

# How to Use Faith for Life

You will find the following sections in each of the sessions:

**FOCUS:** A clear statement of why the material has been written and how it affects the lives of your group.

**COMMENTARY:** This material is for your study and incorporation into the session discussion.

**IN-SESSION COMMUNITY BUILDING OPTIONS:** Every session will give you several activities from which to choose to begin your time together.

**PRESENTATION OPTIONS:** Each session allows you to select one or more activities through which to present the issues.

**SUMMARY OPTIONS:** To conclude your session, options are provided to find ways to summarize and apply the truth they have learned.

**PRACTICE:** Practical ways to help your group incorporate the truth of the session into everyday life.

**HANDOUTS:** Each session comes with a resource sheet from which you can make copies to hand out to your group during the session.

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