



MOOD MASTERY FOR CHRISTIAN FELLOWSHIPS FACILITATOR GUIDE

WEEK 1A INTRODUCTION

7:00-7:00 WELCOME

We're so happy to have you here at Mood Mastery.

I'm _____ and I'll be your lead facilitator. This is _____ who will be the co-facilitator for this session. We will tell you a bit about ourselves shortly.

Explain (if applicable) why have more than one facilitator (training and/or back up).

A few housekeeping notes:

- Just a reminder of how things will proceed: Each evening we will go through two modules; split in the middle (roughly around 8 pm) by a short break.
- Please turn your phones off

Each week, before we get into the session material, we'll start off with a short devotional, read a few verses from Scripture, and spend a couple of minutes reviewing how they apply to what we'll be covering that evening, and then pray.

To start us off this first week, let's read 1 Cor 3:11

(If you'd like, ask someone to read the Bible verse(s). It may be helpful to pre-arrange this)
1 Cor 3:11 For no other foundation can anyone lay than that which is laid, which is Jesus Christ.

We certainly want to keep this in mind as we work through the materials covered here. We encourage everyone to be in the Word every day – depending where you're at, your level of symptoms, it might just be reading one verse. But growing in your faith, abiding in Christ, is the foundation of true healing.

The premise the MM program runs on is that the core of everything in our lives is a strong relationship with Jesus. Out of that comes being secure in your identity as a child of God, knowing you're chosen, adopted, accepted, and holy and without blame. The scriptures tell us that when we are in Christ there's no judgment or condemnation. There's also the wonderful power of the Holy Spirit, who indwells us once we've accepted Christ. The Holy Spirit can comfort, lead us into truth, convict us, comfort us, and empower and strengthen us – just to name a few things. So growing closer to the Lord, learning about His great love is a key.

Let's pray: *Heavenly Father, we thank you for each person is here, and the opportunity you've provided us. May Your Spirit be with us tonight, enabling us to be open and ready to learn. As we discover new principles, help us in applying them. Be with anyone who might be a little nervous about being in a group. Help us be respectful and supportive of one another.*

In Jesus' name, Amen.

7:05-7:10 FACILITATOR INTRO'S

Each facilitator gives a brief introduction of themselves.

Magda Czegledi: (example)

I'm your lead facilitator. I've gone through an extremely severe depression – so severe I had to give up my work as a family doctor. For four years my struggle was so bad I was in and out of hospital, I received seven courses of shock treatments. Basically tried all the conventional medical treatments: meds / medication combinations/ last resort shock treatments) nothing kept me stable. It took discovering that I had really severe memory loss to get me to realize I needed to do something different. The first different thing I did was starting to attend church again. I became a born-again believer, and from there God led me, supernaturally naturally, bringing people into my life who shared with me the various tools and strategies that we'll be sharing with you here.

After being stable for several years, I decided to try going off medication, a very gradual process under the supervision of my family doctor – but now I've been off antidepressants for about 13 years. I started volunteering in mental health, leading support groups. After moving to Calgary in 2011 I felt led to put together a workshop to share what I'd learned. You can read more details on that and how the Vibrant Life Ministry started in the introduction pages you were sent.

Co-facilitator introduction: _____

In just a couple of minutes, we'll also have the opportunity of getting to know a little more about you. But before we do that, I wanted to check in about the group guidelines. I'm hoping everyone had a chance to review the group guidelines sent to you by email. You'll find them on page 6 of your PM.

(Pause)

Why do we bother with group guidelines?

If people are slow in replying, perhaps prompt with one of the following: About creating safe, comfortable atmosphere, so people can feel OK sharing.

is there anything you think should be added to the 7 points you were sent? This is your group, so we can tailor it as we need to. (Pause; if anyone mentions something write it down and keep it as an addendum to refer to during the 10 weeks)

Great! We really want this to be a place where you can discuss and get engaged with the material – because the more you share with each other, and the more involved you are, the better you will learn and retain information!

7:10 – 7:35 ICEBREAKER QUESTIONS

For this exercise you're going to be partnered with someone else in the group.

You'll be asking each other the three Icebreaker questions you can find at the top of page 8 in the Participant Manual (PM). When you come back into the main session, each of you will be sharing your partners answers with the group. (Note: it's preferable to say "share your partners answers" rather than "introduce your partner")

So hint: you may want to jot down some points of what your partner says. That's perfectly fine. To recap, here is what it'll look like: You get into the breakout room, then Person A asks each of the three questions from Person B. Then you will switch. Count on about 3 minutes per person. We'll let you know when your time is about halfway through, to remind you it's time to switch. After about 3 minutes (perhaps set the timer on your phone), send message that time is about half up, encourage them to switch – if they haven't gotten through everything, say it's OK. Back with large group:

Who would like to go first, and share their partner's answers?

After the person has shared about their partner, ask the partner
"Is there anything you'd like to add?"

Go around until everyone has been introduced.

7:35 – 7:50 PHYSICAL VERSUS SPIRITUAL DEPRESSION (VIDEO)

As was already mentioned, In MM we believe that addressing faith and growing in Christ is a key part of healing. What we'll be discussing here is summarized in the section of your manual with the subheading PHYSICAL VERSUS SPIRITUAL DEPRESSION. We're going to watch a video from Magda as she summarizes this section.

After the video is watched, try first to ask an open-ended question, like
Would anyone like to share their thoughts or a comment?

Wait through a little while of silence, most times someone will speak. This can feel really uncomfortable as a facilitator, but it's important not to go to specific questions too quickly. If no one says anything ask:

What could be the negative consequences of either one of the extreme perspectives – that mental health challenges are either all spiritual in nature or all biological (that is, due to a chemical imbalance)?

After discussion, summarize the points that have been mentioned, thank everyone for their comments. Then add:

We're not here to replace medical care, psychotherapy or spiritual counselling. We're trying to fill a gap – particularly in supporting healthy lifestyle and applying Biblical thinking and principles to daily life.

Main Point: Recovery tends to be best when both the spiritual and the physiological components are addressed together.

7:50 – 8:00 ASSESSING YOURSELF AND MEASURING PROGRESS

Ask a participant to read the first paragraph under the subtitle ASSESSING WHERE YOU ARE AND MEASURING PROGRESS on page 9 of the Participant Manual.

Then, show the Depression Scale and Anxiety Scale sheets to the group, and give a brief explanation on how to fill it out. Give participants a few minutes to fill out the baseline sheets. Before announcing break

Finally, I wanted to mention the books I use most often as resources. These are not mandatory reading – they're optional.

The Depression Cure – great details on six of the lifestyle strategies we cover.

ReSet (for men) and ReFresh (for women) – are great books that give a great overview, from a Christian perspective. It deals very well with the spiritual aspect of depression.

8:00 – 8:10 BREAK