



Lesson Outline- | 05/29/2022| "5-W Therapy"

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OUTLINE

Scripture Texts

Romans 8: 1,2, 5, 12, 14, 15, 16

Definitions

Psychotherapy = derives from the Greek word

Psyche – (Breath Spirit; Soul)

Thearpia- Healing

****When put together it translates into "soul-healing" ****

I. Denial = It's okay to not be okay

Rom 8: 1 & 2

II. Begin to shift

Rom 8: 5, 12

Lamentations 3:22-23

Ecc 3:1-14



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III. The 5-W’s

Rom 8:15-16

w- Rom 15:13

w-Psalm 139

w-Matt 6:33

w-Rom 8 : 28

w- Isa 40 : 31

Questions to Consider

1. What “soul healing” will you do this week?
2. What shift do you need to do in your life today? "
3. Discuss why it is okay to not be okay
4. Have you cried out to “Abba”? Will you allow him to be your refuge?
5. Talk about "faith" and how this will hinder your growth.
6. Which of the 5 W’s stood out to you and why?
6. What is your expectation of the Holy Spirit - and what is the Holy Spirit's expectation of you?