



CreatingYourLifePlan.com/Small-Group-Leaders-Dashboard

WEEK THREE

REDEEM YOUR NEGATIVES

Before you dive into Module 3 with your group this week, it's important to make one thing clear:

The mistakes and things that happen to us in life are tragic, but they can also turn into something really good. They can be redemptive in a variety of ways. Although reflecting on our negative turns can feel heavy, it also has the power to make us lighter.

1 Open Discussion. (60 minutes) Gather the group and start the night off by making sure they understood the Module 3 homework assignment. Then open up these questions to the group and allow whoever is comfortable answering to share:

- *What did you come up with this week?*
- *What are some of the hard things that have happened to you?*
- *What have you found to be a blessing from this hard thing?*

This process is designed to put the spotlight on something hard then adjust it to put the spotlight on something positive. You're helping guide your group into becoming a little bit more optimistic and maybe a little less bitter about their pasts.

This is going to be an open-ended night. There doesn't need to be a lot of closure. There are also going to be people in your group who aren't going to be able to find a redemptive perspective, and you don't need to pressure them; let it come to them. We don't need to control the process and make

sure that all the loose ends are wrapped up — that's not how life works. We just want to be able to shine some light in some places where they haven't been able to do that. That's a practice that some people are going to be rusty at, let them be rusty.

This whole module may just be an introduction to being a little bit more of an optimistic person, and that's going to serve its purpose. This is going to be a week where you're going to want to be extra compassionate. If you feel frustrated with your group, just bite your tongue as much as you can because they are processing hard stuff, and you won't always know emotionally what they're going through. Give people a chance to talk. This may go an hour and a half — let it.

- 2 **Wrap up the night.** Pray for those in your group who seem to be having a hard time with this module. Let it go where it will. Remind the group that this is a super healing exercise, even though it might feel painful at first.

No Homework: No video to watch, no exercise to complete, just ample time to reflect on the rough stuff they just went through. Next week you will all watch Modules 4 and 5 together. Encourage the group by letting them know next week will be a little more fun. They'll be discussing the roles each of them plays and will begin to pick ambitions for those roles.