

GRACE ALLIANCE

REDEFINE
GRACE

Redefine Grace is a Christ-centered resource providing simple, innovative and grace-filled mental health solutions and community support for students.



REDEFINE GRACE

real faith, real facts, and real opportunities to thrive



Redefine is a Christ-centered mental health resource designed to help you Rediscover you're not alone through the ups and downs of your life, Redesign your daily life with simple, empowering tools and Redefine your own story. Whether you're using this on your own, one-on-one with a mentor or friend or in a small group, Redefine gives you permission to be YOU!

Scripture quotations are taken from the Holy Bible, New International Version (NIV) unless otherwise stated.

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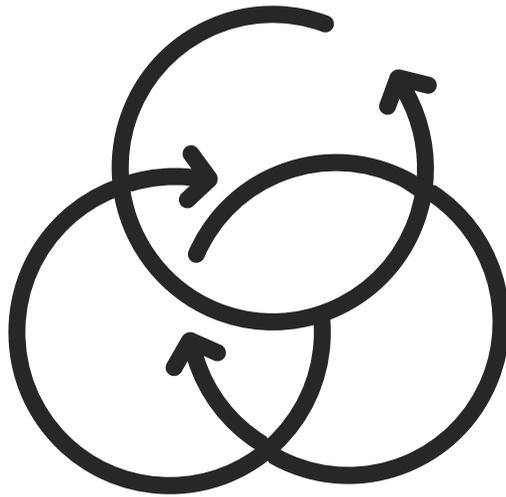
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BRINGING BACK THE BALANCE

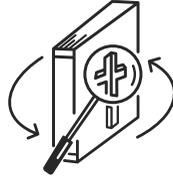


CHAPTER FIVE

GROUP GUIDELINES

Respect and provide encouragement and compassionate support.
Listen with confidentiality and avoid fixing anyone's challenge.
Discover hope and tools while learning from one another's journey.

REDISCOVER



READ 1 KINGS 19: 1-8

On the outside, Elijah displayed incredible strength and perseverance. God was with him to help draw His nation, Israel, back to Him. Although he was a prophet of God, Elijah wrestled with some of the same things that we do today. When faced with fear, anxiety and anger, he ran into the desert and away from his problems and from God. He refused to take care of his own physical needs, like eating and drinking, not seeing the purpose in living. He wanted God to let him die. But God had a different plan for Elijah. God met Elijah right where he was and provided for his every need.

Many of us may feel like we are walking in Elijah's shoes every single day - we are exhausted, our world is spinning out of control and we don't know how to find balance. We just want to run. Though we may not always feel it, God cares about us and every area of our lives. Even if we feel like we have wandered far away, He hasn't given up on us and He still wants to meet us right where we are!



How can you relate to Elijah?

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REDESIGN

1. Our health can seem quite complex. It is made up of the physical (e.g., sleep, exercise, nutrition, medication), mental (e.g., healthy thinking, learning a new subject or skill), spiritual (e.g., Bible study, prayer, church, ministry) and relational (e.g., family, friends) areas of our life.

DESCRIBE HOW YOU CARE FOR THESE DIFFERENT AREAS OF YOUR LIFE.

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2. We often give areas of stress (e.g., school grades, depression and anxiety, struggling friendships, work or family troubles) too much attention. Before we know it, we can forget about some of our most basic needs, like sleep, exercise, rest and healthy community. Our life can start to feel out of balance in a hurry.

DESCRIBE THE AREAS THAT YOU QUICKLY FORGET ABOUT WHEN LIFE BECOMES STRESSFUL OR OVERWHELMING. HOW CAN YOU TELL YOU'RE NEGLECTING THESE AREAS?

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3. Maintaining life balance means finding ways to care for ourselves mentally, relationally, physically and spiritually while leaving room for other areas that bring life. At some points, finding balance may require adding new activities, hobbies or friendships. During other times, maintaining balance may require cutting back on certain commitments that are beginning to consume all of your time and your energy.

HOW DO YOU TYPICALLY BRING BALANCE BACK TO YOUR DAY?

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Sometimes, caring for ourselves requires us to take a step back to pause and evaluate how we are actually spending our time throughout the day. This will help us grow in finding healthy life balance!

The activity below will help you see the different areas that help bring balance to your life. Check the boxes next to the activities that typically fill your time. On the next page, we will zoom in and see where these activities appear throughout your day.



MENTAL:

- Attending classes
- Completing homework
- Developing a new skill
- Word puzzles or card games
- Working
- Reading
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SPIRITUAL:

- Attending a small group
- Going to church
- Reading a devotional or the Bible
- Praying
- Serving in a ministry
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RELATIONAL:

- Attending Redefine Group
- Spending time with friends and family
- Serving others
- Attending other clubs
- Making new friends
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OTHER:

- Social media
- Video games
- Listening to music
- Watching TV
- Online shopping
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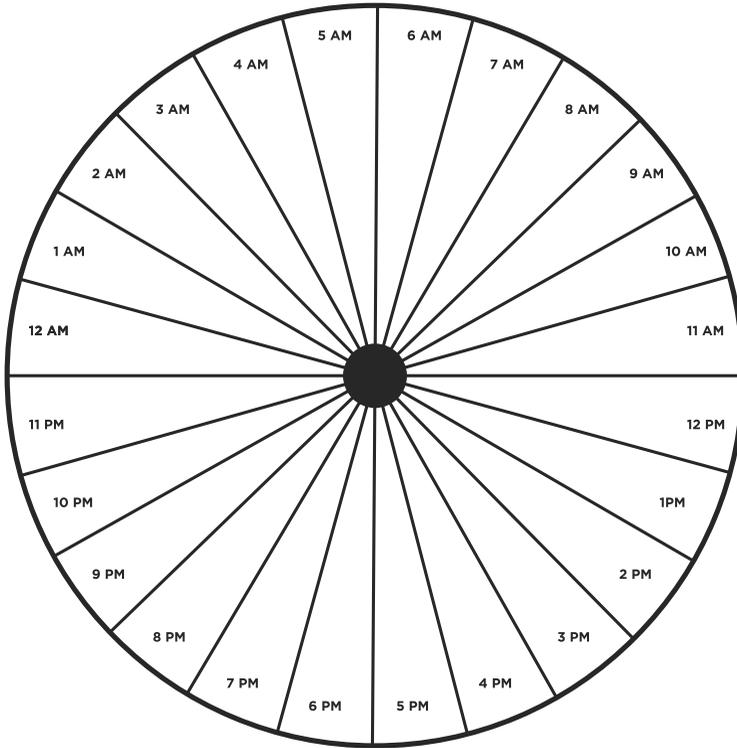


PHYSICAL:

- Sleeping
- Eating
- Walking to class
- Attending an exercise class
- Playing a sport
- Taking a shower
- Doing laundry
- Cleaning your room
- Grocery shopping
- Taking your medication
-
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BRINGING BACK THE BALANCE

The balance wheel below depicts one full day to fill in with all of the activities that occupy your time. Choose your busiest day from this past week and write down what you were doing in each hour segment of the balance wheel. Use the lists on the previous page to provide you with ideas (e.g., sleeping, playing video games, attending class).



Using your completed day from above, total up the number of hours you spent devoted to the mental, relational, physical, spiritual and other categories and write the total below each icon. Discuss with your group different areas or activities that you may need to add or cut back on in order to find a good balance of caring for each area of life.

MENTAL:



RELATIONAL:



PHYSICAL:



SPIRITUAL:



OTHER:



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LOOKING FOR MORE?

Bring this balance wheel to life by choosing a different color for each balance category and coloring each hour of your day accordingly. This is one way to get a visual on your daily balance. Use this to help you get creative with finding more balance in your life!

REDEFINE



Write down one thing you learned and how it will redefine your story this week:

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PRAYER FOR OUR WEEK

“ Lord, sometimes we feel a lot like Elijah. Even when we are exhausted and just want to run and hide, we know that you don't give up on us. You love us and desire to care for each area of our lives. This week, please guide us as we continue to learn and grow towards creating a healthy and balanced life. In your name we pray, amen.

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