STARTING A LIVING ROOM GROUP

A MENTAL HEALTH SUPPORT GROUP

For a description of Living Room—a movement to bring healing to Rohingya and to all who suffer from persecution—go to: <https://marjabergen.com/archives/introducing-living-room-to-rohingya>

STEP BY STEP GUIDANCE

1. FIND A FACILITATOR WHO IS:

* a person with a strong faith, able to have compassion for those who suffer.

1. FIND A CO-FACILITATOR

* with qualities similar to the facilitator’s
* a person who will help the facilitator and be a back-up when needed.

1. A FACILITATOR SHOULD:

* Be humble
* Be a peer, no better or smarter than your fellow members
* Realize that you struggle in the same way the others do
* Guide discussions
* Together with other members search for solutions

1. STUDY THE “FACILITATOR MANUAL”

* This is important
* It will help you learn how to facilitate effectively.
* Easy to find on the Living Room webpage at
* <https://marjabergen.com/support-groups>

1. LIVING ROOM IS GOD’S WORK, NOT YOURS ALONE

* You are only His hands, feet, and voice.
* Follow His Will as set out in Scripture.
* Listen to Him.
* Be obedient to His leading.

1. FOR EACH MEETING:

* Select a topic of your choice for discussion.
* For example: fear, anxiety, the future, memories
* Find Scripture to see what Jesus might have said about it.
* Find Scripture that will encourage members to be strong, to find courage, to find peace, comfort, etc.
* What does Jesus’s unconditional love mean?

1. “DEVOTIONALS” – “THE MEAT”

* The devotionals, available at [https://marjabergen.com/support-groups](https://marjabergen.com/support-groups%20), are the most important sources for topics. There is a large assortment to choose from.
* Group devotionals are available, complete with questions to prompt discussion.
* There are also devotionals for personal use that could form the basis for group discussion.
* Download to your computer. Retrieve from your download folder and select the ones you would like to use with your group.

1. “FACILITATOR’S MANUAL” will provide additional information.
2. “LIVING ROOM AND OPEN DOOR EXPLAINED” is a very good place to go to gain understanding of how the concept for this work was arrived at.