

Oasis in the Wilderness

Program Expectations and Recommendations

A. Three Aspects to Each Weekly Program

1. General Session (open to all; will be recorded)
2. Health Segment (strict privacy policies in place [individual data is private]; pooled group analysis will be a component of the program)
3. Breakout Groups (open to all who register for this and agree to the consent)

B. General Session Assignment (Optional)

- Read in advance the specified chapter from *The Joseph Principles*
- Tonight, we will cover some material from the Introduction of that book
- If you would like, to prepare for next week's meeting, you can read Chapter 1, "Finding Hidden Treasures Where You Least Expect Them"

C. Health Segment Assignment (Recommended)

- Daily track a specific health behavior or metric beginning May 15. Continue tracking that metric through July 15. (Tracking health metrics is optional after that.)
- We will introduce a "30-Day Health Challenge" on Father's Day, June 16.

D. Breakout Group Assignments (Required for Breakout Group Participants)

Note: Breakout groups are designed to contain between 3 to 5 individuals. Initial assignments are planned to include between 4 and 5 individuals.

1. Each week read at least one devotional from the book, "Streams in the Desert," covering one of the days of that week in question.
2. Come prepared each week to share some insight from one of the readings.
3. Keep in touch weekly with each member of your group
 - This is fulfilled by attending the weekly breakout group meeting
 - If you are unable to attend (or there is no meeting that week), you are responsible to reach out to each member of your group
 - At a minimum check in and share something meaningful such as a text highlighting something from *Streams in the Desert*.