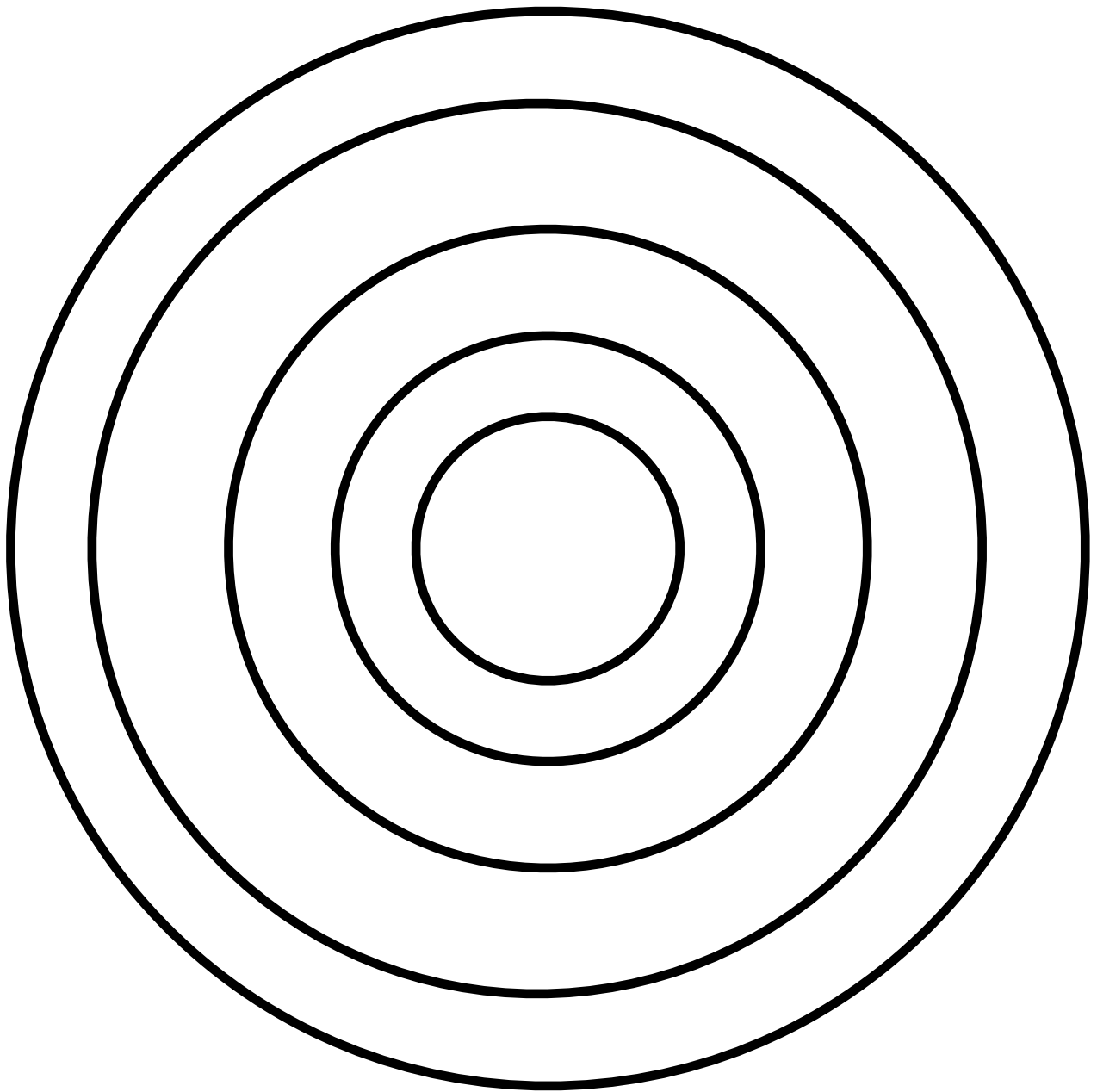


SESSION 3 -

☀️ What happened?	
🍏 What should I have done?	♀️ What did I do?
💔 What should I have wanted instead?	♥️ What did I want?
✝️ How do the gospel meet my heart desire?	



SESSION 1 - Assess: The Nested Circles

The WHOLE Person		Goals	Questions	Homework	Community
Human Heart	Assess and respond to the underlying heart issues that drive them	<ul style="list-style-type: none"> • X-ray questions • What did you want? • Good day/ bad day? • If only _____ ? 	<ul style="list-style-type: none"> • Journal of Upsets • If only paragraph • X-ray questions 	<ul style="list-style-type: none"> • Small Group • Advocates 	
Physically Embodied	Discover physical issues that may impact them.	<ul style="list-style-type: none"> • How/ do you feel? • Seasonal patterns • Known physical issues? • Suspected physical issues? • Patterns of exercise / diet / sleep 	<ul style="list-style-type: none"> • Dr. Appointments • Eating schedule / plan • Exercise Plan • Sleep plan (no phone @ PM) 	<ul style="list-style-type: none"> • Medical community 	
Socially Embedded	Discover familial and cultural areas that shape thinking and behavior	<ul style="list-style-type: none"> • Family history questions • Known areas of conflict from upbringing • Family patterns 	<ul style="list-style-type: none"> • Family History • My story • Social Media Habits • Interviews w/family mem 	<ul style="list-style-type: none"> • Peer Groups? • Friend Groups? • Social Media groups? 	
Spiritually Embattled	Acknowledge Spiritual warfare and discover it's prevalence to their issues	<ul style="list-style-type: none"> • What do you believe about spiritual warfare? • What have you observed in your own life? • Any areas of occult in history? 	<ul style="list-style-type: none"> • Study of Eph. 6 • Praying spiritual prayers • Journaling 	<ul style="list-style-type: none"> • Prayer Support 	
Divine Providence	Believe God is redeeming it all for our good and His glory	<ul style="list-style-type: none"> • How is your relationship with God? • Do you believe He's in control? • Do you believe He's loving? 	<ul style="list-style-type: none"> • Purpose booklet • Who is God study 	<ul style="list-style-type: none"> • Church family 	