



Facilitator Best Practices

Fight for Love Small Group leaders must be spirit filled, compassionate, empathetic, discerning, and clear on personal boundaries. It is not necessary for facilitators to have the same experiences as those in the class, as God has assigned many people with different experiences, to walk alongside those who are hurting in our communities.

Step 1 Facilitator Note: The purpose of this step is for the participants to assess their level of self-awareness, and reliance on the power of the Lord. As a facilitator, observe whether the participants know what their purpose is, and the impact that their behaviors are having on them, fulfilling it.

Step 2 Facilitator Note: The purpose of this step is to contrast the difference between living life by one's own power, versus living by the power of God. Can the participants feel any difference between the two, and, if so, what difference does that make on the outcomes in their lives?

Step 3 Facilitator Note: The purpose of this step is to assess the participants' ability to surrender to God. Why is this easy or difficult? Survivors of abuse may be resistant to relinquishing all control to God. During this step, participants must learn to surrender to a loving God, not a God of judgment, and control.

Step 4 Facilitator Note: The purpose of this step is to assist, and support, the participants in releasing their pain, and resentments. It is very important to take good care of yourself, during this step, as the stories that survivors share will often be very painful to hear. You will need your own support system to provide you with the proper level of care, during this step. Also, know that survivors of abuse have been taught to minimize their abuse, and feel responsible for those who have abused them. This is especially true, when people are talking about parental abuse. They engage in a great deal of self blame, in order to cope with what has been done to them. Some participants will feel as though they are betraying their family, if they mention any harm, the abuse caused during their step-four inventory. They should also be encouraged to document the pain the abuser caused, and know that it will not ever be shared with the abuser, unless they agree to do so. There are a few exceptions, such as the abuse of a child.

Steps 5-9 Facilitator Note: The purpose of these steps is to assist, and support the participants, as they contemplate how their actions have harmed others. It's important to note, survivors of abuse have been taught by their abusers, to minimize the abuse, and feel responsible for those who have abused them. This is part of their trauma, and can come up, and cause participants to feel as though they are betraying their abuser, if they mention any harm that they caused. Somewhere in this process, participants should come to a new realization that they can make amends to someone, who harmed them, for the part they played in a scenario, without taking full responsibility, for the abuse that was committed against them. They should also be encouraged to document the pain the abuser caused, and know that it will not ever be shared with the abuser, unless they do the sharing. The only exception to this rule is active abuse.

Step 10 Facilitator Note: The purpose of this step is to raise participants' awareness about daily challenges, and encourage loving responses to mistakes that are made, so that they remain on track. People who have been highly traumatized, tend to have extreme responses to criticism. Either they completely discount what they see, or they let the smallest mistake derail all their efforts. The goal of this step is stay in the middle—fight for love, and know that we serve a God, who is not a stranger to sin, or mistakes.

Step 11 Facilitator Note: The purpose of this step is to encourage the participants to use God's word, prayer, and relationship with God, to understand, and fulfill their purpose. Because there have been so many others providing false purposes, this may take a while. Therefore, reassurance from the facilitator is key.

Step 12 Facilitator Note: The purpose of this step is to encourage participants to engage others in their healing journey, while also maintaining their own boundaries. Because many trauma survivors are used to giving themselves up to please someone else, they need additional discussion, and reminders, that they can say, "No", as well as additional encouragement to step out, and engage for those, who typically pull away.