

Session #1: Jim Wilder

Breakout:

- Write out the rest of this sentence based on the what you have felt most often in your life:
I will be worthwhile if ...
- Answer the following three questions quickly
 - 1) What messages about my value did I internalize?
 - 2) What fears toward other's did those messages create?
 - 3) What "you will be worthwhile if" messages can I reject?
- Share a message you now reject with your breakout group (last 5 min)

Session #2: Jim Wilder

Breakout:

1. Create the group identity statement together (5 min)
2. Individually (5 min)
 1. Thank God for that identity
 2. Ask what God wants you to know personally about that identity statement.
3. Share answers with the group. (5 min)

Breakout Practice

- Think of a false self you felt pressure to become in the church. What did you fear?
- Share an example of when someone helped you see your true self in church.

Questions for Reflection for Goodbye Raggedy Ann

What might this story mean for you?

1. Whatever your true identity is, the enemy has tailored his assaults to thwart it from the time you were conceived. What is the THEME of the assaults on your life?
2. Where/when have you been able to live your true identity out in life? What is the THEME of those golden moments?
3. Wherever there's shame, there will be a FIG LEAF. Ask Jesus: Where are my fig leaves? What false identity arose from them?
4. Take time to do Immanuel Prayer and Immanuel Journaling around these things. (More resources on my coaching website.)

Session #5: Deborah and Ray Woolridge

Breakout: share with each other

1. Which "enemy mode" do you notice most often?

- **SIMPLE?** Starts with the feeling someone is not on our side. An uneasy tension develops when relational connection signals are missed, ignored, mistrusted, or feared.
- **STUPID:** A high-energy moment is fueled by "hot" anger. We destroy people and things we value or need. We sober up later realizing this person wasn't our enemy.
- **INTELLIGENT:** This type doesn't miss signals or get stupid. "Cold" anger fills the brain with plans of resentment, revenge, hired guns, deception, even more diabolical deeds.

2. Who and what have helped you recognize, admit and escape enemy mode most reliably?



TRANSFORM 2022

Session #6: Claudia Hendricks

Breakout Discussion

- Gather in groups of 3
- Share with your group any thoughts/new insights that brought you peace.
- Close with a round of appreciation.



TRANSFORM 2022

Session #7: Jim Wilder

Breakout:

- Which of the nine stops at “C” do I notice first in myself?
- Which one of the nine do I notice first in others?

- Discuss your answers as a group (15 min)

Comment: Hot stops and cold stops tend to pair with each other.



TRANSFORM 2022

Session #8: Jim Wilder

Breakout:

- Quiet together. (2 min)
- What mood is God in with you? (2 min)
- Share your face with God and then with each other- no words (1 min)
- Discuss together: (10 min)
 - Who is your best human rescue attachment?
 - How does your best human rescue attachment help you see what God sees?



TRANSFORM 2022

