

## SESSION 1

## ONE UNITED WHOLE



## CLASS OBJECTIVES

1. Develop understanding that everyone has a heart and soul – even God! **(Apply Video & Respond Questions)**
2. God and Jesus are one united whole. **(Apply Video)**
3. Through unity with Jesus, we can achieve wholeness of heart and become one united and whole with God. **(Apply Video & Respond Questions)**

## COORDINATOR OVERVIEW

Leaders set up and pray:

Volunteers arrive 20-30 minutes early to prepare the room, test the video and pray. Greet Participants as they arrive.

Open the  
Session  
(5 min)

- Introduce your leadership team. (Leader, co-leader, etc.)
- Briefly describe what to expect each week. Emphasize that the "prepare" section should be completed prior to class each week.
- Go over group guidelines. (Page 2) Remind participants that people heal when they share their story with another human who listens with compassion, kindness and confidentiality. This should be the environment of this class.

Respond  
Questions  
(30 min)

- **Interview Question:** If your answering this in a group setting, partner off and take turns asking the question below (10 min). After this time, both individuals should be prepared to introduce their partner and each person share their partner's answer with the rest of the class (20 min).
- 1. When you were a child, who did you want to be or what did you want to do when you became an adult?

Respond  
Questions  
(15 min)

- **Group Discussion:**
- 2. 54% of practicing Christians say they have at least one emotional/mental health issue that impacts their relationships. What are your thoughts concerning this statistic?
- 3. We are made of a spirit, soul and body (1 Thessalonians 5:23). Which one of these areas do you spend the most time attending to or developing. Rank them from highest to lowest. How might your life change if you tended to each area more intentionally—especially, in the areas you ranked lowest?

Watch Video  
(15 min)

- Watch Video in the Apply Section.

Apply Questions  
(15 min)

- **Group Discussion:**
- 1. How might knowing what happened before humans were created help us navigate this wild world in which we live? (**We were born with spiritual antagonists - his goal is to kill, steal and destroy**)
- 2. What are your thoughts about the possibility of humans being created to take "Lucifer's role"—to be God's close-intimate-worshipping, allies and friends? (**Humans have the same choice as Lucifer, but God didn't send Jesus to rescue him and die for him.**) What does this speak to your worth, knowing that God values you this much? (**Value is based on what someone is willing to pay for something. God paid for us through Jesus. This speaks to each persons incredible value.**)
- 3. (Optional Question) How might it be helpful to know that wilderness seasons often arrive after major transitions? How might it prepare you for a forthcoming wilderness season?

“Love the Lord your God with all your heart (3) and with all your soul (6) and with all your strength (4) and with all your mind (1 & 2); and, ‘Love your neighbor (5) as yourself.” — Jesus (Luke 1:27)

## **6 Fundamentals of the Human System** (See the Diagram: [click here](#))

1. Thoughts - make up part of your "mind"
2. Feelings - make up part of your "mind"
3. Choice - "heart" is spirit (not physical) and empowers you to will
4. Body - physical "strength"
5. Social Structures - your relationships with others—your "neighbors"
6. Soul - integrates all the above so they work together (e.g. it's like the processor of a computer).

Wrap Up

- Pray - for wisdom, understanding and knowledge of who Jesus is. Through unity with Him, we can achieve wholeness of heart — within and with God.
- To make the most of each session, emphasize the importance of completing the "prepare" section prior to class. Remind participants to read through the appendix which contains prayer and scriptures for each skill.

## Session 2

## Wild Country



## CLASS OBJECTIVES

1. We are born with enemies: human antagonists and spiritual adversaries. **(Apply Video & Apply Questions)**
2. Learn to embrace the wild and uncomfortable transitions. Every transition is followed by a wilderness season. **(Apply Video & Respond Questions)**

## COORDINATOR OVERVIEW

Leaders set up and pray:

Volunteers arrive 20-30 minutes early to prepare the room, test the video and pray. Greet Participants as they arrive.

Open the  
Session (5 min)

- Greet everyone.
- Go over group guidelines. (Page 2) Remind participants that people heal when they share their story with another human who listens with compassion, kindness and confidentiality. This should be the environment of this class.

Respond  
Questions  
(30 min)

- **Interview Question: (Refer to Session 1 for instructions)**
- 1. Have you had anything stolen from you? What was it? Why did (or do) you consider it valuable? Was it ever returned?

Respond  
Questions  
(15 min)

- **Group Discussion:**
- 2. What did you experience writing your story of shattering? Did you learn anything new? Did you pinpoint any human antagonists? **(Some participants may mention their antagonist when sharing about their story).**
- 3. Some people seem to embrace change? Do you tend to embrace transition or resist it? **(We often feel weak/vulnerable during transition and wilderness. Many participants will notice that a wilderness season arrived directly after a transition.)** (e.g. high school to college, starting a new job or changing career paths, etc.)

## Watch Video (15 min)

- Watch Video in the Apply Section.

## Apply Questions (15 min)

- **Group Discussion:**
- 1. How might knowing what happened before humans were created help us navigate this wild world in which we live? **(We were born with spiritual antagonists - his goal is to kill, steal and destroy)**
- 2. What are your thoughts about the possibility of humans being created to take "Lucifer's role"—to be God's close-intimate-worshipping, allies and friends? **(Humans have the same choice as Lucifer, but God didn't send Jesus to rescue him and die for him.)** What does this speak to your worth, knowing that God values you this much? **(Value is based on what someone is willing to pay for something. God paid for us by sending Jesus. This speaks to the incredible value you have.)**
- 3. (Optional Question) How might it be helpful to know that wilderness seasons often arrive after major transitions? How might it prepare you for a forthcoming wilderness season?

## Wrap Up

- Pray - for a new awareness for our human antagonists, that they would have eyes to see, for the ability to embrace change and prepare for the wilderness that follows.
- To make the most of each session, emphasize the importance of completing the "prepare" section prior to class. Remind participants to read through the appendix which contains prayer and scriptures for each skill.

## SESSION 3

## BELOVED CHILD IDENTITY



## CLASS OBJECTIVES

1. Identify as a beloved child identity. (**Apply Video**)
2. Embrace God as our true parent. Transcending our earthly father and earthly mother. (**Apply Video, Apply Questions and Exercise**)
3. God loves us as much as He loves Jesus. (**Apply Video and Respond Questions**)

## COORDINATOR OVERVIEW

Leaders set up and pray:

Volunteers arrive 20-30 minutes early to prepare the room, test the video and pray. Greet Participants as they arrive.

Open the Session  
(5 min)

- This skill is foundational- all the other skills are built on this skill.
- We have all experienced trauma and wounding. It is just the nature of our wild world. We were made for Eden. Even if you have a good parent, there is still loss and trauma that you may have experienced. The pain of people's trauma is the same, although the consequences are different. (Whether physical abuse or emotional abuse, the pain is still the same though the consequences may differ)

Respond Question  
(30 min)

- **Interview Question:** (Refer to Session 1 for instructions)
- 1. Did you learn something new in this chapter? If so, what was it? If it was applied or incorporated into your life, would it lead you further into a better—more "rich and satisfying"—way of living? Why or why not? (John 10:10 NLT)

Respond Questions  
(15 min)

- **Group Discussion:**
- 2. God is the inventor of *fatherhood, fathering, father-love and the father-need in our soul. He is also the inventor of motherhood, mothering, mother-love and the mother-need in each of us.* Factoring God's perfect parental personality into your perspective of God, how might it change the way you relate with God? Communicate with God? How you imagine God will likely respond to you, if you were to request (or need) something from Him?
- 3. If someone wholeheartedly believed the following words, how might their life be different? ***"I'm praying not only for [my present disciples] but also for those who will believe in me because of ... their witness about me."*** That they would know that ***"you [God] love them as much as you love me"*** (John 17:20-23 NLT) (In the last session, we talked about your worth and value in Jesus. The Father was willing to send His Son as payment because of how valuable you are. This also proves that God loves you as much as He loves Jesus.)

## Watch Video (15 min)

- Watch Video in the Apply Section.

## Apply Questions (15 min)

- **Group Discussion:**
- 1. During the exercise, did you identify someone who played an active or passive role in your wounding? **(This could be a father, mother or someone else)**
- 2. Can you recall a time where you've experienced God act toward you in a way that a good earthly father might? Have you ever asked God to father you?
- 3. Can you recall a time where you've experienced God nurturing you in a way that a good earthly mother might? Have you ever asked God to mother you?

## Wrap Up

- **Example of prayer - God we invite you into our deepest wounds. Be a Father and Mother to us in a way that only you can. It is so painful to grieve the losses but the Holy Spirit is so close and present. Help us to continue to forgive ourselves and others as you have taught us.**
- To make the most of each session, emphasize the importance of completing the "prepare" section prior to class. Remind participants to read through the appendix which contains prayer and scriptures for each skill. Recommend listening and praying along with the Beloved Child prayer provided.



# SESSION 4

## COURAGE



### CLASS OBJECTIVES

1. Learn Jesus' courageous attributes: assertively intentional, troublesome truth telling and masterfully appropriate timing. **(Apply Video)**
2. Identifying and turning the tables on your coping strategies. **(Exercise, Respond Questions & Apply Questions)**

### COORDINATOR OVERVIEW

Leaders set up and pray:

Volunteers arrive 20-30 minutes early to prepare the room, test the video and pray. Greet participants as they arrive.

Open the  
Session  
(5 min)

- Greet everyone
- Go over group guidelines. (Page 2) Remind participants that people heal when they share their story with another human who listens with compassion, kindness and confidentiality. This should be the environment of this class.

Respond  
Questions  
(30 min)

- **Interview Question: (Refer to Session 1 for instructions)**
- 1. What is one of the most courageous or brave things you've ever done?

Respond  
Questions  
(15 min)

- **Group Discussion:**
- 2. During the exercise, did you identify any coping strategies you have developed? **(What Oz character do you resonate with? It would be appropriate for the coordinator to answer this question first.)**
- 3. If you identified a coping strategy, how is this information now impacting your life?

Watch Video  
(15 min)

- Watch Video in the Apply Section.

Apply Questions  
(15 min)

- **Group Discussion:**
- 1. In your own words, how would you describe courage? (**Courage is not the absence of fear. It is doing what's right even when you're afraid**).
- 2. Where does courage come from? How might inviting Jesus into your heart help us overcome fear and anxiety? (**Courage comes from the heart - refer back to the 6 fundamentals. In latin, "cor" means heart. When we invite Jesus into our heart (spirit, will), we invite the most courageous person ever into our hearts - which is where courage comes from. 2 Timothy 1:7 - God does not give us the spirit of fear, but of power, love and a sound mind**).
- 3. We build courage by taking risks. If we progressively take small risks, it makes way for greater courage. Greater courage always results in greater overall confidence. What small risk could you take to grow in courage and confidence? (**I'm actually going to participate in something that will go outside of my comfort zone and coping strategies. You are participating with Jesus when you take these risks**).

Wrap up

- Pray- Invite Jesus into your heart to ignite courage. Open doors of opportunity as you step into those areas of risk that were identified. Give you a spirit of power, love and a sound mind.
- To make the most of each session, emphasize the importance of completing the "prepare" section prior to class. Remind participants to read through the appendix which contains prayer and scriptures for each skill.



## SESSION 5

## SPIRITUAL SMARTS

## CLASS OBJECTIVES

1. How to identify and break false agreements from the past. (**Respond Questions and Exercise**)
2. Enter into truth-filled agreements with God and Scripture. (**Exercise and Apply Video**)
3. Why we must renounce false agreements.
  - Free Will**(Apply Questions)**

## COORDINATOR OVERVIEW

Leaders set up and pray:

Volunteers arrive 20-30 minutes early to prepare the room, test the video and pray. Greet Participants as they arrive.

Open the  
Session  
(5 min)

- Go over group guidelines. (Page 2) Remind participants that people heal when they share their story with another human who listens with compassion, kindness and confidentiality. This should be the environment of this class.
- You need spiritual smarts to overcome spiritual enemies and human antagonists. Unknowingly, most of us have made agreements with our spiritual enemy. Joel did this when he was a child—believing he was abandoned, on his own and alone. Like him, you may have unknowingly entered into an agreement at some point during your life. The good news is that what Jesus did through the cross, resurrection and ascension accomplished what he had declared to do at the start of his ministry — heal the heartbroken and set the captives free!.

Respond  
Questions  
(30 min)

- **Interview Question:** (See Session 1 for instructions)
- 1. Have you ever purchased something and then regretted it
- afterward? If so, why? (**When you purchase something, you make an agreement to purchase that item. Agreements matter and can cause deep regrets.**)

Respond  
Questions  
(15 min)

- **Group Discussion:**
- 2. There were 13 agreements listed in the exercise. Did you identify with any of those agreements? In your shattering story (or at some point in your past), did you identify a similar agreement from the list that you may have made as well?
- 3. If so, how has that agreement(s) impacted your present life?

## Watch Video (15 min)

- Watch Video in the Apply Section.

## Apply Questions (15 min)

- Group Discussion:
- 1. In what part of the human system does free will reside? **(The heart is spirit and will. This is where our free will comes from (Matt. 5:28 NIV)).**
- 2. Why must we renounce past agreements? **(Our free will allows us to make and break our agreements. God will not trespass on our free will.)**
- 3. In terms of the 6 Fundamentals of the Human System, how might allowing Jesus (and his Word) to have authority in our heart help us to more fully experience the life Jesus promised would be abundant, satisfying full and free? **(Jesus can heal our heart and influence our will. If you allow Jesus to reign in your heart (where our free will is), we can experience complete healing and transformation (Phil. 2:13 NIV)).**

## Wrap Up

- Pray - If you identified any agreements in your story or your past, let's take a moment to specifically renounce them now. Pray for wisdom, understanding and knowledge of who Jesus is. Through unity with Him, we can achieve wholeness of heart.
- To make the most of each session, emphasize the importance of completing the "prepare" section prior to class. Remind participants to read through the appendix which contains prayer and scriptures about spiritual smarts.

## SESSION 6

## MATURE LOVE

## CLASS OBJECTIVES

1. Learn how to navigate betrayal, heal from it and grow more mature and loving through it.
  - God and Jesus have experienced betrayal. **(Apply Video & Respond Questions)**
2. To experience wholeness of heart, you must forgive yourself, grieve the loss, and learn to forgive the offender. **(Apply Video)**

## COORDINATOR OVERVIEW

Leaders set up and pray:

Volunteers arrive 20-30 minutes early to prepare the room, test the video and pray. Greet Participants as they arrive.

Open the  
Session (5 min)

- Greet everyone.
- Go over group guidelines. (Page 2) Remind participants that people heal when they share their story with another human who listens with compassion, kindness and confidentiality. This should be the environment of this class.

Respond  
Question  
(30 min)

- **Interview Question: (Refer to Session 1 for instructions)**
- 1. Almost everyone remembers their first kiss. Shed some light on your first: How old were you? Where were you? Who was it with? How did the relationship conclude?

Respond  
Questions  
(15 min)

- **Group Discussion:**
- 2. Jesus had a Judas (and was betrayed by his kiss). Who did you “have” (or who was one of your betrayers from your story or your past)? (Please use aliases, if appropriate.)
- 3. Did your betrayer bring out the best or the worst in you? **(Matt. 5:48 MSG)**

## Watch Video (15 min)

- Watch Video in the Apply Section.

## Apply Questions (15 min)

- **Group Discussion:**
- 1. Why is forgiveness always necessary, while reconciliation is optional? **(Forgiveness is not reconciliation. Forgiveness sets you free from the offence and the offender. It's our choice who we allow into our lives and reconcile with).**
- 2. Do you have any "living room" relationships that should be "front porch" friends? How might you go about doing this (or establishing appropriate/healthy boundaries for the people in your life)?

## Wrap Up

- Pray - for healing, to grow more mature in the spirit, forgiveness, and to love like Jesus.
- To make the most of each session, emphasize the importance of completing the "prepare" section prior to class. Remind participants to read through the appendix which contains prayer and scriptures for each skill.

# SESSION 7

## SKILLFUL OPPOSITION



### CLASS OBJECTIVES

1. Identify coping strategies developed as a child and allow Jesus to heal those wounds. **(Exercise)**
2. Learn healthier and more mature strategies to navigate our human antagonists. **(Respond Questions)**

### COORDINATOR OVERVIEW

Leaders set up and pray:

Volunteers arrive 20-30 minutes early to prepare the room, test the video and pray. Greet Participants as they arrive.

Open the  
Session  
(5 min)

- Greet everyone.
- Go over group guidelines. (Page 2) Remind participants that people heal when they share their story with another human who listens with compassion, kindness and confidentiality. This should be the environment of this class.

Respond  
Question  
(30 min)

- **Interview Question:** (Refer to Session 1 for instructions)
- 1. Recall a "human antagonist" from your childhood. Did you have to navigate a neighborhood bully, sibling, peer, parent, principal or adult that made your life really difficult? What were they like?

Respond  
Questions  
(15 min)

- **Group Discussion:**
- 2. Do you have a human antagonist in your life at present? During the exercise, did you identify any connections with the coping strategies that you used to endure the human antagonist in your story or your past that you presently use? **(Please use aliases. It would be appropriate for the coordinator to share their answer first. Once you identify an unhealthy, inappropriate or ineffective strategy you've been employing, you can replace them with healthier ones.)**

## Watch Video (15 min)

- Watch Video in the Apply Section.

## Apply Questions (15 min)

- 1. Our mind (thoughts & feelings) effects our body. Have you ever experienced this? (**Joel identified the chin trembling that effected his physical body. Our bodies repsond when we go through a bad break up, betrayal or lose a loved one.**)
- 2. In the *The Wholehearted Journey* Appendix (Skill: 5), you'll find the following scripture, "For 'Who can know the Lord's thoughts? Who knows enough to teach him?' But we understand these things, for we have the mind of Christ." (I Corinthians 2:16 NLT) How might having "the mind of Christ" help your life? (**Allowing Christ to have reign over our heart gives us the capacity to have the mind of Christ. Having the mind of Christ enables us to think and feel as Christ would**).

3. How do you get the mind (thoughts & feelings) of Christ? Use the 6 Fundamentals of the Human System to help interpret the following scriptures.

***No one can know a person's thoughts except that person's own spirit (heart), and no one can know God's thoughts (mind) except God's own Spirit. And we have received God's Spirit...so we can know the wonderful things God has freely given us.***

(I Corinthians 2:11-12 NLT)

According to the above Scripture, what part of you (your system) knows your mind? (**thoughts and feelings**) What part of God knows his thoughts? (**Heart/Spirit**) When you invite Jesus into your heart, you receive his Spirit into your spirit, so you "*can know the wonderful things God has freely given*" you (which include, your own heart, mind, body, relationships and soul and the ability to learn more of God's heart, mind, relationships and soul).

4. What would your life look like if you were able to more accurately interpret your own thoughts and feelings? What would your life look like if you asked the Holy Spirit to interpret God's thoughts and feelings on a particular matter concerning you? Do you think your life would be filled with more satisfaction, richness, abundance, joy, healthier relationships and far less heartbreak? Why or why not?

## Wrap Up

- Pray - for continued wisdom and discernment to identify coping mechanisms and the human antagonists that may show up in your life. Pray that God would transform our heart and mind to become more like his.
- To make the most of each session, emphasize the importance of completing the "prepare" section prior to class. Remind participants to read through the appendix which contains prayer and scriptures for each skill.



## SESSION 8

# UNVEILED FACE



### CLASS OBJECTIVES

1. Learning what a personality (persona) is. **(Exercise & Apply Video)**
2. Learning to distinguish between our personality and our authentic self. **(Exercise & Apply Video)**
3. How to remove the masks to allow God to heal us. **(Exercise & Apply Video)**

### COORDINATOR OVERVIEW

Leaders set up and pray:

Volunteers arrive 20-30 minutes early to prepare the room, test the video and pray. Greet Participants as they arrive.

Open the  
Session  
(5 min)

- Greet everyone.
- Go over group guidelines (Page 2). Remind participants that people heal when they share their story with another human who listens with compassion, kindness and confidentiality. This should be the environment of this class.

Respond  
Question  
(30 min)

- **Interview Question: (Refer to Session 1 for instructions)**
- 1. What was your personality like when you were a child? (Were you curious, shy, fearless or happy? What attributes were most present then?)

Respond  
Questions  
(15 min)

- **Group Discussion:**
- 2. Did you discover any self defeating areas of your personality through the *Your Wholehearted Journey* exercise? Did you identify areas of your personality that arose from your story of shattering?
- 3. If you could change one thing about your personality, what might it be?



## Watch Video (15 min)

- Watch Video in the Apply Section.

## Apply Questions (15 min)

- 1. What brought you to Wholehearted University? Why did you enter this class?
- 2. Has Jesus ever used a circumstance in your life to--"knock"--get your attention? What event "woke you up" to the idea that there might be a more abundant, rich and satisfying way of life?
- 3. In this video, Joel expressed that wearing a mask can be (emotionally) exhausting? Have you experienced that "exhaustion" before? Have you ever been around someone wearing a "persona" and seen right through it. How does it feel to be around that person?

## Wrap Up

- Pray - for God to show you the self-defeating areas in your personality that He would like for you to release. Pray for guidance to identify the wounds, coping strategies and agreements made and to make the connections and heal.
- To make the most of each session, emphasize the importance of completing the "prepare" section prior to class. Remind participants to read through the appendix which contains prayer and scriptures. Remind participants to read through the appendix which contains prayer and scriptures for each skill.

## SESSION 9

# UNVEILED FACE



### CLASS OBJECTIVES

1. Reintegrate the shattered places of our youth with our mature present self. **(Exercise)**
2. Learning how to allow Jesus to guide us into past memories (youthful returns) to accomplish the healing he desires within our heart. **(Exercise)**

### COORDINATOR OVERVIEW

Leaders set up and pray:

Volunteers arrive 20-30 minutes early to prepare the room, test the video and pray. Greet Participants as they arrive.

Open the  
Session  
(5 min)

- Greet everyone.
- Go over group guidelines (Page 2). Remind participants that people heal when they share their story with another human who listens with compassion, kindness and confidentiality. This should be the environment of this class.

Respond  
Question  
(30 min)

- **Interview Question:** (Refer to Session 1 for instructions)
- 1. Jesus is teaching you to be like him—a brave sibling. He wants you to learn to be good, kind, gentle and loving to the younger places residing within. Are there younger places (moments, memories, recollections) that you push away when they present themselves? Do you feel shame, guilt or even hatred when these younger memories arise? How might you treat these younger memories and parts of you with more compassion, patience, kindness and love?

Respond  
Question  
(15 min)

- **Group Discussion:**
- 2. Did you write an apology-letter to a younger version of you—potentially, the one you may have written about in your story (or in your past)?

## Watch Video (15 min)

- Watch Video in the Apply Section.

## Apply Questions (15 min)

- 1. Have you ever felt the weight of another's expectations? Have you sensed that someone was seeking something from you that you couldn't (or wouldn't feel comfortable) fulfilling for them? How did that make you feel? Did you experience an attracting or repulsing response?
- 2. Have you ever asked Jesus to be your Brave Sibling or best friend? How might fully seeking him to meet the need of a close confidant or "ride-or-die" sibling change your relationships with others? With that desire fully met by Jesus, your desire to find that kind of friend in another human lessons. What kind of relationships may it attract? (**healthier relationships**)
- 3. In the Introduction of The Wholehearted Journey it says, "With each new transition comes a wilderness..." It is here, in the times surrounding our transitions and wildernesses, that our hearts are more vulnerable and, thus, more easily wounded—and our Shalom more easily broken. As you've learned, in your episodes of shattering, we are apt to create unhealthy coping strategies, live out of our personas, make agreements and the like. Look back over your history, at the major transitions and wildernesses you've experienced thus far. It's likely you'll discover broken areas still needing to be made whole. In light of this, what door of your heart (or episode of shattering) might Jesus be asking you to open up to him next?

## Wrap Up

- Pray - for wisdom while navigating the prodigal places in our lives. Invite Jesus to speak to the younger you and to the mature you and make you whole.
- Emphasize the importance of utilizing the appendix which contains prayer and scriptures for each skill. Remind participants to return to the appendix to further incorporate the 7 skills into their daily life.