

## **Growing In Wholeness Session 1 Alternative Notes**

### **Handouts or devices?**

You may wish to cut, paste and print out the participants' guides as handouts.

Alternatively, you may wish to make sure the meeting place has wifi, ask participants to bring a tablet or other device with them, and patiently help each person to connect their device to wifi and find the participants' guide online. This has the advantage of saving paper, and also helps those less used to working in this way to learn an important skill.

As a middle ground, you may ask participants to bring devices but have a few handouts for those who find this way of working difficult.

### **Powerpoint slides**

We think showing the slideshow is an indispensable part of the course. With a large group, this means you will need a projector, or large screen television that can be connected to your device; a small group could simply gather with sight of a desktop monitor.

Some groups may be open to simply listening to your voice, with the slides showing on the screen. Even in this case, however, you will need to make sure there is time for discussion as you go through, a variety to your tone of voice, and moments of silence.

However, it is increasingly uncommon for adult education courses to be delivered in this "lecture and slide" manner, and for most groups we would recommend a different approach, as outlined below. Recent influential research has suggested adults learn best when only around 30% of their time is spent listening to a speaker.

### **Session 1**

You will probably want to go round the group, sharing names and a general sense of what each participant is hoping to get out the course – for some it will be knowledge, but others may have a vision of being part of a team praying for healing in gathered worship, or indeed outside the church building.

Find a confident participant to read the Bible reading

**1.1:** Give participants ten minutes to talk to one or two others about what healing is; then get some definitions and write them on a large piece of paper. Affirm all contributions if you possibly can.

**1.2-1.4** Show the slides. Don't read them out loud (unless you have a participant with visual impairment unable to read the screen, or you suspect literacy is an issue); just pick out one or two ideas on each slide. Remember, participants have their guides to take away, so they don't need to take notes on each slide – 30 seconds is the maximum time any one slide needs to be displayed. You certainly do not have time to ask participants to look up verses in bibles.

**1.5** Cut, paste and print out the following, and cut them up with scissors so that each box of words and picture is on a different slip of paper.

Romans 5.1 Peace with God through Jesus

Luke 8.48 Your faith has healed you, go in peace

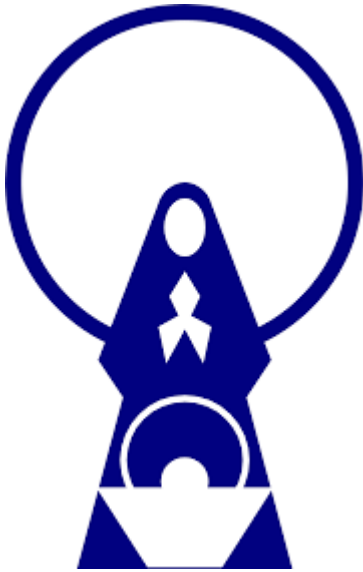
John 14.27 Peace I give you

John 20.19 Peace be with you

Romans 8.6 The mind controlled by the Spirit is life and peace

Galatians 5.22 The fruit of the Spirit is love, joy, peace, patience, kindness, generosity, faithfulness, gentleness and self-control.





Ask each participant to prayerfully consider which of the pictures are most significant to them, and which of the Bible verses particularly link with their favoured picture. Go round the group, letting each participant take a picture, lay it by a bible verse and (if they wish) say why.

**1.6** Play a suitable piece of music (depending on the group, the hymn “The kingdom of God is justice and joy”, “seek ye first the kingdom of God”, or “this kingdom” (Hillsong) may be appropriate), and ask participants to read the slides and think about the kingdom of God. Give less than 30 seconds to each slide in this section.

After the last slide has been shown, stop the music and ask participants if there is a definition or image of the kingdom of God which is particularly significant to them.

**1.7-1.9** Show the slides. Don’t read them out loud (unless you have a participant with visual impairment unable to read the screen, or you suspect literacy is an issue); just pick out one or two

ideas on each slide. Remember, participants have their guides to take away, so they don't need to take notes on each slide – 30 seconds is the maximum time any one slide needs to be displayed. You certainly do not have time to ask participants to look up verses in bibles.

**1.10** In pairs for five minutes, get participants to come up with a list of things that cause dis-ease (the opposite of wholeness). List them all in black pen on a large piece of paper, and then take a marker and mark them:

- one colour for things that might be categorised as “spiritual”
- another colour for things that might be categorised as “emotional”
- another colour for things that might be categorised as “physical”
- another colour for things that might be categorised as “evil”

(Often it will be unclear which category is right for an issue, which is in itself worth noting).

**1.11-12** As you talk participants through the final slides, pick up the words on the piece of paper when they reoccur.

Point to the practical work and linkwork. Say that at the beginning of the next session there will be a chance to feed back what has been discovered; but tell people they'll be welcome, whether they've done this work or not!

Finish the session with the prayer under the “practical work”.