



### I. Introduction (5 minutes)

- A. Ask 3-4 people to share their answers to the question at the top of page 126 in their workbooks.
- B. If time allows, ask 3-4 people to share the most helpful thing they read about or experienced regarding Support.

### 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 143.
2. Write down what people say that you want to pray about.
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. Go to the three Waiting-to-Share Chairs at the front.
2. Remember that you have only 2.5 minutes to answer the four questions.
3. The assistant gives a 2-minute wave and a final wave at 2.5 minutes.
4. Please do not bring your workbook to the front.

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

1. The facilitator always shares first.
  - a. Share your heartfelt answers based on your growth this week.
  - b. Model how to share transparently and honestly while answering all four questions within the time limit.
  - 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.

#### D. Conduct the sharing (75 minutes)

1. Introduce the first Waiting-to-Share Chair occupant within 5 seconds.
2. From the back, maintain eye contact with each sharer.
3. Lead the group applause after each sharer finishes.
4. From the front, affirm one thing each sharer says or does within 15 seconds.
5. Introduce the next sharer now sitting in the first Waiting-to-Share chair.
6. Continue this process until everyone shares.

#### E. 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 (15 minutes)



#### IV. Final Session (38 minutes)

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

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

##### B. Explain the next week's timeline on page 144 (1 minute)

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

1. Direct people to scan the notes they wrote on page 143 and select one person to affirm when called upon.
2. Explain that each person stands in turn, and in 15 seconds or less, affirms one thing that the selected person did or said.
3. At the 20-second mark, the assistant calls time, and the affirmation stops immediately.
4. Explain the difference between an affirmation (which we want) and telling the person how to improve something (which we do not want).
  - a. Affirmation: "Thank you" for something the person said or did.
  - b. Advice (what we do not want): "I encourage you to do so and so."
5. Begin with anyone and ask that person to affirm someone.
6. Just remember that it is more blessed to give than to receive.

##### D. Conduct the closing activity (20 minutes)

1. Instruct everyone to turn to page 140 and silently read how he or she finished the sentence near the bottom of the page.
2. When you call on each person in turn, he or she will walk to the front.
3. Say the following to each person while standing at the front:
  - a. "Your children gather sometime in the future to remember your lives." (If you have no children yet, imagine a time when you do. If you choose not to have children or cannot have children, imagine other family and friends gathering.)
  - b. How would you want them to finish this sentence?
  - c. "Mom and Dad's (or Uncle Charlie and Aunt Suzy's) marriage was a powerful example of \_\_\_\_\_."
4. Each person will then have 1 minute to share his or her marital dream and be affirmed by the group.
  - a. Instruct each person to answer in 15 seconds or less.
  - b. In whatever time is left of the minute, the group will give the person their verbal support for their marital dream.
5. Encouraging affirmations might include:
  - a. "You have the passion (or courage, conviction, determination, etc.) to make this happen."
  - b. "You are already well on your way to making this legacy a reality."
6. Quickly move to the next person and repeat this procedure.

#### V. Conclusion (5 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 them to re-commit to:

1. Completing the growth opportunities every day as assigned.
2. Being on time, if not early, next week.
3. Signing their commitments on the Timeline for Session 5 Sheet.

##### D. Close with a prayer.

**CLASS PREPARATION CHECKLIST:**

- A. Listen to “Facilitator Skills” and “Session 4” messages on the Facilitator audio message.**
- B. Pray for each couple by name; pray for God to use you**
- C. Prepare the nametags**
- D. Bring an award**
- E. Bring extra pens**
- F. Bring a box of facial tissue**
- 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 142 in the student handbook).**