WHE Group

Week 1 of 10: Your Understanding of God and Relationship with Your Father

In these ten weeks, we’ll be providing an overview of the GBM Model to Whole Health. The first dimension is God. Our understanding of God and our relationship with Him, ourselves, and others plays a significant role in beginning our Whole Health Journey.

Choose a verse from the accompanying sheet that best resonates with you

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We will discuss three questions each week. The more you can work ahead, the more time we will have for discussion. We challenge you to be as raw and real with your answers; it will free others to do the same as we create a safe and loving culture and space.

1. What is your current situation and how would you identify yourself?
2. What is the vision of yourself that you would like to see in a year from now? Write it in terms of “I am.”
3. What areas do you most need our prayer and support?

We will end our weekly gathering with everyone sharing a specific goal for the upcoming week. Peruse the accompanying Sample Goal Sheet for ideas or come up with one of your own. Remember: A written goal is more likely to be accomplished.

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How great is the love the Father has lavished on us, that we should be called children of God! And that is what we are! The reason the world does not know us is that it did not know Him. 1 John 3:1

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