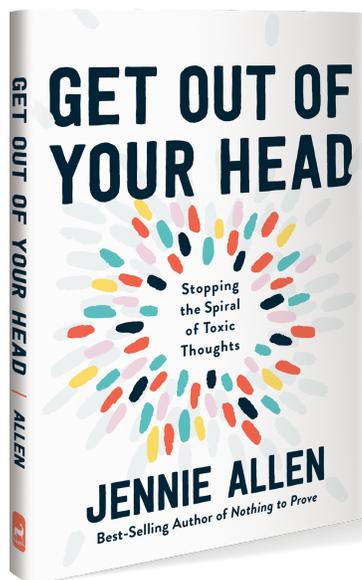




GET OUT OF YOUR HEAD
book club kit





**YOU
WILL
NEED:**

**A COPY OF GET OUT OF YOUR HEAD BOOK
(AVAILABLE ANYWHERE BOOKS ARE SOLD)**

**LISTEN TO THE MADE FOR THIS PODCAST ON
ITUNES, SPOTIFY, ANY PODCAST APP OR VISIT
JENNIEALLEN.COM/PODCAST TO LISTEN ONLINE.**

**A COPY OF THIS BOOK CLUB KIT SO YOU CAN USE
THE GUIDES AND WORKSHEETS EACH WEEK.**



HOW TO HOST A VIRTUAL BOOK CLUB

TO GATHER YOUR PEOPLE ONLINE AND HOST AN ONLINE BOOK CLUB, YOU WILL NEED:

AN ONLINE MEETING SITE LIKE ZOOM (GREAT FOR LARGER GROUPS), GOOGLE HANGOUTS, FACETIME, OR SKYPE

HAVE EVERYONE DOWNLOAD A COPY OF THIS GUIDE

DECIDE ON A DAY OF THE WEEK/TIME TO CONNECT ONLINE

WALK THROUGH THE KIT JUST LIKE YOU WOULD IN PERSON



WEEK 1

READ:

Read chapters 1-7 of 'Get Out of Your Head' book.

LISTEN:

Listen to the Made for This Podcast, Season 3 - Episodes 1 + 2

DISCUSS:

- What do you find yourself thinking about the most?
 - What keeps you from believing you can control your thought life?
 - How did your Mind Map exercise go? What surprised you?
 - What are you most looking forward to in this book club? Why are you here?
-

PROCESS:

Print out a copy of the Mind Map exercise on the next page and complete it this week!

HOW TO USE YOUR MIND MAP

STEP ONE:

In the center of a blank page, write the primary feeling or emotion you're experiencing right now. It could be good or bad.

You might write anxious.

Or peaceful.

Overwhelmed.

Angry.

Afraid.

Whatever it is, jot it down. Now draw a big circle around that word.

Scattered around that large circle, write everything you can think of that is contributing to that feeling or emotion. You might write "Laundry that isn't done" or "Work" or "Kids" or "Financial stress" or "Body-image issues." Draw a smaller circle around each of these contributing factors; then trace a line from each of them, connecting them to the large one.

Keep going until you have exhausted all the possibilities prompting the emotion you wrote down.

STEP TWO:

Talk to God about it. Pray with your paper in front of you and talk through each thing you've written down. Tell Him about it. Ask Him to show you what you are believing wrongly about Him and yourself.

Ready to move on?

"IF WE WANT TO STOP OUR PATTERNS OF TOXIC THINKING, WE MUST NOTICE WHAT'S HAPPENING AND TAKE DEFENSIVE ACTION, COUNTERING ANY LIES WE BELIEVE ABOUT GOD WITH THE TRUTH THAT INTERRUPTS THE DOWNWARD SPIRAL."

STEP THREE:

Look for patterns and common themes in your circles.

Are you worrying about things you cannot control?

Are you angry about how you've been wronged?

Are you obsessed with what you don't have?

Has food, sex, entertainment, or money taken over your thoughts?

Are you ashamed of what you've done in the past?

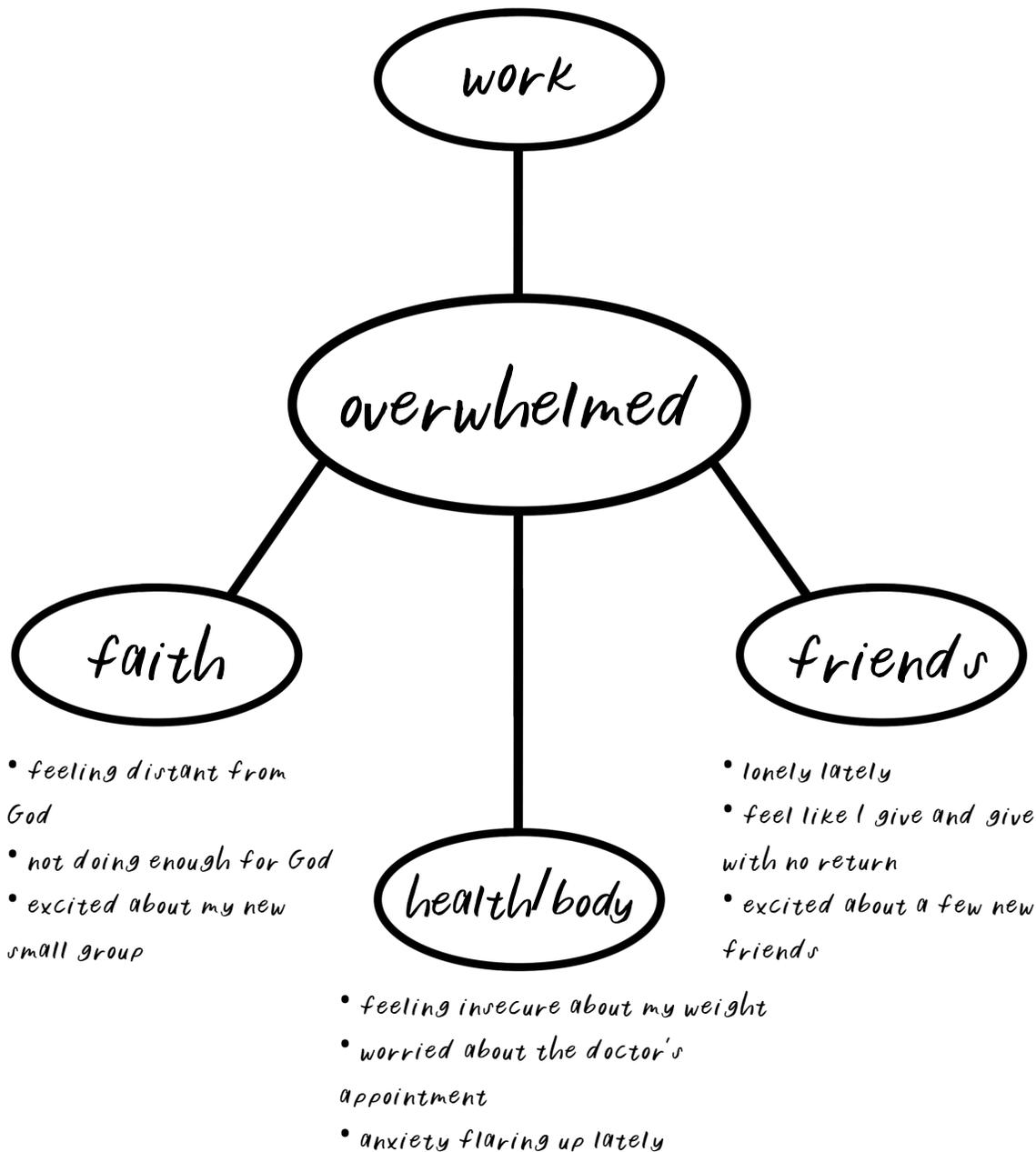
Are you self-critical?

OKAY. SO WHY DID I HAVE YOU GO THROUGH THIS EXERCISE?

IT'S SO THAT YOU CAN SEE PLAINLY HOW YOUR THOUGHTS ARE BUILDING A STORY LINE ABOUT GOD THAT IS EITHER TRUE OR UNTRUE.

HERE IS AN EXAMPLE:

- *project due tomorrow*
- *disagreement with coworker*
- *feel inadequate for my job*



YOUR MIND MAP

WEEK 2

READ:

Read chapter 8 of 'Get Out of Your Head' book.

LISTEN:

Listen to the Made for This Podcast, Season 3 - Episodes 3 + 4

DISCUSS:

- What is keeping Jesus from being the thing you live for?
 - Do you struggle with finding time for silence and time with God? Explain.
 - How could you think creatively about your time with God? What tools have been helpful for you?
 - What stood out to you most in the podcast episodes? Discuss.
-

PROCESS:

Spend some time journaling and reading your Bible in silence this week. Share about your experience with your group!

WEEK 3

READ:

Read chapter 9 of 'Get Out of Your Head' book.

LISTEN:

Listen to the Made for This Podcast, Season 3 - Episodes 5 + 6

DISCUSS:

- How would connecting with others in a deeper way change your everyday life?
 - What's most challenging for you about connecting with others?
 - What would it look like for you to 'go first' and reach out to someone?
 - What stood out to you most in the podcast episodes? Discuss.
-

PROCESS:

Reach out to someone this week and openly share about your journey through this book and what God is teaching you.

WEEK 4

READ:

Read chapter 10 of 'Get Out of Your Head' book.

LISTEN:

Listen to the Made for This Podcast, Season 3 - Episodes 7 + 8

DISCUSS:

- What are the most common 'what ifs' in your life?
 - Have you found yourself making better choices with your thoughts in these past weeks? How has it been?
 - How could your life look different if you chose trust instead of fear?
 - What stood out to you most in the podcast episodes? Discuss.
-

PROCESS:

Print out and complete the Thought Assessment on the next page.

THOUGHT ASSESSMENT EXAMPLE:

GRAB THE THOUGHT

What is it?

I am a failure because I disappointed a friend, forgot two important things this week, and messed up at work.

DIAGNOSE THE THOUGHT

Is it true?

No, this isn't true. I did make mistakes, but my mistakes do not define my worth or change God's love for me.

TAKE IT TO GOD

What does God say about it?

I am he who blots out your mistakes...I will not remember your sins. Isaiah 43:25

MAKE A CHOICE

Am I going to believe God?

I choose to believe that God removed my sin as far as the east is from the west and I am loved and secure.

THOUGHT ASSESSMENT

GRAB THE THOUGHT

What is it?

DIAGNOSE THE THOUGHT

Is it true?

TAKE IT TO GOD

What does God say about it?

MAKE A CHOICE

Am I going to believe God?

WEEK 5

READ:

Read chapter 11 of 'Get Out of Your Head' book.

LISTEN:

Listen to the Made for This Podcast, Season 3 - Episodes 9 + 10

DISCUSS:

- Were you surprised by your own answers to Jennie's 'are you cynical?' questions in the book?
 - What are you most cynical about?
 - When's the last time you truly delighted in God's creation?
 - What do you find the most beautiful?
 - What stood out to you most in the podcast episodes? Discuss.
-

PROCESS:

Go to jennieallen.com/blog/symphonies and take 15 minutes to close your eyes and listen to these symphonies. Talk to God about it.

WEEK 6

READ:

Read chapter 12 of 'Get Out of Your Head' book.

LISTEN:

Listen to the Made for This Podcast, Season 3 - Episodes 11 + 12

DISCUSS:

- How did your view of humility change as you read the book this week?
 - Discuss the world's way of self-esteem. How is this different than Scripture?
 - What would it look like for you to serve others right now?
 - What stood out to you most in the podcast episodes? Discuss.
-

PROCESS:

Go out of your way to meet someone's need this week that you might otherwise overlook. What was your experience like?

WEEK 7

READ:

Read chapter 13 of 'Get Out of Your Head' book.

LISTEN:

Listen to the Made for This Podcast, Season 3 - Episodes 13 + 14

DISCUSS:

- How has a victim mentality shown up in your life?
 - Is it difficult for you to thank God for the hard in your life? Why?
 - Share what painful season in your life makes it difficult to thank God for.
 - What stood out to you most in the podcast episodes? Discuss.
-

PROCESS:

With a sharpie, write the first letter of each word of 1 Thessalonians 5:16-18 on a rubber band and wear it this week. Pray and memorize the verse!

WEEK 8

READ:

Read chapter 14 of 'Get Out of Your Head' book.

LISTEN:

Listen to the Made for This Podcast, Season 3 - Episodes 15 + 16

DISCUSS:

- What does complacency look like in your life?
 - What is a common spiral you find yourself in?
 - What's exciting to you about knowing you're part of a story bigger than yourself?
 - What stood out to you most in the podcast episodes? Discuss.
-

PROCESS:

Spend some time praying and journaling this week. Ask the Lord, "God, where are you wanting me to lay down my life for the good of others?"

WEEK 9

READ:

Read chapter 15-16 of 'Get Out of Your Head' book.

LISTEN:

Listen to the Made for This Podcast, Season 3 - Episodes 17 + 18

DISCUSS:

- What about speaking things out loud and laying down your last 2% could be freeing for you? What's stopping you?
 - What's been hard about this process? What's been most rewarding?
 - What stood out to you most in the podcast episodes? Discuss.
-

PROCESS:

Read the list of verses on the next page out loud and choose one to memorize this week.

FIGHT WITH TRUTH

I will fight for you. Exodus 14:14

Don't be afraid, for I am with you. I will strengthen you and help you. Isaiah 41:10

I have a good plan for you. Jeremiah 29:11

So if the Son sets you free, you are truly free. John 8:36

I will protect you and comfort you. Psalm 23:4

I will work things out for the good of those who love me. Romans 8:28

I am the beginning and the end. I am the first, and I am the last. Revelation 22:13

Before I formed you in the womb I knew you. Jeremiah 1:5

I am he who blots out your mistakes...I will not remember your sins. Isaiah 43:25

My Spirit is within you. Ezekiel 36:27

I will not leave you. Deuteronomy 31:8

I will remind you this is all real. John 14:26

You will be with Me. I will wipe every tear from your eyes, and death will be no more. Behold, I am making all things new. Revelation 21:3-5

I give power to the weak. Isaiah 40:29

Be strong and courageous. Do not be afraid or discouraged. For I am with you. Joshua 1:9

My hand laid the foundation of the earth... my right hand spread out the heavens...when I call to them, they stand forth together. Isaiah 48:13

I am good, ready to forgive, and full of love when you need help. Psalm 86:5

I am who I am. Exodus 3:14

I chose you and appointed you that you should go and bear fruit and that your fruit should abide, so that whatever you ask the Father in my name, he may give it to you. John 15:16

I will equip you for every good work I've planned. Hebrews 13:21

You will find strength in Me. Isaiah 40:31

I will keep you safe. Psalm 4:8

Do not worry; instead, pray. Then you will experience my peace, which exceeds all understanding. Philippians 4:6-7

Trust in me, and I will show you what path to take. Proverbs 3:5-6

Do not worry like unbelievers do. I will give you everything you need. Matthew 6:31-33

I will take care of all of your needs. Philippians 4:19

I will comfort you as you wait. Isaiah 66:13

In just a little while I am coming and I will take you to the place I am. Hebrews 10:37

Don't be afraid. I am here to help you. Isaiah 41:13

I will hear your cries for help and rescue you. Psalm 34:17

Do not fear. I will protect you. Psalm 27:1

I am light; in me there is no darkness at all. 1 John 1:5

I did not give you a spirit of fear but of power, love, and self-control. 2 Timothy 1:7

To all who receive Me, who believe in My name, I give the right to become children of God. John 1:12

Do you not know that you are God's temple and that God's Spirit dwells in you? 1 Corinthians 3:16

I will build my church through you, and the gates of hell will not overcome it. Matthew 16:18

I am on my way. Revelation 3:11

My steadfast love endures forever and ever. Psalm 138:8

You will inherit the earth. Psalm 25:13

My kingdom is coming. My will will be done on earth as it is in heaven. Matthew 6:10

WEEK 10

CELEBRATE

LISTEN:

Listen to the Made for This Podcast, Season 3 - Episodes 19 + 20

DISCUSS:

- Have you found yourself making better choices with your thoughts in these past weeks? How has it been?
- What are your hopes for yourself at the end of our time together?
- What stood out to you most in the podcast episodes? Discuss.
- How has memorizing Scripture helped you in this journey?

PROCESS:

Give everyone in your group an index card and have them write: _____ no longer has power over me. Share what you wrote and pray over them as a group.