



# Teen Wellness Circle *Program Workbook*

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## Faith Supplement and Resources

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## Session 1 Whole-Person Wellness: How Everything is Connected

**Prayer Service** *(Sample: This format can be repeated each week, using the scriptures suggested or scripture of your choosing.)*

**Opening Prayer** (Choose one of the prayers from Session 1 or use one of your own.)

Dear God,

Thank you for the amazing world you have made.

Help us to care for every aspect of your creation.

Thank you for the wonders of physics, medicine and astronomy.

Help us to engage with each facet of the universe.

Thank you for the power of the creative arts.

Help us to pioneer new vision and sounds in our generation.

Thank you for our incredible minds and bodies.

Help us to become all we could be as individuals.

Thank you for our family, friendships, community and relationships.

Help us to accept, nurture and forgive one another.

Thank you for all these great things in our lives.

May we play our part in bringing peace, prosperity and justice to all.

Amen.

### You Make All Things New

Lord you make all things new, the Creator who is continually nurturing, renewing, and developing every aspect of our remarkable universe.

Lord you make all things new. I rest in your creative arms, I dwell in the hope of this renewal, I hope in the strength of your mighty hand.

Lord you make all things new. Take all I am, all I care for, and all I love into your gentle arms. Come to touch and heal, mend and restore, release and minister.

Lord thank you that you make all things new. Thank you that there is always a new start in you. Thank you that today my life is being remade anew.

Amen.

—Both prayers retrieved from:

Prayer by Julie Palmer © Copyright 2019 ([www.prayerscapes.com](http://www.prayerscapes.com))

**Scripture/Inspiration** (Feel free to use one of these or choose your own.)

“There is one body and one Spirit, just as you were called to one hope when you were called.”

—Ephesians 4:4; New International Version  
([biblehub.com/niv/ephesians/4.htm](http://biblehub.com/niv/ephesians/4.htm))

“Just as each of us has one body with many members, and not all members have the same function.”

—Romans 12:4; New International Version  
([biblehub.com/romans/12-4.htm](http://biblehub.com/romans/12-4.htm))

“Now there are diversities of gifts, but the same Spirit.”

—1 Corinthians 12:4-11; New International Version  
([biblehub.com/1\\_corinthians/12-4.htm](http://biblehub.com/1_corinthians/12-4.htm))

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“The most basic and powerful way to connect to another person is to listen. Just listen. Perhaps the most important thing we ever give each other is our attention. ... A loving silence has far more power to heal and to connect than most well-intentioned words.”

—Rachel Naomi Reman

“When one tugs at a single thing in nature, he finds it attached to the rest of the world.”

—John Muir

*Here I Am, Lord* by David Has (may be used in place of scripture)

—See clip at ([www.youtu.be/EcxOkht8w7c](http://www.youtu.be/EcxOkht8w7c))

**Reflection/Journaling Prompts** (allow 10–15 minutes for this. You can invite people to share as they desire. You can also just have this as a time of individual reflection.)

1. How do you define connection?
2. For you, is connection the same or different than belonging?
3. Is there a time in your life you felt a sense of connection? Or perhaps a time when you did not?
4. What might loving God and neighbor with all your heart, soul, strength, and mind have to do with everything being connected?

(Light a candle and ask for God’s blessing on this Wellness Circle.)

**Complete the work in Session 1 in the Teen Wellness Circle workbook.**

**Closing Prayer\*\***

We pray now for:  
Those closest to our family ...  
Those who guide and help us ...  
Our friends ...  
People we are concerned about ...  
For our own needs and concerns ...

Choose one of the following or your own for a group closing prayer.

### Traditional Lord's Prayer

Eternal Spirit,  
Earth-maker, Pain-bearer, Life-giver,  
Source of all that is and that shall be,  
Father and Mother of us all,  
Loving God, in whom is heaven:

The hallowing of your name echo through the universe!  
The way of your justice be followed by the peoples of the world!  
Your heavenly will be done by all created beings!  
Your commonwealth of peace and freedom  
sustain our hope and come on earth.

With the bread we need for today, feed us.  
In the hurts we absorb from one another, forgive us.  
In times of temptation and testing, strengthen us.  
From trials too great to endure, spare us.  
From the grip of all that is evil, free us.  
For you reign in the glory of the power that is love,  
now and for ever. Amen.

—A version of The Lord's Prayer from *The New Zealand Prayer Book*

### Peace Prayer of St. Francis

Lord, make me an instrument of your peace:  
where there is hatred, let me sow love;  
where there is injury, pardon;  
where there is doubt, faith;  
where there is despair, hope;  
where there is darkness, light;  
where there is sadness, joy.

O divine Master, grant that I may not so much seek  
to be consoled as to console,  
to be understood as to understand,  
to be loved as to love.

For it is in giving that we receive,  
it is in pardoning that we are pardoned,  
and it is in dying that we are born to eternal life.

Amen.

—Make Me a Channel of Your Peace ([www.youtu.be/EcxOkht8w7c](http://www.youtu.be/EcxOkht8w7c))

## Closing Prayer

Dear God,

Thank you for the privilege of being able to share in this time together.

Time to connect with Heaven, and your promises.

Time to rest and join together with brothers and sisters.

Time to reflect, and breathe in the wonder of your love, the majesty of your Kingdom and the excitement of journeying with you.

Come watch over us all as we continue to follow you.

Amen.

—Read more: ([www.prayerscapes.com/prayers/occasions/closing\\_prayers.html#ixzz5rQP7NrMx](http://www.prayerscapes.com/prayers/occasions/closing_prayers.html#ixzz5rQP7NrMx))

## Closing: Additional Suggestions

**Closing with candles.** *In this closing ritual, each person lights a candle from the larger, center candle. To do this, you will need to place a small table in the center, a large “pillar” candle to place in the middle of the table, and then a votive candle for each person. You will light the pillar candle while the group is engaged in reflection/journaling. Each person will light their votive candle from the flame of the pillar candle and then place their votive on the table, with all of the votives eventually forming a circle around the pillar candle. You will need matches or some other candle or wick to make lighting the votives from the pillar candle easier (and safer!).*

*You know the teens you are working with. They may feel comfortable offering prayers aloud for their family, friends, etc. They may enjoy having the adult leader simply lead the prayers and then they may offer the prayers silently or aloud. Don't rush through this. Allow some silence.*

*If you want to use The Peace Prayer, The Lord's Prayer from the New Zealand Book of Common Prayer, print enough copies for your group ahead of time and pass out before the closing.*

*\*\*The suggestions for the opening and closing prayer are simply suggestions. Each facilitator is encouraged to adapt the suggestions, or create opening and closing prayers that fit more closely with the group. Particular scriptures or prayers may be more meaningful in your specific context. You are also welcome to invite members of the group to create or lead the prayers if that is what works best for your group. Some groups assign prayer partners during the six weeks of the Wellness Circle. The wisdom is in the group, so please adapt, change, use or create as makes sense for your situation.*

## Session 2 Whatever You Pay Attention to Is What Will Grow.

**Opening Prayer** (Choose one of the prayers from Session 1 or use one of your own.)

**Scripture/Inspiration** (Feel free to choose one of these or one of your own.)

“And Eli said to Samuel, ‘Go lie down, and it shall be if He calls you, that you shall say, “Speak, LORD, for Your servant is listening.”’ So Samuel went and lay down in his place.”

—1 Samuel 3:9 ([bible.knowing-jesus.com/1-Samuel/3/9](http://bible.knowing-jesus.com/1-Samuel/3/9))

“You shall therefore impress these words of mine on your heart and on your soul; and you shall bind them as a sign on your hand, and they shall be as frontals on your forehead.”

—Deuteronomy 11:18 ([bible.knowing-jesus.com/Deuteronomy/11/18](http://bible.knowing-jesus.com/Deuteronomy/11/18))

“For He is our God, And we are the people of His pasture and the sheep of His hand Today, if you would hear His voice.”

—Psalm 95:7 ([bible.knowing-jesus.com/Psalm/95/7](http://bible.knowing-jesus.com/Psalm/95/7))

“Therefore, just as the Holy Spirit says, ‘TODAY IF YOU HEAR HIS VOICE, There’s always more than what meets the eye. If you dig in deep enough and pay attention, you can really see the beauty in a person.’”

—Hebrews 3:7 April Mae Monterrosa,  
[bible.knowing-jesus.com/Hebrews/3/7](http://bible.knowing-jesus.com/Hebrews/3/7)

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“Mindfulness has to do with waking up and living in harmony with oneself and with the world. It is examining who we are, constantly questioning our views of the world and our place in it, while cultivating appreciation for the fullness of each moment we are alive. It is the direct opposite of taking life for granted. It is empowering as well, because paying attention in this way opens channels to deep reservoirs of creativity, intelligence, imagination, clarity, determination, choice, and wisdom within us.”

—Jon Kabat-Zinn, *Wherever You Go, There You Are: Mindfulness Meditation in Everyday Life*  
([www.goodreads.com/work/quotes/1276408](http://www.goodreads.com/work/quotes/1276408))

“You have to pay attention to the road even if you don’t know where you’re going.”

—Marty Rubin

*Lean in Toward the Light* by Carrie Underwood (could be used in place of the scripture)

—([youtu.be/fxAUmNjWals](https://youtu.be/fxAUmNjWals))

**Reflection/Journaling Prompts** (allow 10–15 minutes for this. You can invite people to share as they desire. You can also just have this as a time of individual reflection.)

1. How do you understand the title of Session 2: “Whatever you pay attention to is what will grow”?
2. If you have grown something in a garden, or helped with a little brother or sister, what has that taught you about growth or paying attention? If you haven’t, what’s your best guess about what those experiences might teach someone?
3. What lets you know that something needs attention or is worth paying attention to?
4. Some people say it’s selfish to pay attention to yourself. What do you think about that?

(Light a candle and ask for God's blessing on this Wellness Circle.)

**Do the work of Session 2 in the Teen Wellness Circle workbook.**

**Closing Prayer\*\***

We pray now for:

Those closest to our family ...

Those who guide and help us ...

Our friends ...

People we are concerned about ...

For our own needs and concerns ...

See prayers in Session 1 for group closing prayers.

### **Session 3** Change is Inevitable. Growth is Optional.

**Opening Prayer** (Choose one of the prayers from Session 1 or use one of your own.)

**Scripture/Inspiration** (Feel free to use one of these or choose your own.)

“I can do all things through him who strengthens me.”

— Philippians 4:13: Seek Ye First the Kingdom of God  
([youtu.be/9LMQfOp9w8k](https://youtu.be/9LMQfOp9w8k))

“Faith is taking the first step even when you don’t see the whole staircase.”

—Martin Luther King, Jr.

“Pray, and let God worry.”

—Martin Luther

**Reflection/Journaling Prompts** (allow 10–15 minutes for this. You can invite people to share as they desire. You can also just have this as a time of individual reflection.)

1. How do you define connection?
2. For you, is connection the same or different than belonging?
3. Is there a time in your life you felt a sense of connection? Or perhaps a time you did not?
4. What might loving God and neighbor with all your heart, soul, strength, and mind have to do with everything being connected?

(Light a candle and ask for God’s blessing on this Wellness Circle.)

**Do the work of Session 3 in the Teen Wellness Circle workbook.**

**Closing Prayer\*\***

We pray now for:

Those closest to our family ...

Those who guide and help us ...

Our friends ...

People we are concerned about ...

For our own needs and concerns ...

Choose from one of the prayers from Session 1 for a group closing prayer.



## Session 4 Trust the Wisdom of the “J” Curve

### Opening Prayer for Teens

**Scripture/Inspiration** (Feel free to use one of these or choose your own.)

“I have set the LORD always before me; because he is at my right hand, I shall not be shaken.”

—Psalm 16:8

“Trust in the LORD with all your heart, and do not lean on your own understanding. In all your ways acknowledge him, and he will make straight your paths.”

—Proverbs 3:5-6:

“But they who wait for the LORD shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint.”

—Isaiah 40:31

“And we know that for those who love God all things work together for good, for those who are called according to his purpose.”

—Romans 8:28

“What then shall we say to these things? If God is for us, who can be against us?”

—Romans 8:31

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*Lord, Teach Us to Pray* by Joe Wise (song could be used in place of the scripture)

—([youtu.be/qsNM0el43So](https://youtu.be/qsNM0el43So))

*Lean in Towards the Light* by Carrie Underwood

—([youtu.be/fxAUmNjWaIs](https://youtu.be/fxAUmNjWaIs))

**Reflection/Journaling Prompts** (allow 10–15 minutes for this. You can invite people to share as they desire. You can also just have this as a time of individual reflection.)

1. People say to trust God and you will have the strength you need to get through anything. What are your thoughts about that? How would you know that God is giving your strength?
2. Have you ever felt like God let you, or someone who is important to you, down?
3. What have you noticed when people you are close to are asked to make a big change?

(Light a candle and ask for God’s blessing on this Wellness Circle.)

**Do the work of Session 4 in the Teen Wellness Circle workbook.**

### Closing Prayer\*\*

We pray now for:

Those closest to our family ...

Those who guide and help us ...

Our friends ...

People we are concerned about ...

For our own needs and concerns ...

Choose one of the prayers from Session 1 for a group prayer.

## Session 5 Systems and Change

### Opening Prayer for Teens

**Scripture** (Feel free to use one of these or choose your own.)

“What then shall we say to these things? If God is for us, who can be against us?”

—Romans 8:31

“Jesus looked at them and said, ‘With man it is impossible, but not with God. For all things are possible with God.’”

—Mark 10:27

“Therefore encourage one another and build one another up, just as you are doing.”

—1 Thessalonians 5:11

“For I am sure that neither death nor life, nor angels nor rulers, nor things present nor things to come, nor powers, nor height nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord.”

—Romans 8:38-39

“Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with endurance the race that is set before us, looking to Jesus, the founder and perfecter of our faith, who for the joy that was set before him endured the cross, despising the shame, and is seated at the right hand of the throne of God.”

—Hebrews 12:1-2

**Reflection/Journaling Prompts** (allow 10-15 minutes for this. You can invite people to share as they desire. You can also just have this as a time of individual reflection.)

1. What are the best and worst things about Change?
2. Can you create an acrostic poem using the word “change”?
3. Can people change without God’s help?
4. Do you ever feel like you are running a race? If yes, is it a race you want to run?

(Light a candle and ask for God’s blessing on this Wellness Circle.)

**Do the work of Session 5 in the Teen Wellness Circle workbook.**

### Closing Prayer\*\*

We pray now for:

Those closest to our family ...

Those who guide and help us ...

Our friends ...

People we are concerned about ...

For our own needs and concerns ...

Choose from one of the prayers from Session 1 for a closing group prayer.

## Session 6 Where to From Here?

### Opening Prayer for Teens

**Scripture/Inspiration** (Feel free to use one of these or choose your own.)

“May the God of hope fill you with all joy and peace in believing, so that by the power of the Holy Spirit you may abound in hope.”

—Romans 15:13

“Therefore, my beloved brothers, be steadfast, immovable, always abounding in the work of the Lord, knowing that in the Lord your labor is not in vain.”

—1 Corinthians 15:58

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“Faith is taking the first step even when you don’t see the whole staircase.”

—Martin Luther King, Jr.

“Happiness does not depend on outward circumstances, but on the state of the heart.”

—J.C. Ryle

“We don’t drift in good directions. We discipline and prioritize ourselves there.”

—Andy Stanley

“You are the only Bible some unbelievers will ever read.”

—John MacArthur

*10,000 Reasons* by Matt Redmon (song could be used in place of the scripture)

—[youtu.be/DXDGE\\_IRI0E](https://youtu.be/DXDGE_IRI0E)

**Reflection/Journaling Prompts** (allow 10-15 minutes for this. You can invite people to share as they desire. You can also just have this as a time of individual reflection.)

1. Doodle/draw what has meant the most to you about this time in your wellness circle.
2. How do you define what happiness is?
3. If you could only say one sentence about what you learned in this Teen Wellness Circle, what would that sentence be?
4. What, if anything, has changed in how you see a connection between your faith and your well-being?

(Light a candle and ask for God’s blessing on this Wellness Circle.)

**Do the work of Session 6 in the Teen Wellness Circle workbook.**

### Closing Prayer\*\*

We pray now for:

Those closest to our family ...

Those who guide and help us ...

Our friends ...

People we are concerned about ...

For our own needs and concerns ...

Choose one of the prayers from Session 1 for a group closing prayer.