

After the Boxes are Unpacked

Facilitator Guide Contents

Letter of Introduction from Susan Miller

How to Start an *After the Boxes Are Unpacked* study

Part I LET GO

- Session 1 Your Journey After a Move (**Text chapter 1*)
- Session 2 Looking Back (*Text chapter 2*)
Cherish or Cling? (*Text chapter 3*)
- Session 3 The Stress of Moving (*Text chapter 4*)
A Ding or a Nick? (*Text chapter 5*)
- Session 4 Have Suitcase, Will Move (*Text chapter 6*)
Remove Your Luggage Tags! (*Text chapter 7*)

Part II START OVER

- Session 5 Create a New Nest (*Text chapter 8*)
- Session 6 Bloom Where You Are! (*Text chapter 9*)
- Session 7 A Place in Your Heart Called Loneliness (*Text chapter 10*)
Nobody Knows My Name (*Text chapter 11*)
- Session 8 Have I Told You Lately That I Love You? (*Text chapter 12*)
- Session 9 Roots and Wings (*Text chapter 13*)
Borrow An Egg (*Text chapter 14*)

Part III MOVE FORWARD

- Session 10 Come Full Circle After a Move (*Text chapter 15*)
- Session 11 Back in The Saddle Again! (*Text chapter 16*)
- Session 12 A Move in The Right Direction (*Text chapter 17*)

SESSION 1

Chapter 1

YOUR JOURNEY AFTER A MOVE

Part I:

LET GO

and trust

Includes sessions 1-4

OVERVIEW

It can be very helpful to share the objectives for this session with the women in attendance.

- To feel our unconditional love, warmth and acceptance.
- To reassure each woman that God cares about every aspect of her move.
- To give her hope and encouragement during this time of transition.
- To help her understand the need and the purpose of the three-steps we will take you through for your transition and adjustment: Let Go, Start Over, Move Forward
- To give the scriptural foundation and purpose for the study.
(Ephesians 3:17-19)
- To create credibility with newcomers through your own moving experience and/or use the suitcase props to identify the emotions in moving.

Share statistics (In Introduction of *After the Boxes are Unpacked*, p.xvii).

PREPARATION

- Review chapter one in *After the Boxes are Unpacked*. Make notes and outline the important P's and Q's (principles, points, and questions) that you want to add in the margins of this Guide.
- Pray for the women God brings to this group. Pray that He will minister to each of them as they begin to Let Go, Start Over, Move Forward and find victory in Him!

Set-up

- √ See "Prepare the Room" (p.3).
- √ Optional: You might consider using a theme color for name tags, folders, etc.

Optional Handouts

- √ The scripture card.
- √ A blank luggage tag for each person.

Scripture for reflection: "For in Him we live and move and exist." Acts 17:28

COFFEE/FELLOWSHIP SUGGESTIONS

Have a table at the door with a guest book and name tags. Make sure a greeter is at the door.

WELCOME

Introduce your team.

Announcements.

Have the women introduce themselves, tell where they're from, how long they've lived here, and one word to describe how they feel about their move.

VIDEO PRESENTATION

Open with prayer.

Show Session 1.

Encourage the women to follow along in their Newcomer Study Guide. There are spaces provided for them to take notes and blanks to fill in from the teaching.

CLOSE WITH PRAYER

Lord, walk with us on this journey as we choose to let go, start over, and move forward with our lives. Mend us, mold us, and mature us, as we move closer to You.

DO THIS

- Pass out a blank luggage tag to each woman and have her write on it a feeling, an emotion, or a burden on her heart that she is struggling with since her move. Explain how she should pray about the "luggage tag" she is wearing that is keeping her from moving forward. It should be kept in her Bible or notebook. When God has released the "luggage tag" and she is ready to remove it, she should return it and share with the group what God has done! A reminder of this is in her workbook.
- Give each woman the week's scripture card (Acts 17:28) that you've prepared in advance. Remember it would be nice to keep the weekly Bible verses together with a key ring.
- Explain the value of being able to remember scripture in a time of need.
- Read the Bible verse aloud. God gives hope and encouragement that you can make it!

SMALL GROUP DISCUSSION AND PRAYER

(Suggestion: If you have more than twelve women in your study, break into small groups and assign a facilitator to lead each group.)

Questions to get the conversation started:

- Are you struggling with letting go, starting over, or moving forward?
- What emotions are being stirred up by your move?

Remember, this is a time to support, encourage, and pray for one another. Set an example by writing down the prayer requests each week as a reminder for you to pray. Encourage the women to write down requests on the Prayer Request pages provided in their study guides. This is a great way to look back and see answered prayer!

Reminder: Have women bring a “show and tell” for next week’s session. Something they cherish from the home they left behind—picture, letter, card, keepsake, gift. A reminder to do this is in their workbook.

Make sure you and/or your team are at the door to tell everyone good-bye! Make each woman feel special by your acknowledgment of her. Never forget the power of a hug!