



LESSON PLAN IDEAS

Pass out a devotional or two from Rest Ministries website (you are allowed to photocopy them, just keep the author/copyright information on it too.) Have people read a paragraph out loud and discuss it. Have they ever felt this way? How did they cope with these feelings? Would they have done something differently had they read this first? If they had written this, what verse would they have chosen? What do they think of the way the writer responded to the circumstances or feelings that s/he encountered.

Go through a Bible study and discuss the various subjects by chapter.

Pass a “bowl” or hat of questions. Here are a few to get you thinking:

- If you could write the front page headline of the paper tomorrow, what would it say?
- What was your favorite toy as a child and why?
- What is something that you feel your illness has prevented you from participating in that frustrates you? Take suggestions from others on related things that you may be able to participate in now.
- If you could hire a housekeeper, a cook, or a gardener, which would it be and why?
- Finish this sentence: If I could go to heaven and have God answer one question and then come back to earth, what would that question be?

Make up a list of random words to pass around. Have people share the first thing that pops into their head when they read it.

Prayer	Mystery
Frustration	Joy
Emotions	Tears
Silly	Common sense

Ask people to share 1 thing that they have learned in the last six months. What is one thing that they would like to learn in the next six months (could be a character trait, a hobby, anything!)

When needing to motivate one another, go around the room and share...

One thing that I have let my illness prevent me from doing/being/saying, etc. is _____ and from now on I am going to:

_____.

Share prayer requests. Discuss the “prayer of Jabez” in 1 Chronicles and discuss ways that God can “expand *our* territories” when we are ill.

