



# The Journey of Thomas

## Curriculum Overview

By John J. Smid

### **John 14:5-6**

*Thomas said to him, "Lord, we don't know where you are going, so how can we know the way?" Jesus answered, "I am the way and the truth and the life. No one comes to the Father except through me."*

- ***Do you want to have better relationships?***
- ***Do you want to make a deeper impact for the gospel?***
- **There is real hope. Jesus gave us a way through the fog.**

**The Way**

**The Truth**

**The Life!**

The Journey of Thomas is designed to bring you hope, healing, and a pathway through the relationship experiences of our lives. There are eleven basic sessions included.

## **Feelings; Should we live by them?**

We begin with a session that will help you to see an effective process of discovering and identifying feelings that express life.

God has told us that we are to hide His word in our hearts. Our hearts embody our soul and without understanding our feelings more effectively, we will not embrace God or His word to the depth that is vital for our lives.

## **Building Healthy, Safe Relationships**

When we have learned more about our emotional process the next session is designed to lay a foundation for healthy and safe relationships. It is our desire to see that every personal introduction will become a divine appointment for each party involved. It is Jesus' calling on our life to make our relationships "Fruit Bearing" relationships. The model of Jesus relationship to us is a great model to follow. The session on relationships will hopefully help to discover new ways of emulating His instruction for us with each other.

## **Nine Core Values**

The following nine sessions involve core relationship values that will be guidelines to follow in developing relationships that will edify, build up, and honor each other. These guidelines will also help to relate to others that may not be as easy for us to connect with – those who may be different from us. Well, that includes everyone to some degree or another.

And when we find enemies in this world, these guidelines help us to do what the Scripture tells us to do – love our enemies. Imagine that. We can actually learn to find blessing in relationships that are the most challenging of all.

The nine core values are:

1. Honesty
2. Authenticity
3. Transparency
4. Active Participation
5. Non Judgmental
6. Confidentiality
7. Sensitive
8. Respect
9. Honor

Each of these concepts builds upon the other to help us to move from honesty to honor in our relationships. Think about building relationships with people that are very different than you are! Or, how about working through a relationship that has been a challenge for you by implementing these eleven concepts.

*In the end, it is our hope that as we walk this journey together we will develop a more passionate response to the Great Commission - making disciples in all the nations.*

**Get ready - the Journey is about to begin!**

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