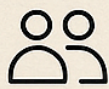


Thank you for choosing to go deeper with *Words to Strengthen You*. This guide is designed to help you lead meaningful conversations that combine Scripture, reflection, and community. Whether you're guiding a small group or walking with friends, may these sessions encourage healing, courage, and faith-filled growth.

FACILITATOR REFLECTION GUIDE

WORDS TO STRENGTHEN YOU

By Franklin Edwards



Group Size
4–10 people



Sessions
Once per week
for 6 weeks



Length
60–75 minutes



Focus
2 poems per
session

*“This isn’t just a reading plan.
It’s a space for transformation.”*

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Deeper Conversations: A Small Group Facilitator's Guide for *Words to Strengthen You*



Welcome to *Words to Strengthen You* Facilitator's Guide — a companion guide created to help small group leaders facilitate honest, hope-filled, and spiritually grounded conversations around the poems in the poems in *Words to Strengthen You*.

This isn't just a reading plan. It's a space for transformation — one where vulnerability is honored, God's Word is central, and growth happens in community.

This guide is designed for people of all genders, ages 16 and up, and provides thoughtful prompts for weekly gatherings. Each session encourages deep reflection through two poems, paired with icebreakers, Scripture, discussion, and prayer.

How to Use This Guide



Each session includes:

- 
- Warm-up:
 - Poem reading
 - Poem group discussion
 - Prayer activity
 - Scripture focus
 - Weekly challenge
 - Closing reflection



Group Size: 4–10 people



Sessions: Once per week for 6 weeks



Length: 60–75 minutes per session



Focus: 2 poems per session



Approach: Conversational, Scripture-based,
emotionally safe

2



Group Agreement



- Grace Over Perfection – You're welcome to be in process.
- Keep Scripture Central – Our source of wisdom is God's Word.
- Be Fully Present – Phones away, distractions minimized.
- We're All Learning – No one here is the expert — not even the leader.
- Pray for Each Other – Even if silently, keep one another lifted.
- Confidentiality – What's shared in the group stays in the group.
- No Fixing – We listen to understand, not to solve or correct.
- Speak for Yourself – Use "I" statements; avoid generalizing.
- One Voice at a Time – Let everyone share without interruption.
- Share the Air – Both talkers and quiet thinkers matter.

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Session Format - Suggested Timing

<u>Segment</u>	<u>Time -minutes</u>
Ice Breaker	10
Reading & Poem Reflection	10
Group Prayer Activity	5

<u>Segment</u>	<u>Time -minutes</u>
Scripture Focus	5
Guided Group Discussion	25
Weekly Challenge + Prayer	10
Wrap Up + Closing	5-10

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The 6-Week Journey Begins...

Week 1: Fragile Faith & Fresh Starts

Poems:

When Faith Feels Fragile

The Fear of Starting Over



Warm-up:

What's a "first step" you've had to take — even when afraid?

Prayer Activity:

Silent prayer — ask God to strengthen your faith where it feels fragile.

Scripture Focus:

Isaiah 43:19 • Matthew 6:34

Discussion Questions:

- When has your faith felt fragile — and what helped?
- What makes new beginnings spiritually challenging?
- How do you handle seasons of uncertainty with God?

Weekly Challenge:

Choose one small faith-building practice to commit to daily this week (prayer, journaling, Scripture, etc.).

Closing Reflection:

"God, give me strength to begin again — even if I'm scared. Even if I've failed before."

**God meets you in the middle of your
hardest moments — keep going**

Week 2: Performance & Pressure

Poems:

The Fragility of Identity Rooted in Achievement

Performing Strength for Survival

Warm-up:

What's a role or label you've outgrown?

Prayer Activity:

Write down a performance-driven thought. Silently offer it to God.

Scripture Focus:

Galatians 2:20 • Romans 12:2

Discussion Questions:

- Where have you felt pressure to prove your worth?
- What makes true rest hard when you're used to performing?
- How does your identity shift when rooted in Christ?

Weekly Challenge:

Ask yourself: "Am I being authentic or just impressive?" Reflect on your answer throughout the week.

Closing Reflection:

"Jesus, help me be more than a performance. Let me rest in who You say I am."

**Growth isn't always visible at first.
Stay rooted.**

Week 3: Boundaries & Love

Poems:

Loyalty vs. Enabling

Transactional Love



Warm-up:

What's something you've done "out of love" that drained you?

Prayer Activity:

Pray over one relationship where boundaries are needed.

Scripture Focus:

Proverbs 4:23 • 1 Corinthians 13:5

Discussion Questions:

- Where in your life has love lacked boundaries?
- How do you discern the difference between sacrifice and self-neglect?
- What does it mean to love like Christ — with truth and wisdom?

Weekly Challenge:

This week, practice saying "no" with love. Allow Jesus to protect your peace.

Closing Reflection:

"Lord, help me love wisely — with both grace and truth."

You don't have to heal fast. You just have to keep healing.

Week 4: Authenticity & Labels

Poems:

Inherited Identity vs. Authentic Self

The Burden of Representing Your Whole Group

Warm-up:

What's a title or identity others gave you — but God didn't?

Prayer Activity:

Breath prayer — inhale "I am loved," exhale "Just as I am."

Scripture Focus:

Psalms 139:14 • John 8:32

Discussion Questions:

- What parts of your identity feel inherited rather than chosen?
- How does God's view of you differ from the world's?
- What would it look like to show up fully as yourself?

Weekly Challenge:

Introduce yourself without any titles. Just you.

Closing Reflection:

"God, thank You for creating me on purpose. I release what's not mine to carry."

**God's strength is made perfect in
your weakness.**

Week 5: Healing & Unfinished Stories

Poems:

Healing Without Closure

When Growth Feels Like Loss

Warm-up:

What's something you're still learning to heal from?

Prayer Activity:

Light a candle or take 60 seconds of silence for whatever's unresolved.

Scripture Focus:

Philippians 1:6 • 2 Corinthians 1:3–4

Discussion Questions:

- Where are you still growing — but grieving?
- What does it mean to move forward without all the answers?
- How has God met you in unfinished places?

Weekly Challenge:

Write a letter to a past version of yourself. Thank them — then release them.

Closing Reflection:

“Jesus, I trust You with what's still healing. I don't need all the answers to move forward.”

This may be the end of the reflection — but it's just the beginning of something deeper.

Week 6: Grace & Inner Battles

Poems:

Grace for Yourself, Not Just Others

The Difference Between Guilt and Conviction



Warm-up:

What's one way you've extended grace to someone else this week?

Prayer Activity:

Pray this line together: "God, help me receive the love I give."

Scripture Focus:

Romans 8:1 • Psalm 103:10–12

Discussion Questions:

- Why is it easier to give grace than to receive it?
- How can you tell the difference between guilt and conviction?
- What's one unkind belief you're letting go of?

Weekly Challenge:

Replace one negative self-talk habit with a grace-filled truth this week.

Closing Reflection:

"God, Your grace is enough — even for me."

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Facilitator Toolkit



Recap of Weekly Challenges (Weeks 1–6)

Week 1 – Fragile Faith & Fresh Starts

Choose one small faith-building practice to commit to daily this week (prayer, journaling, Scripture, etc.).

Week 2 – Performance & Pressure

Ask yourself: “Am I being authentic or just impressive?” Reflect on your answer throughout the week.

Week 3 – Boundaries & Love

Practice saying “no” with love. Allow Jesus to protect your peace.

Week 4 – Authenticity & Labels

Introduce yourself without any titles. Just you.

Week 5 – Healing & Unfinished Stories

Write a letter to a past version of yourself. Thank them — then release them.

Week 6 – Grace & Inner Battles

Replace one negative self-talk habit with a grace-filled truth this week.

Facilitator Toolkit

Poem Index by Theme

Theme	Poem
Fragile Faith / New Beginnings	When Faith Feels Fragile The Fear of Starting Over
Identity & Performance	The Fragility of Identity Performing Strength for Survival
Boundaries & Love	Loyalty vs. Enabling Transactional Love
Self-Worth & Labels	Inherited Identity The Burden of Representing Your Group
Healing & Grief	Healing Without Closure When Growth Feels Like Loss
Grace & Inner Battles	Grace for Yourself Guilt vs. Conviction

Facilitator Toolkit



Suggested Scriptures for Further Reflection

These Scriptures reinforce the spiritual themes explored in *Words to Strengthen You*. You may use them in sessions, or to personalize prayer.

- Isaiah 43:19 – God makes a way in the wilderness.
- Matthew 6:34 – Do not worry about tomorrow.
- Galatians 2:20 – I have been crucified with Christ...
- Romans 12:2 – Be transformed by the renewing of your mind.
- Proverbs 4:23 – Guard your heart, for everything flows from it.
- 1 Corinthians 13:5 – Love does not dishonor...
- Psalm 139:14 – You are fearfully and wonderfully made.
- John 8:32 – The truth will set you free.
- Philippians 1:6 – He who began a good work will complete it.
- 2 Corinthians 1:3–4 – The God of all comfort.
- Romans 8:1 – There is no condemnation for those in Christ.
- Psalm 103:10–12 – He does not treat us as our sins deserve.