

Structure of the Study

15 Week or 30 Week study

If you want to complete the full study it will take 15 weeks. Alternatively, you could space out the study by watching the videos every other week to allow more discussion time.

15 Week Class Structure

- Open with Prayer and review of Homework
- Watch video
- Small group discussion with provided questions
- Go through Tools as a large group and allow time to work on them individually
- Close with prayer requests (if time allows)

30 Week Class Structure

Odd number weeks

- Open with Prayer and review of Homework
- Watch video
- Small group discussion with provided questions

Even number weeks

- Go through Tools as a large group and allow time to work on them individually
- Allow more discussion time for thoughts on video, homework, tools, etc.
- Share prayer requests and pray for each other.