

## Lesson 1: Our Comfort

**LEARNING OBJECTIVES:** (Help people discover these points – if the principles are not emerging in group discussion, ask questions to bring these out – do not “lecture” to them.)

- One of God’s names is the God of all comfort. Those who mourn will be comforted.
- God comforts the downcast. God empowers those He’s comforted to comfort others.

- 1) **Pray.** Open with prayer; include foundational **Opening Prayer** concepts. Spend time in small group prayer as appropriate during the session.
- 2) **Review** the Basic Principles, 5 R’s + 2, and accompanying gestures and **discuss** how understanding and applying these is going.

### Basic Principles

- **Claim your heritage** – Reclaim it if you’ve been robbed. 1 Peter 1:3-9
- **Come to Jesus** – Bring Him your stuck places. Ps 62:5-8
- **3-way prayer** – The facilitator does most of the verbal prayer. The person being prayed for focuses on listening to God and responding. Others intercede quietly. Matt 18:18-20
- **Hearing God** – God speaks directly to the person being prayed for at their point of need. Spend time silently listening for His voice. John 10:27
- **Test and give thanks** – Give thanks frequently during the prayer time. Test that all the person hears is consistent with Scripture. 1 Thess 5:16-21
- **Follow Jesus** above all. Let Him lead the process. John 8:12, 31-32
- **Confidentiality** – Share only your own story, not someone else’s. Rom 1:28-32, Prov 20:19

### 5 R’s + 2

- **Opening Prayer** – Ask God to lead and protect. Bind evil in Jesus’ name. Matt 18:18-20, Ps 143:10, Prov 18:10
- **Recognize** – Identify (take captive) your negative feelings, thoughts, and actions. 2 Cor 10:3-5
- **Recent** – Bring these to God and ask Him to reveal a related recent memory.
- **Root** – Ask God to reveal any root(s) – the first time (or pattern) when you thought, felt, and/or acted this way. Matt 12:33
- **Receive** – Receive His perspective - first at the root, if there is one. Test by God’s word. Matt 7:7-11
- **Renew** – Apply this perspective in everyday life. 1 John 1:5-7
- **Closing Prayer** – Thank God and ask for help to apply His truth. Send away evil in Jesus’ name. Luke 17:11-19, John 8:31, Luke 10:17-19

### 3) Review

- a. Applications Module 2 Healing from Emotional Wounds. Burdens lifted. Is 53:4 & Matthew 11:28-30 (Jesus carries our burdens, griefs and sorrows)
- b. The last lesson studied.

#### ➤ Large group

- Review the **top 3 principles** previously chosen from each of these lessons by your group.
- Write these principles (in words or pictures) on a whiteboard or flipchart.
- Together practice the gestures or hand motions for these lessons.

- 4) **Discovery Bible Study (DBS): Matthew 5:4 (those who mourn will be comforted), 2 Corinthians 1:2-7 (God of all comfort) and 2 Corinthians 7:4-7 (God comforts the downcast).**

Ask 2-3 people to read the verses out loud, from varying translations when possible. Alternatively, listen to the verses being read aloud on an audio device 2-3 times. Then ask someone to retell the passage, as completely as possible, in their own words. Ask the group to contribute anything missed. Fill in gaps as needed.

Pray as a group and ask God to speak through His word. Spend time listening silently. Then discuss the following questions. Help everyone participate. If you have more than 6-7 people, first split into small groups.

- What do these passages teach us about God?
- What do these passages teach us about people?
- What do these passages teach us about finding comfort?
- What do these passages teach us about comforting others?
- How are you already applying/experiencing the principles in this passage? How would you like to grow in applying/experiencing these principles? (Encourage people to consider possible applications, then choose one or two clear, specific and realistic personal applications.)
- What does God want you to do to apply this? Who will you tell?
- Who will you share this lesson with?
- What key principles will your group share with the large group?

#### 5) Follow-up Activities.

- **Share** key principles, drawings and motions with the large group. Ask each small group to share one key principle. Write these (in words or pictures) on a large paper or whiteboard. Continue until you have all the main points in the lesson.
- **Gesture:** Decide together on a gesture or hand motion for this lesson. Then ask all participants to stand up and do the gesture together. Then practice together all the gestures in order for the 5 R's +2, basic principles, and all the lessons covered so far in this module.
- **Individually**, lift before God any ways in which you are grieving. Invite Him in and ask Him to carry your burdens and bring His comfort.
- **In small groups**, briefly **discuss** the grieving process as described in "Module 7 – Grieving the Losses of Life" in "Wholeness Prayer – Simplified Version Fourth Edition". **Share** your griefs with one another and **pray** for one another. Ask God to reveal, to each person who is grieving, any stuck places in the grieving process (i.e. anger outward, anger inward).
- **Clarify** the next meeting time and any pre-work to be completed beforehand.
- **Pre-work** for next lesson:
  - **Memorize:** Matthew 5:4 (And review previous verses.)
  - **Pray:** Read and meditate on Romans 5:1-5 and 1 Thessalonians 4: 13-18.
  - **Share:** Share with others what you are learning and pray for them.
  - **Practice:** Ask God to show you if you're stuck anywhere in the grieving process.
  - **Resources** for this module: "Grieving the Losses of Life" in "Wholeness Prayer – Simplified Version Fourth Edition" and "Facilitating a Time of Wholeness Prayer"

#### 6) Pray for one another. At the end, pray a **closing prayer**, including key foundational concepts. Commit to pray for one another between training times.

*Note: You may also want to incorporate a time of sharing and prayer – for blessings and challenges.*