

# EMPOWER



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# Certainty Amid Uncertainty

## ACTIVITY SHEET



Along the path to recovery and redemption, you'll eventually reach a point where you have to decide whether you're willing to accept the reality of what's transpired and live free from your emotional hang ups. Perhaps it's time to pick yourself up, dust yourself off and get on with your future.



### SESSION OBJECTIVES

**This session is designed to help you understand:**

- (a)** what true freedom looks like as you move forward
- (b)** the key lessons you've learned in this program (review)
- (c)** how to hold on to hope and bid your pain goodbye

# Future Outlook

Acceptance is the acknowledgement of what has happened; admitting you can't turn back time, undo all the wrongs or rewrite your past. It's conceding that what happened is real, unfair and painful. But so as not to wallow in your pain, there also comes a time when you need to get on with your future. To learn once again to live free.



What might 'freedom to' look like for you? ✓

Start a new relationship		Start a new business		Apply for University	
Apply for a new job		Go back to Church		Renew marriage vows	
Join the Ministry		Pursue health and fitness		Consider a career change	
Move (home/city/land)		Plan to conceive a child		OTHER	

**TRUE FREEDOM  
ISN'T JUST  
'FREEDOM FROM'  
SOMETHING, IT'S  
ALSO THE 'FREEDOM  
TO' SOMETHING -  
THE FREEDOM TO  
BE, THE FREEDOM  
TO HAVE AND THE  
FREEDOM TO DO.**



# Reflect and Review

Throughout this 'EMPOWER' program, you've learnt a broad range of emotional resilience skills that help facilitate recovery from critical incidents and high impact life events. This activity brings together all the lessons you've learnt.



**What are the key learnings and action steps that you've found most beneficial?**

SESSIONS	THEME	KEY LEARNING/ACTION STEP
<b>SESSION 1</b> Ground Zero	Understanding resilience, cultivating motivation and establishing objectives	
<b>SESSION 2</b> Dealing with Disaster	Addressing common questions and developing effective coping strategies	
<b>SESSION 3</b> Brace for Impact	Evaluating the impact of tragedy on thoughts, feelings, biology and behaviour	
<b>SESSION 4</b> Healthy Foundations	Examining the role sleep, diet, exercise and relationships play in maintaining mental health	
<b>SESSION 5</b> Emotional Alarm Bells	Developing an emergency response plan for dealing with heightened emotions	
<b>SESSION 6</b> Snakes and Ladders	Creating a personalised emotional first aid plan for high-risk situations	
<b>SESSION 7</b> Thought Court	Identifying diverse thought patterns and bringing toxic thoughts into submission	
<b>SESSION 8</b> Cross Examined	Cognitively restructuring toxic thought patterns and renewing the mind	
<b>SESSION 9</b> Meaning Making	Finding beauty in brokenness; allowing God to make all things new	
<b>SESSION 10</b> Purpose from Pain	Developing the courage to transition from victimhood into victory	
<b>SESSION 11</b> Reconciliation to the Rescue	Letting go of hurt, learning how to heal and be set free from emotional bondage	
<b>SESSION 12</b> Certainty Amid Uncertainty	Moving forward, holding on to hope that becomes an anchor for your soul	



**Q:** What was the most valuable thing you've learnt from participating in this program?

**Q:** What's one lesson you can share with others?

## To Be Sure

As your participation in the EMPOWER program comes to an end, you may notice that in moving forward, painful emotions will still surface from time to time. That's okay. Healing is a process, and growth is a lifelong journey. But as you allow the Holy Spirit to lead and guide you on this journey, remember that 'all things work together for the good of those who love God, to those who are the called according to His purpose' (Romans 8:28 NKJV).

**Q:** In moving forward, what's the one thing you have the faith to believe?  
(anchor of hope to hold onto)

**THERE'S NO SHORTAGE OF SCRIPTURE DECLARING GOD'S GOODNESS AND HIS NOBLE INTENTIONS TOWARDS US. THE QUESTION IS; DO YOU BELIEVE IT? DO YOU TRUST THAT GOD IS YOUR CHEERING SQUAD AND NOT YOUR FIRING SQUAD? DO YOU HAVE THE FAITH TO BELIEVE EVEN THOUGH, AT TIMES, YOU MAY STRUGGLE TO SEE OR HEAR HIM? IN TIMES OF UNCERTAINTY, THERE'S ONLY ONE THING THAT WE CAN BE CERTAIN OF:**

# **God is faithful!**