

Renewing of the Mind Seminar Leader's Guide

Welcome to the Renew Your Mind for Life Change class! This can be used as part of a Sunday School class, a women's night at your church, or as one or two classes in the middle of a retreat. In this video, I'll be teaching women how to renew their minds in two different ways: truth journaling and option charts. You can complete this class in one hour, or break it up in two 45-60 minute sessions. I'll share a schedule for the class portion of both options.

Before class: Watch video, read the leader's guide, and print out worksheets. Each member should have a set of seven pages (see worksheet order below).

Worksheet order: The Renew Your Life for Change Worksheet has 6 pages. Between pages 3 and 4, you'll need to add the file I attached that is called "Barb's Christmas Option Chart Example." This is an actual page from my journal. So each class member will have 7 pages: pages 1-3, the Christmas option chart, then pages 4-6. (If you teach the class in two sessions, pages 1-3 will cover truth journaling. The Christmas example and pages 4-6 cover option charts.)

At the beginning of class: Welcome members and pass out worksheets. Make sure everyone has a pen. Tell them they can follow along on the worksheet and take notes. I've tried to make it easy for them to take notes and would love to know how it goes after the session so I can adjust the worksheets if necessary. Let them know we'll be going for an hour without a break to hopefully avoid people getting up to use the restroom when you take breaks for them to do the renewing exercises. These exercises are key to them learning the disciplines.

Pray for your class: Some of your class members will love truth journaling and option charts and will go home and develop the habit and experience major life change. But you'll also have women in the class who may not want to go to the work to develop the skill, or who don't really want to look at their struggles and habits and renew about them. For them, this will just be an introduction to the concept, and they may go on later to do a Bible study and learn the skills at that time. Pray for both groups and be excited to see what God does. People are at different points in their walk with God, so an introduction or a life-changing habit are two good outcomes from this class.

Class Schedule: See following two pages.

Schedule for One-Hour Class

The video will let you know when to break to do an exercise. Since the video is 32-33 minutes long, there will be a little less than 30 minutes for exercises. You'll have to keep the class moving to finish in an hour, so try not to go over the maximum time allowed for each exercise. Class members can always finish up the exercise when they get home.

1. Video – 00:00-11:41
2. Exercise 1: Record Your Beliefs – 3-5 minutes
3. Video – 11:44-14:28
4. Exercise 2: Record the Truth – 7-10 minutes
5. Video – 14:30-29:39
6. Exercise 3: Option Chart – 10-15 minutes (This one will take the longest so if it looks like all of the class is finished except one or two people in Exercise 1 and 2, you may want to move along to the video to save more time for Exercise 3. I do think these are all reasonable estimates for time, though, so you shouldn't need to worry!) When they're through filling out the option chart, you can give them my example of the filled out chart to compare with their chart.
7. Video – 29:40 – 32:42

Schedule for Two 45-60 Minute Classes

Truth Journaling Class:

1. Video – 00:00-11:41
2. Exercise 1: Record Your Beliefs – 3-5 minutes
3. Video – 11:44-14:28
4. Exercise 2: Record the Truth – 7-10 minutes
5. Ask if anyone wants to share the truths they wrote down before you go back to the video to see what Barb wrote – 3-5 min
6. Video – 14:30-16:50
7. After finishing the video, tell them you'd like to have the class try truth journaling again with something that is going on in their life right now. Have them go back to the "How to Truth Journal with the List Method" section on page 1 of the worksheet and begin by asking one of those questions based on what they're trying to work through in their own life. – 10-15 minutes. After they record their beliefs, they can turn to page 2-3 to review the tips for recording truth, and then write the truth down.
8. When they're finished, you could ask if they have any questions or skip that and move on to the next step.
9. Have them break up into small groups of 3-4 and share what they learned when they truth journaled – 10-15

Note: One question they may ask is, "What if everything I wrote down is true?" If they ask that, they're probably either writing down half-truths rather than full truths (see tip 2 on page 2), or they're writing down facts instead of beliefs. For example, this is what their beliefs might look like:

1. He agreed to do one date night a week and take turns planning it.
2. But on his night he didn't plan it.
3. He just watched TV like normal.
4. He puts absolutely no effort into this marriage.
5. I don't feel like he loves me.
6. I'm so annoyed with him.

The only belief in that example is sentence #4. Sentences 1-3 are all facts. They're *explaining* what happened rather than writing beliefs about what happened. Sentences 5-6 are feelings. They're describing how we *feel* about what happened.

I can't think of any other questions that consistently come up, but wanted to share that one just in case it comes up!

Option Chart Class:

1. Video – 16:51-29:39
2. Exercise 3: Option Chart – 10-15 minutes (When they're through filling out the option chart, you can give them my example of the filled out chart to compare with their chart.)
3. Video – 29:40 – 32:42
4. After finishing the video, tell them you'd like to have the class try doing an option chart again with something that is going on in their life right now. Have them choose something that's going on in their lives right now and try doing an option chart to renew their mind in that situation. Tell them to review page 4 and the two examples you gave them already to know what to put on the chart headings. 10-15 minutes
5. When they're finished, you could ask if they have any questions or skip that and move on to the next step.
6. Have them break up into small groups of 3-4 and share what they learned when they did their option charts. – 10-15