



Engineered for Success

Session Guide and Review Notes

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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