

Using the DVD with the Bible Study

Session 1: DVD Introduction (12:25)

Bible Study Lesson 1.....any portion or all of *Preparing for the Journey*

DVD: *Identify the Injury* (17:25)

Assign Homework Lesson 2—*Identify the Injury*

Session 2: Review/Discuss *Identify the Injury*

DVD: *Calculate the Losses* (3:14) & *Own Your Burden* (7:25)

Assign Homework Lesson 3—*Calculate the Losses* & Lesson 4—*Own Your Burden*

Session 3: Review/Discuss *Calculate the Losses & Own Your Burden*

DVD: *The Valley of Depression* (7:28)

Assign Homework Lesson 5—*The Valley of Depression*

Session 4: Review/ Discuss *The Valley of Depression*

DVD: *Bitterness* (42:00)

Assign Homework Lesson 6—*The Bitterness Tree*

Session 5: Review/Discuss *The Bitterness Tree*

DVD: *The Dungeon of Despair* (8:21)

Assign Homework Lesson 7—*The Dungeon of Despair*

Session 6: Review/Discuss *The Dungeon of Despair*

DVD: *Mourn the Loss* (6:00)

Assign Homework Lesson 8—*Mourn Your Loss*

Session 7: Review/ Discuss *Mourn Your Loss*

DVD: *Decide Your Identity* (3:20) & *Choice Ahead* (9:30)

Assign Homework Lesson 9—*Decide Your Identity*

Session 8: Review/Discuss *Decide Your Identity*

DVD: *What Is Forgiveness?* (4:53)

Assign Homework Lesson 10—*The Profile of True Forgiveness*

Session 9: Review/Discuss *The Profile of True Forgiveness*

DVD: *When You Hurt Someone* (11:40)

Assign Homework Lesson 11—*How to Ask for Forgiveness*

Session 10: Review/Discuss *How to Ask for Forgiveness*

DVD: *When Someone Hurts You* (2:30)

Assign Homework Lesson 12—*Releasing the Injustice Alone*

Session 11: Review/Discuss *Releasing the Injustice Alone*

DVD: *The Bridge of Reconciliation* (12:53)

Assign Homework Lesson 13—*The Road Less Traveled*

Session 12: Review/Discuss *The Road Less Traveled*

DVD *Moving Forward* (1:20)

Together work through any or all of Lesson 14 *Moving Forward*