

VIDEO

Seven Session Journey



LESSON: A NEW BEGINNING



THE POINT

Reflecting on the journey and determining next steps.



QUOTES

May you experience the love of Christ, though it is too great to understand fully. Then you will be made complete with all the fullness of life and power that comes from God.

Ephesians 3:19 (NLT)

TO-DO

Review the last six sessions and commit to fully carrying out any specific changes you have made, by the power of the Spirit of God at work in you. Write down your commitments to change, review your progress regularly, and celebrate victories in each area of the SPIRE.

Decide how you will continue your inSPIRE wholeness journey.

Introduce *inSPIRE Channels* to friends.

QUESTIONS

1 - What was the most impactful part of this inSPIRE journey for you? Was there a change that you made or will make? What area of your SPIRE needs the most ongoing attention?

2 - What are your next inSPIRE steps, as an individual, or as a group?

3 - *For the Group* - Finish by taking the time for every person to hear from all of the other group members, on how their contributions enriched the group. Sincerely bless one another in this way. Finish by praying for each group member.

How to Process Unexpected News and Challenging Changes



When faced with hard or unexpected news, you can turn to the SPIRE and consider the Spiritual, Physical, Intellectual, Relational and Emotional dimensions of your situation, even as your head is spinning. May this tool be of help to you if you are finding it challenging to process difficult news, an unexpected event, or even good change in your life.

SPIRITUAL

Where does God fit into all of this? Was he taken by surprise? Does he know the way forward? What Scripture has he brought to your attention recently? Talk to him about the things that are swirling in your brain.

Let all that I am wait quietly before God,
for my hope is in him.
He alone is my rock and my salvation,
my fortress where I will not be shaken.
My victory and honor come from God alone.
He is my refuge, a rock where no enemy can reach me.
O my people, trust in him at all times.
Pour out your heart to him,
for God is our refuge. Psalm 62:5-8 (NLT)

PHYSICAL

How do you typically respond in stressful situations? Do you tend to sabotage your physical health by overeating, lack of sleep, or failing to practice the good health habits you normally embrace? What physical practice might be of help as you process? Try going for a walk or doing some deep breathing exercises. Take action in the area of life that you do have control of. And as you do, consider the one who is ultimately in control:

Don't be afraid, for I am with you.
Don't be discouraged, for I am your God.
I will strengthen you and help you.
I will hold you up with my victorious right hand. Isaiah 41:10 (NLT)

INTELLECTUAL

Is your mind going in a thousand different directions? It's normal to ask all kinds of questions – 'who?' 'when?' 'where?' 'what?' 'why?' 'how?' and 'what am I supposed to do with this information?' Write out your questions; don't try to answer them. Just get them on paper. Are there things you must do? To decide? To communicate? Once they are on paper, you can pick them up one at a time and see which one needs to be addressed next, talking to God about them all the while.

My heart has heard you say, "Come and talk with me."
And my heart responds, "Lord, I am coming." Psalm 27:8 (NLT)

RELATIONAL

Most situations are relational. People are involved. Sometimes our struggle with change is impacted by decisions that they have made. What is my relationship with those who have made these decisions? Who else is impacted in my circle of friends and family? Is my concern primarily with how I am affected, or have I considered how others are affected by this situation? And how will I maintain healthy, gracious relationships that will honour the Lord? Most importantly, how will I guard my relationship with the Lord in the face of this situation?

Finally, all of you should be of one mind. Sympathize with each other. Love each other as brothers and sisters. Be tender-hearted, and keep a humble attitude. 1 Peter 3:8 (NLT)

EMOTIONAL

So many emotions! When faced with change we can channel through fear, anxiety, anger, indignation, confusion, and a thousand other feelings. It's ok – feelings are not right or wrong; they are simply a human reaction to our circumstances. Squelching or denying them is not helpful. Sharing them with a trusted, non-judgmental friend who can keep a confidence can be very therapeutic. And how wonderful to know that God invites us to pour out those feelings and cares to him:

Give all your worries and cares to God, for he cares about you. 1 Peter 5:7 (NLT)

Don't fret or worry. Instead of worrying, pray. Let petitions and praises shape your worries into prayers, letting God know your concerns. Before you know it, a sense of God's wholeness, everything coming together for good, will come and settle you down. It's wonderful what happens when Christ displaces worry at the center of your life. Philippians 4:6,7 (MSG)

And once you have let go of all those things, hold out your empty hands to the Lord. He will give you his peace and then take your hand and lead you step by step along the next portion of the journey.

Written by Barbara Fuller,
author and Bible teacher

MY NOTES

PRAYER