

XO — ExtraOrdinary · Session Checklist

One page. Bring it into the room. Twelve weeks, one session at a time.

Week _____ Date _____
Group _____ Present _____

BEFORE THEY ARRIVE

- ☐ Read this week's five readings — and answer the workbook questions **honestly, not pastorally**
- ☐ Read the week's session plan in the Leader's Guide
- ☐ Deck loaded and displaying; find this week's opener slide
- ☐ Worship song cued on screen — **test the sound before anyone arrives**
- ☐ Chairs in a circle, screen to the side — not a classroom
- ☐ Spare workbooks, pens, Bibles on hand
- ☐ Pick your opening check-in question
- ☐ Decide the one thing you will share first if the room stays shallow

THE NINETY MINUTES

20 min	Shared meal	Unhurried. No agenda, no teaching, no announcements
5 min	Worship song	This week's song, lyrics on screen — see list below
5 min	Recap	Last week in three sentences, then "how did it go?"
5 min	The week in one frame	Opener slide, then the opening question
40 min	The five days	Five daily slides, roughly eight minutes each
10 min	Questions to Settle	Two or three workbook questions, worked aloud
5 min	Landing & commission	Next week's reading, one practice to carry

Eight minutes a day means roughly **three minutes of you, five of them**. Still talking after four means it has become a lecture.

USING A PLATE

- ☐ Put it up — **do not narrate it**
- ☐ Fifteen seconds of silence
- ☐ Ask: "What do you notice?"
- ☐ Return to it at the close: "Anything you see now that you didn't ninety minutes ago?"

THE FOUR COMMITMENTS

Confidentiality. What is said here stays here.
No fixing. "Thank you for telling us that" beats advice.
Freedom to pass. Nobody must answer anything.
Attendance is a gift the group depends on.

Name all four in Week 1. Name them **again before Weeks 9 and 10**.

WHEN IT GOES SIDeways

One person dominates	"I'd like to hear from someone who hasn't spoken yet." Address it privately too.
Nobody talks	Count to ten before rescuing. Then make the question concrete: "What does this look like in your week?"
Serious disclosure	Receive, don't treat. Thank them, affirm the courage, don't leave them alone with it, follow up privately.
Behind on reading	Teach as if nobody read it. Use the workbook Big Idea. No shame.
Resists science or Scripture	Neither validates the other. The instruction predates the mechanism by two thousand years.

KNOW WHERE YOU ARE

Wk 1-4	Renewing the Mind	Easiest to teach. Build the trust you'll spend later.
Wk 5-8	Regulating the Body	Head into body. Mood turns serious. Week 8 names fears aloud.
Wk 9-12	Restoring the Soul	Deepest. Weeks 9-10 are the hardest sessions in the course.

THE WORSHIP SONG — BY WEEK

1 Build My Life · **2** Great Are You Lord · **3** Break Every Chain · **4** Firm Foundation · **5** Battle Belongs · **6** It Is Well · **7** Gratitude · **8** No Longer Slaves · **9** Forgiveness · **10** Who You Say I Am · **11** Way Maker · **12** Goodness of God

Artists and projectable lyric-video links are in the Leader's Guide. One song, not a set.

BEFORE WEEK 9 — NON-NEGOTIABLE

Know your counselling and pastoral referrals **before** you need them. Some things deserve more help than a small group can give — saying so is the group working correctly, not failing.

BEFORE YOU CLOSE

- ☐ Next week's five readings named out loud
- ☐ **One practice** to carry into the week
- ☐ Prayer
- ☐ Note anyone to follow up with privately

WATCH FOR (THIS IS SUCCESS)

Catches a thought before it became a mood · names their state unprompted · spots a cue and changes the routine · forgives who they swore they wouldn't · says "I feel anxious" not "I am anxious."

FOLLOW UP / NOTES