

# BODY LIFE BASICS

A Masterplan for Building Holistic,  
Transformational Disciple-Making Communities



LifeSpring  
NETWORK

SEMINAR WORKBOOK



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Jason brings a diverse background of leadership to people and organizations with whom he works, executive life coaching, Christian studies, athletics and finance. He is a sought-after speaker, seminar leader, mentor, life coach, and consultant. He has experience in church planting, serving as the lead pastor in two church plants, and mentoring and consulting with church planters. He served on the staff of Stanwich Church in Greenwich, Connecticut for six years. During this time he developed the Omega Course and his life-coaching ministry, which Stanwich Church commissioned him to share with the church at large through the creation of the Life Spring Network. Since 2009 he has worked part-time with Trinity Lutheran Church in Roselle, IL. In addition to his work at Trinity, he has been commissioned to lead the LUKE project which is revitalizing Lutheran congregations in the city of Chicago.

Jason earned a B.A. in Business Economics and in Organizational Behavior and Management from Brown University, where he was captain, pre-season All-American, and all-Ivy team member of the football team. He is also a national and Olympic trials qualifier and former school record holder in the discus. He also earned a Master of Divinity degree from Southern Theological Seminary, is a graduate of the Arrow Leadership Program and has completed the course work for his Doctorate in Christian Leadership at Gordon-Conwell Theological Seminary. He is currently engaged in further theological studies through Concordia Seminary in St. Louis, MO.

Jason is the author of the Omega Course, Delta Course, Creating a Connection Culture Seminar, Body Life Basics Seminar, Unity in Marriage Seminar, Renew Refresh Refocus Retreat, C.O.R.E. Small Group L.E.A.D.E.R. Seminar, Omega Mentor Training Seminar, Empowered Servanthood Seminar, Making Cent\$ Seminar, Leading the Omega Experience Conference and *Beyond Self-Help: The True Path to Harnessing God's Wisdom, Realizing Life's Potential and Living the Abundant Life (Xulon)*.

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Jason's wife, Jen, is also a graduate of Brown University with a B.A. in Psychology, as well as Boston University with a Masters of Social Work. She is active in several ministries, especially those relating to youth and families. Jason and Jen have four children.

Body Life Basics Seminar Workbook: A Masterplan for Building  
Holistic, Transformational Disciple-Making Communities

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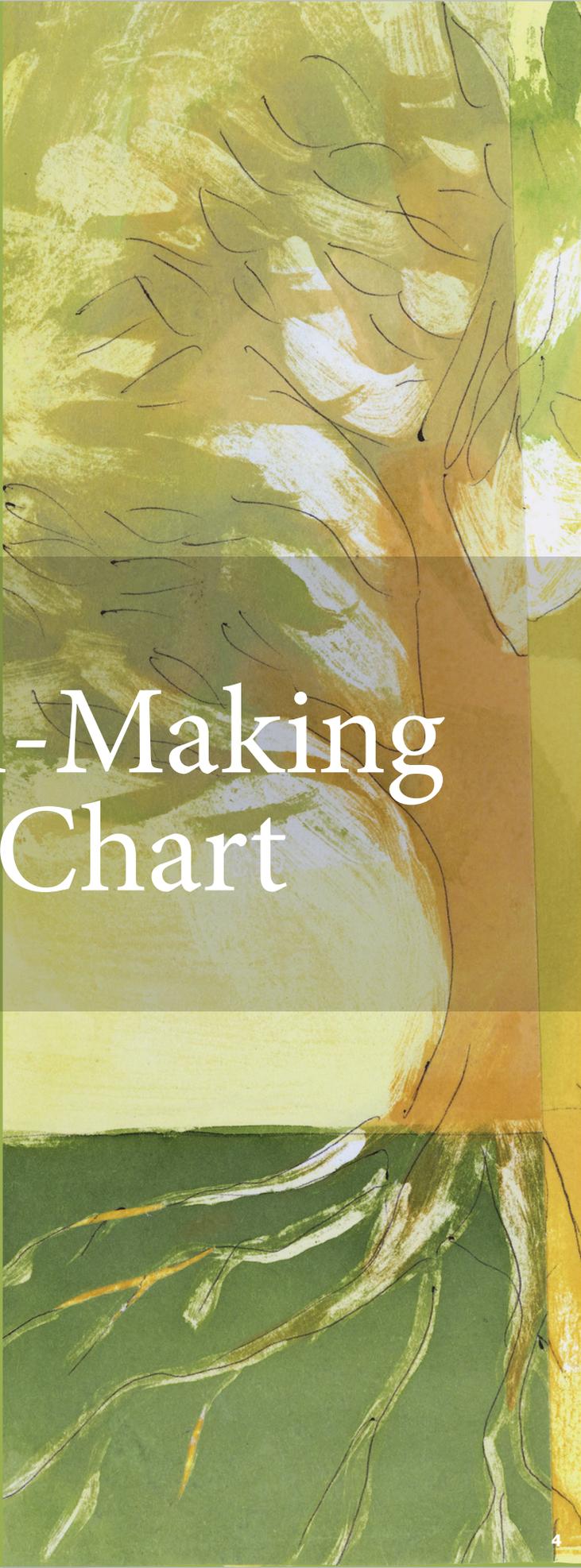
Our Mission, Faith Functions, Life Process, Global Goals, Ministry Teams,  
Our Organism, and Shepherding Structure diagrams; and the 7 Values of  
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# Decision-Making Flow Chart

# Why Are You Here?

## Objectives of Body Life Basics

1. To clarify God's mission for our lives and how He intends for us to live together.
2. To understand what it means to be the church and function in the Spirit together.
3. To understand how the Body Life Basics process enables your church to make wise decisions to live on mission with God.
4. To help you understand and enter into covenant membership in a Christian community.

## Romans 12:1-5

*Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God - this is your true and proper worship. Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is - His good, pleasing and perfect will.*

*For by the grace given me I say to every one of you: Do not think of yourself more highly than you ought, but rather think of yourself with sober judgment, in accordance with the faith God has distributed to each of you.*

*For just as each of us has one body with many members, and these members do not all have the same function, so in Christ we, though many, form one body, and each member belongs to all the others.*

### Discussion Time:

1. Where do you see yourself conforming to the patterns of the world?

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2. How is God currently transforming your life?

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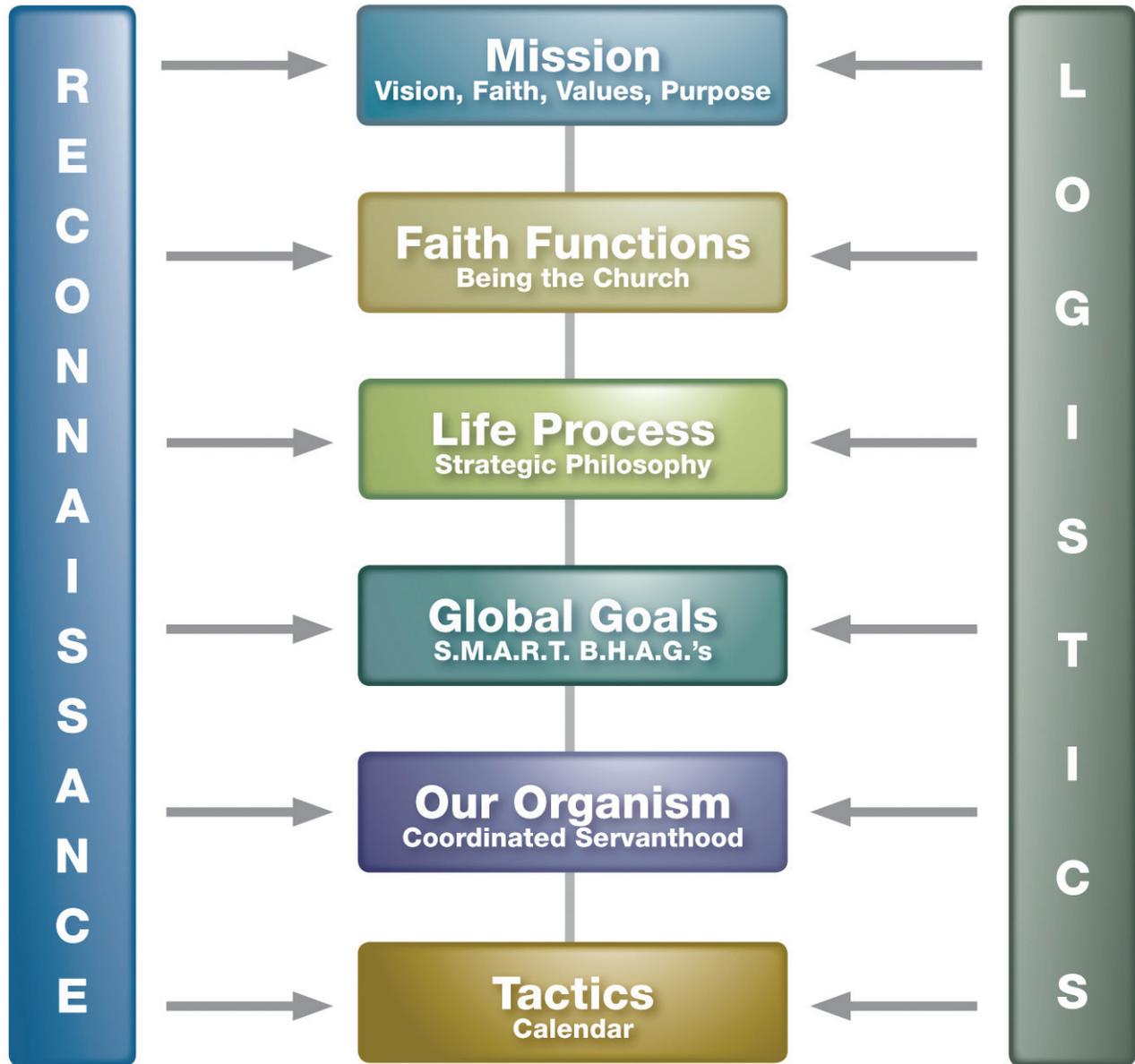
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3. Why do you need other people intentionally involved in your life to help you grow Spiritually?

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## Our Decision-Making Flow Chart



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## Decision-Making Flow Chart

In an effort to reach the world effectively for Jesus, we have sought Godly wisdom and structure in order to be efficient and well understood. We have tried to conceptually discipline ourselves to be organized and thorough and yet to be flexible enough to change. Since God is calling us to engage our enemy in spiritual warfare for the lives of people, we have chosen to look at our mission from a military view point. We will use the decision-making flow chart to guide our thoughts and our actions as we strive to reach out to our city and beyond with the Gospel of Jesus Christ. Some definitions which might help in understanding our decision-making flow chart are:

**Reconnaissance** – in military science, the act or process of obtaining information about an enemy area, the troops in it, etc., by examination or survey. This is the task of continual forward thinking (in order to avoid being caught off guard or falling into a rut). It involves getting information which will be useful in future planning. It includes studying new data in the light of past performance so we may continually evaluate ourselves.

**Mission** – a sending out or being sent out with authority to perform a special duty; specifically, (a) the sending out of persons by a religious organization to preach, teach, or proselyte - the special task or purpose for which a person is apparently called in life.

- **Vision** – the ability to perceive something not actually visible, as through mental acuteness or keen foresight; as in, “his breadth of vision made this project possible.”
- **Values** – in sociology, acts, customs, institutions, etc. regarded in a particular, especially favorable, way by a people, ethnic group, etc. - to think highly of; to esteem; to prize; as in, “I value your friendship.”
- **Purpose** – that which a person sets before him/herself as an object to be reached or accomplished; aim; intention; design.
- **Faith** – A statement of faith is a statement of the core beliefs of a religious group. A typical statement of faith is said to be a non-comprehensive summary of the core beliefs of a particular faith within a tradition (or traditions). Even religious organizations without affiliation will use a statement of faith for identification and definition.

**Functions (being the church)** – In Biology, it is the physiological activity of an organ or body part. The action for which a person or thing is particularly fitted or employed. Something closely related to another thing and dependent on it for its existence, value, or significance: *Growth is a function of nutrition.* In the military, this relates to objectives or to achieve a final set of actions within a given military operation.

# Decision-Making Flow Chart

**Life Process (Strategic Philosophy)** – Typically describes **the act of taking something through an established and usually routine set of procedures to convert it from one form to another**. Biological processes are made up of any number of chemical reactions or other events that results in a transformation. Strategy—The science of planning and directing large scale operations, specifically (as distinguished from tactics) of maneuvering forces into the most advantageous position prior to actual engagement with the enemy— a plan or action based on this.

**Global Goals (S.M.A.R.T. B.H.A.Gs)** – A goal is a projected computation of affairs that a person or a system plans or intends to achieve—a personal or organizational desired end-point in some sort of assumed development. Many people endeavor to reach goals within a finite time by setting deadlines.

**S = Specific, M = Measurable, A = Attainable, R = Realistic, T = Timely**  
**B = Big, H = Hairy, A = Audacious, G = Goals**

The term **Big Hairy Audacious Goal** (“BHAG”) was proposed by James Collins and Jerry Porras in their 1996 article entitled *Building Your Company’s Vision*. A BHAG encourages companies to define visionary goals that are more strategic and emotionally compelling.

Many businesses set goals that describe what they hope to accomplish over the coming days, months or years. These goals help align employees of the business to work together more effectively.

**Specific** – A specific goal has a much greater chance of being accomplished than a general goal. To set a specific goal you must answer the six “W” questions:

\*Who: Who is involved?

\*What: What do I want to accomplish?

\*Where: Identify a location.

\*When: Establish a time frame.

\*Which: Identify requirements and constraints.

\*Why: Specific reasons, purpose or benefits of accomplishing the goal.

EXAMPLE: A general goal would be, “Get in shape.” But a specific goal would say, “Join a health club and work out 3 days a week.”

# Decision-Making Flow Chart

**M**asurable – Establish concrete criteria for measuring progress toward the attainment of each goal you set. When you measure your progress, you stay on track, reach your target dates, and experience the exhilaration of achievement that spurs you on to continued effort required to reach your next goal.

To determine if your goal is measurable, ask questions such as.....How much? How many? How will I know when it is accomplished?

**A**ttainable – When you identify goals that are most important to you, you begin to figure out ways you can make them come true. You develop the attitudes, abilities, skills, and financial capacity to reach them. You begin seeing previously overlooked opportunities to bring yourself closer to the achievement of your goals.

You can attain almost any goal you set when you plan your steps wisely and establish a time frame that allows you to carry out those steps. Goals that may have seemed far away and out of reach eventually move closer and become attainable, not because your goals shrink, but because you grow and expand to match them. When you list your goals you build your self-image. You see yourself as worthy of these goals, and develop the traits and personality that allow you to possess them.

**R**ealistic – To be realistic, a goal must represent an objective toward which you are both willing and able to work. A goal can be both high and realistic; you are the only one who can decide just how high your goal should be. But be sure that every goal represents substantial progress. A high goal is frequently easier to reach than a low one because a low goal exerts low motivational force. Some of the hardest jobs you have ever accomplished actually seemed easy simply because they were a labor of love.

**Your goal is probably realistic if you truly believe that it can be accomplished.** Additional ways to know if your goal is realistic is to determine if you have accomplished anything similar in the past or ask yourself what conditions would have to exist to accomplish this goal.

**T**imely – A goal should be grounded within a time frame. With no time frame tied to it there's no sense of urgency. If you want to lose 10 lbs, when do you want to lose it by? "Someday" won't work. But if you anchor it within a time frame, "by May 1st", then you've set your unconscious mind into motion to begin working on the goal.

# Decision-Making Flow Chart

**Our Organism (Coordinated Servanthood)** – This involves bringing the different elements of a complex activity or organization into a relationship that will ensure efficiency or harmony. We do this by organizing and facilitating the various levels of our servant leaders to act together in a smooth, concerted way.

**Tactics (Our Calendar - what we do)** – The art and science of the detailed direction and control of movement or maneuver of forces in battle to achieve an aim or task. The maneuver used or plans followed to achieve a particular short-term aim.

**Logistics** – The science of movement, supplying and maintenance of military forces in the field. The management of materials flow through an organization, from raw materials through to finished goods. The branch of the military science having to do with moving, supplying, and quartering troops. This involves creating and maintaining policies and procedures which facilitate the healthy functioning of our community and helps us track and analyze our progress. **Getting the right resources, in the right places, at the right times, for the right reasons.** We need to ensure that we steward properly the resources God has entrusted us with and track our progress.

## Discussion Time

1. Why is it so important for any community of faith to have clarity on all eight aspects of this decision-making flow chart?

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2. Could you explain its importance to someone new to our church?

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3. Which aspects of this flow chart are most intriguing to you? Why?

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# Reconnaissance

# Reconnaissance

In Matthew 10:16, Jesus said “I am sending you out like sheep among wolves. Therefore be as shrewd as snakes and as innocent as doves.” Jesus calls us to be proactively searching and listening to what is happening in our world and be prepared to react as God leads. We do this by continuously being on guard to spot emerging opportunities and threats.

No organization does this better than the military. In military science, “**reconnaissance**” is the word used to describe **the ongoing process of obtaining information about an adversary’s activities**. This is the task of **continual forward thinking** in order to avoid being caught off guard or falling into a rut. It involves identifying information that will improve the quality of decision-making and the effectiveness of actions undertaken.

In ministry, most of our reconnaissance efforts will involve speaking with our personal mentors, pastors in our area, small group leaders and leaders of religious organizations with whom we are affiliated. In addition, we will strive to learn continually and challenge our thinking by reading relevant articles and books, attending conferences and taking classes.

Another source of our reconnaissance will be the people in our church. We believe in the priesthood of all believers and in encouraging them to share their thoughts and experiences with us as we strive to be obedient to God’s mission. This information is likely to be the most relevant because it comes from individuals who know our ministry, our local community and the broader region in which we operate.

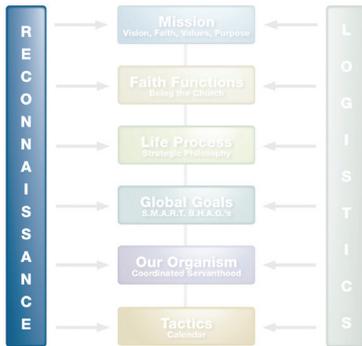
Seeking the knowledge of people in our relational world and doing regular research to discover the trends that affect our corporate life and ministry is essential to follow Jesus’ command to be as shrewd as snakes. Reconnaissance helps prepare us to do battle with Satan: “for our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms” (Ephesians 6:12 NIV).

Here are some factors to consider in doing a strategic reconnaissance.

## **S.W.O.T. Analysis**

- **Strengths**
- **Weaknesses**
- **Opportunities**
- **Threats**

# Reconnaissance



## Demographic trends and market segments emerging in your area

- Ethnic
- Stage in life (generational)
- Vocation
- Avocation
- Economic status

## Location: urban, suburban, rural

- Neighborhoods
- Density of people and housing
- Where people gather

## Economic and Financial Environment

- Church's support base
- National, regional and local economic trends and outlook

**Competitors:** presence and outlook for other religions and belief systems in your area

## Government

- Zoning changes
- Educational institutions including quality of education, attitudes toward Christianity
- Presence of institutions of higher education

## Partnership Opportunities

- Other churches and Christian organizations
- Other social sector organizations
- Schools
- Local government

## Local Media

- Attitude toward Christianity
- Individual advocates and adversaries in the local media
- Opportunities to improve media relations

# Reconnaissance

## Scenario Analysis

1. Consider the above SWOT analysis.
2. Identify the two most important opportunities and/or risks to our church.

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3. Create four scenarios from #2.

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4. Have teams identify how our church should respond based on each scenario.

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5. Have the group vote on the most likely scenario and proceed to make plans assuming that scenario will occur.

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## Discussion Time

1. Why is it so important for our church to be continually forward-looking and to be ever aware of the various changes happening outside the church walls?

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# Reconnaissance

2. Let's do some reconnaissance right now. As you think about our church and our community, name one:

Strength \_\_\_\_\_

Weakness \_\_\_\_\_

Opportunity \_\_\_\_\_

Threat \_\_\_\_\_

## Disciple-Making Statistics

Jesus commanded us to “go and make disciples” in the Great Commission (Matthew 28:18-20). Unfortunately, surveys by the Barna Group, the Willow Creek Association and others conclude that true disciple-making is at dangerously low levels. Some facts that jump out of the research include the following:

- Fewer than 20 percent of believers have any specific and measurable goals related to their personal spiritual development.
- Fewer than 10 percent of believers possess a Biblical worldview as the basis for their decision-making or behavior.
- The behavior of Christians (divorce, use of pornography, etc.) does not differ significantly from that of non-Christians.
- Less than 10 percent of Christians feel equipped and are being used by God to introduce people to Christ and disciple them to maturity.
- Few churches have a well-conceived model of discipleship that they implement, and little is done to motivate and facilitate their congregants' development effectively as genuine, fervent followers of Christ.

## Maximum Faith – Distribution of Adults Along the Transformational Journey

Adapted from *Maximum Faith: Live Like Jesus*  
by George Barna, 2011

### Justification

- Stop #1 – Unaware of Sin - 1%
- Stop #2 – Indifferent to Sin - 16% Cumulative 17%
- Stop #3 – Worried About Sin - 39 % Cumulative 56%
- Stop #4 – Forgiven for Sin - 9% Cumulative 65%

# Reconnaissance

## Religion

- Stop #5 – Forgiven and Active - 24% Cumulative 89%
- Stop #6 – Experience a Prolonged Period of Spiritual Discontent - 6 % Cumulative 95%
- Stop #7 – Experiencing Personal Brokenness - 3% Cumulative 98%

## Sanctification

- Stop #8 – Choosing to Surrender and Submit Fully to God: Radical Dependence -1% Cumulative 99%
- Stop #9 – Enjoying a Profound Intimacy with and Love for God - .5% Cumulative 99.5%
- Stop #10 – Experiencing a Profound Compassion and Love for Humanity - .5% Cumulative 100%

## Discussion Time

1. Does it surprise you to see the current statistics on real disciple-making in America? What stood out to you the most?

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2. In looking at the 10-Stops research, where would you put yourself on that continuum? Perhaps you could consider a range of 3-5 stops that you vacillate between.

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# Reconnaissance

## Myths and Problems

The majority of Christians believe the following myths, and churches are beset with the following problems which hinder true Disciple-making!

**Myth 1: Self-centered faith** - “God helps those who help themselves” (according to Barna Research, the most quoted non-biblical “Bible” verse in America among adult and teen believers); therefore we can self-help our way to Christlikeness.

**Problem:** *Most Christians have not been trained in how to submit to God and abide in Christ well enough to know that this quote does not come from the Bible. Because of this, most Christians are living in and through their own guidance and power. As a result, their experience of the abundant life and their witness to the watching world are diminished and they don't experience the power of the Holy Spirit moving through them.*

**Myth 2: Independent faith** - My relationship with God is a private matter, including my sins, so I will stay out of your business and I expect you to stay out of mine.

**Problem:** *There is a reluctance by many Christians to enter into Biblically functioning covenant community and make a commitment that they perceive may limit or interfere with their lifestyle or plans.*

**Myth 3: Minimalist Faith** - I will mature as a Christian by going to worship services, praying and reading my Bible once in a while.

**Problem:** *Biblical truth is often presented in isolated (topical) form without a good understanding of how it fits into the Christian life as a whole, promoting the compartmentalizing of the Christian's life. Also, there is an assumption that the appropriation of Biblical knowledge by itself will lead to spiritual maturity. This rhythm of engaging one's faith produces baby Christians who believe in inspiration and education, and turn to God when they feel that they need Him, but experience very little transformation and training in righteousness!*

**Myth 4: Religious Faith** - Jesus is our Savior but doesn't really require us to relate to Him as the Lord of our lives. We are all just doing the best we can to be “good” people.

**Problem:** *The church community typically focuses on making converts rather than making disciples. People who don't live under the authority of God as their Lord:*

- *tend to believe that they can produce good on their own and*
- *use God for the purposes of salvation and blessing rather than living in and through Him.*

## Reconnaissance

*A true disciple would know that only God can produce real good in this world, that apart from God we can do nothing good and that there are no good people, only people through whom God does good as we live by faith in Him.*

**Myth 5: Mercenary Faith** - It is the job of professional clergy to do the work of ministry and the “priesthood of all believers” is not practical or a good thing to encourage at our church.

**Problem:** *We are not “equipping the saints for the work of ministry” and commissioning everyone to serve the Kingdom of God in the power of the Holy Spirit. Because of this, the work of ministry falls to a few faithful people who usually are “paid to be good”. Therefore, programmatic ministries where we influence many people simultaneously is generally considered the method of choice. Personal one-on-one discipleship appears to be too time-consuming, energy-consuming, and inefficient.*

### Conclusion

The Church as a disciple-making community is broken and in desperate need of renewal. Christians need to be trained, mentored and equipped to address all of these myths and problems and more. We need to revolutionize the church by developing it into a Spirit-led, disciple-making community.

Barna research identified nine substantial obstacles that seem to prevent individuals and churches from having a more satisfying discipleship experience. Among the barriers to spiritual growth are:

- The tendency to focus on Bible knowledge but not character development;
- The lack of a clear and specific idea of what meaningful discipleship is;
- Unrealistic expectations regarding the role of small groups in the disciple-making process.

# Reconnaissance

## Discussion Time:

1. Which myths and problems are most descriptive of you personally? Why?

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2. Which myths and problems are most descriptive of our church community? Why?

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