



Digestion—A Churning Question

Session Guide and Review Notes

Digestion—A Churning Question

5 min Welcome and Introduction

PowerPoint Presentation: Short (10-15 min.) or Long (30 min.) version

Summary: Digestion—A Churning Question

- “Functional bowel disorders” include Irritable Bowel Syndrome, constipation, diarrhea, and bloating.
- “A healthy stomach is essential to keep the precise balance of chemicals for optimal mental and physical health.” Alesandra Rain, Our Second Brain; Pointofreturn.org
- Dietary fiber reduces the risk of gastritis and aids gut bacteria and intestinal cells, reducing the risk for inflammatory bowel disease.
- The type of food eaten influences the microbiome or gut bacteria.
 - ✓ Healthy gut microbiome (bacteria) thrive on dietary fiber—vegetables, fruits, whole grains, beans & nuts.
 - ✓ Harmful gut microbiome (bacteria) thrive on sugar and fat, causing inflammation and increased risk for disease.
- “Nearly every chemical that controls the brain is also located in the stomach region. Just as the brain can upset the gut, the gut can also upset the brain.” Alesandra Rain, Our Second Brain; Pointofreturn.org
- GI tract disorders can indicate other serious conditions. Always work with your healthcare team for diagnosis and treatment strategies.

10 min Discussion Time 1: What are your thoughts?

- ✓ How does feeding your gut the right foods help your brain?
- ✓ Discuss ways to improve gut/brain health.

5 min Discussion Time 2: What is your story?

- ✓ You or someone in the group may have a “delivered story” that pertains to the session topic. Take a few minutes for you or a guest to share.

5 min Freedom Journey: Present the following thoughts for reflection prior to next discussion periods to encourage positive discussion for change.

- **Reflect:** Sleep, exercise, nutrition, and connections with others are part of God's healing plan for protection from addictions.
- **Recalculate:** Body systems work together. Emotions and everyday health habits affect gut and brain health. Balanced living is key.
- **Reframe:** Make decided positive choices today—you are not deprived—you are adding value to mental, physical, and spiritual health.
- **Remember:** Eat meals on a regular schedule. Slow down eating. Keep hydrated. Pre-plan healthy ways to manage stress.

10 min Discussion Time 3: What have you learned?

- ✓ What did you hear that deeply moved you?
- ✓ What did you learn that makes you stronger in your resolve?

Lifestyle Links: Lifestyle links for building physical, mental, emotional, and spiritual strength.

Reboot and Rebound: Daily choices build a better brain, body, and habits.

- Focus on gut health: Eat a healthy breakfast that includes whole grains, fresh fruit, and nuts.
- Go for a 10-minute walk several times each day, outside if possible.
- Create a "sleep routine." Get to bed 10-15 minutes earlier than usual. Aim for 7-8 hours' sleep.
- Check in with your accountability partner. Help someone today.

10 min Discussion Time 4: What will you do?

- ✓ What is your reason for hope today?
- ✓ Which of the **Living Free** tips are your focus right now?
- ✓ What is your first step?

5 min Group Promise, Affirmation, and Prayer to Close Session

Pray and Say: Divine power and daily practice change the brain.

- **Prayer:** "Dear God, thank you that by your power and strength, I am Living Free!"
- **Promise:** "I can do all things through Christ who strengthens me." Philippians 4:13.
- **Affirmation:** "Thank you God for my freedom journey to better physical, mental, and spiritual health!"
- **Encourage** participants to review their handout.
- **Close** with prayer.

Handout: 1. Balanced Living Tract: Digestion—A Churning Question
2. Understanding Carbs and Fats