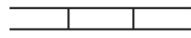


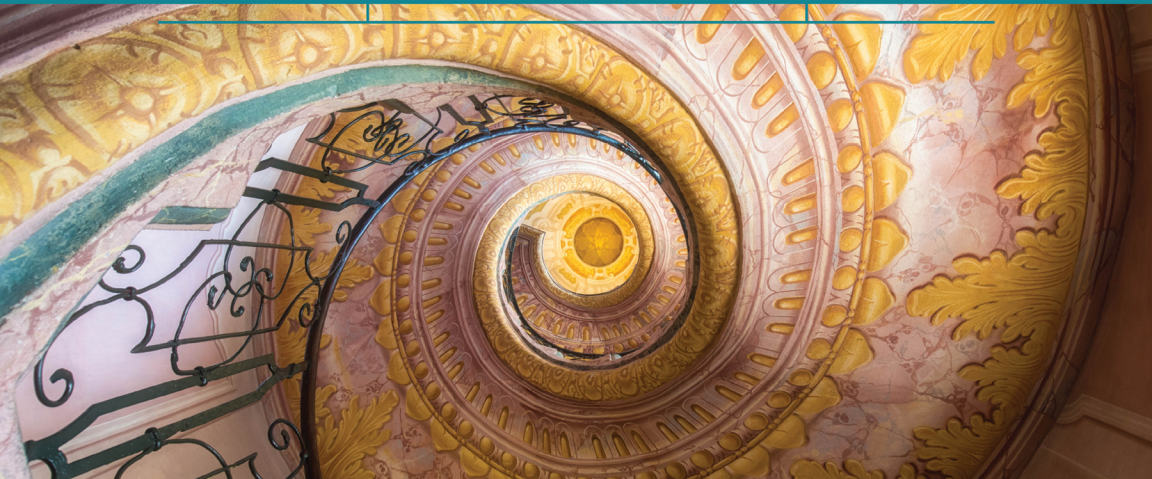
REVISED & EXPANDED

CHARLES F. STANLEY BIBLE STUDY SERIES



BECOMING EMOTIONALLY WHOLE

CHANGE YOUR THOUGHTS
TO BE HAPPIER AND HEALTHIER



CHARLES F. STANLEY

A PDF COMPANION TO THE AUDIOBOOK

BECOMING EMOTIONALLY WHOLE
CHARLES F. STANLEY BIBLE STUDY SERIES

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LEADER'S GUIDE

Thank you for choosing to lead your group through this Bible study from Dr. Charles F. Stanley on *Becoming Emotionally Whole*. The rewards of being a leader are different from those of participating, and it is our prayer that your own walk with Jesus will be deepened by this experience. During the twelve lessons in this study, you will be helping your group members explore the topic of emotional wholeness while using Dr. Stanley's teachings and review questions to encourage group discussion. There are multiple components in this section to help you structure your lessons and discussion time, so be sure to read and consider each one.

BEFORE YOU BEGIN

Before your first meeting, make sure your group members each have a copy of *Becoming Emotionally Whole* so they can follow along in the study guide and have their answers written out ahead of time. Alternately, you can hand out the study guides at your first meeting and give the group members some time to look over the material and ask any preliminary questions. During your first meeting, be sure to send a sheet around the room and have the members write down their name, phone number, and email address so you can keep in touch with them during the week.

To ensure everyone has a chance to participate in the discussion, the ideal size for a group is around eight to ten people. If there are more than ten people, break up the bigger group into smaller subgroups. Make sure the members are committed to participating each week, as this will help create stability and help you better prepare the structure of the meeting.

At the beginning of each meeting, you may wish to start the group time by asking the group members to provide their initial reactions to the material they have read during the week. The goal is to just get the group members' preliminary thoughts—so encourage them at this point to keep their answers brief. Ideally, you want everyone in the group to get a chance to share some of their thoughts, so try to keep the responses to a minute or less.

Give the group members a chance to answer, but tell them to feel free to pass if they wish. With the rest of the study, it's generally not a good idea to have everyone answer every question—a free-flowing discussion is more desirable. But with the opening icebreaker questions, you can go around the circle. Encourage shy people to share, but don't force them. Also, try to keep any one person from dominating the discussion so everyone will have the opportunity to participate.

WEEKLY PREPARATION

As the group leader, there are a few things you can do to prepare for each meeting:

- *Be thoroughly familiar with the material in the lesson.* Make sure you understand the content of each lesson so you know how to structure the group time and are prepared to lead the group discussion.
- *Decide, ahead of time, which questions you want to discuss.* Depending on how much time you have each week, you may not be able to reflect on every question. Select specific questions that you feel will evoke the best discussion.
- *Take prayer requests.* At the end of your discussion, take prayer requests from your group members and then pray for one another.

- *Pray for your group.* Pray for your group members throughout the week and ask God to lead them as they study His Word.
- *Bring extra supplies to your meeting.* The members should bring their own pens for writing notes, but it's a good idea to have extras available for those who forget. You may also want to bring paper and additional Bibles.

STRUCTURING THE GROUP DISCUSSION TIME

You will need to determine with your group how long you want to meet each week so you can plan your time accordingly. Generally, most groups like to meet for either sixty minutes or ninety minutes, so you could use one of the following schedules:

SECTION	60 Minutes	90 Minutes
WELCOME (group members arrive and get settled)	5 minutes	10 minutes
ICEBREAKER (group members share their initial thoughts regarding the content in the lesson)	10 minutes	15 minutes
DISCUSSION (discuss the Bible study questions you selected ahead of time)	35 minutes	50 minutes
PRAYER/CLOSING (pray together as a group and dismiss)	10 minutes	15 minutes

As the group leader, it is up to you to keep track of the time and keep things moving according to your schedule. If your group is having a good discussion, don't feel the need to stop and move on to the next question. Remember, the purpose is to pull together ideas and share unique insights on the lesson. Encourage everyone to participate, but don't be concerned if certain group members are more quiet. They may just be internally reflecting on the questions and need time to process their ideas before they can share them.

GROUP DYNAMICS

Leading a group study can be a rewarding experience for you and your group members—but that doesn't mean there won't be challenges. Certain members may feel uncomfortable in discussing topics that they consider very personal and might be afraid of being called on. Some members might have disagreements on specific issues. To help prevent these scenarios, consider establishing the following ground rules:

- If someone has a question that may seem off topic, suggest that it is discussed at another time, or ask the group if they are okay with addressing that topic.
- If someone asks a question to which you do not know the answer, confess that you don't know and move on. If you feel comfortable, you can invite the other group members to give their opinions or share their comments based on personal experience.
- If you feel like a couple of people are talking much more than others, direct questions to people who may not have shared yet. You could even ask the more dominating members to help draw out the quiet ones.

- When there is a disagreement, encourage the members to process the matter in love. Invite members from opposing sides to evaluate their opinions and consider the ideas of the other members. Lead the group through Scripture that addresses the topic, and look for common ground.

When issues arise, encourage your group to follow these words from Scripture: “Love one another” (John 13:34), “If it is possible, as much as it depends on you, live peaceably with all men” (Romans 12:18), “Whatever things are true . . . noble . . . pure . . . lovely . . . if there is any virtue and if there is anything praiseworthy—meditate on these things” (Philippians 4:8), and “Be swift to hear, slow to speak, slow to wrath” (James 1:19). This will make your group time more rewarding and beneficial for everyone who attends.

Thank you again for your willingness to lead your group. May God reward your efforts and dedication, equip you to guide your group in the weeks ahead, and make your time together in *Becoming Emotionally Whole* fruitful for His kingdom.