



HOUSING *Home,* — AND — STABILITY



A PRACTICAL CHRISTIAN HOUSING AND
HOME-STABILITY CURRICULUM FOR SAFETY,
RESPONSIBILITY, AND LONG-TERM STABILITY



SAFETY
THAT PROTECTS



RESPONSIBILITY
THAT BUILDS



STABILITY
THAT GROWS



PEACE
THAT SUSTAINS



A HOME
THAT FLOURISHES

— FAITH. HOME. STABILITY. —

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Housing, Home, and Stability: Instructor Guide

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SESSION 1 | 90 MINUTES

Lesson 1: What Home and Stability Mean

A 90-Minute Instructor Guide with Printable Participant Handouts, Activities, Scenarios, Review, and Weekly Application

Clear Lesson Focus: Participants define home as more than a building, identify what makes housing feel stable, and choose one practical step that strengthens safety, order, belonging, or follow-through.

Category	Lesson Details
Target Audience	Adult learners in Christian basic adult education, compassion ministry, life skills, recovery, reentry, parenting, job readiness, mentoring, and discipleship settings.
Suggested Class Length	90 to 120 minutes. For shorter classes, teach the opening, biblical foundation, one activity, one scenario, and the participant page.
Main Scripture	Proverbs 24:3 - "By wisdom a house is built, and through understanding it is established."
Supporting Scriptures	Psalms 127:1; Isaiah 32:18; Joshua 24:15; Matthew 7:24-25

Learning Objectives

- Explain the central skill in what home and stability mean using clear, practical language.
- Identify one current strength, one barrier, and one piece of information that needs verification.
- Use the HOME Path with a fictional housing situation.
- Practice one respectful sentence, calculation, checklist, or decision-making step.
- Complete one personal next step before the next session.

Key Vocabulary for Adult Learners

Key Word	Simple Meaning
home	a place and set of relationships where daily life is carried out
stability	greater dependability in safety, routines, responsibilities, and planning
barrier	something that makes a goal harder to reach
support	safe help from people, services, tools, or routines

PART 1 | INSTRUCTOR GUIDE

Opening Welcome

Last lesson and today's real-life experiences bring us to what home and stability mean. This topic matters because housing stability rarely grows through one dramatic decision. It grows through clear information, realistic practice, safe support, and the courage to take the next step after setbacks.

Welcome everyone. Today we are learning about what home and stability mean. We will not use shame, force anyone to share private details, or assume every community has the same housing choices. We will practice with fictional examples first and then allow participants to apply the skill privately.

Opening Prayer

Lord, thank You for every person in this room. Give us wisdom to understand, courage to practice, patience to learn, and hope to keep moving forward. Help our housing choices honor You and strengthen the people and responsibilities You have placed in our care. Amen.

Expanded Instructor Teaching Guide

Step 1 | Connect the Lesson to Stability

Explain that what home and stability mean is connected to safety, finances, transportation, work, children, health, relationships, and the ability to plan. Ask participants to name one everyday place where this skill appears without sharing addresses, amounts, legal notices, or identifying details.

Step 2 | Name the Common Challenge

Say: "We are going to look honestly at how housing instability can cause people to think only about the next crisis, making it difficult to notice existing strengths or plan beyond today. Understanding the pressure does not remove responsibility. It helps us choose an approach that is realistic, safe, and respectful rather than shaming."

Step 3 | Use an Everyday Example

An adult has a place to stay tonight but keeps important papers in several bags, misses landlord messages, and does not know which household routines would make the week calmer. Walk the class through what the person knows, what is missing, what could happen if the person reacts quickly, and what a calmer next step might look like.

Step 4 | Correct the Misunderstanding

Address this common misunderstanding: "A stable home must be perfect, expensive, or owned." Explain: Stability can begin in rented, shared, temporary, or supported housing through safer routines, clear expectations, protected documents, realistic plans, and dependable communication.

Expanded Instructor Teaching Guide, continued

Step 5 | Introduce the Lesson Tool

Introduce the HOME Path as the organizing process for today. Display it where everyone can see it. Walk through one fictional example slowly before asking participants to apply it. At each step ask: What do we know? What are we assuming? What must be verified? What is within the participant's control? What may require qualified help?

Step 6 | Model Useful Language

Practice Sentence: "Home stability grows through small actions I can repeat, even when my housing situation is not yet ideal."

Read the sentence in a calm tone. Ask participants to repeat it, shorten it, or rewrite it in words that sound natural. Prepared language is especially useful when fear, urgency, embarrassment, sales pressure, or conflict makes it difficult to think clearly.

Step 7 | Guide a Short Analysis

Ask participants to identify the immediate pressure, the longer-term stability goal, and the difference between them. Then have them name one responsibility, one barrier, one support, one fact to verify, and one action that can be completed within seven days. Turn vague goals into actions with a date, place, and next step.

Step 8 | Summarize and Transition

Say: "Today we are not trying to make every household or housing situation look the same. We are learning a repeatable process. You may use a fictional situation, write privately, or ask for individual help. The goal is one biblical truth, the HOME Path, and one next wise step."

Teaching Guidance for the Instructor

- Demonstrate before asking participants to perform the skill.
- Separate a knowledge gap from an access barrier such as documents, transportation, money, childcare, internet, language, disability, or safe support.
- Offer two or three realistic options rather than taking away the participant's voice.
- Use local information only after it has been verified; avoid giving legal conclusions in class.
- Challenge unsafe or unhelpful patterns while protecting dignity, privacy, and choice.
- Close with faithfulness and hope rather than fear, pressure, or perfection.

Biblical Foundation

Read the main Scripture aloud: Proverbs 24:3 - "By wisdom a house is built, and through understanding it is established."

Instructor Script: Ask participants to listen for one word or phrase that stands out. Pause after reading. Invite one-word responses so every learner can participate without being put on the spot. Connect the passage to the practical skill rather than using it to shame or oversimplify hardship.

This Scripture reminds us that God cares about wisdom, truth, responsibility, safety, provision, and the condition of the heart. In what home and stability mean, faith is not a substitute for practical action. Prayer can slow the heart, Scripture can shape priorities, wise counsel can bring clarity, and a simple tool can turn intention into a responsible step.

Bible Example	What Happened	Lesson for Today
Noah prepares the ark	Noah followed detailed instructions over time before the crisis came.	Preparation may feel ordinary, but repeated faithful action can protect a household.
The wise builder	Jesus described a house built on rock that stood through storms.	A stable foundation includes truth, wise practice, and follow-through.
Joshua speaks for his household	Joshua named the values that would guide his home.	Homes become stronger when values and expectations are made clear.
The early church shares support	Believers noticed needs and helped one another.	Community support can strengthen stability without taking away responsibility.

Bible Discussion Questions

- What word or phrase from the main Scripture stands out?
- Which Bible example feels most connected to everyday housing life?
- What does this passage teach about wisdom, responsibility, truth, safety, or support?
- What might make this truth difficult to practice?
- What support would help a participant take one faithful step?

Key Teaching Points

Teaching Point	Instructor Emphasis
Dignity and responsibility belong together	Participants can grow in what home and stability mean without being shamed or controlled.
Facts reduce confusion	Written information, dates, costs, and verified contacts make the next step clearer.
Pressure deserves a pause	Urgency, fear, embarrassment, and conflict can hide important questions.
Support should strengthen agency	Wise help offers information, practice, and connection without taking over the participant's decisions.
Small repeated steps count	Housing stability grows through actions that can be practiced and reviewed.
Key Teaching Point: The goal of this lesson is not to solve every concern related to what home and stability mean in one class. The goal is to understand the process, practice it safely, and choose one next step.	

HOME Path

Step	Practice
H - Honor what home means	Name the values that matter: safety, peace, responsibility, belonging, and care.
O - Observe the present	Notice current strengths, urgent needs, and facts without shame.
M - Map barriers and supports	Identify what could interfere and who or what can help.
E - Establish one next step	Choose one action that can be completed within seven days.
Instructor Script: Walk through each step of the HOME Path slowly. Give one example from housing, family, work, transportation, technology, or community life. Ask participants which step would be most helpful this week and why. Do not rush this section; this is where the lesson becomes usable.	

Hands-On Activity: Home Stability Picture Sort

Purpose: Participants sort fictional home situations into strengths, needs, urgent concerns, and next steps.

Materials

- Printed activity cards or fictional sample pages
- Pens, pencils, highlighters, or sticky notes
- Chart paper, whiteboard, or a large sorting mat
- Copies of the participant handout
- Optional calculators or calendars when appropriate

Preparation

Prepare the activity before class and complete one example yourself. Remove identifying information from any sample. Arrange materials so participants may work privately, with a partner, or in a small group. Provide a reading-aloud option for participants who need support.

Instructor Script

"We are going to practice what home and stability mean using a safe, fictional example. The purpose is not to judge the person in the example or compare households. The purpose is to use the HOME Path and notice what information leads to a wiser decision."

Instructions

1. Demonstrate the first example while thinking aloud.
2. Give each participant or group a fictional card, page, or situation.
3. Ask learners to identify the immediate pressure and the longer-term stability goal.
4. Apply each step of the HOME Path.
5. Write one respectful sentence, calculation, checklist item, or practical action.
6. Invite optional sharing and correct misinformation gently.

Activity Debrief Questions

- What part of the process was easiest to see?
- What information was missing at first?
- What made the choice feel urgent or emotional?
- What support or backup plan would help?
- How could this activity be used privately during the week?

Group Activity: Home Strengths Map

Purpose: Small groups build a picture of a stable home using categories such as safety, communication, routines, documents, finances, and support.

Group Roles

Role	Responsibility
Reader	Reads the fictional situation aloud.
Fact Finder	Lists what is known and what must be verified.
Tool Guide	Leads the group through the HOME Path.
Recorder	Writes the group's reasoning and next step.
Reporter	Shares the group's process, not anyone's personal story.

Instructions

1. Read the situation aloud and underline the main problem.
2. Circle the housing skill needed for the situation.
3. List what is known and what must be verified.
4. Apply the HOME Path one step at a time.
5. Write one calm sentence the person could say.
6. Choose one practical next step and one backup step.
7. Report the group's reasoning, not anyone's personal story.

Instructor Coaching Prompts

Situation	Instructor Prompt
When the group rushes	"What information would you want before deciding?"
When the group judges	"What pressure or barrier may help explain the behavior?"
When the plan is vague	"What exactly will be done, when, and with what support?"
When one person dominates	"Let's hear one idea from someone who has not spoken yet."
When the issue is high-risk	"This may require a qualified local resource rather than a classroom answer."

Group Debrief

- What did the group disagree about?
- Which fact changed the decision?
- Which sentence protected dignity and stability?
- What would make the next step safer or more realistic?

Scenario Practice

Use these scenarios for pairs, small groups, writing practice, or whole-class discussion. Encourage calm, respectful, specific responses. Participants may write instead of acting.

#	Scenario	Practice Response
1	A family has safe housing but no regular place for mail or important papers.	Name the pressure, missing information, wise sentence, next step, and needed support.
2	A participant is staying temporarily with relatives and is unsure which household expectations apply.	Name the pressure, missing information, wise sentence, next step, and needed support.
3	An adult says, "It is not really my home because I rent."	Name the pressure, missing information, wise sentence, next step, and needed support.
4	A household keeps missing maintenance appointments because no one checks messages.	Name the pressure, missing information, wise sentence, next step, and needed support.
5	A learner wants to change every household routine in one weekend and becomes discouraged.	Name the pressure, missing information, wise sentence, next step, and needed support.

Debrief Questions

- What made the situation difficult?
- What was the first wise step?
- What words could keep the conversation calm?
- What boundary, clarification, calculation, request, or verification was needed?
- When would the situation require outside help or a safer setting?

Instructor Reminder: A scenario is not an invitation to diagnose, shame, give legal advice, or fix a participant. Keep the focus on the skill, the available facts, and the safest next step.

PART 2 | PRINTABLE PARTICIPANT HANDOUT

Participant Handout: What Home and Stability Mean - My Next Step

Directions: Complete this page privately. Share only what you feel comfortable sharing. Do not write Social Security numbers, passwords, codes, account numbers, full addresses, identifying legal information, or private document numbers.

Today's Big Idea: Participants define home as more than a building, identify what makes housing feel stable, and choose one practical step that strengthens safety, order, belonging, or follow-through.

Reflection Area	My Notes
One strength I already have	
One pressure or barrier I need to plan for	
One fact I need to learn or verify	
One sentence I can practice	
One person or resource that can support me	
One next wise step I will take this week	

Participant Practice Sentences

Situation	Practice Sentence
When I need time	"I want to respond wisely. I need time to check the facts."
When I need clarification	"Can you show me where the document explains that?"
When I need help	"I am working on this and would appreciate clear information about the next step."
When I need a boundary	"I care about this, and I cannot agree to that today."
When I need to verify	"I will contact the organization using an official number I find myself."

PART 2 | PRACTICE PAGE**HOME Path Practice Page**

Use a fictional example in class or apply the questions privately after class. Write only the information needed for the decision.

Step	What It Means	My Practice Notes
H - Honor what home means	Name the values that matter: safety, peace, responsibility, belonging, and care.	
O - Observe the present	Notice current strengths, urgent needs, and facts without shame.	
M - Map barriers and supports	Identify what could interfere and who or what can help.	
E - Establish one next step	Choose one action that can be completed within seven days.	

My Decision Summary

The main pressure or problem is:

The most important fact to verify is:

The sentence I can use is:

The next step I can complete is:

My backup step or support is:

PART 3 | REVIEW, ASSIGNMENT, AND WEEKLY APPLICATION

Assignment

This Week: Choose one small home-stability action, such as creating a mail spot, writing one household routine, checking a contact number, or naming one support person. Practice it for one week.

Write down what you tried, what happened, and what you learned. If the plan did not work, do not quit. Adjust the plan and return to the next wise step.

Quiz or Review Questions

1. What is the main purpose of what home and stability mean?
2. Name one pressure or barrier that can make this skill difficult.
3. What does the HOME Path help a participant do?
4. Why should private identifying information stay private in class?
5. What is one safe, realistic next step connected to what home and stability mean?

Real-World Adult Education Practice

Part	Directions / Notes
Step 1	Read one realistic scenario connected to this lesson.
Step 2	Underline the problem, circle the needed skill, and write one respectful response.
Step 3	Practice reading the response aloud with calm tone, clear words, and appropriate volume.
Step 4	Use simple math, a calendar, a checklist, a sample document, or a verified source when the situation requires it.

Exit Ticket

#	Learner Response
1	One word or idea I learned today:
2	One skill I practiced today:
3	One wise step I can try this week:

Instructor Answer Guide and Closing

Suggested Review Answers

Question	Suggested Answer
1	A complete answer explains the central purpose of what home and stability mean in practical language.
2	Accept any accurate example from the lesson that identifies a real pressure or barrier without shaming.
3	Accept a correct step, purpose, or sentence from the HOME Path.
4	Accept an answer that protects privacy, uses fictional details, or identifies a verified secure process.
5	Accept one specific, safe, realistic next step the participant can control or appropriately seek help with.

Closing Encouragement

Growth in what home and stability mean happens one faithful step at a time. Do not measure success only by whether every problem is solved immediately. Measure growth by whether participants are learning to pause, tell the truth, use verified information, practice responsibility, protect privacy, communicate clearly, and return after setbacks.

Closing Prayer

Lord, help us practice what we learned. Give us courage to grow, humility to receive wisdom, discipline to follow through, and hope to continue making progress. Protect each participant and guide each one toward safe people and trustworthy help. Amen.

Connection to the Next Lesson

This lesson prepares participants for the next step: Understanding Housing Choices. The course is intentionally sequenced, so today's skill will be used again as the next skill is introduced.