

Lesson Plan - Session 14 – Step 4 – Resentments

Time	Activity
0:00	<p>Opening Prayer</p> <p>Plan for the session</p> <p>Catch-up sharing</p> <p>Share Exercise S4.3 Resentments</p> <p>Assignments</p>
0:05	Catch-up sharing
0:15	<p>Share Exercise S4.3 – Resentments</p> <ul style="list-style-type: none"> <li>• Go around the circle. Ask each man to take 1-3 minutes to share 1 resentment. All 4 columns and the prayer. Each man should share one of his more important resentments. If possible, share a different relationship than already discussed, but there will likely be some repeats.</li> <li>• Comments or questions after each. How did you feel before/after writing? Before/after sharing?</li> </ul>
1:10	<p>Discuss Fears and Sexual Conduct information related to next assignments</p> <ul style="list-style-type: none"> <li>• See Leader's Notes below</li> </ul>
1:20	<p>Assignments</p> <p>Review the assignments on the Overview for the next session.</p> <p>Refine, add to Resentments exercise</p> <p>If ready at some point, begin work on Fears</p> <p>Final questions or comments</p>
1:25	Closing Prayer
1:30	Adjourn – may leave meeting open for additional discussion

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### Leader Discussion Guide

#### **Fears**

I resent others; I fear for myself

To address our fears, we face them, confront them by naming them, understanding why I have them, deciding how to combat, and finding scripture that speaks truth to the fear.

Read excerpts from the intro to Exercise S4.4:

Fear is a choice we make when we believe something negative may happen to us or our loved ones. This choice is based on us believing that we know the future and know the outcomes of unpredictable situations. Remember the acronyms – False Evidence Appearing Real or Future Events Already Realized.

In this exercise, we do not list theoretical or imaginary fears.

As with the table for Resentments, it is recommended that you complete your list of fears in Column 1 before beginning to analyze any of them in the other columns. For Columns 2 & 3, answer the question in the heading. For Column 4, do some research. Find a Bible verse that can help us see the truth and fight this fear.

#### **Sexual Conduct**

Another straightforward exercise – dig into our memories, to answer 3 questions:

- Who did I harm?
- How did I harm them?/Where was I at fault?
- What should I have done?

For the second and third point, be specific, but not graphic in detail.

This list will be helpful when we arrive at Step 8. We can refer to it to make a list of those people we have harmed – in this situation, those we harmed in a sexual context.