

Bible Studies Facilitator's Guide

Thank you for agreeing to be a facilitator for this very important project which considers faith and health!

The Bible Study series with accompanying health one pagers and activities are designed to provide knowledge and change behavior. Persons who participate will know what to do and how to do it. The information and activities provided are aligned with specific behavioral change concepts and as facilitator you will assist participants in completing the activities correctly and so enable them to achieve their goals of behavior change.

There are a number of recurring types of activities. This document provides a guide for you the facilitator to adequately guide the activities provided.

Brainstorming

The first is the Brainstorm which is an activity designed to generate ideas and solutions to challenges we face. Throughout the series we will engage in many brainstorming questions and these provide us with a focused way to discuss health issues. Guidelines have been provided for the brainstorming session and the following video can also assist you in guiding the brainstorm: <https://www.youtube.com/watch?v=9K8W4ooygUU>.

Goal setting

A major tool to be used throughout the entire series is Goal Setting. In order to achieve goals, people need to change their behavior- this is the "Doing part" of the workshop. The Table provided allows persons to walk through important steps to behavior change that are based on the SMART mnemonic. As you guide encourage participants to do the following:

1. Set a goal that they actually want to do not something that they feel they should do
2. Write their goal
3. Decide on a single behavior that will help them achieve the goal. The behavior that you choose should be SMART- Specific, Measurable, Achievable, Realistic and Time-bound
4. Specific: If your goal is to lose 10 pounds, then a behavior you may need to change is to reduce the amount of sugary drinks that you use. Choosing a particular drink is a specific behavior. You may also choose to eat meat only three times per week.
5. Measurable: It is not enough to state that you wish to reduce sugary drinks, it is important to realize how many drinks you use now (eg. three per day) and that you wish to reduce that number from three to one.
6. Achievable: If your goal is to lose 10 pounds, deciding that you will change your behavior in one day and run five kilometers daily is not likely to happen if your current activity levels are low. Choose a goal that you can achieve when you take into account your body, age, home and work circumstances.

7. Realistic: If we consider the behaviour of reducing sugary drinks, while it may be achievable to reduce the amount of sugary drinks from five to zero for all days of the week. It may not be a realistic goal since many of us are accustomed to and in some cases addicted to sugar. To make the goal realistic- take baby steps. Reduction from three drinks to one for three days of the week is likely to be more realistic. To test how realistic the goal is, ask persons who have set the goal, how confident they are they can achieve this goal. If their confidence is less than seven, encourage re-evaluation of that goal to make it more realistic to achieve. One realistic goal may be – I will not gain any more weight
8. Time-bound: Setting goals and changing behaviors is much easier if we set a time limit on both. We may wish to achieve the goal within three months- that is a medium term time limit. The behavior should also be time bound. For example, “I will try sugary drink reduction for five days per week for two weeks.” The time limit related to the small behavior change is more short term- accomplished within one to two weeks. However, changes in eating patterns need to be for the long term. Short term diets DO NOT WORK. It has to be long term.

Modelling healthy behavior

One of the most critical elements in encouraging behavior change is having an example or a model who performs the activity first and shows us that it can be done and demonstrates how to get it done. As facilitator, you will provide an example for many activities that are listed. If you have not completed a particular activity, spend time before the session to find out if others inside or outside the church community who have completed the activity and can be the model or example for that activity. This is particularly useful for sessions that include creating healthy recipes, starting a kitchen garden and engaging in physical activity. These sessions provide the opportunity to bring in someone who specializes in these activities and can guide participants. Also consider using videos and pictures shared via social media to show participants that it can be done.

Preparation for sessions

As facilitator ensure that you read the materials before the session and engage with the links and videos provided. This is especially important for sessions on reading food labels. Watch this video before session three. <https://www.nutrition.org.uk/putting-it-into-practice/food-labelling/looking-at-labels/>. Encourage participants to bring foods/food labels to the session so that you can practice together. Embrace the knowledge and expertise of others for areas you feel are not strengths for you.

Other Resources

Brainstorming: https://www.youtube.com/watch?v=R4M_X5xP4BY.

Achieving goals by focusing on behaviours: https://www.youtube.com/watch?v=V2PP3p4_4R8

The remainder of this document provides a summary of the 10 Bible Studies.

Summary of Bible Studies

This Bible study series is an engaging accompaniment to Sermon series on faith and health. The documents provide a guide for successful delivery of the series by outlining an introduction, health-related biblical text, a 10-minute video promoting nutritious foods, health-related activities and one-page healthy eating fact sheets. The 10-minute videos were created by Jamaican health professionals using data and intimate knowledge of our local population. By the end of the series, participants would've learnt how to read food labels, shared recipes and created their own healthy plates.

Bible study 1 – My Body is God's Temple

By the end of this session congregants will be able to:

- a) Describe what is good health
- b) Explain the importance of taking care of the body including consuming healthy diets
- c) Describe diseases that may occur if not taking care of the body
- d) Describe what is meant by the body being a temple of the Lord

The bible study guide is accompanied by a FAN Video which describes the term health, and provides information on Non-Communicable diseases and how they are linked to food. Activities in this guide include: Brainstorming challenges and solutions to healthy living, discussion on protecting our bodies/our temples and identifying organs within the body which may be affected by an unhealthy diet.

Bible study 2 – Foods are Gifts from God

By the end of this session congregants will be able to:

- a) Describe the biblical origin of food
- b) Explain the importance of food
- c) Describe the levels of processing of common foods

The bible study guide is accompanied by a FAN Video which provides details about Caribbean food groups; how to create a healthy plate and outlines the main levels of processing in foods- natural or minimally processed foods, processed culinary foods, processed foods and ultra-processed foods. The video identifies some of the dangers of ultra-processed foods. Activities in this guide include: Discussion on locally grown/produced foods; an introduction to reading food labels and a discussion on how confident we feel in our ability to make healthy lifestyle choices.

Bible study 3 – Satisfying Hunger

By the end of this session congregants will be able to:

- a) Explain the importance of nutritious foods for healthy living.
- b) Identify healthy dietary patterns
- c) Calculate the number of calories in a package of a food item

The bible study guide is accompanied by a FAN Video which provides information on foods that protect the heart; dietary patterns that have been linked to health, longevity eg. DASH Diet, Mediterranean Diet, Daniel Diet (detailed later in the series), Vegetarian Lifestyle (mention SDA). In this guide we extend our knowledge on

reading food labels. Reading some types of food labels can be challenging and thus a brief survey will be shared to allow congregants to indicate their preference of food labels.

Bible study 4 - Too Much a One Ting Good Fi Nutten, Part 1

By the end of this session congregants will be able to:

- a) Describe the dangers of eating and drinking excessively
- b) Describe the dangers of excess, salt, sugar and fat
- c) Define hypertension and Type 2 diabetes

The bible study guide is accompanied by a FAN Video which includes descriptions of the effects of excess alcohol and excess eating and measuring fat excess using BMI. The video also includes daily allowable values for salt, sugar and fat and definitions of the most common metabolic abnormalities- hypertension and diabetes. Activities in this guide include: comparing and contrasting the biblical and health effects of excess alcohol and food and a special focus on foods which promote the lowering of blood pressure. Congregants will be asked to create healthy recipes which will be shared with the immediate faith community.

Bible study 5 - Too Much a One Ting Good Fi Nutten, Part 2

By the end of this session congregants will be able to:

- a) Demonstrate understanding of triggers for eating
- b) Examine link between eating and mental health
- c) Describe tips to avoid stress eating

The bible study guide is accompanied by a FAN Video which discusses triggers for unhealthy eating. In the video, doctors define stress eating and provide tips to help congregants understand how to avoid stress eating. Activities in this guide include: a brief survey on whether persons eat too much or too little when stressed; maintaining a journal to track foods eaten for at least two days per week providing details on the things they eat by reading labels for contents; measuring portions consumed; and comparing processed and organic contents in their diet.

Bible study 6 - Bread of Life

By the end of this session congregants will be able to:

- a) Describe the Daniel fast as a way to eat the basics
- b) Discuss the benefits of healthy eating for sake of their spiritual life
- c) List nutrient properties of select foods

This bible study guide is accompanied by a FAN Video which Staples and their benefits to our bodies. What are the basic foods in the Daniel fast? Individual foods and their benefits. Nutrients in foods. Activities in this guide include: A video on the spiritual benefits and foods we can use on the Daniel fast; a list of foods in their basic food groups and discussion on common food additives.

Bible study 7 – God Provides Foods in Abundance, Part 1

By the end of this session congregants will be able to:

- a) Describe the categories of food and the healthy plate
- b) Describe the specific benefits related to the many varieties of food – Fruits, Nuts and Seeds
- c) State select foods which are linked to certain types of cancers

This bible study guide is accompanied by a FAN Video which focuses on foods that are potentially cancer causing and provides information on foods that reduce a person's risk of cancer. Activities in this guide include an interactive website that focuses on different categories of food and the appropriate amounts one should ideally consume on a health plate. We will also have fun determining all the types of local fruits/mangoes that we know.

Bible study 8 – God Provides Foods in Abundance, Part 2

By the end of this session congregants will be able to:

- a) List foods that are most environmentally friendly to grow
- b) List foods whose production may have negative effects on the environment
- c) Describe the benefits of adopting an active lifestyle

This bible study guide is accompanied by a FAN Video which describes foods whose production are environmentally friendly and those that are not as well as exploring the physical, mental and spiritual benefits of physical activity at every stage of life. In this session we will begin to plan how we can develop a kitchen garden either at home, church or other aspect of our community (eg. community centre). We will consider what fruits or vegetables we wish to plant? Will it simply be for the family or community or should we monetize our efforts. Secondly, we will do a brief survey to help us calculate how each of us impacts the environment with the foods we eat using a Foodprint calculator.

Bible study 9 – Taking Care of God's Temple

By the end of this session congregants will be able to:

- a) Describe the medicinal activities of some foods
- b) Describe ways to love your body through physical activity

The bible study guide is accompanied by a FAN Video which details the medicinal benefits of some foods- eg. ginger and nausea, blood pressure lowering foods etc. This video goes beyond the benefits of exercise to demonstrate the value of the different types of exercise- strength training, aerobic activity and flexibility exercises. Activities in this guide focus primarily on barriers to physical activity and participants are encouraged to come up with solutions that can be implemented on an individual level as well as at the level of the church.

Bible study 10 - Giving Thanks to God for God's Bounty

By the end of this session congregants will be able to:

- a) Discuss God as provider of food
- b) Describe the physical, mental and spiritual benefits of giving thanks to God
- c) List foods that grow well in Jamaica
- d) Describe measures that facilitate lasting behavior change

The bible study guide is accompanied by a FAN Video which examines healthy diets from sustainable food systems and discusses what does it mean to have a sustainable food system? In the video, we also provide examples of healthy recipes for a three course Caribbean meal. Activities in this guide include a discussion on serving healthy meals and providing healthy food options at church. Finally, participants will be asked to complete the goal setting worksheet regarding a change in their diet or physical activity.