



Edward E. Moody, Jr., Ph.D.

**FIRST AID**  
for Emotional Hurts

Helping People  
Through  
Difficult Times

**Leader's Guide**

[www.FirstAidforEmotionalHurts.com](http://www.FirstAidforEmotionalHurts.com)

***11 And He Himself gave some to be apostles, some prophets, some evangelists, and some pastors and teachers, 12 for the equipping of the saints for the work of ministry, for the edifying of the body of Christ, Ephesians 4:11-12***

Dear Leader,

There is probably no area that is associated with more stigma and confusion than that of emotional and mental illness. Those who struggle with emotional problems often suffer under a cloud, embarrassed to seek the help of mature believers in the church. When they do seek help, leaders and other believers are often ill prepared to help them. Indeed, the confusion and ignorance about these issues can lead those in the church to harm hurting people. *First Aid for Emotional Hurts* was written to equip believers in basic emotional first aid skills. As a leader, you have been entrusted with the responsibility of equipping those in your congregation to provide this assistance.

By reading *First Aid* debilitating myths can be debunked of debilitating myths and helping skills acquired. However, it is important to plan and prepare if we are to truly be effective helping agents. That is the goal of this leader guide. Discussion of the chapters of *First Aid* will enable your group members to get a better grasp of this material and to the group with strategies they can use to assist those around them.

Participants will need to read the chapters of the book before each chapter discussion. As the leader, you will need to read the content especially closely and challenge members to put into action the helping strategies discussed.

You are undertaking a very important and needed task. May God bless you and guide you as you equip your saints to do this important ministry.

***Edward E. Moody, Jr.***



## Getting Started

1. Get a copy of *First Aid for Emotional Hurts* for each participant. The book can be ordered from Randall House Publications.



**1-800-877-7030**

*First Aid* can be purchased in bulk at a reduced rate from Christian Book Distributors or Christianbook.com.



2. Set up a good time for the group. The group could work well as a morning or nightly Bible study or as a group designed to equip leaders in ministry skills.

3. Plan the group. If the study is part of a mid-week Bible study you might examine a chapter from the book each week. You might also be able to cover the material in a five-week period where two chapters are discussed each week. However, adapt the format to meet the needs of your participants. For example, if the participants read the book ahead of time they might get together at a daylong retreat to discuss it. Adapt the format of the group to meet your needs.

4. Frequently look at the website [www.FirstAidforEmotionalHurts.com](http://www.FirstAidforEmotionalHurts.com) to find resources and updates that you can use in discussions.

5. Pray and prepare. Pray for your group participants and be prepared to guide them. Realize that some of the subjects that are discussed can be especially difficult for participants who have experienced these problems. Be prepared to refer them to professional helpers should the need arise. Use the questions to stimulate discussion. When responses are inaccurate, gently guide participants to the truth. Use the questions to prompt critical thinking about the application of helping principles.



*Come to Me, all you who labor and are heavy laden, and I will give you rest.*  
*Matthew 11:28*

## **Chapter 1: What To Do When You Don't Know What to Do**

### ***Goals for this chapter***

- A. Introduce the concept of providing emotional first aid.
- B. Help participants to see that helping others is their responsibility as a believer—not the job of a pastor, psychiatrist, or psychologist.

### ***Questions and Activities***

1. Begin by presenting the concept of emotional first aid to your participants. If a medical emergency transpired in a public place it is likely that someone would be prepared to provide First Aid. Many know how to help a choking victim. We might appl CPR to a person who stopped breathing. Even those who might struggle to utilize these techniques would know to call 911 for help.

What if someone were in need of emotional first aid? Would we be effective helping in these areas? Suppose someone experienced the sudden death of a child, would we know the right things to do to assuage the suffering of the family? Would we be able to help the co-worker whose spouse just left them for another, or the cousin who can't forget a trauma he has experienced? Would we know a number to call to find help?

Emotional hurts can be longer lasting and even more painful than physical hurts. Yet believers are often unprepared to help in the wake of an emotional emergency.

Jesus enlisted those of us who are believers as helpers when He called on those who were suffering to come to Him. His words implied that as His ambassadors we will need to provide emotional first aid. Emotional first aid is not just the responsibility of the psychologist, psychiatrist, pastor or professional counselor just as physical first aid in not only the responsibility of physicians and nurses. All of us have been called to be ministers and so we need to become equipped to provide emotional first aid. That is the primary goal of these group discussions.

2. Note the statistics that were listed at the top of page 10. Do they surprise you? How many people do you know who are currently struggling with these kinds or problems?

Consider bringing a local newspaper to the group and point out some of the traumatic events that have been reported (e.g., death of a child, arrest of a spouse).

3. What happened to Job? (See page 10)
4. Put yourself in Job's place. What do you think this was like for him?
5. If you were to find yourself trying to help someone like Job what steps would you need to take?
6. We would need to "be there," listen and empathize with him. What are some ways we can "be there?"
7. Practice listening. Ask your group to get a partner and to describe their day (or their plans for the day if your group meets in the morning). Ask the partner to sum up or paraphrase what their partner says.
8. Look back at page 13. What are some statements that would be helpful to make to someone like Job? What are some statements that should be avoided because they would be harmful?
9. Look at page 14. Consider Paul's approach described in 1 Corinthians 9. What might 1 Corinthians 9 sound like if Paul were writing it in your community today?
10. Notice page 16 and 17. Why is it so important that we be the right kind of fruit?
11. Where do you need some work in becoming the right kind of fruit? (page 28)
12. What are some situations where you would need to break confidentiality? What are some situations where you might be tempted to break confidentiality but it would be important that you maintain it? (See pages 20-23.)
13. Challenge for next week. Try the activity on page 12 this week and report your findings at the next group meeting.



*30 Then Jesus answered and said: "A certain man went down from Jerusalem to Jericho, and fell among thieves, who stripped him of his clothing, wounded him, and departed, leaving him half dead. 31 Now by chance a certain priest came down that road. And when he saw him, he passed by on the other side. 32 Likewise a Levite, when he arrived at the place, came and looked, and passed by on the other side. 33 But a certain Samaritan, as he journeyed, came where he was. And when he saw him, he had compassion. 34 So he went to him and bandaged his wounds, pouring on oil and wine; and he set him on his own animal, brought him to an inn, and took care of him. 35 On the next day, when he departed, he took out two denarii, gave them to the innkeeper, and said to him, 'Take care of him; and whatever more you spend, when I come again, I will repay you.' 36 So which of these three do you think was neighbor to him who fell among the thieves?"*

*37 And he said, "He who showed mercy on him."*

*Then Jesus said to him, "Go and do likewise."*

*Luke 10*

## **Chapter 2: What To Do When You Are In Over Your Head**

### **Goals for this chapter**

- A. That participants will begin to understand why we are often reluctant to help.
- B. That participants will learn where to go to for help and how to know what to look for in a professional helper.

### **Questions and Activities**

1. Begin by discussing the reluctance of the priest and the Levite to help the man who was injured on the road from Jerusalem to Jericho.

When I read the story of the Good Samaritan I feel sorry for the priest and the Levite who met that wounded man on the road that day. Think about it. They were on a dangerous road and they saw a man with injuries from which he would probably never recover. They weren't physicians. There was nothing they could do for him, or so they thought. They probably reasoned, "If we try to help him we will fail and probably endanger ourselves." Perhaps they whispered a prayer for the man as they rushed by.

You've been there. A co-worker suddenly loses a child, a friend has pancreatic cancer, a distant cousin's family is disintegrating. Perhaps you have even known people who've been abused or depressed to the point that they were suicidal. You feel sorry for the people involved but you have no idea of anything you can do to help. You aren't a counselor or a psychologist. And if you aren't careful

you are afraid you could endanger yourself. What are some of the things that keep us from helping those with emotional needs? See pages 31-32.

2. Read Matthew 25:35-40.

*35 for I was hungry and you gave Me food; I was thirsty and you gave Me drink; I was a stranger and you took Me in; 36 I was naked and you clothed Me; I was sick and you visited Me; I was in prison and you came to Me.'*

*37 "Then the righteous will answer Him, saying, 'Lord, when did we see You hungry and feed You, or thirsty and give You drink? 38 When did we see You a stranger and take You in, or naked and clothe You? 39 Or when did we see You sick, or in prison, and come to You?' 40 And the King will answer and say to them, 'Assuredly, I say to you, inasmuch as you did it to one of the least of these My brethren, you did it to Me.'*

What do you notice as you read this passage?

Note the different actions that are listed that were performed to meet the needs of others. What are the implications for our behavior as we try to help others?

3. Consider: If someone had cancer we'd take them to an oncologist. If they had heart disease we'd could take them to a cardiologist. If they experienced seizures we'd take them to a neurologist. But where does one take a person who sees things that do not exist, has been violated sexually, or can't seem to get past the loss of a loved one?

Read 2 Kings 5:1-5.

*1 Now Naaman, commander of the army of the king of Syria, was a great and honorable man in the eyes of his master, because by him the LORD had given victory to Syria. He was also a mighty man of valor, but a leper. 2 And the Syrians had gone out on raids, and had brought back captive a young girl from the land of Israel. She waited on Naaman's wife. 3 Then she said to her mistress, "If only my master were with the prophet who is in Samaria! For he would heal him of his leprosy." 4 And Naaman went in and told his master, saying, "Thus and thus said the girl who is from the land of Israel."*

*5 Then the king of Syria said, "Go now, and I will send a letter to the king of Israel."*

*So he departed and took with him ten talents of silver, six thousand shekels of gold, and ten changes of clothing.*

What made Naaman's servant girl so special?

4. Who are some professionals in our community that we could take someone to for more extensive emotional help? See pages 35-41.
5. What are the key characteristics to look for in a professional helper? See pages 41-43.
6. See if you have group members who will develop a list of professionals in your community that can help with a variety of emotional problems. Consider making the list available to your congregation or on your church website. It might help to divide the task among group members. One member can look for psychologists while another looks for psychiatrists. This could be an important resource if your group accepts this challenge.
7. Spend time in prayer for people your group members know of that are suffering from these kinds of problems.
8. Ask your group members to think of some specific acts they can engage in to help these people before the next group meeting.



*7 And lest I should be exalted above measure by the abundance of the revelations, a thorn in the flesh was given to me, a messenger of Satan to buffet me, lest I be exalted above measure. 8 Concerning this thing I pleaded with the Lord three times that it might depart from me. 9 And He said to me, "My grace is sufficient for you, for My strength is made perfect in weakness." Therefore most gladly I will rather boast in my infirmities, that the power of Christ may rest upon me. 10 Therefore I take pleasure in infirmities, in reproaches, in needs, in persecutions, in distresses, for Christ's sake. For when I am weak, then I am strong.*  
*2 Corinthians 12*

### **Chapter 3: Real Faith**

#### **Goals for this chapter**

- A. To help participants see how God uses trials and tribulation in our lives.
- B. That participants will have a better understanding of medication and how it is used to help others.

#### **Questions and Activities**

1. Listening to testimonies and reading motivational stories can leave one with the impression that most prayers for help lead to happy endings. Consider Paul's "thorn in the flesh." Paul prayed three times and didn't get the response he wanted. Do you know of people who've suffered from the prayer problems listed on pages 50-51?
2. It seems like the dominant attitude today is that we should expect trial free lives. Look at James 1 on page 53. How does God use trials?
3. Many people today utilize medication. How have medications that you have taken enhanced your life (e.g., antibiotics, insulin, chemotherapy)?
4. Medications are often overused in our culture. However, there are some emotional problems that will not improve without medication. What are some examples of some problems that might require medication to be properly treated? See pages 54-60.



*13 Is anyone among you suffering? Let him pray. Is anyone cheerful? Let him sing psalms. 14 Is anyone among you sick? Let him call for the elders of the church, and let them pray over him, anointing him with oil in the name of the Lord. 15 And the prayer of faith will save the sick, and the Lord will raise him up. And if he has committed sins, he will be forgiven. 16 Confess your trespasses to one another, and pray for one another, that you may be healed. The effective, fervent prayer of a righteous man avails much.*

*James 5*

## **Chapter 4: Getting Proactive: Developing Resilience**

### **Goals for this chapter**

- A. To identify and understand myths that often mess up Christians.
- B. To identify the activities that lead people to live more resilient lives.

### **Questions and Activities**

1. How did you do with the myths listed page 65? What are some myths that can mess you up?
2. Why do you think Christians are susceptible to these myths?
3. What can your church do to reduce the vulnerability of those in your congregation to these myths?
4. Read Job 1:6-12.

*6 Now there was a day when the sons of God came to present themselves before the LORD, and Satan also came among them. 7 And the LORD said to Satan, "From where do you come?"*

*So Satan answered the LORD and said, "From going to and fro on the earth, and from walking back and forth on it."*

*8 Then the LORD said to Satan, "Have you considered My servant Job, that there is none like him on the earth, a blameless and upright man, one who fears God and shuns evil?"*

*9 So Satan answered the LORD and said, "Does Job fear God for nothing? 10 Have You not made a hedge around him, around his household, and around all that he has on every side? You have blessed the work of his hands, and his possessions have increased in the land. 11 But now, stretch out Your hand and touch all that he has, and he will surely curse You to Your face!"*

*12 And the LORD said to Satan, "Behold, all that he has is in your power;*

*only do not lay a hand on his person.”  
So Satan went out from the presence of the LORD.*

- Why did Job encounter problems?
  - Did Job ever learn of the events in Job 1:6-12 while he was on earth?
5. Why did Joseph go to prison? See page 69.
6. See page 71. Note that we have different struggles in different periods of our lives. Note the questions on page 72.
- What does this mean as you prepare to help people across these various age groups?
7. What is an ugly prayer? See pages 76-77.
- Have you prayed an ugly prayer lately?
  - Why is it important to pray ugly prayers from time to time?
8. What kinds of behaviors do resilient people engage in?
9. How might we help others to become more resilient?



*Elijah was a man with a nature like ours, and he prayed earnestly that it would not rain; and it did not rain on the land for three years and six months.*

*James 5:17*

## **Chapter 5: When Down Gets Dangerous**

### **Goals for this chapter**

- A. To help participants understand depression and be able to identify those who are at risk for suicide.
- B. To identify actions that can be taken to help those who are depressed.

### **Questions and Activities**

1. It is believed that 10 to 25 percent of women and 5 to 12 percent of men in the United States will suffer from a major depressive episode at some point in their lifetime. Sometimes people believe that a “real” Christian does not get depressed. Consider the statements by some Old Testament prophets on page 86.

Jonah, Elijah and Jeremiah became so depressed that they no longer wished to live. Therefore, we can conclude that there will be believers today that will struggle with depression.

- 2. How did your participants do on the suicide knowledge test? See pages 101-102. Examine the risk factors for suicide on page 103.
- 3. Read Psalm 6:2-6.

*2 Have mercy on me, O LORD, for I am weak;  
O LORD, heal me, for my bones are troubled.*

*3 My soul also is greatly troubled;  
But You, O LORD—how long?*

*4 Return, O LORD, deliver me!*

*Oh, save me for Your mercies' sake!*

*5 For in death there is no remembrance of You;  
In the grave who will give You thanks?*

*6 I am weary with my groaning;  
All night I make my bed swim;  
I drench my couch with my tears.*

- What symptoms of depression did the psalmist experience?

## 4. Read Psalm 102:1-7.

*1 Hear my prayer, O LORD,  
 And let my cry come to You.  
 2 Do not hide Your face from me in the day of my trouble;  
 Incline Your ear to me;  
 In the day that I call, answer me speedily.  
 3 For my days are consumed like smoke,  
 And my bones are burned like a hearth.  
 4 My heart is stricken and withered like grass,  
 So that I forget to eat my bread.  
 5 Because of the sound of my groaning  
 My bones cling to my skin.  
 6 I am like a pelican of the wilderness;  
 I am like an owl of the desert.  
 7 I lie awake,  
 And am like a sparrow alone on the housetop.*

➤ What symptoms did the psalmist report?

## 5. What are some examples of cognitive distortions. See page 96.

➤ How can you help someone to utilize truth in their thinking?

## 6. Describe rumination in a nutshell. How did Elijah demonstrate this process? See pages 96-97.

## 7. How can you help someone who is ruminating? See pages 99-100.

## 8. What happened to Jonah? See pages 103-106. What are some modern day examples of Jonah? Examples can include someone choosing to have an affair and leave their family. In short disobedience always leads us to places we do not wish to go.

## 9. Examine one of the cases listed on page 85 or 86. What actions would you take to help the person described?

## 10. Spend time praying for those who suffer from depression.

## 11. What systems can be put into place to assist those who suffer from depression?



*For what I am doing, I do not understand. For what I will to do, that I do not practice; but what I hate, that I do.*  
Romans 7:15

## **Chapter 6: Breaking the Deadly Cycle**

### **Goals for this chapter**

- A. To learn about the different substances and activities with which people can become entangled.
- B. To identify strategies and approaches that can be taken to intervene.

### **Questions and Activities**

1. Begin by reading the account of the death of Samson.

*23 Now the lords of the Philistines gathered together to offer a great sacrifice to Dagon their god, and to rejoice. And they said:*

*“Our god has delivered into our hands  
Samson our enemy!”*

*24 When the people saw him, they praised their god; for they said:*

*“Our god has delivered into our hands our enemy,  
The destroyer of our land,  
And the one who multiplied our dead.”*

*25 So it happened, when their hearts were merry, that they said, “Call for Samson, that he may perform for us.” So they called for Samson from the prison, and he performed for them. And they stationed him between the pillars. 26 Then Samson said to the lad who held him by the hand, “Let me feel the pillars which support the temple, so that I can lean on them.” 27 Now the temple was full of men and women. All the lords of the Philistines were there—about three thousand men and women on the roof watching while Samson performed. 28 Then Samson called to the LORD, saying, “O Lord GOD, remember me, I pray! Strengthen me, I pray, just this once, O God, that I may with one blow take vengeance on the Philistines for my two eyes!” 29 And Samson took hold of the two middle pillars which supported the temple, and he braced himself against them, one on his right and the other on his left. 30 Then Samson said, “Let me die with the Philistines!” And he pushed with all his might, and the temple fell on the lords and all the people who were in it. So the dead that he killed at his death were more than he had killed in his life. 31 And his brothers and all his father’s household came down and took him, and brought him up and buried him between Zorah and Eshtaol in the tomb of his father Manoah.*

*He had judged Israel twenty years.*

*Judges 16*

Ask your group if this disaster could have been avoided. We've all seen people who are entangled in sin. In this session we will look at how we can get off the sideline and attempt to intervene.

2. When people have problems like those described on pages 111 and 112 we often wonder why don't they just stop. Why don't they?

Read Romans 7:17-20.

*17 But now, it is no longer I who do it, but sin that dwells in me. 18 For I know that in me (that is, in my flesh) nothing good dwells; for to will is present with me, but how to perform what is good I do not find. 19 For the good that I will to do, I do not do; but the evil I will not to do, that I practice. 20 Now if I do what I will not to do, it is no longer I who do it, but sin that dwells in me.*

➤ What is happening to this person?

2. What key information did you gain from reading pages 113-120?

3. How pervasive are the problems of gambling and pornography? See pages 120-123.

4. What steps should we take to help people with these problems? Ask the group to select one of the cases described on pages 111 or 112 to walk through these actions.

➤ What would an intervention with this person look like?

➤ How would you help this person "get clean?"

➤ What types of thinking problems might this person be experiencing and how might you help them address these?

➤ What steps would need to be taken to "sanitize" the environment of this person?

➤ If professional help were needed, where could it be found and how would you get this person to these professionals?

5. Read 1 Kings 1:1-4.

*1 Now King David was old, advanced in years; and they put covers on him, but he could not get warm. 2 Therefore his servants said to him, "Let a young woman, a virgin, be sought for our lord the king, and let her stand before the king, and let her care for him; and let her lie in your bosom,*

*that our lord the king may be warm.” 3 So they sought for a lovely young woman throughout all the territory of Israel, and found Abishag the Shunammite, and brought her to the king. 4 The young woman was very lovely; and she cared for the king, and served him; but the king did not know her.*

- Apparently, David continued to struggle with sexual sin. What are the dangers of failing to deal with these kinds of entangling sins?



*I am with you always, even to the end of the age.”  
Matthew 28:20b*

## **Chapter 7: Helping People with Problems We Do Not Understand**

### ***Goals for this chapter***

- A. To learn about psychotic disorders and how to help those who suffer from them.
- B. To be able to recognize the difference between physical and spiritual illness.

### ***Questions and Activities***

1. Have you ever known anyone who experienced the problems as described in the case of Jim on page 137?
2. How would you feel if you experienced the symptoms that Jim experienced?
3. Read “No one you know has schizophrenia, right?” on page 139.
4. Read the case on page 140 and ask, “How comfortable are you with helping people with these problems?”
5. Ask, “How did you feel about schizophrenia after reading the case of Ely Saks on pages 146-147?”
6. What can you do to help people who struggle with schizophrenia?
  - See pages 143-145. Walk through how you could do this with Jim.
6. How can one discern the difference between spiritual and physical illness? See page 148-149.
7. How can you determine if someone is dangerous? See page 145.
8. Where can you go to find help for those who struggle with these kinds of problems?



*And devout men carried Stephen to his burial, and made great lamentation over him.  
Acts 8:2*

## **Chapter 8: Helping People Overcome Grief and Loss**

### **Goals for this chapter**

- A. To better understand the challenges that people encounter when they experience trauma.
- B. To identify actions participants can take to assist those who are grieving.

### **Questions and Activities**

1. Read Job 1:5 and Job 1:14.

*So it was, when the days of feasting had run their course, that Job would send and sanctify them, and he would rise early in the morning and offer burnt offerings according to the number of them all. For Job said, "It may be that my sons have sinned and cursed God in their hearts." Thus Job did regularly.  
Job 1:5*

*And a messenger came to Job and said, "The oxen were plowing and the donkeys feeding beside them,  
Job 1:14*

- What do these two verses tell us about the day that Job's children died?
2. In what ways can the myth that "life is fair" lead to difficulties for those who grieve and those who try to help them?
  3. Based on Job 1:13-19, what were the complications that Job experienced? See pages 161-167.
  4. Look at the "Try This" section on page 164. Consider someone who has lost a child or another loved one. Answer the questions listed there and then spend time praying for these individuals.
  5. What losses have you experienced? How might these experiences help you to help others?

6. Look at the things to do and not to do on pages 169-170. What are some of the helpful actions you can take for someone who grieves?
7. What can we learn from Joseph's experience with grief? See pages 170-172.
8. What lesson can we learn from John the Baptists experience? See pages 173-174.
9. Select one of the cases on pages 157-158 and walk through the steps you would take to help them.
10. Where can you go to find help for those who are stuck in grief?



*Fear not, for I am with you;  
Be not dismayed, for I am your God.  
I will strengthen you,  
Yes, I will help you,  
I will uphold you with My righteous right hand.'*  
*Isaiah 41:10*

## **Chapter 9: Helping People Survive and Thrive**

### **Goals for this chapter**

- A. To understand how anxiety impacts some people.
- B. To identify strategies to help people who struggle with anxiety.

### **Questions and Activities**

1. Bring in a recent newspaper article into the group that describes the injury or death of a service member. Point out that those who have seen friends killed in war or have been injured themselves while serving in the Armed Forces will be and are returning to our community. We need to be prepared to help them. Then refer them to the case entitled "Larry" on page 184.
  - What unique challenges might Larry have as he returns from Iraq?
2. Read the poem on page 186 written by a fifteen-year-old survivor of sexual abuse.
  - What can you learn about sexual abuse from her characterization?
  - What unique difficulties did she face?
3. What can you do to help those who have experienced trauma? See pages 188-189.
4. Discuss the prescription for handling anxiety on pages 193-196.
  - Do you have group members who might be able to describe how they've acted on this passage?
5. Ask group members to pair up so that they can practice talking to someone about the prescription for anxiety.
  - One person will need to pretend that they are Howard (page 190), Julie (page 191), Jerome (page 192), or James (page 193).

- Their partner should role play being that persons friend and practice waking them through the “prescription.”

6. Examine the case of Sarah on page 196. What can participants do to help people with these kinds of problems?



4 *“Hear, O Israel: The LORD our God, the LORD is one!\_ 5 You shall love the LORD your God with all your heart, with all your soul, and with all your strength.*

6 *“And these words which I command you today shall be in your heart. 7 You shall teach them diligently to your children, and shall talk of them when you sit in your house, when you walk by the way, when you lie down, and when you rise up. 8 You shall bind them as a sign on your hand, and they shall be as frontlets between your eyes. 9 You shall write them on the doorposts of your house and on your gates.*

*Deuteronomy 6*

## **Chapter 10: Helping Families Survive and Thrive**

### **Goals for this chapter**

- A. To help participants understand the challenges families face across the lifespan.
- B. To identify actions that can be taken to strengthen families across the lifespan.

### **Questions and Activities**

1. Read Deuteronomy 6:4-9. Based on this passage what is God’s plan for families?
2. What can we expect to happen to our families if we follow the instructions of Deuteronomy 6.
3. As you consider the case of Jeremy and Stephanie, what are the challenges they and their parents will face? How can we assist help them?
4. What are some challenges that Jeremy and Stephanie will face as they become teenagers? How might you assist them as they make this transition? See pages 210-214.
5. What are some things that can be done to assist young couples as they are adjusting to marriage?
6. What can friends and family do to help new parents?
7. Do you recognize any of the toxic ways of communicating (see pages 218-219) as described by John Gottman in the families that you are around?
8. What are the remedies to this type of communication? See pages 219-220.

9. What can we do to help those who have experienced divorce?
10. As you complete this group, talk about ways you can continue to be an intentional helper to others.
11. Encourage your group members to look for updates at [FirstAidforEmotionalHurts.com](http://FirstAidforEmotionalHurts.com) and to leave feedback about the book and the study guide there.

