_\_

8. What should you end a letter with? A Carefully Selected Bible Verse

9. Write only when you feel inspired. True or **False**

10. Thoreau suggested reading classic literature once you've read other “simpler” works. True or **False**

### Life Applications:

1. What classic books have you never read which you would still like to read today?

2. What memories would you like to share or remind your children of in a letter?

## Dr. Reg Grant Video Worksheet #2: **REWRITE** – “At it again”

1. Any word will do as long as you get the point across. True or False
2. Three ways to achieve style is through:
  - A) Be dramatic
  - B) Employ dialogue
  - C) Employ the senses
3. A way to achieve greater remembrance of your writing is to tell & show.
4. Using clichés is a wonderful way to engage your reader. True or **False**
5. Carl Sandburg preferred strong nouns & verbs over modifiers.

### Life Applications:

1. What is your unique style when you write?
- 2 What are ways you can improve the “show and tell” aspect of your writing?
3. What poor word choices and grammatical errors do you find yourself using? What are alternative words and phrases you can use to strengthen your letters?

The difference between the almost right word and the right word is the difference between the lightning bug and the lightning.

*-Mark Twain*

## Dr. Reg Grant Worksheet #3: **IMAGING** – “Creating visual excitement”

1. The left side of our brain handles analytical and mathematical skills.  
The right side of our brain forms our imagination and emotional center.
2. Before more research revealed the truth about the brain, C.S. Lewis believed that both hemispheres did about the same thing.

True or **False**

3. The nerves leading from the eye to the brain are 20 times larger than those from the ear to the brain.
4. Three types of figures of speech are:  
A) Pun  
B) Simile  
C) Metaphor
5. If you really want to protect and preserve letters, put them in a foil-covered box.

True or **False**

### Life Applications:

1. What side of your brain do you consider stronger? How can you use elements from the other side to create a stronger, more engaging letter?
2. Give an example of a pun or a simile.

The two hemispheres of my mind were in sharpest contrast. On the one side a many islanded sea of poetry and mirth; on the other, a glib and shallow rationalism.

-C. S. Lewis

# Dr. Reg Grant Worksheet 4: **TESTING AND EDITING**

1. Always impress your reader with large, complex words. True or **False**

2. To achieve clarity in writing:

A) Use everyday language

B) Be specific

C) Simplify

3. Using more words helps you get your point across. True or **False**

4. Revise and rewrite at least 1 time(s).

5. 73% of the words in Psalm I have 1 syllable(s).

6. Letters are more memorable if they contain larger words. True or **False**

7. The best paper to use is 20 lb., cream color, with some texture.

8. Font size should be no smaller than 12 point.

## Life Applications:

1. Who do you admire and trust who can critique your writings in a fair and objective way?

2. In what environments do you enjoy writing, which also allow for good concentration?

## Notes:

## **Session 2 Outline: Living Faith**

[The **facilitator** is responsible for the objectives leading up to the Community Groups.]

5 min or  
10 min

1. The facilitator greets the women and instructs them to take their seats in their Community Groups.
  - The facilitator brings up a participant or Community Group Leader to share who she wrote this past week and why. Have this person chosen before the day of the session.

5 min or  
10 min

2. **Worship:** Select a song(s) that your ladies enjoy.
  - Have the Treasure Box open at the front of the room.
  - Instruct the women to place their stamped, addressed, completed cards/letters in the Treasure Box during this time.
  - 1 hour track choose 1 song.
  - 1 ½ hour track choose 2 songs.

2 min

3. **Prayer:**
  - After worship, pick up the full treasure box and pray for the cards and letters and their recipients. Ask God to bring glory to himself through your written work and pray that each letter/card will serve its intended purpose.

25 min

4. Watch the teaching for Session #2
  - Before starting the teaching, instruct them to turn to page 23 of their curriculum.
  - Have them follow along and fill-in-the-blank as they watch the Greg Vaughn teaching lesson.
  - Start Teaching Session

### **Break into Community Groups**

[The **Community Group Leader** is responsible for the following.]

20 min or  
40 min

5. **Community Group Activity:**
  - Progress through the Community Group Activity utilizing Community Group Leader Page

5 min or  
10 min

6. Begin your Blessing Card/Letter. This needs to be completed, in a stamped and addressed envelope, ready for delivery by next session.
7. Cover the assignments on page 29 of the curriculum. Remind them of the time and date of the next meeting. Pray & Dismiss



## **Session #2: Living Faith Community Group Leader Page**

*Leader Note: Don't feel that you have to answer all these questions. Have fun and let the Spirit lead you.*

### **Step #1: Memory Verse**

- Ask if anyone can recite last week's memory verse? If no one can, everyone recite last week's memory verse as a group.
- Recite this week's memory verse in unison.

**Step #2:** Go around the table ask the women to share some details about their Blessing Card/Letter from last session. Group Leader share first.

Share:

- a. Share who you wrote and why you wrote them.
- b. What was it like for YOU emotionally to write the letter?
- c. Read what you wrote, if appropriate
- d. What do YOU hope will be the end result of the letter?

### **Step #3: Discussion Questions**

*(Ask each of the participants to answer the following.)*

#### **Discuss Question #1**

When and where did you come to faith in Christ? Who introduced you to the Savior?

#### **Discussion Question #2**

What circumstance(s) in your life is/are requiring you to have faith that God will take care of you?

#### **Discussion Question #3**

Who can you think of that would benefit from your card/letter on *Living Faith*?  
What circumstances are they facing? What might you say to them?

Participant: \_\_\_\_\_ Recipient: \_\_\_\_\_ Participant: \_\_\_\_\_ Recipient: \_\_\_\_\_

Participant: \_\_\_\_\_ Recipient: \_\_\_\_\_ Participant: \_\_\_\_\_ Recipient: \_\_\_\_\_

Participant: \_\_\_\_\_ Recipient: \_\_\_\_\_ Participant: \_\_\_\_\_ Recipient: \_\_\_\_\_

Participant: \_\_\_\_\_ Recipient: \_\_\_\_\_ Participant: \_\_\_\_\_ Recipient: \_\_\_\_\_

### **#4 Let's Get Started:**

Instruct them to begin drafting their Blessing Card/Letter to the person from question #3. A practice blessing card is on pg. 27.



Session #2

**Living Faith**

**Memory Verse**

***Faith is the assurance of things hoped for and the conviction of things not yet seen.  
Hebrews 11:1***

- Like Jesus, there are times in our lives that we need to say TIME OUT or we will burn out.
- Like the disciples with Jesus in the boat, when we are saved we look at the SAVIOR and we WORSHIP.

**Promise #1**

I tell you the truth, anyone who has FAITH in Me will do what I have been doing.  
He will do even greater things than these, because I am going to the Father.

John 14:12

**Promise #2**

I tell you the truth, if you have FAITH as small as a MUSTARD SEED, you can say to this mountain, 'Move from here to there' and it will move.

Nothing will be impossible for you.

Matthew 17:20

**Promise #3**

Abraham did not waver through unbelief regarding the promises of God, but was STRENGTHENED in his FAITH and gave glory to God, being fully persuaded that God had the power to do what he had promised.

Romans 4:20-2

#### **Promise #4**

For in the gospel a righteousness from God is revealed, a righteousness that is by FAITH from first to last, just as it written: “The RIGHTEOUS will live by faith”  
Romans 1:1

#### **Promise #5**

For it is by grace you have been saved, through FAITH - and this not from yourselves, it is the gift of God- not by works, so that NO ONE can boast.  
Ephesians 2:8-9

#### **Promise #6**

Since we have been justified through FAITH, we have peace with God through our Lord Jesus Christ, through whom we have gained access by FAITH into this grace in which we now stand. And we rejoice in the hope of the glory of God.  
Romans 5:1-2

#### **Promise #7**

For the Lord loves the just and will not forsake his FAITHFUL ones.  
Proverbs 37:28

#### **Promise #8**

#### **MEMORY VERSE**

*Faith is the assurance of things hoped for and the conviction of things not yet seen.*  
*Hebrews 11:1*

- God is concerned with the size of your FAITH muscle.
- From the beginning of your life to the end of your life, God is primarily concerned with STRENGTHENING your faith in the Lord Jesus Christ.

## “The Blessing” Chapters 4-7 questions and answer

1. **Your spoken words of blessing are a gift of genuine acceptance to your children and loved ones. How can “overactivity” act as a thief that steals this precious gift? What is this thief’s motto?**

*Overactivity can keep parents so busy that the blessing is never spoken. Overactivities’ motto is “I’ll have time to tell them tomorrow.*

2. **Choose someone special to you (child, spouse, friend, etc...). While keeping the four “keys” of word pictures in mind:**

- use an everyday object
- match an emotional meaning to the trait you are praising with the object you’ve picked
- word pictures unravel our defenses
- word pictures can point out a person’s potential

**write a word picture of that person that communicates High Value. Practice saying it and then use it with that person this week.**

*This is a subjective question. Everyone’s answer will be different.*

3. **“Words that picture a special future can act as agents of transformation” in the lives of our loved ones. List some of the talents/gifts that you see in your children or an intimate friend. With this talent in mind, put into words a special future that you envision for them. Communicate these verbally to them this week.**

*This is a subjective question. Everyone’s answer will be different.*

4. **One of the ways we display our Active Commitment to our loved ones is by becoming a student of them. In Chapter 7, there is a text box entitled “Do I Know the Following Things About My Children?” If you have children, take time and attempt to answer each one of the questions for each child. If you don’t have children, pick someone that you wish to bless and then answer the questions.**

**If you can’t answer them all, make a commitment to spend the time necessary with that person to really “become a student” of them. On your personal calendar, schedule a time for an activity with that person that would provide the “unguarded” moments necessary for this meaningful conversation to take place.**

*This is a subjective question. Everyone’s answer will be different.*

## Session 3 Outline: *Eternal Hope*

[The **facilitator** is responsible for the objectives leading up to the Community Groups.]

5 min or  
10 min

1. The facilitator greets the women and instructs them to take their seats in their Community Groups.
  - The facilitator brings up a participant or Community Group Leader to share who she wrote this past week and why. Have this person chosen before the day of the session.

5 min or  
10 min

2. Worship: Select a song(s) for worship.
  - Have the Treasure Box open at the front of the room.
  - Instruct the women to place their stamped, addressed, completed cards/letters in the Treasure Box during this time.
  - 1 hour track choose 1 song.
  - 1 ½ hour track choose 2 songs.

2 min

3. Prayer:
  - After worship, pick up the full treasure box and pray for the cards and letters and their recipients. Ask God to bring glory to himself through your written work and pray that each letter/card will serve its intended purpose.

25 min

4. Watch the teaching for Session #3
  - Before starting the teaching instruct them to turn to page 37 in their curriculum.
  - Instruct them to follow along and fill-in-the-blanks as they watch the Greg Vaughn teaching lesson.
  - Start Teaching Session

### **Break into Community Groups**

[The **Community Group Leader** is responsible for the following.]

20 min or  
40 min

5. Community Group Activity:
  - Progress through the Community Group Activity utilizing the Community Group Leader Page

5 min or  
10 min

6. Begin your Blessing Card/Letter. This needs to be completed, in a stamped and addressed envelope, ready for delivery by next session.

7. Cover the assignments on page 44 of their curriculum. Remind them of the time and date of the next meeting. Pray & Dismiss

## **Session #3: Eternal Hope Community Group Leader Page**

*Leader Note: Don't feel that you have to answer all these questions. Have fun and let the Spirit lead you.*

### **Step #1: Memory Verse**

- Ask if anyone can recite last week's memory verse? If no one can, recite last week's memory verse as a group.
- Recite this week's memory verse in unison.

### **Step #2:** Go around the table ask the women to share some details about their

Blessing Card/Letter from last session. Group Leader share first.

- a. Share who you wrote and why you wrote them.
- b. What was it like for YOU emotionally to write the letter?
- c. Read what you wrote if appropriate
- d. What do YOU hope will be the end result of the letter?

### **Step #3: Discussion Questions**

*(Ask each of the participants to answer the following.)*

#### **Discuss Question #1**

Who has "stood in the gap" for you? Who is it that has restored your hope when it was shaken?

#### **Discussion Question #2**

Do you know of someone without hope to whom you can be a friend? Someone that needs you to "take on their unbelief" like Greg's friend Ron Allen did?

Participant: \_\_\_\_\_ Recipient: \_\_\_\_\_ Participant: \_\_\_\_\_ Recipient: \_\_\_\_\_

Participant: \_\_\_\_\_ Recipient: \_\_\_\_\_ Participant: \_\_\_\_\_ Recipient: \_\_\_\_\_

Participant: \_\_\_\_\_ Recipient: \_\_\_\_\_ Participant: \_\_\_\_\_ Recipient: \_\_\_\_\_

Participant: \_\_\_\_\_ Recipient: \_\_\_\_\_ Participant: \_\_\_\_\_ Recipient: \_\_\_\_\_

#### **Discussion Question #3**

What message of eternal hope would you like to convey in your obituary?

#### **#4 Let's Get Started:**

Instruct them to begin drafting their Blessing Card/Letter to the person from question #3. A practice blessing card is on pg. 42.



Session #3

**Eternal Hope**

**MEMORY VERSE**

*May the God of HOPE fill you with all joy and peace as you trust in him, so that you may overflow with HOPE by the power of the Holy Spirit.*

*Romans 15:13*

- Has there ever been a time in your life where you have lost hope?  
(Yes or No)
- Hope is the ENGINE that drives us to God's goodness.
- Hope is what fills you. Not just in the times when you're facing death but it can fill your life in the times of the other problems of life. Hope MATTERS!

**MEMORY VERSE**

*May the God of HOPE fill you with all joy and peace as you trust in him, so that you may OVERFLOW with HOPE by the power of the Holy Spirit.*

*Romans 15:13*

- We are being called to communicate BLESSINGS in our lives and in the lives of others through the written word.

**Promise #1**

The eyes of the Lord are on those who fear him, on those whose HOPE is in his unfailing love

Psalm 33:18

**Promise #2**

We have put our trust in the living God, who is the SAVIOR of all.

I Timothy 4:10

### **Promise #3**

Those who HOPE in the Lord will renew their STRENGTH. They will soar on wings like eagles; they will run and not grow weary, they will walk and not faint.

Isaiah 40:31

### **Promises #4**

No one whose HOPE is in you, O Lord, will ever be put to SHAME.

Psalm 25:3

### **Promise #5**

Blessed is he whose help is in the God of Jacob whose HOPE is in the Lord his God, the maker of heaven and earth, the sea, and everything in them. The Lord remains faithful FOREVER.

Psalm 146:5-6

- GREAT is thy faithfulness, Lord, unto me!

-Thomas Obadiah Chisholm

### **Promise #6**

HOPE does not disappoint us, because God poured out his love into our hearts by the HOLY SPIRIT, whom he has given us.

Romans 5:5

### **Promise #7**

I rise before dawn and cry for HELP; I have put my HOPE in your word. My eyes stay open through the watches of the night so that I may meditate on your promises.

Psalm 119:147-148



## **“The Blessing” Chapter 8-9 questions and answers**

- 1. What are some emotions that children carry when they grow up without the blessing?**

Anger, resentment, discouragement, depression, and insecurity are often emotions that children carry who grow up without the blessing.

- 2. When it comes to a child receiving the blessing, in what way can desertion by a parent be harder on a child than losing that parent to death?**

Desertion by a parent can be harder on a child than losing him or her to death. When a parent dies, a child knows that in this life the opportunity to regain a missing part of the blessing from that parent is gone. When a parent deserts his or her children, they know that “out there somewhere” is a living person who still has the power to bless.

- 3. Have you grown up in a family that withheld the blessing in one way or another? Yes or No?**

- Blessing given to one sibling but not another
- Blessing placed just out of reach
- Blessing exchanged for a burden, a “counterfeit blessing”
- Blessing only given when traditions are met (“Unyielding Traditions Live Here”)
- Receiving only part of the blessing due to divorce, desertion, or adoption

**- If yes, how have you dealt with it? How did you deal with it or how might you deal with it in the future?**

**- If no, thank God for the household he allowed you to grow up in.**

This question is subjective. Everyone’s answer will be different.

**Session 4 Outline: Everlasting Love: I am a friend of God**

**Notes:**

- 1. We will be utilizing the “1 brings 2” invite a friend form. Print these for your Leaders and collect them at the end of the session.**
- 2. We will also be using the Coffee or Tea for You & Me invitation. These are located in the participants’ stationary and envelope packs.**

[The **facilitator** is responsible for the objectives leading up to the Community Groups.]

5 min or  
10 min

1. The facilitator greets the women and instructs them to take their seats in their Community Groups.
  - The facilitator brings up a participant or Community Group Leader to share who she wrote this past week and why. Have this person chosen before the day of the session.

5 min or  
10 min

2. Worship: Select a song(s) for worship.
  - Have the Treasure Box open at the front of the room.
  - Instruct the women to place their stamped, addressed, completed cards/letters in the Treasure Box during this time.
  - 1 hour track choose 1 song.
  - 1 ½ hour track choose 2 songs.

2 min

3. Prayer:
  - After worship, pick up the full treasure box and pray for the cards and letters and their recipients. Ask God to bring glory to himself through your written work and pray that each letter/card will serve its intended purpose.

25 min

4. Watch the teaching series for Session #4
  - Before starting the teaching instruct them to turn to page 51 in the Session #4 of their curriculum.
  - Instruct them to follow along and fill-in-the-blank as they watch the Greg Vaughn teaching lesson.
  - Start Teaching

## Break into Community Groups

[The Community Group Leader is responsible for the following.]

2 min

5. “1 brings 2” *Invite a friend form*

- Pass out the “1 brings 2” Invite a friend form that your facilitator printed for you.
- Have the participants write down names of 2 women they would like to invite to the next Blessings from the Heart series.
- Have them record the address, phone numbers, and email addresses if they know them.
- Collect these now and give them to the facilitator at the end of the session.

20 min or  
40 min

6. Community Group Activity:

Progress through the Community Group Activity utilizing the Community Group Leader Page

5 min or  
10 min

7. Begin your Blessing Card/Letter. This needs to be completed, in a stamped and addressed envelope, ready for delivery by next session.

- The Session #4 Assignment is the *Coffee or Tea for You & Me* invitation. Be sure to take note of the recipient of this card/letter and the time & date they will be delivered. There are spaces to do this on your Community Group Leader page.

8. Cover the assignments on page 57 of the curriculum. Remind them of the time and date of the next meeting. Pray & Dismiss

# 1 brings 2 Invite a friend list

Think of two women that you would like to invite to the next Blessings from the Heart kickoff event. Don't worry about providing complete information right now. Hand this to your leader. She will be contacting you at the appropriate time.

Your Name: \_\_\_\_\_  
Phone: \_\_\_\_\_  
Email: \_\_\_\_\_

## Invitation #1

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
\_\_\_\_\_  
Phone: \_\_\_\_\_  
Email: \_\_\_\_\_

## Invitation #2

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
\_\_\_\_\_  
Phone: \_\_\_\_\_  
Email: \_\_\_\_\_

**Community Group Leader Page**  
**Session #4: Everlasting Love: I am a friend of God**

*Leader Note: Don't feel that you have to answer all these questions. Have fun and let the Spirit lead you.*

**Step #1: Memory Verse**

- Ask if anyone can recite last week's memory verse? If no one can, everyone recite last week's memory verse as a group.
- Recite this week's memory verse in unison.

**Step #2: Discussion Questions**

*(Ask each of the participants to answer the following.)*

**Discuss Question #1**

Share a card/letter, or a reaction to a card/letter, that you have composed during the last few weeks.

**Discussion Question #2**

Why do you think God has created us so that nothing in this world can fully satisfy us?

**Discussion Question #3**

Who is your most cherished friend? How long have you known each other? What qualities do you love most in her?

**#4 Let's Get Started:** *Note: It is ok to send this to someone they are building a relationship with i.e. mother-in-law. They may not be able to set the date immediately but follow up until everyone gives you a meeting date and time.*

Begin drafting your blessing card/letter to your friend using the sample sheet on the next page. Send this along with your "Coffee or Tea for You & Me" invitation. What date & time will you meet with your friend?

Date: \_\_\_\_\_ Time: \_\_\_\_\_

Participant: \_\_\_\_\_ Recipient: \_\_\_\_\_ Participant: \_\_\_\_\_ Recipient: \_\_\_\_\_

Date & Time of Coffee or Tea meeting: \_\_\_\_\_ Date & Time of Coffee or Tea meeting: \_\_\_\_\_

Participant: \_\_\_\_\_ Recipient: \_\_\_\_\_ Participant: \_\_\_\_\_ Recipient: \_\_\_\_\_

Date & Time of Coffee or Tea meeting: \_\_\_\_\_ Date & Time of Coffee or Tea meeting: \_\_\_\_\_

Participant: \_\_\_\_\_ Recipient: \_\_\_\_\_ Participant: \_\_\_\_\_ Recipient: \_\_\_\_\_

Date & Time of Coffee or Tea meeting: \_\_\_\_\_ Date & Time of Coffee or Tea meeting: \_\_\_\_\_

Participant: \_\_\_\_\_ Recipient: \_\_\_\_\_ Participant: \_\_\_\_\_ Recipient: \_\_\_\_\_

Date & Time of Coffee or Tea meeting: \_\_\_\_\_ Date & Time of Coffee or Tea meeting: \_\_\_\_\_



Session #4

**Everlasting Love**

*I am a friend of God*

MEMORY VERSE

*If anyone **LOVES** me, he will obey my teaching. My Father will **LOVE** him, and we will come to him and make our home with him.*

**John 14:23-24**

- His love endures FOREVER!
- There is only one person who will never disappoint you in his love for you and that is the Lord JESUS CHRIST!
- “There is a GOD-shaped vacuum in the heart of every man/woman which cannot be filled by any created thing, but only through God, the creator, made known through Jesus Christ.”  
- Blaise Pascal (1623-1662)
- I am a FRIEND of God.
- “What a friend we have in JESUS.”  
- Joseph M. Scriven and Charles Converse
- The love of a friend is a GIFT from God.

**Promise #1**

Dear friends, let us **LOVE** one another, for LOVE comes from God.  
Everyone who **LOVES** has been born of God and knows God.

1 John 4:7

**Promise #2**

This is love: not that we loved God, but that He loved us and sent His Son as an atoning SACRIFICE for our sins.

I John 4:10

### **Promise #3**

Above all, LOVE each other deeply, because LOVE covers over a multitude of SINS.

Isaiah 4:8

### **Promises #4**

...“My son, do not make light of the Lord’s DISCIPLINE,...because the Lord disciplines those He LOVES,...”

Hebrews 12:5-6

### **Promise #5**

#### *Memory Verse*

*If anyone LOVES me, he will OBEY my teaching. My Father will LOVE him, and we will come to him and make our home with him.*

*John 14:23*

### **Promise #6**

For, He CHOSE us in Him before the creation of the world to be holy and blameless in His sight. In LOVE He predestined us to be adopted as His sons through Jesus Christ.

Ephesians 1:4-5

### **Promise #7**

I pray that you, being rooted and established in LOVE, may have power, together with all the saints, to grasp how wide and long and high and deep is the LOVE of Christ, and to know this LOVE that surpasses knowledge- that you may be FILLED to the measure of all the fullness of God.

Ephesians 3:17-19

## **Three things to know in order to be a child of God:**

- 1. Know that God loves you.**
- 2. Accept that Christ died for your sins**
- 3. We are sinners in need of a Savior**

## “The Blessing” Chapter 10 questions and answers

1. How much do you know about your parent’s background? Did they grow up in a household that provided all the elements of the blessing? How do you see this affecting their ability to provide the blessing to you and your siblings?

*This is a subjective question. Answers will vary by participant. In the vast majority of cases, parents who do not give the blessing never received it themselves. Our parents need the elements of the blessing from us as much (or more) than we need these elements from them.*

2. The first important step toward healing and restoration is to be honest about your feelings. Do you in any way feel that you missed out on a part or all of the blessing? Did you receive a curse from your mother or father?

*This is a subjective question. Answers will vary by participant. Be sensitive to situations like Helen’s in Chapter 10. Understand that “God can take a curse from the past and turn it into a blessing.”*

3. For those who have come to realize that they will never receive the blessing from their parents, their blessing will have to come from another source. When we accept Christ, we inherit an entire family of believers that can supply the elements of the blessing.
  - If you have missed the blessing, how has the church body communicated the blessing to you?
  - In what ways can you serve in your church in order to be a source of blessing to those that need it?

*The Church offers us a family of brothers and sisters “with skin on” who can hug us and hold us and communicate God’s love, wisdom, and blessing to us. The Church is present to meet our need for the physical companionship of others. There are many ways to serve in order to be a source of blessing to those that need it. You can mentor a younger person or practice the elements of the blessing in hospital and nursing home visitations. In chapter 12, we will discuss more attributes of a church that gives the blessing.*



## Session 5 Outline: Heaven: Be There!

### *Notes:*

#### *1. Be familiar with the “torch bearer” concept.*

[The **facilitator** is responsible for the objectives leading up to the Community Groups.]

5 min or  
10 min

1. The facilitator greets the women and instructs them to take their seats in their Community Groups.
  - The facilitator brings up a participant or Community Group Leader to share who she wrote this past week and why. Have this person chosen before the day of the session.

5 min or  
10 min

2. Worship: Select a song(s) that your group enjoys.
  - Have the Treasure Box open at the front of the room.
  - Instruct the women to place their stamped, addressed, completed cards/letters in the Treasure Box during this time.
  - 1 hour track choose 1 song.
  - 1 ½ hour track choose 2 songs.

2 min

3. Prayer:
  - After worship, pick up the full treasure box and pray for the cards and letters and their recipients. Ask God to bring glory to himself through your written work and pray that each letter/card will serve its intended purpose.

25 min

4. Watch the teaching for Session #5
  - Before starting the teaching instruct them to turn to page 63 in Session #5 of their curriculum.
  - Instruct them to follow along and fill-in-the-blank as they watch the Greg Vaughn teaching lesson.
  - Start Teaching

### **Break into Community Groups**

[The **Community Group Leader** is responsible for the following.]

20 min or  
40 min

5. Community Group Activity:  
Progress through the Community Group Activity utilizing the Community Group Leader Page

5 min or  
10 min

6. Begin your Blessing Card/Letter. This needs to be completed, in a stamped and addressed envelope, ready for delivery by next session.
7. Cover the assignments on page 68 of the curriculum. Remind them of the time and date of the next meeting. Pray & Dismiss.

## ***Session #5: Heaven Community Group Leader Page***

*Leader Note: Don't feel that you have to answer all these questions. Have fun and let the Spirit lead you.*

### **Step #1: Memory Verse**

- Ask if anyone can recite last week's memory verse? If no one can, recite last week's memory verse as a group.
- Recite this week's memory verse in unison.

**Step #2:** Go around the table ask the women to share some details about their Blessing Card/Letter from last session. Group Leader share first.

Share:

- a. Share who you wrote and why you wrote them.
- b. What was it like for YOU emotionally to write the letter?
- c. Read what you wrote if appropriate
- d. What do YOU hope will be the end result of the letter?

### **Step #3: Discussion Questions**

*(Ask each of the participants to answer the following.)*

#### **Discuss Question #1**

How do you feel about the "torch bearer" concept? What would it mean to you to have a written and visual message from your great, great grandmother?

#### **Discussion Question #2**

Who might you chose to be your torch bearer? What kind of things would you say in your message to a future generation? How would you share the gospel?

Participant: _____	Torch Bearer: _____	Participant: _____	Torch Bearer: _____
Participant: _____	Torch Bearer: _____	Participant: _____	Torch Bearer: _____
Participant: _____	Torch Bearer: _____	Participant: _____	Torch Bearer: _____
Participant: _____	Torch Bearer: _____	Participant: _____	Torch Bearer: _____

#### **Discussion Question #3**

What thoughts or emotions come to you when you realize that, one day, you will be living in heaven? Who do you know that may be there soon?

#### **#4 Let's Get Started:**

There are two options for the writing assignment. Older participants may want to compose their "torch bearer" letter. The younger participants may want to begin drafting a blessing card/letter on Heaven. More details are on the assignment page in the curriculum on page 66.

Session #5

**Heaven**  
*Be There!*

**MEMORY VERSE**

*Surely goodness and mercy shall follow me all the days of my life; and I will dwell in the house of the LORD Forever.*

*Psalm 23:6 (NKJV)*

**Promise #1**

In my Father's house are many MANSIONS; if it were not so, I would have told you. I go to prepare a place for you, I will come again, and receive you to Myself; that where I am, there you may be also."

John 14: 2-3

- Psalm 139 says that God KNOWS us!

**Promise #2**

...The throne of God and of the Lamb will be in the city... They will see his FACE, and his name will be on their foreheads. There will be no more night. They will not need light... for the Lord God will give them light.

And they will reign for ever and ever.

Revelation 22:3-5

- Greg believes that "the "high point" of heaven will be the moment where you stand in the righteousness of Christ and you look into the EYE of your God."

**Promise #3**

...God Himself will be with them *and be* their God. And God will wipe away every tear from their eyes; there shall be no more death, nor sorrow, nor crying. There shall be no more pain, for the former things have PASSED away."

Revelation 21:3-4

#### **Promise #4**

For the Lord himself will come down from HEAVEN, with a loud command, with the voice of the archangel and with the trumpet call of God, and the dead in Christ will rise first. After that, we who are still alive and are left will be caught up together with them in the clouds to meet the Lord in the air. And so we will be with the Lord forever.

Thessalonians 4:16-17

#### **Promise #5**

...if the earthly tent we live in is destroyed, we have a BUILDING from God, an eternal house in heaven, not built by human hands.

Corinthians 5:1

#### **Promise #6**

Do not store up for yourselves treasures on earth... But store up for yourselves treasures in heaven, where moth and rust do not destroy, and where thieves do not break in and steal. For where your treasure is, there your HEART will be also.

Matthew 6:19-21

#### **Promise #7**

But our citizenship is in heaven. And we eagerly await a SAVIOR from there, the Lord Jesus Christ...

Philippians 3:20

#### **MEMORY VERSE**

*Surely goodness and mercy shall follow me all the days of my life; and I will dwell in the HOUSE of the LORD Forever.*

*Psalm 23:6 (NKJV)*

## “The Blessing” Chapter 11 questions and answers

- 1. Our husband needs to hear the blessing from us as much as our children do, even if they don’t deserve it. They need it in order to become all that God can help them be. Consider that “change is always slow to take root, but it can grow ten times faster in the soil of encouragement than the hard, rocky soil of criticism.” In what areas do you wish to see change in your husband? How might implementing the blessing bring about this change?**

*We need to place high value on our spouse and actively commit to them “in spite of” not “because of”. Our love must be the kind of love that motivated our heavenly Father to bless us with his Son, in spite of the fact that we didn’t deserve it. We do not motivate our mate to change by picturing a negative future. Our mate needs to hear words that picture a special future, positive words that provide our spouse the room to become all that God can help him be.*

- 2. Try the exercise mentioned in chapter 11. For one month, thirty days, try praising at least one thing you appreciate about your husband. Begin writing them down now for future reference. Be sure to include things about his character as well as his accomplishments.**

*If you have single women in your group, you might want to suggest that they try this exercise with a significant other, boss, or difficult coworker.*

## **Session 6 Outline: Courage and Strength**

[The **facilitator** is responsible for the objectives leading up to the Community Groups.]

5 min or  
10 min

1. The facilitator greets the women and instructs them to take their seats in their Community Groups.
  - The facilitator brings up a participant or Community Group Leader to share who she wrote this past week and why. Have this person chosen before the day of the session.

5 min or  
10 min

2. **Worship**: Select a song(s) for worship.
  - Have the Treasure Box open at the front of the room.
  - Instruct the women to place their stamped, addressed, completed cards/letters in the Treasure Box during this time.
  - 1 hour track choose 1 song.
  - 1 ½ hour track choose 2 songs.

2 min

3. **Prayer**:
  - After worship, pick up the full treasure box and pray for the cards and letters and their recipients. Ask God to bring glory to himself through your written work and pray that each letter/card will serve its intended purpose.

25 min

4. Watch the teaching for Session #6
  - Before starting the teaching instruct them to turn to page 73 in Session #6 of their curriculum.
  - Instruct them to follow along and fill-in-the-blank as they watch the Greg Vaughn teaching lesson.
  - Start Teaching

### **Break into Community Groups**

[The **Community Group Leader** is responsible for the following.]

20 min or  
40 min

5. **Community Group Activity**:  
Progress through the Community Group Activity utilizing the Community Group Leader Page

5 min or  
10 min

6. **Begin your Blessing Card/Letter**. This needs to be completed, in a stamped and addressed envelope, ready for delivery by next session.

7. Cover the assignments on page 78 of the curriculum. Remind them of the time and date of the next meeting. Pray & Dismiss

## ***Session #6: Courage & Strength Community Group Leader Page***

*Leader Note: Don't feel that you have to answer all these questions. Have fun and let the Spirit lead you.*

### **Step #1: Memory Verse**

- Ask if anyone can recite last week's memory verse? If no one can, recite last week's memory verse as a group.
- Recite this week's memory verse in unison.

**Step #2:** Go around the table ask the women to share some details about their Blessing Card/Letter from last session. Group Leader share first.

- a. Share who you wrote and why you wrote them.
- b. What was it like for YOU emotionally to write the letter?
- c. Read what you wrote if appropriate
- d. What do YOU hope will be the end result of the letter?

### **Step #3: Discussion Questions**

*(Ask each of the participants to answer the following.)*

#### **Discuss Question #1**

When in your life have you needed supernatural strength and courage? How did God provide the supernatural strength and courage that you needed?

#### **Discussion Question #2**

Who do you know that is facing circumstances in their life that require great strength and courage?

Participant: \_\_\_\_\_ Recipient: \_\_\_\_\_ Participant: \_\_\_\_\_ Recipient: \_\_\_\_\_

Participant: \_\_\_\_\_ Recipient: \_\_\_\_\_ Participant: \_\_\_\_\_ Recipient: \_\_\_\_\_

Participant: \_\_\_\_\_ Recipient: \_\_\_\_\_ Participant: \_\_\_\_\_ Recipient: \_\_\_\_\_

Participant: \_\_\_\_\_ Recipient: \_\_\_\_\_ Participant: \_\_\_\_\_ Recipient: \_\_\_\_\_

#### **Discussion Question #3**

Using the promises you have learned today, and what God has taught you through your own experiences, what might you write to that person to give them the strength and courage they need?

#### **#4 Let's Get Started:**

Begin drafting your Blessing Card or Letter using the sample sheets on the next pages. There is a sample card on page 76 of the Curriculum.



Session #6

## **Strength and Courage**

### ***The Question:***

Do you ever fear the world your children, grandchildren, nieces or nephew will live in? Consider some of the reasons.

- Do you sometimes live in the world of denial? (**yes** or **no**)
- In Deut. 31:6, Moses says: “Be strong and COURAGEOUS, don’t be AFRAID”
- Joshua 1:5 says “I will never leave you and I will NEVER FORSAKE you.”
- In Joshua 1:7-8, God tells Joshua that he will be prosperous and successful if he OBEYS the word of God.
- Joshua 3:7 “So they know that I am WITH you as I was with Moses.”
- God placed the second copy of the Ten Commandments in the what? The ARK of the COVENANT.
- YOUR written letters are like the STONES of Remembrance that Joshua piled high so that the people of Israel would remember God’s work on their behalf.

## **God’s Promises on Courage and Strength**

Promise #1

But Jesus immediately said to them:

“Take courage! It is I. Don't be AFRAID.”

Matthew 14:27

Promise #2

...This is what the LORD says to you: 'Do not be afraid or discouraged because of this vast army. For the BATTLE is not yours, but God's.

Chronicles 20:15



Promise #3

For I am the LORD, your God, who takes hold of your right hand and says to you, Do not fear; I will HELP you.

Isaiah 41:13

Promise #4

God is our refuge and strength, an ever-present help in TROUBLE.

Psalm 46: 1

Promise #5

The LORD is my strength and my shield; my heart REJOICES in him, and I am helped.

Psalm 28:7

Promise #6

It is God who arms me with strength and makes my way PERFECT. He makes my feet like the feet of a deer; he enables me to stand on the heights.

Psalm 18:32-33

Promise #7

The Lord is the STRENGTH of his people, a FORTRESS of salvation for his anointed one.

Psalm 28:8

Promise #8

*Memory Verse*

***Be Strong and COURAGEOUS. Do not be afraid or terrified...for the Lord your God goes with you; he will never leave you nor forsake you.***

***Deuteronomy 31:6***

## **“The Blessing” Chapter 12-13 questions and answers**

- 1. In Galatians 6:2, we’re instructed to “bear one another’s burdens.” What does that mean in daily living? List some practical ways to do so for members in your church.**

Churches need to be meeting the genuine needs of its members. People outside the church will never care how much we know about Christ until they know how much we care about each other.

Like the “Blessing Bunch” idea described in Chapter 12, you may consider forming a group of believers whose job it is to acknowledge every member’s true worth and to give them words of hope and encouragement to reach their God given potential. Or, it can be as simple as a welcoming handshake or hug or listening to a hurting brother or sister.

- 2. In Ephesians 6:2-3, what does Paul say are the benefits of honoring your father and mother? In what ways can you bless your parents?**

The benefits of honoring your father and mother are that “it may be well with you, and you may live long on the earth.”

The primary way you honor your parents is by acting as wise people and not as fools. Other ways you can honor and bless your parents are by calling them and writing them on Mother’s Day and Father’s Day. YOU can attach high value to them by praising them for all the positive things they did for you. You can picture a special future for them by including them in important decisions and by providing time for them to meet and interact with their grandchildren.

## Session 7 Outline: Trials and Troubles

[The **facilitator** is responsible for the objectives leading up to the Community Groups.]

5 min or  
10 min

1. The facilitator greets the women and instructs them to take their seats in their Community Groups.

- The facilitator brings up a participant or Community Group Leader to share who she wrote this past week and why. Have this person chosen before the day of the session.

5 min or  
10 min

2. Worship: Select a song(s) worship.

- Have the Treasure Box open at the front of the room.
- Instruct the women to place their stamped, addressed, completed cards/letters in the Treasure Box during this time.
- 1 hour track choose 1 song.
- 1 ½ hour track choose 2 songs.

2 min

3. Prayer:

- After worship, pick up the full treasure box and pray for the cards and letters and their recipients. Ask God to bring glory to himself through your written work and pray that each letter/card will serve its intended purpose.

25 min

4. Watch the teaching for Session #7

- Before starting the teaching instruct them to turn to page 84 in Session #7 of their curriculum.
- Instruct them to follow along and fill-in-the-blank as they watch the Greg Vaughn teaching lesson.
- Start Teaching

### **Break into Community Groups**

[The **Community Group Leader** is responsible for the following.]

20 min or  
40 min

5. Community Group Activity:

Progress through the Community Group Activity utilizing the Community Group Leader Page

5 min or  
10 min

7. Begin your Blessing Card/Letter. This needs to be completed, in a stamped and addressed envelope, ready for delivery by next session.

8. Cover the assignments on page 91 of the curriculum. Remind them of the time and date of the next meeting. Pray & Dismiss

## ***Session #7: Trials and Troubles Community Group Leader Page***

*Leader Note: Don't feel that you have to answer all these questions. Have fun and let the Spirit lead you.*

### **Step #1: Memory Verse**

- Ask if anyone can recite last week's memory verse? If no one can, recite last week's memory verse as a group.
- Recite this week's memory verse in unison.

**Step #2:** Go around the table ask the women to share some details about their Blessing Card/Letter from last session. Group Leader share first.

- a. Share who you wrote and why you wrote them.
- b. What was it like for YOU emotionally to write the letter?
- c. Read what you wrote if appropriate
- d. What do YOU hope will be the end result of the letter?

### **Step #3: Discussion Questions**

*(Ask each of the participants to answer the following.)*

#### **Discuss Question #1**

What is the difference between knowledge and wisdom?

#### **Discussion Question #2**

How does wisdom affect the way we view and respond to life's trials and troubles?

#### **Discussion Question #3**

Have you ever been able to use the experience you have gained through trials and trouble to help another person in the same situation?

#### **#4 Let's Get Started:**

Begin drafting your blessing card/letter on Trials & Troubles. Sample on page 89. Try to write it to someone that is going through an experience similar to one God has already led you through safely. Share your wisdom to comfort them. Record this and follow up.

Participant: \_\_\_\_\_ Recipient: \_\_\_\_\_ Participant: \_\_\_\_\_ Recipient: \_\_\_\_\_  
Participant: \_\_\_\_\_ Recipient: \_\_\_\_\_ Participant: \_\_\_\_\_ Recipient: \_\_\_\_\_  
Participant: \_\_\_\_\_ Recipient: \_\_\_\_\_ Participant: \_\_\_\_\_ Recipient: \_\_\_\_\_  
Participant: \_\_\_\_\_ Recipient: \_\_\_\_\_ Participant: \_\_\_\_\_ Recipient: \_\_\_\_\_

Session #7

**Trials & Troubles**

MEMORY VERSE

*In this world you will have trouble. But take heart! I have overcome the world.*

*John 16:33b*

- God gives us VICTORY over the trials of life!

**Five “I AM...” Verses**

1. “I am the LIGHT of the world...” (John 8:12)
2. “I am the BREAD of life...” (John 6:35)
3. “I am the GOOD Shepherd...” (John 10:11)
4. “I am the WAY, the TRUTH, and the LIGHT...” (John 14:6)
5. “I am the RESURRECTION and the LIFE...” (John 11:25-26)

**Passages from Romans**

1. For in this hope we were SAVED... (Romans 8:24)
2. And we know that in all things God WORKS for the GOOD of those who love Him, who have been called according to His purpose.  
(Romans 8:28)
3. ...we are MORE than conquerors through him who loved us...(Romans 8:35-39)

**Promise #1**

Consider it pure joy, my brother, whenever you face TRIALS of many kinds, because you know that the testing of your faith develops perseverance.

James 1:2-3

- Trials bring about PERSERVERENCE.
- WISDOM is the practical application of the things you already know.

### **Promise #2**

...the Lord knows how to RESCUE Godly men (*women*) from TRIALS...

2 Peter 2:9

### **Promise #3**

Blessed is the man (*woman*) who perseveres under TRIAL, because when he has stood the test, he will receive the crown of life that God has PROMISED to those who love Him.

James 1:12

### **Promises #4**

Our light and momentary TROUBLES are achieving for us an eternal glory that far outweighs them all.

2 Corinthians 4:17

### **Promise #5**

The Lord is a refuge for the oppressed, a STRONGHOLD in times of TROUBLES.

Psalm 9:9

### **Promise #6**

A righteous man (*woman*) may have many TROUBLES, but the Lord DELIVERS him/her from them all.

Psalm 34:19

### **Promise #7**

Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who COMFORTS us in all our TROUBLES, so that we can comfort those in any trouble with the comfort we ourselves have received from God.

2 Corinthians 1: 3-4

### **MEMORY VERSE**

*In this world you will have trouble. But take heart! I have overcome the world.*

*John 16:33b*

## Chapter 14 - Appendix B Questions and Answers

1. In Chapter 14, we read that “we build the blessing into a person’s life on a daily basis. You never know what small act of love and encouragement will be the one that your children, spouse, or friends will remember as the key way in which you blessed them.”

*What is one specific way you knew that you had received your parent’s blessing? Are any of the 100 listed responses to this question familiar to you? Which ones? What other things do you remember that indicate that your parent(s) provided you with the blessing?*

---

---

---

---

---

---

---

---

2. Plan an evening of blessing. You may plan this for a child or your husband or your parents. Use the space below to outline what that evening will look like. Use the suggestions in Appendix A for ideas. Also, select a biblical blessing from Appendix B to use that evening.

Date: \_\_\_\_\_

Time: \_\_\_\_\_

---

---

---

---

---

---

---

---

## Session 8 Outline: Prayer

[The **facilitator** is responsible for the objectives leading up to the Community Groups.]

***Leader Note: Feel free to skip the worship time to provide an opportunity for the participants to share stories with the entire group.***

20 min

1. The facilitator greets the women and instructs them to take their seats in their Community Groups.
  - The facilitator might consider providing an open microphone for stories from the past weeks.
  - Have the participants look back on the goals they set on page 2 in their curriculum at the beginning of the course. Has progress been made on any of those goals?

Optional

2. Worship: Select a song(s) for worship.
  - Have the Treasure Box open at the front of the room.
  - Instruct the women to place their stamped, addressed, completed cards/letters in the Treasure Box during this time.
  - 1 hour track choose 1 song. 1 ½ hour track choose 2 songs.

2 min

3. Prayer:
  - If no worship, just ask the ladies to place their completed letters in the Treasure Box.
  - Pick up the full treasure box and pray for the cards and letters and their recipients. Ask God to bring glory to himself through your written work and pray that each letter/card will serve its intended purpose.

25 min

4. Watch the teaching for Session #8
  - Before starting the teaching instruct them to turn to page 96 in Session #8 of their curriculum.
  - Instruct them to follow along and fill-in-the-blank as they watch the Greg Vaughn teaching lesson.
  - Start Teaching

### **Break into Community Groups**

[The **Community Group Leader** is responsible for the following.]

20 min or  
40 min



5. Community Group Activity:

Progress through the Community Group Activity utilizing the Community Group Leader Page

5 min or  
10 min

6. Begin your Blessing Card/Letter. This needs to be completed, in a stamped and addressed envelope. Since this is the last session they will need to mail this on their own. They may want to get together as small groups and pray over their letters before they are mailed.
6. Cover the assignments on page 101 of the curriculum. Remind them of the time and date of the next meeting. Pray & Dismiss

## **Session #8: Prayer Community Group Leader Page**

*Leader Note: Don't feel that you have to answer all these questions. Have fun and let the Spirit lead you.*

### **Step #1: Memory Verse**

- Ask if anyone can recite last week's memory verse? If no one can, recite last week's memory verse as a group.
- Recite this week's memory verse in unison.

### **Step #2:** Go around the table ask the women to share some details about their

Blessing Card/Letter from last session. Group Leader share first.

- a. Share who you wrote and why you wrote them.
- b. What was it like for YOU emotionally to write the letter?
- c. Read what you wrote if appropriate
- d. What do YOU hope will be the end result of the letter?

### **Step #3: Discussion Questions**

*(Ask each of the participants to answer the following.)*

#### **Discuss Question #1**

Has anyone been a "prayer warrior" for you? For how long? Do you know what their prayers for you have been?

#### **Discussion Question #2**

Give one or two specific examples of prayer that God has clearly answered in your life.

#### **Discussion Question #3**

Tell the ladies in your Community Group how they can pray for you? How can you pray for them?

Prayer Request: \_\_\_\_\_

Prayer Request: \_\_\_\_\_

Prayer Request: \_\_\_\_\_

Prayer Request: \_\_\_\_\_

Prayer Request: \_\_\_\_\_

Prayer Request: \_\_\_\_\_

Prayer Request: \_\_\_\_\_

Prayer Request: \_\_\_\_\_

### **#4 Let's Get Started:**

Begin drafting your Blessing Card or Letter on Prayer. You will be hand delivering this to your pastor. A sample card is on page 99 of the curriculum.

Session #8

**Prayer**

**Promise #1**

The Prayer of a righteous man (or woman) is POWERFUL and EFFECTIVE.

James 5:16b

- When Ruth Graham was asked the question:  
“How did you raise all those kids while your husband was away so much?”

Her answer.... “on my KNEES”

**Promise #2**

For I know the plans I have for you," declares the LORD, "plans to PROSPER you and not to HARM you, plans to give you hope and a future.”

Jeremiah 29:11

- It is the PROMISES of God that gives us the POWER to write those we love

**Promise #3**

But when you pray, go into your room, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done in secret, will REWARD you.

Matthew 6:6

- Where is your most private place to pray? \_\_\_\_\_

**Promise #4**

The LORD is far from the wicked but he hears the prayer of the RIGHTEOUS.

Proverbs 15:29

**Promise #5**

Then you will call upon me and come and pray to me, and I will LISTEN to you. You will seek me and find me when you seek me with all your heart.

Jeremiah 29:12-13

**Promise #6**

For the eyes of the Lord are on the righteous and his ears are ATTENTIVE  
to their prayers....

I Peter 3:12

**Promise #7**

Don't worry about anything PUT YOUR NAME HERE; instead, pray  
about everything. Tell God what you need, and thank him for all he has  
done. Then you will experience God's peace, which exceeds anything we  
can understand.

Philippians: 4:6-7

**Promise #8**

**Memory Verse**

*For this reason, since the day we heard about you, we have not stopped  
praying for you and asking God to fill you with the knowledge of his will  
through all spiritual wisdom and understanding.*

*Colossians 1:9*