

The Elijah Project 2

A NEW SEASON



Small Group Materials:

- The Elijah Project 2, A New Season workbook.
- Bible.
- Egg Timers - to help give each participant time to share.
- Colored Pencils, Fine tipped markers, Papermate pastel marker pens.
- Sharpened #2 Pencils with erasers.
- Stickers Pages: stars, butterflies, birds, hearts, skulls, Prince, Princess, Dragon.
- Tissues.

For the Leader:

- This study is designed to quote C.S. Lewis: “to go further up and further in” than the first Elijah Project study did. As a leader you may want to read 1 Kings 16-21. Not all of this scripture will be explored in the study but reading the whole story will shed light as we step deeper in Jezebel’s history and understand the culture of the Kings of Israel that Elijah was speaking to. The first Elijah Project was designed to help individuals understand themselves better. The Elijah Project 2 is designed to look at your history. Depending upon the age of your group this process can feel ominous but when the facilitator leads with patience, warmth and grace it is amazing how much healing can come at any age.
- Everyone’s voice is important.
- We use egg timer during sharing time, so that each person has a chance to share. This gives introverts a chance to finish their thoughts and limit the extroverts from monopolizing the conversation.
- We always have the right to pass (No one has to answer).
- If you can set the room up in a circle or have participants sit at tables it encourages everyone to share and provides space to validate each others stories.
- The Elijah Project 2 journey is most productive when we provide a safe place for group members. Safety includes: Confidentiality (nothing is shared outside the group without expressed permission from the sharer, everyone’s opinions are valued, and we allow time for members to process). Support (if anyone expresses concerns of hurting themselves or someone else, the group leader will contact 911 for their protection). Prayer (we believe that God will guide, protect and provide throughout this journey of self-discovery).

Catching Faith 2 Movie Watching Party

Catching Faith 2 is available at Walmart, Amazon and other retailers.

Watch the Movie

Lead a Discussion: Choose one discussion starter from the Catching Faith 2 Movie Discussion Guide found in the bonus features of the movie.

Hand out Materials: The Elijah Project 2 Workbook and The Elijah Project 2, A New Season.

Homework: Read The Elijah Project 2, A New Season preface and introduction.

Pray: Read the prayer from page 10 in The Elijah Project 2, A New Season.

Lesson 1: Spring

Preparation: Provide sharpened color pencils and fine markers for group members. Tissues.

Leader's Story: This week the discussion will be about *Spring*. Think of a time when you experienced Spring in your life: dream, delight and hope because something new was beginning. Complete the picture on page 10 (Activity A) using the questions to the left of the tree as a reference.

Read: Genesis: 1:14, 2:15-18

Activity A: Encourage group members to complete page 10 and complete the *PROCESS* section on page 11.

Sharing Time: Leader begin by sharing her Spring story and encourage group members to share. Suggestion: provide the egg timers, giving each person until the sand is out or they are ready to pass. The egg timer can be used as a *wand of power* - the person with the timer has the floor.

Pray: Group members read The Serenity Prayer together from page 8.

For Next Week: Complete page 9 as part of you individual quiet time during the week. Read The Elijah Project 2, A New Season pages 11-21.

Lesson 2: Summer

Preparation: Provide sharpened color pencils and fine point markers for each group members.

Leader's Story: This week the discussion will be about *Summer*. Think of a time when you experienced Summer in your life, everything was blooming, working out and you felt in the groove. Complete the picture on page 12 using the questions to the left of the tree as a reference.

Read: Proverbs 6:6-8, Proverbs 10:5, Proverbs 74:17

Activity B: Complete page 12 and complete process section on page 13.

Sharing Time: Leader begins by sharing a time when she experienced summer in her life and encourages group members to share their pictures and stories.

Pray: Group members are encouraged to share prayer requests and pray for one another at the closing. Close by reading the Serenity Prayer together, page 8.

For Next Week: Read Deuteronomy 11:14-15. Read The Elijah Project 2, A New Season pages 23-36.

Lesson 3: Fall

Preparation: Provide sharpened color pencils and fine point markers for each group members.

Leader's Story: This week we will talk about *Fall*. Think about a time in your life when you could feel circumstance changing, the leaves are rustling, changing color and falling. Complete your tree picture on page 14 and meditate on the questions.

Read: Deuteronomy 11:14-15

Activity C: Complete the tree on page 14 and complete the process section on page 15.

Sharing Time: Leader begin the group discussion by sharing her/his picture and observations of what Fall looks like in her life.

Pray: Group members are encouraged to share prayer requests and pray for one another. Close by reading the Serenity Prayer together, page 8.

For Next Week: Read Genesis 8:21-22. Read The Elijah Project 2, A New Season pages 37-50.

Lesson 4: Winter

Preparation: Provide sharpened color pencils and fine point markers for each group members.

Leader's Story: This week we will reflect on *Winter*. Think about what winter looks like in your life. When have you experienced endings, loss and death in your life. Complete your tree picture on page 16 and reflect on the questions to the left.

Read: Genesis 8:21-22.

Activity D: Complete the tree picture on page 16 and complete the *PROCESS* section on page 17.

Sharing Time: Leader begin the group discussion by sharing her/his picture and observations of what Winter looks like in your life.

Pray: Group members are encouraged to share prayer requests and pray for one another. Close by reading the Serenity Prayer together, page 8.

For Next Week: Read Genesis 1:14-19 and Complete page 15. Read The Elijah Project, A New Season page 51-65.

Lesson 5: What Season Are You In?

Preparation: Provide colored pencils and fine tip markers available for group members who don't have time to complete their homework.

Leader's Story: This week we will reflect on what *Season* we are in. Take some time to reflect on where you are at right now. Complete page 18 and brainstorm words that describe the current state of your journey on the top of page 19.

Read: Genesis 1:14-19.

Activity E: Ask group if they had time to complete page 18. Provide 5-10 minutes for those who didn't have a chance to finish their work.

Sharing Time: Leader share his/her picture and reflections about *What Season You Are In?* Encourage each group member to share their picture, page 18, the reflections, page 19 and the process on page 20.

Pray: Group members are encouraged to share prayer requests and pray for one another. Close by reading The Serenity Prayer together, page 8.

For Next Week: Complete Activity 6 on page 17. Read [The Elijah Project 2, A New Season](#) pages 67-74

Lesson 6: Seasons of Emotion

Preparation: Provide colored pencils and fine tip markers available for group members who didn't have time to complete their homework.

Leader's Story: This week the discussion will focus on emotions. Read the scriptures on page 22 and complete activity F. Prepare to talk about how you express your emotions with others.

Activity F: Ask group members if they had a chance to complete page 21. Provide 5-10 minutes for those who didn't have a chance to finish their work.

Sharing Time: Leader share emotion leaves and reflections on the verses listed under Joy, Sadness, Fear and Anger. Consider sharing the answer to: How do your emotions affect your daily life? Encourage each group member to share page 21.

Pray: Group members are encouraged to share prayer requests and pray for one another. Close by reading the prayer on page 23.

For Next Week: Read Ecclesiastes 3:1 and Psalm 104:19. Read The Elijah Project 2, A New Season pages 75-80.

Lesson 7: My Spiritual Leaf

Preparation: Provide colored pencils and fine tipped markers.

Leader's Story: Read the top of page 24 and complete activity G. Prepare to share your spiritual seasons with the group.

Read: Ecclesiastes 3:1.

Activity G: Encourage group members to complete page 24 answering the questions under Activity G: My Spiritual Leaf.

Sharing Time: Leader share her/his spiritual journey in context of seasons. Reflect on the spiritual season you are in right now. Encourage group members to share page 24 with each other.

Pray: Group members are encouraged to share prayer requests and pray for one another. Read the prayer on the bottom of page 25 together.

For Next Week: Reflect on what your household currently looks like. Read [The Elijah Project 2, A New Season](#) pages 81-86.

Lesson 8: My Castle

Preparation: Provide colored pencils, fine tipped makers, and Kingdom Stickers.

Leader's Story: Complete Activity H and reflect on the present condition of your castle. Specifically reflect on the type of spouse/partner you are. Compare and contrast your relationship choices with those of Jezebel.

Read: Matthew 10:39 and 1 Kings 21:25-26.

Activity H: Encourage group members to answer the questions on page 26 and create a castle on page 27, using colors, words, and stickers.

Sharing Time: Leader begin by sharing her castle with highlights on “How are things are going in her household right now?”

Pray: Group members are encouraged to share prayer requests and pray for one another. Recite the prayer on page 28 together.

For Next Week: Reflect on the highlights and lowlights of your life path. Journal about 5 big milestones in your life so far. Read The Elijah Project 2, A New Season pages 87-96

Lesson 9: My Life Path

Preparation: Provide colored pencils, fine tipped markers, stickers: birds/butterflies, stars and tree.

Leader's Story: Activity I will take a little time and preparation. Make a list of the best and worst experiences on your life path. Take that list and create a path. Follow the directions on page 31.

Read: I Kings 16:29-34.

Activity I: Complete Activity I on pg 30-31. After creating your life path take a moment to add the following stickers: Bird - places where you were soaring; Tree - where you were growing; and Stars - where you need to go back and resolve something.

Sharing Time: Leader share her/his life path picture. Consider sharing insights into the unresolved spots on your journey. Invite group participants to share their path pictures.

Pray: Group members are encouraged to share prayer requests and pray for one another. Read the Serenity Prayer together, page 8.

For Next Week: Take time to do something that brings joy or laughter into your life this week. Read The Elijah Project, A New Season pages 97-106.

Lesson 10: How Seasons Affect Your Tree

Preparation: Provide colored pencils and fine tipped markers.

Leader's Story: Read the *How Seasons Affect Your Tree* description on page 34 and complete Activity J. Think about your favorite season. This activity is just fun and allows you to imagine the parts of each season that bring you joy, freedom and life.

Read: Isaiah 61:1-3

Activity J: Encourage group members to create their tree on page 34. Give the group permission to have fun, relax and enjoy.

Sharing Time: Leader share his/her favorite season tree. Encourage group members to share their picture with each other.

Pray: Group members are encouraged to share prayer requests and pray for one another. Read the prayer on the bottom of page 36 together.

For Next Week: Encourage group members to read and complete Activity K on pages 39. This may take a few days to think about and complete. Read The Elijah Project 2, A New Season pages 107-114.

Lesson 11: Season of Reflection

Preparation: Provide paper mate medium pen markers in pastel colors.

Leader's Story: This may require 2 - 3 hours of preparation time. Review and complete pages 39-40, including creating a picture of your family tree. Follow the directions on page 39, Activity K.

Read: Genesis 15:1-6 and Genesis 25:19-23.

Activity: Encourage group members to complete Activity K on pages 39-40. For those who completed this as homework direct them to complete pages 41-42 while they wait.

Sharing Time: Leader begins by sharing her mini-genogram. Encourage group members to share their observations from their own family picture. Specifically encourage members to share the family patterns they notice and when Jesus entered their family line. Use the questions from pg 42 *PROCESS* as a guide for the discussion.

Pray: Group members are encouraged to share prayer requests and pray for one another. Read the prayer on the bottom of page 42 as a group.

For Next Week: Use this week as a time to think, process and journal what you have learned in this study. Read [The Elijah Project 2, A New Season](#) pages 115-126.

Lesson 12: Bringing it All Together

Preparation: Provide colored pencils, fine tipped markers, stickers, and paper mate pens.

Leader's Story: Spend some time reflecting on The New Season journey. Complete Activity L: Bringing it all Together.

Read: *The Seasons of Life* poem on page 44.

Activity: Encourage group members to complete page 43 using the questions as a guide. Encourage creativity and offer all the art supplies from the journey to make this final picture encapsulate their entire journey.

Sharing Time: Begin by sharing the leaders picture and highlights from her journey. Invite group members to share their pictures and reflections. Incorporate *The Seasons of Life* poem into the group discussion. Reflect on the idea.... *hardship as a pathway to peace!*

Pray: Group members are encouraged to share prayer requests and pray for one another. Read The Serenity prayer together as a group one last time, page 8.

A Next Step on the Journey:

- **Re-Read:** *I Kings 16-21*
- **Share:** *Living the Elijah Project 2* as a personal or family devotion with yourself and your family each morning or evening. This is a wonderful way to reinforce all the different ideas you learned in the [Elijah Project 2, A New Season](#) study. Available on [amazon.com](#) or [andreapolnaszek.com](#)
- **Coming Soon:** [The Elijah Project 2 Kids](#) workbook.
- **Movie Updates:** www.mustardseedent.com