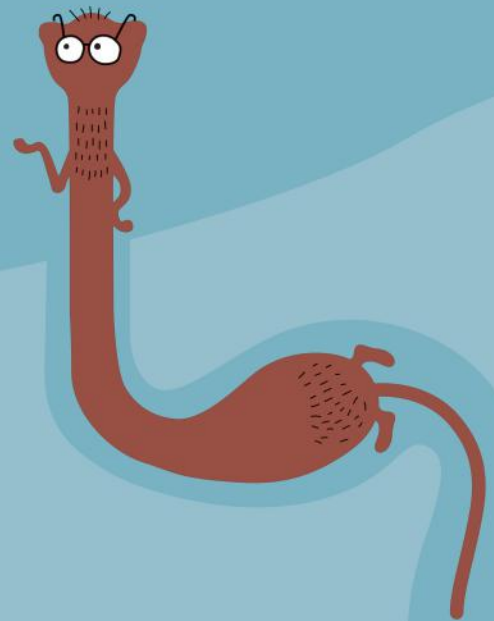


The
**FERRET
FLUSH**®

Discipleship
Workbook



An Underground Adventure for Your Spiritual and Emotional Well-Being

Created by Brittany & Anthony Gonzalez



The Ferret Flush® Discipleship Workbook

An Underground Adventure for Your
Spiritual and Emotional Well-Being

Welcome

We're so excited you're joining us! Before ferrets became household pets, they were used to flush out underground vermin. Likewise, this workbook will help you ferret out the thoughts and feelings that reside below the surface with God and others. This is the underground adventure.

This workbook is made to accompany the card game Ferret Flush®. **Pick up a deck** before you start. Ferret Flush® is a laugh-a-lot, easy-to-play card game for creatures who like to dig a little deeper. In some bizarrely funny situations, players explore the interplay between thoughts, feelings, and actions.

A few things will happen as you invest in your spiritual and emotional well-being. First, you'll grow in your awareness of thoughts, feelings, and actions to life's situations. Second, you'll grow in connection with God and one another by articulating your awarenesses. Lastly, you'll have fun integrating new tools in your everyday life.

Warning: You may find some of the content with themes related to trauma, racial injustice, and disorders to be triggering. It's beyond the scope of this work to resolve these matters. However, take note if this occurs. Bring it to God and a safe person. Be gentle with yourself.

If you're leading a group, jump to the **Leader Guide** (page 26) to get started.

Think powerfully. Feel curiously. Act holistically. And, if you're willing, laugh loudly.

It's a fine day to be a Ferret.

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