



### I. Introduction (5 minutes)

- A. Ask 3-4 people to share their answers to the question at the top of page 24 in their workbooks.
- B. If time allows, ask 3-4 people to share how continuing to use more Respect affected their Commitment focus this past week.

### II. Sharing Session (90 minutes)

#### A. Explain the purpose and format for taking notes in the class. (1 minute)

- 1. Instruct the class to open their workbooks to page 107.
- 2. Instruct them to write down what people say that you want to mention in their prayers this week.
- 3. Also, write down things people say that you might want to affirm in the Group Affirmation time later in the session.

#### B. Explain the sharing format (1 minute)

- 1. Explain the purpose and the function of the three Waiting-to-Share Chairs at the front of the room.
- 2. Explain the format for answering the four questions on the back board.
  - a. Time: 2.5 minutes.
  - b. Procedure:
    - 1. Invite volunteers to fill the Waiting-to-Share chairs.
    - 2. Urge people to move down in the chairs when the first chair becomes empty.
    - 3. Urge people to constantly refill the Waiting-to-Share chairs.
    - 4. Introduce each sharer to stand at the front in turn to share.
    - 5. Applaud after each person shares.
    - 6. The sharer returns to his or her chair in the audience.
    - 7. Return to the front to affirm each person in turn.
    - 8. Turn and introduce the next sharer.
    - 9. Return to the back to listen to each sharer.
    - 10. Request: Do not bring your workbook to the Sharing Chairs.

#### C. Explain the applause (1 minute)

- 1. Why: To say “thank you” for sharing a portion of their lives with the rest of us for our enrichment and encouragement
- 2. When: After each person shares

#### D. Explain the time-keeping procedure (1 minute)

- 1. “Everyone has up to 2.5 minutes to answer the four questions.”
- 2. “At the 2-minute mark, the assistant waves from his or her seat to inform the sharer he has only 30 more seconds.”
- 3. “If you see the assistant wave a second time, your time is up.”
- 4. “Finish your sentence and sit down.”

#### E. Model the sharing (5 minutes)

- 1. The facilitator always shares first.
  - a. Share your heartfelt answers based on your growth this week.
  - b. You also model how to share transparently, honestly, keeping within the time limit, and answering all four questions.
  - c. The assistant does not affirm you unless both affirm people.
- 2. The assistant always shares second.
  - a. The assistant follows the facilitator guidelines in sharing.
  - b. The assistant receives an affirmation from the facilitator.



## II. Sharing Session (90 minutes, cont.)

### F. Conduct the sharing (76 minutes)

1. Introduce the first Waiting-to-Share Chair occupant within 5 seconds.
2. Go to the back of the room.
3. From the back, maintain eye contact with the sharer as he speaks.
4. Lead the group applause after each sharer finishes.
5. Return to the front.
6. Make eye contact with the sharer.
7. Affirm one thing sharer says or does within 15 seconds from the front.
8. Introduce the next sharer now sitting in the first Waiting-to-Share chair.
9. Continue this process until everyone shares.

### G. Conduct the recap and vote (5 minutes)

1. Ask each person to state his first name and a 1-5 word phrase that spotlights the way he or she described his Commitment growth.
2. An example might be, "Susan, being there means always."
3. After the last person recaps, distribute the ballots.
4. Ask each person to write the name of **the person who worked the hardest to upgrade his or her Commitment this past week.**
5. The assistant collects the ballots.
6. After dismissing the couples to the breakout area, the assistant counts the ballots, breaks any important ties, and fills in the award.

## III. Break (5 minutes)

## IV. Final Session (38 minutes)

### A. Present the award (2 minutes)

1. Present the award (2 minutes)
2. Introduce the three honorees to the group using the correct procedure.
3. Lead the applause as each one stands.
4. Ask all three to sit down together.
5. Call the name of the book recipient and begin the applause.
6. Ask the book recipient to come to the front, accept the book, and express thanks to the group for the honor.
7. Instruct the group to begin the note-writing process.

### B. Explain the next week's timeline on page 110 (1 minute)

### C. Introduce the group affirmation (12 minutes)

1. Instruct the group to scan the notes they wrote on page 107.
2. Each person then stands in turn and in 20 seconds or less, affirms one thing the selected person did or said in class.
3. The assistant calls time on each affirmation.
4. Explain the difference between an affirmation and advice:
5. Affirmation: "Thank you" for (something the person did or said).
6. Advice (which we do not want): "I encourage you to do so and so."
7. Everyone affirms someone, but not everyone receives an affirmation.
8. It is more blessed to give than to receive.
9. Begin with someone of your choosing and ask that person to affirm the person of his choice.
10. Continue the process until everyone affirms someone, or your time runs out.

**D. Conduct the closing activity (15 minutes)**

1. Everyone makes a commitment to his or her spouse that each person will accomplish by the time he/she comes to Session 8.
2. Give each couple 1 minute to select the commitment from the other's two offerings as written on page 108 of his/her workbook.
3. Explain that there is a process for making the commitments to each other with the rest of the group serving as eyewitnesses.
  - a. Stand, hold hands, and look into each other's eyes.
  - b. One of you says to the other, "Before I come to Session 8, I will . . ."
  - c. Make sure your commitment can be quantified by specific actions.
  - d. Once the first person shares his/her commitment, the spouse says "I hold you to your commitment."
  - e. Then, reverse roles.
4. Model this by standing with your spouse at the front of the room, holding hands, and making your commitments to each other before calling on any couple to make their commitments.
5. Since everyone should be ready to make their commitments, start on the first row and call each couple in turn to stand and make their commitments to each other.
  - a. Remind them to speak loudly enough for everyone to hear them.
  - b. Encourage them not to look at page 108 while making their commitments.
6. Once the last couple makes their commitments to each other, instruct everyone to write their own commitment and the spouse's commitment in the appropriate spaces at the bottom of page 108 in their workbooks.
7. Remind them to check their commitments as soon as they get home to make sure they both heard the same commitments.

**V. Conclusion (38 minutes)**

- A. Ask 3-4 people what they learned from listening to everyone share their stories.
- B. Give a brief, encouraging Pep Talk.
- C. Get the couples to re-commit to complete the growth opportunities every day, be on time next week and sign their commitments on the Growth Opportunity Timeline for Session 3 Sheet.
- D. Close with a prayer.

**CLASS PREPARATION CHECKLIST:**

- A. Listen to "Facilitator Skills" and "Session 3" messages on the Facilitator audio messages.
- B. Bring your Bible to the session
- C. Pray for each couple by name; pray for God to use you
- D. Prepare the nametags
- E. Bring an award book or card
- F. Bring extra pens
- G. Bring ballots
- H. Make sure the refreshments are coming.

**CLASSROOM SET-UP CHECKLIST:**

- A. Arrange room furniture for classroom set-up.
- B. Eliminate outside viewing of the classroom.
- C. Put "Do Not Enter" signs on all doors to the classroom.
- D. Write the sharing session questions on the board (see page 106 in the student handbook).