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How To Use Guide

All Pre-work (eLearning) and Heart Work (workbook) must be completed prior to attendance of the in-person/virtual class.

Schedule

Week	Notes
Week 1 : Preparing For Your First Love Reset	Preparing For Your First Love Reset can be combined with Strategy 1 at Facilitator's discretion. Look out for the FPI Badge.
Week 2: Strategy 1	
Week 3: Strategy 2	Look out for the FPI Badge
Week 4: Strategy 3	
Week 5: Strategy 4	Look out for the FPI Badge
Week 6: Strategy 5	
Week 7: Strategy 6	
Week 8: Strategy 7	Look out for the FPI Badge
Week 9: Strategy 8	There is a Love Arrest exercise to be completed as a group. The exercise will be reflected in both the workbook and powerpoint
Week 10: Abide & Abound	Abide & Abound can be combined with Strategy 8 at Facilitator's discretion. Look out for the FPI Badge

Schedule the Class

1. Every participant in the group needs to complete the eLearnings (Online Prework) and the corresponding workbook (Heart Work) section before class.
2. Schedule class prior to week one so that participants will have a clear calendar for this. We suggest you meet:
 - Weekly
 - Bi-weekly
3. For the in-person experience, all sessions will require:
 - A functional room, large enough to accommodate the number of participants you expect to have.
 - A functional computer and projector
 - Extra pen and paper
4. For the virtual experience, all sessions will require:
 - An active Zoom or Teams link for participants to log on to.

Prepare for the Class

1. Complete the Prework and Heart Work ahead of time.
2. Pray and Set up prior to every class.
3. Review this guide. Be familiar with the structure of the class and materials needed. (This is not meant to be read to the class verbatim. It is a tool to help you prepare.)

Set Up for the Class

1. Test computer and PowerPoint to ensure they are working.
2. Arrange seats to encourage participation, if necessary.
3. BRING THE ENERGY AND THE FUN!

Quick Tip: Try playing some upbeat music to set an exciting tone in the room.

Virtual

Introduce these following housekeeping rules in the first meeting. You may also want to briefly revisit them before each session.

- Please silence your devices.
- Your participation is very important.
- Your listening is also very important.
- Your confidentiality is very necessary as we create a safe environment for change.
- You should be on camera if at all possible (it helps maintain the group's synergy).
- Please use your chat box respectfully and, in the interest of time, remember to stay on topic.
- We have some planned breaks throughout the session.
- Have your workbooks ready with pen and journals, if preferred.
- Today's session is about 2 hours and will end on time.
- Let's have fun while being TRANSFORMED.

General Strategy Script

This section provides a general script designed to guide you confidently through each strategy. It serves as a steady framework to help you communicate key concepts clearly, ask intentional questions, and create meaningful engagement without feeling rigid or restricted. Think of it as your foundation. While the overall structure remains consistent across all strategies, please note that “Preparing For Your First Love Reset,” Strategies 1, 7, 8, and “Abide and Abound” include additional focus points and experiential elements woven into the process. These strategies require more intentional pauses, reflection, or hands-on engagement to deepen understanding and application. Be sure to flip to those specific sections for detailed emphasis and guidance on the enhanced experiences built into those lessons.

MATERIALS NEEDED - FACILITATOR

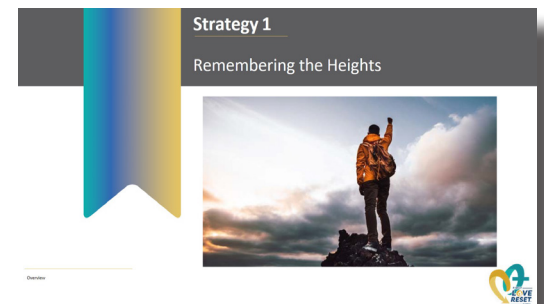
- PowerPoint
- Computer
- Projector or Zoom (Virtual)

MATERIALS NEEDED - EACH PARTICIPANT

- Heart Work (Workbook)
- Completed online experience

Strategy Introduction

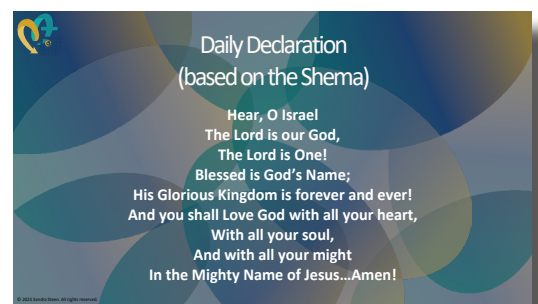
Say: “Welcome, everyone. I’m so glad you’re here. Today, we’re focusing on the strategy called [Insert Strategy Title]. This part of the First Love Reset experience is all about helping us reset our hearts and minds back to our First Love, God. As we move through today’s session, I want to remind you that this is a space of grace. You’re welcome to participate, reflect quietly, or share whatever feels right to you.”



Daily Declaration

Say Together :

Hear, O Israel
The Lord is our God,
The Lord is One!
Blessed is God’s Name;
His Glorious Kingdom is forever and ever!
And you shall Love God with all your heart,
With all your soul,
And with all your might
In the Mighty Name of Jesus...Amen!



Strategy 1

Recalling the 7 Churches

							
	EPHESUS REVELATION 2:1-7	SMYRNA REVELATION 2:8-11	PERGAMUM REVELATION 2:12-17	THYATIRA REVELATION 2:18-29	SARDIS REVELATION 3:1-6	PHILADELPHIA REVELATION 3:7-13	LAODICEA REVELATION 3:14-22
COMMENDATION	Hard work, perseverance, rejection of evil	Spiritual riches despite affliction	Faithfulness in persecution	Love, faith, service, perseverance	Some have not soiled their garments	Kept Jesus's word and not denying His name	None
CONDEMNATION	Lost first love	None	Some hold to false teachings	Tolerance of Jezebel's immorality	Reputation of being alive but are dead	None	Lukewarmness
COUNSEL	Repent and do the works you did at first	Be faithful even to the point of death	Repent	Hold fast until Jesus comes	Wake up and strengthen what remains	Hold on to what you have	Be earnest and repent
CHALLENGE	Eat from the tree of life	Not be hurt by the second death	Receive hidden manna and a white stone	Authority over nations and the morning star	Be clothed in white and name not blotted out	Be a pillar in the temple of God	Sit with Jesus on His throne

Introduction

Say: “We’re looking at the seven churches in Revelation. This wasn’t random. It shows us how Jesus evaluates His church. He sees what is good. He addresses what is wrong. He gives clear instruction. And He promises something to those who overcome.”

Ask: “Take a moment and look across the chart. What patterns do you notice? What stands out to you?”

(Pause for discussion or quiet reflection.)

Commendation

Say: “You’ll notice that not every church received condemnation. Smyrna and Philadelphia had no rebuke. But you’ll also notice that most churches had something that needed correction. That should humble us. Faithfulness in one area does not mean we are healthy in every area.”

Ask: “Which of these commendations would you desire to hear spoken over your life or over our church?”

(Pause for discussion or quiet reflection.)