

Curriculum Cue

Video/CD Title: 0301D The Gift In You – Part 4
Disc Start Time: 00:00

Author: Dr. Caroline Leaf
Disc End Time: 36:57

Introduction: Try not to focus on the science Dr. Leaf explains in this DVD. During this lesson, Dr. Leaf covers the kinds of things that are toxic to you operating in your God-given gifts. It also describes neural-plasticity, your ability to rewire your brain so you can live a healthier and more Kingdom focused life.

Discussion 1: Dr. Leaf taught about her dirty dozen gift blockers, those things that are toxic to your operating in your God-given gifts.

Drill Down 1:

- Toxic Love can manifest itself in a number of ways: equating sex with love, live-in girlfriends, booty calls, pornography, sex for the purpose of self-gratification, dysfunctional marriages, etc. Share how you have given into Toxic Love in the past, what you believe about these areas now, and (if there has been a change) what brought you to the point of repentance.
- Toxic Words are represented by rudeness, slander, general negativity, pessimism, insults, and sarcasm intended to make someone look stupid. “For out of the abundance of the heart, the mouth speaks.” (Matthew 12:34) Share how you have used Toxic Words in the past, what you believe about these areas now, and (if there has been a change) what brought you to the point of repentance.
- Toxic Schedule can be either having too much on your plate (workaholic) or not enough (boredom). God designed us to work for our sustenance. “If anyone will not work, let him not eat.” (2 Thessalonians 3:10) He also designed us for rest. “Six days you shall work, but on the seventh day you shall rest; in plowing time and in harvest you shall rest.” (Exodus 34:21) Share how you have had a Toxic Schedule in the past, what you believe about this area now, and (if there has been a change) what brought you to the point of repentance.
- Toxic Thoughts are the root of every other gift blocker described in this teaching. “For as he thinks in his heart, so is he.” (Proverbs 23:7) Share how Toxic Thoughts were used in the areas above, what you believe about this kind of thinking now, and (if there has been a change) what brought you to the point of repentance.

Post Class Instructions: Hand out “The 5 Steps to Neural-Plasticity” and study it until you are comfortable with applying them to the hurtful event you shared during your last class. We will offer you more tools to apply to this wounding during a future class in order to help bring you to a level of freedom you have never before experienced.

Hand out the 0301D Beta Blockers Handout. Make dietary adjustments to prepare for the upcoming neural-plasticity exercise.

Curriculum Cue
Class Participation Checklist

Facilitator: _____ Date: _____ OSM Signature: _____

Check here if first time to facilitate.

Title: 0301D The Gift In You – Part 4

Attendee	I	1. √	2. √	3. √	Attendee	I	1. √	2. √	3. √
					Absent				

	Drill Down Attendee	Pivot Point (Point of Repentance)
1.		
2.		
3.		

Place a check mark √ in the “I” column for each attendee who offered input into the discussion.

Place a check mark √ next to attendee only if he assists in drill down. Each column represents one drill down.