

### Sample 1-hour Lesson/Session Plan

- 0:00 – 0:02  
(2 min.) **Welcome/Introductions.**
- 0:02 – 0:07  
(5 min.) **Review** - Do a very brief review of what was covered last session and/or what is going to be looked at in this session.
- 0:07 – 0:20  
(13 min.) **The case study** - Hopefully everyone has pre-read the case study. For those who have not, the leader (or someone else who is a good reader) can quickly read it orally and get into the question(s) presented in the case study – e.g. What could you say/do in this situation? Why? If no one says anything, the leader should just move on and get into his/her analysis (pre planned) of the situation. This is particularly true for the first couple of sessions. As the group proceeds through the sessions, people will become less inhibited and participate more.
- 0:20 – 0:48  
(28 min.) **Teaching time** - The leader needs to list points (on screen, whiteboard, chart paper) one is covering as the teaching time moves along. This means the leader will have to contemplate what he/she is going to say/cover before coming together as a group. Take up any questions that arise from the reading and teaching. If there are few or no questions, have a question or two ready to ask the participants to lead to discussion and deeper understanding.
- One has to decide whether to take up questions during the teaching time or warn students to have their questions ready for question time at the end. The problem one wants to avoid is having all of the time taken up on one or two questions and not getting through the material. Participants could be encouraged to email questions that the group didn't get to during the session. These can be answered later through email. Of course, this means more work for the leader. A participant's question could possibly be the basis for the next session's review.
- 0:48 – 0:60  
(12 min.) **Prayer time** - The leader could list (on the screen, whiteboard or chart paper) two or three things to pray about at the beginning of prayer time (previously planned by the leader) but people could add more things as they pray.
- Remind everyone** to read the next chapter in preparation for the group's next time together.