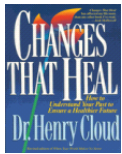


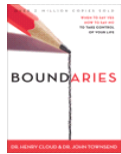
# Small Group Material Guide - *At-A-Glance*

## THE FOUNDATIONS PROGRAM

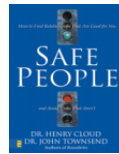
The Foundations program is comprised of four best-selling books which contain powerful biblical principles. Each one of these books is a building block in a complete system of spiritual maturity and emotional growth. Used in succession, these books help participants uncover the issues that often keep them from full spiritual and personal life. You will discover effective ways to deal with hurtful people, change unwanted behaviors, and reach God's potential for your life.



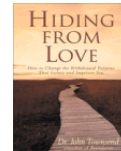
*Changes That Heal*



*Boundaries*



*Safe People*

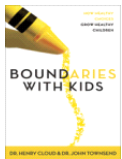


*Hiding From Love*

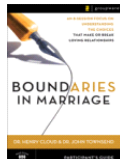
*Each kit contains a DVD, a leader's guide, and a copy of the book. Workbooks are also available.*

## GROUPWARE

Groupware offers shorter segments (approximately nine minutes or less) and is a good method of reinforcing the material in each of the books listed below. It is recommended that each group member purchase a Participants Guide as well as a copy of the book to insure the best experience. Included in Groupware is a DVD and a condensed leaders guide.



*Boundaries with Kids*

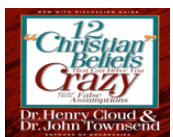


*Boundaries in Marriage*



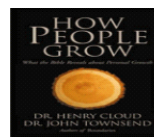
*Boundaries*

## OTHER TOPICS AVAILABLE on DVD



*12 Christian Beliefs That Can Drive You Crazy*  
DVD

*Includes Book containing the Discussion Guide*



*How People Grow*  
DVD

*Includes Book- downloadable outlines available on our website*

*Book and workbook are suggested for independent study*

## DVD SERIES

- Spiritual Nature of Psychological Problems - 8 Part Series
- Secrets of the Good Life - Based on the Beatitudes - 8 Part Series
- Ultimate Leadership - Numerous Topics on DVD suitable for most groups

Visit the Cloud-Townsend Online store for other DVD series.

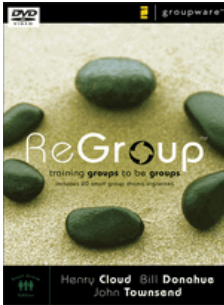
[www.cloudtownsend.com](http://www.cloudtownsend.com)

Or Call 888-676-HOPE (4673)

## More Resources to Help You With Your Groups!

### REGROUP DVD KIT

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All it requires is a small group and a DVD player! Designed to foster healthy group interaction and facilitate maximum growth, this innovative approach *equips both group leaders and members* with essential skills and values for creating and sustaining truly life-changing small groups.

Created by three group life experts, the two DVDs in this kit include: Four sixty-minute sessions on the foundations of small groups that include teaching by the authors, creative segments, and activities and discussion time. Also contains thirteen five-minute coaching segments on topics such as active listening, personal sharing, giving and receiving feedback, prayer, calling out the best in others, and more.

**Designed to be used with a Participants Guide**

### MAKING SMALL GROUPS WORK

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**Making Small Groups Work** by Dr. Henry Cloud and Dr. John Townsend

#### **This book was written for the Group Leader or Facilitator – Book & Audio**

Twenty years of experience has convinced Drs. Cloud and Townsend of the transformative power of small groups. It has also given them keen insight into the two greatest concerns of pastors, church leaders, and small group leaders: How do we get leaders, and how do we train them?

Making Small Groups Work responds by showing you how to help your group reach its full, life-changing potential. You'll learn skills and biblical processes that can help your people grow together.

- Enjoying mutual encouragement, acceptance, accountability, and friendship
- Teaching, learning, exploring, and discovering the love of God expressed in and through one other
- Through time - nurturing and supporting one another through all the seasons of life.

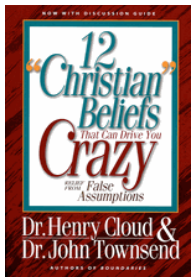
Discover how you can help a group of any kind move beyond a small group to a growth group.

This book will help you:

- Decide on the type of group and its purpose
- Create and maintain safety
- Choose the best materials
- Establish ground rules and maintain balance
- Facilitate deeper group process that bring about life change
- Know the difference between the leader's roles and the member's roles
- Deal with problems and personal issues develop the gifts of group members

## 12 CHRISTIAN BELIEFS THAT CAN DRIVE YOU CRAZY

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### 12 Christian Beliefs That Can Drive You Crazy by Dr. Henry Cloud

This book reveals the false assumptions that many people develop from misreading the Bible and/or listening to someone teach who misinterprets God's truth. The ideas may sound true when we hear them from someone who uses religious language and quotes Scriptures, but they are emotional heresies. They are false assumptions about spiritual and emotional growth, they are not biblical, and they don't work. These ideas cause people to needlessly suffer.

This book addresses the 12 most common beliefs and allows you to see for yourself what life-changing promises God intended you to see in the scriptures. This book explains the origins of these false principles and shows where they go wrong and then presents a biblical path for resolving emotional and spiritual problems. These crazy-making beliefs are:

1. It is selfish to have my needs met.
2. If I am spiritual enough, I will have no pain.
3. If I change my behavior, I will grow spiritually and emotionally.
4. I just need to give it to the Lord.
5. One day I will be finished with recovery.
6. Leave the past behind.
7. If I have God, I don't need people.
8. "Shoulds" are good.
9. Guilt and Shame are good for me.
10. If I make right choices, I will grow spiritually.
11. Just doing the right thing is more important than why I do it.
12. If I know the truth, I will grow.

These twelve are not the only crazy-making beliefs that the church struggles with, but these are the major ones. This book encourages you to make the Bible the final authority!

**12 Christian Beliefs DVD kit** consists of 2 DVDs, comprised of 25-30 minutes per false assumption. Total run time - approximately 6 hours. A copy of the book is included in each kit. Each book contains a Discussion Guide.

## **How People Grow DVD kit- 5 DVD's covers all 19 chapters broken into short segments.**

### **The Big Picture** - Introduction covering 3 Chapters

Growing people need an overall perspective to understand how growth begins and how it continues. The bible teaches that personal, spiritual and relational growth comes from a three act play in the bible, Creation, the Fall and Redemption. Join Dr. Townsend and learn more about the big picture and how you fit in.

### **God, Jesus & the Holy Spirit** - Covers 3 Chapters

Did you ever wonder what role the Trinity played in your relationships and your emotional growth? Most people don't realize that God, Jesus and the Holy Spirit have their own roles in emotional and relational growth. Dr. Townsend will show you how God, Jesus and the Holy Spirit connect with your life in ways that may surprise you.

### **People, Acceptance, Forgiveness, the Bible** - Covers 4 Chapters

The next four elements of growth can be an exciting adventure of discovery for you:

- People are a major part of God delivering his grace to you.
- Acceptance provides you with the safety and warmth you need to be vulnerable and authentic.
- Forgiveness will surprise you in the freedom and empowerment you will receive from it.
- The Bible is much more than a book of doctrine; it will bring you hope direction and life for your journey.

### **Grief, Righteousness, Discipline and Spiritual Poverty**—Covers 4 Chapters

These may sound like negative topics, but they can be very positive once you understand and live

- Grief is that pain that cures most other pains; it is your friend.
- Righteousness does not mean being perfect, but just living a right life.
- Discipline will bring you freedom and the power to choose what is best for you.
- Spiritual Poverty enables you to receive all the riches and spiritual wealth God has for you.

### **Obedience, Sin, Temptation, Truth, Activity and Time**—Covers 5 Chapters

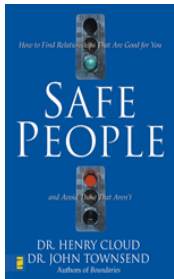
This last presentation will help complete the growth picture.

- Obedience - When we obey God, hopefully it is not out of duty. It can truly be a way to become closer to him.
- Sin and Temptation can hold tremendous power over us; but knowing how to handle them is the difference between success and ruin.
- Truth - Where can you find the truth and what do you do when you find it? God provides truth from many sources; and it is essential that you know how to use it.
- Activity – growth is about taking initiative and not waiting. Learn the secret of activity that bears fruit.
- Time- Significant change is not instantaneous; it is a process that assists you in your growth journey.

***Ideally, each group member should have a copy of the book. Workbook which is sold separately.***

## SAFE PEOPLE

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**Safe People** - by Dr. Henry Cloud and Dr. John Townsend  
- How to find relationships that are good for you and avoid those

Countless individuals have invested themselves into people who have ruined their lives in return. They've been abandoned or taken advantage of, left with little to show for what they've given; and they've lost their sense of security and personal value in the process. If you're one who has chosen the wrong people to get involved with or makes the same mistakes about relationships over and over again, then *Safe People* offers you a remedy.

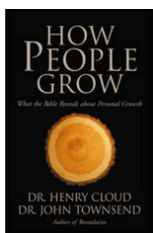
Dr. Cloud and Dr. Townsend walk you through frank, soul-searching questions into active changes and practical steps for growth. *Safe People* offers solid guidance for making safe choices in relationships, from friendships to romance. Learn how to identify the nurturing people we all need in our lives, as well as the ones we need to avoid. You will receive guidance to:

- Correct things within yourself that jeopardize your relational security
- Learn the twenty traits of 'unsafe' people
- Recognize what makes people trustworthy
- Avoid unhealthy relationships
- Form positive relationships

**Safe People Kit includes:** Two DVDs, Facilitators Guide, Book. Approx. 5.5 hours of content. Workbook sold separately.

## HOW PEOPLE GROW

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**How People Grow DVD kit** – with Dr. John Townsend (based on the book, *How People Grow* by Dr. John Townsend and Dr. Henry

What is the connection between the Christian faith and your real life, your relationships, and your growth as a person? It's common for many sincere believers to fail to make progress in some area of their lives even though they work hard to apply the spiritual solutions they have been taught. They learn about God's love, yet continue to feel depressed. They understand the crucified life, but still struggle with problems in their relationships. They focus on their security in Christ, but continue to overeat. "Spiritual interventions" are not working for them.

In this series Dr. Townsend will share a practical approach to helping people grow. This approach really works and has such transforming power in people's lives because the principles are grounded in both orthodox Christian faith and a keen understanding of human nature. Dr. Townsend will show you what the Bible has to say about personal growth, and that God has

**Boundaries Groupware:** This is an excellent follow-up to the Original Boundaries DVD Kit.

Session Titles:

- Do you have trouble saying no?
- Can you set limits and still be a loving person?
- Are you in control of your life?
- What are legitimate boundaries?
- Do people take advantage of you?
- How do you answer someone who wants your time, love, energy, and money?

Drs. Henry Cloud and John Townsend offer biblically based answers to these tough questions. Now revised – and designed for use with the Boundaries Participant's Guide - this compelling nine-part video resource helps us define and maintain the clear personal boundaries that are essential to a healthy and balanced life. Each segment is approximately nine minutes long.

**Boundaries in Marriage Groupware:** This DVD helps husbands and wives move beyond the friction points and serious hurts in their marriages to build a stronger, more loving and intimate relationship. Boundaries in Marriage gives the couples in your group the tools they need. By applying the powerful biblical and relational principles presented in this DVD, couples can make a good marriage better and even save one that's headed for disaster. Exercises and activities in each of the eight sessions help partners connect principles with marriage-strengthening application.

Designed for use with the Boundaries in Marriage Participant's Guide, the DVD includes eight interactive group sessions. Each segment is approximately nine minutes long.

**Boundaries with Kids Groupware:** This DVD helps parents raise their kids to take responsibility for their own actions, attitudes, and emotions – preparing them to become balanced and healthy adults. The eight sessions will help bring order to problematic family circumstances and guide even the most stable families into better ways of relating. Award-winning authors, counselors, and speakers Henry Cloud and John Townsend teach parents in your group how to instill character in their children - the kind that will help them lead productive and fulfilling adult lives. The DVD includes eight interactive group sessions. Each segment is approximately nine minutes. Designed for use with Boundaries with Kids Participant's Guide.

**Boundaries in Dating:** – by Dr. Henry Cloud (**Book and Audio only**)

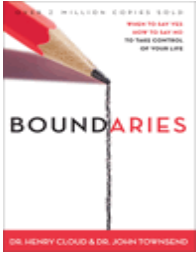
Rules for romance that can help you find the love of your life

Dr. Cloud's much needed book helps singles of all ages avoid the pitfalls of dating. It unfolds a wise, biblical path to developing self-control, freedom and intimacy in the dating process. Singles will learn how to solve problems and enjoy the benefits of dating to the hilt, increasing their abilities to find and commit to a marriage partner. Using insightful, true-life examples, this book includes such topics as:

- Sins You Can Live with - recognizing and choosing quality over "perfection" in a dating partner
- Don't Fall in Love with Someone You Wouldn't be Friends With - How to ensure that honest friendship is one vital component in a relationship.
- Don't screw up a Friendship out of Loneliness- Preserving friendships by separating between platonic relationships and romantic interest.
- Kiss False Hope Good-Bye - Moving past denial to deal with real relational problems in a realistic and hopeful way.

# BOUNDARIES SERIES

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**Boundaries** by Dr. Henry Cloud and Dr. John Townsend  
- When to say YES, When to say NO; to take control of your life

*Boundaries* addresses specific issues that confront today's Christians, such as:

- Living a life out of control
- Having people take advantage of us
- Having trouble saying no
- Being disappointed with God because of unanswered prayers

A boundary is a personal property line that marks those things for which we are responsible. In other words, boundaries define who we are and who we are not. They affect all areas of our lives:

- Physical boundaries help us determine who may touch us and under what circumstances.
- Mental boundaries give us the freedom to have our own thoughts and opinions.
- Emotional boundaries help us deal with our own emotions and disengage from the harmful, manipulative emotions of others.
- Spiritual boundaries help us to distinguish God's will from our own and give us renewed awe for our Creator.

Having clear boundaries is essential to a healthy, balanced lifestyle, isn't it? Often, Christians focus on being loving and unselfish to the point that they forget their own limits and limitations. When confronted with their lack of boundaries, they ask:

- Can I set limits and still be a loving person?
- What are legitimate boundaries?
- What if someone is upset or hurt by my boundaries?
- How do I answer someone who wants my time, love, energy, or money?
- Aren't boundaries selfish?
- Why do I feel guilty or afraid when I consider setting boundaries?

## **Boundaries – Original Boundaries DVD Kit**

Kit includes: Two 2-hour DVDs, Facilitators Guide, and Book.

This DVD is a live interactive event with the most complete coverage of the Boundaries principles, 30 minutes per session for 8 sessions. Total Run Time - 4 hours.

**Workbook sold separately. (Original kit not compatible with Boundaries Participants Guide)**

Dr. Cloud has identified four aspects of the personality of God which, if we would cultivate them in ourselves, would greatly improve our day-to-day functioning. God is able to do four things that we, his children, have difficulty doing:

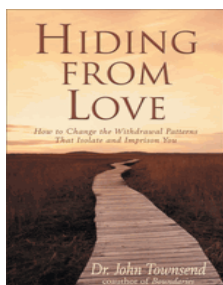
- bond with others
- separate from others
- sort out issues of good and bad
- take charge as an adult

Dr. Cloud goes on to say that because we live in a fallen world, we all have deficits in all four areas. Transforming the effects of the fall and growing in the image of God is not an easy task. But God has promised that the 'good work' he began in us, He will carry 'on to completion until the day of Christ Jesus' (Phil. 1:6).

DVD Kit includes: Two DVDs (approx.4.5 hours), Facilitator's Guide, one copy of the Book. The Workbook is sold separately.

## HIDING FROM LOVE

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### **Hiding From Love** by Dr. John Townsend

- How to change the withdrawal patterns that isolate and imprison you

When you experience emotional injury, fear, shame, or pride, your first impulse is to hide the hurting parts of yourself from God, others, and even yourself.

Often, you've learned these hiding patterns during childhood to protect yourself in a threatening environment. The problem is that when you hide your injuries and frailties, you isolate yourself from the very things you need in order to heal and mature. What served as protection for a child becomes a prison to an adult.

In *Hiding From Love*, Dr. John Townsend helps you to thoroughly explore the hiding pattern you've developed - and guides you toward the healing grace and truth that God has built into safe, connected relationships with Him and others.

You'll discover:

- The difference between "good" and "bad" hiding
- Why you hide the broken parts of your soul from the God who can heal them
- How to be free to make mistakes without fear of exposing your failures and imperfections
- How to obtain the joy and wholeness God intends you to have through healthy bonding with others

**Hiding From Love DVD Kit** includes: Two DVDs, (approx.6 hours), Facilitators Guide, Book. The Workbook is sold separately.

**Small Groups** are a highly effective means of entering the spiritual growth process. There is tremendous value in five to ten individuals getting together weekly as a small group with the specific purpose of growing spiritually and personally. Small groups encourage honesty and openness in all areas of life; in doing so, they help people connect on many levels. Small groups are also very effective in helping people normalize the failures and difficulties they encounter in life. Unfortunately, pain and hurt are a part of everyday life - and they can keep us isolated and disconnected from others. We need other people around us to give us life-producing feedback, people who encourage us, support us, empathize with us, and share godly wisdom.

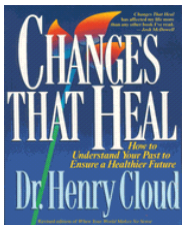
The small group setting allows people to not only safely connect with each other, but to deepen their relationship with God at the same time. The Bible encourages us to bear one another's burdens (Galatians 6:2), confess our faults to one another (James 5:16), receive wisdom from one another, and administer God's love and grace to one another (1 Peter 4:10, Ephesians 4:16). In a small group, we can begin to live out these biblical commands in a safe and structured environment. The most effective small groups teach individuals:

- how to enter the spiritual and emotional growth process
- how to improve and strengthen all important relationships
- how to effectively handle real-life challenges and situations using biblical solutions
- and how to turn to God and His ways as the source of all healing and growth

The fruit of entering the spiritual growth process can be far greater than anything you may have anticipated. Join one or start one today, and begin your life-changing journey toward spiritual and personal growth! Following are suggested DVD kits for your group.

### CHANGES THAT HEAL

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**Changes That Heal** by Dr. Henry Cloud How to understand your past to ensure a healthier future

Christians are suffering from a whole range of emotional problems: anxiety, loneliness, grief over broken relationships, resentment, and feelings of inadequacy. Often, they have been struggling with those problems for years.

Changes That Heal teaches that there are biblical solutions for your struggles with depression, anxiety, panic, addictions, and guilt, and that these solutions lie in your understanding certain basic developmental tasks. These tasks involve growing up into the 'likeness' of the one who created you.