

# Group Curriculum List

## **Spiritual Growth**

**Insight** (9 weeks) Living Free

[Facilitator Insight Workbook](#)

[Participant Insight Workbook](#)

[Spanish Facilitator Insight Workbook](#)

[Spanish Participant Insight Workbook](#)

With its emphasis on developing Christian character, it is a powerful group for those who want to be sure to prevent life-controlling problems from developing in their lives, as well as for those who need to overcome a current problem.

**The Power to Change** (6 weeks) Right Now Media

[Power to Change Video Curriculum](#)

This six-week study with Jennie Allen, Matt Chandler, and Oneka McClellan will help you understand the work of the Holy Spirit in your life and the process of sanctification. There is no checklist to follow, but there is a daily act of surrender to a God who will continue to mold and shape you. The more you know God, the more you can live like him. Change is possible because the gospel changes everything. Let's discover what it looks like to work out our salvation.

**Apologetics Quick Guide** (4 weeks) Right Now Media

[Apologetics Quick Guide](#)

(Personal study) (Evangelism) Examining the evidence for Christianity. This series of lessons will cover four of the essential areas for the evidence of Christianity. Those questions are: does God exist, is the Bible reliable, did Jesus claim to be God, and did Jesus rise from the dead? It is a sequence of questions that touch on the critical truths of the Christian religion. These questions will help examine the most important claims of Christianity for those who are exploring but also help those committed to Christianity who want to understand the reasons behind the true claims of their belief.

**The Gospel of Mark** (11 weeks) Right Now Media

[The Gospel of Mark](#)

In this 11-part series on the Gospel of Mark, author and speaker Francis Chan invites us to walk with him along the ancient ways of the Master. Tracing the steps of Jesus and the Twelve through Israel, Francis explores the major themes of the Gospel of Mark and asks: Are we willing to take this journey to embrace discipleship?

**Walking in Freedom** (12-week Series) Living Free

[Facilitator Walking in Freedom Workbook](#)

[Participants Walking in Freedom Workbook](#)

The purpose of the Walking in Freedom group is to help participants live in freedom from life-controlling problems. To be free of hindrances or setbacks hindering their

spiritual development. Our lives are shaped by the choices we make and the interaction we have with those around us including our friends and loved ones. Our spiritual development is often hindered by the way we relate to others. This study on the book of James gives practical guidance on how we can walk out freedom from life-controlling problems. Our goal is to go forward in each session, treating Walking in Freedom as a 12-week journey toward a more peaceful, Godly way to live.

**Jesus in the Secular World** (8-week Series) Right Now Media

[Jesus in the Secular World](#)

In the Jesus in the Secular World small group study, Ben Pierce combines vivid illustrations from years of front-line ministry with practical Biblical principles for how we can reach the secular world. This 8-part series is designed to give you an in-depth understanding of the secular mindset, inspire personal revival, and equip you with practical next steps to engage the secular world with the powerful Gospel message relevantly.

**Gentle and Lowly** (10-Week Series) Amazon

[Gentle and Lowly book and workbook](#)

In his bestselling book, Gentle and Lowly, Dane Ortlund takes readers into the depths of Christ's very heart for sinners. Focusing on Jesus's words that he is "gentle and lowly in heart," Ortlund dives deep into Bible passages that speak of who he is, encouraging readers with the affections of Christ for his people.

## **Emotional intelligence**

**Free to Grow-** (12 weeks) Living Free

[Facilitator Free to Grow Workbook](#)

[Participant Free to Grow Workbook](#)

[Spanish Facilitator Free to Grow Workbook](#)

[Spanish Participant Free to Grow Workbook](#)

This group study aims to help people overcome disappointments and setbacks that have arrested or are presently hindering their emotional and spiritual development.

**Goliath Must Fall** (6 weeks) Right Now Media

[Goliath Must Fall](#)

It's likely you have a giant in your life. It's holding you captive, intimidating you with its taunts, and stealing your joy. Adversaries such as fear, anger, addiction, and others can stake a claim and, before you know it, gain a foothold in your heart. How do you live as if these giants are dead and silenced once and for all? In this six-session video Bible study, Louie Giglio examines the David and Goliath story to show you how: by focusing on the size of our God, not the height of your giants. As they go down, you gain the freedom to walk in Christ's victory over the enemies that rob you of God's best for your life.

**Facing Anxiety** (4 weeks) Right Now Media

[Facing Anxiety Video series](#)

## [Facing Anxiety Devotional](#)

In this four-session series, pastor Jonathan Pokluda explores how Christians can face anxiety head-on. With real-life stories from people facing various kinds of anxiety, this series helps us see that peace can be found on this side of eternity.

### **Anger: Our Master or Our Servant** (9 weeks) Living Free

[Facilitator Anger Workbook](#)

[Participants Anger Workbook](#)

[Spanish- Spanish Facilitator Anger Workbook](#)

[Spanish Participant Anger Workbook](#)

From a biblical standpoint, this study explores the emotion of anger and its potential for either evil or righteousness in our lives.

### **Get Out of Your Head** (6 weeks) Right Now Media

[Get Out of Your Head Video Series](#)

[Get Out of Your Head Study Guide](#)

[Get Out of Your Head Leaders Guide](#)

[Get Out of Your Head Conversation Cards](#)

Jennie takes groups on a study in Philippians, inspiring and equipping us to transform our emotions, outlook, and circumstances by taking control of our thoughts. When we submit our minds to Christ, the promises and goodness of God flood our lives in remarkable ways. It starts in your head. And from there, the possibilities are endless.

## **Social development**

### **Intimacy W/ Purpose** (36 weeks/6-6 week series) ATC

[Facilitator Set Intimacy with Purpose for Women](#)

[Intimacy with Purpose 105 for Women](#)

[Intimacy with Purpose 205 for Women](#)

[Intimacy with Purpose 305 for Women](#)

[Intimacy with Purpose 405 for Women](#)

[Intimacy with Purpose 505 for Women](#)

[Intimacy with Purpose 605 for Women](#)

[Facilitator Set Intimacy with Purpose for Men](#)

[Intimacy with Purpose 105 for Men](#)

[Intimacy with Purpose 205 for Men](#)

[Intimacy with Purpose 305 for Men](#)

[Intimacy with Purpose 405 for Men](#)

[Intimacy with Purpose 505 for Men](#)

[Intimacy with Purpose 605 for Men](#)

The Intimacy with Purpose track covers the topic of healthy intimacy. The first three workbooks cover the topic of healthy sexual intimacy. The author of these books is Cindy Irwin, a licensed AG minister and Christian sex therapist. The next three studies teach the

importance of relational, non-sexual intimacy with God, others, and marriage. In these studies, we utilize a picture of a pyramid to explain God's design for healthy intimacy. If sexual intimacy is the top point of the pyramid...the smallest part because it takes up a relatively small amount of our time on this earth. It's important but needs a solid foundation to be safe, healthy, and stable.

**Concerned persons** (9 weeks) Living Free

[Concerned Persons Facilitator Workbook](#)

[Concerned Persons Participant Workbook](#)

It is designed for many people with a current or past relationship with a person with a life-controlling problem. It emphasizes the need we all have for each other. It helps people focus on Christ rather than on the problem. It serves as a powerful evangelistic tool by providing a way to minister to people's felt needs and then point them to Christ.

**Restoring Families** (10 weeks) Living Free

[Facilitators Restoring Families Workbook](#)

[Participants Restoring Families Workbook](#)

This study helps minister to families caught in abusive relationships. The curriculum deals with overcoming these abusive relationships through Christ and is recommended for use in support groups and Christian counseling.

**Guardrails** (5 weeks) Amazon

[Guardrails Study Guide](#)

Guardrails are a system designed to keep vehicles from straying into dangerous or off-limit areas. They're everywhere but only get a little attention once somebody hits one. And then, more often than not, it is a lifesaver. Your friendships. Your finances. Your marriage. Maybe your greatest regret could have been avoided if you had established guardrails. In this five-session video study, Andy Stanley challenges us to stop flirting with disaster and establish some personal guardrails.

## **Addiction Education**

**Breaking Free** (36 weeks/6-6week series) ATC

[Facilitator Breaking Free Set](#)

[Participants Breaking Free Set](#)

[Participants Breaking Free 107](#)

[Participants Breaking Free 207](#)

[Participants Breaking Free 307](#)

[Participants Breaking Free 407](#)

[Participants Breaking Free 507](#)

[Participants Breaking Free 607](#)

[Spanish Facilitator Breaking Free Set](#)

[Spanish Participant Breaking Free Set](#)

Exposing the Nature of Addiction, Confronting Toxic Denial, Understanding Grief & Addiction, Ending the Addictive Cycle, building a New Legacy, and Establishing a New Normal.

**Stepping into Freedom** (12 weeks) Living Free

[Facilitator Stepping Into Freedom workbook](#)

[Participant Stepping Into Freedom workbook](#)

Stepping into Freedom is a Christ-centered twelve-step program suggested for use in support groups, recovery groups and home groups. It offers help for anyone struggling with a life-controlling problem like drug addiction, alcoholism, sexual addiction, gambling or workaholism.

**Engage** (11 weeks) Right Now Media

[Engage](#)

[Engage Study Guide](#)

Engage is a practical course hosted by Kirk Cameron to help you navigate parenting in a social media age. Packed with expert interviews, a hands-on study and resource guide, downloadable tools, and biblical principles, it's the ultimate tool for surviving and thriving as a parent in today's culture and engaging your children on such a crucial topic.

## **Balanced life skills**

**If Money Talked** (4 Week series w/videos) Amazon

[If Money Talked](#)

**Preparing for Success-** (30 weeks/6-5 week series) ATC

[Facilitator Preparing for Success Set](#)

[Participant Preparing for Success Set](#)

[Preparing for Success 108](#)

[Preparing for Success 208](#)

[Preparing for Success 308](#)

[Preparing for Success 408](#)

[Preparing for Success 508](#)

[Preparing for Success 608](#)

Working in Community, working well with others, theology of work: impacting our lives, setting personal goals, Finding a vocation, Financial Management.

If Money Talked- Right Now Media (4 weeks) video and study guide In this four-session study, Andy Stanley offers an approach to money management that will make your life better and make you better at life. Whether you have a lot or a little, are a spender, or a saver, you'll find Andy's insights challenging, refreshing, and extraordinarily practical.

**The Four Dimensions of Self-Leadership** (2 Weeks) Right Now Media

[The Four Dimensions of Self-Leadership](#)

The culture today is built on the idea of instant gratification, more is better, and a "no days off" attitude toward life. These cultural ideas can form a rapid-paced lifestyle that can be

detrimental for those in leadership if they don't have the maturity to focus on their own mental, emotional, and spiritual health. When leaders focus on slowing down and investing in their overall health, they can begin to lead themselves and others successfully. The importance of self-leadership in today's rapid growth culture is pertinent to the success and influence that leaders will have on the world. In this two-part series, Jenni Catron will take us on a journey to learning self-leadership and why every leader must participate. Jenni will walk through four principles that will help us become more self-aware and explain why being self-aware has a lasting influence on our lives and the lives of others.

**Finding New Strength** (15 weeks/3-5 week series) ATC

[Facilitator Finding New Strength Set](#)

[Participant Finding New Strength Set](#)

[Finding New Strength 106](#)

[Finding New Strength 206](#)

[Finding New Strength 306](#)

The Finding New Strength series focuses on helping participants understand and develop the heart, character, and personal leadership skills necessary for long-term success. In society today, it is all too common to see people with natural leadership abilities have moral failures that end their careers. Most often, this is because their charisma outpaced their character. Or we see the passionate leader who lacks self-awareness and doesn't recognize that they steamroll over those they lead. We lead best when what we do flows out of who we are. These studies help participants build a strong foundation for lasting leadership.