

Changes That Heal

Four Practical Steps to A Happier Healthier You
by Dr. Henry Cloud

WEEK	DURING SMALL GROUP	AT HOME READING
Week 1	<i>KICKOFF BRUNCH</i> <i>Choose & Buy Book</i>	
Week 2	<i>Intro To Small Groups</i>	<i>Read Chapter 1</i>
Week 3	<i>Discuss Chapter 1</i>	<i>Read Chapter 2</i>
Week 4	<i>Discuss Chapter 2</i>	<i>Read Chapter 3 & 4</i>
Week 5	<i>Discuss Chapter 3 & 4</i>	<i>Read Chapter 5</i>
Week 6	<i>Discuss Chapter 5</i>	<i>Read Chapter 6 & 7</i>
Week 7	<i>Discuss Chapter 6 & 7</i>	<i>Read Chapter 8</i>
Week 8	<i>Discuss Chapter 8</i>	<i>Read</i> <i>Chapter 9 & 10</i>
Week 9	<i>Discuss Chapter 9 & 10</i>	<i>Read Chapter 11</i>
Week 10	<i>Discuss Chapter 11</i>	<i>Read</i> <i>Chapter 12 & 13</i>
Week 11	<i>Discuss Chapter 12 & 13</i>	<i>Read Chapter 14</i>
Week 12	<i>Discuss Chapter 14</i>	<i>Read</i> <i>Chapter 15 & 16</i>
Week 13	<i>Discuss Chapter 15 & 16</i>	<i>Read Conclusion</i>
Week 14	<i>FINAL BRUNCH</i> <i>Discuss Conclusion</i>	



Changes That Heal

Four Practical Steps to A Happier Healthier You
by Dr. Henry Cloud

WEEK	DURING SMALL GROUP	AT HOME READING
Week 1	<i>KICKOFF BRUNCH</i> <i>Choose & Buy Book</i>	
Week 2	<i>Intro To Small Groups</i>	<i>Read Chapter 1</i>
Week 3	<i>Discuss Chapter 1</i>	<i>Read Chapter 2</i>
Week 4	<i>Discuss Chapter 2</i>	<i>Read Chapter 3 & 4</i>
Week 5	<i>Discuss Chapter 3 & 4</i>	<i>Read Chapter 5</i>
Week 6	<i>Discuss Chapter 5</i>	<i>Read Chapter 6 & 7</i>
Week 7	<i>Discuss Chapter 6 & 7</i>	<i>Read Chapter 8</i>
Week 8	<i>Discuss Chapter 8</i>	<i>Read</i> <i>Chapter 9 & 10</i>
Week 9	<i>Discuss Chapter 9 & 10</i>	<i>Read Chapter 11</i>
Week 10	<i>Discuss Chapter 11</i>	<i>Read</i> <i>Chapter 12 & 13</i>
Week 11	<i>Discuss Chapter 12 & 13</i>	<i>Read Chapter 14</i>
Week 12	<i>Discuss Chapter 14</i>	<i>Read</i> <i>Chapter 15 & 16</i>
Week 13	<i>Discuss Chapter 15 & 16</i>	<i>Read Conclusion</i>
Week 14	<i>FINAL BRUNCH</i> <i>Discuss Conclusion</i>	

