



Curriculum-Based Support Group (CBSG[®]) Program

Goals & Key Points for Faith Connection

Session	Goal	Key Points	Major Message
<p>1 – Getting to Know You</p> <p>Scripture: Genesis 9:17</p> <p>Bible Story: Genesis 6-9</p>	<p>To get acquainted and learn about the group process.</p>	<ul style="list-style-type: none"> • Our group is: <ul style="list-style-type: none"> ~ different from school, church or youth group - there are no right or wrong answers and there are no grades or tests; ~ a time to meet with others we may already know, make new friends, and have fun; ~ a time to learn about God, ourselves and each other; ~ a time to learn and realize we are not alone-we have God and other people who care about us; ~ a place to learn about important choices that can help us make a better life for ourselves; ~ a time for building trust with each other, and ~ a safe place where we can talk about our thoughts and feelings. • In our group, there are “Group Promises/Behaviors of Respect” that will make our group experience safe and help us feel comfortable. • A promise is like a pledge, vow, or agreement between people to do or not to do something. For example, the rainbow is a “sign” of God’s promise to us not to destroy the earth again by floodwaters. 	<p>I AM Not Alone.</p>

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<p>2- A Celebration of Me</p> <p>Scripture: Psalm 139:14</p> <p>Bible Story: Genesis 1 & 2</p>	<p>To recognize and celebrate the way God made each individual with unique and special qualities.</p>	<ul style="list-style-type: none"> • God created each of us to be “one-of-a-kind” (unique) and to celebrate and praise him. There is no one else exactly like me. • We are special because of who we are – God’s creation - not because of what we do or what we have. • Using alcohol and other drugs will not make me feel better about myself. • Part of how we feel about ourselves is how we feel about our family. There are many different kinds of families. Every family is special in some way, but no family is perfect. 	<p>I AM a unique creation of God.</p>
<p>3 – Feelings</p> <p>Scripture: Philippians 4:6-7</p> <p>Bible Story: Several Verses</p>	<p>To identify our God- given feelings and learn appropriate, healthy ways to express them.</p>	<ul style="list-style-type: none"> • God created us to have feelings. All our feelings are okay. • We can learn how to handle and show our feelings in healthy, positive ways – even feelings we don’t like to have. • God wants us to have peace no matter what goes on around us. • Drinking alcohol or using tobacco or other drugs to change our feelings is never okay for us to do. 	<p>All my feelings are okay and I CAN ask God to help me express my feelings in healthy ways.</p>
<p>4 – Handling Anger</p> <p>Scripture: 2 Peter 1:6</p> <p>Bible Story: Luke 22:49-53</p>	<p>To identify ways to stay calm and stay out of fights.</p>	<ul style="list-style-type: none"> • When we lose control and react to situations with an angry behavior like fighting, there can be negative consequences. • Jesus and the Holy Spirit will help us keep self-control in all situations – in our thoughts, words and actions. • Steps to handling anger: S = Stop – cool down and gain control. I = Identify – what are you feeling and why? T = Take Action – respond to your feelings in an appropriate way that shows respect for yourself and others. • Alcohol and other drugs can cause us to lose control over the way we feel and act. 	<p>I CAN stay calm when I feel angry and not get into fights.</p>

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<p>5 – Dreams and Goal Setting</p> <p>Scripture: Proverbs 16:3</p> <p>Bible Story: Nehemiah 1:1-6:16</p>	<p>To learn specific goal setting steps and understand the importance of seeking God’s help in achieving our dreams.</p>	<ul style="list-style-type: none"> • God has created each of us with special dreams that give us hope and a sense of purpose for our future. • God will help us overcome obstacles and problems when we ask for his help and depend on him. • There are steps we can take to help us set goals and achieve our dreams: <ol style="list-style-type: none"> 1. Identify our dreams. 2. Develop a plan. 3. Ask for help. 4. Be flexible. 	<p>I BELIEVE God has a plan and purpose for my life.</p>
<p>6 – Making Healthy Choices</p> <p>Scripture: 1 Corinthians 6:12</p> <p>Bible Story: Daniel 1:7-17</p>	<p>To recognize that God allows us the freedom to make choices and that most people our age want to make healthy choices</p>	<ul style="list-style-type: none"> • God has given us the freedom to make choices every day and all our choices have consequences. • Consequences can either be positive (healthy) or negative (unhealthy). • Most people your age want to make healthy choices and have chosen not to use alcohol, tobacco, or other drugs. • Our bodies are God’s temple and He does not want us to harm our bodies with alcohol and other drugs. Using alcohol, tobacco, and other drugs is never a healthy choice. 	<p>I WILL honor my body, God’s temple, and be alcohol, tobacco, and drug free.</p>

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<p>7 – Friends</p> <p>Scripture: Luke 10:27</p> <p>Bible Story: Luke 10:30-37</p>	<p>To identify ways to make and maintain healthy friendships.</p>	<ul style="list-style-type: none"> • To have good friends, we must first BE a good friend. • One of the most cherished relationships and friendships we have is the one we have with God. • There are some positive, healthy things we can do to have the friendships we want and that God wants us to have: <ul style="list-style-type: none"> ♦ Be yourself and like yourself. ♦ Be a good listener. ♦ Be reliable and trustworthy. ♦ Learn from disagreements. ♦ Forgive one another. • A true friend will respect our choice not to use alcohol, tobacco, and other drugs. 	<p>I CAN treat others like I want to be treated.</p>
<p>8- Resisting Temptation</p> <p>Scripture: 1 Corinthians 10:13b</p> <p>Bible Story: Matthew 4:1-11</p>	<p>To develop the skills needed to resist external pressures and influences that could lead to wrong choices or sin.</p>	<ul style="list-style-type: none"> • Pressure from our peers can influence us to make healthy choices or unhealthy choices. • With God’s help we can resist temptation and negative peer pressure or negative influences. • We can learn skills that can help us say “no” when we are pressured: The “5-B’s of Saying No” <ol style="list-style-type: none"> 1. Beware 2. Bad idea 3. Better one 4. Bye for now 5. Buzz me later. 	<p>I WILL ask God to help me resist temptation.</p>

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<p>9 – Faith</p> <p>Scripture: Hebrews 11:1 and John 3:16</p> <p>Bible Story: Genesis 1 & 2 and Nehemiah 1:1-6:16</p>	<ul style="list-style-type: none"> • To understand the concept of faith and identify ways to practice faith in everyday life. • To accept by faith that Jesus is the Son of God. 	<ul style="list-style-type: none"> • Faith means knowing that something is real even if we do not see it. • When we depend on God, our plans will succeed according to his will. • No matter how many changes we might be experiencing, God does not change. • God wants us to have faith that Jesus is his son and to believe and trust in him. 	<p>I HAVE faith and I BELIEVE Jesus is the son of God.</p>
<p>10 – Putting It All Together - Celebration and Commitment</p> <p>Scripture: Jeremiah 29:11</p> <p>Bible Story: None</p>	<ul style="list-style-type: none"> • To review all the Major Messages and key points from the previous nine sessions. • To celebrate one another and our group experience. • To make a commitment not to use alcohol, tobacco and other drugs. 	<ul style="list-style-type: none"> • We are going to take time to celebrate each other and to thank God for the many blessings we have enjoyed during our time in group! • Each of us will take away something new we have learned from our group time. • God has a plan and purpose for each of our lives and he has used this group experience to teach each one of us something we needed to know or learn. • A promise is an agreement to do or not do something. Other words for promise might be pledge or commitment. • Today we are going to talk about a commitment or promise each of you is going to be asked to consider making. • It is up to you to decide how this experience will affect your behavior now and in the future. • Your experience in this group will help you make a difference in your relationship to God, yourself, your friends, your family, and your community. 	<p>I AM a child of God who is wonderfully made.</p> <p>I CAN treat others like I want to be treated.</p> <p>I HAVE God and people who care about me.</p> <p>I WILL honor my body, God's temple, and be alcohol, tobacco, and drug free.</p> <p>I BELIEVE God has given me gifts and has a plan and a purpose for my life.</p>

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<p>Additional Session: Chemical Dependency: A Family Disease</p> <p>Scripture: Psalm 46:1</p> <p>Bible Story: None</p>	<p>To learn how to take care of ourselves if living in a family impacted by chemical dependency.</p>	<ul style="list-style-type: none"> • Alcoholism, chemical dependency, substance use disorder, addiction to alcohol or other drugs—there are many different names for the disease of addiction but the important thing to remember is that it is a disease and people need help to recover and get better. • Chemical dependency is a disease that affects the person physically, emotionally, and spiritually. • The whole family is impacted when someone in the family is chemically dependent. • There are four “C’s” to remember about chemical dependency: <ul style="list-style-type: none"> ♦ We cannot <u>Cause</u> someone to be chemically dependent. ♦ We cannot <u>Control</u> the person or the disease. ♦ We cannot <u>Cure</u> the disease. ♦ We can <u>Cope</u>. • God doesn’t always answer our prayers how or when we would like for him to. • God will protect and help us in times of trouble. • There are people to help us and ways we can take care of ourselves if chemical dependency is in our family. 	<p>I CAN ask for help.</p>

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<p>Additional Session: Changes and Challenges In My Life</p> <p>Scripture: Joshua 1:9</p> <p>Bible Story: Exodus 3</p>	<p>To identify ways to handle change and challenging situations, especially change over which we have no control.</p>	<ul style="list-style-type: none"> • Change happens to everyone. Some changes can be good and we like them. Some changes can be hard and we don't like them. • Some changes in our life we have control over. Some changes in our life we don't have control over. • Even though we may not be able to control what happens, we can control how we act when change happens. • It is important to choose healthy ways to handle change. • When changes happen, sometimes we get scared or angry. God will help us handle the challenges if we ask for his help. • God will help us find "safe people" who can support us and help us cope with hard changes. • God never changes! • When we are experiencing changes, we don't need to be afraid. God is always with us. 	<p>I CAN handle the changes in my life with God's help.</p>