

Here are a few things to keep in mind this semester as you begin your *Freedom From Depression Through Spiritual Health and Wholeness* small group:

BE A FRIEND FIRST

Focus on reaching out to others and focus on ministering to others needs each week. You will discover that by doing so you will create deeper relationships over the course of the semester and by ministering to others you will begin to heal your own heart.

KEEP IT IN THE GROUP

Everything that we share is confidential and does not leave our group. Trust is an important part of our group so we ask that this be a place where everyone can share openly with one another without fear.

PARTICIPATE

The more effort you put into the group and the reading assignments, the more you will get out of it. Sharing what is on your heart is an important part of this group and everyone is encouraged to join in.

GO SLOW

Set aside plenty of time to read through each chapter. Take the time to think through the scriptures, taking note of your favorites, and make time to talk to the Lord about what you are reading. Ask the Holy Spirit to open your heart and show you specifically what He would have you to know.

ICE BREAKERS

NICKNAME GAME *(could be done at each table, rather than in the large group)*

Each person shares a nickname they can go by. Maybe a nickname they grew up with, or got in college, or just a name that tells something about them. *ex: A friend of mine writes for the newspaper so she chose the name “Louis Lane.”*

DREAM JOB GAME

If you couldn't be in your current career, what would your dream job be? Have people at a table share what their dream job would be, if money were not in the picture, and anything was possible. People will really open up about their dreams and passions. *ex: someone may have dreamed of being a racecar driver, an astronaut, or the president...*

ICE BREAKERS

“HAVE YOU EVER” QUESTIONS

See how many people in your group can say yes to these questions?

Has anyone ever thrown a surprise party for you?

Have you ever been on TV?

Have you ever broken a bone?

Have you ever broken up with someone?

Have you ever called your boyfriend or girlfriend by the wrong name?

Have you ever changed your appearance a lot in a short time?

(For example, hair style, hair color or weight)

Have you ever cried in public and embarrassed yourself?

Have you ever driven a sports car?

Have you ever finished eating in a restaurant, and you realized you forgot your wallet?

Have you ever eaten frog legs?

Have you ever fallen asleep and forgotten where you were?

Have you ever forgotten your mother’s birthday?

Have you ever gone surfing?

Have you ever gone to greet a friend or family member then noticed it was someone else?

Have you ever made cheesecake?

Have you ever met a celebrity?

Have you ever played a joke on one of your teachers?

Have you ever raised your hand to answer a question, then forgot what you were going to say?

Have you ever received a present that you really hated?

What was it?

Have you ever ridden a motorcycle?

Have you ever talked to a famous person?

What did you talk about?

Have you ever thought of something funny and started laughing out loud in the presence of others?

Have you ever tried in-line skating?

ICE BREAKERS

“HAVE YOU EVER” QUESTIONS *(continued)*

Have you ever guessed someone’s age wrong (younger or older)?

How did the person respond?

Have you ever ripped off your pants while dancing?

Have you ever laughed until tears came from your eyes?

Have you ever fallen asleep while talking on the phone?

Have you ever written an article for a newspaper?

If so, when was it and what was the article about?

Have you ever been on the radio or television?

Have you ever ridden on an ostrich? A camel? A cow?

Have you ever seen a tornado?

Have you ever tried any extreme sports?

Have you ever shot a gun at a tree or a target?

Have you ever played an instrument in public?

Have you ever sung in public?

Have you ever talked “baby-talk” to your pet?

Have you ever hitchhiked?

Have you ever fainted?

Have you ever been trapped in an elevator?

Have you ever fainted in a public place?

Have you ever walked into a window because it was just that clean?

Have you ever cook for more than 20 people?

Have you ever called a women sir or a man “ma’am?”

Have you ever asked a woman when she was “due” and she wasn’t even pregnant?

ICE BREAKERS

PHOTO SCAVENGER-HUNT CONTEST

Each group has to find the following pictures from their wallet or in their phone. The picture must be found, seen by the group, and then the name of the person that has the photo must sign beside their item. The more your group can find, the better!

- _____ *Blonde toddler*
- _____ *Family portrait*
- _____ *Senior portrait*
- _____ *Graduate in cap and gown*
- _____ *Child on a bike*
- _____ *Family or lovers at the beach*
- _____ *Baby's first photo*
- _____ *Family dog*
- _____ *Family cat*
- _____ *Twins*
- _____ *Child laughing*
- _____ *Child crying*
- _____ *Grandparents*
- _____ *Girlfriends*
- _____ *Bride and groom*

ICE BREAKERS

GAME OF FAVORITES

Each person answers the following questions.

1. My favorite food is _____

2. My favorite place to travel to is _____

3. My favorite hobby is _____

4. My favorite time of year is _____

5. My favorite person to talk to is _____

6. My favorite way to spend vacation is _____

ICE BREAKERS

GAME OF COMMON GROUND

Each group must come up with something that *everyone* likes or dislikes in each category.

CATEGORY	LIKE	DISLIKE
FOOD		
TV SHOW		
HOBBY		
WAY TO SPEND A SATURDAY		
SONG		

ICE BREAKERS

PEOPLE BINGO

Has a tattoo	Has lived outside the US	Has a karate trophy	Has been to a national park	Has 3 kids
Has 2 pets	Has a garden at home	Has been on a cruise	Likes tea instead of coffee	Is a vegetarian
Has been to the beach in the last 6 months	Has all their grandparents living	Traveled outside of the US in the last year	Loves to work out	Had a Wendy's frosty in the last month
Has been to the Capitol of the US	Has an iPad	Has met a former or current President	Speaks Spanish fluently	Has a double first name
Wakes up daily before 5:00 am	Went to grad school	Been to Mount Rushmore	Appeared on TV	Has voted on <i>Dancing with the Stars</i>