



Lifestyle Matters—Balanced Living Seminars

Facilitator Manual

Lifestyle Matters offers **26 Balanced Living PowerPoints** with corresponding **Balanced Living Tracts** and interactive **Balanced Living Worksheets**. Each PowerPoint can be used as a stand-alone presentation in either a short version (10-15 min) or a long version (30 minutes). The PowerPoints are editable so they can be lengthened or shortened as desired. **Balanced Living Seminars** can be customized by choosing the desired PowerPoints from the **26 Balanced Living PowerPoints**. Below are examples of three seminars from the **Balanced Living PowerPoint Series**. The **Balanced Living Facilitator's Manual** is a guide to planning and implementing the **Balanced Living** materials.

Program Contents.

Each **Lifestyle Matters—Balanced Living Seminar** contains this **Facilitator Guide** plus the following items:

- **Fully scripted, editable PowerPoint presentations in a short (10-15 min.) or long (30 min.) version.**
- Printable **Session Guides and Review Notes** for presenters and guests.
- **BONUS:** Three suggested 7-session topical seminars. (See page 2).
- Order tracts for program participants from **HopeSource.com** or **LifestyleMatters.com**.

Presentation Titles.

Alcohol: Why Not?
Change Your Mindset: Change Your Life
Chronic Pain: Roots and Remedies
Creating Connections: Why Relationships Matter
Depression: Lifestyle Keys for Beating the Blues
Digestion: A Churning Question
Engineered for Success
Exercise: It Goes to Your Head
Free on the Inside: Changing Bad Habits for Good!
Finding Peace in Your Crazy-Busy World
Health in a Hurry
Healthy Weight Helps
Hurried, Worried, and Buried
Immune Health: Your Firm Foundation
Life After Loss: Growth out of Grief

Lifestyle Links Diabetes: Hope for the Diabetic
Lifestyle Links for Healthy Blood Pressure
Mind/Body Health Connections
Quenching the Fires of Heart Disease
Super Foods that Fight Cancer
The Buzz on Beverages
The Entertainment Trap
The Vegetarian Edge
These Doctors Still Make House Calls
Up in Smoke
Who Can I Trust?

Suggested Seminar Series Names, Descriptions and Session Titles:

Series 1: Engineered for Success

Beat the Blues. Live Free. Take Your Life Back.

When it comes to building a better brain, better habits, and a better life—**Lifestyle Matters!** Discover powerful, practical, personal tools that can help you develop healthy habits, beat the blues, tame stress, and improve energy. In this exciting and powerful **7-session series** we will help you discover and apply easy steps for improving physical, mental, and spiritual health. When it comes to building a better brain, better habits, and a better life—**Lifestyle Matters!** Session titles are:

Session 1: Engineered for Success

Session 2: Depression: Lifestyle Keys for Beating the Blues

Session 3: These Doctors Make House Calls

Session 4: Change Your Mindset—Change Your Life

Session 5: Exercise—It Goes to Your Head

Session 6: Creating Connections—Why Relationships Matter

Session 7: Who Can I Trust?

Series 2: Living Free

Finding Freedom from Habits that Hurt

What does it take to heal a brain ravaged by stress, broken by bad habits and negative thinking, and the assault of spiritual and environmental forces? Discover powerful tools for renewal, restoration, and recovery in a world full of crises and confusion. Participants will discover practical keys for beating addictions, overcoming chronic negativity, and building brain health through nutrition and lifestyle. When it comes to building a better brain, better habits, and a better life—**Lifestyle Matters!** You won't want to miss any of this dynamic, life-changing **7-session series!** Session titles are:

Session 1: Free on the Inside: Changing Bad Habits for Good!

Session 2: Digestion—A Churning Question (brain-gut)

Session 3: Mind/Body Health Connections

Session 4: Alcohol—Why Not? or Up in Smoke (choose one or add a session)

Session 5: Buzz on Beverages

Session 6: Immune Health—Your Firm Foundation

Session 7: Entertainment Trap

Series 3: Better Health in Your Crazy-busy World

Stress Solutions. Beat Chronic Lifestyle Diseases.

Are you hurried, worried, and buried in your daily life? Does your whole life feel like an emergency? Crammed, hectic schedules don't seem to leave much time for important priorities. In this exciting, practical **7-session** series you will learn how to prioritize your busy life, reduce major lifestyle diseases, and build positive emotional attitudes.

Includes: achieving and maintaining your healthy weight while reducing risk for heart disease, high blood pressure, and diabetes. When it comes to building a better brain, better habits, and a better life—**Lifestyle Matters!** Session titles are:

Session 1: Hurried, Worried, and Buried

Session 2: Health—in a Hurry!

Session 3: Healthy Weight Helps

Session 4: Quenching the Fires of Heart Disease

Session 5: Lifestyle Links Diabetes: Hope for the Diabetic

Session 6: Super Foods that Fight Cancer

Session 7: Finding Peace in Your Crazy-busy World

General Program Information for all Seminars.

Each **Lifestyle Matters—Balanced Living Seminar** is a seven-session lifestyle program designed to help individuals build better brain and body health to fight depression and anxiety, and develop stress protective lifestyle strategies. It combines **educational, inspirational, and motivational** elements along with a positive lifestyle approach to detoxifying, rebuilding, and sustaining a healthy progression to better mental, physical, and spiritual health.

- **Each seminar** uses a **mind-body-spirit** approach to healing that is **biblically based** in all its components.
- **Each seminar** can be used in a group setting or individually as a one-on-one program.
- **Each seminar** is designed to be **purposeful, practical, and highly personal**.

Personal support and interaction are major predictors of success. With that in mind, every session is punctuated with critically important short segments of guided, encouraging coaching, interaction, and discussion.

- For this reason, **you and your team are the most important part of the program**. The ideal is for each guest to have an appointed friend or support person that will pray for the guest each day and make appropriate personal contacts during and after the program. Be sensitive to the needs of each guest, not all guests will want contacts.
- The **Lifestyle Matters—Balanced Living Seminars** do not take the place of necessary medical or psychological care. Those who need additional support are encouraged to connect with their healthcare providers.

Program Session Format—Approximately 1.5 - 2 hours

Each of the 7 sessions has a **Session Guide and Review Notes handout**. The **Session Guides** provide convenient summary points, discussion questions, and tips for both speaker and guests to follow each session.

1. **Welcome (5 min)**. Each program begins with a brief, warm **welcome**.
2. **PowerPoint Presentation**. Present either the short (10-15 min.) or long (30 min.) version of the session's scripted PowerPoint.
3. **Discussion (10 min)**. **Discussion Time 1: What are your thoughts?** The discussion questions for each discussion time are in **the Session Guide and Review Notes**.
 - **Discussion Times** can be facilitated for the entire group, in smaller break-outs, or one-on-one.
 - Each of the **Discussion Times** has a distinctive purpose, and allows guests to discuss and personalize the presented information.
 - Interactive discussion times also give guests an opportunity to process, repeat, and internalize the information, principles, and ideas they have just heard.
 - They also give participants an opportunity to become better acquainted, share experiences, exchange ideas, make commitments, receive support and encouragement, and form friendships
4. **Discussion (5 min)**. **Discussion Time 2: What is your story?** This short testimony time gives you or a guest an opportunity to share a brief testimony of hope, healing, and restoration.
5. **Journey to Freedom (5 min)**. This short synopsis is for presenters to introduce principles that guide discussions in building mental and spiritual strategies for change.
6. **Discussion (10 min)**. **Discussion Time 3: What have you learned?** See item number 3 note.
7. **Lifestyle Links**: Lifestyle links are briefly summarized to help participants take progressive steps to move forward in healthy lifestyle choices.
8. **Discussion (10 min)**. **Discussion Time 4: What will you do?**
See item number 3 note.
9. **Close (5 min)**. The program closes with group affirmation and prayer.
 - End on a strong positive note. It takes hard work to move forward and learn new habits. Encourage them to stay with it and even bring a friend.

- Make sure everyone has their session guides and handouts, and encourage them to read them.
- Make sure each guest who is willing has a friend or support person who will make personal daily contact with them regularly according to mutually agreed terms. This can include phone calls, texting, Facebook, or other means.
- Announce the time and place of the next meeting.
- Make sure each guest experiences a warm farewell and handshake.

Program Principles.

The roots of habits, mood, and addiction are deep and tangled, and they evolve over time. What may start as a curiosity can become a conditioned response, then a compulsion, then a heavy chain that isolates and destroys life and health at every level.

God created us for joy, freedom, and growth. His plan is to heal broken connections—in the brain, with each other, in lifestyle, and most importantly, with God. He created us to need a relationship with Him and others. Attempting to replace this real need with something else is like trying to use an outdated GPS to get to a new destination.

God wants to renew our minds and carve new brain maps (**2 Corinthians 5:17**). God's plan is to fill us with new thoughts and desires, a deeper capacity to give and receive love, and new habits of living. Spiritual **renewal**, physical **recovery**, and mental and emotional **restoration** are all part of the process which takes place over time.

Overcoming negative habits of thinking and acting is not just about stopping. It's about filling. A life filled with healthful lifestyle choices, truth-filled thinking, supportive surroundings and people, and a deeper walk with God. Adapted from **Living Free: Finding Freedom from Habits that Hurt**.**

God alone knows the hidden chapters of a person's life that lead to brokenness, dysfunction, and spiritual poverty. That is why "Christ's method alone will give true success in reaching the people. The Savior mingled with men as one who desired their good. He showed His sympathy for them, ministered to their needs, and won their confidence. Then He bade them, 'Follow Me.'" **The Ministry of Healing, 143.**

"If they fall once, twice, or thrice, censure not. Already discouragement is doing its work and tempting them to say, 'It is of no use—I cannot do it.'" This is not the time for censure. The will is becoming weakened. It needs the spur of encouraging, cheerful, hopeful words, as 'Never mind the mistakes you have made. You are but a learner and must expect to make blunders. Try again. Put your mind on what you are doing. Be very careful, and you will certainly succeed.'" **1 T 684.**

** We recommend that you make the books **Living Free: Finding Freedom from Habits that Hurt; Simple Solutions—Lifestyle Links to Better Health; and Foods for Thought—Nutrition's Link to Mood, Memory, Learning, and Behavior** available for participants to purchase at your sessions. Bulk sets of 5 books are available at a wholesale price. These books can also be a valuable part of your personal preparation for teaching the **Lifestyle Matters—Balanced Living Seminars**. Call 866-624-5433.

Staffing the Program.

When conducting a **Lifestyle Matters—Balanced Living Seminar** in a group setting, there will be key roles to fulfill. Individuals often fill more than one role at an outreach event of this type:

- **Organizer.** The program organizer coordinates the program location, dates, time, and staff. The organizer may want to form a small committee to delegate such things as recruiting helpers, advertising, registration, greeters, refreshments, decorations, media needs for presentations, supplies, and handouts. (For more information visit HopeSource.com for Madlyn Hamblin's "Health Outreach Seminar Helps" booklet)
- **Leader.** The program leader is your "Master of Ceremonies," your up-front person who opens the evening, creates a congenial atmosphere, keeps the program flowing from segment to segment, and closes the event.
- **Presenter.** The presenter will become familiar with the power point and present with enthusiasm, personal insight, compassion, balance, and encouragement.
- **Facilitator.** Facilitators lead out in table or group discussions and guide the conversations during sharing and interactive portions of the program.
- **Friend.** Friends provide individualized support. Friends arrive early to the session to greet the guest when they arrive, sit with them during the program, encourage them as they leave the session, make daily contacts at agreed upon times and methods (text, phone, Facebook, etc.), and provide intercessory prayer throughout the day. Keep contacts brief. Friends may also assist in program setup and materials distribution.

Personal Preparation.

"The Saviour's example is to be the standard of our service for the tempted and the erring. The same interest and tenderness and long-suffering that He has manifested toward us, we are to manifest toward others...As we see men and women in need of sympathy and help, we shall not ask, 'Are they worthy?' but 'How can I benefit them?'...Every soul, however degraded by sin, is in God's sight accounted precious." Ministry of Healing, pp. 162-3.

You are the most important part of this program

- Commit yourself to **prayer** and expect personal growth and blessings in this ministry.
- **Suggested reading 1: Ministry of Healing**, the chapters entitled: Helping the Tempted, pp.161-169 and Working for the Intemperate, pp.171-182.
- **Suggested reading 2: Living Free: Finding Freedom from Habits that Hurt.** See note at the bottom page of **Program Principles**.**
- Plan to extend **friendship and prayer, and make daily contacts** as appropriate. This is essential for a successful program.
- **Your ongoing support is a very important part** of long-term success.

Program Readiness

1. Review the program.

- Go through the entire program by reviewing the **scripted PowerPoints**. If you plan to present the short version, you will also want to review the information in

the long version for more information on the topic.

- Familiarize yourself with the **Session Guides and Review Notes**, handouts, and tracts.
- Plan to commit at least 30-45 minutes to prepare for **each** session, which includes PowerPoint, the **Session Guides** and Balanced Living Tract handouts.

2. Prepare for each session.

- Review the **scripted PowerPoints**, long and short versions.
- Read the **Session Guide and Review Notes**, handouts, and tract(s).
- Order **Balanced Living Tracts** from HopeSource.com or LifestyleMatters.com
- **Get with your team** before each session to pray and review the purpose and program details of that session.
- Get acquainted with the material in this **Facilitator Guide** for the series.
- Devote time to **prayer**.
- **Come to all the meetings**. It is important for continuity and consistency that you and your team attend every meeting.

Importance of Helpers During the Program.

- **Develop trust** by showing up at each class
- **Encourage and provide support** by making regular contacts with each guest according to mutually agreed terms.
- Keep the conversation focused on the guest by showing an interest and asking questions. Be prepared to **share your own experiences**, but be careful to be brief and focus on the supportive point of the story.
- **Bonding in three ways** is important to success. Bonding is forming a positive connection:
 - ✓ With **you** through friendship, support, and accountability. Everyone needs to feel that someone believes in them.
 - ✓ With the **location**, through a sense of safety and associating the site as a place of peace, healing, and recovery.
 - ✓ With **God**, learning how to tap into His power, promises, and plan.

1. Introduction of Helpers.

During your training time with helpers and at the opening program, invite each person who is helping to introduce themselves and why they have chosen to be a part of the **Lifestyle Matters—Balanced Living Seminar**.

2. Dealing with Growth and Relapse.

- Growth has its ups and downs. People experience relapse in the process of forming new habits of thinking and living. This can be viewed as a learning experience and stepping stones for an even stronger path in daily living. Teach them to ask themselves, “What did I learn?” “How can I move forward?”
- “If they fall once, twice, or thrice, censure not. Already discouragement is doing its work and tempting them to say, ‘It is of no use—I cannot do it.’ This is not the time for censure. The will is becoming weakened. It needs the spur of encouraging, cheerful, hopeful words, as ‘Never mind the mistakes you have made. You are but a learner and must expect to make blunders. Try again. Put

your mind on what you are doing. Be very careful, and you will certainly succeed.” 1 T 684.

- Be patient and encouraging. Listen and ask questions when talking with participants about relapse:
 - ✓ What are your reasons to move forward?
 - ✓ What did you learn from your relapse that will help you gain success?
 - ✓ What is your first step to get back on track?
- **Encourage additional support with a health care provider as needed.**

3. Keep in touch with your new friends.

Lasting friendships can be made through personal contact during this program. More importantly, “Christian motives demand that we work with a steady purpose, an undying interest, an ever-increasing importunity, for the souls whom Satan is seeking to destroy. Nothing is to chill the earnest, yearning energy for the salvation of the lost.” Ministry of Healing, p. 164. Many will advance step-by-step to receive the special truths for this time. What a deliverance! What salvation! That is what **Lifestyle Matters—Balanced Living Seminars** are really all about! With these truths in mind:

- Pray for your friend.
- Call, text, or stay connected for support as agreed by both parties.
- Be patient and encouraging without pressure or lectures.
- Jesus “met them all with pitying tenderness...meet them in such a way as not to discourage or repel them, but to awaken hope in their hearts. As they are thus encouraged, they can say with confidence, ‘Rejoice not against me, O mine enemy: when I fall, I shall arise; when I sit in darkness, the Lord shall be a light unto me’...‘He will bring me forth to the light, and I shall behold His righteousness.’ Micah 7:8-9.” Ministry of Healing, p. 166.

4. Create Positive Encounters. Focus on Asking Questions.

The decision to attend a **Lifestyle Matters—Balanced Living Seminar** is an individual one. It is not helpful to pressure or give unwanted advice. The support and encouragement given by you is extremely important. Don’t add pressure to yourself or your friend by making yourself responsible for their decisions. Be a good listener and learn to ask questions. Here are some examples:

- Why did you choose to attend this program?
- What successes have you experienced in the past that will help you now?
- What success have you seen today in your journey to freedom?
- What friends/family will support you?
- What have you learned that has made you stronger?
- What lifestyle choices can help you in your journey?
- What is your next step?
- Encourage additional support with a health care provider as appropriate.

May the Lord bless your Lifestyle Matters ministry!