



## **Engineered for Success**

### **Session Guide and Review Notes**

#### **Engineered for Success**

**5 min Welcome and Introduction**

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

#### **Summary: Engineered for Success**

- Katrina destroyed New Orleans in part because multiple dykes broke.
- Hurricane devastation puts a city in survival mode.
- Fixing only the dykes was not enough—a comprehensive plan for renewal, restoration, and recovery was required.
- The Bible compares the broken brain to a broken city that has lost its protective walls and is now vulnerable and defenseless. Proverbs 25:28.
  - ✓ Depression, anxiety, stress, and faulty thinking has affected multiple brain and body systems.
  - ✓ The good news is that God designed your brain and body for renewal, restoration, and recovery
  - ✓ New nerve cells are born in your brain daily and supported by healthful lifestyle choices.
  - ✓ Always work with your doctor or healthcare provider as needed for symptoms of depression, anxiety, addictions, and medical, and mood disorders. Often other conditions exist that need attention and treatment.

#### **10 min Discussion Time 1: What are your thoughts?**

- ✓ How does the story of Katrina relate to areas of life you would like to strengthen and repair?
- ✓ Discuss your reasons for hope and healing.

#### **5 min Discussion Time 2: What is your story?**

- ✓ You or someone in the group may have a “delivered story.” 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:** Consider and imagine what living with a solutions-oriented and hopeful mindset will look like in your daily life.
- **Recalculate:** God has promised to change your heart, emotions, and will to choose a better way! This is God’s recovery plan for you!
- **Reframe:** Reframing is seeing your circumstances in a new and better light. It is organizing your thoughts and actions according to truth, not untrustworthy feelings and impulses.
- **Remember:** We all need knowledge, wisdom, and power from God to move forward in every area of life—God has a purpose, plan, and power for you every day!

**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.

**Create a Lifestyle**

- Drink at least 8 glasses of water daily.
- Eat fresh fruits and vegetables every day.
- Go for a 10-minute walk at least once each day, outside if possible.
- Get to bed 10-15 minutes earlier than usual. Aim for 7-8 hours’ sleep.

**10 min Discussion Time 4: What will you do?**

- ✓ What is your reason for hope today?
- ✓ Which of the **Engineered for Success** 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 Lord for my freedom journey to better physical, mental, and spiritual health!”
- **Encourage** participants to review their handout.
- **Close** with prayer.

**Handout:** Balanced Living Tract: Freedom Keys