

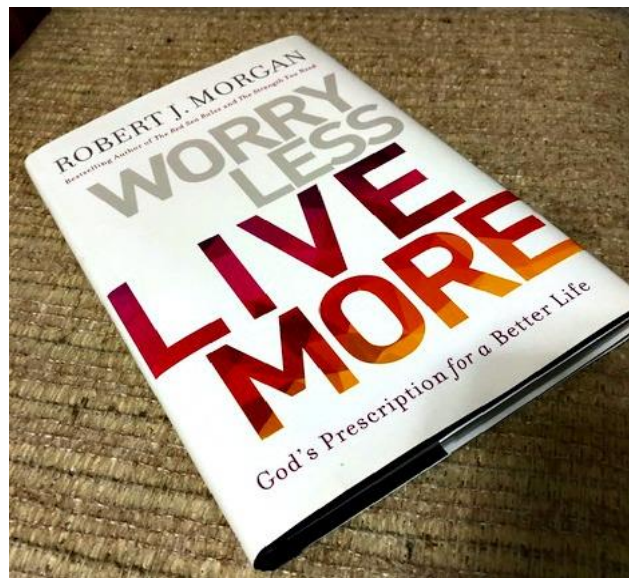
Worry Less

Live More

By Dr. Robert Morgan

Mastermind Class

Introduction



Facilitated by Dr. Wayne Moore



Introduction

Welcome to our Mastermind Class. Here's an introduction to Dr. Morgan's book, the Mastermind Concept, participation rules, and additional guidance to help you have a great experience.

About Dr. Morgan's Book, *Worry Less, Live More*.

"Dr. Morgan leads a life-changing exploration of Philippians 4:4-9, the Bible's premier passage on overcoming anxiety and experiencing God's overwhelming peace. Throughout that exploration, Morgan highlights eight vital practices that help us wage war on worry:

- Rejoicing
- Gentleness
- Nearness
- Prayer
- Thanksgiving
- Thinking
- Discipleship
- Peace

By effectively studying and employing these practices, we can unlock the power to erase our anxious thoughts and compose our minds with peace in any situation. We don't have to settle for anxiety. According to Morgan, 'we can do better; we can make progress, we can win over worry; and we can move from fretfulness to faithfulness.'"

The Mastermind Concept

A gathering of like-minded people who desire to focus on and achieve their goals through the study of a specific set of information and/or material usually from one specific book or author.

The focus of this Mastermind Class is the book, *Worry Less, Live More – God's Perspective for a Better Life*, by Robert J. Morgan. We anticipate that as a member of this group, you will have a strong desire to fulfill your own personal objectives based on this book's content, thereby creating an avenue of demonstrated excellence through the power of the Holy Spirit's ministering within. Our meetings will be held using Zoom and Facebook Live.

Participation Rules:

1. You must have a copy of the book, *Worry Less, Live More*, by Robert Morgan.
2. Be sure to read the required pages and be ready for each Mastermind meeting by spending time in prayer.
3. Meetings will start and end promptly and will not exceed 90 minutes.
4. Some items discussed and shared may be of a confidential nature. By attending this Mastermind Class, you're indicating your commitment to maintain the utmost level of confidentiality and privacy concerning all sensitive issues and situations shared.

Group Rapport:

1. Use our Private Facebook Group to share successes or provide support if someone finds themselves facing a challenge or problem.
2. Group discussion will be used to generate ideas or suggestions. In this Mastermind Class, we may all learn from each other as well as from the MASTERMIND Himself, our Heavenly Father, along with the ministering of His Holy Spirit.

Meeting Process:

1. I will lead conversations in the facilitator and teacher/student model.
2. Discussion will be kept flowing. It'll be more important to keep moving than to cover every detail.
3. Every class member will have equal participatory opportunity and value.

I personally wish to thank everyone for taking the time to review this introductory material, and I trust it'll serve as a useful reminder throughout our meeting times together. Thanks for making it possible for this special class to convene.

You are the first cohort to have Dr. Robert J. Morgan be a guest to share from his experiences and the personal impact he received as he wrote his book, *Worry Less, Live More – God's Perspective for a Better Life*. Special thanks to Dr. Morgan for joining us on Thursday, October 8.