

Wellness Tools Leader's Guide

Thank you for stepping into this role to help guide people into an understanding and relationship with YHVH in all His parts as Father, Son and Holy Spirit. The Great Commission (and our prayer for this ministry) is about making Disciples who make Disciples. You will be leading others to that place where they will, in turn, be able to lead others. It is the beauty of God's multiplication.

STEPS IN SPIRITUAL PREPARATION

The biggest thing to get over is ourselves. This isn't about us or lifting ourselves to glory. It is a time to be humble and to serve. We become less so that He becomes more. Our role is to help prepare participants to desire to place their hands into the Lord's and to walk with Him through life.

...and whenever you turn to the right or to the left, your ears will hear this command behind you: "This is the way. Walk in it."

Isaiah 30:21

❖ PREPARE YOURSELF

- **Pray** and ask God to show you any areas that He wants you to release to Him. Ask Him to cleanse you of anything you know needs to be forgiven and also the things you are unaware of. Thank him for that cleansing.
- **Recognize the enemy.** If you have had challenges already as you are beginning the Native Strong Wellness Tools, it's the enemy trying to make it rough. Praise God! You know you are doing the right thing! The power of the Almighty is greater than the enemy and Yeshua/Jesus has already won the victory. Praise Him. He inhabits the praises of His people. We at Native Strong ARC are praying for you, that you will have the strength, boldness and courage to fulfill the spreading of the Good News, and that you will see the great love and salvation of our LORD move through the people to live new lives.
- **Ask God to fill you with His Holy Spirit, to lead you as you follow Him so that others will follow Him too.**

❖ **PREPARE FOR YOUR SESSION**

- **Pray for the people that will be arriving.** Ask God to prepare their hearts and minds, and open their ears and eyes to receive Him. Also ask that He would take charge over the words that will be spoken by you and those in your group.
- **Pray a cleansing prayer over the space you will be meeting in.** Pray that Yeshua/Jesus will cover the entry door with His blood. I sometimes anoint the door with oil, praying that all He sends to walk through the door will receive His blessing and know His grace.
- **Pray over each chair that may be used by a participant:** pray for blessing and God's presence to be in that place of love. The fruits of the Spirit are also suitable for this prayer:

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|-----------------|--------------------|------------------------|
| 1. <i>Love</i> | 4. <i>Patience</i> | 7. <i>Faithfulness</i> |
| 2. <i>Joy</i> | 5. <i>Kindness</i> | 8. <i>Gentleness</i> |
| 3. <i>Peace</i> | 6. <i>Goodness</i> | 9. <i>Self-control</i> |

Galations 5:22

❖ **DURING YOUR SESSION**

- **Encourage every participant to bring a Bible.** One goal of this Tool is to get participants to engage with the Word of God – read their Bibles! Every session has segments of scripture to be looked up, read aloud and studied. Consider keeping a few extras handy in case someone is without or has forgotten theirs.
- **“DIGGING IN” and other question and answer segments:**
 - ✓ Allow time for group members to think to themselves.
 - ✓ To start discussion, share an example of a time in your own life. Sharing first with the group is to open yourself up to them and establish a sense of honesty and trust. Limit the time of your sharing to under 5 minutes.
 - ✓ Engage in Active Listening, and reflect God's love.
Example, Session 1: Participant got out of an abusive relationship. Ask where they went to and how they got there? Show them that God was there in getting them out and gave them a place to go or a person or

even protection, no matter how little it may seem (a place beneath a bridge or in a car, etc.). Praise them that after such a time they are here to meet because they are strong enough to want to improve their life.

❖ **FOLLOW UP WITH THE SPIRIT**

- **Following your gathering and after everyone has left, pray a cleansing prayer for yourself:** Thank the LORD for all He did. Ask Him to remove anything that isn't of Him that may have tried to frustrate or discourage you or attach itself to you during the session. Ask Him to renew you in the covering of the blood of Yeshua. Ask for a fresh refilling of God's Holy Spirit so you can see His good hand in all that He is doing.

- Praise Him!

COMMUNION ENCOUNTER PREPARATION (SESSION 4)

Session 4 includes an individual communion encounter with Yeshua/Jesus. This session may go 15-30 minutes longer, depending on communion process and individuals' prayer times.

❖ Prepare:

- Gather communion elements to be used: Grape juice is best in the event there are those struggling with alcohol. Have some form of bread or unleavened bread/cracker if you prefer.
- Prepare an encounter station, a place for your group members to come up one by one to receive the elements and pray. This can be a kneeling place or just a chair set aside to sit at and receive and pray.

❖ Serve:

- As you start the communion encounter time, instruct participants to spend time in silent prayer as they wait and take turns coming to the station.
- When you give them the communion elements, speak **1 Corinthians 11:23-25** to each one, then pray quietly over them (or if you are gifted in prophecy and the LORD speaks encouragement and loving words, share them quietly and privately).
- Please allow 2-3 minutes after they have taken the elements for each individual to quietly pray and soak in their time with Yeshua. If they get up sooner, it is ok. If time is going longer, let them remain and move to another chair or place for the next participant to take their turn.

❖ If you have a large group:

- Invite other Christians who you know represent the faith well to staff other encounter stations.
- If you don't have additional help, then distribute to everyone at once and have them wait. Speak the verses, then invite all to share in the Host.