

# VALIDATE!

## FACILITATORS GUIDE

Meeting # 5: *Chapter 4 - Validation/ Invalidation*

### AGENDA: (Suggested times)

- 10 min.        *Arrive early enough to greet folks as they arrive.*  
Arrange furniture for meeting. (Everyone should be able to see the others faces.)  
Find TV and video/DVD player. Cue up DVD or VHS for opening of meeting.
- 10 min.        *Participants arrive* - introduce each person as they arrive to someone else.  
If this is a new group hand out name tags, and have people sign-in on a sheet.  
Encourage soft drinks, coffee, cookies or snacks.  
Kids off to childcare if necessary.  
Greet any new additions to group and introduce them to someone else in the group.
- 5 min.        *Settle into group, PRAY*

*The Issue Of Confidentiality* (Repeat this for the first few weeks for emphasis)  
This is not a support group. This is a growth opportunity.

*My Role as facilitator:* My hope is that the material will teach, encourage, exhort, convict, equip, and motivate. My job is to facilitate the group to get the most from the material, and learning from each other.

*Your role as participant:* Your role as participant is to learn, encourage, teach, equip, and training each other. Consider yourself as a co-facilitator.

### MOST IMPORTANT ISSUE TONIGHT:

You cannot overstate the value that validation plays in a relationship!  
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We must learn to surrender, die to self, and interrupt invalidation – by learning a new skill called VALIDATION.

15 min.        *Conversation Starter* – Use one of the following video's to start your conversation this eve. All of these are good. (Pick one)

- **Best Clip:** ITS NOT ABOUT THE NAIL. <https://www.youtube.com/watch?v=-4EDhdAhrOg>
- Watch: You might play this at the end to wrap up... Video Clip from Henry Cloud on The Two most important secret weapons in any argument (Listening and Validation).  
<http://www.cloudtownsend.com/video-advice/channel/Marriage/cloudT1047/>

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- Everybody Loves Raymond: Funny video about Active Listening - <https://www.youtube.com/watch?v=4VOubVB4CTU>
- John Townsend on Empathy: <http://www.cloudtownsend.com/video-advice/channel/Relationships/CCNT2301/>  
Ask: “Ever have an experience like this? Can you share it with us?”
- John Townsend: Perception first, then reality. <http://www.cloudtownsend.com/video-advice/channel/Relationships/CCNT2307/>  
Ask: “Why is it important to focus on perception before dealing with reality?”

15 min.        ***Outline of Tonight’s Meeting:***

Discuss overall content:

- What impacted you the most from Steps 1-4 (W-I-S-D)?
  - Scripture – Pick one passage that personally spoke to you and emphasis it each week. Relate it to life and the study.
  - Book Chapter 3?
  - Any insights from Step 4 (your response)?

55 min.        *Group Study:* Discuss Step 5 (O).

Read the questions and encourage participation by everyone.

10 min.        *Have group complete Step 6 (M).*

5 min.         Take time to pray for the individuals and couples in your group.

20 min.        We are done, but please stick around for a few minutes if you can and get to know someone better.

Record any significant comments, questions, prayer requests, follow-up here:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.