

Walking Together

Breakout Sessions Leader's Guide

BEFORE YOU GET STARTED

Materials Needed:

- Walking Together Videos
- Participant Workbook (1 per attendee)
- Pen (1 per attendee)
- Discussion/Prayer Tool Printouts (see Testimonials Video section)
- Print and give Leader's Guide pages to appropriate Breakout Sessions Leader
- Microphones for discussion between leaders and attendees if needed
- Clock in each room to stay on schedule during breakouts
- Icebreaker materials if doing any icebreakers

*****It is essential that the Event Coordinator and Breakout Sessions Leaders view all of the videos, and read through the Participant Workbook and this Leader's Guide in preparation for this event. For the Breakout Leaders' benefit, we have scripted the discussion as a guide for each session.***

LET'S BEGIN!

WELCOME AND ANNOUNCEMENTS

Emcee for the event (most likely the Event Coordinator) will share some brief announcements, including instructions to help attendees find their schedules for the event, locate restrooms, give lunch instructions, give reminders to silence cell phones, etc. Don't forget to open in prayer and ask the Lord to work in hearts and minds as well as relationships during your time together.

WORSHIP IN SONG

Worship Coordinator/Worship Team to lead a couple of songs to kick off your event.

PERSONAL NOTES: (Use this space to write your announcements and reminders.)

TESTIMONIALS VIDEO SESSION

(Only 1 leader needed - print this section and give to designated leader)

BEFORE PLAYING THE TESTIMONIALS VIDEO

The testimonials share mature content without being too graphic, which is why this event is suggested for ages 13+. Moms wishing to bring daughters younger than this will either want to make sure they have a good conversation about God's Design for sexuality before they attend, or they may want to sit out of this session with their daughters and rejoin the group for the rest of the teaching times.

Locate the Discussion/Prayer Tool Printout. Make sure to have these printed out, cut into strips and bundled for each attendee ahead of time. You may want to put this tool and a pen in each attendee's Welcome Bag. **Note: Coordinate with Event Coordinator or Volunteer Coordinator.**

AFTER PLAYING THE TESTIMONIALS VIDEO

Instruct attendees to break into circles of 4-6 people in the main meeting room and make sure moms/mentors stay together with the young women who came with them.

TESTIMONIALS VIDEO DISCUSSION

Say: "In your Welcome Bag, you will find some strips of paper that read:

- 'One thing I am worried, anxious or fearful over is...'
- 'One thing I am upset/angry over is...'
- 'One thing I try to be perfect at is...'

*Say: "In the testimonials video, the speakers shared fears, anger, and perfection they, or their moms, were walking in. Choose one of these statements that you are currently struggling with most and fill in the blank. **Do not put your name on it, so you can be as honest as possible.** When you are finished writing, place it in the middle of your circle."*

Say: "Now, fill in this last statement: 'One hope I have for this weekend is...' and put it in the middle of your circle."

Say: "Next, take turns drawing one piece of paper from the circle and reading it aloud. When everyone is finished reading, spend a few minutes praying over these struggles and hopes of your group. Anyone who wants to can pray out loud for the group. Others can listen along quietly or pray along silently. When it's time to wrap up this breakout session, I will close us in prayer and then we'll go to break."

After allowing adequate time for this activity, dismiss to break.

TESTIMONIALS SESSION

Discussion/Prayer Tool Printout:

One thing I am worried, anxious or fearful over is...

One thing I am upset/angry over is...

One thing I try to be perfect at is...

One hope I have for this event to help me learn or grow is...

WALKING TOGETHER INTRO. VIDEO SESSION

(2 leaders needed - Print and give to Breakout Leaders)

BEFORE PLAYING THE INTRO. VIDEO

Hold up your copy of the *Walking Together Participant Workbook*. Instruct participants to turn to page 1, where they will find space to write notes as they watch this video. **Let attendees know they will need to take this workbook with them to each Breakout Session.**

AFTER PLAYING THE INTRO. VIDEO

The First Love Testimonies video portion will play at the end of this video automatically in order to promote First Love small groups for moms and daughters. At the video prompt, dismiss the young women to their Breakout Session in another room.

ADULT BREAKOUT DISCUSSION

Say: *“Ladies, if you’ll move in closer together, we’ll be walking through page 3 in your workbooks.”* [Note: This will give your ladies a chance to stretch and better hear one another in a large room.]

Read the top of page 3 aloud and give your group a chance to think through the Bible verses referenced in the video teaching.

Then, read through #1 and say:

“Take some time to write out your answer and we’ll discuss them in a little bit.”

[Give them 2-3 minutes to write.]

Read through #2 and say:

“Again, write down your answer and then we’ll discuss #1 and #2.”

[Give them 2-3 minutes to write.]

Say: *“Let’s keep this time reserved for our personal answers in order to identify common struggles in leading young women. This is not meant to be a time to give advice about another woman’s struggle or recommend other helpful resources because that’s what the video teaching does. Additionally, we want to make sure every woman who wants to share her own struggles has time to do so.”*

Allow time for sharing. Facilitate discussion that provides encouragement and understanding from Scriptural truths.

Common threads we have seen during this Breakout Session are:

- Distracted/not having time to teach them (*We must cut out extra activities*)
- Feeling ill-equipped to address certain issues (*We recommend First Love Bible study*)
- Afraid of telling their daughters about past experiences (*We recommend the Healing Hearts Bible studies to help moms first heal from their own pasts*)

Your ministry team may need to be available to pray/talk with moms who are struggling. When finished, dismiss to break.

YOUTH BREAKOUT DISCUSSION

[Note: Girls may be hesitant to share their own personal answers. Our suggestion is to go through the questions from the viewpoint of young women in general in our culture. Maybe throw out one of your own answers and then just wait for others. It may feel like crickets chirping, but try to pull the answers out of them. Once one brave soul shares, others will too. Don't be afraid to call on someone who looks confident.]

Say: "Let's talk through some of the good things and hard things about walking together in relationships. Turn in your workbook to page 2. I'm going to need your help participating in discussion and then I'll give you some time to write your personal answers in your workbooks. You don't have to share your personal answers with the group, but I want to hear your thoughts on girls in general."

Ask: "What are some things girls' lives are centered on in today's world instead of Jesus?"
[Give a few minutes for responses, then have them write their own answers for #1.]

Ask: "Why do you think Christians' lives, especially the lives of young women, shift from being centered on Jesus to being centered on other things?"
[Give a few minutes for responses, then have them write their own answers for #2.]

Ask: "What do you think causes moms and daughters to walk in different directions?"
[Give a few minutes for responses, then have them write their own answers for #3.]

Ask: "How can moms and daughters walk together in a relationship with Jesus?"
[Give a few minutes for responses.]

Say: "Answer question #4 personally. In what ways are you walking with your mom in your relationship with Jesus? Or, if you aren't walking together, in what ways can you help to begin walking together with your mom?"
[Give them time to write a few answers.]

If time, close in prayer. Dismiss to break.

[Note: You may have one or two young ladies who want to stick around and talk or pray with you one-on-one. Be sensitive to girls who may be lingering around to talk, but are too shy to approach you.]

WALKING IN FAITH VIDEO SESSION

(2 leaders needed - Print and give to Breakout Leaders)

BEFORE PLAYING THE WALKING IN FAITH VIDEO

Instruct participants to turn to pages 4-5 for note taking as they watch this video.

AFTER PLAYING THE WALKING IN FAITH VIDEO

At the video prompt, dismiss the young women to their Breakout Session in another room.

ADULT BREAKOUT DISCUSSION

In order to work through pages 6-9 of the participant workbook in this session, you may find it helpful to set up this breakout with your own personal story of “walking in fear” and how to begin “walking in faith,” or you can use the example provided below.

THE SITUATION: Daughter is self-injuring and mom and dad are walking in fear over her behavior.

HERE'S THE STORY: Worried parents of 16 y.o. Mary discover that she has been burning herself. Mary's parents are fearful over her self-harm, and scared that she may take more drastic measures. Mary's parents begin doing random “body checks” in order for her to prove she has no new injuries. Her parents are unaware that doing this is actually an attempt to manage her sinful behavior, which is going to end up exasperating her and exhausting them. ***Sin cannot be managed.***

Well-meaning adults often try to help a young woman “self-manage” her sin. Oftentimes, she will be given a “tool” that seems less harmful to use when she feels the urge to self-injure (like wearing a rubber band to snap on her wrist). While this may keep her from more serious bodily harm than before, in reality, it only teaches her to try to manage her sin instead of denying herself as the Word of God commands us. What needs to change is not the “tool” used in the sinful behavior, but her heart by the saving and sanctifying work of Jesus. As the heart begins to change, the behavior will also transform, as you learned in this video session.

Unfortunately, because Mary's parents did not address her heart struggles, she grew tired of the body checks and simply exchanged one sinful behavior for another...she developed an eating disorder. Instead of realizing their mistake in addressing the problem (at the heart level, not the behavioral level), they began checking the bathroom after each time Mary used it. This has only furthered the rift in their relationship as Mary's parents continue to try to manage her sin.

IT'S THEIR TURN!

Say: “Turn to page 6 in your workbook. Using this example, let's work through any fears you may have concerning your daughter. Perhaps your example is as extreme as Mary's parents, or maybe it is less extreme. Either way, fear is not something God wants you to

walk in and it will affect your relationships negatively. Now, consider your own thoughts, desires and actions in your particular situation. Pertaining to wrong thinking, what are you afraid of regarding your daughter? Mary's parents may have been fearful over their daughter's physical well-being; or they may have been afraid of their reputation as a Christian family being damaged. In your workbook, fill in the statement: 'I am afraid...'

[Give them 1-2 minutes to write.]

Say: "Next, think through any selfish desire. Your desire may not be sinful in and of itself. Like Mary's parents, being concerned over your child's well-being isn't sinful. Your desire might be good, but if it's focused on you and what you want/don't want more than on God's desire for your daughter and trusting Him, it can easily become self-focused. Think through why you are afraid of this situation and fill in the statement: 'Because I want (don't want)...' " on page 6.

[Give them 1-2 minutes to write.]

Say: "Now, it's time to consider how you have sinfully reacted because of your desire. Remember, Mary's parents were trying to control/manage her sinful behavior, which was further fragmenting their relationship with her as they argued and fought. On page 6, fill in the statement: 'I sinfully react to my daughter by...'

[Give them 1-2 minutes to write.]

Say: "Thankfully, God gives answers from His Word on how to walk in faith, not fear. On page 7, you are going to work through how to: 1) Renew your mind with right thinking from God's Word, 2) Exchange your selfish/self-focused desires for godly desires and 3) Change from sinful actions to godly actions."

Say: "At the top of page 7, look at the question, 'What does God say about my fear?' Remember, you need to renew your mind about who God is and who you are."

Say: "Mary's parents need to remember that God is Ever-present when it comes to Mary's sin. They don't have to watch her every behavior because God is there. If they have taught her God's truth about taking care of her body, which is God's temple, then they can rest in God's watchful care and conviction of sin."

Say: "Look at the Bible references listed on page 8 under the subtitle 'God is.' Which characteristic of God applies in the midst of your temptation to fear? Choose one to fill in the statement: 'about God, He is...' on page 7."

[Give them 2-3 minutes to look up Scriptures and write their answers.]

Ask: "Now, what truth do you need to remember when it comes to who you are?"

Say: "Look at the examples on page 8 where it says, 'As a Christian, I am...'

Say: "Mary's parents may think that because they don't know other families who are struggling with self-injury that they are alone in this situation. However, they can renew their minds with the truth that they are **never alone** according to Hebrews 13:5."

Say: "Take a few minutes and think through what God's Word says about you in regard to your fearful heart. Choose something from this list and write it in the space on page 7."

[Give them 2-3 minutes to look up Scriptures and write their answers.]

Say: "Now it's time to think about any selfish desire you may be holding onto. How can it be exchanged with a desire to please God instead?"

Say: "Mary's parents can choose to believe that their suffering is not in vain, and that God will use their family's trials for His glory and their ultimate good according to James 1:2-4. They can desire to learn how to glorify God in the midst of Mary's sin struggle."

Say: "On page 9, look at the list of biblical truths and choose one appropriate to your situation that will help your fearful heart choose to walk in faith."

[Give them 2-3 minutes to look up Scriptures and write their answers.]

Say: "God's Word encourages us to put our faith into action! It is a good start to renew your mind and change your desire. But you would stop short of God's good plan for your life if you didn't put what you know and desire into practice. Look again on page 9 for some examples of godly responses to your daughter."

Say: "Mary's parents might choose a couple of things from our list:

1) To bear Mary's burden with her according to Galatians 6:2 by continuing to help her get to the heart of her sin regarding the self-injury. Mary's parents will probably need help with additional resources on self-injury or they may even need the help of a biblical counselor. Healing Hearts has recommended resources in the First Love Bible study regarding self-injury and other topics.

2) Mary's parents may need to focus on their own sin more than hers as they commit to bear with her through this struggle. (See Matthew 7:3-5) They may be tempted to be impatient with Mary or quick-tempered with Mary's sinful choices instead of dealing with Mary's sin biblically."

Say: "Choose one way you can begin responding to your daughter from the list on page 9 and write it in the space regarding 'Godly Action' on page 7. Ask the Lord to help you change your thinking, desires, and actions to please Him in any fearful situation you may be experiencing with your daughter."

[Give them 3-5 minutes to look up Scriptures, write their answers and respond in prayer.]

Say: "Don't just put this workbook on the shelf when you get home. It can be a useful tool for you to work through when new struggles (or old ones) surface in your relationship. Healing Hearts has free printouts of this exercise. Just go to the link at the bottom of page 7. If you are not a Christian, these things are going to be difficult to put into practice on your own. God is calling out to you today for a relationship with Him. Please find someone on our ministry team and share your desire for a relationship with God through His Son, Jesus. We'd love to talk with you and pray with you."

If time, pray for the group. Dismiss to break.

YOUTH BREAKOUT DISCUSSION

In order to work through pages 6-9 of the participant workbook in this session, you may find it helpful to set up this breakout with your own personal story of “walking in fear” and how to begin “walking in faith,” or you can use the example provided below.

THE SITUATION: Overnighter at a friend’s house where all of the girls, except one, snuck out.

HERE’S THE STORY: (True Story) Cammie is an 8th grader at a new school. Some friends from school, whom her parents don’t know very well, invited her to sleep over one Friday night and her parents decided to let her go. During the night, some of the boys from school came over to the house and knocked on the bedroom window, asking the girls to come outside. Cammie knew her parents would not be okay with her sneaking out of the house or meeting the boys. She also knew her friends might not hang out with her anymore if she chose to stay inside or even tell on them. Even though her friends pressured her to join them outside, she chose to stay inside.

When Cammie’s mom picked her up the next day, she asked Cammie how the party went, what all the girls did, if it seemed like they would make good friends, or if they seemed to get into trouble. Cammie’s heart was instantly fearful. She knew if she lied it would break her mom’s trust and she would be grounded. Also, if her mom found out the truth of what happened, she would not be allowed to hang out with the girls again. She also knew that her mom would probably say something to their moms and then they would be in trouble. If she told the truth, it would result in her losing these new friends. Cammie chose to lie. Her mom did not find out, but she lived in fear of her mom busting her in the lies she often told. Her new friends continued to be a bad influence on her. She began making bad choices in other areas as well.

IT’S THEIR TURN!

Say: *“Turn to page 6 in your workbook. Using this example, let’s work through any fears you may have with your mom. Perhaps your example is similar to Cammie’s, or maybe it is more or less extreme than Cammie’s. Either way, fear is not something God wants you to walk in and it will affect your relationships negatively. Consider your own wrong thinking. What are you afraid of regarding your relationship with your mom? This can be a fear over something she says or does, or it could be another fear you have that you aren’t sharing with her. Not talking about it is causing tension or distance in your relationship. In your workbook, fill in the statement: ‘I am afraid...’”*

[Give them 1-2 minutes to write.]

Say: *“Next, think through any selfish desire. Your desire may not be sinful in and of itself. Like Cammie, having a desire for friendships isn’t sinful. Your desire might be good. However, if it’s focused on what you want/don’t want more than on God’s desire for you (and if you are willing to sin to get it) it has become a selfish or self-focused desire. Think through why you are fearful and fill in the statement: ‘Because I want (don’t want)...’”* **[Give them 1-2 minutes to write.]**

Say: *“Now, it’s time to consider how you have sinfully responded to your mom because of your desire. Cammie’s fearful heart came out in sinful action when she chose to lie to her mom in order to try to keep her friends. Fill in the statement: ‘I sinfully react to my mom by...’ ” (examples: hiding things, yelling, arguing, etc.)*

[Give them 1-2 minutes to write.]

Say: *“Thankfully, God gives answers from His Word on how to walk in faith, not fear.”*

Say: *“At the top of page 7, answer the question, ‘What does God say about my fear?’ Remember, you need to change your thinking about who God is and who you are. Look at the Bible references listed on page 8 under the subtitle ‘God is’ to help you fill in the statement: ‘He is...’ ”*

Say: *“Cammie needs to remember that God is truthful and hates evil according to Psalm 5:5-6, but she also needs to remember that Ephesians 1:7 says He is forgiving. If she only thinks of God as hating lies, she may distance herself from Him because she’s afraid of punishment. She needs to equally remember that He forgives. When we have sinned against God and other people, we can confess, repent and draw near to Him.”*

Ask: *“Which characteristic of God applies in the middle of your temptation to fear? Write it in the space on page 7 where it says, ‘about God, He is...’ ”*

[Give them 2-3 minutes to look up Scriptures and write their answers.]

Ask: *“What truth do you need to remember when it comes to who you are?”*

Say: *“Look at the examples on page 8 where it says, ‘As a Christian, I am...’ ”*

Say: *“If she is a Christian, Cammie must remember that she is a child of God (Rom. 8:15) and set free by the truth (Jn. 8:31-32). Because of God’s character and the fact that she represents Him as His child, she needs to remember her calling to live just like Him.”*

Say: *“Take a few minutes and think through what God’s Word says about you. Write it in the space on page 7 where it says, ‘about me, I am...’ ”*

[Give them 2-3 minutes to look up Scriptures and write their answers.]

Say: *“Now it’s time to think about any selfish desire you may be holding onto, and how it can be changed into a desire to please God instead.”*

Say: *“Cammie can tear down the idol of having to have a friendship no matter what the cost and choose instead to look to God to fill the loneliness she fears.” (See Jonah 2:8)*

Say: *“On page 9, look at the list of biblical truths and choose one or two appropriate to your situation that will help your fearful heart choose to walk in faith. Write it in the space on page 7 regarding your godly desire to please God.”*

[Give them 2-3 minutes to look up Scriptures and write their answers.]

Say: *“God encourages us to put our faith into action! It is a good start to change your thinking and desires. But God’s good plan for your life is to put it into practice. Look again on page 9 at the examples of ‘How I should respond to others...’ ”*

Say: *“In Cammie’s case, she can choose to respond to her mom by telling the truth and accepting the consequences for her sinful actions. She can begin to please God as she seeks His help in committing to be truthful just like Jesus is truthful.”*
(See Proverbs 28:18 and Zechariah 8:16)

Say: *“Choose one way you can respond to your mom from the list on page 9 and write it in the space provided on page 7 for godly action. Ask God to help you change your thinking, desires, and actions to please Him.”*

[Give them 3-5 minutes to look up Scriptures, write their answers and respond in prayer.]

Say: *“Don’t just put this workbook on the shelf when you get home. As you continue to struggle in your relationships, pull it out and work through your thoughts, desires, and actions. If you are not a Christian, these things are going to be impossible to put into practice on your own. God is calling out to you today for a relationship with Him. Please talk with someone on our ministry team and share your desire to have a relationship with God through His Son, Jesus. We’d love to talk with you and pray with you.”*

If time, pray for the group. Dismiss to break.

WALKING IN PEACE VIDEO SESSION

(1 leader needed - Print and give to Breakout Leader)

BEFORE PLAYING THE WALKING IN PEACE VIDEO

Instruct participants to turn to pages 10-11 for note taking as they watch this video.

AFTER PLAYING THE WALKING IN PEACE VIDEO

ALL participants will remain in the main room for this breakout session. At the video prompt, begin discussion.

ADULTS + YOUTH BREAKOUT DISCUSSION

For this session, only 1 leader is needed unless you prefer to co-lead this discussion with the Adult Breakout leader and Youth Breakout leader together.

Walk participants through the instructions on pages 12-13 working through one point at a time reading them aloud until they have completed #1-5. Be sure to encourage participants to look up the verses on page 14 to help with answering #5.

Say: "Now, we are going to give you some time to share with each other and talk about how the two of you can begin walking in peace together. Here's how to spend this time:

- *For #1 and #2 - Share the sinful reaction you underlined on the diagram with the other person. Adults should share first.*
- *See if the place on the diagram you underlined matches up with the place the other person circled on the diagram describing your sinful reaction. If they didn't match, give the other person the freedom to explain why they chose a different response for you. This isn't a time to disagree with the other person, but to listen and understand.*
- *Skipping to #5, discuss what next step you are willing to take to begin walking in peace together. Again, don't get frustrated with each other's responses. Just listen to the other person. It may help to repeat back what the other person said.*
- *When you are finished working through these pages together, simply pray for God to help you walk in peace together."*

Tell participants they may want to spread out in the main meeting room so they can have some space to talk with each other as they discuss the points in this session. Let them know if they feel "stuck" at any time during this breakout session to slip up their hand and someone from the ministry team will come over to encourage them and pray for them. When they are finished they can take their break.

[Note: Make sure ministry team leaders are aware that they may be called on for prayer and encouragement during this breakout session.]

WALKING IN GRACE VIDEO SESSION

(1 leader needed - Print and give to Breakout Leader)

BEFORE PLAYING THE WALKING IN GRACE VIDEO

Instruct participants to turn to page 15 for note taking as they watch this video.

AFTER PLAYING THE WALKING IN GRACE VIDEO

Again EVERYONE will stay together for this breakout session. At the prompt, begin discussion.

ADULTS + YOUTH BREAKOUT DISCUSSION

For this session, only 1 leader is needed unless you prefer to co-lead this discussion with the Adult Breakout leader and Youth Breakout leader together. **Your goal is to walk participants through each step on pages 16-19 helping them learn how to live in a way that pleases God as they seek to walk together in grace.**

Say: *“At this time, we want to put walking together into practice using the things you have learned today. As Christians, we need to live a lifestyle of walking together in grace when we have hurt each other or there is a conflict between us. God’s way of doing this is by confessing our sin to each other, repenting of it, receiving God’s forgiveness because of Jesus’ payment on the cross, and finally, extending and receiving forgiveness for specific sins committed against each other.”*

Say: *“Turn to page 16 in your workbook. Let’s spend some time taking our hearts before God asking Him to search them regarding walking in fear, anger, or perfection with each other. Pray Psalm 139:23 silently to Him. It’s listed for you on page 16.”*

[Give them a minute to read Psalm 139 and pray through it.]

Say: *“Next, list the sins you have committed against your mom or daughter, as well as the reason you have been walking this way, under #1 on page 16.”*

Ask: *“Is it because of your fear, anger or perfection?”*

[Give them 1-2 minutes to write.]

Say: *“Let’s look at #2 on the bottom of page 16. When you have sinned against your mom/daughter, it is important that you express godly sorrow over your sin against her, not just be ‘sorry.’ 2 Corinthians 7:10 says, “Godly sorrow brings repentance that leads to salvation and leaves no regret, but worldly sorrow brings death.”*

Say: *“Turning to page 17. Looking at #3, take time to pray to God confessing your sinful heart of fear, anger or perfection in your relationship with your mom or daughter. 1 John 1:9 says, ‘If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.’ The definition of confession is listed there for you. If you prefer, write your prayer in the space on page 17. I’ll give you a moment to do this.”*

[Give them enough time to write a prayer in their workbooks if they so choose.]

Say: "Looking at #4 on page 17, we are to repent before God of our sins."

Read the definition of repentance aloud as they follow along.

Ask: "Do you have a desire to turn your heart and mind from self to God in the area of how you have been walking with your mom or daughter? If so, we need to consider what repentance looks like when it is lived out."

Say: "Turn to page 18. The Bible tells us in Matthew 3:8 to produce the fruit of repentance."

Read the definition of producing the fruit of repentance aloud as they follow along.

Say: "For #5, list some specific ways that, by God's grace and with His help, you will demonstrate repentance to your mom or daughter in your relationship. Some examples might be that you will pray for her, commit to study God's Word together, talk through your disagreements, serve her in a specific way, etc."

[Give them 2-3 minutes to write.]

Say: "Let's look at the final step, #6 on page 19. We are going to talk through all of #6 first. Then, we will give you time to work through it together."

Say: "James 5:16 says, 'Confess your sins to each other and pray for each other so that you may be healed. The earnest prayer of a righteous person has great power and produces wonderful results.' Take time to confess your sin of walking in fear, anger or perfection to each other. Notice what confession is NOT! It is not saying 'I'm sorry...', 'I didn't mean to...' or 'if you hadn't done...I wouldn't have done...'. True confession IS saying, 'I have sinned against you in this way (fill in the blank).' It may help you get started by sharing with the other person what you listed in step #1 on page 16."

"Next, talk about ways you will demonstrate your repentance to her by sharing what you wrote for step #5 on page 18."

"Then, ask your mom or daughter, 'Will you please forgive me?' Moms, you ask first. As the last step, assure her of your love for her and close in prayer together."

"Now, we want to give you some time to work through #6 together. Feel free to spread out over this room, find a spot where you can discuss walking together...better. If you get 'stuck' at any point and need someone to pray with you, please slip up your hand for one of our ministry team leaders to come to you. Make sure not to force anything on each other. If one or both of you are unwilling to forgive at this point, it means there is more heart work to be done in your relationship. Will you choose to walk in grace, not perfection? Healing Hearts has additional resources and trained leaders to help. It may also be necessary to locate a biblical counselor. Healing Hearts recommends biblicalcounseling.com or iabc.net. When you finish your time working through #6 together, we ask that you settle back in your seats and then we'll share in a closing worship song and prayer together." **[Close in song, prayer and announcements.]**

[Note: Job well done! Thank you for using Walking Together to minister to your group.]

OPTIONAL ICEBREAKERS FOR FRIDAY/SATURDAY RETREAT:

OPTION #1 - BALLOON WAR

Supplies: packets of balloons - a variety of packets, but each packet containing the same color

Divide your group into teams.

Give each of the teams a packet of balloons all one color.

Make sure each packet contains the same number of balloons.

Teams have 10 minutes to blow up as many balloons as possible.

Each team chooses one or more Poppers who get a set amount of time to destroy balloons that belong to other teams.

The team that has the most balloons remaining wins.

You can vary the number of balloons, balloon poppers, and the amount of time for blowing up balloons and popping them depending on the number of team members involved.

OPTION #2 - "ME, TOO!"

Supplies: Bundle of colored yarn at least 100ft long for each group of 8-10 people

Give each group a bundle of yarn.

Pick someone to start by sharing something about themselves like:

- My favorite food is mac n' cheese.
- I like to vacation at the beach.
- I've been skydiving.
- I am the oldest in my family.

If someone else in the group has the same experience, they shout out, "Me, too!" The first person holds on to the end of the yarn and tosses the rest of the bundle to the person who said, "Me, too!" If several people say, "Me, too!" the bundle passes to each person, who in turn grabs on to their part of the yarn and tosses the bundle to the next person until all who said "Me, too!" are holding a part of the yarn. The person who got the bundle last, then shares something new about themselves. The game keeps going like this until the yarn runs out. At the end, the whole group will end up being totally "connected."

OPTION #3 - DO NOT LAUGH!

How many people always do what they are told? This funny icebreaker game builds on this premise.

Participants stand in a line and each one places a hand on the back of the person in front of her. The last person in the line says, "Ha, Ha, He, He!"

Each person says this in turn for the whole line and the goal is for everyone to repeat the phrase without smiling or laughing – a highly unlikely outcome!

Those who smile or laugh are out and the last person remaining wins. You can also set up this fun icebreaker as a team game with a timer set and the team with the most members remaining at the end of a set time wins.

Icebreakers adapted from: <http://icebreakerideas.com/funny-icebreakers-kids-adults-teens/> and <http://www.momsniteout.com/2015/03/18/me-too-icebreaker/>