

DELTA

Discovering
the Changes that Lead
to Abundant Living



LifeSpring
NETWORK

COURSE WORKBOOK

Life Spring Network

Author and Primary Trainer of The Omega Experience

Quick Bio:



Jason K. Pankau

President and founder of Life Spring Network
jason@lifespringnetwork.org

Jason brings a diverse background of athletics, finance, Christian studies, executive life coaching, wisdom and leadership to people and organizations with whom he works. He is a sought-after speaker, seminar leader, 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. In addition, he served on the staff of Stanwich Congregational Church in Greenwich, Connecticut for six years. During this time he developed the Omega seminar series and his life coaching ministry, which the church has commissioned him to share beyond its own walls.

Jason received a Masters of Divinity degree from Southern Theological Seminary, and currently is completing his Doctorate in Christian Leadership at Gordon-Conwell Theological Seminary. He received a B.A. in Business Economics and 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 qualifier and Brown University school record holder in the discus.

Jason is a co-founder and partner of E Pluribus Partners, a Greenwich, Connecticut based think-tank and consulting firm focused on helping organizations create engaging work environments. He serves as a consultant and life coach to many corporate executives and pastors, helping them lead their own lives and create engaging organizations. Jason is a contributing author to “What Managers Say, What Employees Hear, Connecting with Your Front Line (So They’ll Connect with Customers).” He is also a co-author of “Fired Up or Burned Out – How to Reignite Your Team’s Passion, Creativity, and Productivity.”

Jason’s wife Jen is also a graduate of Brown University with the 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.


		DELTA
	<p>The Delta Course</p> <p>© 2012 Life Spring Network, Inc.</p> <p>Published by Life Spring Network Itasca, Illinois</p> <p>All rights reserved. No part of this work may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic or mechanical, including photocopying and recording, without express written permission of the publisher.</p> <p>Requests for permission should be addressed to P.O. Box 782 Itasca, IL 60143</p> <p>ISBN: 978-0-9847911-0-1</p> <p>Unless otherwise noted, Scripture is taken from the HOLY BIBLE, NEW INTERNATIONAL VERSION. Copyright 1973, 1978, 1984 by International Bible Society. Used by permission of International Bible Society. “NIV” and “New International Version” are trademarks registered in the United States Patent and Trademark office by International Bible Society.</p> <p>The 18 Foundational Truths (Natural Laws) of Life Stewardship, Identity Roles Paradigm, P.R.E.P.², Life Focus Process, Seven Values of Abundant Living, Entering Into The Light Diagram © 2012, Life Spring Network, Inc.</p> <p>To purchase additional copies of this resource, contact Life Spring Network at www.lifespringnetwork.org</p> 	<p>Life Spring Network</p> <p>For more resources, thoughts, and discussion about this session, please visit www.lifespringnetwork.org</p>
		1

Table of Contents

3	Introduction
7	Session 1: Abundant Living
27	Session 2: Connecting with Christ
49	Session 3: Connecting with Community
65	Session 4: Connecting with Calling
83	Session 5: The Journey of Transformation
105	Session 6: The Potential of Belief
127	Session 7: The Joy of Discipline
149	Session 8: Aligned Training
167	Appendices
178	References and Acknowledgements
179	Omega Experience Life Process and Resources
187	Know Thyself Retreat Day Sessions
209	Delta Course Evaluation and Next Steps Survey

Introduction





Introduction

Welcome to Delta!

This Workbook

You will use this workbook during each session of the Delta Course. It will serve as the road map for your journey and will guide you along the way. Within these pages, you have much of the material that makes up the Delta Course. We've also added space for you to jot down your personal notes, either as reminders of something that stood out or any additional material that your trainer provides. At the end of each session, you'll find discussion questions that help you process the material. The best way to do this is in conjunction with others – either in a small group and/or with a mentor. This will enable you to receive feedback, gain perspective, and dig deeper into what God is doing in your life. We have also included a page of devotionals which will take you deeper into the Scriptures taught in each session.

Your Personal Growth Plan

Your Personal Growth Plan is designed to take you on a journey with the material presented in this course resulting in a spiritually discerned plan for the next season of your life. This is where you will be applying what you have learned. You know the rule: “You get out what you put in!” We encourage you to make room in your week to include this vital part of the course. It won't be the same without it!

The Course Workbook

For Each Session:

Section 1 – Course Content including Appendices

Section 2 – Discussion and Reflection Questions

Section 3 – Daily Devotionals

Section 4 – Personal Growth Plan

Tools for the Journey

Along the way you will become well acquainted with some tools that will help you navigate your journey. We will introduce them here.

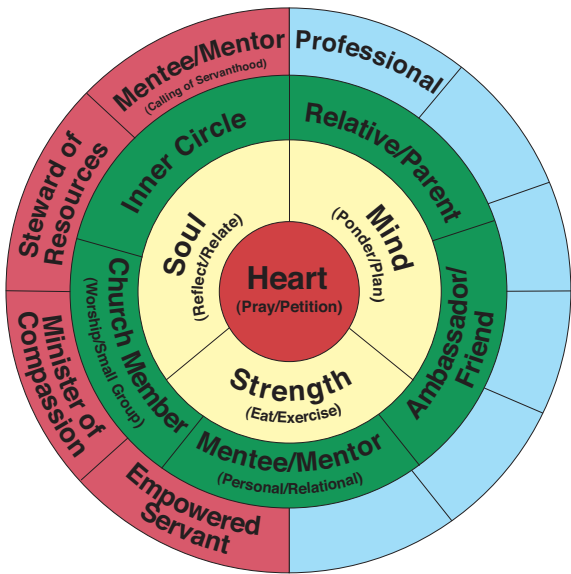
The Life Focus Process™



The 18 Foundational Truths (Natural Laws) of Life Stewardship™

Foundational truths are fundamental patterns of nature and life that divine revelation, human experience and testing have shown to be valid. They describe things as they really are, as opposed to how we think they are or how we wish they were.

Our Roles Diagram™



DELTA Covenant Commitment

Date: _____

I, _____, commit to seeking God's mission and guidance for my life over the course of my journey through Delta.

I understand that this is a C.O.R.E. decision to:

1. **C**ommit to the journey and my group by staying current with the weekly session, including:
 - a. Attending each of the live sessions at my Delta site, or
 - b. Watching the course on DVD, by myself or with my small group, or
 - c. Listening to the teachings on CD, or
 - d. Watching the course on-line at www.lifespringnetwork.org
 - e. If applicable, attending the retreat days in my region or watch these sessions on DVD and work through the exercises on my own
2. Be **O**pen to grow by:
 - a. Inviting the input and training of God through others in my group and through mentors that I will invite to help me along the way
 - b. Taking notes in my workbook and completing the homework for each session
3. **R**elate to the group by:
 - a. Participating in the small and large group discussions and interacting with one another outside of the course
 - b. Opening my life up to the group that I am journeying through the course with and protecting the confidences of those within my group
4. **E**nter into Scripture by:
 - a. Working back through the Scriptures and paradigms in each session
 - b. Processing each session deeper by working through the devotionals for each session

Signed _____

We recommend that you engage in this journey in community.
Who are some people who will walk with you in covenant community through this journey? Write their names below.

Session 1

Abundant Living

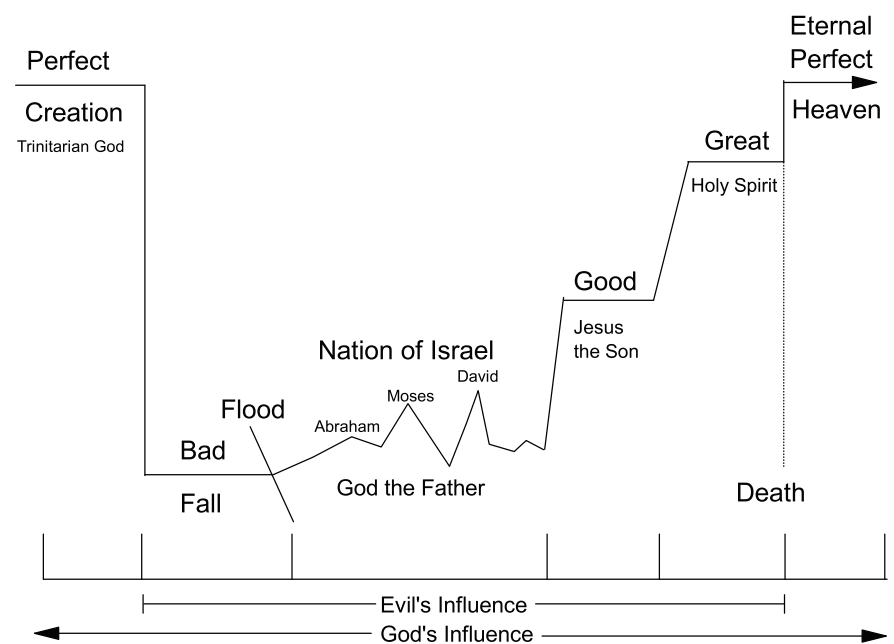


Session 1: Abundant Living

Life Focus Process - Level 1: Clarify God's Mission for Our Lives



God and Man through History



Session 1: Abundant Living

DELTA

Life Spring Network

Creation

In the Beginning, God created us in His image (Father, Son and Holy Spirit) and He declared that we were “very good.” Humankind is the pinnacle of creation. As long as we knew only the will of God, our relationship with God was perfect. We were experiencing and expressing love perfectly!

The Fall and the Flood

When Satan entered the picture and offered us an opposing will to follow, we chose to disobey God. Consequently, we fell from the perfect relationship status that we had enjoyed with God. We found ourselves in a bad state, separated from God and tempted by the evil one to behave in destructive ways.

God Fathers a Nation

After the flood, God began to build a people who would seek Him. His plan was to use this nation to retrain the whole world how to seek God! It was during this season that God restored one aspect of life that was lost in the Fall. He gave us His law which restored His guidance to our lives. As we sought after God and followed His guidance for our lives, we re-entered His blessing and began learning how to experience and express love again, God’s way. Unfortunately, as we learn in the New Testament, the Law was also given to show us that we can’t follow the guidance of God without the power of God. Therefore, our relationship with God during this season of history is very much like children learning how to love from their mother or father who is training them in righteousness. It was during this season that we related to God primarily as our Father, but we never broke out of the bad state into good, we only experienced better levels of bad and spurts of growth toward righteousness. Some people became God-fearing and God-following men and women, but on the whole the nation was still lost and in need of a Savior.



For more resources, thoughts, and discussion about this session, please visit www.lifespringnetwork.org

Session 1: Abundant Living

Arrival of Jesus the Son

Then God sent His only Son Jesus to be our Savior, pay the debt that we owe because of our sin, and show us how to live as His children! For those of us who accept His payment for our sins, God no longer holds our sins against us, and our relationship with God moves from bad to good. Unfortunately, most Christians' journey of faith ends right here, but this is not the end of the story, because God sends the Holy Spirit to empower us to experience and express the love of God in a supernatural way. This only happens when we are living in and through His strength!

God Sends His Spirit

When we live in and through the power of the Holy Spirit, we move from good to great! This reconnects us with the other aspect of life that was lost at the Fall: the Power of God. Now that we live in the season of the Spirit, bad and good are not good enough! Greatness is being offered to all who will bend their knee in obedience to God the Father, receive Jesus as their Savior and Lord, and surrender to the power of the Holy Spirit to guide and empower their lives. This is what is possible for us here and now on earth.

"The greatest challenge the church faces today is to be authentic disciples of Jesus."

– Dallas Willard

Our Eternal Dwelling

Those who die connected to God (Father, Son and Holy Spirit) will be restored to the perfect unhindered relationship that we experienced with God before the Fall. One significant difference from our previous perfect state in the garden is that this time it is a permanent state of perfectly experiencing and expressing love. It is permanent because we chose to love and follow God during our life on Earth. Upon death God purifies and perfects our will to do the will of the Father, and since there isn't any influence of the evil one beyond death, we perfectly experience and express love forever. This is His Story! The question is how do we respond to what He has done and what kind of life experience do we want to choose for ourselves?

Session 1: Abundant Living

DELTA

Truth 1: Life Stewardship

Life is a gift of time that we are responsible to steward with the decisions that we make until we die.

1 Corinthians 4:1-5

“So then, men ought to regard us as servants of Christ and as those entrusted with the secret things of God. ² Now it is required that those who have been given a trust must prove faithful. ³ I care very little if I am judged by you or by any human court; indeed, I do not even judge myself. ⁴ My conscience is clear, but that does not make me innocent. It is the Lord who judges me. ⁵ Therefore judge nothing before the appointed time; wait till the Lord comes. He will bring to light what is hidden in darkness and will expose the motives of men’s hearts. At that time each will receive his praise from God.”

Psalms 90:12

“Teach us to number our days aright, that we may gain a heart of wisdom.”

Truth 2: Mission

Every life is guided by a governing mission, which is a combination of our vision, priorities, values and identity roles we have learned from our life experience and chosen as a path to an abundant life.

Reflective Question:

What first comes to mind when you hear the term “stewardship?”



For more resources, thoughts, and discussion about this session, please visit www.lifespringnetwork.org

Session 1: Abundant Living

The authoritative inputs that have shaped our lives have created an internal compass or set of beliefs (Governing Mission) which guide our behavior.

Understanding Your Mission



We will take a look at four aspects of God's Mission for our lives: His Vision, Priorities, Values, and Identity Roles. Together they combine to create a mission that guides our lives.

Proverbs 14:12

"There is a way that seems right to a man, but in the end it leads to death."

Truth 3: Abundant Life

When your life (being and doing) reflects God's governing mission for your life (Vision, Priorities, Values and Identity Roles) you experience the abundant life.

Session 1: Abundant Living

DELTA

Life Spring Network

“Jesus Christ did not come into this world to make bad people good; he came into this world to make dead people live.”
— Lee Stroebel

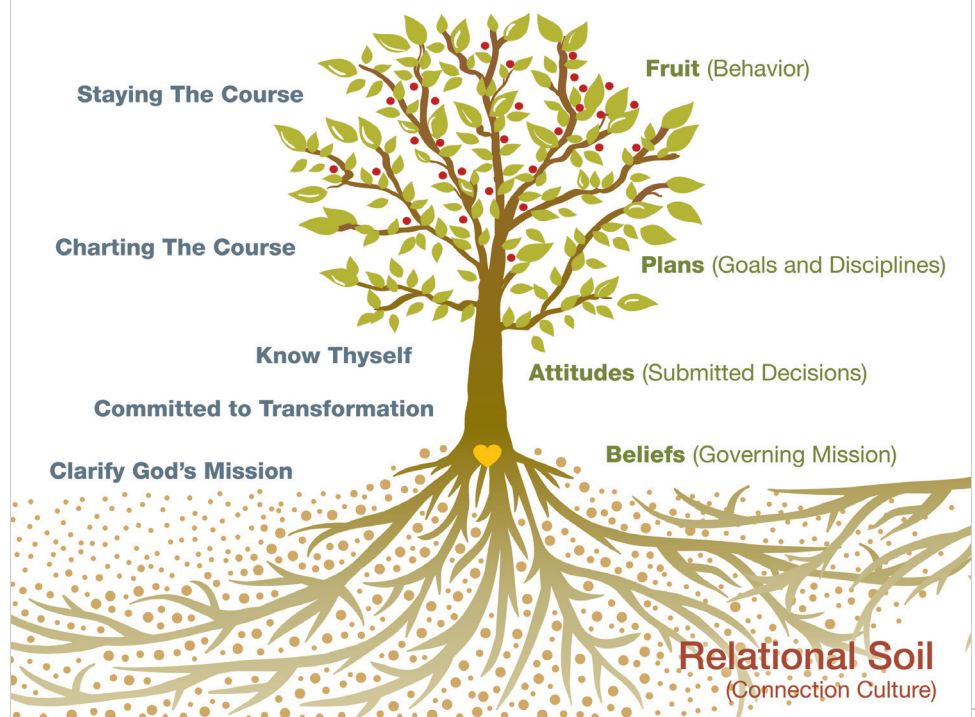
John 10:10

“The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full.”

Psalms 1:1-6

“Blessed is the man who does not walk in the counsel of the wicked or stand in the way of sinners or sit in the seat of mockers. ² But his delight is in the law of the LORD, and on his law he meditates day and night. ³ He is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither. Whatever he does prospers. ⁴ Not so the wicked! They are like chaff that the wind blows away. ⁵ Therefore the wicked will not stand in the judgment, nor sinners in the assembly of the righteous. ⁶ For the LORD watches over the way of the righteous, but the way of the wicked will perish.”

Entering Into The Light



Session 1: Abundant Living

Matthew 28:18-20

“Then Jesus came to them and said, “All authority in heaven and on earth has been given to me. ¹⁹Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, ²⁰and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age.”

God’s Mission for Our Lives

Connecting in real loving Relationship
with God through Jesus **Christ** in the Power of the Holy Spirit,
with others in contagious Christian **Community**,
and with our **Calling** of Servanthood in the World.

God’s Vision for us: to experience and express love

The Great Commandments (Luke 10:27 & Mark 12:30)

- Love the Lord your God with all of your Heart, Soul, Mind and Strength.
- Love your neighbor as yourself.

Luke 10:27

“He answered: ‘Love the Lord your God with all your heart and with all your soul and with all your strength and with all your mind’; and, ‘Love your neighbor as yourself.’”

1 John 4:16

“And so we know and rely on the love God has for us. God is love. Whoever lives in love lives in God, and God in him.”



God’s Mission for Our Lives:

Vision

Priorities

Values

Identity Roles

Session 1: Abundant Living

DELTA

Life Spring Network

God's Mission for Our Lives:

Vision

Priorities

Values

Identity Roles

Decision-Making and Priorities

- We all have a set of priorities and we all make decisions.
- The things you choose to do demonstrate what is important to you.
- When you choose one thing over another, you show that it has a higher priority.

Franklin Covey¹ used this illustration to address the issue of priorities:

One day an expert was speaking to a group of business students and, to drive home a point, used an illustration those students will never forget. As this man stood in front of the group of high-powered overachievers he said, "Okay, time for a quiz." Then he pulled out a one-gallon, wide-mouthed mason jar and set it on a table in front of them. Then he produced about a dozen fist-sized rocks and carefully placed them, one at a time, into the jar. When the jar was filled to the top and no more rocks would fit inside, he asked, "Is this jar full?" Everyone in the class said, "Yes." Then he said, "Really?" He reached under the table and pulled out a bucket of gravel. Then he dumped some gravel in and shook the jar causing pieces of gravel to work themselves down into the spaces between the big rocks. Then he asked the group once more, "Is the jar full?" By this time the class was onto him. "Probably not," one of them answered. "Good!" he replied. He reached under the table and brought out a bucket of sand. He started dumping the sand in and it went into all the spaces left between the rocks and the gravel. Once more he asked the question, "Is this jar full?" "No!" the class shouted. Once again he said, "Good!" Then he grabbed a pitcher of water and began to pour it in until the jar was filled to the brim. Then he looked up at the class and asked, "What is the point of this illustration?" One eager beaver raised his hand and said, "The point is, no matter how full your schedule is, if you try really hard, you can always fit some more things into it!" "No," the speaker replied, "that's not the point. The truth this illustration teaches us is: If you don't put the big rocks in first, you'll never get them in at all."

Session 1: Abundant Living

God's Priority Scale

1. Being Fully Human - Empowered by our relationship with God
2. Our Family
3. Our Community
4. Our Calling and Profession

God's Mission for Our Lives:

Vision

Priorities

Values

Identity Roles

The Seven Values of Abundant Living²

For more information see Appendix B.

These seven values are seen throughout Scripture and make abundant living practical, applicable and accessible.

GUIDANCE

is necessary in order to carry out God's will.

We depend on God's leadership (guidance) in our lives which is available through the Holy Spirit.

Henry Blackaby³: God's will is revealed through:

- Prayer
- Scriptures
- Community
- Circumstances

"An excellent way to test our values is to observe what we do when we don't have anything to do: how we spend our leisure time and how we spend our extra money."

— Eugene Peterson

Omega Course:
For more information
on the Seven Values of
Abundant Living see
Session 4 of the Omega
Course.

Session 1: Abundant Living

DELTA

Life Spring Network

The Seven Values of Abundant Living

Guidance
Grace
Growth
Glorification
Groups
Gifts
Good Stewardship

“Not forgiving is like swallowing rat poison and waiting for the rat to die.”
— Anne Lamott

A Definition

Reconciliation:

The process of restoring trust over time.



GRACE

is God's bridge to us and our bridge to others.

Grace is “unmerited favor” and being able to say, “You can’t stop me from loving you!”

Grace from God

As believers we are saved by grace through faith. There is a difference between God being disappointed *for* us and being disappointed *with* us.

Grace toward others

We don’t have to stay in places of bitterness and resentment. We can forgive, allow the Lord to heal our hurts and move towards reconciliation. It means we can become the kind of people who say “you can’t stop me from loving you!”

Forgiveness and Trust

I can forgive but that doesn’t mean I’m going to keep putting myself in the same position where I can be abused over and over again. Reconciliation: the process of restoring trust over time.

GROWTH

is a process toward full maturity in Christ.

We recognize that faith is a process...a journey toward taking hold of all that is Christ (Philippians 3:12), and through His Spirit we move toward fullness of Christ in us (Ephesians 4:12), pleasing Him in every way (1 Thessalonians 4:1).

We become diligent students of Scripture, allowing God’s truth to be impressed on the very fabric of our lives.

We work to surround ourselves with mentors and friends who will love, challenge and provide guidance to us as we grow in faith.

For more resources, thoughts, and discussion about this session, please visit www.lifespringnetwork.org

Session 1: Abundant Living

*"If you're not being mentored
you're missing the boat!"*
– Jason Pankau

Life Spring Network has developed a course called **Body Life Basics** which teaches congregations how to live together in covenant community. It is a masterplan for building holistic, transformational disciple-making communities.

GLORIFICATION

of God is the goal of our lives and our church.

Whoever does something gets the credit. By letting God work, live and love through us He will receive the credit and the glory. As people recognize goodness in and through our lives we have the opportunity to give glory to God and testify to perfect guidance and power at work in our lives. This is how we “make God great” in our lives. We recognize that our tendency is to try to make ourselves great, and therefore we commit to a daily recalibration of aligning our will with the will of the Father. We accept that if glorification is the goal of the Church, then it has to happen within our own lives first.

GROUPS

of Biblically functioning community provide the optimal environment for life change.

It takes the Body...

If God is calling you to value Guidance, Grace, Growth, and Glorification...you can't get there without the body of Christ, “doing life” and living out the “one anothers” of Scripture together as God's family. As we enter into covenant relationship with others, we are placing ourselves in the optimal environment to experience life change.

Embracing Diversity

Christ calls us together as a people belonging to God (1 Peter 2:9), a new creation (2 Corinthians 5:17) established in true righteousness and holiness (Ephesians 4:24), who in community are to declare His praises (1 Peter 2:9).

If we:

- Engage in covenant community with others
 - “Do life” with people whom God ordains
 - Embrace the diversity of the body
 - And strive to live out the “one anothers” of Scripture as God's family we place ourselves in the optimal environment for life change!
-
-

Session 1: Abundant Living

DELTA

Life Spring Network

Life Spring Network has developed a course on Spiritual Gifts, called Empowered Servanthood, to help you learn more about how God desires to use your unique gifts in the Kingdom.

"Much violence is based on the illusion that life is a property to be defended and not to be shared."
— Henri Nouwen



GIFTS

of divine empowerment are given to all believers to grow God's Church.

We are called to both a universal and unique calling of Empowered Servanthood.

Specifically: Unique

Each of us has been given supernatural ability through the Holy Spirit. When everyone is embracing his or her gift, then the entire church working together becomes a picture of Christ for the world to see because the true gift is the Holy Spirit. (John 17:23).

In General: Universal

Just because someone might be gifted in leadership doesn't mean he or she doesn't also take out the trash. Like Jesus, we come not to be served but to serve and to give our lives for one another (Mark 10:45) in love (John 15:12) and unity.

The True Gift is the Holy Spirit

As we embrace our universal and unique giftings, we (the Church) become a living, breathing picture of the body of Jesus Christ right here on earth.

GOOD STEWARDSHIP

is the reasonable and loving response to our gracious God.

We act as managers (not owners) of our whole lives (time, abilities, relationships, resources, etc.) that have been entrusted to us for the time or season as He leads (Luke 16).

Time

One of our most valuable resources. Once it's gone, it's gone and we can never get it back. How many of us can say we're going to be here tomorrow with any amount of certainty?

For more resources, thoughts, and discussion about this session, please visit www.lifespringnetwork.org

Session 1: Abundant Living

The Seven Values of Abundant Living

(The 7 G's)

Guidance

Grace

Growth

Glorification

Groups

Gifts

Good Stewardship

It all starts with little things.

God wants us to make sure our own households are in order before stepping out to lead others. (See Appendix D for the requirements for elders in the Church.) Remember: you reproduce who you are.

Seeing the Seven Values of Abundant Living in the “Lord’s Prayer”

Value	the Lord’s Prayer
Glorification	“Our Father in heaven, hallowed be your name,
Group	Your kingdom come,
Growth	Your will be done
Gifts	on earth as it is in heaven.
Good Stewardship	Give us today our daily bread.
Grace	Forgive us our debts as we also have forgiven our debtors.
Guidance	And lead us not into temptation but deliver us from the evil one.”

A Summary of The Seven Values of Abundant Living and Their Belief Statements

In His desire for us to experience and express love, these seven values guide us toward His perspective on how to make that a practical reality and experience the abundant life.

Guidance is necessary in order to carry out God’s will.

Grace is God’s bridge to us and our bridge to others.

Growth is a process toward full maturity in Christ.

Glorification of God is the goal of our lives and our Church.

Groups of Biblically functioning community provide the optimal environment for life change.

Gifts of divine empowerment are given to all believers to grow God’s Church.

Good Stewardship is the reasonable and loving response to our gracious God.

Session 1: Abundant Living

DELTA

Session 1 - Homework Focus

To cultivate a lifestyle of prayer and seeking God's mission for your life!

1. Journal through the discussion and reflection questions in your workbook and complete the daily devotions.
2. In your Personal Growth Plan:
 - Complete the One Week Time Tracking Worksheet by tracking how you spend your time this week or on an average week.
 - Complete the Lord's Prayer and the Seven Values of Abundant Living worksheet seeking to find a deeper connection with the true meaning of how to apply this prayer and these values to your life.
3. Share these findings with a mentor and ask them to help you discern how God is calling you to grow.



For more resources, thoughts, and discussion about this session, please visit www.lifespringnetwork.org

Session 1: Abundant Living

Discussion and Reflection Questions

1. Which of the three truths covered in this session (Life Stewardship, Mission and Abundant Life) stood out to you the most and why?

2. How are you experiencing and expressing God's love?

3. Looking at the list of God's priorities, what adjustments do you need to make?

4. Which of the 7 Values of Abundant Living do you need to work on in order to grow as a Christian?

5. Which Scriptures brought about new revelations for you? How?

Session 1: Abundant Living

DELTA

Life Spring Network

Devotions - All of the Scriptures listed here are in this session of the workbook, so you can flip back for reference.

Day 1: Read 1 Corinthians 4:1-5 and Psalm 90:12. Write down your reflections below.

Day 2: Read John 10:10 and Psalm 1:1-6. Write down your reflections below.

Day 3: Read Deuteronomy 30:19-20 and Matthew 28:18-20. Write down your reflections below.

Day 4: Read Luke 10:27 and 1 John 4:16. Write down your reflections below.

Day 5: Read Matthew 6:9-13 and write down your reflections below.

For more resources, thoughts, and discussion about this session, please visit www.lifespringnetwork.org

Session 1: Personal Growth Plan

One Week Time Tracking Worksheet

Using the Worksheet below, track how you spend your time during an normal week.

Time	Sunday /	Monday /	Tuesday /	Wed /	Thursday /	Friday /	Saturday /
1:00							
2:00							
3:00							
4:00							
5:00							
6:00							
7:00							
8:00							
9:00							
10:00							
11:00							
12:00							
1:00							
2:00							
3:00							
4:00							
5:00							
6:00							
7:00							
8:00							
9:00							
10:00							
11:00							
12:00							

The Lord's Prayer and the Seven Values of Abundant Living

Journal and pray through the Lord's Prayer and the Seven Values of Abundant Living, seeking to find a deeper connection with the true meaning of how to apply these values to your life.

Our Father in Heaven, hallowed be your name

(Glorification of God is the goal of our lives and our truth):

Your kingdom come

(Groups of Biblically functioning community provide the optimal environment for life change):

Your will be done

(Growth is a process towards full maturity in Christ):

On Earth as it is in Heaven

(Gifts of divine empowerment are given to all believers to grow God's church):
