

"I love the TinyHabits method and use it in our work every day. This is a powerful book that can change your life quickly and permanently. Juni Felix is a wonderful guide to help you move toward an abundant life."

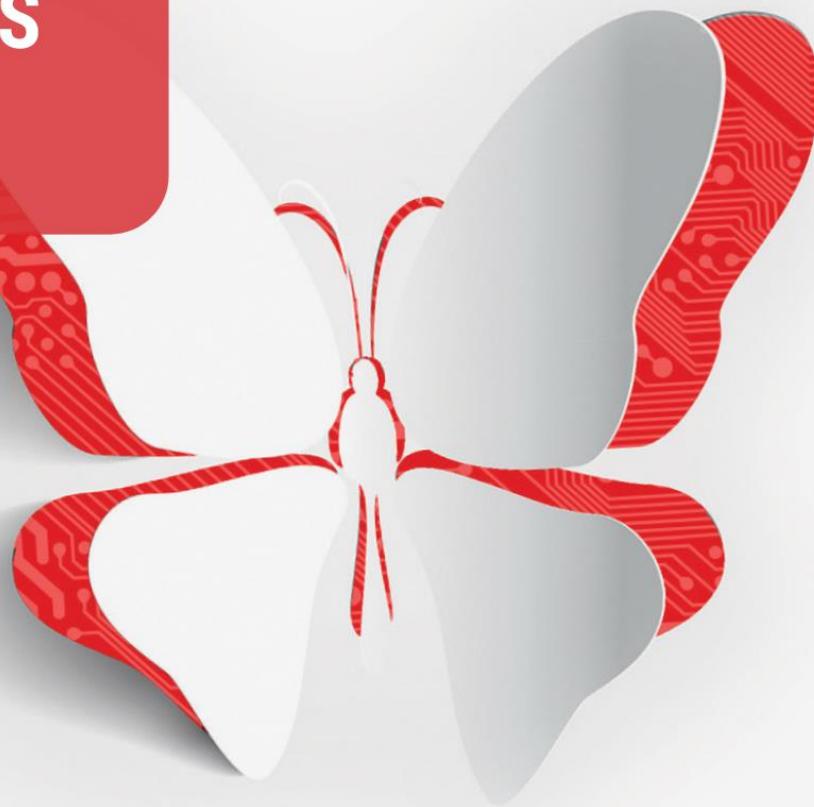
DR. DANIEL AMEN

"America's most popular psychiatrist"

YOU ARE WORTH THE WORK

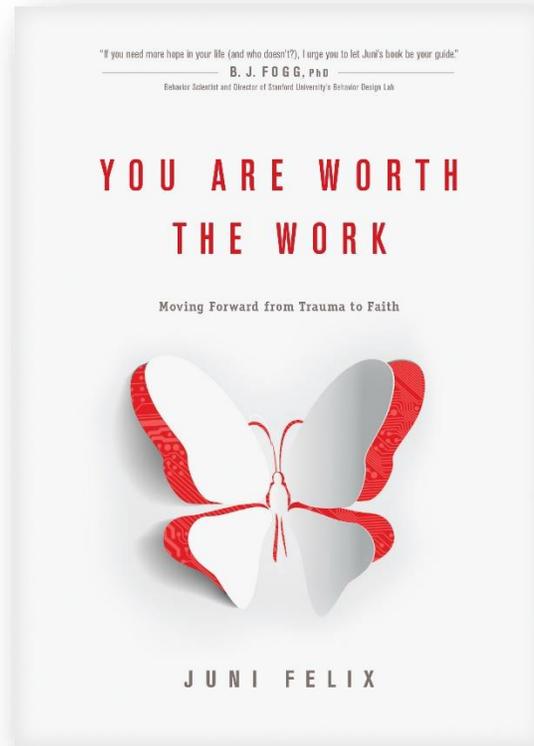
Moving Forward from Trauma to Faith

**LEADER'S
GUIDE**



JUNI FELIX

You Are Worth the Work **Leader's Guide**



NavPress is the publishing ministry of The Navigators, an international Christian organization and leader in personal spiritual development. NavPress is committed to helping people grow spiritually and enjoy lives of meaning and hope through personal and group resources that are biblically rooted, culturally relevant, and highly practical. For more information, visit navpress.com.

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LET'S JOURNEY TOGETHER

We believe that your desire to help others to begin and succeed in their personal healing journey by leading this book group is a gift to this generation. We pray that you'll feel God's blessing over you as you lead, and we're thankful for your partnership in sharing this outreach.

Why? Because mental health care is soul-care and caring for the soul is one of the chief tasks of the church. And trauma is a deep emotional wound that hurts and touches every part of your life—body, mind, spirit, and soul.

At times it seems like the negative effects and echoes of these soul wounds are something that must be ignored or pushed aside in order to function in daily life. As the years pass and the reminders of these soul wounds continue to burden the survivor, it's easy to give in to the temptation to believe that healing and abundant life are reserved only for a privileged few.

The truth is that it's God's will to provide each one of us with everything we need for life, healing, restored hope, and even joy. The ability to transcend and overcome any abuse, injustice, betrayal, and loss is our inheritance as children of God.

In God's design for humanity, healing was meant to happen in community. God with us, and we with one another. – Juni Felix

Considerations

- **A Tool Not Meant to Replace Professional Support.** The personal nature of the material in *You Are Worth the Work* will work best when people discuss the book as a group after reading portions on their own. You will want to avoid any misunderstanding about your expertise, ability, or training as the leader-facilitator in trauma recovery and mental health. Every participant must understand that the book discussion is not intended or designed to replace professional mental health services.
- **Personal Reflection.** As a group, discuss specific points from the book. Encourage participants to spend personal time reflecting and designing their own TinyHabits© for recovery outside of the discussion.
- **Committed Leader.** You do not need a special degree to lead this book group. But because of the content and the discussion, the leader will need to read *You Are Worth the Work* prior to the start of the group and to consistently prompt for discussion from all participants.



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*Discount price is based on a \$7.99 retail price.

You Are Worth the Work is available at your favorite bookstore. Bulk purchases at competitive discounts are available at navpress.com.

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LEADER'S GUIDE FEATURES

The *You Are Worth the Work* Leader's Guide has the following features, making it ideal for small-group use:

- Group format considerations
- Recommended timeline
- Best practices to structure your meeting time and engage participants
- Breakdown of how you will use your time in weekly meetings
- Discussion prompts and key questions (Q) to ask participants
- Suggested verbiage to introduce new topics and to prompt participation
- Handouts for Week 1, Week 3, and Week 6

FORMAT

As you begin to think about hosting/leading these discussions, here are a few strategic tips to help you on your way:

- **Start by praying about who to invite to your group.** Consider someone who you might not normally think would be interested. Maybe you have a coworker who has shared a personal struggle or a friend who is often depressed. You never know how people are hurting, and so many just want to be invited. Be bold and invite people to join you!
- **Decide on a regular place and time.** There are nine chapters. This guide is designed to equip you to cover up to two chapters a week for six weeks, with each session lasting 75 minutes.
- **Communicate the details** for your group. Include:
 - Dates and times (start and end)
 - Location
 - Expectations of commitment—how much time outside of group meetings will be needed to prepare for each week? For example: *Be sure to have read the introduction and chapter 1 before we meet.*
 - The facilitator(s)
 - Social-distancing and masking measures (as needed)
- **Plan for regular communication:** Plan to gather contact information to send encouraging reminders to complete the assigned chapters before the meeting. Decide what works best for you and those who are joining you.

Note: It's sometimes nice to share the group contact list with others. **Please ask people in advance if they approve of that sharing.** It's best to blind copy participants in an email for those who are uncomfortable with their information being shared with the group. And it prevents participants from accidentally replying to all, so all responses can be kept private. Provide a sheet so that people can write down their name, email, and phone number if they are willing to share this information. **Keeping your group a safe place is extremely important for this discussion.**

TIMELINE

To keep a “Tiny” mindset, a six-week format is recommended. Each session should last 75 minutes. Here is our suggested timeline.

Six Week Format

DATE	AIM ASSIGNMENT	TO DO TO DISCUSS
Eight Weeks Prior	Initial leaders meeting	Choose dates, time, location; Create online registration
Four Weeks Prior	Announce group	Encourage sign-ups
Two Weeks Prior	Order books	Arrange pick-up spot or have them buy on their own
One Week Prior	Email/Text group	Provide details of group
Week 1: Launch		Discuss the introduction using focused discussion prompts
Week 2		Discuss chapters 1-2 using focused discussion prompts
Week 3		Discuss chapters 3-4 using focused discussion prompts
Week 4		Discuss chapters 5-6 using focused discussion prompts
Week 5		Discuss chapters 7-8 using focused discussion prompts
Week 6		Discuss chapter 9 using focused discussion prompts What have you learned? Share favorite takeaways from the book. Which TinyHabits for the healing journey have proven to be most effective? What has been the most helpful insight of this study in your healing journey.

STRUCTURE YOUR MEETING TIME

There are so many ways you could structure your time together. Here are a few ideas using suggested time frames:

These suggestions are ideal for every meeting after the first, where time is set to clarify individual objectives.

- **10 Minutes:** Arrival/Welcome/Fellowship and icebreaker. Plan to begin on time. Include the fun icebreaker.

Read the **Reflection and Discussion Guide Introduction** for the corresponding chapter/s you have read for your meeting. This is also a good place for the safe space reminder explained in the next section.

- **45–50 Minutes:** Ask participants to share anything that stood out in that week's assigned reading.

Discussion Prompts: Use these to guide the conversation. Ask questions that will draw people out.

Prayer Requests: Use index cards or slips of paper for participants to write their requests and submit them privately. Choose someone to pray over the requests and reach out to remind those who submitted requests that they are being prayed for. If your group is large, encourage participants to find a prayer partner to share the journey outside the group.

- **5 Minutes:** Thank everyone for coming and close in prayer, including a general prayer for all submitted requests. Remember to mention unspoken requests in the closing.

CREATE SPACE

Trauma recovery is a deeply personal, brave endeavor. By taking part in the group, many have already made a decision to be vulnerable enough to publicly admit they are struggling. It's vital that you remind participants that this gathering is a safe place where everything shared will be confidential.

Here are a few ideas to consider:

- **Confidentiality Reminder.** Take one minute at the beginning of each meeting to remind participants of the guidelines for your time together, such as confidentiality in what is shared and being a safe space free of judgment.
- **Conversation Flow.** Make sure everyone knows they can share the talking time (no talking-dominators, please), and gently redirect someone who may be preventing others from taking part in the conversation.
- **Stay On Topic.** Keep the discussions on topic by using the book group discussion questions. Encourage those who may not have had a chance to talk by asking them what they think. If someone is off topic, plan to guide the discussion back to the focus question.

Whatever you decide is the best approach for your group, we trust that God will give you all the guidance you'll need to succeed.

ENCOURAGING PARTICIPANTS

Allow time at the beginning of each gathering to share a fun icebreaker.

Suggestions for fun, getting-to-know-you icebreaker questions/activities are provided at the start of each section. This is to strategically help participants better understand the concept of generating the good feeling called Shine.

Example: *You have your own late-night talk show. Who do you invite as your first guest and why?*

This multi-purpose, strategic portion of the content is designed to help participants get to know each other better, to build community, and to pique interest and introduce participants to new concepts related to the Science of Human Behavior through Behavior Design. We enter the Kingdom of Heaven by becoming as little children (Matthew 18:3). And children mature in healthy ways through simplicity and having fun.

Though trauma recovery can be a heavy topic, this book group should be an encouraging experience, not a somber one. We are equipping each other with tools to exchange the victim identity for our Kingdom identity. This is a godly aspiration that is cause for celebration, not despair.

Remind participants that they're never alone in the healing journey.

Scripture is clear that when we isolate, we rage against all wisdom (Proverbs 18:1). It's good to celebrate the fact that everyone has made a wise and godly decision to come together for the same purpose: to experience God's design for recovery, including healing in community.

Here are some creative ways to encourage community engagement and fellowship:

- **Weekly Reminder.** During week 1, verify contact information and ask who would like to receive a weekly reminder message for the chapters covered each week in the book group. It may be via text, WhatsApp, Facebook, or email depending on your small group's preference.
- There is a **Tiny Memory Verse Handout** included in this guide. You may want to send the verse with the reminder to read the chapters to be discussed before each session.
- **Group Facilitators.** It is helpful to have two facilitators to share duties. One can be the leader and the other can facilitate if the main facilitator can't make it. Or the two facilitators can co-lead, or they can share responsibilities according to their time and giftedness. Having two facilitators also provides a sounding board for support and to troubleshoot issues that may arise.
- **Intercession.** It's helpful to schedule prayer time for submitted requests gathered from the participants during each session. Let participants know that their prayer requests are treated as sacred and that dedicated time is invested in praying with them for shared and unspoken requests.

WEEK 1

INTRODUCTION

1 – Housekeeping [10 Minutes]

Name Tags. Name tags are helpful each week; encourage each person to create a name tag. Having blank name tags and several colored sharpies available is recommended. Encourage creativity and fun—possibly by doodling on your own to reveal a fun part of your personality.

Books. For those who don't already have a copy of *You Are Worth the Work*, now is the time to distribute any copies ordered directly through the church or ministry. If participants don't have a book yet, assure them that this first meeting is all about the introductions and is the one meeting where there is a dedicated shared reading time for the introduction. Encourage participants to purchase a copy from the church, online, or at their favorite bookstore before week two.

2 – Welcome [25 Minutes]

Welcome to week one of the *You Are Worth the Work: Moving Forward from Trauma to Faith* book group!

My name is _____, and I will be your guide for the next six weeks.

You'll notice that the book is tiny. This is by design. With the topic of trauma recovery, it's important that resources do not feel overwhelming. Progress toward good is achieved by keeping things simple and fun as much as possible.

You may feel that the word fun is out of place for this topic, but research has proven that fun, specifically the TinyHabit of Celebration, is a key component in the strategy for success in any endeavor. Sustained change toward good occurs when we feel good, not bad. Each week we'll practice Tiny Celebrations as we learn how to create and experience the tiny, good feeling of Shine as we move forward.

3 – Getting to know each other [20 minutes]

During our time together this first week, you're going to learn about a few other key components as we get to know the author a bit by reading through the introduction together.

(Optional) *If you've never heard of her, Juni Felix is an internationally known discipleship teacher, Certified Tiny Habits® coach, speaker, radio host, and broadcaster as well as an expert teacher on the science of human behavior using behavior design. She is a member of Dr. B. J. Fogg's (Stanford) Behavior Design Lab's Teaching Team and a survivor of complex childhood trauma. Her current, primary assignment from God is to equip others with proven tools that work in order to help others exchange their victim identity for their Kingdom identity one tiny decision at a time.*

Invite each participant to share:

- 1) Your name and favorite travel destination.
- 2) Why you decided to join this book group.
- 3) One fun fact that many people wouldn't know about you.

Leader's Model: (Example) *I'm Juni, my favorite travel destination is Star Wars Galaxy's Edge at Disney World. And I'm here to gain tools for my ongoing healing journey by learning from and with you. I also have an unofficial pet squirrel named Carlton who visits me because I feed him every morning. At least I think that's him visiting me every day.*

You may write your introduction here:

Who wants to go next?

*[After everyone has shared] . . . **Thank you so** much for sharing. It's an honor to meet you, and it's so great getting to know each of you a little better.*

*We're already having a good time, but it's also important for you to know that I know this is a **deeply personal topic**. I'm thankful that you are a part of this group and that you are allowing us to share in and learn with you in the healing journey.*

A few important reminders:

- **This is a safe space.**
- Everyone is committed to **keeping our conversation confidential**.
- **This is a judgement-free place** where we learn and grow in our knowledge of how to move forward from trauma together.
- Please be mindful as we discuss to **make room for everyone to have the chance to share** as time allows. It's best to be respectful of everyone's time, and I want to make sure we start and end on schedule.

You'll notice there are prayer request cards here for any requests you'd like to share. I will be praying for and with you over each request, and I'd also appreciate your prayers for me as we move forward.

Introduction – You Are Worth the Work:

4 – Read the introduction [25 minutes]

Let's get started with our objective for this week by reading the introduction together.

- *I'd love some help with this. I'll read the first 2 paragraphs.* [Invite someone to take the next 2, and the next 2, and so on until completion.]

Q: *What stands out the most to you in this introduction and why?*

Scripture passages to read:

- **Matthew 17:20:** “You don't have enough faith. . . . I tell you the truth, if you had faith even as small as a mustard seed, you could say to this mountain, ‘Move from here to there,’ and it would move. Nothing would be impossible.” (NLT)
- **Hebrews 12:2:** We do this by keeping our eyes on Jesus, the champion who initiates and perfects our faith. (NLT)
- **Philippians 4:19:** And this same God who takes care of me will supply all your needs from his glorious riches, which have been given to us in Christ Jesus. (NLT)

Q: *What are your thoughts on the relationship between faith and committing to the healing journey?*

5 – Conclusion [5 Minutes]

Thank you all for coming.

Optional quote from the author:

Practicing to convert into a ‘Mindset of Tiny’ is essential in recovery. God designed us to move forward in tiny, incremental, literal baby steps, and He celebrates every tiny time we succeed. Love is manifested and realized in the tiny things we do, not the big leaps. This is why behavior design is the science of love. It's all about the ‘Tiny.’
– Juni Felix

Prayer: One prayer over all requests submitted. Mention unspoken requests.

Week 1 Handout | Page 1

“The LORD directs the steps of the godly.

He delights in every detail of their lives.” –Psalm 37:23 (NLT)

Remember to practice The Maui Habit (see page 15 in *You Are Worth the Work*) each morning to build your brand-new TinyHabit creation skills! If you miss the morning, because this TinyHabit is so easy to do, you can do it anytime. Find your Anchor Moments, Tiny Behaviors, and Tiny Celebrations, and have fun!

Personal Discovery Work Journaling Challenge:

Write down one specific issue that you are most seeking to make progress toward healing. It's important to focus on only one issue created by the trauma at a time. Change is a skill, and you must have a clear, concrete first objective because it's impossible to design for abstractions. This challenge may also be completed with the help of your therapist.

Completing this exercise will enable you to measure your progress after you've begun practicing your new TinyHabits while participating in the book group. Please remember that God is with you, guiding your healing journey every tiny step of the way.

Examples of specific issues may include:

- I wake up each morning with a broken heart. The first feeling of the day is sadness.
- I reach for sweets or food when I feel triggered or am reminded of the events of my life that are most hurtful.
- I am often unable to pray because I don't know if God is really listening. Though I serve at and attend church, my prayer life is nearly non-existent.
- I have trouble controlling my anger. I sometimes yell at my children, and I'd like to stop.
- I don't sleep well at night. I have disturbing dreams, or I stay up rehearsing my mistakes from the day.
- I want to memorize Scripture, but when I try, I fail. I sometimes wonder if I'm not intelligent enough to succeed at memorization.
- I often wonder if God is disappointed in me or if I'm being punished by Him because I've not recovered from this trauma.
- I bite my nails, sometimes so much that my fingers are raw and painful. I can't figure out what's causing this behavior.
- I often feel anxious and overwhelmed by reminders of the things in my life that I regret and feel I have no control over. I'd like to be more focused.

At the end of six weeks, look back at your specific objective to see and celebrate your progress—no matter how tiny—in your healing journey!

Week 1 Handout | Page 2

Tiny Memory Verse

“Every word of God proves true. He is a shield to all who come to him for protection.”

–Proverbs 30:5 (NLT)

Behavior Design is the Science of Love because it's all about the Tiny.

God is not looking for grand displays of faith, super saints, and superstar, celebrity students among His children. It's all about love, and love is strengthened and sustained by continual tiny, ongoing, faithful acts of kindness, patience, grace, and service. He is never looking for perfection because He knows perfection is impossible for us. God is looking for faithfulness (2 Chronicles 16:9), and we can always decide to choose faith.

Every word of God, no matter how tiny, that you hide in your heart is a powerful act of trust in God. And yes, you certainly can memorize Scripture. It's simple, and you can always succeed by keeping it tiny. Anything above the tiny is extra credit!

Here are some of tiny verses to hide in your heart. Have fun and enjoy being the type of faithful person who memorizes and meditates on the Word of God!

Every tiny time you succeed, celebrate because God is celebrating with you!

Week 1: Rejoice always (1 Thessalonians 5:16)

Week 2: Pray without ceasing (1 Thessalonians 5:17)

Week 3: Be thankful, always (1 Thessalonians 5:18)

Week 4: Always pray and never give up. (Luke 18:1)

Week 5: Don't be afraid, just believe. (Mark 5:36b)

Week 6: Nothing is impossible with God (Luke 1:37)

WEEK 2

SORROW, SELF-COMPASSION & CELEBRATION

1 – Getting Started [10 minutes]

Name Tags: Remember to make name tags and fun, colored Sharpies available.

Icebreaker Question: If you could have an unlimited supply of one thing for the rest of your life, what would it be?

[After sharing responses] *We're off to a great start! Well done practicing creating the good feeling of Shine. Now let's keep moving forward with Chapter 1.*

2 – Chapter 1: You Are Worth the Work—Life Beyond Monstrous Things [25 minutes]

Have someone read Job 3:20-26 (from the Bible or found on the first page of chapter 1).

In Chapter 1, Juni talks about life beyond monstrous things—facing the hardest parts of your story and how your sorrow is sending you a loving reminder to slow down, stop and acknowledge, and lovingly answer the questions “What happened?” and “What’s wrong?”

Q: What do you think of this concept?

Q: What other parts of chapter 1 did you find most compelling and why?

How many of you tried The Maui Habit? How did it go? Are you going to keep it up? I hope so—the habit is a start-of-the-day, tiny seed of hope.

- What Anchor Moments in your routine did you identify (refer to page 17)?
- What Tiny Behaviors did you choose to follow the Anchor Moments?
- What Tiny Celebration did you choose? It's important to never skip the Tiny Celebration—it's the dopamine spark that wires the new habit into your brain. It's exactly like clicking “Like” on your own social media post!

3 – Chapter 2: Strings and Macros—The Power of Self-Compassion [25 minutes]

In Chapter 2, Juni explains among so many other things that in the recovery journey, there is a big difference between self-compassion and self-pity. One can empower you to move forward with a fresh perspective, and the other always and only holds you back.

Have someone read John 5:6-9 (from the Bible or found in chapter 2, paragraph 3 on page 30).

In his suffering, this man made the mistake of not realizing that God was right there with him, offering help and solutions, just like He's right here with you and me.

Q: What do you think of this concept, and what other aspects of this chapter caught your attention?

Have you tried out your New Identity using the second TinyHabit? Choose an Anchor Moment like brushing your teeth, follow it with the Tiny Behavior of saying, "I am loved," and follow that by a Tiny Celebration. How's it going?

4 – Conclusion [10 minutes]

Thank you all for coming.

Optional quote from the author:

You are not broken; you are responding rightly to the injustices you've suffered. You are a strong, shining example of God's power to redeem, heal, and empower us to transcend any and every scheme of the enemy for His glory. – Juni Felix

Prayer: One prayer over all requests submitted. Mention unspoken requests.

WEEK 3

THE CURSE THAT'S A GIFT; THE JOY SET BEFORE YOU

1 – Getting started [10 minutes]

Leader Advance Preparation: Have your Tiny Mission Statement (Page 69) ready to share toward the end.

Name Tags: Remember to make name tags and fun, colored Sharpies available.

Tiny Celebration Handout: There is a handout for this week's meeting with a list of Tiny Celebrations to follow the Tiny Behaviors. These fun suggestions can be used to help others learn how create the feeling of Shine.

*Welcome to week three of the **You Are Worth the Work: Moving Forward from Trauma to Faith** book group!*

Icebreaker question: What fictional world or place would you like to visit?

After sharing responses:

We're off to a great start. It's so fun getting to know you all a little better! Now let's keep moving forward!

2 – Chapter 3: The Curse That's a Gift—The Superpower of Free Will [25 minutes]

In this chapter, Juni discusses the importance of understanding how humans are meant to grow, learn, and move forward in tiny, literal baby steps; how during our formative years as babies and toddlers we begin building our lives and identities based on what we decide to keep or discard. What we say yes to and what we say no to. This is much like the binary number system used by computers: zeros and ones. The superpower to choose:

- Faith or despair
- Hope or discouragement
- Gratitude or unrest
- Service or isolation

Freedom to choose is a gift we've been given by God.

Q: What do you think of this concept, and what other aspects of this chapter caught your attention?

Read this Quote:

You know this feeling already: You feel Shine when you ace an exam. You feel Shine when you give a great presentation and people clap at the end. You feel Shine when you smell something delicious that you cooked for the first time. . . . By skillfully celebrating, you create a feeling of Shine, which in turn causes your brain to encode the new habit. – Dr. B. J. Fogg (page 58)

Q: Have you practiced the TinyHabit of generating the feeling of Shine using Tiny Celebrations? [Reference the Tiny Celebration Handouts here.] What are some of your favorite, simple ways to celebrate and create Shine?

3 – Chapter 4: The Joy Set before You [30 minutes]

In this chapter, Juni encourages us to slow down and take notice of the places in our lives where we may be stuck in patterns of being unkind to ourselves, tormented by negative thoughts and responses. She says that this sadness and sorrow does not mean we are irreparably damaged and that, in the Bible, these wounded, hardened places in our hearts are identified as areas of unplowed ground (Jeremiah 4:3-4).

These are the patches of untilled soil in the garden of our souls that need attention, special care, and certain conditions in order to heal and grow stronger. Your new, helpful, tiny, and good TinyHabits are like seeds planted in the soil. So how do we water the seeds?

Juni's friend Naren's testimony of surviving the Cambodian killing fields is included in this chapter.

Would someone join me in reading about the responses of those like Naren who survived pure, unfiltered evil and how they found their way to joy?

Alternate with volunteers to read the gathered responses of those studied and interviewed about their strategy for recovering (printed below and found on page 64).

- They choose to abandon self-pity, bitterness, hatred, and the lie that their lives, stories, and sufferings have no meaning. Instead, they choose faith, gratitude, service, hope, and love.
- They choose a lifestyle of appreciation and develop the habit of gratitude for even the simplest things—things that they'd been deprived of in their seasons of terror, such as water, food, conversation, companionship, comfort, and laughter.
- They refuse to let the atrocities that scarred them and stripped them of their dignity, their loved ones, and everything they owned steal the Shine inside them.
- They choose to believe that there was a good reason they survived, and they decide to become and remain a part of the good and light in this world.

Q: What do you think of Naren's testimony and the similar recovery strategies of the victorious survivors?

It seems that their responses are real-life, practical drops of the Living Water that Jesus offered to the woman at the well in John 4:10. This is how you can water your new TinyHabit seeds.

Juni writes:

From now on, please remember that you can always choose what you will focus on and move toward. . . . [By taking] tiny, courageous steps[—like Naren—]toward freedom, peace, and—eventually—joy. (page 65)

Another great way to water the TinyHabit seeds is to have a Tiny Mission Statement, which is TinyHabit #4.

Q: Did you create your Tiny Mission Statement? Mine is . . .

Would you like to share yours? We'd love to hear it!

4 – Conclusion [10 minutes]

Thank you all for coming.

Optional quote from the author:

Please remember that as humans, we hold on to and keep things that we think we need to survive. It's God's will for you to be well. Do you know who you are apart from the situations and circumstances that left you brokenhearted? You don't need your trauma to lead you to 'your calling'; we all have the same calling, to love the Lord with heart, soul, mind, and strength. God's love is sufficient to lead you, and His love never runs out. – Juni Felix

Prayer: One prayer over all requests submitted. Mention unspoken requests.

Week 3 Handout

Mastering the Art of Tiny Celebrations

This is the day the LORD has made. We will rejoice and be glad in it.

–Psalm 118:24 (NLT)

You know this feeling already. You feel Shine when you ace an exam. You feel Shine when you give a great presentation and people clap at the end. You feel Shine when you smell something delicious that you cooked for the first time. . . . By skillfully celebrating, you create a feeling of Shine, which in turn causes your brain to encode the new habit. – Dr. B. J. Fogg (page 58)

Designing new TinyHabits is as easy as A, B, C—always include the Tiny Celebration!

Here are a few ideas to get you started:

Do a quick fist pump and say, “Thank you, God!”

Lift your head high and smile.

Raise your arms, smile, and say, “Today is a day of Victory!”

Smile at yourself in the mirror.

Turn your palms up and say, “Well done.”

Do a tiny happy dance.

Imagine your favorite teacher smiling at you.

Lift your chin and smile.

Say to yourself, “I’ve got this, and I’m never alone.”

Strike a superhero pose.

Think, “I’m amazing and healing every day.”

Say or think, “Good job.”

Imagine a roaring crowd—cheering just for you.

Smile big and say, “Oh yeah, I got this!”

Recruit a child to do a tiny happy dance with you.

Imagine God telling you, “Well done, good and faithful child.”

Turn both palms up and say, “Thank you, Lord.”

Give yourself a hug and say, “I am so loved.”

Take a deep breath, smile, and put your hands together in gratitude.

Sing one line of your favorite hymn. Example: “Great is thy faithfulness.”

Say, “Touchdown!” And do your favorite pose.

Look in the mirror and say, “I’m so proud of you.”

[write your own] _____

[write your own] _____

With every Tiny Celebration, you are celebrating God’s gift to the world in you. As you celebrate what’s good, no matter how tiny, you are celebrating God, who is the source of all that’s good, right, and true (James 1:17).

WEEK 4

TAKE COURAGE AND SLOW DOWN; LEARN YOUR GIFTS AND TRUST YOUR ALLIES

1 – Getting started [10 minutes]

Name Tags: Remember to make name tags and fun, colored Sharpies available.

Welcome to week four of the ***You Are Worth the Work: Moving Forward from Trauma to Faith*** book group!

Icebreaker question: When you were a child, what was your biggest dream?

After sharing responses:

Now that we're warmed up, let's get going with Chapter 5: Take Courage and Slow Down.

2 – Chapter 5: Take Courage and Slow Down—A Master Plan [15 minutes]

Juni writes: "Grief is work. When you intentionally slow down to grieve the losses created by trauma, you gain the opportunity to see and acknowledge the root causes of many of your emotional and physiological reactions and responses.

"If you take the time—even if it's only a few minutes each day—to intentionally identify and process the root issues causing your heartache, depression, and exhaustion, you'll incrementally begin to feel empowered" (page 74).

Q: Why do you think it takes courage to slow down?

3 – The Superpower of Celebration [15 minutes]

It's important to understand the power of celebration in God's design for human behavior. Let's read this section together.

Q: What are your thoughts on the importance of Tiny Celebrations in God's design, and have you discovered any new Tiny Celebrations that are working well for you?

4 – Chapter 6: Learn Your Gifts and Trust Your Allies—Finding Strength and Accepting Support [20 minutes]

Juni writes: “Your mind and your emotions are parts of a loving and practical God-given system. . . . When your mind and emotions are doing their jobs as they are designed, you can make a tiny, healthy choice every time the reminder of that unprocessed, unhealed pain arises. . . . That pain is your opportunity to discover a deeper, hidden place within yourself that’s in need of loving attention and care” (pages 97, 99).

Q: What do you think about this perspective on emotional pain?

Q: What else in this chapter really caught your attention?

5 – Conclusion [10 minutes]

Thank you all for coming.

Optional quote from the author:

People often ask me if I believe God ‘used my trauma’ to lead me to my ‘calling.’ I always respond, ‘Absolutely not. I’m not thankful for my trauma because it didn’t do me any good. We all have the same calling—to love well, for God’s glory. It’s His love that invites us to be a part of His good work in the world. God doesn’t need to use evil to bring about good. Because He’s the source of what’s good. – Juni Felix

Prayer: One prayer over all requests submitted. Mention unspoken requests.

WEEK 5

ARMOR UP AND TRAIN HARD; A LIFESTYLE OF TINY HEALING CHOICES

1 – Getting started [10 minutes]

Name Tags: Remember to make name tags and fun, colored Sharpies available.

Welcome to week five of the **You Are Worth the Work: Moving Forward from Trauma to Faith** book group! It's so great to see you! To get us started, let's practice creating a little Shine.

Icebreaker question: Who is your hero and why? And there's no rule here: Yes, you can say Jesus, but make sure you tell us why.

Thanks for sharing. Let's get started with chapter 7.

2 – Chapter 7: Armor Up and Train Hard—The Difference Between Hurt and Harm [25 minutes]

Juni writes: "God doesn't want to use you. Abusive and manipulative people use others. God wants to love you. . . .

"God is the perfect parent. He doesn't want to use you—because He doesn't need anything. There is absolutely nothing that can interfere with His will and purpose for this world. He's a good Father who deeply loves and enjoys you for who you are. Every day, He continually invites you to accept His love and to participate in His good work, if you want to. And then He wants you to echo and overflow His love to the world in the unique way that only you can" (pages 117, 119).

Q: What do think about this concept of being "invited" instead of being "used"?

Q: What else in this chapter really caught your attention?

3 – Chapter 8: Faith and Vodka—A Lifestyle of Healing Choices [25 minutes]

Read or select a volunteer to read Romans 7:15-21 from *The Message* translation (printed below or found on pages 144-145 in the book). Invite participants to follow along.

What I don't understand about myself is that I decide one way, but then I act another, doing things I absolutely despise. So if I can't be trusted to figure out what is best for myself and then do it, it becomes obvious that God's command is necessary.

But I need something more! For if I know the law but still can't keep it, and if the power of sin within me keeps sabotaging my best intentions, I obviously need help! I realize that I don't have what it takes. I can will it, but I can't do it. I decide to do good, but I don't really do it; I decide not to do bad, but then I do it anyway. My decisions, such as

they are, don't result in actions. Something has gone wrong deep within me and gets the better of me every time.

It happens so regularly that it's predictable.

Choose a volunteer to read Romans 7:25 in *The Message* translation (printed below and found on page 146 in the book). Invite participants to follow along.

The answer, thank God, is that Jesus Christ can and does [have all the power to help me]. He acted to set things right in this life of contradictions where I want to serve God with all my heart and mind, but am pulled by the influence of sin to do something totally different.

Q: What about Paul's confession is most interesting to you?

Juni writes: "This is not the Sunday-school answer, where you just say, 'Jesus' and get a gold star. What Paul is revealing here is that when it comes to moving forward from trauma to faith, it's not about willpower—it's about God's will and His power. . . .

Willpower . . . helps you pinpoint the things that really matter to you. . . . Willpower was never meant to sustain you, because that's God's job" (page 146).

Q: How do you feel about the idea of reframing the understanding and purpose of willpower?

Q: What else in this chapter really caught your attention?

4 – Conclusion [15 minutes]

Thank you all for coming.

Optional quote from the author:

Faith is designed to be a journey and a destination—simultaneously—because everything for God is now. He is the 'I AM.' We can't rush through it—or run away. Especially when recovering and grieving. The only way out is through, and it's hard, daily work—but you're worth the work. – Juni Felix

Prayer: One prayer over all requests submitted. Mention unspoken requests.

WEEK 6

IRREPRESSIBLE: DEEP IN WONDER AND FULL OF JOY

1 – Getting started [10 minutes]

Name Tags: Remember to make name tags and fun, colored Sharpies available.

Welcome to week six of the *You Are Worth the Work: Moving Forward from Trauma to Faith* book group! To get us started, let's practice creating a little Shine.

Icebreaker question: Would you rather be able to run at 100 miles per hour or to fly as high and as far as you want to at 10 miles per hour?

Thanks for sharing! Let's get started with chapter 9.

2 – Chapter 9: Irrepressible: Deep in Wonder and Full of Joy [45 minutes]

Read or select a volunteer to read John 15:9-12 (printed below in the NLT or found in a Bible).

"I have loved you even as the Father has loved me. Remain in my love. When you obey my commandments, you remain in my love, just as I obey my Father's commandments and remain in his love. I have told you these things so that you will be filled with my joy. Yes, your joy will overflow! This is my commandment: Love each other in the same way I have loved you."

Juni writes: "You must decide to *strengthen* the habit of seeking, noticing, and discovering praiseworthy things. . . . Appreciation opens a portal to abundant life and brings healing to our souls and spirits. It sows seeds of joy every tiny time we choose it" (page 172).

Q: Have you found that TinyHabits are helping you to become the type of person who seeks out what is good?

Q: What else in this chapter really caught your attention?

Favorite Insights

This is our final book group gathering. I'd like to know: What were some of your favorite insights from the book?

Optional/Suggested Discussion Prompts:

- Which TinyHabits for the healing journey have proven to be most effective?
- How did you do with the Tiny Memory Verses?
- Did you create your own TinyHabit Trauma Recovery Toolkit?

4 – Conclusion [10 minutes]

Thank you all for coming.

Optional quote from the author:

With our human minds, in the knowledge that God's ways are not our ways and His thoughts are not our thoughts, it's impossible to fully reconcile the reality of evil with our all-knowing, all-powerful, ever-present, always-loving God. But that's what faith is for. – Juni Felix

Prayer: One prayer over all requests submitted. Mention unspoken requests.

Week 6 Handout

Lies and Truths

Do any of these lies sound familiar to you? The lies need to stop so that you can live fully in the truth. You are God's child, and He is with you to love and support you through every twist and turn of your journey and to celebrate with you when you believe—and live—the truth!

LIE	TRUTH
I feel alone due to the pain of my past—what was done to me and what I did to myself.	Your journey isn't over, and you're never alone.
I think that my lack of faith is responsible for my inability to receive healing.	You have faith. Recovery has everything to do with your commitment to a lifelong healing journey.
I prayed a prayer, walked the aisle, and made a heartfelt profession of faith. Why am I not fully healed?	Ongoing soul-care is essential.
I try, I fail, and I'm ashamed.	The cycle of trying, failing, and blaming yourself can end today because human behavior is not random or unpredictable, it's systematic. You can design a system for breakthrough that will work toward good every time.
I just can't get rid of my feelings of sadness and betrayal. At best, I'm confused.	Trauma is like bad code that programs your mind toward sadness, confusion, and micro acts of self-betrayal. The good news is that bad code can always be debugged and reprogrammed toward good.