

You will probably want to go round the group, sharing what work has been done since the last session. Some may be guilty they haven't done more, while some may have found that feelings of guilt have come to the surface because of the content being covered. You may wish to ask someone to lead the group in the prayer of confession in the "practical work" section. If so, make sure that the forgiveness of God is clearly proclaimed and received.

Find a confident participant to read the Bible readings

3.1: Make it clear that last week's session touched on God's free offer of forgiveness for what we have done. This week's session, on the contrary, is about what has been done to us, and the healing on offer for that.

3.2-3.3 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.

3.4 Talk about the way families work at their best – communication, love and being there. Use the pictures from session 1 again:





This time, let participants choose an image that expresses their experience of “home”, at its best, growing up. Acceptance, sustenance, security, achievement. Just like in Jesus’ life.

In this atmosphere of security, you can raise the issue of emotional damage. None of us had the perfect childhood, and for some of us, the unmet needs have damaged us. You may decide to take the lead by expressing an unmet need in your own childhood that has had repercussions in your life – don’t choose something too traumatic (that would overbalance the session and make it about you rather than healing). Or you may ask a group member to tell a little of their own story. Always keep the mood empathetic but positive – although trauma is awful, it is never the last word.

3.5-3.6 – Take your time showing the slides. It might help to have some gentle music playing in the background. This will link naturally to the “practical work”, which can be done in silence.

Before everyone goes home, lighten the mood a bit, perhaps with coffee or a more upbeat piece of music, and challenge everyone to do their “linkwork” for the next session.

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”.