

Introduction + Section 1 – Free Sample

This guide exists to support leaders as much as participants.

The *Leader's Guide* was created for pastors, facilitators, mentors, and small-group leaders who desire to guide others through meaningful spiritual growth while maintaining emotional and spiritual safety.

In these opening pages, you will discover:

- The philosophy behind the ecosystem and how the three books work together
- The role of the facilitator as a guide—not a fixer or counselor
- Clear boundaries that promote healthy discussion and prevent harm
- A structured session flow designed to foster trust, participation, and growth

This guide recognizes a simple truth: leaders also need clarity, support, and protection in order to lead well.

This sample introduces the leadership framework and tone. The full guide provides session-by-session guidance, prompts, and safeguards to help groups grow in truth, freedom, and maturity.

Introduction to the Leader's Guide

Welcome to the **Leader's Guide** for this transformative workbook. This guide is designed to equip you, as a leader, facilitator, or mentor, to shepherd participants through a journey of renewal, freedom, and Spirit-led living. While the workbook focuses on personal reflection, journaling, and Scripture engagement, the Leader's Guide adds depth, structure, and practical tools to help participants process and apply these truths in real life.

As a leader, your role is not to have all the answers, but to create a safe, Spirit-filled environment where participants can explore their thoughts, confront struggles, and experience God's transformative work. Your guidance will help participants integrate biblical principles, neuroscientific insights, and spiritual practices into daily life, moving from understanding to action.

Note for Leaders: Participants will be following a 7-day rhythm in their workbook each week: Scripture Engagement, Truth Connection, Neuroscience Meets Scripture, Application Challenge, My Story, Freedom Moment, and Rest. Keep this rhythm in mind as you prepare and pace your sessions.

Section 1 — Scientific & Biblical Truth

Opening Prayer

Father God, we come before You with open hearts and willing minds.

We invite Your presence into this space and ask that You establish safety, truth, and grace among us.

Help us to slow down, to be honest, and to listen — not only to one another, but to You.

Remove pressure, comparison, and fear, and replace them with peace and clarity.

We give You permission to lead this journey, trusting that You desire wholeness for each of us.

In Jesus' name, amen.

Section Overview (Leader's Notes)

This section introduces participants to the integration of science and Scripture. It explores how God designed the mind, highlighting the Spirit (prefrontal cortex) and the Soul (limbic system). Leaders should emphasize that both scientific insight and biblical revelation affirm God's wisdom in human design, and that old patterns can be transformed through renewing the mind.

Key Goal for Participants:

To understand the biblical and scientific framework of the mind and begin practicing Spirit-led decision making.

Preparation for Leaders

- Pray for participants to experience safety, curiosity, and openness in exploring science and Scripture together.
 - Review 1 Corinthians 16:15, Genesis 1:31, Romans 12:2, Galatians 5:16–17.
 - Familiarize yourself with the Spirit vs. flesh (prefrontal cortex vs. limbic system) chart.
 - Materials: Bibles, journals, pens, optional whiteboard for Spirit vs. flesh examples.
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Facilitation Tips

- **Create Emotional Safety:** Remind the group that some may connect this teaching to personal struggles with addiction, habits, or trauma. Normalize that this is a safe space.
- **Encourage Curiosity:** Invite participants to see the harmony between science and Scripture as evidence of God's wisdom.
- **Pacing:** Aim to spend time on both the biblical foundation and the practical reflection activities.

- **Group Sharing:** Use open-ended questions but give permission for participants to pass if they're not ready to share.
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Leader's Note: Daily & Weekly Activities

Every day within each section, participants will be introduced to a Daily Activity, Weekly Activity or both. These activities are cumulative, not one-time assignments. (Explained on pg. 10-11 of the participants "Study Guide/Workbook".

When a new activity is introduced, participants are not expected to stop the previous one. Each activity carries forward into the following weeks, gently building a sustainable rhythm of growth.

How to Explain This to the Group

You may say:

"Daily & Weekly Activities are meant to layer, not replace one another. You are not behind if you miss a day, and you are not failing if something feels difficult."

"Progress in this study is measured by awareness, not perfection."

Emotional Safety Reminder

If a participant feels overwhelmed, encourage them to pause — not quit.

They may:

- Slow the activity down
- Focus on one activity for a season
- Return to an activity that feels grounding

Growth happens best in safety, not pressure.

Leader Tone to Maintain

- Normalize grace and flexibility
- Avoid comparison language
- Reinforce that transformation takes time

A participant keeping even one activity consistently is still experiencing success.

Sample Discussion Questions

- When you hear the word “addicted,” what emotions or images come up for you?
 - How does knowing God originally made you “very good” reframe the way you see yourself today?
 - Where do you personally notice the “battle” between Spirit and flesh in your daily life?
 - What’s one “very good” choice you’ve made this week that reflects Spirit-led decision making?
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Leader’s Encouragement Note

As you guide this section, remember: participants may wrestle with old thought patterns or shame around past decisions. Affirm often: *“God calls you very good. You are not defined by your old loops—you are defined by Christ’s Spirit at work in you.”* Watch for breakthrough moments when someone recognizes a new Spirit-led choice. Pause and celebrate these aloud.

Optional Add-Ons

- **Worship:** Open with a song about renewal or transformation (e.g., “Renew My Mind” themes).
 - **Testimony Time:** Invite one person to share how God has helped them shift from old patterns to Spirit-led living.
 - **Creative Exercise:** Have participants draw two circles—one labeled “flesh/limbic” and one “Spirit/prefrontal.” Ask them to list what typically flows from each, then pray for God to strengthen their Spirit-led choices.
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Closing Prayer for Leaders to Use with Group

“Father, we thank You for designing our minds and souls with wisdom. We repent of letting emotions and fleshly desires control us, and we renounce the lies that say we are bound to old patterns. We invite Your Holy Spirit to renew our minds and empower our choices. Seal this truth with the blood of Jesus, and help us walk in freedom. In Christ’s name, Amen.”

What Comes Next

This sample introduces the leadership philosophy and safety framework that support the entire ecosystem. The full Leader's Guide builds on this foundation by providing session-by-session guidance for facilitating groups with clarity, confidence, and care.

As the guide continues, you will receive:

- Clear session flows and discussion prompts
- Guidance for navigating sensitive topics responsibly
- Tools to encourage participation without pressure
- Support for fostering healthy group dynamics and spiritual growth

The Leader's Guide is designed to equip you—not burden you—so that you can lead with wisdom, boundaries, and peace.

Healthy groups grow best when leaders feel prepared, supported, and grounded.