

## Session 2: Facilitator Guide

# COME! ALIVE!

THE RHYTHM OF THE  
START OF THE DAY

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### Objectives for Session Two:

- Become aware of your rhythm at the start of the day
- Intentionally set aside time with God in the morning
- Learn how to boost your breakfast with foods containing fiber, phytonutrients, and omega-3

### Items needed for this session:

- Facilitator Guide
- Participant Guide
- Bible
- Pitcher of water and cup/glass for each participant
- A tray to hold the whole foods the participants will bring for Savor the Flavor
- Light music to play for participants at start, during centering, and after discussions (optional)
- Name tags and marker
- Two different hats for participants to wear during the role-play



### Session Notes

Starting each session on time and staying on time is important. When participants come late, accept their arrival with grace.

In this session:

- Make sure to point out the “Savor the Flavor” table, where participants will be sharing some of their favorite whole foods or healthy drinks each session.
- If you do not have a Prayer Coordinator, at the beginning of the session, ask someone to lead the closing prayer.

## Welcome

Be at the door and greet each person genuinely as he or she enters. Shake each individual’s hand and invite the person to make a name tag and get a cup of water. If your group is using a prayer request book, this can be a good time to write down prayer requests and joys.

After everyone has been seated, you can begin.

**Welcome to session 2 of Come Alive! I am so glad to see everyone again. Today our focus will be the rhythm at the start of the day. Let’s start our time together with a centering activity.**

## Centering (5 minutes)


**Make sure you are seated comfortably with both feet on the floor. Now close your eyes and roll your shoulders forward 2 times and backward 2 times.** (Pause.) **Breathe deeply 3 times.** (Pause.) **Now continue to breathe deeply, and as you do, visualize yourself lying in your bed, first thing in the morning. Let every muscle relax, and feel yourself sinking into the bed. Do not worry; it will completely support you. Continue to breathe deeply as you let go of everything that you are carrying in your heart and in your mind.** (Pause for about 30 seconds.) **Thoughts will pop into your mind. As they do, acknowledge them and allow them to float away. Keep breathing slowly and deeply, and keep focusing on relaxing in your bed in the morning.** (Pause for about one minute and then pray.)

**God, we invite Your presence. Open our hearts and minds to Your wisdom and will as we seek to honor You with our lives, spiritually and physically. We thank you in advance for Your Word and Your promise from Matthew 18:20 that “where two or three gather in my name, there am I with them.” Amen.**

**Slowly open your eyes and be present here and now with the group.**

## New Perspectives (30 minutes)

**Now let’s divide into groups of three or four. Try to be with different people each session, so look for someone you have not been in a small group with before.** (Wait for the group to break up.)

**First, discuss within your groups the actions that you wrote down from session one. What new practices or rhythms did you try? How did that go? What did you find challenging? Did you use a  trigger to remind you to take action?** (Give the groups 3 to 4 minutes to share.)

**Let’s have one person from each group share a highlight or learning from the group.** (Thank those who share.)

## Beginning of the Day Role-Play

Ask for two volunteers to participate in a role-play. Give each volunteer a hat to wear. Then have them act out the role-play.

**Please turn to page 40 in your Participant Guide for the role-play.**

**Person 1:** *Hey (name of 2<sup>nd</sup> person here). You seem out of sorts. Is everything okay?*

**Person 2:** *Hi (name of 1<sup>st</sup> person here). Actually, I'm really having a bad day. It all started with my morning. I was up late last night watching TV; then I just could not get to sleep.*

*So, of course I overslept this morning. I had to get to work on time, so took a quick shower, threw my clothes on, and raced out of the house. I was starving, so I drove thru McWendyKing and got breakfast. I just made it to work in time for my first meeting.*

*All I want to do now is go back to bed. I really feel sluggish and cannot seem to focus on anything! This day has been such a waste.*

*Enough about me, how are you doing? You look great! What are you doing differently?*

**Person 1:** *Thanks for asking, I am doing much better than I was a few months ago!*

*I've been going to bed a bit earlier. I finally figured out sleep is more valuable than late night TV. So that means I can get up a little earlier each day and enjoy a bit of the morning with time for myself. I drink a glass of water and then do a few stretches to get my day going. I also started taking time for a short devotional and to talk with God about the day ahead, and that has been great! It helps get my day off to a good start, with my mind focused on the right priorities.*

*I think you know that I've been working on making healthier eating choices. Well, having a quick, nutritious breakfast at home has made a big difference for me. I throw together oatmeal, cinnamon, blueberries, and bananas—I make some pretty tasty combos. Not only am I saving money, but I'm not hungry all morning, and I have more energy throughout the day.*

*With all that energy, I don't need to be dependent on caffeine to keep me going! I've cut back on coffee and switched to herbal tea and decaffeinated green tea. They're quite tasty—with flavors like peppermint, mango, lemon, and cranberry; and no coffee breath afterward! The best thing is that with less caffeine, my energy is more balanced and I sleep better. So it's plain water or herbal tea for me!*

*I am sorry for going on and on and that you are having a bad day. Try getting to bed early tonight and take care of yourself with a healthy breakfast.*

**Person 2:** *Thanks, I'll try. Maybe someday when you have a few minutes, could we talk more about what you're doing differently? You really seem to be on the right track.*

**Person 1:** *I would love that. It's a date.*

Afterward, thank your actors for doing the role-play and lead the group in applause.

Addressing the entire group: **What did you think of what was said during the role-play?** (Discuss briefly.)



Turn to the **Build a Beautiful Breakfast Challenge** in your **Participant Guide** and take a few minutes to build a tasty breakfast with your group. (Allow 5 minutes.)





All right, let's hear what tasty breakfasts you've designed! (Have each group share its breakfast choices.)

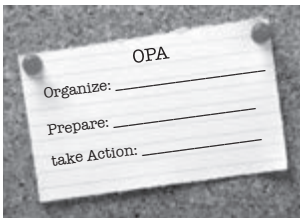
How much fiber did each breakfast have? (Allow time for answers.)

What great ideas! Now, how we can make these breakfasts a reality?

I have one thing to say: **"OPA!"** You heard me right, **"OPA!"** Join me, say it all together, **"OPA!"**

**Build a Fiber-Full Breakfast that You Would Enjoy**

Example	Oatmeal (Thick/Steel Cut)	1/2 cup (1 serving)	4	
	Fiber-full Additions:	Raspberries (1/2 serving)	4	
		Blueberries (1/2 serving)	2	
		Almonds (1/2 serving)	2	
		Total	12	
Breakfast #1	Whole Wheat Bran Flakes	3/4 cup	6	
	Fiber-full Additions:			
		Total		
Breakfast #2	Omelet	2 eggs	0	
	Fiber-full Additions:			
		Total		
Breakfast #3	Plant-Based Smoothie Powder	1 TBSP	1	
	Fiber-full Additions:			
		Total		



What does OPA mean? (Get a few responses/guesses.)

**"OPA" stands for Organize, Prepare, and Act.**

**O for Organize**—Decide what you need to have on hand.

**P for Prepare**—Buy it, wash it, chop it, bag it.

**A for Act**—Put the meal together and enjoy it.

So right now, in your small group, discuss how to Organize, Prepare, and Act to make that healthy breakfast a reality. Record it in your book. OPA is on the page after the **Build a Beautiful Breakfast Challenge**. (Give the group 3 minutes.)

What did you come up with? (Allow time for the participants to share their answers.)

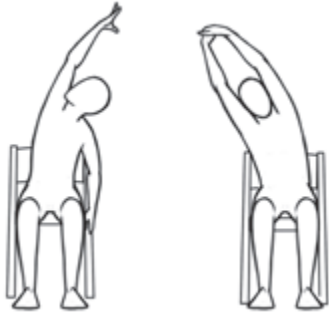
## Movement (15 minutes)

Get everyone collected in a large group. **A great way to start the day is to do some stretches. In our chairs, we are going to start with a basic side stretch. When we do each stretch, remember to:**

- Breathe deeply and slowly.
- Extend to the point of feeling a good stretch, but not to the point of feeling pain.
- Hold each stretch for 10–30 seconds, or more if it feels good.
- Go slow and be gentle. Over time, you'll feel greater benefits each day.



## Side Stretch

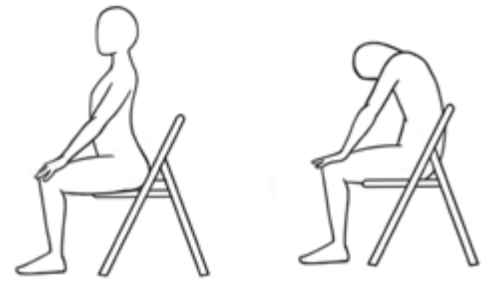


Start seated, with your shoulders rolled back and your lower stomach pulled in toward your spine. Reach one arm overhead and to the opposite side. You can keep the other hand resting on your leg. Picture yourself reaching for a bright red apple on the uppermost branch of a tree. As you stretch, make sure to engage your whole side, all the way down to your hip. Be mindful not to lean forward, just tilt to the side. After you have stretched on one side, do the stretch on the other side. Repeat 5 times. If time allows, try the same stretch with both arms extended.

## Cat and Cow Stretch

Now let's have some fun with the Cat and Cow Stretch in or out of your chair.

Sit on a chair with your spine extended and both feet planted flat on the floor. Or start on the floor on your hands and knees. Inhale, arch your back, and drop your shoulders. This is the "cow" position. Exhale and round your spine, letting your shoulders and head come forward. This is the "cat" position. Continue moving between cow (on the inhalations) and cat (on the exhalations) slowly for five breaths. (Take time for everyone to do this.)



How did the stretches feel to you? Were they easy or difficult to do? I encourage you to do these stretches every time you sit down. Make sitting down the  trigger to do stretches throughout the day.

## Savor the Flavor (10 minutes)

Come Savor the Flavor of the delights at our table.

After an ample time for tasting, call everyone together and ask for their thoughts.

How were the foods that everyone brought to share?

What were some of your favorites? Do you feel you would try these at home?

## Spiritual Practice (15 minutes)


Last session our spiritual practice centered on emptying and filling our daily cup. Who would be willing to share your thoughts or insights from that experience?

(Allow a few minutes for sharing.)



**Has God revealed an area of your life where you've been putting Him in second place? What area is that?**

**Was there a time this week that you put God first?** (Allow time for answers to questions.)

**Today our spiritual practice is praying over your calendar. This is a contemporary spiritual practice that you can do anytime, anywhere. Use the act of opening your calendar as a  trigger to remind you to stop and pray for the people that you will be with today. This practice can create an entirely new outlook on your day.**

**Pull out your calendar. If you forgot your calendar, you can use your phone, your Bible, or your Participant Guide as a substitute and just visualize your schedule.**

**Let's spread out in the room so we each have some private space. Wherever you feel most comfortable is fine.** (Wait until everyone is settled.)

**Get comfortable in your chair. Open your calendar and look at the calendar items.** (Pause.) **Think about the people you will be with early in the day and at various time frames throughout the day.** (Pause.) **You may choose to close your eyes after you've absorbed what's on your calendar. Ask God, "Help me to be present in each moment of this day so I can listen for Your prompting.** (Pause.) **Please give me a heart of joy and gratitude to celebrate daily blessings, big and small. I release control of the day over to You, God.** (Pause.)

**"Help me prioritize my day and my calendar in a way that honors You. I ask for Your wisdom and patience to help me find time in my day to talk with You.** (Pause.) **I ask You to bless each person that I come in contact with today; help me see them through the eyes of Christ.** (Pause.)

**"I ask for Your guidance as I deal with challenges and needs; like a difficult relationship, an important meeting, physical pain, or a sick loved one. As I do this, help me to keep in mind Philippians 2:3-4: "Don't be selfish; don't try to impress others. Be humble, thinking of others as better than yourselves. Don't look out only for your own interests, but take an interest in others, too" (NLT).**

**Take a few minutes with your calendar now and listen for God's guidance. Allow time for God to prompt you and suggest ways that He wants you to spend your time.** (Wait 2 minutes.)

**After you finish praying over your calendar, Let's pray together: Thank You, God, in advance for Your guidance and presence throughout the day. Thank You for creating the world, for creating each of us. Thank You for Your forgiveness of our sins, for Your complete and unconditional love and acceptance of each of us.** (Pause.)

**Please turn to your Participant Guide and answer the questions for this activity.** (Continue after about 2 minutes.) **Let's come together in a circle and share our answers to the following questions:**

**How do you think praying over your calendar will help you in your day?**

**What stood out the most for you during this activity?**

# Moving Forward (15 minutes)



**Congratulations on a job well done!**

**Find the blue change button on page 46 in your Participant Guide. Now we are going to write down rhythm of the morning practices that will help us. Make these three actions small, specific, and attainable. Here are some examples:**



**A spiritual practice for Seek God First might be a morning devotion or praying over your calendar.**



**A practice for Love and Be Loved may be to work on a specific way to love and accept your wonderful self by making time for prayer, a walk, or meditation.**



**A practice to focus on for Honor God with My Body might be “OPA” to Organize, Plan, and Act so that you eat two high-fiber whole foods for breakfast. Or maybe you want to focus on stretching as a part of the new rhythm of your morning.**

**Write down what  trigger you will use to remind yourself to do each one. (Allow about 2-3 minutes.)**

**Look at the list of resources at the end of Session 2 Warm-Up. They are practical tools to use as you begin to create new rhythms in your life. Making a new practice become a lifelong habit takes time and action on your part. We want to make it as easy as possible. So tap in to the tools to get organized, save time, and create a flow and ease in the new rhythm of your life.**

- 1. Helpful Habits for the New Rhythm of Your Life**
- 2. Weekly Activity Planner**
- 3. Daily and Weekly Journal Templates and Instructions**
- 4. Pantry Shopper’s Guide—(Full of Freshness Shopper’s Guide is on page 29)**
- 5. How to Read Food Product Labels**
- 6. 7 Days of Meal and Snack Ideas—Recipes to inspire and enjoy!**
- 7. Energizing Meals at Home and Away**

**Our next session will cover the rhythm of the midday—lunchtime. Make sure to read the Warm-Up section of session 3. Bring your Participant Guide and a pen or pencil with you for the next session.**

**For Savor the Flavor, bring something from nature to share that you can add to water to “charge it up”—in other words, to make it more interesting than plain water. Examples might be decaffeinated green tea, herbal tea, a splash of fruit, etc.—be creative!**





