**Directions for Come Alive! Facilitators:**

Please use these sample email templates as you wish to let participants know what will be going on the next week. Feel free to edit the emails as you desire. **Send the emails about 5-6 days before the session will take place.** If you want to send a short reminder email 1-2 days before each session, that extra reminder can be helpful.

**Session #1 Sample email to Participants:**

**Welcome to the Come Alive! Small Group!**

God has brought together a delightful group of people to "Come Alive!”  We are excited to get started. I trust that everyone was able to get a Come Alive! participant guide.

If not, you can get Come Alive! Participant Guides <insert your churches price or scholarship options> at <insert how to get a book>.

**Start Date and Time:**

We will meet on <insert date and time> at <insert room location, address>

**What to do before we meet for our first Session:**

**Please read the introduction and “Warm Up” of Session 1, page 1-10 in the Participant guide. (This will take 10-15 minutes)**

**Also, please complete the Pre-Assessment on the website at**[**www.LivingAbundantlyMinistries.org**](http://www.livingabundantlyministries.org/)**and print out a copy for yourself.**

The pre-assessment will take 15-20 minutes.

**\*\*Reflecting on your Pre-Assessment answers and the rhythm of your life that you see as of today, is a great idea!\*\***

Dress in casual comfortable shoes and clothes.

**Optional:** If you want to learn about tips and resources early on, **check out the Resource Guide starting on page 155.** The participant guide has a copyright but you may copy the blank templates for the daily & weekly journal, and the blank weekly activity planner pages.

God’s peace be with you.

**Come Alive! Session #2 – Sample Email to Participants**

Dear friends in Christ,

I pray that you are having a wonderful week and you are becoming more aware God’s presence all around you!

Preparations for Session #2 **<insert the date and time>:**

**Bring your phone or paper calendar so we can pray over your calendar.**

This coming week we will **“Savor the Flavor”. Bring a whole food from nature** that brings you joy/eating pleasure for breakfast! Just bring 1-2 items or one serving. For example: fruit (one orange has 8 sections), vegetable, seeds, nuts, etc.). With each of our small contributions it makes for a fun way to try a bite or two of something you might not have considered before. (You can find "Savor the Flavor" on page 45 in your books)

**Here are the support role sign ups that we have so far:**

Group Communications: <fill in names for your group>

Set up before the meeting starts:

Clean up:

Movement:

Music Coordinators:

Prayer requests & Praise:

Walk coordinator:

**Your "home-play” or “home-joy” for this week… (no such thing as home "work" for us! :-)**

1**. Read the Warm up for Session #2**

2. Cut out the Weekly Bookmark/Trigger Reminder card (pg. 9) and put it somewhere you will see it often. (Refrigerator, desk, mirror…)

3. **Review page 18** with the BLUE CHANGE BUTTON - fill in **1-3 action items that YOU WANT TO DO**. Practice these things throughout your week.**Choose items that you will enjoy doing.** We will check in on how it went at the start of our next meeting.

**From last week, if you have not done this yet:  Please complete the Pre-Assessment on the website at**[**www.LivingAbundantlyMinistries.org**](http://www.livingabundantlyministries.org/)**and print out a copy for yourself.** (Answering the questions is a mindful exercise in itself.)

If you want to start take action and learn valuable practices and tips early on, read the sections of the **resource guide starting on page 155**.  There are recipes, grocery guides, tracking templates, tips for eating in & out, and a menu plan with examples. The participant guide has a copyright but you may copy the blank templates for the daily & weekly journal, and weekly activity planner pages.

<I**nsert prayer requests and praises** – if your group chooses to communicate requests via email>

Enjoy this BEAUTIFUL DAY!

**Come Alive! Session #3 – Sample Email to Participants**

Dear friends in Christ,

We have launched our journey with Christ to become more intentional about the rhythm of our lives!

**Preparations for Session #3<insert the date and time>:**

1. Review your commitments on "Move Forward" Page 46

How are you doing with **eating more** high fiber foods, Phytonutrients in fruits and veggies and some Omega 3 from whole foods?

2. Read the **Warm up**Section pages 37-56 (page 56 has an error about bringing a lunch item - that is incorrect)

3. **Please bring something from nature that you can add to water to “charge it up”** and provide some variety to your 8 glasses of water each day.

4. Bring your wonderful self in some comfortable clothes!

Is there anything we could do as a group to encourage each other between meetings? If anyone would like an encouragement, we will get that started.

<I**nsert prayer requests and praises** – if your group chooses to communicate requests via email>

God’s Peace be with you,

**Come Alive! Session #4 – Sample Email to Participants**

Dear Brothers and Sisters in Christ,

How is your week going?

Have you been seeing God in new places (or faces) or in ways that you are thinking differently?

You are abundantly welcome to **REPLY ALL** and share a God sighting or an encouragement. God is everywhere and in everything, so stuff must be happening…right?

**Preparations for our next meeting Session #4<insert the date and time>:**

1. Review page 67 "Moving Forward" for the commitments that you made for this week

2. Read the Warm up for Session 4 - Rhythm of the Mid-Afternoon. Pages 69-76

3. Please bring something that would be a healthy portable mid-afternoon snack - for **Savor the Flavor**

Don’t forget that there are lot of great tips and ideas on the **Resource Section page 155-191**- so flip through it and try an idea that resonates with you.

What **positive triggers** did you use this week to help you? Where they visual, audio, smell, touch, in your calendar, or something else??

Did you cut out bookmark #4 and hang it somewhere?

We look forward to seeing you and your comfy warm sweatpants.

If anyone made a healthy meal this week - Please reply all and share your recipe and your dining experience with the group! **We’d love to hear what’s cook’n!**

<I**nsert prayer requests and praises** – if your group chooses to communicate requests via email>

God’s peace be with you,

**Come Alive! Session #5 – Sample Email to Participants**

Dear Sisters and Brothers in Christ,

How is your week going?  We have passed the half way point! The weeks are going by so quickly!

I hope your awareness has prompted you to see and experience God in some new ways!

**Preparations for Session #5<insert the date and time>:**

1. Review page 84 "Moving Forward” of session 4 for the commitments that you made for this week - how did you do? **Did you start to enjoy some of the new things you are trying?**

2. Read the Warm up for Session 5 - Rhythm of the Early Evening at Home. Pages 85-94

3. Please bring something that is a whole food from nature that you would eat as part of an appetizer or part of a meal for dinner at home - for our **Savor the Flavor time.**

Don’t forget that there are lot of great tips and ideas on the **Resource Section pages 155-191**- learn about reading food labels or try some of the other ideas that resonate with you.

What **positive triggers** did you use this week to help you? Where they visual, audio, smell, touch, in your calendar, or something else??

**Did you cut out bookmark #5 and hang it somewhere?**

<I**nsert prayer requests and praises** – if your group chooses to communicate requests via email>

We look forward to seeing you soon.

God’s peace be with you,

**Come Alive! Session #6 – Sample Email to Participants**

Dear friends in Christ,

How are you all doing? This weather has been a dozy!

**Preparations for our next meeting Session #6<insert the date and time>:**

1. Review page 103 "Moving Forward” of session 5 for the commitments that you made for this week - how did this week go?  **Did you start to enjoy some of the new things you are trying?**

2. Read the Warm up for Session 6 - Rhythm of the Early Evening at Home. Pages 105-114.

3. Please bring something that is a whole food from nature that you would snack on so you don’t feel overly hungry before you arrive at the restaurant for dinner - for our Savor **the Flavor time.**

Don’t forget that there are lot of great tips and ideas on the Resource **Section pages 155-191 -** try some of the recipes that resonate with you.

What **positive triggers** did you use this week to help you? Where they visual, audio, smell, touch, in your calendar, or something else??

**Did you cut out bookmark #6 and hang it somewhere?**

<I**nsert prayer requests and praises** – if your group chooses to communicate requests via email>

We look forward to seeing you and your comfy warm sweatpants next week.

God’s peace be with you,

**Come Alive! Session #7 – Sample Email to Participants**

Dear friends in Christ,

How are you all doing?

**Preparations for our next meeting Session #7 <insert the date and time>:**

1. Review page 123 "Moving Forward” of session 6 for the commitments that you made for this past week - how did this week go? **Did you start to enjoy some of the new things you are trying?**

2. Read the Warm up for Session 7 - Rhythm of the End of the Day. Pages 125-134.

3. Please bring something that is a whole food from nature that you would consider a healthy whole food treat - which might be dark chocolate (at least 65% or up to 85% cocoa) - for our **Savor the Flavor time.**

Don’t forget that there are lot of great tips and ideas on the **Resource Section pages 155-191 -** try some of the recipes that resonate with you or bring a recipe to share that you’ve tried and liked.

What **positive triggers** did you use this week to help you? Where they visual, audio, smell, touch, in your calendar, or something else??

**Did you cut out bookmark #7 and hang it somewhere?**

<I**nsert prayer requests and praises** – if your group chooses to communicate requests via email>

We look forward to seeing you and in your comfy warm sweatpants on Sunday night at 4:30

God’s peace be with you,

**Come Alive! Session #8 – Sample Email to Participants**

Dear friends in Christ,

**We will be meeting in the <XXXXX> Room <insert the date and time> for our Celebration Meal and final Session #8, next week.**

Please read the Session 8 WARM UP now so you have time to complete the final activities.

**Next session we will have a “You Are a Blessing” activity. We will share our positive observations about each other. During the week be thinking about 2-3 positive gifts that you’ve noticed in each person.**

**The Post Assessment is one of your activities to complete.** Please click the link below to take your Post Assessment:

<https://eSurv.org?s=MMMMMI_f98c72e6>

Please sign up for a type of food that you will enjoy making and sharing with the group. Here are some categories:

Healthy Appetizers: (Fruit and Veggie platter with hummus is an awesome choice.)

Salad

Hot veggies

High fiber main dishes

Dessert – (that has some whole food in it)

Something creative?? Surprise?

We’ll have water to drink

Plates, Silverware, Napkins, Cups

<I**nsert prayer requests and praises** – if your group chooses to communicate requests via email>

We look forward to seeing you.

God’s peace be with you,

**Come Alive! Follow Up - One Week After Session #8 is completed – Sample Email to Participants**

I hope you all enjoyed getting to know each other at a deeper level in our small group and you have embraced some lifelong rhythm of life changes that add joy and health to your life!

**I’ve got four opportunities for you:**

**#1) Complete the Post Assessment -** If you didn’t do it yet, it’s not too late...

Here is the link to the Come Alive! Post Assessment. Copy and paste the entire link into your browser:

[**https://eSurv.org?s=MMMMMI\_f98c72e6**](https://esurv.org/?s=MMMMMI_f98c72e6)

After completing the Post-Assessment you can print a copy to keep and then compare the printed versions of your Pre assessment to the Post assessment and see the many changes that you have made! It will be a positive experience for sure!!

**#2) We talked about getting together again after our Celebration Meal. What timeframe works best for everyone?**

<Examples> Lisa suggested we gather one a month for a meal and fellowship. She has offered to host at her home. Julie suggested that we meet on Wednesdays at 7:00 for a walk. Francisco suggested that we have a Smoothie & Soup party to learn how to make use of veggies on their last leg and clear out the refrigerator.

**Please - REPLY ALL - if you can make it (or not) on < XX date> - and what you would like to bring.**

**#3) Help our church touch more people with Come Alive!: If you enjoyed this small group experience, would you like to facilitate or co-facilitate the next Come Alive! small group at our church? Call me to talk about next steps.**

**#4) Come Alive! has many opportunities to volunteer, share your gifts, and make an impact on the spiritual and physical wellbeing of our community and our nation**. If you are inspired to help other people have a life changing transformation of spiritual, relational and physical wellbeing, **please contact Angela Stephenson at** **angela@livingabundantlyministries.org** **or 630-480-6080. She would LOVE to hear from you.**

<I**nsert prayer requests and praises** – if your group chooses to communicate requests via email>

I look forward to seeing everyone again soon!

God’s Peace be with you,