

# Session / Meeting Flow

This guide is designed to provide a clear, consistent flow for each session while still allowing space for the Holy Spirit to lead.

Leaders are encouraged to follow the rhythm below, adjusting timing as needed for their group.

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## Recommended Flow for Each Session

### 1. Welcome & Connection

- Greet participants and create a calm, welcoming atmosphere
- Brief informal check-in (no pressure to share deeply)
- Remind the group of confidentiality and emotional safety

### 2. Opening Prayer

- Pray either the section-specific opening prayer, provided in this guide, or your own prayer.
- Invite God's presence, peace, and truth into the session
- Set a tone of grace, not performance

### 3. Review & Grounding (Optional but Encouraged)

- Briefly remind participants:
  - There is no “behind” or “ahead”
  - Daily activities change; weekly activities continue
- Invite a short grounding moment (pause, breath, prayer)

### 4. Teaching Focus

- Introduce the main theme of the section
- Highlight key truths or concepts (Scripture, framework, insight)
- Keep teaching concise and accessible
- Avoid correcting or “fixing” participants during this time

## **5. Group Discussion**

- Use the provided discussion questions
- Encourage sharing without pressure to disclose personal trauma
- Affirm participation; silence is acceptable
- Gently redirect if discussion becomes advice-giving or judgmental

## **6. Activity Review & Clarification**

- Briefly reference:
  - Daily Activities (day-specific)
  - Weekly Activities (ongoing)
- Clarify expectations and answer logistical questions
- Remind participants that awareness matters more than completion

## **7. Reflection or Quiet Processing**

- Allow time for journaling, silence, or personal reflection
- Normalize different processing styles (speaking, writing, quiet)
- Do not rush this moment

## **8. Encouragement & Closing Direction**

- Offer a short word of encouragement or summary truth
- Point participants toward the upcoming days in the workbook
- Reinforce grace, safety, and steady growth

## **9. Closing Prayer**

- Thank God for what was shared and what is still unfolding
- Ask for peace, protection, and continued guidance during the week