

DELTA

Discovering
the Changes that Lead
to Abundant Living



LifeSpring
NETWORK

COURSE WORKBOOK



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Author and Primary Trainer of Life Spring Network's Resources

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)*.

Jason is a co-founder and partner of E Pluribus Partners, a Greenwich, CT based think tank and consulting firm focused on helping organizations create connection cultures. He serves as a consultant and life coach to many corporate executives and pastors, helping them to create engaging organizations. Jason is a contributing author to *What Managers Say What Employees Hear*. He is also a co-author of the best-selling books, *Fired Up or Burned Out* (Thomas Nelson) and *Connection Culture* (ATD Press).

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.


		DELTA
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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.

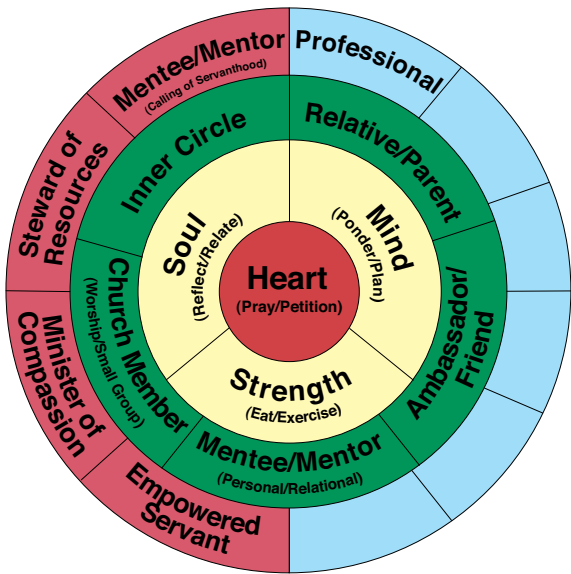
The Life Focus Process™



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:

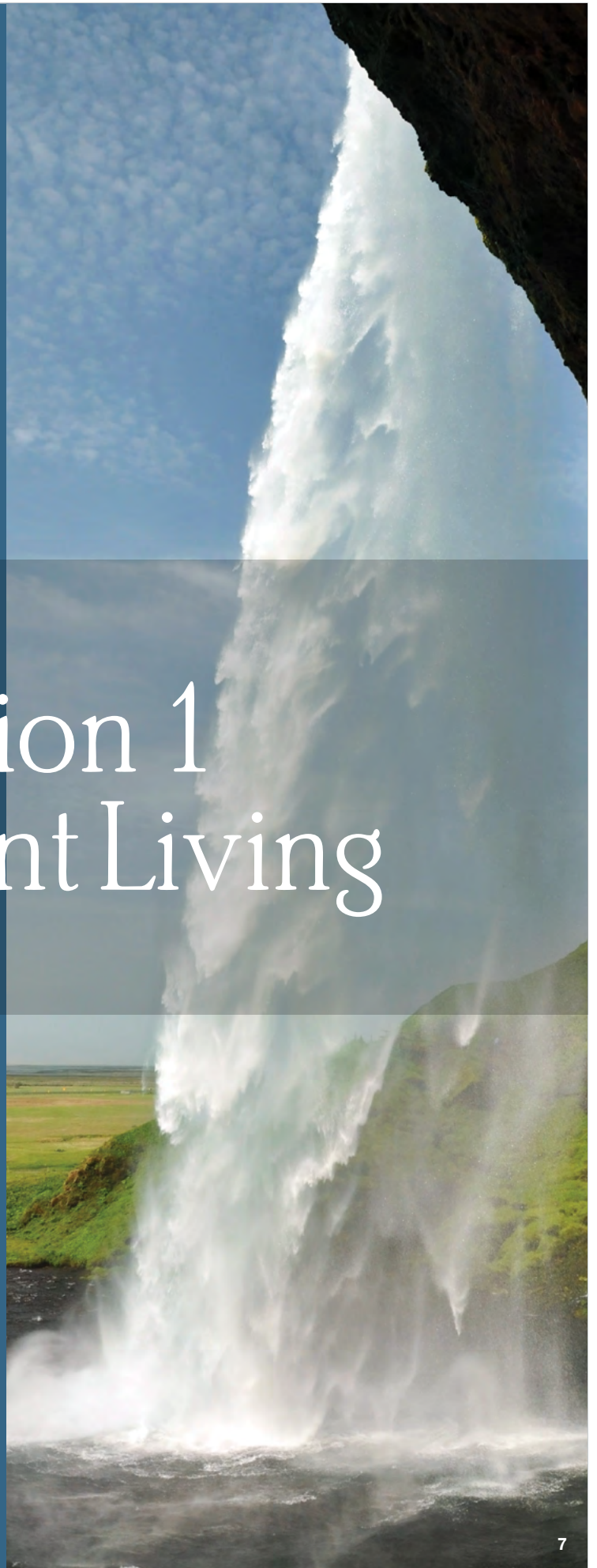
1. **C**ommit to the journey and my group by staying current with the weekly session, including:
 - a. Attending each of the live sessions at my Delta site, or
 - b. Watching the course on DVD, by myself or with my small group, or
 - c. Listening to the teachings on CD, or
 - d. Watching the course on-line 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

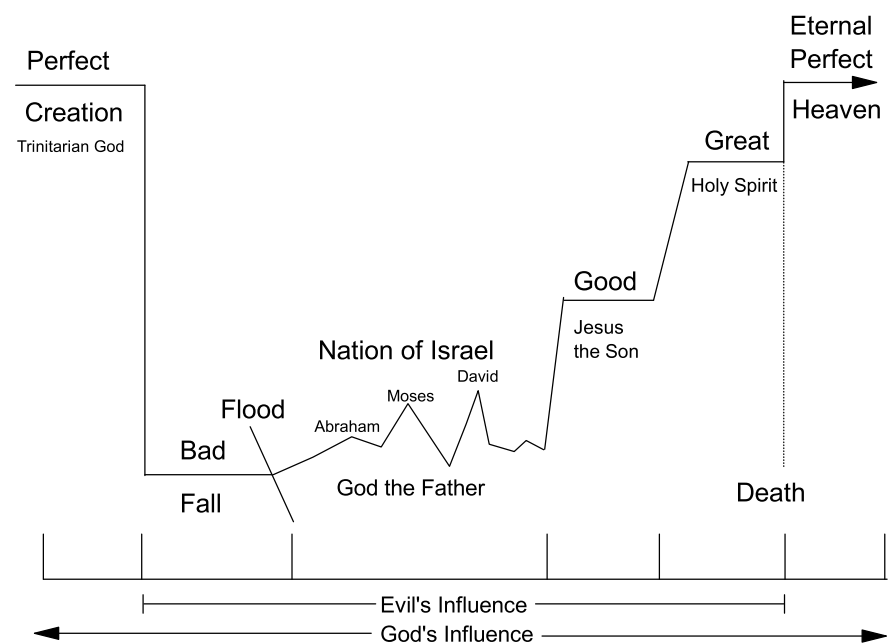


Session 1: Abundant Living

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



God and Man through History



Session 1: Abundant Living

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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?

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Doctrinal Reminder:

In our flesh we can't choose good. God enables us to choose good things in and for our lives through the active work of the Holy Spirit. Because of this, He gets the Glory even for the process (the desiring, the seeking, the deciding) of choosing good. Rev. Dr. Martin Luther stated it this way in explaining the role of the Holy Spirit in our lives: I believe that I cannot by my own reason or strength believe in Jesus Christ my Lord or come to Him; but the Holy Spirit has called me by the Gospel, enlightened me with His gifts, sanctified and kept me in the true faith.

Reflective Question:

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



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.

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.

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“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

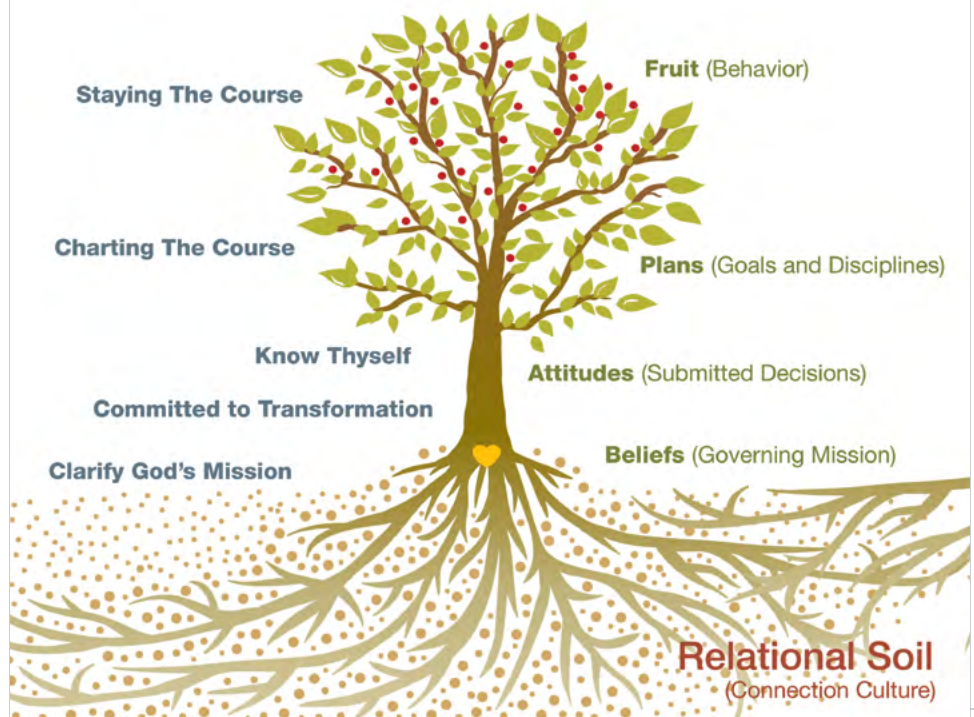
John 10:10

“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

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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 Mission for Our Lives:

Vision

Priorities

Values

Identity Roles

"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.

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

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

Session 1: Abundant Living

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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!
-
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Session 1: Abundant Living

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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

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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

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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							
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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):

26

(Good Stewardship is the reasonable and loving response to our gracious God):

(Guidance is necessary in order to carry out God's will):

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Session 2

Connecting with Christ



Session 2: Connecting with Christ

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



Truth 4: Perspective

Seeing life from God's perspective is essential if we are going to experience God's abundant life! (having a Biblical world view)

*"Whoever wants to be a Christian should tear the eyes out of his reason."
— Martin Luther*

Living with a Biblical World View

The combination of your various perspectives on life creates your world view. It is out of this world view that we form beliefs which guide our behavior. Without a Biblical world view it is impossible to live God's abundant life. If you can't see it you can't do it! This is living with Spiritual eyes.

The Power of Biblical Perspective

The source determines the product. It is important that we understand the vital role of perspective and diligently guard and filter the various inputs that come into our lives. The Bible is the greatest repository of Godly perspective ever assembled! It is God's love letter to us, His children. It helps us see and steward life from His perspective!

Session 2: Connecting with Christ

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World Views and Cycles of Behavior

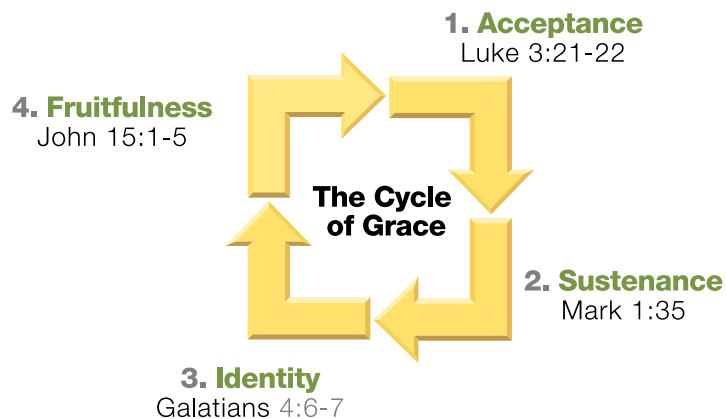
Our world views create reinforcing cycles of perspective, belief and behavior that can either trap us in lifestyles that lead to grief or guide us to experiencing and expressing love, and living the abundant life.

The Cycles of Grief and Grace⁴

The Cycle of Grief



The Cycle of Grace



Session 2: Connecting with Christ

Luke 3:21-22

“When all the people were being baptized, Jesus was baptized too. And as he was praying, heaven was opened ²² and the Holy Spirit descended on him in bodily form like a dove. And a voice came from heaven: “You are my Son, whom I love; with you I am well pleased.”

Mark 1:35

“Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed.”

Galatians 4:6-7

“Because you are sons, God sent the Spirit of his Son into our hearts, the Spirit who calls out, “Abba, Father.” ⁷ So you are no longer a slave, but a son; and since you are a son, God has made you also an heir.”

Identity Role Categories:

- Christ Follower
- Community Member
- Called Servant

John 15:1-5

“I am the true vine, and my Father is the gardener. ² He cuts off every branch in me that bears no fruit, while every branch that does bear fruit he prunes so that it will be even more fruitful. ³ You are already clean because of the word I have spoken to you. ⁴ Remain in me, and I will remain in you. No branch can bear fruit by itself; it must remain in the vine. Neither can you bear fruit unless you remain in me. ⁵ “I am the vine; you are the branches. If a man remains in me and I in him, he will bear much fruit; apart from me you can do nothing.”

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God's Mission for Our Lives:

Vision

Priorities

Values

Identity Roles



Truth 5: Identity

Abundant living comes from being who God created you to be and engaging in your identity in Christ.

Genesis 1:27

“So God created man in his own image, in the image of God he created him; male and female he created them.”

Psalms 139:13-16

“For you created my inmost being; you knit me together in my mother’s womb. ¹⁴ I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well. ¹⁵ My frame was not hidden from you when I was made in the secret place. When I was woven together in the depths of the earth, ¹⁶ your eyes saw my unformed body. All the days ordained for me were written in your book before one of them came to be.”

2 Corinthians 5:17

“Therefore, if anyone is in Christ, he is a new creation; the old has gone, the new has come.”

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Understanding Our Identity

Our identity in Christ gets expressed through the various roles we play in life. Take a look at your life on an average day to assess the roles that you play.

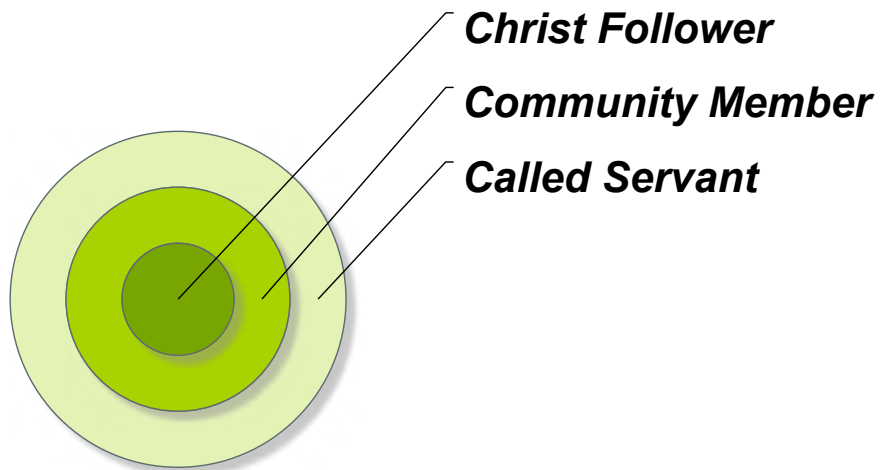
Identity Roles: Three Categories

Over the next few sessions we will be taking an in-depth look at three categories of our identity in Christ:

- Christ Follower - Being fully human (4 roles or aspects of our being)
- Community Member - Our relational roles (5 roles)
- Called Servant - How we are called to serve and work (5 roles)

Reflective Question:

Take a minute to think through your typical day and jot down some of the roles that you play in your own life.



Roles

- By defining each role (identity in Christ) in our lives we gain a holistic perspective of our new lives in Christ.
- Each role is accompanied by suggested disciplines that will help you to develop that identity role in your life.

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Identity Category #1:

Being fully human as a Christ Follower

First and foremost, we are called to develop and grow personally in our relationship with God through Jesus Christ. Our connection to God brings life to our entire being!

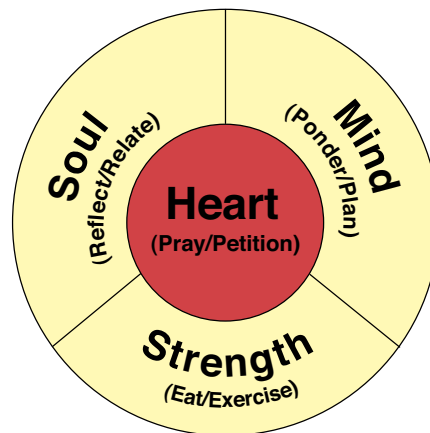
Luke 10:27 (& Mark 12:30-31)

“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.’”

Being Human

Understanding the four aspects that make us human beings holds the keys to understanding both our sinful human nature and the God-guided and empowered lives that He has destined each and every one of us to live!

Identity Roles Diagram: Christ Follower™



Heart (Will, Desires, Spirit)

Heart has to do with our will, desires, dreams and spiritual center. It is the freest aspect of our being. We choose what we will love or want with our heart!

Omega Course: For more information about being fully human see Sessions 5 and 6 of the Omega Course.



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

Session 2: Connecting with Christ

Roles of the Category:

Christ Follower:

- Heart
- Soul
- Mind
- Strength

I am more afraid of my own heart than of the pope and all his cardinals. I have within me the great pope, Self.
– Martin Luther

Reflective Question:

What do you think it means to be “spiritual?”

Remember:

Love is a choice...an act of the will.

Genesis 6:5-6

“The LORD saw how great man’s wickedness on the earth had become, and that every inclination of the thoughts of his heart was only evil all the time.”⁶ The LORD was grieved that he had made man on the earth, and his heart was filled with pain.”

Proverbs 4:23

“Above all else, guard your heart, for it is the wellspring of life.”

Proverbs 27:19

“As water reflects a face, so a man’s heart reflects the man.”

Ezekiel 36:26-27

“I will give you a new heart and put a new spirit in you; I will remove from you your heart of stone and give you a heart of flesh.²⁷ And I will put my Spirit in you and move you to follow my decrees and be careful to keep my laws.”

Luke 8:15

“But the seed on good soil stands for those with a noble and good heart, who hear the word, retain it, and by persevering produce a crop.”

Heart - The Wellspring of Life

The Heart is the Wellspring of Life! It is the center of our being and our decision-making center. It takes in all of the input from our soul, mind and strength and decides what it wants.

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Reflective Question:

What does your current prayer life look like? How readily do you spend time in solitude with Him?

When our heart is not submitted to God and His will for our lives, we lead ourselves toward destruction, but when we are submitted, God guides and empowers us to live the abundant life in our entire being!

Disciplines for the Heart

Pray (Prayer, Submission, Solitude, Silence)

Petition (Intercession and Watching)

Soul (Feelings, Personality, Conscience, Intuition)

Soul has to do with the aspect of our being that is most uniquely the real us...our feelings, personality, conscience and intuition. This is God's thumbprint on our lives. It is the aspect of our being that is hard-wired to respond to God and sense connection to His life in and through us.

Our Divine Connection

Soul is the aspect of our being that, when submitted to God, functions like a divine central nervous system, feeling, discerning and sensing what is right (Good) and wrong (Evil), then guiding the expression of our true selves through our personality.

Without a Holy Spirit-empowered soul we lose connection to our true selves, the people God created us to be.

Hebrews 4:12

“For the word of God is living and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart.”

Roles of the Category:

Christ Follower:

- Heart
- Soul
- Mind
- Strength



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Session 2: Connecting with Christ

I cannot and will not recant anything, for to go against conscience is neither right nor safe. Here I stand, I can do no other, so help me God. Amen.
— Martin Luther

Remember:

Soul is God's thumbprint on your life...the part of you that is "hard-wired" to respond to God and sense connection to His life in and through us.

You should not believe your conscience and your feelings more than the word which the Lord who receives sinners preaches to you.
— Martin Luther

Matthew 16:24-26

"Then Jesus said to his disciples, "If anyone would come after me, he must deny himself and take up his cross and follow me. ²⁵ For whoever wants to save his life will lose it, but whoever loses his life for me will find it. ²⁶ What good will it be for a man if he gains the whole world, yet forfeits his soul? Or what can a man give in exchange for his soul?"

The Soul's Role in our Being

The soul is the most profound dimension of our being.

As we live our lives and interact with people and events in our lives, our soul regulates and processes what is happening in our heart, mind and strength, and guides our response.

"Soul is that aspect of our being that correlates, integrates, and enlivens everything going on in the various dimensions of the self. It is the life center of the human being." (Dallas Willard)

The soul is often understood to refer to the whole person because, without it functioning according to God's intended purpose, we are truly lost and cut off from really living.

Proverbs 16:24

"Pleasant words are a honeycomb, sweet to the soul and healing to the bones."

Proverbs 19:8

"He who gets wisdom loves his own soul; he who cherishes understanding prospers."

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1 Peter 2:11

“Dear friends, I urge you, as aliens and strangers in the world, to abstain from sinful desires, which war against your soul.”

The Soul’s Role in Abundant Living

In the person with a well-aligned and growing heart, the soul will be properly ordered under God and in harmony with His “life that is really life.” (1 Timothy 6:19)

Reflective Question:

*Have you ever experienced just
“being” with someone in their grief?*

The result of a surrendered heart is a Holy Spirit-empowered Soul which is empowered to process and respond to life in ways that are good and right. Our soul is constantly working to bring about God’s life in and through our entire being: Guiding us to submit our heart to God, which brings our Soul into submission to a God-empowered heart, our mind into submission to a God-empowered soul, and our strength into submission to a God-empowered mind.

This brings about God’s perfect rule in and through our entire being!

The Power of Feeling and the Soul

A Holy Spirit-empowered soul is enabled to process and feel life the way God feels. We need to consciously cooperate with God in this, because it is not our natural reaction to rejoice with those who rejoice or mourn with those who mourn. (Romans 12:15)

When we turn off our emotions through a decision of our will (heart), and choose not to feel the challenges of life (sadness, hurts, and disappointments), we turn our Soul off. When we do this we train ourselves not to feel, and so we miss out on the exhilaration of life as well. We develop our soul through sensing God’s promptings and reflecting on our feelings and impressions about ourselves, people and circumstances in our lives – allowing God and His understanding of who we are to be expressed. When we cultivate the habit of repressing God’s feelings we can sear our souls to the point that they become less responsive to both the ups and downs, the good and bad of life.

*“When you shut yourself off
emotionally, you shut your soul off.”
– Jason Pankau*



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

Session 2: Connecting with Christ

A Definition

Enthusiasm:

“En Theos” “In God”

Disciplines for the Soul

Reflect (Journaling and Meditation)

Relate (Confession, Counseling (Guidance), Retreats)

Mind

Our minds enable us to process *ideas*, *images* and *information* with our *ability to think*. With this ability we discern what is true and organize our world view to accomplish a mission in life. All truth is God’s truth! Plans are the strategies we formulate in our minds. We also use our minds to set goals for our lives that move us towards our mission and evaluate its efficacy.

Romans 12:2

“Do not conform any longer 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.”

Roles of the Category:

Christ Follower:

- Heart
- Soul
- **Mind**
- Strength

Philippians 3:18-19

“For, as I have often told you before and now say again even with tears, many live as enemies of the cross of Christ. ¹⁹ Their destiny is destruction, their god is their stomach, and their glory is in their shame. Their mind is on earthly things.”

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Mind - The Realm of the Intellect

Understanding what is happening in our mind involves four main factors: Ideas, Images, Information and Our Ability to Think, as originally described in Dallas Willard's *Renovation of the Heart*.⁵

“Ideas are very general models of, or assumptions about, reality. They are patterns of interpretations, historically developed and socially shared.” Some examples include freedom, education, happiness, ‘the American Dream,’ and the Kingdom of God.

“Spiritual formation is inescapably a matter of recognizing in ourselves the ideas system (or systems) of evil that governs the present age and the respective culture (or various cultures) that constitutes life away from God. The needed transformation is very largely a matter of replacing in ourselves those idea systems of evil (and their corresponding cultures) with the idea system that Jesus Christ embodied and taught...” [which brings about] “the culture of the Kingdom of God. This is truly a passage from darkness to light.”

“To change governing ideas, whether in the individual or the group, is one of the most difficult and painful things in human life. Genuine conversion is a wrenching experience. It rarely happens to the individual or group except in the form of divine intervention, revolution, or something very like a mental breakdown.”

“Images are always concrete or specific, as opposed to the abstractness of ideas, and are heavily laden with feeling.” They are closely associated with the governing ideas of our lives. “They mediate the power of governing idea systems by dialoguing with our soul and discerning how our ideas work in the real situations of ordinary life.”

What images come to mind when you think of Jesus?

“Jesus of course understood the great significance of images and has, indeed, become one himself.” The cross also functions as the most powerful symbol of all time.

Reflective Question:

How does this text tie in with the idea of “mind?”

“Theology is just what you really think about God, and if you’re going to do that, you’d better use your mind and not just let it be a receptacle - a catch-all for whatever beliefs happen to be passing by.”
– Dallas Willard



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

Session 2: Connecting with Christ

*“Two laws that govern my life:
The law of cognition: I am what
I think. The law of exposure:
My mind will think most about
what it is most exposed to.”*
— John Ortberg

*“The prosperity of God’s
cause on Earth depends upon
his people thinking well.”*
— Dallas Willard

*“Divine knowledge is the truth
that the Spirit of God teaches us
and puts into our minds. It is
the knowledge and truth that is
spiritually discerned.”*
— Jason Pankau

Deliverance from Destructive Ideas and Images

“The person and Gospel of Jesus Christ – building on simple ‘Jesus loves me, this I know, for the Bible tells me so’ – is the only complete answer to the false and destructive images and ideas that control the life of those away from God. The process of spiritual formation in Christ is one of progressively replacing those destructive images and ideas with the images and ideas that filled the mind of Jesus Himself.”

We thereby come increasingly to see “the light of the gospel of the glory of Christ, who is the image of God” (2 Corinthians 4:4, NRSV).

Information: It is with our minds that we seek out, store and process information, both helpful and harmful. “Without correct information, our ability to think” is restricted. “Without the requisite information, we may be afraid of thinking at all, or simply be incapable of thinking straight.”

Our Ability to Think: “The Gospel of Jesus directly repudiates all false information about God and, therewith, about the meaning of human life; and it works to undermine the power of those ideas and images that structure life away from God. But for it to have this effect we must use our ability to think.” Thinking is “the activity of searching out what must be true, or cannot be true, in the light of given facts or assumptions. It extends the information we have and enables us to see the ‘larger picture’--to see it clearly and to see it wholly.” Empowered by the Holy Spirit, “it undermines false or misleading ideas and images as well.”

Disciplines for the Mind

Ponder (Study Scripture, Journaling and Pilgrimage/Sabbatical)

Plan (Planning your life, Life Coaching (Guidance))

Roles of the Category:

Christ Follower:

- Heart
- Soul
- Mind
- **Strength**

Strength

This is our energy and abilities. We need to find the right balance or rhythm for the pace of our lives, which helps us to grow physically while remaining surrendered to living in and through God's Strength.

1 Corinthians 6:19-20

“Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own;
²⁰ you were bought at a price. Therefore honor God with your body.”

1 Peter 4:11

“If anyone speaks, he should do it as one speaking the very words of God. If anyone serves, he should do it with the strength God provides, so that in all things God may be praised through Jesus Christ. To him be the glory and the power for ever and ever. Amen.”

Philippians 4:12-13

“I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want.¹³ I can do everything through him who gives me strength.”

Disciplines for Strength

Eat (Temperance, Fasting)

Exercise (Exercise, Sabbath, Surrender)

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Reflective Question:

*What does your “Sabbath”
time look like? How do you best
experience times of true rest?*



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Session 2: Connecting with Christ

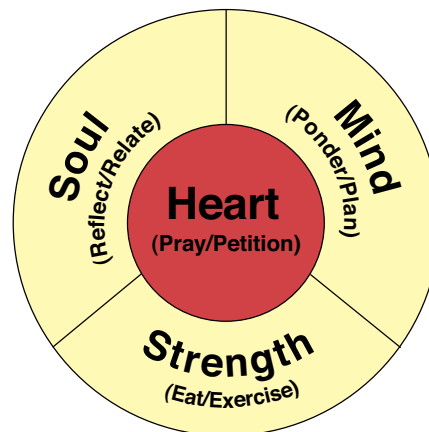
The Disciplines: P.R.E.P.²

Set up time: the time it takes to put things in order, or arrange things so that you can start on a specific task or start each day properly!

Take time to set up your being for each day using P.R.E.P.²™

P.R.E.P. ²
Pray & Petition
Reflect & Relate
Eat & Exercise
Ponder & Plan

Identity Roles Diagram: Christ Follower™



Disciplines for Being Human

Heart	Pray (Prayer, Submission, Solitude and Silence) & Petition (Intercession and Watching)
Soul	Reflect (Journaling and Meditation) & Relate (Confession, Counseling, Retreats)
Mind	Ponder (Study of Scripture, Journaling and Pilgrimage/Sabbatical) & Plan (Planning your Life, Life Coaching (Guidance))
Strength	Eat (Diet, Fasting) & Exercise (Exercise, Sabbath, Surrender)

Session 2: Connecting with Christ

DELTA

Session 2 - Homework Focus

To cultivate a lifestyle of daily personal spiritual disciplines in order to prepare (P.R.E.P. ²) yourself to walk in the Spirit each day!

1. Journal through the discussion and reflection questions in your workbook and complete the daily devotions.
2. In your Personal Growth Plan:
 - Complete the Spiritual Disciplines Evaluation.
 - Complete the Life Plan Worksheet.
3. Share these findings with a mentor and ask them to help you discern how God is calling you to grow.

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

Session 2: Connecting with Christ

Discussion and Reflection Questions

1. Which truth (Perspective or Identity) challenges your current approach to life more? How?

2. Looking at the Cycle of Grace, what do you need to do in order to allow God to bear more fruit?

3. Have you ever considered the central role that our hearts (will, dreams, desires and our spiritual center) play in our lives? Does it make sense to you that everything begins in the heart?

4. In what ways have you sought to gain something from the world at the expense of your own soul?

5. How is having the mind of Christ an essential aspect of stewarding life from His perspective?

6. Do you desire to do life in and through God's strength? If so what are some of the practices that you engage in to keep yourself in that surrendered place?

Session 2: Connecting with Christ

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

Day 1: Read the Scriptures about the Cycle of Grace: Luke 3:21-22, Mark 1:35, Galatians 4:6-7 and John 15:1-5. Write down your reflections below.

Day 2: Read Genesis 1:27, Psalm 139:13-16, 2 Corinthians 5:17 and Luke 10:27. Write down your reflections below.

Day 3: Read Genesis 6:5-6, Proverbs 4:23, Proverbs 27:19, Ekekiel 36:26-27 and Luke 8:15. Write down your reflections below.

Day 4: Read Hebrews 4:12, Matthew 16:24-26, Proverbs 16:24, Proverbs 19:8 and 1 Peter 2:11. Write down your reflections below.

Day 5: Read Romans 12:2, Philippians 3:18-19, 1 Corinthians 6:19, 1 Peter 4:11 and Philippians 4:12-13. Write down your reflections below.

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

Session 2: Personal Growth Plan

Spiritual Disciplines Evaluation

There are 36 Spiritual Disciplines that we promote throughout the Delta and Omega Course Journey. Spend time assessing your practice of the spiritual disciplines mentioned in this session. There will be overlap where certain disciplines can help us in more than one aspect of our being or in more than one role of our lives. Look at the simplified definitions for clarification as to their meaning and rate yourself according to the following scale.

1 = Never practice, 2 = Need to practice more,
3 = In a good rhythm, 4 = Being over practiced, 5 = Not during this season.

Disciplines	Rating (1-5)
Prayer	
Submission	
Solitude	
Silence	
Intercessory Prayer	
Watching (Vigil)	
Journaling	
Meditation	
Confession	
Guidance	
Retreat	
Study	
Pilgrimage/Sabbatical	
Planning	
Temperance	
Fasting	
Exercise	
Surrender	
Sabbath	

List the disciplines that need the most attention and why.

Spiritual Disciplines

(Simplified Definitions)

Prayer - Communicating with God to help us know God, hear from God, express dependence on God and engage with Him in accomplishing His purposes in the world.

Submission - Giving up our way in favor of someone else's. Engaging in the highest level of fellowship in acts of humility, complete honesty, transparency and at times confession and restitution.

Solitude - The practice of being absent from other people and other things so that you can be present with God.

Silence - Shutting out sounds so we can hear God's voice and get to know Him better. Closing ourselves off from sound.

Intercessory Prayer - Praying with the real hope and real intent that God would step in and act for the positive advancement of some specific other person(s).

Watching (Vigil) - Abstinence from sleep while seeking to watch and wait upon the Lord obediently in prayer and intercession for God's will to be done.

Journaling - Keeping a spiritual diary where you write out your prayers and thoughts, and record what you hear God saying to you.

Meditation - Listening, sensing, and heeding the life and light of Jesus Christ. Opening ourselves to be acted upon by the Holy Spirit.

Confession - Telling the truth about what we've done and admitting our responsibility so we can experience true forgiveness.

Guidance (Counseling, Life Coaching) - Seeking and giving guidance to others in and through counseling and mentoring relationships, seeking to discern God's wisdom for life.

Retreat - Removing yourself from your usual environment to a specific place for a longer stretch of solitude for extended discussion with God, for throwing forth of thoughts and feelings, working things out, being still and waiting on the Lord. Can be done alone or as a group.

Pilgrimage and Sabbatical - Seeking God through travel to a place where God and God's own have moved mightily in the past. Searching for God through setting aside usual activities to permit extended and concentrated study.

Study - Using any tools available to learn all we can about the truth of God's Word, engaging ourselves, above all, with the written and spoken Word of God.

Planning (Life Stewardship) - Seeking wisdom as to how we should steward our lives from God's perspective by discerning and synthesizing how we sense God leading us.

Temperance - Self-control; the mastery of one's desires, passions and especially sensual appetites.

Fasting - Purposely depriving ourselves of things that can keep us from depending on God to meet our needs. Abstaining in some significant way from food and possibly drink as well.

Exercise - Engaging in physical activity or exertion in order to grow and maintain a healthy body.

Surrender - Living in and through God's strength in all we do. Trusting God's wisdom in giving us our lot in life and surrendering to his Guidance and power for living

Sabbath - Observing the Sabbath as a day of resting and for attending to one's faith in God.

Session 2: Personal Growth Plan

Life Plan - Daily, Weekly, Monthly and Quarterly Disciplines

Create a plan to increase your connection to Christ by using the different roles and disciplines provided and deciding what you are going to engage in on a daily, weekly, monthly, or quarterly basis.

Being Human Roles	Daily Disciplines
Heart -	
Pray (Prayer, Submission, Solitude and Silence)	
Petition (Intercession and Watching)	
Soul -	
Reflect (Journaling and Meditation)	
Relate (Confession, Counseling (Guidance), Retreats)	
Mind -	
Ponder (Study Scripture, Journaling, Pilgrimage/Sabbatical)	
Plan (Planning your Life, Life Coaching (Guidance))	
Strength -	
Eat (Temperance, Fasting)	
Exercise (Exercise, Sabbath, Surrender)	

Weekly Disciplines	Monthly and Quarterly Disciplines



Session 3

Connecting with Community

Session 3: Connecting with Community

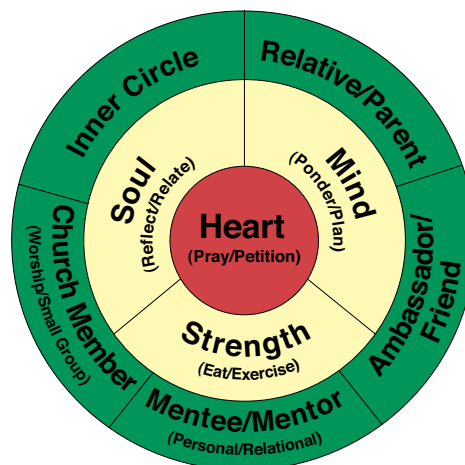
Life Focus Process - Level 1: Clarify God's Mission for Our Lives



God's Mission for Our Lives:

- Vision
- Priorities
- Values
- Identity Roles

Identity Roles Diagram: Community Member™



Community Member

We will explore five aspects of the role of Community Member:

- Inner Circle
- Relative/Parent
- Church Member
- Mentee/Mentor
- Ambassador/Friend

Omega Course:
For more information about the 5 roles of the community member category see Sessions 7 and 8 of the Omega Course.

	Session 3: Connecting with Community	DELTA
<div>Identity Role Categories</div> <div><ul style="list-style-type: none">• Christ Follower• Community Member• Called Servant</div> <div>A Definition</div> <div><i>Covenantal Relationship:</i> <i>One where relational expectations are defined and agreed upon.</i></div> <div>Reflective Question:</div> <div><i>To what degree do you define relational expectations in your life?</i></div> <div>Roles of the Category:</div> <div><i>Community Member:</i><ul style="list-style-type: none">• Inner Circle• Relative/Parent• Church Member• Mentee/Mentor• Ambassador/Friend</div>	<div>Truth 6: Biblical Community</div> <div><i>We need the love, fellowship, wisdom and accountability of Christ-centered covenant relationships to keep us on track and growing.</i></div> <div></div> <div></div> <div></div> <div><i>Galatians 6:1-10</i></div> <div><p>“Brothers, if someone is caught in a sin, you who are spiritual should restore him gently. But watch yourself, or you also may be tempted. ² Carry each other’s burdens, and in this way you will fulfill the law of Christ. ³ If anyone thinks he is something when he is nothing, he deceives himself. ⁴ Each one should test his own actions. Then he can take pride in himself, without comparing himself to somebody else, ⁵ for each one should carry his own load. ⁶ Anyone who receives instruction in the word must share all good things with his instructor. ⁷ Do not be deceived: God cannot be mocked. A man reaps what he sows. ⁸ The one who sows to please his sinful nature, from that nature will reap destruction; the one who sows to please the Spirit, from the Spirit will reap eternal life. ⁹ Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up. ¹⁰ Therefore, as we have opportunity, let us do good to all people, especially to those who belong to the family of believers.”</p></div> <div>Inner Circle - Peer Mentors</div> <div><p>For those of us who are married, our first role is that of being a spouse or having relational oneness. For those of us who are single, it is being single and relating to our great friends. These are our most trusted and intimate relationships outside of our relationship with God. Some would call them soulmates, for they desire to see God’s best for us and from us.</p></div> <div><p>Because the people in our inner circle are the most trusted and feel the most secure, they unfortunately are the first relationships that we are most likely to neglect when life gets too busy. Second only to our time with God, these relationships need to be the next biggest rock in our life. Like the “Big Rocks” illustration we used when talking about priorities, these relationships are “big rocks” in our lives.</p></div>	Life Spring Network
		For more resources, thoughts, and discussion about this session, please visit www.lifespringnetwork.org
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Session 3: Connecting with Community

Reflective Question:

*How do your soulmates/friends
function in your life?*

Matthew 17:1-3

“After six days Jesus took with him Peter, James and John the brother of James, and led them up a high mountain by themselves. ² There he was transfigured before them. His face shone like the sun, and his clothes became as white as the light. ³ Just then there appeared before them Moses and Elijah, talking with Jesus”

Disciplines for the role of Inner Circle:

Daily Relating:

Submission, Fellowship, Chastity, Celebration, Guidance, Intercession, Hospitality and Confession.

Praying for and building relationships with our spouses and/or great friends.

Relative/Parent

These are the relationships in our lives we are responsible to and for. We are responsible to honor our parents and responsible for our children.

Proverbs 22:6

“Train a child in the way he should go, and when he is old he will not turn from it.”

Ephesians 6:4

“Fathers, do not exasperate your children; instead, bring them up in the training and instruction of the Lord.”

Ephesians 6:1

“Children, obey your parents in the Lord, for this is right.”

Disciplines for the role of Relative/Parent:

Daily and Weekly Relating

Fellowship, Guidance, Sacrifice, Intercession, Celebration, Hospitality and Submission.

Consistently praying for and connecting with our parents, relatives and children if appropriate.

Roles of the Category:

Community Member:

- Inner Circle
- **Relative/Parent**
- Church Member
- Mentee/Mentor
- Ambassador/Friend

Session 3: Connecting with Community

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Roles of the Category:

Community Member:

- Inner Circle
- Relative/Parent
- **Church Member**
- Mentee/Mentor
- Ambassador/Friend

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.

“When we honestly ask ourselves which person in our lives means the most to us, we often find that it is those who, instead of giving advice, solutions, or cures, have chosen rather to share our pain and touch our wounds with a warm and tender hand.”

– Henri Nouwen



Church Member

Following Christ together with other brothers and sisters in Christ in covenant community is essential for us to realize the love and variety that God desires for us all to experience.

The Seven Values of Abundant Living and Contagious Christian Community (Acts 2:42-47)

Acts 2:42-47	Value
⁴² “They devoted themselves to the apostles’ teaching and to the fellowship, to the breaking of bread and to prayer.	Growth Group Grace Guidance
⁴³ Everyone was filled with awe, and many wonders and miraculous signs were done by the apostles.	Gifts
⁴⁴ All believers were together and had everything in common. ⁴⁵ Selling their possessions and goods they gave to anyone as he had need.	Good Stewardship
⁴⁶ Every day they continued to meet together in the temple courts. They broke bread in their homes and ate together with glad and sincere hearts, ⁴⁷ praising God and enjoying the favor of all of the people. And the Lord added to their number daily those who were being saved.	Glorification Grace

The “One Anothers” of Scripture

The “One Anothers” of Scripture define God’s desire for how we should intentionally relate to one another. Don’t assume this will happen naturally. We get the privilege of inviting others to join this life-giving community. There is nothing like a Biblically functioning community when it is functioning well. (See Appendix E for a full listing of the “One Anothers” of Scripture.)

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

Session 3: Connecting with Community

"In our day heaven and earth are on tiptoe waiting for the emerging of a Spirit-led, Spirit-intoxicated, Spirit-empowered people. All of creation watches expectantly for the springing up of a disciplined, freely gathered, martyr people who know in this life the life and power of the kingdom of God. It has happened before. It can happen again..."

Such a people will not emerge until there is among us a deeper, more profound experience of an Emmanuel of the Spirit – God with us, a knowledge that in the power of the Spirit Jesus has come to guide His people Himself, an experience of His leading that is as definite and as immediate as the cloud by day and fire by night."

— Richard Foster

Reflective Question:

How does this picture of the early church compare with the churches that you are familiar with today?

Dealing with Sin in the Church

In order to deal with sin against one another in the church Jesus has provided us a model of how to confront one another and move towards healing, reconciliation and peace in Matthew 18:15-20.

By moving through this process with one another we can reverse the effects of the curse that has been brought to bear on our lives through one another's sins and maintain the unity of the church through forgiveness, healing and restoration of trust as we move towards reconciliation.

Matthew 18:15-20

¹⁵ "If your brother sins against you, go and show him his fault, just between the two of you. If he listens to you, you have won your brother over. ¹⁶ But if he will not listen, take one or two others along, so that 'every matter may be established by the testimony of two or three witnesses.' ¹⁷ If he refuses to listen to them, tell it to the church; and if he refuses to listen even to the church, treat him as you would a pagan or a tax collector. ¹⁸ "I tell you the truth, whatever you bind on earth will be bound in heaven, and whatever you loose on earth will be loosed in heaven. ¹⁹ "Again, I tell you that if two of you on earth agree about anything you ask for, it will be done for you by my Father in heaven. ²⁰ For where two or three come together in my name, there am I with them."

Disciplines for the role of Church Member:

Weekly Small Groups: fellowship, hospitality, intercession, and confession.

Worship Services: assembling, celebration, worship, singing, confession and teaching.

Session 3: Connecting with Community

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Roles of the Category:

Community Member:

- Inner Circle
- Relative/Parent
- Church Member
- **Mentee/Mentor**
- Ambassador/Friend

Mentee/Mentor

It should be our goal to willingly learn from those who are wiser than we are and then be God's conduit of wisdom for others as He leads.

Proverbs 15:22

"Plans fail for lack of counsel, but with many advisers they succeed."

Mentoring: A Definition

Christian Mentoring is an intentional relational process where someone is guided, empowered, and encouraged by God through another to embrace God's presence, steward life from God's perspective and realize his/her potential through God's power.

There are Four different types of mentors:

- Intensive Mentor,
- Occasional Mentor
- Passive Mentor
- Peer Mentor

Those We Mentor

Mentoring is a dialogue and God will challenge us through the interaction of those we mentor.

1 Thessalonians 5:11-13

"Therefore encourage one another and build each other up, just as in fact you are doing. ¹² Now we ask you, brothers, to respect those who work hard among you, who are over you in the Lord and who admonish you. ¹³ Hold them in the highest regard in love because of their work. Live in peace with each other."

Disciplines for the role of Mentee/Mentor:

Weekly, monthly, or quarterly mentoring relationships: guidance, confession, planning, teaching and submission.

"Statistics tell us that 90% of what is said in a sermon is forgotten in 24 hours. So if you are banking on growing in your faith life by hearing sermons, your growth will be anemic at best."

— Jason Pankau



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

Session 3: Connecting with Community

Roles of the Category:

Community Member:

- Inner Circle
- Relative/Parent
- Church Member
- Mentee/Mentor
- **Ambassador/Friend**

Ambassador/Friend

As God's ambassadors we are commissioned to reach out and share God's love with the people we come into contact.

2 Corinthians 5:16-21

"So from now on we regard no one from a worldly point of view. Though we once regarded Christ in this way, we do so no longer. ¹⁷ Therefore, if anyone is in Christ, he is a new creation; the old has gone, the new has come! ¹⁸ All this is from God, who reconciled us to himself through Christ and gave us the ministry of reconciliation: ¹⁹ that God was reconciling the world to himself in Christ, not counting men's sins against them. And he has committed to us the message of reconciliation. ²⁰ We are therefore Christ's ambassadors, as though God were making his appeal through us. We implore you on Christ's behalf: Be reconciled to God. ²¹ God made him who had no sin to be sin for us, so that in him we might become the righteousness of God."

"You don't have to beat them over the head with the Gospel. You can just live your life in the power of the Holy Spirit and let God love people through you."
— Jason Pankau

Turning our world of relationships upside down.

We are called to show the world God's design for relationships: not based on what we can get from one another but rather on loving people for who they are and sharing with them God's grace and truth.

Session 3: Connecting with Community

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*“The friend who can be silent with us
in a moment of despair or confusion,
who can stay with us in an hour of
grief and bereavement, who can tolerate
not knowing...not healing, not curing...
that is a friend who cares.”*

– Henri Nouwen

1 Peter 3:13-16

“Who is going to harm you if you are eager to do good? ¹⁴ But even if you should suffer for what is right, you are blessed. Do not fear what they fear; do not be frightened. ¹⁵ But in your hearts set apart Christ as Lord. Always be prepared to give an answer to everyone who asks you to give the reason for the hope that you have. But do this with gentleness and respect, ¹⁶ keeping a clear conscience, so that those who speak maliciously against your good behavior in Christ may be ashamed of their slander.”

Disciplines for the role of Ambassador/Friend:

Daily friendship evangelism, intercession, and hospitality.

Living as an ambassador for Christ through regular prayer for and connection with friends God brings our way and sharing the gospel with them in word and deed.

Regular involvement in our local community and civic organizations. Sharing the love of God with them in word and deed.

Reflective Question:

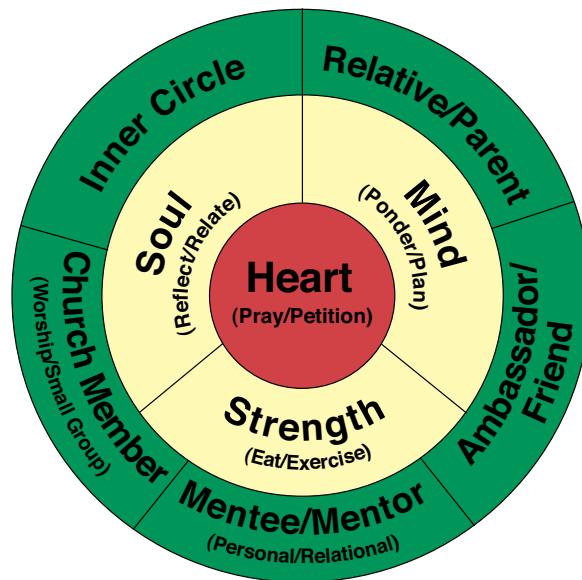
*What does representing Christ
“well” look like?*



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Session 3: Connecting with Community

Identity Roles Diagram: Christ Follower & Community Member™



Summary of Disciplines

Inner Circle: Daily Relating-
Submission, Fellowship, Chastity, Celebration, Guidance, Intercession,
Hospitality, and Confession.

Relative/Parent: Daily and Weekly Relating -
Fellowship, Guidance, Sacrifice, Intercession, Celebration, Hospitality
and Submission.

Church Family: Weekly Small Group and Worship Services -
Fellowship, Hospitality, Intercession, Confession, Teaching, Assembling,
Worship, Singing and Celebration.

Mentor/Mentee: Weekly, Monthly or Quarterly Mentoring -
Guidance, Confession, Planning, Teaching and Submission.

Ambassador/Friend: Daily Relating -
Friendship Evangelism, Intercession, and Hospitality.

Session 3: Connecting with Community

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Session 3 - Homework Focus

To cultivate a lifestyle of covenant community engagement.

1. Journal through the discussion and reflection questions in your workbook and complete the daily devotions.
2. In your Personal Growth Plan:
 - Complete the Spiritual Disciplines Evaluation.
 - Complete the Life Plan Worksheet.

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

Session 3: Connecting with Community

Discussion and Reflection Questions

1. What has your experience living in covenant relationships been like in your life?
How do you think it can get better?

2. Are you living in covenant community with others in God's family? If so, describe the difference being a member of God's family has made in your life? If not, what has your experience with Christian community been like in your life?

3. What in Matthew 18:15-20 stood out to you the most and how will you handle conflict with others in the church differently as a result?

4. What has your experience with spiritual and relational mentors been like in your life?

5. Do you take seriously the commission to be Christ's ambassador in this world to the people with whom you come into contact? What is your plan for growing as an ambassador/friend?

Session 3: Connecting with Community

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

Day 1: Read Galatians 6:1-6 and Matthew 17:1-3. Write down your reflections below.

Day 2: Read Proverbs 22:6, Ephesians 6:4 and Ephesians 6:1. Write down your reflections below.

Day 3: Read Acts 2:42-47 and Matthew 18:15-20. Write down your reflections below.

Day 4: Read Proverbs 15:22 and 1 Thessalonians 5:11-13. Write down your reflections below.

Day 5: Read 2 Corinthians 5:16-21 and 1 Peter 3:13-16. Write down your reflections below.

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

Session 3: Personal Growth Plan

Spiritual Disciplines Evaluation

There are 36 Spiritual Disciplines that we promote throughout the Delta and Omega Course Journey. Spend time assessing your practice of the spiritual disciplines mentioned in this session. There will be overlap where certain disciplines can help us in more than one aspect of our being or in more than one role of our lives. Look at the simplified definitions for clarification as to their meaning and rate yourself according to the following scale.

1 = Never practice, 2 = Need to practice more,
3 = In a good rhythm, 4 = Being over practiced, 5 = Not during this season.

Disciplines	Rating (1-5)
Submission	
Fellowship	
Chastity	
Celebration	
Guidance	
Intercessory Prayer	
Hospitality	
Confession	
Sacrifice	
Secrecy	
Teaching	
Service	
Simplicity	
Assembling	
Worship	
Singing	
Planning	
Friendship Evangelism	

List the disciplines that need the most attention and why.

Spiritual Disciplines

(Simplified Definitions)

Submission - Giving up our way in favor of someone else's. Engaging in the highest level of fellowship in acts of humility, complete honesty, transparency and at times confession and restitution.

Fellowship - Being with others in ways that help us grow in our faith. Engaging in common activities of worship, study, prayer, celebration and service with other disciples.

Chastity - Purposely turning away from dwelling upon or engaging in the sexual dimension of our relationships to others - even our husbands or wives.

Celebration - Focusing on God's work in the world and in our lives. Drawing joy and strength as we recognize God's faithfulness in our lives.

Guidance (Counseling, Life Coaching) - Seeking and giving guidance to others in and through counseling and mentoring relationships, seeking to discern God's wisdom for life.

Intercessory Prayer - Praying with the real hope and real intent that God would step in and act for the positive advancement of some specific other person(s).

Hospitality - Showing kindness to friends and strangers, which often results in blessing, at home or in other places.

Confession - Telling the truth about what we've done and admitting our responsibility so we can experience true forgiveness.

Sacrifice - Abstaining from the possession or enjoyment of what is necessary for our living. It forsakes the security of meeting our needs with what is in our hands; it is total abandonment to God.

Secrecy - Abstaining from causing our good deeds and qualities to be known. Taking steps to prevent them from being known.

Teaching - The instruction of other believers in godliness. To move out in the guidance and power of the Spirit to teach others how to live their faith.

Service - Humbly giving yourself and expecting nothing in return. Engaging our goods and strength in the active promotion of the good of others and the cause of God in our world.

Simplicity - Characterized by 3 attitudes: everything I have is a gift from God; everything I have will be taken care of by God; everything I have is available to others. The heart of simplicity is to have one goal, to be about one thing - the kingdom of God.

Assembling - Gathering with the covenant community. Making the gathering of God's family a priority in our lives.

Worship - Finding ways to tell God all that he is worth to you. Engaging ourselves with, dwelling upon, and expressing the greatness, beauty and goodness of God through the use of words, rituals and symbols.

Singing - Praising God and being edified through song.

Planning (Life Stewardship) - Seeking wisdom as to how we should steward our lives from God's perspective by discerning and synthesizing how we sense God leading us.

Friendship Evangelism - The discipline of relationship excellence. Relating to people with God's grace and truth, especially those who are not walking in relationship with God.

Session 3: Personal Growth Plan

Life Plan - Daily, Weekly, Monthly and Quarterly Disciplines

Create a plan to increase your connection to Community by using the different roles and disciplines provided and deciding what you are going to engage in on a daily, weekly, monthly, or quarterly basis.

Community (Relational) Roles	Daily Disciplines
Inner Circle: Daily Relating- Submission, Fellowship, Chastity, Celebration, Guidance, Intercession, Hospitality, and Confession.	
Relative/Parent: Daily and Weekly Relating - Fellowship, Guidance, Sacrifice, Intercession, Celebration, Hospitality and Submission.	
Church Family: Weekly Small Group and Worship - Fellowship, Hospitality, Intercession, Confession, Teaching, Assembling, Worship, Singing and Celebration.	
Mentor/Mentee: Weekly, Monthly or Quarterly - Guidance, Confession, Planning Teaching and Submission.	
Ambassador/Friend: Daily Relating - Friendship Evangelism, Intercession, and Hospitality.	

Weekly Disciplines	Monthly and Quarterly Disciplines



Session 4

Connecting with Calling

Session 4: Connecting with Calling

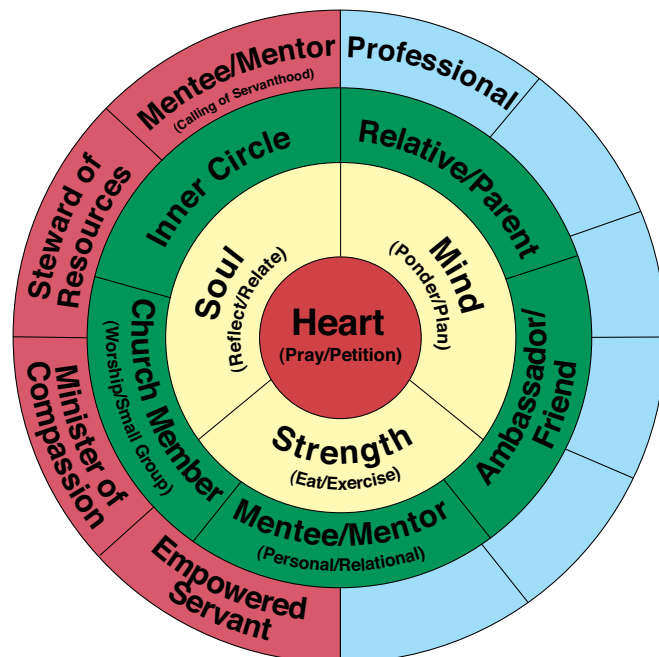
Life Focus Process - Level 1: Clarify God's Mission for Our Lives

God's Mission for Our Lives:

- Vision
- Priorities
- Values
- Identity Roles



Identity Roles Diagram: Called Servant™



Session 4: Connecting with Calling

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Reflective Question:

How do these texts help us to replicate the DNA of the original disciples?

Truth 7: Calling

God has called and equipped each person to function interdependently with others in a concerted effort to express His love to the world.

Ephesians 2:8-10

“For it is by grace you have been saved, through faith – and this not from yourselves, it is the gift of God – ⁹ not by works, so that no one can boast. ¹⁰ For we are God’s workmanship, created in Christ Jesus to do good works, which God prepared in advance for us to do.”

2 Thessalonians 1:11-12

“With this in mind, we constantly pray for you, that our God may count you worthy of his calling, and that by his power he may fulfill every good purpose of yours and every act prompted by your faith. ¹² We pray this so that the name of our Lord Jesus may be glorified in you, and you in him, according to the grace of our God and the Lord Jesus Christ.”

Omega Course: For more information about the five roles of the called servant category see Sessions 9, 10, 11 and 12 of the Omega Course.



Truth 8: Servanthood

In serving one another with our lives, we become free and express significant transforming love!

John 13:1-17

“It was just before the Passover Feast. Jesus knew that the time had come for him to leave this world and go to the Father. Having loved his own who were in the world, he now showed them the full extent of his love. ² The evening meal was being served, and the devil had already prompted Judas Iscariot, son of Simon, to betray Jesus. ³ Jesus knew that the Father had put all things under his power, and that he had come from God and

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

Session 4: Connecting with Calling

“What would it look like if we were comfortable letting each other take the reins of leadership according to his or her maturity and gifting? What if we truly became a community of servants submitted to God in us and God in one another?”

— Jason Pankau

Identity Role Categories:

- Christ Follower
- Community Member
- **Called Servant**

Roles of the Category:

Called Servant:

- **Minister of Compassion**
- Steward of Resources
- Empowered Servant
- Calling Mentee/Mentor
- Professional Roles

was returning to God; ⁴ so he got up from the meal, took off his outer clothing, and wrapped a towel around his waist. ⁵ After that, he poured water into a basin and began to wash his disciples' feet, drying them with the towel that was wrapped around him. ⁶ He came to Simon Peter, who said to him, “Lord, are you going to wash my feet?” ⁷ Jesus replied, “You do not realize now what I am doing, but later you will understand.” ⁸ “No,” said Peter, “you shall never wash my feet.” Jesus answered, “Unless I wash you, you have no part with me.” ⁹ “Then, Lord,” Simon Peter replied, “not just my feet but my hands and my head as well!” ¹⁰ Jesus answered, “A person who has had a bath needs only to wash his feet; his whole body is clean. And you are clean, though not every one of you.” ¹¹ For he knew who was going to betray him, and that was why he said not every one was clean. ¹² When he had finished washing their feet, he put on his clothes and returned to his place. “Do you understand what I have done for you?” he asked them. ¹³ “You call me ‘Teacher’ and ‘Lord,’ and rightly so, for that is what I am. ¹⁴ Now that I, your Lord and Teacher, have washed your feet, you also should wash one another’s feet. ¹⁵ I have set you an example that you should do as I have done for you. ¹⁶ I tell you the truth, no servant is greater than his master, nor is a messenger greater than the one who sent him. ¹⁷ Now that you know these things, you will be blessed if you do them.”

We will explore five roles in our multi-dimensional calling of Servanthood:

- Minister of Compassion
 - Steward of Resources
 - Empowered Servant
 - Calling Mentee/Mentor
 - Professional Roles
-
-
-
-
-
-
-

Session 4: Connecting with Calling

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Bonus Scripture: Isaiah 58:6-11

"Is not this the kind of fasting I have chosen: to loose the chains of injustice and untie the cords of the yoke, to set the oppressed free and break every yoke?

⁷Is it not to share your food with the hungry and to provide the poor wanderer with shelter when you see the naked, to clothe him, and not to turn away from your own flesh and blood? ⁸Then your light will break forth like the dawn, and your healing will quickly appear; then your righteousness will go before you, and the glory of the LORD will be your rear guard. ⁹Then you will call, and the LORD will answer; you will cry for help, and he will say: Here am I. "If you do away with the yoke of oppression, with the pointing finger and malicious talk, ¹⁰and if you spend yourselves in behalf of the hungry and satisfy the needs of the oppressed, then your light will rise in the darkness, and your night will become like the noonday. ¹¹The LORD will guide you always; he will satisfy your needs in a sun-scorched land and will strengthen your frame. You will be like a well-watered garden, like a spring whose waters never fail."

Roles of the Category:

Called Servant:

- Minister of Compassion
- **Steward of Resources**
- Empowered Servant
- Calling Mentee/Mentor
- Professional Roles

Minister of Compassion

We are called to serve the poor among us. Our compassion for the "poor" and appreciation of God's blessings on our lives increases when we intentionally serve those less fortunate than ourselves with our lives.

2 Corinthians 1:3-5

"Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, ⁴ who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves have received from God. ⁵ For just as the sufferings of Christ flow over into our lives, so also through Christ our comfort overflows."

Disciplines for the role of Minister of Compassion:

Service and Mission Projects -

Secrecy, Service and Sacrifice while serving the "poor in our world" and compassionately loving them as led by God. This includes but is not limited to visiting the sick and prisoners, and clothing and feeding those in need.

Steward of Resources

Our next role as a Called Servant is that of a Steward of Resources. We are stewards of the resources God entrusts to us.

We will consider five financial areas of being a Steward of Resources: Diligent Earners, Generous Givers, Wise Savers, Cautious Debtors, and Prudent Consumers. These five categories and definitions come from Dick Towner's Good Sense Counselor Training Workshop.⁶

Proverbs 13:22

"A good man leaves an inheritance to his children's children, And the wealth of the sinner is stored up for the righteous."

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

Session 4: Connecting with Calling

Titus 3:14

“Our people must learn to devote themselves to doing what is good, in order that they may provide for daily necessities and not live unproductive lives.”

1 Timothy 5:8

“If anyone does not provide for his relatives, and especially for his immediate family, he has denied the faith and is worse than an unbeliever.”

Aspects of the Role: Steward of Resources

- Diligent Earners
- Generous Givers
- Wise Savers
- Cautious Debtors
- Prudent Consumers

Life Spring Network has developed a seminar called **Making Cent\$** that will help you dig deeper into your role as a **Steward of Resources**.

Diligent Earners

The Diligent Earner is one who works with commitment, purpose and a grateful attitude.

Generous Givers

The Generous Giver is one who gives with an obedient will, a joyful attitude and a compassionate heart.

Wise Savers

The Wise Saver is one who builds, preserves and invests with discernment.

Cautious Debtors

The Cautious Debtor is one who avoids entering into debt, is careful and strategic when incurring debt, and always repays debt.

Prudent Consumers

The Prudent Consumer is one who enjoys the fruit of his/her labor yet guards against materialism.

Disciplines for the role of Steward of Resources:

Daily and Weekly Financial Stewardship - Simplicity, Frugality, Saving, Sacrifice and Giving (Including Tithing) while stewarding God's resources.

Session 4: Connecting with Calling

DELTA

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Roles of the Category:

Called Servant:

- Minister of Compassion
- Steward of Resources
- **Empowered Servant**
- Calling Mentee/Mentor
- Professional Roles

Empowered Servant

We are called to use our spiritual gifts and original abilities to build the church.

To be servants:

- In General, Universally
- Specifically, Uniquely

Being an Empowered Servant means you receive a “divine empowerment”- God showing up through you on the face of the earth in the power of the Holy Spirit.

What is a Spiritual Gift?

- A distinctive ability, given by the Holy Spirit to every Christian, according to God’s grace and design, for the purpose of building up the body of Christ.
- A God-given supernatural capacity that enables you to do an effective ministry.

Romans 12:3-8

“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 measure of faith God has given you. ⁴ Just as each of us has one body with many members, and these members do not all have the same function, ⁵ so in Christ we who are many form one body, and each member belongs to all the others. ⁶ We have different gifts, according to the grace given us. If a man’s gift is prophesying, let him use it in proportion to his faith. ⁷ If it is serving, let him serve; if it is teaching, let him teach; ⁸ if it is encouraging, let him encourage; if it is contributing to the needs of others, let him give generously; if it is leadership, let him govern diligently; if it is showing mercy, let him do it cheerfully.”



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

Session 4: Connecting with Calling

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.

How Many Gifts Are There?

The primary Scripture passages list 20 and there is Biblical support for at least 12 others. For simplified definitions, see the Know Thyself Retreat Day sessions.

Prophecy	Knowledge	Hospitality
Stewardship	Faith	Missionary
Teaching	Healing	Intercession
Miracles	Craftsmanship	Exhortation/Disciple Maker
Giving	Discernment	Music/Worship Leader
Leadership	Helps/Service	Creative Communication
Apostleship	Pastor/Shepherd	Mercy/Compassion
Wisdom	Tongues	Interpretation of Tongues
Evangelist	Deliverance	Administration
Martyrdom	Celibacy	Voluntary Poverty
Encouragement		Community Builder

Disciplines for the role of Empowered Servant:

Regular Serving on Ministry Teams -

Teaching, Service, Sacrifice and Fellowship.

Roles of the Category:

Called Servant:

- Minister of Compassion
- Steward of Resources
- Empowered Servant
- **Calling Mentee/Mentor**
- Professional Roles

Calling Mentee/Mentor

It should be our goal to willingly learn from those who are wiser than we are, then to be God's conduit of wisdom for others as He leads.

Proverbs 15:22

"Plans fail for lack of counsel, but with many advisers they succeed."

Disciplines for the role of Calling Mentee/Mentor:

Regular (Weekly, Monthly, or Quarterly) Apprentice-type Mentoring Relationships - Guidance, Confession, Planning, Teaching and Submission.

Session 4: Connecting with Calling

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Roles of the Category:

Called Servant:

- Minister of Compassion
- Steward of Resources
- Empowered Servant
- Calling Mentee/Mentor
- **Professional Roles**

Profession

Here is where we are called to work in a profession which can support our family financially.

This needs to be categorized individually so that we are focused.

Fill in the diagram on the next page according to the roles you play in your specific professional context. Note: Professional Mom 2006 salary: \$134,121.

2 Thessalonians 3:6-15

“In the name of the Lord Jesus Christ, we command you, brothers, to keep away from every brother who is idle and does not live according to the teaching you received from us. ⁷ For you yourselves know how you ought to follow our example. We were not idle when we were with you, ⁸ nor did we eat anyone’s food without paying for it. On the contrary, we worked night and day, laboring and toiling so that we would not be a burden to any of you. ⁹ We did this, not because we do not have the right to such help, but in order to make ourselves a model for you to follow. ¹⁰ For even when we were with you, we gave you this rule: “If a man will not work, he shall not eat.” ¹¹ We hear that some among you are idle. They are not busy; they are busybodies. ¹² Such people we command and urge in the Lord Jesus Christ to settle down and earn the bread they eat. ¹³ And as for you, brothers, never tire of doing what is right. ¹⁴ If anyone does not obey our instruction in this letter, take special note of him. Do not associate with him, in order that he may feel ashamed. ¹⁵ Yet do not regard him as an enemy, but warn him as a brother.”

Reflective Question:

Why do you think nothing lives in the Dead Sea?

Disciplines for the role of Professional:

Working a Job - Diligent Earning through faithful accomplishment of tasks and Friendship Evangelism through relationship excellence while serving as unto the Lord.



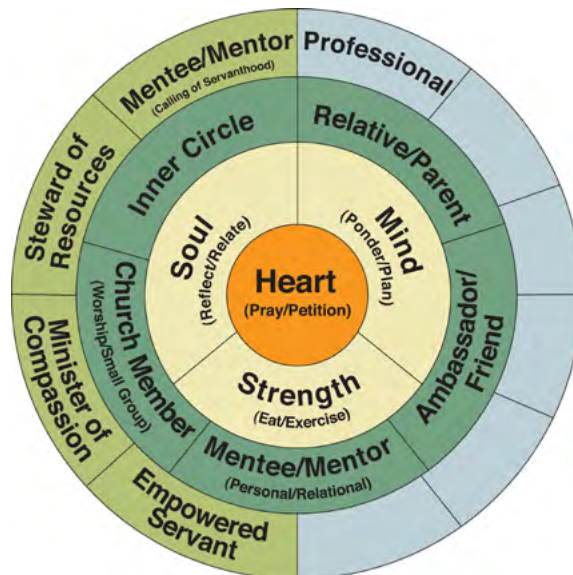
For more resources, thoughts, and discussion about this session, please visit www.lifespringnetwork.org

Session 4: Connecting with Calling

Your Personal Mission Statement

To CONNECT in real loving relationship, with God through Jesus CHRIST in the power of the Holy Spirit (Heart, Soul, Mind, and Strength), with others in contagious Christian COMMUNITY (Inner Circle, Relative/Parent, Church Member, Mentee/Mentor, and Ambassador/Friend) and with my CALLING of Servanthood in the World (Minister of Compassion, Steward of Resources, Empowered Servant, Calling Mentee/Mentor and in my Profession as a _____):

Different roles within your profession:



Session 4 - Homework Focus

To cultivate a lifestyle of empowered servanthood.

1. Journal through the discussion and reflection questions in your workbook and complete the daily devotions.
2. In your Personal Growth Plan:
 - Complete the Life Focus Worksheet.
 - Complete the Spiritual Disciplines Evaluation.
 - Complete the Life Plan Worksheets.
3. Share these findings with a mentor and ask them to help you discern how God is calling you to grow.

Discussion and Reflection

1. Calling – What does it mean to live a life worthy of His calling?

2. Have you ever experienced the power of servanthood in your life? If so, explain.

3. How has God prompted you to serve others as a minister of compassion in your life?

4. What is your experience as an empowered servant in this world been like?

5. What has your experience been like with mentoring in the different areas of your calling?

6. In your profession, do you feel the tension of serving unto the Lord? Describe what this struggle is like in your life these days.

Session 4: Personal Growth Plan

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

Day 1: Read Ephesians 2:8-10 and 2 Thessalonians 1:11-12. Write down your reflections below.

Day 2: Read John 13:1-17 and write down your reflections below.

Day 3: Read 2 Corinthians 1:3-5 and Isaiah 58:6-11. Write down your reflections below.

Day 4: Read Proverbs 13:22, Titus 3:14 and 1 Timothy 5:8. Write down your reflections below.

Day 5: Read Romans 12:3-8, Proverbs 15:22 and 2 Thessalonians 3:6-15. Write down your reflections below.

Life Focus Worksheet

Your Personal Mission Statement



To CONNECT in real loving relationship, with God through Jesus CHRIST, (Heart, Soul, Mind, and Strength) with others in contagious Christian COMMUNITY, (Inner Circle, Relative/Parent, Church Member, Mentee/Mentor, and Ambassador/Friend) and with my CALLING of Servanthood (Minister of Compassion, Steward of Resources, Empowered Servant, Calling Mentee/Mentor) and in my Profession as a

Professional Role: _____
 Professional Role: _____
 Professional Role: _____
 Professional Role: _____

Life Focus Questions

Out of the fourteen aspects of our being and identity roles that we have studied in the past four sessions, what are the three roles in your life that need the most attention over the next three months? What, specifically, do you intend to do to address these?

ROLE:

ROLE:

ROLE:

Session 4: Personal Growth Plan

Spiritual Disciplines Evaluation

There are 36 Spiritual Disciplines that we promote throughout the Delta and Omega Course Journey. Spend time assessing your practice of the spiritual disciplines mentioned in this session. There will be overlap where certain disciplines can help us in more than one aspect of our being or in more than one role of our lives. Look at the simplified definitions for clarification as to their meaning and rate yourself according to the following scale.

1 = Never practice, 2 = Need to practice more,
3 = In a good rhythm, 4 = Being over practiced, 5 = Not during this season.

Disciplines	Rating (1-5)
Secrecy	
Service	
Hospitality	
Sacrifice	
Simplicity	
Frugality	
Saving	
Giving	
Fellowship	
Guidance	
Confession	
Planning	
Teaching	
Submission	
Diligent Earning	
Saving	
Friendship Evangelism	
Friendship Evangelism	

List the disciplines that need the most attention and why.

Spiritual Disciplines

(Simplified Definitions)

Secrecy - Abstaining from causing our good deeds and qualities to be known. Taking steps to prevent them from being known.

Service - Humbly giving yourself and expecting nothing in return. Engaging our goods and strength in the active promotion of the good of others and the cause of God in our world.

Hospitality - Showing kindness to friends and strangers, which often results in blessing, at home or in other places.

Sacrifice - Abstaining from the possession or enjoyment of what is necessary for our living. It forsakes the security of meeting our needs with what is in our hands; it is total abandonment to God.

Simplicity - Characterized by 3 attitudes: everything I have is a gift from God; everything I have will be taken care of by God; everything I have is available to others. The heart of simplicity is to have one goal, to be about one thing - the kingdom of God.

Frugality - Abstaining from using money or goods at our disposal in ways that merely gratify our desires or our hunger for status, glamour or luxury.

Saving - Purposely living on less than you earn in order to save for future needs.

Giving (Including Tithing) - Giving our resources to promote Christ's case in the world. Giving with an obedient will, a joyful attitude and a compassionate heart.

Fellowship - Being with others in ways that help us grow in our faith. Engaging in common activities of worship, study, prayer, celebration and service with other disciples.

Guidance (Counseling, Life Coaching) - Seeking and giving guidance to others in and through counseling and mentoring relationships, seeking to discern God's wisdom for life.

Confession - Telling the truth about what we've done and admitting our responsibility so we can experience true forgiveness.

Planning (Life Stewardship) - Seeking wisdom as to how we should steward our lives from God's perspective by discerning and synthesizing how we sense God leading us.

Teaching - The instruction of other believers in godliness. To move out in the guidance and power of the Spirit to teach others how to live their faith.

Submission - Giving up our way in favor of someone else's. Engaging in the highest level of fellowship in acts of humility, complete honesty, transparency and at times confession and restitution.

Diligent Earning - Working purposely to obtain resources that can support your family and others financially.

Saving - Purposely living on less than you earn in order to save for future needs.

Friendship Evangelism - The discipline of relationship excellence. Relating to people with God's grace and truth, especially those who are not walking in relationship with God.

Session 4: Personal Growth Plan

Life Plan - Daily, Weekly, Monthly and Quarterly Disciplines

Create a plan to increase your connection to Calling by using the different roles and disciplines provided and deciding what you are going to engage in on a daily, weekly, monthly, or quarterly basis.

Calling of Servanthood Roles	Daily Disciplines
Minister of Compassion: Service and Mission Projects - Secrecy, Service, Hospitality and Sacrifice	
Steward of Resources: Simplicity, Frugality, Saving, Sacrifice and Giving (Including Tithing)	
Empowered Servant: Serving on Ministry Teams - Teaching, Service, Sacrifice and Fellowship.	
Calling Mentor/Mentee: Guidance, Confession, Planning, Teaching and Submission.	
Professional Role: Diligent Earning and Friendship Evangelism.	
Professional Role:	
Professional Role:	
Professional Role:	
Professional Role:	

Weekly Disciplines	Monthly and Quarterly Disciplines

Life Plan - Model Week Worksheet

Using your Life Plan Worksheets from Sessions 2, 3 and 4 and the chart below, create a plan for when you will engage in the daily and weekly disciplines you identified. In essence, you are creating a picture of an ideal week. Try to be wise about what will work for you. In the process of building this picture of a model week, you will discover conflicts with your current normal week. Write down what you discover on the next page.

Time	Sunday /	Monday /	Tuesday /	Wed /	Thursday /	Friday /	Saturday /
1:00							
2:00							
3:00							
4:00							
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12:00							

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Write down any conflicts between your current “normal” schedule, Personal Growth Plan homework session 1, and what you have created in your Model Week Worksheet.

[illegible]



Session 5

The Journey of Transformation

Session 5: The Journey of Transformation

"Much of what we hear about Christianity is information and maybe inspiration - not as much transformation - and that is what God is really after."
— Jason Pankau

Doctrinal Reminder:

In our flesh we can't choose good. God enables us to choose good things in and for our lives through the active work of the Holy Spirit. Because of this, He gets the Glory even for the process (the desiring, the seeking, the deciding) of choosing good. Rev. Dr. Martin Luther stated it this way in explaining the role of the Holy Spirit in our lives: I believe that I cannot by my own reason or strength believe in Jesus Christ my Lord or come to Him; but the Holy Spirit has called me by the Gospel, enlightened me with His gifts, sanctified and kept me in the true faith.

Omega Course: For more information about the Journey of Transformation see Sessions 13, 14, 15 and 16 of the Omega Course.

Life Focus Process - Level 2: Commit to Transformation



Truth 9: Transformation

We must choose to submit ourselves to God's mission and His transforming power, if we are going to experience more abundance in life.

Transformation

The abundant life that Jesus is calling us to doesn't just happen right away. It involves a process of becoming more like Him by becoming more submitted to His guidance and empowering presence.

John 3:16-21

"For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life. ¹⁷ For God did not send his Son into the world to condemn the world, but to save the world through him. ¹⁸ Whoever believes in him is not condemned, but whoever does not believe stands condemned already because he has not believed in the name of God's one and only Son. ¹⁹ This is the verdict: Light has come into the world, but men loved darkness instead of light because their deeds were evil. ²⁰ Everyone who does evil hates the light, and will not come into the light for fear that his deeds will be exposed. ²¹ But whoever lives by the truth comes into the light, so that it may be seen plainly that what he has done has been done through God."

Session 5: The Journey of Transformation

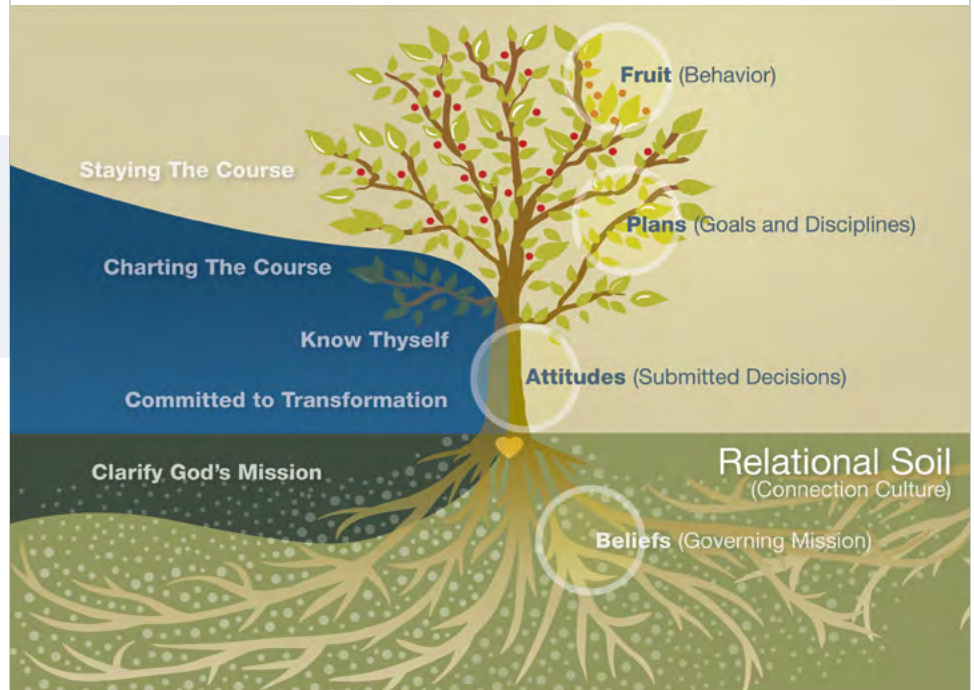
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Reflective Question:

What does it mean to you to be “transformed?”

Entering Into The Light



Acts 26:17-18

“I am sending you to them ¹⁸ to open their eyes and turn them from darkness to light, and from the power of Satan to God, so that they may receive forgiveness of sins and a place among those who are sanctified by faith in me.”

Romans 12:1-3

“Therefore, I urge you, brothers, in view of God’s mercy, to offer your bodies as living sacrifices, holy and pleasing to God – this is your spiritual act of worship. ² Do not conform any longer 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. ³ 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 measure of faith God has given you.”



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

Session 5: The Journey of Transformation

Remember:

Transformation is not a solo project. It is a journey that requires the community of faith.

Ephesians 5:8-14

“For you were once darkness, but now you are light in the Lord. Live as children of light ⁹ (for the fruit of the light consists in all goodness, righteousness and truth) ¹⁰ and find out what pleases the Lord. ¹¹ Have nothing to do with the fruitless deeds of darkness, but rather expose them. ¹² For it is shameful even to mention what the disobedient do in secret. ¹³ But everything exposed by the light becomes visible, ¹⁴ for it is light that makes everything visible. This is why it is said: “Wake up, O sleeper, rise from the dead, and Christ will shine on you.”

2 Corinthians 4:4-6

“The god of this age has blinded the minds of unbelievers, so that they cannot see the light of the gospel of the glory of Christ, who is the image of God. ⁵ For we do not preach ourselves, but Jesus Christ as Lord, and ourselves as your servants for Jesus’ sake. ⁶ For God, who said, “Let light shine out of darkness,” made his light shine in our hearts to give us the light of the knowledge of the glory of God in the face of Christ.”

1 John 2:9-11

“Anyone who claims to be in the light but hates his brother is still in the darkness. ¹⁰ Whoever loves his brother lives in the light, and there is nothing in him to make him stumble. ¹¹ But whoever hates his brother is in the darkness and walks around in the darkness; he does not know where he is going, because the darkness has blinded him.”

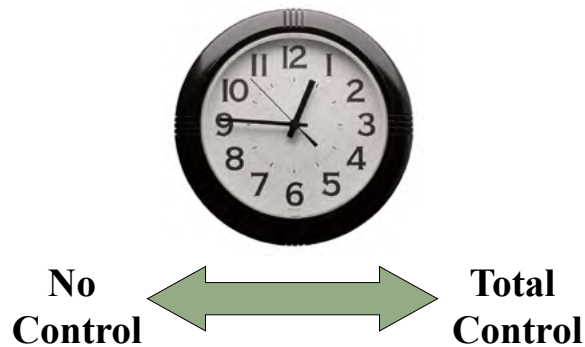
God Begins Transforming Us

We become new creatures with new devotion, priorities, and identities.

2 Corinthians 5:17

“Therefore, if anyone is in Christ, he is a new creation; the old has gone, the new has come.”

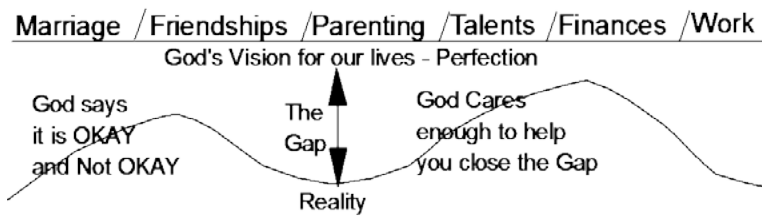
The Issue of Control



Our Need for Transformation: Understanding “The Gap”

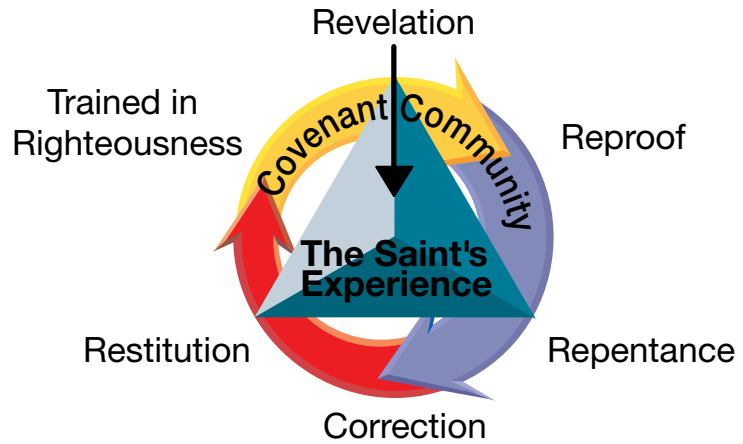
This is the gap that God wants to close - the difference between where you are and where He wants you to be: His Vision for your life. Many Christians try to do it like we do many other things: all on our own. However, transformation requires a life-on-life process where first you submit yourself to God and then to others.

Understanding the Gap



Session 5: The Journey of Transformation

The Cycle of Renewal⁷



2 Timothy 3:16-17

“All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness,¹⁷ so that the man of God may be thoroughly equipped for every good work.”

Revelation

Revelation from God leads the process.

Reproof or Rebuke

Reproof challenges our status quo.

Repentance

We can either agree with God and turn (repent) or disagree and, in essence, say “No. I don’t think you know better. I think I know better.” Sometimes God sends more revelation.

Remember:

Before Christianity was known as “Christianity” it was known as “The Way.”

Session 5: The Journey of Transformation

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Remember:

The 7 Values of Abundant Living: Groups of Biblically functioning community provide the optimal environment for life change.

Correction

This decision to change is followed by figuring out the appropriate corrections needed. The Biblical term here is actually a forensic term for resetting a bone.

Restitution

We make restitution for our sins by asking for forgiveness from those we have sinned against and behaving in accordance with the new directional correction. The process is short-circuited if you don't submit yourself to community.

Trained in Righteousness

Healing comes as part of your being trained in righteousness, which is a main goal of the faith. Without training we will drift a totally different way: toward selfishness and decline. Once you get a taste of God's training, you'll desire it more and more.

Put off the Old Nature...and Put on the New

In Christ we are new creations. It takes time to learn to walk in this new life in Christ. It is a journey and a process of being trained in righteousness.

Reflective Question:

How have you seen this cycle at work in your own life?



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

Session 5: The Journey of Transformation

Doctrinal Reminder:

In our flesh we can't choose good. God enables us to choose good things in and for our lives through the active work of the Holy Spirit. Because of this, He gets the Glory even for the process (the desiring, the seeking, the deciding) of choosing good. Rev. Dr. Martin Luther stated it this way in explaining the role of the Holy Spirit in our lives: I believe that I cannot by my own reason or strength believe in Jesus Christ my Lord or come to Him; but the Holy Spirit has called me by the Gospel, enlightened me with His gifts, sanctified and kept me in the true faith.

"Sometimes when it looks like your life is falling apart, God is simply trying to reconstruct the foundation upon which He can build a masterpiece."

– Jason Pankau

Reflective Question:

What is your favorite way to study the life of Christ?

Truth 10: Attitude

Choosing Godly attitudes brings focus to the journey of transformation and prepares us to experience and express love abundantly in any situation.

Attitudes are advance decisions about how we are going to desire, feel, think and act.

The Attitude of Jesus

Philippians 2:1-11

"If you have any encouragement from being united with Christ, if any comfort from his love, if any fellowship with the Spirit, if any tenderness and compassion, ² then make my joy complete by being like-minded, having the same love, being one in spirit and purpose. [**Grace**] ³ Do nothing out of selfish ambition or vain conceit, but in humility consider others better than yourselves. [**Group**] ⁴ Each of you should look not only to your own interests, but also to the interests of others. [**Good Stewardship**] ⁵ Your attitude should be the same as that of Christ Jesus: ⁶ Who, being in very nature God, did not consider equality with God something to be grasped [**Growth**], ⁷ but made himself nothing, taking the very nature of a servant [**Gifts**], being made in human likeness. ⁸ And being found in appearance as a man, he humbled himself and became obedient to death [**Guidance**] – even death on a cross! ⁹ Therefore God exalted him to the highest place and gave him the name that is above every name, ¹⁰ that at the name of Jesus every knee should bow, in heaven and on earth and under the earth, ¹¹ and every tongue confess that Jesus Christ is Lord, to the glory of God the Father" [**Glorification**].

Session 5: The Journey of Transformation

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The Seven Values of Abundant Living, The Promises of God and Godly Attitudes

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7 G's	The Promises of God	Godly Attitude
Guidance	God Promises His guidance to those who submit themselves to His Lordship and follow Him.	Enabled by God, I have decided that I need God's guidance in every aspect of my life and will live as His follower.
Growth	God promises to train and transform earnest disciples of God's righteous life.	Enabled by God, I have decided that I will live as a disciple, striving to become more like Jesus in every area of my life.
Grace	God promises His forgiveness to those who repent and live as His ambassadors in the world.	Enabled by God, I have decided that I will receive God's grace for my life and live as His ambassador of reconciliation in the world.
Good Stewardship	God promises His provision to those who depend on Him and steward life wisely.	Enabled by God, I have decided that life is a gift of time, talents and treasure that I will gratefully steward as God leads.
Glorification	God promises to glorify himself through reverent worshippers who serve His purposes!	Enabled by God, I have decided to live as a worshipper and glorify God in every aspect of my life.
Gifts	God promises His empowerment and protection to those who surrender to Him and serve through His strength.	Enabled by God, I have decided to live every day as an empowered servant, allowing God to express His love through me.
Group	God promises His love, peace and presence to members of His family.	Enabled by God, I have decided to live in covenant community as a member of God's family and welcome in all who desire to join.

The stars may fall, but God's promises will stand and be fulfilled.

--J. I. Packer

Truth 11: Reality

Our sinful nature combined with the influence of evil in the world co-conspire to lead us away from God, but God has provided all we need to stand against these forces and realize His abundant life.

[The Book of Ephesians; Romans 7 & 8]

Our sinful nature provides us with the tendency to want to do our will over the will of the Father. When we try to do otherwise, we often try to do it (or at least some portion of it) on our own. However, as Jesus observes, apart from Him we "can do nothing" (John 15:5b).



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

Session 5: The Journey of Transformation

"If you're not being trained by God then you're being trained by the world."

– Jason Pankau

We are Spiritual People

As we discussed earlier, being “spiritual” means that we have the ability to will, desire and to want. The “evil one” attacks our desire to do the will of God

- Directly or
- Indirectly (through another)

deceiving us from experiencing the abundant life in Christ, whereas, the Holy Spirit is ENCOURAGING us and as we abide in Him EMPOWERING us to follow God’s will.

Romans 7:19-25

“For what I do is not the good I want to do; no, the evil I do not want to do – this I keep on doing. ²⁰ Now if I do what I do not want to do, it is no longer I who do it, but it is sin living in me that does it. ²¹ So I find this law at work: When I want to do good, evil is right there with me. ²² For in my inner being I delight in God’s law; ²³ but I see another law at work in the members of my body, waging war against the law of my mind and making me a prisoner of the law of sin at work within my members. ²⁴ What a wretched man I am! Who will rescue me from this body of death? ²⁵ Thanks be to God – through Jesus Christ our Lord! So then, I myself in my mind am a slave to God’s law, but in the sinful nature a slave to the law of sin.”

Romans 8 goes on to talk about what life in the Spirit looks like according to God’s will. The Spirit of God is ENCOURAGING us, and as we abide in God, EMPOWERING us to follow God’s will. Hence, the struggle.

The old cartoon Tom and Jerry depicts this as an angel and demon on opposite shoulders speaking into our ears trying to influence us.

Session 5: The Journey of Transformation

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If we wait upon God, there is no danger. If we rush on, He must let us see the consequences of it.

--John Darby

Truth 12: Consequences

Actions taken and words spoken have profound consequences on our journey of transformation, either blessing or cursing our lives and the lives of those we touch.

Deuteronomy 30:15-20

"See, I set before you today life and prosperity, death and destruction. ¹⁶For I command you today to love the LORD your God, to walk in his ways, and to keep his commands, decrees and laws; then you will live and increase, and the LORD your God will bless you in the land you are entering to possess. ¹⁷ But if your heart turns away and you are not obedient, and if you are drawn away to bow down to other gods and worship them, ¹⁸ I declare to you this day that you will certainly be destroyed. You will not live long in the land you are crossing the Jordan to enter and possess. ¹⁹ This day I call heaven and earth as witnesses against you that I have set before you life and death, blessings and curses. Now choose life, so that you and your children may live ²⁰ and that you may love the LORD your God, listen to his voice, and hold fast to him. For the LORD is your life, and he will give you many years in the land he swore to give to your fathers, Abraham, Isaac and Jacob."

Galatians 6:7-10

"Do not be deceived: God cannot be mocked. A man reaps what he sows. ⁸ The one who sows to please his sinful nature, from that nature will reap destruction; the one who sows to please the Spirit, from the Spirit will reap eternal life. ⁹ Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up. ¹⁰ Therefore, as we have opportunity, let us do good to all people, especially to those who belong to the family of believers."



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

Session 5: The Journey of Transformation

The Cycle of Renewal - Holistic Transformation

Believing in the Lord Jesus with all our Heart, Soul, Mind and Strength means that we:

1. Embrace the revelation or feedback that God brings into our lives which convicts us of our sin and need for Him.
2. Change incorrect or negative beliefs through holistic Repentance: agreeing with God's will (Heart), healing of wounds (Soul), learning His truth (Mind) and calling upon His strength (Strength).
3. Embrace God's new correct beliefs (Desires, Feelings, Thoughts and Capabilities) for our lives by making amends or restitution to those we have wounded and engage our new training in righteousness.



2 Timothy 3:16-17 "All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, so that the man of God may be thoroughly equipped for every good work."

Session 5: The Journey of Transformation

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Session 5 - Homework Focus

To cultivate a lifestyle of transformation through daily submission to Jesus as Lord.

1. Journal through the discussion and reflection questions in your workbook and complete the daily devotions.
2. In your Personal Growth Plan:
 - Complete the Promises of God Worksheets.
 - Complete the Cycle of Renewal - Holistic Transformation Worksheet.
3. Share these findings with a mentor and ask them to help you invite God's guidance and power into this area of your life in order to better focus and prepare you for the journey of transformation.



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

Session 5: The Journey of Transformation

Discussion and Reflection

1. **Transformation** – Describe your journey with submitting to the guidance and power of God. Do you submit daily to God's guidance and power in your life? What stops you from doing this more frequently?

2. Does the pattern of your life follow the Cycle of Renewal? How are you short circuiting this process of being trained in righteousness?

3. **Attitude** – Comparing your attitude with the attitude of Jesus, how might you change to become more like Him?

4. **Reality** – Reflecting on the reality of Spiritual Warfare in your life, what are some ways that Satan and your sinful nature have co-conspired to lead you away from God's will for your life?

5. **Consequences** – Our choices will have an impact on our life and on our children. How have you experienced this in your life?

Session 5: The Journey of Transformation

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

Day 1: Read John 6:16-21, Acts 26:17-18 and Romans 12:1-3. Write down your reflections below.

Day 2: Read Ephesians 5:8-14 and 2 Corinthians 4:4-6. Write down your reflections below.

Day 3: Read 1 John 2:9-11, 2 Corinthians 5:17 and 2 Timothy 3:16-17. Write down your reflections below.

Day 4: Read Philippians 2:1-11 and Romans 7:19-25. Write down your reflections below.

Day 5: Read Deuteronomy 30:15-20 and Galatians 6:7-10. Write down your reflections below.

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

Session 5: Personal Growth Plan

The Promises of God and Godly Attitudes

Using the Scriptures provided for you on the following pages, reflect on your current attitude and seek God for any attitude adjustments that you need to make.

7 G's	The Promises of God	Godly Attitude
Guidance	God promises His guidance to those who submit themselves to His lordship and follow Him.	Enabled by God, I have decided that I need God's guidance in every aspect of my life and will live as His follower.
Growth	God promises to train and transform earnest disciples of God's righteous life.	Enabled by God, I have decided that I will live as a disciple, striving to become more like Jesus in every area of my life.
Grace	God promises His forgiveness to those who repent and live as His ambassadors in the world.	Enabled by God, I have decided that I will receive God's grace for my life and live as His ambassador of reconciliation in the world.
Good Stewardship	God promises His provision to those who depend on Him and steward life wisely.	Enabled by God, I have decided that life is a gift of time, talents and treasure that I will gratefully steward as God leads.
Glorification	God promises to glorify himself through reverent worshippers who serve His purposes!	Enabled by God, I have decided to live as a worshipper and glorify God in every aspect of my life.
Gifts	God promises His empowerment and protection to those who surrender to Him and serve through His strength.	Enabled by God, I have decided to live every day as an empowered servant, allowing God to express His love through me.
Group	God promises His love, peace and presence to members of His family.	Enabled by God, I have decided to live in covenant community as a member of God's family and welcome in all who desire to join.

Guidance -

Growth -

Session 5: Personal Growth Plan

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Grace -

Good Stewardship -

Glorification -

Gifts -

Group -

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Session 5: Personal Growth Plan

The Promises of God **Godly Attitudes are based on the** **Promises of God**

If our attitudes are advanced decisions about how we are going to desire, feel, think and act in any situation, then we need to base these attitudes on a sure foundation. We can decide in advance to trust in what God has promised.

The Seven Values of Abundant Living **and the Promises of God**

GUIDANCE

God promises His Guidance to those who submit themselves to His Lordship and follow Him.

Matthew 7:7-8 - "Ask and it will be given to you; seek and you will find; knock and the door will be opened to you. ⁸ For everyone who asks receives; he who seeks finds; and to him who knocks, the door will be opened."

Proverbs 3:5-6 - "Trust in the LORD with all your heart and lean not on your own understanding; ⁶ in all your ways acknowledge him, and he will make your paths straight."

Isaiah 42:16 - "I will lead the blind by ways they have not known, along unfamiliar paths I will guide them; I will turn the darkness into light before them and make the rough places smooth. These are the things I will do; I will not forsake them."

GROWTH

God promises to train and transform earnest disciples of God's righteous life.

2 Corinthians 7:1 - "Since we have these promises, dear friends, let us purify ourselves from everything that contaminates body and spirit, perfecting holiness out of reverence for God."

1 Timothy 4:8 - "For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come."

Psalms 25:8 - "Good and upright is the LORD; therefore he instructs sinners in his ways."

GRACE

God promises His forgiveness to those who repent and live as His ambassadors of reconciliation in the world.

John 14:18 - "I will not leave you as orphans; I will come to you."

2 Chronicles 7:14 - "If my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then will I hear from heaven and will forgive their sin and will heal their land."

Proverbs 28:13 - "He who conceals his sins does not prosper, but whoever confesses and renounces them finds mercy."

Mark 11:26 - "And when you stand praying, if you hold anything against anyone, forgive him, so that your Father in heaven may forgive you your sins."

Session 5: Personal Growth Plan

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GOOD STEWARDSHIP

God promises His provision to those who depend on Him and steward life wisely.

Hebrews 13:5 - “Keep your lives free from the love of money and be content with what you have, because God has said, “Never will I leave you; never will I forsake you.”

Matthew 6:31-33 - “So do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ ³²For the pagans run after all these things, and your heavenly Father knows that you need them. ³³But seek first his kingdom and his righteousness, and all these things will be given to you as well.”

Psalms 34:10 - “The lions may grow weak and hungry, but those who seek the LORD lack no good thing.”

GROUP

God promises His love, peace and presence to members of His Family.

Ephesians 3:6 - “This mystery is that through the gospel the Gentiles are heirs together with Israel, members together of one body, and sharers together in the promise in Christ Jesus.”

Isaiah 54:10 - “Though the mountains be shaken and the hills be removed, yet my unfailing love for you will not be shaken nor my covenant of peace be removed,” says the LORD, who has compassion on you.”

Matthew 28:19-20 - “Therefore 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.”

GLORIFICATION

God promises to glorify Himself through reverent worshippers who serve His purposes!

John 14:12-14 - “I tell you the truth, anyone who has faith in me will do what I have been doing. He will do even greater things than these, because I am going to the Father. ¹³And I will do whatever you ask in my name, so that the Son may bring glory to the Father. ¹⁴You may ask me for anything in my name, and I will do it.”

Romans 8:17 - “Now if we are children, then we are heirs – heirs of God and co-heirs with Christ, if indeed we share in his sufferings in order that we may also share in his glory.”

GIFTS

God promises His empowerment and protection to those who surrender to Him and serve through His Strength.

Psalms 37:39-40 - “The salvation of the righteous comes from the LORD; he is their stronghold in time of trouble. ⁴⁰The LORD helps them and delivers them; he delivers them from the wicked and saves them, because they take refuge in him.”

Isaiah 40:31 - “but those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.”

Acts 1:8 - “But you will receive power when the Holy Spirit comes on you; and you will be my witnesses in Jerusalem, and in all Judea and Samaria, and to the ends of the earth.”

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

Session 5: Personal Growth Plan

The Cycle of Renewal - Holistic Transformation Worksheet



2 Timothy 3:16-17 "All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, so that the man of God may be thoroughly equipped for every good work."

Believing in the Lord Jesus with all our Heart, Soul, Mind and Strength means that we:

1. Embrace the revelation or feedback that God brings into our lives which convicts us of our sin and need for Him.

Revelation of God - What is the role you are neglecting or overfocussing on, the issue you are wrestling with, **the attitude adjustment** you are being prompted to make or the deadly sin you are being convicted about, and how did you become convicted of this?

2. Change incorrect or negative attitudes or beliefs through holistic repentance:

agreeing with God's will (Heart),
healing of wounds (Soul),
learning God's truth (Mind) and
calling upon God's strength (Strength).

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Holistic Repentance

Heart - Agreeing with God's Will - What is God's will for you in this? What does He want you to will, want or desire concerning this?

Soul - Healing of Wounds - How have you been wounded and how does God want you to feel about this?

Mind - Learning God's Truth - What is God's truth concerning this? What is the scriptural support for your new understanding?

Strength - Calling Upon God's Strength - How were you moving in your own strength and how will you remind yourself to walk in the Spirit in this area of your life?

3. Embrace God's new correct Beliefs (Desires, Feelings, Thoughts and Capabilities) for our lives by making amends or restitution to those we have wounded and engaging our new training in righteousness!

Embrace God's New Beliefs, Attitudes, Plans and Behavior through making amends and engaging your new training in righteousness.

Who has your sin affected and therefore who do you need to confess your sin to, ask for their forgiveness and strive to make amends? What additional insights to God's plan for training you in righteousness did you learn through this process?

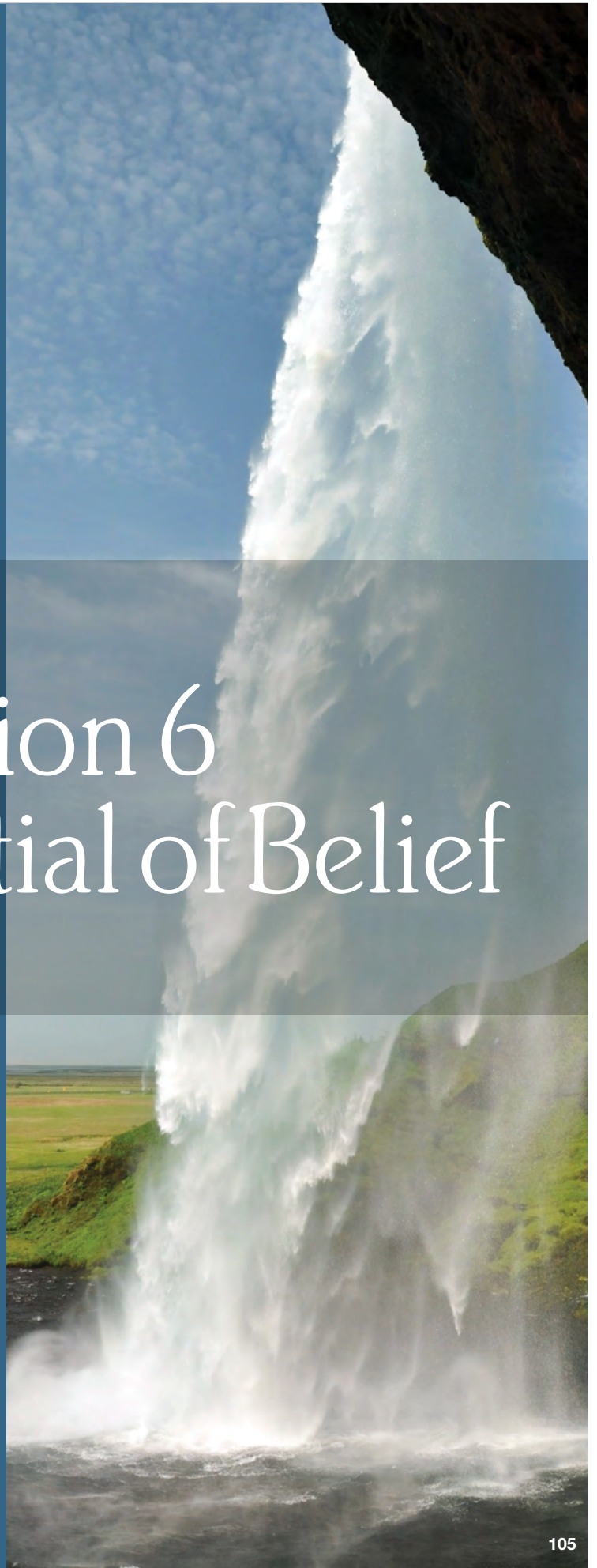
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Session 5: Personal Growth Plan

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Session 6

The Potential of Belief



Session 6: The Potential of Belief

Life Focus Process - Level 3: Know Thyself

Reflective Question:

Does the word “potential” carry a good or bad connotation to you?

“Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us. Your playing small does not serve the world. There is nothing enlightened about shrinking so that other people won’t feel insecure around you. We are all meant to shine as children do. It’s not just in some of us; it is in everyone. And as we let our own lights shine, we unconsciously give other people permission to do the same. As we are liberated from our own fear, our presence automatically liberates others.”
– From the Movie *Coach Carter*; this version is for all faiths, written by Marianne Williamson



Truth 13: Potential

Having an objective awareness of our obedience to God’s mission, character and purpose is essential to realizing life’s potential.

Romans 12:1-3

“Therefore, I urge you, brothers, in view of God’s mercy, to offer your bodies as living sacrifices, holy and pleasing to God – this is your spiritual act of worship. ² Do not conform any longer 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. ³ 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 measure of faith God has given you.”

Philippians 4:13

“I can do everything through him who gives me strength.”

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“Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us. We ask ourselves, who am I to be brilliant, gorgeous, talented and fabulous? Actually, who are you not to be? You are a child of God. Your playing small does not serve the world. We were born to make manifest the glory of God that is within us. It’s not just in some of us; it is in everyone. And as we let our own lights shine, we unconsciously give other people permission to do the same. As we are liberated from our own fear, our presence automatically liberates others.”

– *Our Deepest Fear, Christian Version*
written by Marianne Williamson



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Know Thyself

Strengths and Weaknesses

God wants us to be fully mature, which means developing every area of our identity in Christ, not just in the roles that we naturally gravitate towards (strengths)!

Can you clearly see roles in your life that are being neglected (weaknesses)? Can you see the areas in which you are over focusing?

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.

The Role of Assessment

Until we understand who we really are, it is difficult to set appropriate goals for our growth.

Take objective assessment tests to get a snap-shot of your obedience to God’s Mission (Vision, Priorities and Roles), you character (Seven Values of Abundant Living and the 24 Character Strengths) and your P.U.R.P.O.S.E. (Passions, Upbringing, Resources, Personality, Original Abilities, Spiritual Gifts and Experience of Love). The 24 Character Strengths and P.U.R.P.O.S.E. assessments are in the Know Thyself Day materials at the end of this workbook.

360 degree Feedback – The best way to assess who you are, your strengths, weaknesses and opportunities for growth is to ask trusted people in your life to give you feedback and recommend ways you could improve.

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

Session 6: The Potential of Belief

Omega Course: For more information about your P.U.R.P.O.S.E. see Sessions 17 and 18 of the Omega Course.

“God will manifest himself in direct proportion to our PASSION for Him.”

– Jim Cymbala

“Every man must do two things alone; he must do his own believing and his own dying.”

– Martin Luther

Understanding Your P.U.R.P.O.S.E.

Understanding your P.U.R.P.O.S.E. will help you understand how you have been purposed to Experience and Express love! You will find more information in the Know Thyself Day Retreat worksheets in the back of this workbook.

P: Passions

U: Upbringing

R: Resources

P: Personality

O: Original Abilities

S: Spiritual Gifts

E: Experience of Love

Truth 14: Belief

Your behavior is a reflection of what you truly believe (desires, feelings, thoughts and capabilities) will best meet your needs and provide you with a life of abundance.

Our beliefs are formed in our being by processing the interaction of our true desires, feelings, thoughts and capabilities.

Romans 10:9-10

“That if you confess with your mouth, ‘Jesus is Lord,’ and believe in your heart that God raised him from the dead, you will be saved.

¹⁰ For it is with your heart that you believe and are justified, and it is with your mouth that you confess and are saved.”

James 1:5-8

“If any of you lacks wisdom, he should ask God, who gives generously to all without finding fault, and it will be given to him. ⁶ But when he asks, he must believe and not doubt, because he who doubts is like a wave of the sea, blown and tossed by the wind. ⁷ That man should not think he will receive anything from the Lord; ⁸ he is a double-minded man, unstable in all he does.”

Session 6: The Potential of Belief

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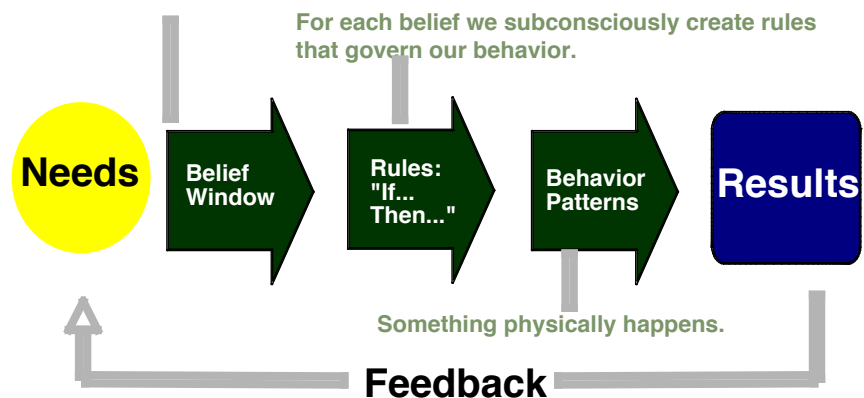
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Mark 11:22-25

“Have faith in God,” Jesus answered. ²³ “I tell you the truth, if anyone says to this mountain, ‘Go, throw yourself into the sea,’ and does not doubt in his heart but believes that what he says will happen, it will be done for him. ²⁴ Therefore I tell you, whatever you ask for in prayer, believe that you have received it, and it will be yours. ²⁵ And when you stand praying, if you hold anything against anyone, forgive him, so that your Father in heaven may forgive you your sins.”

The Belief Model adapted from Hyrum Smith's Reality Model ⁸

Our beliefs are formed in our being by processing the interaction of our true desires, feelings, thoughts and capabilities.



If the results of your behavior meet your needs over the long haul, this feedback tells you that you have a correct belief or harmless opinion on your belief window.

Omega Course: For more information about the power of belief and how to apply the Belief Model see Session 19 of the Omega Course.



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

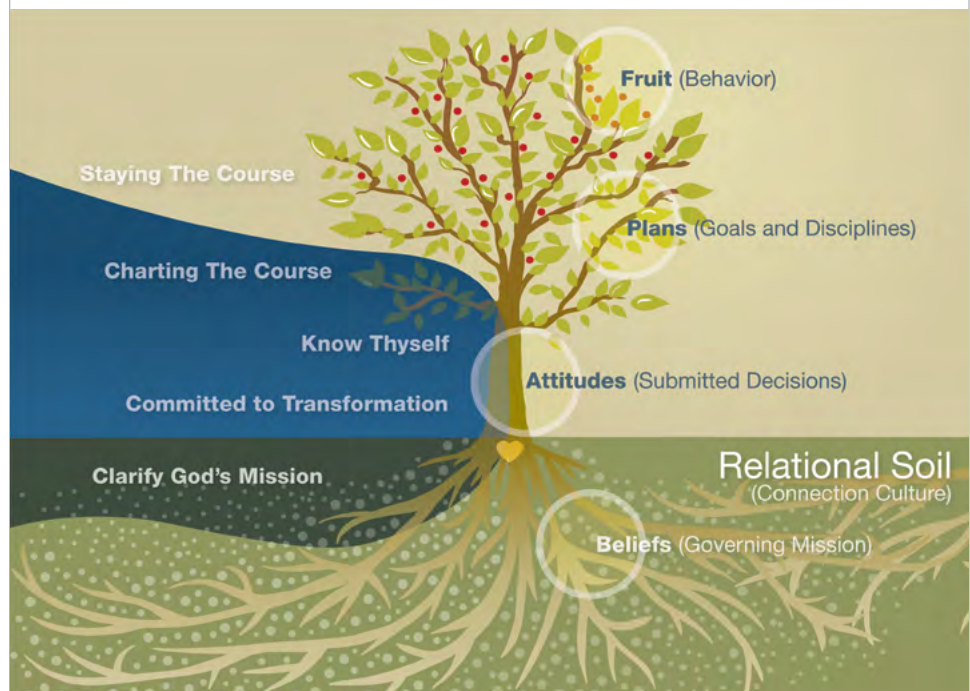
Session 6: The Potential of Belief

Our beliefs are a combination of what is truly in our Heart, Soul, Mind and Strength (Our Desires, Feelings, Thoughts and Capabilities). For each belief we subconsciously create rules that govern our behavior, and when we act on our belief something happens. If the results of our behavior meet our needs over the long haul, this feedback tells us that we have a correct belief or harmless opinion on our belief window.

Regardless of whether or not our desires and beliefs are correct (in line with God's reality), incorrect (not reflective of reality), or matters of opinion or preference, we assume that all of them are correct and we behave accordingly.

Bad habits and areas where we struggle with self-control need to be examined in light of our real beliefs, and then we need to engage in appropriate spiritually discerned disciplines to help us form healthy habits.

Entering Into The Light



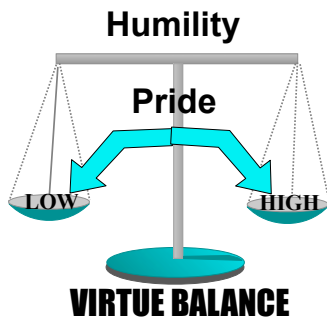
*"When we were children,
we used to think that when we
were grown-up we would no
longer be vulnerable. But to
grow up is to accept vulnerability.
To be alive is to be vulnerable."
— Madeleine L'Engle*

John Wesley's mother's definition of sin

Years ago, a friend of mine, Tony Cimmarusti, shared a story with me that includes my favorite definition of sin. The story goes that when John Wesley was a boy, he asked his mother, "Mommy, what is sin?"

	<div>Session 6: The Potential of Belief</div>	DELTA
<div><div>Omega Course: For more information about the seven deadly sins and Seven Godly Virtues see Session 20 of the Omega Course.</div><div><div>The Seven Deadly Sins</div><div><div>Pride</div><div>Envy</div><div>Wrath</div><div>Sloth</div><div>Greed</div><div>Gluttony</div><div>Lust</div></div></div></div>	<div><p>His mother, who had no formal theological training, replied: “Whatever weakens your sense of reasoning (Mind), impairs the tenderness of your conscience, obscures your sense of God (Soul), or takes away your relish for spiritual things (Heart). In short, if anything increases the authority of the flesh over the Spirit (Strength), that to you becomes sin, however good it is in or of itself.”</p><div><div>Sin Tendencies: The Seven Deadly Sins</div><p>You won’t find this “list” anywhere in Scripture, although they are all there. This is a list that, through the centuries, the church has agreed are the main areas of opposition or temptation that we face during the journey of discipleship.</p><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div>Pride</div><p>The Oxford Dictionary defines pride as “a high and overweening opinion of one’s qualities, attainments or estate.” Pride has traditionally been considered the root of all sin. As such, it is a disordered or exaggerated self-centeredness. It results in isolation from God and fractures the bonds that link us to each other and the community.</p><p>The obvious outcome of pride is a dismissal of the need to be in relationship with others. With this distance, hard-heartedness ensues, and compassion and empathy for human suffering is minimized. This holds not only for individuals but also for groups and even nations. Pride undermines community and it ridicules Holy Communion.</p><p>Many of our age’s cultural values fuel the sin of pride. In a materialistic, competitive society, it is difficult not to struggle against others or compare one’s success in relation to other’s failures. The more we have, the more entitled or privileged we feel. Success breeds arrogance and intolerance of others less fortunate.</p></div></div>	<div>Life Spring Network</div> <div>For more resources, thoughts, and discussion about this session, please visit www.lifespringnetwork.org</div>

Session 6: The Potential of Belief



People must have righteous principals in the first, and then they will not fail to perform virtuous actions.

– Martin Luther

The Seven Deadly Sins

Pride

Envy

Wrath

Sloth

Greed

Gluttony

Lust

Pride is self-exaltation. In fact, it is a pre-occupation with self. It places self at the very center of life. We are to love the Lord our God with all our heart, soul, mind and strength. Pride puts self in the center and loves self first. Pride loves self more than God. There is little room for God when we are full of ourselves.

Pride even destroys faith. We can't believe two opposite claims at the same time. It is impossible to believe that the one who is happiest is the one who cares for himself first, and at the same time, believe the teaching of Jesus that the one who finds his life is the one who gives it away.

James 4:6

“But he gives us more grace. That is why Scripture says: ‘God opposes the proud but gives grace to the humble.’”

The Opposite Virtue: Humility

The counter-virtue to the sin of pride is humility. The virtue of humility is a hard sell today (perhaps it always has been). The popular view is that humility makes us doormats for others. We do well to remember the teaching of Saint Thomas Aquinas, that humility is “a praiseworthy depreciation of oneself.” It has to do with an accurate sense of self and others with a deep reliance on God throughout the seasons of life.

Envy

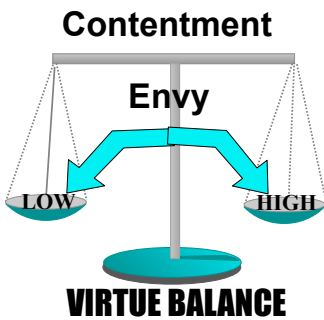
The dictionary defines envy as “the painful or resentful awareness of an advantage enjoyed by another, joined with a desire to possess the same advantage.”

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In 1 Corinthians 13:4, the Apostle Paul describes envy as the opposite of love. Galatians 5:21 lists envy as the fruit of the “flesh.” The letter of James (3:14-16) associates jealousy and selfish ambition with evil and chaos.

According to Aristotle, envy grows naturally in relationships between equals (or apparent equals). Chaucer describes envy as sorrow at the prosperity of others and joy in their hurt. Saint Thomas Aquinas defines envy as sorrow over another’s good. Feeling so insecure, the envious person sees anything good in another as detracting from his or her own personal value. The average blue-collar worker does not envy or compete with the corporate CEO as he would with a co-worker. An envious one watches others with an eagle eye in order to make sure that nobody gets ahead or becomes “more equal” than the rest of the pack.

As a sin among equals, envy has a profoundly negative impact on the members of any group. The Christian community struggles with the demon of envy among its members. It turns up time and again in unexpected situations.

The Opposite Virtue: Contentment

Saint Thomas Aquinas reminds us that envy is contrary to love, the source of the soul’s spiritual life. Love rejoices in a neighbor’s good, but envy grieves over it. The most powerful statement of love is, of course, Saint Paul’s teaching in 1 Corinthians 13.

The Seven Deadly Sins

Pride

Envy

Wrath

Sloth

Greed

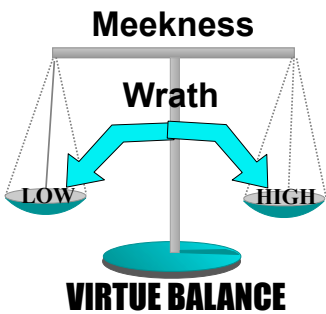
Gluttony

Lust

Wrath

As an emotion or passion, anger is a natural reaction caused by someone or something which restricts our freedom to act or carry out our desires. It arises when we face obstacles, frustration of our plans, restraint of our activities, physical harm, insult or psychological injury. Wrath can also result from real or perceived hurt, unmet needs and expectations, or attacks against us...usually by significant people in our lives, like parents and family members, friends and working associates.

Session 6: The Potential of Belief



Anger is first an emotion. However, it becomes a deadly sin when it becomes inordinate, that is, against reason, and is connected with the desire for revenge, damage or destruction against the perceived cause of our hurt.

In Ephesians 4:26-32, Paul instructs Christians not to let the sun go down on wrath, to rid themselves of bitterness, passion, anger, harsh words, slander and malice. Anger must give way to forgiveness. While this has psychological significance, the grace of reconciliation and union comes from the Lord.

James 1:19-20

“My dear brothers, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry,²⁰ for man’s anger does not bring about the righteous life that God desires.”

Anger unacknowledged leads to destructive behavior. As the letter of James indicates, it does not lead to the building of God’s kingdom. Such anger is often expressed in indirect ways. The symptoms are backbiting, gossip, sarcasm, scapegoating, and passive-aggressive behavior. In many cases, sinful conduct that is consciously chosen is rooted in unresolved or displaced anger.

The Opposite Virtue: Meekness

Meekness is related to patience. It has to do with an inner strength or grace which allows one to embrace and endure an injury without self-pity or having to retaliate in kind. It is part of the ability to maintain perspective in the stressful heat of injury.

Session 6: The Potential of Belief

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The virtues that take the wind out of anger are meekness and patience. Add to these humor, the ability to laugh at self and others, and the ironies of life can also help deflate anger. Both “humor” and “humility” spring from the root of *humus*, which is Latin for “ground.”

Jesus’ meekness appears in his desire to forgive his murderers in the midst of his crucifixion.

Sloth

Sloth is popularly known today as laziness. The ancient Greek word was *acedia*: lack of caring, apathy, aimless indifference, lack of desire for anything.

The deadly sin of sloth is an apathy of the spirit in the face of the effort required to attain a goal and sustain it. In addition to *acedia*, another aspect of sloth is *tristitia*, sadness or sorrow. Theologian Bernard Haring describes sloth as “a lack of zeal for things spiritual.”

Sloth is a dissipation of desire for anything that entails energy or effort. It is like living in a malaise akin to a mild depression. Sloth has to do with choosing to live in a spiritual vacuum. Its symptoms include lack of interest in things of the Spirit, flight from worship of God and lack of care for others. It is having an indifferent will toward doing God’s will for your life.

Proverbs 20:4

“A sluggard does not plow in season; so at harvest time he looks but finds nothing.”

Deep down, however, slothful people fear God’s will and the cost to be paid if they respond from the heart. It is easier in the malaise to put off or reject spiritual support or direction.

The Seven Deadly Sins

Pride

Envy

Wrath

Sloth

Greed

Gluttony

Lust

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

Session 6: The Potential of Belief



The Seven Deadly Sins

Pride

Envy

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Gluttony

Lust

According to St. Gregory the Great, some of the “children” of sloth are melancholy, malaise and despair. Far too many people chronically complain about what is tragic or wrong in life while failing to recognize its concomitant beauty, loveliness and joy. These negative patterns of thinking need regular confrontation since they dissipate faith, hope and love.

The Opposite Virtue: Obedience (Pro-actively on mission with God)

This is stewarding your life from God’s perspective. It requires us to reflect on our life mission and the various roles we play in life, and allocate our time wisely in each role in order to be growing toward Christlikeness. Since our drift pattern is away from God’s mission, focus and discipline are necessary. The Delta and Omega courses was created to help you get “on mission” with God.

Greed

Greed is an inordinate love of money or material acquisitions and the dedication to – or even the obsession with – their pursuit.

The implicit belief behind greed is that more is always better. Acquisition is the way to happiness. Financial savvy and success confer status and make a nobody into a somebody. The economy is driven by these needs and beliefs.

The deadliness of greed lies also in the fact that we are desensitized to those who lack the basic amenities of life: food, housing, clothing, etc. It is interesting that as we seek the comforts of upper-class life, we are confronted in our communities with the continuing plight of poverty and the violence and hopelessness that it breeds. We are easily cut off from the neighbors who need us.

Session 6: The Potential of Belief

DELTA

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Matthew 6:19-21

“Do not store up for yourselves treasures on earth, where moth and rust destroy, and where thieves break in and steal. ²⁰ But store up for yourselves treasures in heaven, where moth and rust do not destroy, and where thieves do not break in and steal. ²¹ For where your treasure is, there your heart will be also.”

Matthew 6:24

“No one can serve two masters. Either he will hate the one and love the other, or he will be devoted to the one and despise the other. You cannot serve both God and money.”

If our hearts are set on possessions because of greed, and if that which really motivates us in life is the accumulation of things, then our hearts are diseased. People are often greedy because they believe money and possessions bring security, that money will keep them safe from hunger or homelessness. We may also view greed as a lack of faith, coming out of a fear of not having enough.

The Opposite Virtue: Stewardship

We all must come to terms with our radical poverty as creatures before God. The virtue of stewardship also calls us to a greater sensitivity to the poor, God’s special people. Disciples must give themselves to the social ministries that care for the underclasses of society and the world. This requires not only a Good Samaritan attitude, but a prophetic concern for all who lack the basic amenities of life.

Session 6: The Potential of Belief

The Seven Deadly Sins

Pride

Envy

Wrath

Sloth

Greed

Gluttony

Lust

Gluttony

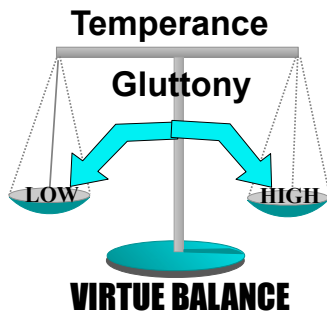
St. Thomas Aquinas defines the deadly sin of gluttony as an inordinate or immoderate appetite in eating and drinking. Medieval writers considered eating and drinking excessive when they were driven by the hedonistic need to satiate the palate or stomach.

Eating disorders such as Anorexia and Bulimia are very common in our time, causing cycles of starving or bingeing, and swinging between food-related anxiety, depression and guilt and the pursuit of sensory pleasure in food “addiction.”

Professionals in this area have concluded that beneath this symptomatic behavior is an inner sense of alienation from the depths of oneself. This inner brokenness is a sad and destructive reality. Indulging and purging are merely symptoms of this inner ambivalence or endless hatred of and flight from self.

Proverbs 23:20

“Do not join those who drink too much wine or gorge themselves on meat”



The Opposite Virtue: Temperance

Temperance is moderation in the enjoyment of food. Sobriety is moderation in the use of intoxicating drink. These virtues are often a hard sell because they challenge our need for immediate gratification. The rewards of virtue never come quickly enough. For those who are obsessed with getting what they want and getting it right now, postponement of gratification is not only unbearable, it is unimaginable.

Wellness experts remind us of what good common sense has always maintained: Good health is fostered by a balanced diet, adequate physical exercise, and a proper blend of work, rest and recreation. It all has to do with introducing some modicum of reason into otherwise undisciplined and self-defeating beliefs and behavior.

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The Seven Deadly Sins

Pride

Envy

Wrath

Sloth

Greed

Gluttony

Lust

Lust

Lust might be considered sexual gluttony. It is the inordinate need to experience sexual or genital gratification, with little concern about the persons or relationships involved.

The deadliness of lust is akin to all the others. We were made in God's image for relationship and self-giving: to God, to spouse, to others. Due to our fallen human nature we suffer from concupiscence (strong sexual desire) which redirects authentic sexual self-giving to another into self-satisfying pleasure at the expense of another.

As an obsession, lust can also be cruel. It can be linked to most of the forms of sexual assault reported in the daily news: rape, incest, sexual abuse of children and minors, and sexual promiscuity outside the marriage bed.

Genesis 1:27 shows the divine gift of sexuality, the ability for embodied persons to enter into relationship with each other and with God. This intimacy was damaged first in Eden as Adam and Eve felt the need to cover their nudity.

We are seduced and we seduce one another in many ways. We are seduced by beauty, virility, power and control. Without any moral sensitivity, seduction can become a way of life at the expense of true love and intimacy. Herein lies the deadliness of the sin of lust.

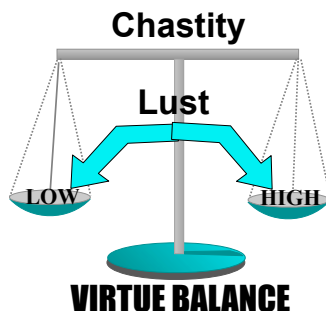
Philippians 4:8

"Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable – if anything is excellent or praiseworthy – think about such things."

The Opposite Virtue: Chastity

The virtue of chastity is greatly misunderstood and often just dismissed as naïve. Chastity orders human sexual desire toward a union of two persons. It would be helpful to explore more deeply the implications of chastity for authentic human friendships, not only in relationship to celibacy and religious life.

Chastity correlates with the beatitude, "Blessed are the pure in heart." It sees human sexuality and intimacy as an integral dimension of God's call to love and, of course, we cannot love God or others outside our bodies. Chastity has to do with the physical as well as the spiritual.



Session 6: The Potential of Belief

The 7 Deadly Sins, the 7 Virtues and the 7 Values

7 Deadly Sins	7 Virtues	7 Values
Pride	Humility	Glorification
Envy	Contentment	Gifts
Wrath	Meekness	Grace
Sloth	Obedience	Guidance
Gluttony	Temperance	Growth
Greed	Stewardship	Good Stewardship
Lust	Chastity	Group

Session 6 - Homework Focus

To cultivate a lifestyle of reflection and assessment.

1. Journal through the discussion and reflection questions in your workbook and complete the daily devotions.
2. In your Personal Growth Plan:
 - Complete the On Mission with God Assessment, seeking to identify areas in your life you are over focusing on and areas that you are neglecting in your identity in Christ.
 - Complete the 7 Deadly Sins and 7 Godly Virtues Sin Tendency Assessment. Consider what your strengths (virtue areas) and weaknesses (sin tendencies) teach you about yourself.
 - Complete the Cycle of Renewal Holistic Transformation Worksheet. Take one sin you are wrestling with and think through what you need to do to engage God's training in Righteousness.

Discussion and Reflection

1. Which roles have you identified as areas of strength and areas of weakness? What areas are you over focusing on? What areas are you ignoring?

2. Do you understand and agree with the Belief Model?

3. Do you understand why taking the steps through Cycle of Renewal and practicing holistic repentance will train you in righteousness?

4. Which deadly sins are you wrestling with most right now and there by which Virtues do you need to pursue?

5. Based on the Sin-Virtue-Value paradigm, which values do you believe are out of alignment in your life and what specific character strengths do you need to work on?

Session 6: The Potential of Belief

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

Day 1: Read Romans 12:1-3 and Philippians 4:13. Write down your reflections below.

Day 2: Read Romans 10:9-10, James 1:5-8 and James 4:6. Write down your reflections below.

Day 3: Read James 1:19-20 and Proverbs 20:4. Write down your reflections below.

Day 4: Read Mark 11:22-25 and Matthew 6:19-21, 24. Write down your reflections below.

Day 5: Read Proverbs 23:20 and Philippians 4:8. Write down your reflections below.

On Mission with God Assessment

This instrument has been developed to help you assess your obedience to God's Mission for your life by looking at the four areas that we discuss in the Delta Course. The component parts which make up God's mission for our lives are His Vision, Priorities, Values and Identity Roles.

Vision

Using your understanding of what God desires for you to become in each Identity Role or aspect of your being, rate your growth towards God's vision for you. Put another way, try to honestly assess how you are experiencing and expressing His love in your life.

Use this rating system for assessing your obedience to God in each role or aspect of your being.

1 = Neglecting this area of my life because of confusion, lack of desire, or fear of change.

2 = Good intention but no follow through.

3 = Functioning but not growing in this role/area.

4 = Obediently functioning and growing in this role/area of my life.

Priorities

Use this rating system for assessing the balance of your priorities in each area.

1 = Not high enough on my priority scale.

2 = Properly prioritized.

3 = Too high on my priority scale.

Below we have listed the 14 Identity Roles or aspects of your being that we covered in the Delta Course in priority order. Please assess how you are doing in terms of functioning and growing in these areas of your life and how you are doing keeping them in the proper priority in your life.

Area	Role/Aspect	Vision (1-4)	Priorities (1-3)
Christ	Heart		
	Soul		
	Mind		
	Strength		
Community	Inner Circle		
	Relative/Parent		
	Church Member		
	Mentee/Mentor		
	Ambassador/Friend		
Calling	Minister of Compassion		
	Steward of Resources		
	Empowered Servant		
	Calling Mentee/Mentor		
	Professional		

Session 6: Personal Growth Plan

The 7 Deadly Sins and 7 Godly Virtues Sin Tendency Assessment

Using the descriptions in this session, think through your sin tendencies and put a mark on the sin tendency gauge to approximate your sin tendencies right now for each Virtue/Sin category. Using the virtue as the balance point, indicate how you are being tempted by the evil one to move away from God's virtuous life (low or HIGH). After you have gauged yourself describe how you are falling into temptation. Using the 1-5 scale try to discern how tempted you are feeling these days along each Virtue/Sin continuum.

1 = consistently experiencing this virtue, 2 = seeing this virtue grow, 3 = struggling to change behavior
4 = acting in this way but convicted of my need to repent, 5 = believe that this behavior is good.

Pride	5	4	3	2	1	Humility	1	2	3	4	5	PRIDE
(Thinking too lowly of yourself)						(Proper view of self in Christ)						(Thinking too highly of yourself)

Envy	5	4	3	2	1	Contentment	1	2	3	4	5	ENVY
(Not wanting your lot in life)						(Embracing your lot in life)						(Wanting someone else's lot)

Wrath	5	4	3	2	1	Meekness	1	2	3	4	5	WRATH
(Lack of righteous anger)						(Righteous anger with grace patience, and forgiveness)						(In your anger sinning)

Sloth	5	4	3	2	1	Obedience	1	2	3	4	5	SLOTH
(Imbalanced time allocation)						(Submitted to God's will)						(Lack of submission to God)

Greed	5	4	3	2	1	Stewardship	1	2	3	4	5	GREED
(Poor stewardship)						(Good stewardship of resources)						(Driven and defined by)

Gluttony	5	4	3	2	1	Temperance	1	2	3	4	5	GLUTTONY
(Too little)						(Balanced eating, drinking and exercise)						(Too much)

Lust	5	4	3	2	1	Chastity	1	2	3	4	5	LUST
(Seeing godly sex as dirty)						(Healthy marital sex life & boundaries with everyone else)						(Seeing people as objects of desire)

The Cycle of Renewal Holistic Transformation Worksheet



2 Timothy 3:16-17 "All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, so that the man of God may be thoroughly equipped for every good work."

Believing in the Lord Jesus with all our Heart, Soul, Mind and Strength means that we:

1. Embrace the revelation or feedback that God brings into our lives which convicts us of our sin and need for Him.

Revelation of God - What is the role you are neglecting or overfocussing on, the issue you are wrestling with, the attitude adjustment you are being prompted to make or **the deadly sin** you are being convicted about, and how did you become convicted of this?

2. Change incorrect or negative attitudes or beliefs through holistic repentance:

- agreeing with God's will (Heart),
- healing of wounds (Soul),
- learning God's truth (Mind) and
- calling upon God's strength (Strength).

Session 6: Personal Growth Plan

Heart - Agreeing with God's Will - What is God's will for you in this? What does He want you to will, want or desire concerning this?

Soul - Healing of Wounds - How have you been wounded and how does God want you to feel about this?

Mind - Learning God's Truth - What is God's truth concerning this? What is the scriptural support for your new understanding?

Strength - Calling Upon God's Strength - How were you moving in your own strength and how will you remind yourself to walk in the Spirit in this area of your life?

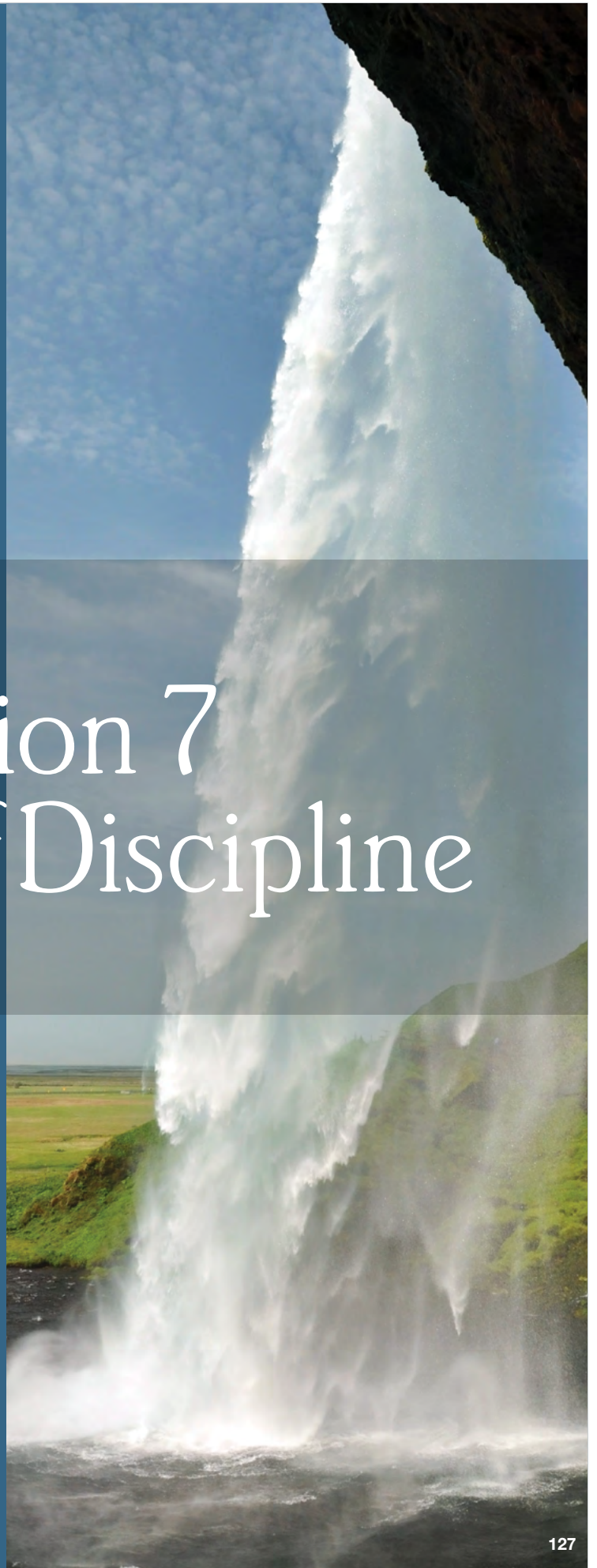
3. Embrace God's new correct Beliefs (Desires, Feelings, Thoughts and Capabilities) for our lives by making amends or restitution to those we have wounded and engaging our new training in righteousness!

Embrace God's New Beliefs, Attitudes, Plans and Behavior through making amends and engaging your new training in righteousness.

Who has your sin affected and therefore who do you need to confess your sin to, ask for their forgiveness and strive to make amends? What additional insights to God's plan for training you in righteousness did you learn through this process?

Session 7

The Joy of Discipline

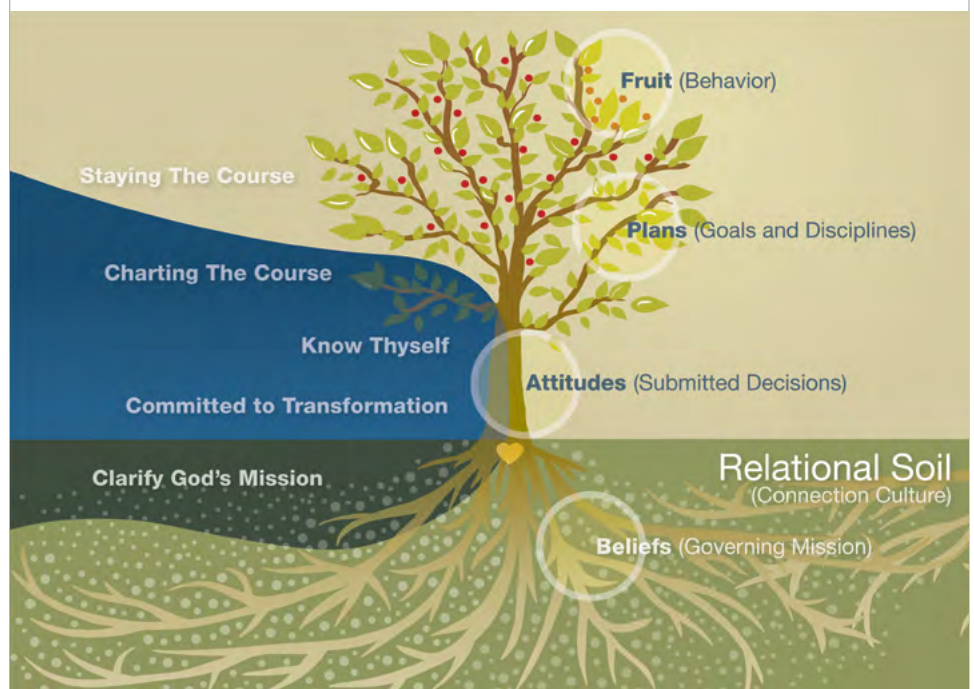


Session 7: The Joy of Discipline

Life Focus Process - Level 4: Chart the Course



Entering Into The Light



Session 7: The Joy of Discipline

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Charting the Course



If you've ever done any time management work, you know that the best thing to do is to build it on a base of a long-range vision. Then those goals are broken down further into shorter and shorter increments.

Many times people overwhelm themselves, then guilt themselves, and then just stop rather than being strategic, focused, and building the proper encouragement and accountability systems.

Truth 15: Discipline

Negative habits are overcome by changing incorrect (negative) beliefs (desires, feelings, thoughts and capabilities) and engaging in spiritually discerned disciplines.

Jeremiah 29:11-13

“ ‘ For I know the plans I have for you, declares the Lord, plans to prosper you and not to harm you, plans to give you hope and a future.

¹²Then you will call upon me and come and pray to me, and I will listen to you. ¹³You will seek me and find me when you seek me with all of your heart. ’ ”

Hebrews 12:1-13

“Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles, and let us run with perseverance the race marked out for us.

² Let us fix our eyes on Jesus, the author and perfecter of our faith, who for the joy set before him endured the cross, scorning its shame,

“A disciplined person is someone who can do the right thing at the right time in the right way with the right spirit.”
– John Ortberg

Reflective Question:

What is your experience with setting and maintaining disciplines for yourself?



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

Session 7: The Joy of Discipline

Reflective Question:

What aspect of this text speaks to you most?

and sat down at the right hand of the throne of God. ³ Consider him who endured such opposition from sinful men, so that you will not grow weary and lose heart. ⁴ In your struggle against sin, you have not yet resisted to the point of shedding your blood. ⁵ And you have forgotten that word of encouragement that addresses you as sons: “My son, do not make light of the Lord’s discipline, and do not lose heart when he rebukes you, ⁶ because the Lord disciplines those he loves, and he punishes everyone he accepts as a son.” ⁷ Endure hardship as discipline; God is treating you as sons. For what son is not disciplined by his father? ⁸ If you are not disciplined (and everyone undergoes discipline), then you are illegitimate children and not true sons. ⁹ Moreover, we have all had human fathers who disciplined us and we respected them for it. How much more should we submit to the Father of our spirits and live! ¹⁰ Our fathers disciplined us for a little while as they thought best; but God disciplines us for our good, that we may share in his holiness. ¹¹ No discipline seems pleasant at the time, but painful. Later on, however, it produces a harvest of righteousness and peace for those who have been trained by it. ¹² Therefore, strengthen your feeble arms and weak knees. ¹³ Make level paths for your feet, so that the lame may not be disabled, but rather healed.”

Disciplines: The Key to Unlocking Our Potential

Again, bad habits and areas where we struggle with self-control need to be examined in light of our real beliefs (See the Belief Model in Session 6), and then we need to engage in appropriate spiritually-discerned disciplines to help us form healthy habits. Focusing our efforts through daily, weekly and monthly disciplines is the key to good habit formation and personal growth in our lives. Remember this is a process. Don’t engage in a discipline that is going to burn you out because it is unrealistic. Be patient and build on realistic disciplines for yourself.

Session 7: The Joy of Discipline

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Omega Course: For more information about Spiritual Disciplines see Session 21 of the Omega Course.

Disciplines for Being Human:

Heart	Pray Petition	(Prayer, Submission, Solitude and Silence) & (Intercession and Watching)
Soul	Reflect Relate	(Journaling and Meditation) & (Confession, Counseling, Retreats)
Mind	Ponder Plan	(Study of Scripture, Journaling and Pilgrimage/Sabbatical) & (Planning your Life, Life Coaching (Guidance))
Strength	Eat Exercise	(Diet, Fasting) & (Exercise, Sabbath, Surrender)

Disciplines for Contagious Community:

Inner Circle: Daily Relating-Submission, Fellowship, Chastity, Celebration, Guidance, Intercession, Hospitality and Confession.

Relative/Parent: Daily and Weekly Relating - Fellowship, Guidance, Sacrifice, Intercession, Celebration, Hospitality and Submission.

Church Family: Weekly Small Group and Worship Services - Fellowship, Hospitality, Intercession, Confession, Teaching, Assembling, Worship, Singing and Celebration.

Mentor/Mentee: Weekly, Monthly or Quarterly Mentoring - Guidance, Confession, Planning, Teaching and Submission.

Ambassador/Friend: Daily Relating - Friendship Evangelism, Intercession and Hospitality.

Disciplines for Calling of Servanthood:

Minister of Compassion: Service Projects - Secrecy, Service and Sacrifice.

Steward of Resources: Daily and Weekly Financial Stewardship - Simplicity, Frugality, Saving, Sacrifice and Giving (Including Tithing).

Empowered Servant: Regular Serving on Ministry Teams - Teaching, Service, Sacrifice and Fellowship.

Calling Mentee/Mentor: Regular (Weekly, Monthly, or Quarterly) Apprentice-type Mentoring Relationships - Guidance, Confession, Planning, Teaching and Submission.

Professional Roles: Working a Job - Diligent Earning and Friendship Evangelism.



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Session 7: The Joy of Discipline

The Holy Spirit and Disciplines

The danger in studying the spiritual disciplines is that we might practice them without the leading of the Holy Spirit but rather with the “spirit of religion” for the purpose of impressing people.

Matthew 11:25-30

“At that time Jesus said, ‘I praise you, Father, Lord of heaven and earth, because you have hidden these things from the wise and learned, and revealed them to little children.’²⁶ Yes, Father, for this was your good pleasure.²⁷ All things have been committed to me by my Father. No one knows the Son except the Father, and no one knows the Father except the Son and those to whom the Son chooses to reveal him.²⁸ Come to me, all you who are weary and burdened, and I will give you rest.²⁹ Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls.³⁰ For my yoke is easy and my burden is light.”

The yoke of Jesus may indeed be easy, but we keep throwing it off! Our lower natures are in control and running rampant! This is not following Christ’s way of living. Small wonder that our growth is stunted, and real holiness is an elusive dream.

If the Spirit led Jesus and every “saint of note” to consistently practice Spiritual Disciplines so that they could live life to the full, shouldn’t we expect the same leading if we are truly His disciples?

Truth 16: Growth

Growth toward Christlikeness requires Accountability, Process, and Perseverance.

Session 7: The Joy of Discipline

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Philippians 3:12-17

“Not that I have already obtained all this, or have already been made perfect, but I press on to take hold of that for which Christ Jesus took hold of me. ¹³ Brothers, I do not consider myself yet to have taken hold of it. But one thing I do: Forgetting what is behind and straining toward what is ahead, ¹⁴ I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus. ¹⁵ All of us who are mature should take such a view of things. And if on some point you think differently, that too God will make clear to you. ¹⁶ Only let us live up to what we have already attained. ¹⁷ Join with others in following my example, brothers, and take note of those who live according to the pattern we gave you.”

Goal Setting and Accountability

Any serious endeavor stays on track through the appropriate accountability system of checks and balances.

Share your vision, mission, goals and disciplines with trusted mentors or coaches, and get together with them regularly to review how you are progressing.

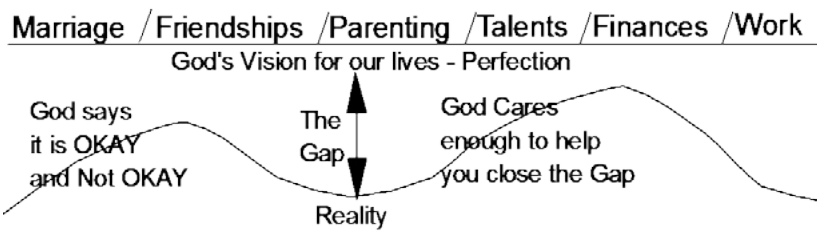
Our society reflects a desire to have less accountability with age. However, God’s perspective is that we would become more accountable and more connected with community as we grow.

Proverbs 15:22

“Plans fail for lack of counsel, but with many advisers they succeed.”

The Role of Mentoring in Charting the Course

Understanding the Gap



Session 7: The Joy of Discipline

Goal Setting and Process

Even if you have an aversion to setting goals, everyone needs focus. Many people like to take a “problem-solving” approach instead. Either way, engage the process. Find a strategy that works for you and stick with it! As the saying goes, “Aim at nothing and you will hit it every time.”

Habakkuk 2:2-3

“Then the LORD replied: “Write down the revelation and make it plain on tablets so that a herald may run with it. ³ For the revelation awaits an appointed time; it speaks of the end and will not prove false. Though it linger, wait for it; it will certainly come and will not delay.”

In order to grow as people, we need to grow according to process-oriented goals. We need to spend some time reflecting in order to set God-inspired goals.

“Big Picture” Planning and Tracking

We recommend a rhythm to your planning.

- Annual and Quarterly “Big Picture” Planning
- Weekly and Daily “Detail” Planning

Annual Retreat: Annual retreats allow you the opportunity to seek God’s wisdom for any major readjustments in your life, holistically thinking through your long-range plans, establishing your annual mega-goals and planning annual events for the year with the key relationships in your life.

Quarterly Renewal - Establish your three-month seasonal goals and discerning the three roles you are going to focus on growing over the following three months. This should be done with the help of your mentors by reviewing your “Big Picture” roles and goals, evaluating your progress and synthesizing any new revelations, projects, tasks and appointments into your personal growth plan.

Session 7: The Joy of Discipline

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Honoring the Seasons of Your Life

There will be emphases on different roles depending on your stage and place in life. It is important to attend to each stage as it comes. If you decide not to do what you need to be doing during that particular season, it will only prolong the process.

Ecclesiastes 3:1

“There is a time for everything, and a season for every activity under heaven:”

Using Planning Pages

Use the planning pages in the Personal Development Plan to record your goals and remind you of your focus.

Share your planning pages with a mentor, and use them as the basis for your discussion about how you are doing and the kinds of adjustments you might want to make.

Goal Setting and Perseverance

Sometimes doing the will of God will not “feel” fun, any more than running a race feels fun while doing it, but when we complete the course a sense of accomplishment and growth at the end makes it all worthwhile. We have been trained by the world’s way of thinking that God’s ways are not fun and will not lead us to life. However, this perception is based on the world’s standards, not God’s.

1 Timothy 4:15-16

“Be diligent in these matters; give yourself wholly to them, so that everyone may see your progress. ¹⁶ Watch your life and doctrine closely. Persevere in them, because if you do, you will save both yourself and your hearers.”



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Session 7: The Joy of Discipline

Hebrews 10:36-39

“You need to persevere so that when you have done the will of God, you will receive what he has promised. ³⁷ For in just a very little while, “He who is coming will come and will not delay. ³⁸ But my righteous one will live by faith. And if he shrinks back, I will not be pleased with him.” ³⁹ But we are not of those who shrink back and are destroyed, but of those who believe and are saved.”

Session 7 - Homework Focus

To cultivate a lifestyle of discipline and growth by living according to a Personal Growth Plan.

1. Journal through the discussion and reflection questions in your workbook and complete the daily devotions.
2. In your Personal Growth Plan:
 - Complete the Life Focus Worksheet
 - Complete the three Role Planning Worksheets
 - Complete the One-Year Goal Planning Worksheet
3. Once you have completed these worksheets, share your findings with a mentor and/or a member of your inner circle asking him/her for their wisdom and feedback into your new Spiritually-discerned Growth Plan for your life.

Discussion and Reflection

1. The Truth of Discipline: What has your experience with discipline been like in your life?

2. What are the three roles that you need to focus on growing in over the next three months? Why did you choose these areas to focus on?

3. Which Disciplines can help you to grow in each area identified above?

4. Growth – Which aspects of Growth do you need to work on the most: accountability, process or perseverance? Why?

5. Godly Goal Setting – What has your experience with setting and accomplishing goals been like in your life? What about your experience with Spirit-guided goals?

Session 7: The Joy of Discipline

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

Day 1: Read Jeremiah 29:11-13 and write down your reflections below.

Day 2: Read Hebrews 12:1-13 and write down your reflections below.

Day 3: Read Matthew 11:25-30 and write down your reflections below.

Day 4: Read Philippians 3:12-17 and Habakkuk 2:2-3. Write down your reflections below.

Day 5: Read 1 Timothy 4:15-16 and Hebrews 10:36-39. Write down your reflections below.

Life Focus Worksheet



In Session 4's Personal Growth Plan, we asked you to identify three roles that need the most improvement over the next three months. Now that you have completed the Clarifying God's Mission, Commit to Transformation, Know Thyself, and Chart the Course steps in the Life Focus Process, are you still convicted that your three identified roles are still the ones you need to work on? If so, restate them below and why you feel led to focus on them. If not, write down the three roles that you are feeling led to focus on and why in the space below.

Life Focus Questions

Out of the fourteen identity roles that we have studied in the past four sessions, what are the three roles in your life that need the most attention over the next three months? What, specifically, do you intend to do to address these?

ROLE:

ROLE:

ROLE:

Session 7: Personal Growth Plan

Role Planning Worksheets

Use these worksheets to think through one role or aspect of your being that you have chosen to focus on in the next season of your life.

Role: _____

Milestones: (What milestones have I accomplished in this area of my life? What am I proud of doing that has helped me grow toward God's will for my life?)

Ideas: (What are some of the ideas for growth or opportunities that I thought would be good to try?)

Roadblocks: (What are the obstacles in my way that discourage me from trying ideas that I have for growth?)

Resources: (What are the resources that I have at my disposal that I could leverage to help me grow in this role?)

Role Planning Worksheets

Role: _____

Five Year Goals: (In general and specific, what would I like my life to look like in regard to this area/role of my life five years from today?)

Two Year Goals: (In general and specific, what would I like my life to look like in regard to this area/role of my life two years from today?)

One Year Goals: (In general and specific, what would I like my life to look like in regard to this area/role of my life one year from today?)

Three Month Goals: (In general and specific, what would I like my life to look like in regard to this area/role of my life three months from today?)

Daily/Weekly Disciplines: (What are the Spirit-discerned daily or weekly disciplines that I feel God prompting me to engage in at this time?)

Projects: (What are some of the projects that I feel led to do for the next three months that will strategically grow me in this area/role of my life?)

Session 7: Personal Growth Plan

Role Planning Worksheets

Use these worksheets to think through one role or aspect of your being that you have chosen to focus on in the next season of your life.

Role: _____

Milestones: (What milestones have I accomplished in this area of my life? What am I proud of doing that has helped me grow toward God's will for my life?)

Ideas: (What are some of the ideas for growth or opportunities that I thought would be good to try?)

Roadblocks: (What are the obstacles in my way that discourage me from trying ideas that I have for growth?)

Resources: (What are the resources that I have at my disposal that I could leverage to help me grow in this role?)

Role Planning Worksheets

Role: _____

Five Year Goals: (In general and specific, what would I like my life to look like in regard to this area/role of my life five years from today?)

Two Year Goals: (In general and specific, what would I like my life to look like in regard to this area/role of my life two years from today?)

One Year Goals: (In general and specific, what would I like my life to look like in regard to this area/role of my life one year from today?)

Three Month Goals: (In general and specific, what would I like my life to look like in regard to this area/role of my life three months from today?)

Daily/Weekly Disciplines: (What are the Spirit-discerned daily or weekly disciplines that I feel God prompting me to engage in at this time?)

Projects: (What are some of the projects that I feel led to do for the next three months that will strategically grow me in this area/role of my life?)

Session 7: Personal Growth Plan

Role Planning Worksheets

Use these worksheets to think through one role or aspect of your being that you have chosen to focus on in the next season of your life.

Role: _____

Milestones: (What milestones have I accomplished in this area of my life? What am I proud of doing that has helped me grow toward God's will for my life?)

Ideas: (What are some of the ideas for growth or opportunities that I thought would be good to try?)

Roadblocks: (What are the obstacles in my way that discourage me from trying ideas that I have for growth?)

Resources: (What are the resources that I have at my disposal that I could leverage to help me grow in this role?)

Role Planning Worksheets

Role: _____

Five Year Goals: (In general and specific, what would I like my life to look like in regard to this area/role of my life five years from today?)

Two Year Goals: (In general and specific, what would I like my life to look like in regard to this area/role of my life two years from today?)

One Year Goals: (In general and specific, what would I like my life to look like in regard to this area/role of my life one year from today?)

Three Month Goals: (In general and specific, what would I like my life to look like in regard to this area/role of my life three months from today?)

Daily/Weekly Disciplines: (What are the Spirit-discerned daily or weekly disciplines that I feel God prompting me to engage in at this time?)

Projects: (What are some of the projects that I feel led to do for the next three months that will strategically grow me in this area/role of my life?)

Session 7: Personal Growth Plan

One-Year Goal Planning Worksheet

Use these worksheets to think through the one year and three month goals for each role or area of your being. Then list the weekly or daily disciplines that you have decided to engage in during this season.

Category	Identity Role	Weekly/Daily Disciplines	3 Month Goals	1 Year Mega Goals
Christ Follower	Human Being-Heart			
	Human Being-Soul			
	Human Being-Mind			
	Human Being-Strength			
Community Member	Inner Circle			
	Relative/Parent			
	Member (Worship/Small Group)			
	Mentee/Mentor (Personal)			
	Ambassador/Friend			

One-Year Goal Planning Worksheet

Use these worksheets to think through the one year and three month goals for each role or area of your being. Then list the weekly or daily disciplines that you have decided to engage in during this season.

Category	Role	Weekly/Daily Disciplines	3 Month Goals	1 Year Mega Goals
Called Servant	Steward of Resources			
	Minister of Compassion			
	Empowered Servant			
	Mentee/ Mentor (Professional)			
	Professional Role:			
	Professional Role:			
	Professional Role:			
	Professional Role:			

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Use the space below to write down anything that didn't fit in the space on the charts or any other thoughts that you have.

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Session 8

Aligned Training



Session 8: Aligned Training

Life Focus Process Level 5: Stay the Course

Omega Course: For more information about Godly Goal Setting and Planning see sessions 22 and 23 of the Omega Course.



Truth 17: Alignment

Regular evaluation, planning and realignment with God's mission leverages time through increased focus.

John 15:1-8

"I am the true vine, and my Father is the gardener. ² He cuts off every branch in me that bears no fruit, while every branch that does bear fruit he prunes so that it will be even more fruitful. ³ You are already clean because of the word I have spoken to you. ⁴ Remain in me, and I will remain in you. No branch can bear fruit by itself; it must remain in the vine. Neither can you bear fruit unless you remain in me. ⁵ "I am the vine; you are the branches. If a man remains in me and I in him, he will bear much fruit; apart from me you can do nothing. ⁶ If anyone does not remain in me, he is like a branch that is thrown away and withers; such branches are picked up, thrown into the fire and burned. ⁷ If you remain in me and my words remain in you, ask whatever you wish, and it will be given you. ⁸ This is to my Father's glory, that you bear much fruit, showing yourselves to be my disciples."

Reflective Question:

What is your favorite way to spend time connecting with God the Father, Son and Holy Spirit?

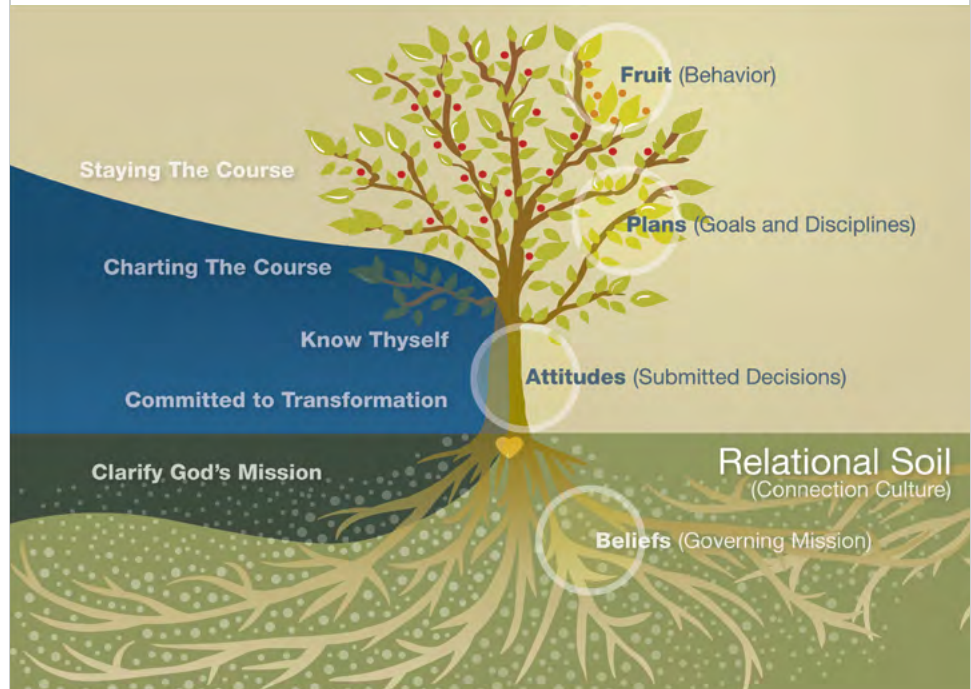
Session 8: Aligned Training

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*There is not in the world a kind of life
more sweet and delightful than that of
a continual conversation with God.*
— Brother Lawrence

Entering Into The Light



Proverbs 8:32-36

“Now then, my sons, listen to me; blessed are those who keep my ways.
³³ Listen to my instruction and be wise; do not ignore it. ³⁴ Blessed is
the man who listens to me, watching daily at my doors, waiting at my
doorway. ³⁵ For whoever finds me finds life and receives favor from the
LORD. ³⁶ But whoever fails to find me harms himself; all who hate me
love death.”

Planning and Tracking

Our tendency is to drift away from God’s will for our lives. Therefore,
we must create a plan for engaging our Spiritually-discerned disciplines
and have regular times of planning and recalibration with Him.
No one naturally drifts toward righteousness.

We need the daily discipline of planning when we align and submit
ourselves to the Guidance and Power of God.



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

Session 8: Aligned Training

Remember:

Efficiency is doing things right. Effectiveness is doing the right things.

“Detail” planning and tracking

Weekly and Daily “Detail” Planning

Weekly: Review the previous week, evaluate your progress and synthesize any new revelations, projects, tasks, disciplines and appointments into your calendar and personal growth plan.

Daily: Daily overview, prioritization and alignment.

Utilizing Planners

Planners can help us stay on track and focus our lives. Planners help us to plan our work, work our plan and track how we are truly investing our time. They can also be used as a good mirror into our beliefs by tracking our behavior.

Jesus and Daily Planning

Jesus daily realigned His life with the will of the Father.

We read in Scripture that it was His habit to draw away daily in the morning to pray alone.

It was during this time with the Father that he aligned His life with the will of the Father and received His guidance and empowerment for the day.

We also know that He rested weekly on the Sabbath and recalibrated His entire being with the Father.

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Reflective Question:

How would you rate yourself in the area of project management?

Daily Planning At the beginning of each day during your planning time pull out your day timer, prioritize your tasks and appointments, and plan the flow of your day. Become familiar with a notation system that works for you and use it to help you plan and track your various activities and projects.

Revelation and Adjustments



God desires to speak into our lives and reveal truth to us about who we really are and how we are really following His path towards abundant living. We can become aware of several sin areas in our lives, but making adjustments and following through on the cycle of renewal is necessary if we are going to mature in our relationship with God.



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

Session 8: Aligned Training

*Be assured, if you walk with Him
and look to Him, and expect help
from Him, He will never fail you.*
– George Mueller

Hebrews 3:12-15

“See to it, brothers, that none of you has a sinful, unbelieving heart that turns away from the living God. ¹³ But encourage one another daily, as long as it is called Today, so that none of you may be hardened by sin’s deceitfulness. ¹⁴ We have come to share in Christ if we hold firmly till the end the confidence we had at first. ¹⁵ As has just been said: ‘Today, if you hear his voice, do not harden your hearts as you did in the rebellion.’”

The Cycle of Renewal



2 Timothy 3:16-17 “All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, so that the man of God may be thoroughly equipped for every good work.”

Truth 18: Training

The life you live trains you for the life you are going to lead!

Session 8: Aligned Training

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1 Corinthians 9:24-27

²⁴ Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize. ²⁵ Everyone who competes in the games goes into strict training. They do it to get a crown that will not last; but we do it to get a crown that will last forever. ²⁶ Therefore I do not run like a man running aimlessly; I do not fight like a man beating the air. ²⁷ No, I beat my body and make it my slave so that after I have preached to others, I myself will not be disqualified for the prize.

1 Timothy 4:7-8

“Have nothing to do with godless myths and old wives’ tales; rather, train yourself to be godly. ⁸ For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come.”

Developing Christlikeness

To help others develop in Christlikeness, you need to understand the component parts that make up their lives.

This course has been designed as a journey to help you reflect upon the various areas of your life and what God’s perspective is concerning those areas, so that you can intentionally move towards becoming a person who lives out God’s Mission.



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Session 8: Aligned Training

Training for Abundant Living: Developing Christlikeness

In the Christian context developing Christlikeness comes about through a process of seeking God's guidance and training, then applying one's life to God's training in the power of the Holy Spirit.

God's discipline and training mold, shape and empower you to desire, feel, think and act in accordance with His will.

This is only possible when done in community with others empowered by the Holy Spirit.

When the Fruit of the Spirit is manifest in one's life, Christlikeness is being formed enabling the Spirit to bear fruit.

Fruit of the Spirit that flow through Godly Character Galatians 5:19-21

Love – The Fullness of Life

Joy – On Mission With God

Peace – Grace-filled Shalom of God

Patience – Grace for others

Kindness – Hospitable to others

Goodness – God's Power flowing through us

Faithfulness – Good Stewardship

Gentleness – Correcting others delicately

Self-control – Temperate restraint and disciplined living.

Session 8: Aligned Training

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The Journey Ahead

Much of the Delta course is about learning how to do things that don't generally come naturally. In many ways, it's just easier to float through life and drift toward adopting the ways of the world. Ultimately, this will lead to death, which is anything less than God's best for us. Our lives affect everyone we meet. The reality is, there is a lot at stake.

The disciplines, strategies and principles that we have discussed throughout Delta have been designed to help you work proactively with God to more effectively align yourself with His Vision, Priorities, Values and Identity Roles for your life.

Since this doesn't come naturally, it will require focus, accountability, support from the community of faith and empowerment by the Holy Spirit to keep you moving along the narrow path on the road of life. As you continue to grow and be trained by Him, you will experience more and more of the abundant life that He has for you, and you will become a more powerful conduit of His love to a world that is desperately in need. Remember, He has "blessed us in the heavenly realms with every spiritual blessing in Christ" (Ephesians 1:3). He has already given you everything you will need for the journey ahead!

Session 8 - Homework Focus

To cultivate a lifestyle of daily alignment and training in righteousness.

1. Journal through the discussion and reflection questions in your workbook and complete the daily devotions.
2. In your Personal Growth Plan:
 - Complete the Fruit of the Spirit Worksheet by reflecting on your current experience with fruit bearing.
 - Using the blank calendar pages provided or a day timer, plan your life for the next month.
3. Share your findings with a mentor and a member of your inner circle asking them for their wisdom and feedback into your new Spiritually-discerned Growth Plan.



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

Session 8: Aligned Training

Discussion and Reflection

1. Alignment: Do you understand how regular evaluation, planning and realignment can increase your life experience?

2. How do you plan to engage in your own version of Daily and Weekly Alignment?

3. What is your current method of evaluating your life and listening for God's revelation or guidance for your life?

4. What fruit don't you see manifest in and through your life these days and why?

5. What stood out most to you from your experience through the Delta Course?

Session 8: Aligned Training

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

Day 1: Read John 15:1-8, Proverbs 8:32-36 and write down your reflections below.

Day 2: Read Hebrews 3:12-15 and write down your reflections below.

Day 3: Read 1 Corinthians 9:24-27, 1 Timothy 4:7-8 and write down your reflections below.

Day 4: Read Philippians 2:1-11 and write down your reflections below.

Day 5: Read Galatians 5:22-23 and write down your reflections below.

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

Session 8: Personal Growth Plan

Fruit of the Spirit Worksheet

Use the following scale and the definitions provided to rate yourself and identify any areas which are not fully submitted to and enabled by the Spirit to bear fruit in and through your life. Once you have rated yourself, briefly describe why you believe this is your current reality in the space provided.

1 = Not submitted or enabled and not trying to be, 2 = Not submitted or enabled but bothered by my resistance,

3 = Trying to submit and need to focus on this fruit;

4 = Growing in my submission and experiencing God's enablement, 5 = Strongly submitted and enabled

Love - How enabled are you right now in submitting your life to God's guidance and power and letting His love (being others centered and caring about their health and growth) flow in you and through you?

Rating (1-5)

Joy - How enabled are you in living gratefully, joyfully and obediently on mission with God?

Rating (1-5)

Peace - How enabled are you in living in and through the grace-filled shalom of God?

Rating (1-5)

Patience - How enabled are you in being patient, forgiving and having grace for others?

Rating (1-5)

Kindness - How enabled are you in being kind and hospitable (expecting nothing in return) to others?

Rating (1-5)

Goodness - How enabled are you in letting God's goodness and power flow through you?

Rating (1-5)

Faithfulness - How enabled are you in being a faithful and good steward of your life?

Rating (1-5)

Gentleness - How enabled are you in being gentle and correcting others delicately?

Rating (1-5)

Self-control - How enabled are you in being self-controlled, living the virtuous life and resisting temptation?

Rating (1-5)

Session 8: Personal Growth Plan

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Fruit of the Spirit	Definition	Greek Definition	Opposite (O) and Counterfeit (C)
Love	To serve a person for their good and intrinsic value, not for what the person brings to you. Not just emotions or feelings, love is a decision to commit for the wellbeing of others, unconditionally.	Agape: love which seeks the highest good of others.	(O) Fear, self-protection, selfish affection. (C) Rescuing someone but really rescuing self. Attracted not to a person, but to how this person's love makes you feel about yourself.
Joy	To delight in God and His salvation for the sheer beauty and worth of who He is, not based on circumstances. Obtained by doing the will of God.	Chara: gladness, delight, a special presence of God.	(O) Hopeless, despair. (C) Elation that comes with blessings not the Blessor. Mood swings based on circumstances.
Peace	A state of assurance, lack of fear provided only by God, the unity between believers, freedom from worry and oppressive thoughts. Confidence and rest in the wisdom and sovereignty of God more than your own.	Eirene: peace between individuals, harmony, unity.	(O) Anxiety and worry. (C) Indifference, apathy, not caring about something. "I don't care."
Patience	Slowness in avenging wrongs. The quality which keeps the believer from responding to negative situations out of hatred and anger.	Makrothum: long suffering, bearing fruits without complaint.	(O) Resentment toward God and others. (C) Cynicism, self-righteousness. "This is too small to be bothered about."
Kindness	Eagerness to put others at ease, a sweet and attractive temperament that shows friendly regard. Practical kindness with vulnerability out of deep inner security.	Chrestotes: merciful, easy to bear, morally good and upright.	(O) Envy. Unable to rejoice in another's joy. (C) Manipulative good deeds. "Right hand knowing what the left hand is doing." Self-congratulation and self-righteousness.
Goodness	Selfless desire to open yourself honestly, transparently and generous to others even when they don't deserve it.	Agathosune: useful, generous.	(O) Phoniness, hypocrisy (C) Truth without love. "Getting it off the chest" for your sake.
Faithfulness	Firm devotion to God, loyal to friends, discharging responsibilities properly. To be principle-driven, committed, utterly reliable. True to one's word.	Pistis: trust, conviction.	(O) Opportunist, fair-weather friend. (C) Love without truth, being loyal when you should be willing to confront or challenge.
Gentleness	A humble nonthreatening demeanor that derives from a position of strength and authority, and is useful in calming another's anger and correcting others. This in not being weak and passive.	Prautes: humble, meek.	(O) Superiority, self-absorbed harshness, self-aggrandizement. (C) Inferiority and false pride, disengaged self-consciousness.
Self-control	Temperate restraint of one's desires, emotions, thoughts and actions. To be in harmony with the will of God. Self-control is doing God's will, not living for one's self.	Egkratea: being in control of one's self.	(O) A driven, impulsive, uncontrolled person. (C) Will-power through pride or through more "functional" idols.

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

A vertical photograph of a landscape. In the foreground, a river flows with white water rapids. The middle ground shows a lush green field. In the distance, a small, dark building is visible on the horizon. The sky is a deep blue with many small, white, fluffy clouds. The number 162 is printed in the bottom left corner.

[illegible]

Session 8: Personal Growth Plan

DELTA

Life Spring Network

One Week Planning Worksheet

Plan how you are going to spend your time this week (below).

Week: _____ Year: _____

Time	Sunday /	Monday /	Tuesday /	Wed /	Thursday /	Friday /	Saturday /
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Session 8: Personal Growth Plan

One Week Planning Worksheet

Plan how you are going to spend your time this week (below).

Week: _____ Year: _____

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Session 8: Personal Growth Plan

DELTA

Life Spring Network

One Week Planning Worksheet

Plan how you are going to spend your time this week (below).

Week: _____ Year: _____

Time	Sunday /	Monday /	Tuesday /	Wed /	Thursday /	Friday /	Saturday /
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Session 8: Personal Growth Plan

One Week Planning Worksheet

Plan how you are going to spend your time this week (below).

Week: _____ Year: _____

Time	Sunday /	Monday /	Tuesday /	Wed /	Thursday /	Friday /	Saturday /
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Appendices



Appendix A: The 18 Foundational Truths™

Truth 1 – Stewardship – Life is a gift of time that we are responsible to steward with the decisions that we make until we die.

[1 Peter 4:1-5; Psalm 90:12]

Truth 2 – Mission – Every life (being and doing) is guided by a governing mission, which is a combination of vision, priorities, values and identity roles we have learned from our life experience and chosen as a path to abundant life.

[Deuteronomy 30:19-20, Proverbs 14:12]

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. [Psalm 1:1-6; John 10:10, Matthew 28:18-20]

Truth – Perspective – Seeing life from God's perspective is essential if we are going to experience God's abundant life! (Having a Biblical World view)
If you can't see it you can't do it!

[Luke 3:21-22; Mark 1:35; Galatians 4:6-7; John 15:1-5]

Truth 5 – Identity – Abundant living comes from being who God created you to be and engaging your identity in Christ.

[Genesis 1:27; Psalm 139:13-16; 2 Corinthians 5:17]

Truth 6 – Community – We need the love, fellowship, wisdom and accountability of Christ-centered covenant relationships to keep us on track and growing.

[Galatians 6:1-10]

Truth 7 – Calling – God has called and equipped each person to function interdependently with others in a concerted effort to express His love to the world.

[Ephesians 2:8-10; Ephesians 4:1-6; 2 Thessalonians 1:11-12]

Truth 8 – Servanthood – In serving one another with our lives, we become free and express significant transforming love.

[John 13:1-17]

Truth 9 – Transformation – We must choose to submit ourselves to God's mission and His transforming power, if we are going to experience more abundance in life.

[John 3:16-21, Romans 12: 1-3; Acts 26:17-18, 1 John 2:9-11, 2 Corinthians 4:4-6]

Appendix A: The 18 Foundational Truths™

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Truth 10 – Attitude – Choosing Godly Attitudes brings focus to the journey of transformation and prepares us to experience and express love abundantly in any situation.
[Matthew 5:1-2; Philippians 2:1-11]

Truth 11 – Reality – Our sinful nature combined with the influence of evil in the world co-conspire to lead us away from God, but God has provided all we need to stand against these forces and realize His abundant life.
[The book of Ephesians; Romans 7, 8]

Truth 12 – Consequences – Actions taken and words spoken have profound consequences on our journey of transformation, either blessing or cursing our lives and the lives of those we touch.
[Deuteronomy 30:11-20, Galatians 6:7-10]

Truth 13 - Potential – Having an objective awareness of our obedience to God's mission, character and purpose is essential to realizing life's potential.
[Romans 12:1-3; Philippians 4:13]

Truth 14 – Belief – Your behavior is a reflection of what you truly believe (desires, feelings, thoughts and capabilities) will best meet your needs and provide you with a life of abundance.
[Romans 10:9-10; James 1:5-7; Mark 11:22-25]

Truth 15 – Discipline – Negative habits are overcome by changing incorrect (negative) beliefs (desires, feelings, thoughts and capabilities) and engaging in spiritually discerned disciplines.
[Hebrews 12:1-13, Jeremiah 29:11-13]

Truth 16 – Growth – Growth toward Christlikeness requires Accountability, Process and Perseverance.
[Philippians 3:12-17]

Truth 17 – Alignment – Regular evaluation, planning and realignment with God's mission leverages time through increased focus.
[John 15:1-8, Proverbs 8:32-36]

Truth 18 – Training – The life you live trains you for the life you are going to lead!
[1 Corinthians 9:24-27, 1 Timothy 4:7-8, Luke 14:26-29, 34-35]

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

Appendix B: The Seven Values of Abundant Living

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

We depend upon God's leadership (or guidance) in our lives which is available through the Holy Spirit. We all need regular devotional and prayer times to connect with God in solitude. We seek the will of God through prayer, Bible study, circumstances, and the Church. We acknowledge the reality of spiritual warfare, where the battle is raging in the heavenly realms, and commit ourselves to praying so that God might use us to battle against the forces of darkness (Ephesians 6:12). Pray for yourself, your family, your community, people in authority over you, the sick, the poor, the crippled, the needy, etc. We show our need for God and our desire to grow our relationship with Him and others when we pray. It is through prayer and the guidance of the Holy Spirit that God uses our lives to influence others. We respect the spiritual authority and guidance of those God has placed in positions of authority and servanthood in our lives to help lead, guide and shepherd us along our journey of faith, and commit to seeking out their guidance as well. This includes the principle of maximum connection to God.

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

We are saved by Grace through Faith in Jesus Christ - and this not from our own works – so that no one can boast (Ephesians 2:8). Christ's followers understand and have individually received Christ's saving, sustaining and enabling grace. Our focus is on the resurrected Christ and His Spirit, who saves us, is at work changing us and empowers us to do God's will. Therefore, we are gracious and patient with people in our relational worlds who, like us, are on a journey of faith. As God's ambassadors, we reach out and share His grace with people He brings into our relational worlds and help them grow in faith. We believe in relational evangelism and believe that the Gospel is best shared person-to-person through the power of community. This includes the principle of authenticity and being real.

Growth is a process toward full maturity in Christ.

We recognize faith as a process and are committed to challenging ourselves and others to grow to maturity. Maturity means taking hold of all that is Christ (Philippians 3:12) and through His enabling Spirit, doing works of service which move us toward the goal of life. This goal is being the fullness of Christ in us (Ephesians 4:12), pleasing Him in every respect (1 Thessalonians 4:1). We need to surround ourselves with mentors and partners who will love, challenge, and provide guidance to us as we grow in faith. We desire to be diligent students of Scripture, and allow God's truth to be impressed on the very fabric of our lives. We look at our lives holistically and allow the mental, emotional, physical, spiritual and social dimensions of our lives to be transformed by the Holy Spirit.

Appendix B: The Seven Values of Abundant Living

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As we mature in our faith and God entrusts people to our care, we will strive to be good mentors to the people in our lives who look to us for guidance and discipleship. Leaders will strive to be submitted to those they lead and also will have regular discipleship and accountability times with their mentors. This includes the principle of discipleship chains.

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

We lead lives of worship and bring glory to God in all we do when we humbly follow the guidance He provides. Excellence brings glory to God, so we submit ourselves to God's guidance so that He can work through us. We will strive to increasingly submit our lives to God and live lives of humble submission to His will. We will participate in regular times of worship where we can submit ourselves to God and refocus our lives on His Lordship. God calls us to be a royal priesthood of believers who go to Him for guidance and empowerment, and we will be held accountable for the way we live our lives both personally and corporately (1 Peter 2:9; Hebrews 4:13; Romans 14:12). As God's saints, we will strive to live lives of submission to God and identify our lives with Him. This includes the principle of being before doing.

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

We are committed to living our lives together in groups where both the vertical (you and God) and horizontal (you and the world) components of the Christian life will be lived out and growth is optimized. 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 show forth His praises (1 Peter 2:9). God desires that we learn from one another's diversity; therefore our groups should be willing to be diverse in every way: ethnic, racial, cultural, sociological, economic, etc. Differences and diversities easily divide, but we are called to follow the Master in our microcosm of God's kingdom. We are commanded to live lives of humility, patience, love and forbearance (Ephesians 4:2) as Spirit-people through whom His fruit will be seen in community. The fruit of the Spirit cannot be seen apart from community (Galatians 5:22). We all need to become a member of a small group and a local fellowship (local expression of the family of God, local church). By entering into covenant relationship with others, we are placing ourselves in the optimal environment to experience life change. We will strive to live out the "one anothers" of Scripture together as God's family. This includes the principle of unity in diversity.

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

Appendix B: The Seven Values of Abundant Living

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

We are committed to discovering our spiritual gifts and passions and using them to serve and build up the Kingdom of God. Like our Master, we don't come to be served but to serve, and to give our lives for one another (Mark 10:45) in love (John 15:12) and unity. We do this so that the watching world will believe that such a One as Jesus in reality did come (John 17:23). God calls us to use the gifts, talents and resources that He has given us to help build up His Church. We are all called to serve in general and in specific ways. Our general calling of servanthood includes getting involved in service projects with our community and striving to model Jesus Christ's life of servanthood. Our specific calling of servanthood is where God has uniquely gifted us to build up His Church. We are all created for a purpose, and God has given every believer at least one spiritual gift so that we all might contribute to the building of His Church.

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

We understand our relationship to God and this world as that of stewards or managers, and strive to be good stewards of our whole lives as God leads us. Christ-followers realize that they have been brought with the price of Christ's blood, and that everything they are and have belongs to Him. In light of this, we live as managers or stewards of all that God entrusts to us. We view our time, talents, and treasures as precious resources which need to be faithfully managed according to God's will, principles and priorities. In response to Christ's abundant giving, we increasingly submit our resources to His Lordship and display a spirit of generosity and cheerfulness. We are willing to share the resources God has entrusted to us as He leads (Luke 16). This includes following God's priorities for living and managing our lives in balanced and God-honoring ways. Where our treasure is, there will our hearts be also (Matthew 6:21). As God leads, we will accept and strive to serve faithfully in ordained leadership positions within the body of Christ. People are God's most precious resource and the pinnacle of His creation, and therefore, we will take the overseeing responsibilities in our lives seriously. We will strive to lead and guide others with gentleness and respect.

Appendix C: 7 G's Summary Chart

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7 G's	Belief Statement	The Lord's Prayer	Acts 2	Attitudes
Glorification	Glorification of God is the goal of our lives and our church.	"Our Father in heaven, hallowed be thy name,	⁴⁶ "Every day they continued to meet together in the temple courts. They broke bread in their homes and ate together with glad and sincere hearts, ⁴⁷ praising God..."	Enabled by God, I have decided to live as a worshipper and glorify God in every aspect of my life.
Group	Group provides the optimal environment for life change.	Your kingdom come,	^{42b} "...and to the fellowship..."	Enabled by God, I have decided to live in covenant community as a member of God's family and welcome in all who desire to join.
Growth	Growth is a process towards full maturity in Christ.	Your will be done	^{42a} "They devoted themselves to the apostles' teaching..."	Enabled by God, I have decided that I will live as a disciple, striving to become more like Jesus in every area of my life.
Gifts	Gifts of divine empowerment are given to all believers to grow God's church.	on earth as it is in heaven.	⁴³ "Everyone was filled with awe, and many wonders and miraculous signs were done by the apostles."	Enabled by God, I have decided to live every day as an empowered servant allowing God to express His love through me.
Good Stewardship	Good Stewardship is the reasonable and loving response to our gracious God.	Give us today our daily bread.	⁴⁴ "All believers were together and had everything in common. ⁴⁵ Selling their possessions and goods they gave to anyone as he had need."	Enabled by God, I have decided that life is a gift of time, talents and treasure that I will gratefully steward as God leads.
Grace	Grace is God's bridge to us and our bridge to others.	Forgive us our debts as we also have forgiven our debtors.	^{42c} "... to the breaking of bread..." ^{47b} "... and enjoying the favor of all of the people. And the Lord added to their number daily those who were being saved."	Enabled by God, I have decided that I will receive God's grace for my life and live as His ambassador of reconciliation in the world.
Guidance	Guidance is necessary in order to carry out God's will.	And lead us not into temptation but deliver us from the evil one."	^{42d} "... and to prayer."	Enabled by God, I have decided that I need God's guidance in every aspect of my life and will live as His follower!

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

Appendix C: 7 G's Summary Chart

7 G's	7 Deadly Sins	7 Virtues	Character Strengths
Glorification	Pride	Humility	Spirituality/Purpose, Humility/Modesty, Appreciation of Beauty and Excellence
Group	Lust	Chastity	Love of People, Citizenship, Kindness, Social Intelligence
Growth	Gluttony	Temperance	Love of Learning, Persistence, Self-Regulation, Integrity
Gifts	Envy	Contentment	Creativity, Bravery, Vitality
Good Stewardship	Greed	Poverty as Steward	Prudence, Fairness, Gratitude
Grace	Wrath	Meekness	Forgiveness/Mercy, Hope/Optimism, Humor
Guidance	Sloth	Obedience	Perspective/Wisdom, Curiosity, Leadership, Open-Mindedness

Appendix D: Qualifications for Elders in the Church

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The Characteristics of Elders (overseers) are presented with connections to the 7 Values of Abundant Living, 7 Godly Virtues, Our Identity Roles and the Fruit of the Spirit highlighted. The qualifications for office of elder are outlined in 1 Timothy 3 and Titus 1:6-9. An elder should aspire to the office (not be pushed into it). They include:

1. Being above reproach – Humbly engaged in accountable Covenant relationships of authenticity and transparency as a Mentee and Church Member.
2. Devoted spouse (if married) – Lives a life of loving Chastity and intimacy with their soul-mate and/or best friends in their Inner Circle.
3. Temperate (sober-minded) – Lives a balanced life of Growth and offering wise objective counsel to others as a Mentor.
4. Self-controlled – able to live Joyfully Obedient to God's Guidance and balance the way they invest themselves in the various roles of their lives.
5. Respectable – Relates to others with Humility, Chastity and respect and is respected by other covenant Community Members (Group).
6. Hospitable – A generous and Kind Minister of Compassion. Willing to serve those less fortunate in the Group of people he relates to.
7. Loves what is good – Loves to see people living as Empowered Servants serving in the power of the Holy Spirit producing Good in the world through Spiritual Gifts and bringing Glory to God.
8. Not given to drunkenness – Living Temperately with intoxicating drink and drugs
9. Gentle, not violent – Meek, Gentle in their approach to people. Able to correct others with Grace and truth and spread God's Peace.
10. Not quarrelsome – Meek, Content and able to love their enemies and extend the Grace of God. Strives to live as a peacemaker as a Covenant Community Member and as an Ambassador/Friend.
11. Free from the love of money and dishonest gain – Content and honest and Good Steward of Resources.
12. Children obey him with proper respect, – Loving and devoted fathers (if parents) in their Relative/Parent relationships and Good managers of their household (Steward of Resources)
13. Not recent converts but tested and faithful – Proven teachable and devoted to Growth through time spent as a Mentee and as a Mentor of others.
14. Have a good reputation with outsiders – Able to build Faithful caring relationships and live the Gospel in Ambassador/Friend and Professional relationships with others who are not church family members.
15. Not self-willed but Spirit-led, holy and disciplined – Humbly Submitted to the Lordship of Christ and His Guidance and Power (Gifts) in their lives and lives according to a personal Growth plan.
16. Not quick tempered – Able to Patiently love people in their community (Group) and extend the Grace of God. They are slow to anger but not unaffected by the sin in this world.
17. Able to teach and defend sound doctrine – Able to Mentor and Teach others God's truth in ways that lead them to understand and worship God (Glorification).
18. Impartial (gives objective counsel) – Godly Mentor to others and wise counselor.
19. Devoted to prayer – They seek the Guidance of God, intercede for others and devote their lives to bringing Glory to God.
20. Holding to the word (Scripture is their authority) – Devoted to Growing according to God's Guidance submission to authority of Scripture and Glorifying God as Savior, Lord and King.

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

Appendix E: The “One-Anothers” of Scripture

We believe that the Holy Spirit officially commissions every believer into a ministry of caring for one another. After all, none of the following commands are restricted to a particular title (such as elders only) or a particular gender (such as men only).

1. “... Be at peace with each other” Mark 9:50
2. “... Wash one another’s feet” John 13:14
3. “... Love one another...” John 13:34
4. “... Love one another...” John 13:34
5. “... Love one another...” John 13:35
6. “... Love each other...” John 15:12
7. “... Love each other...” John 15:17
8. “Be devoted to one another in brotherly love...” Romans 12:10
9. “... Honor one another above yourselves” Romans 12:10
10. “Love in harmony with one another...” Romans 12:16
11. “... Love one another...” Romans 13:18
12. “... Stop passing judgment on one another” Romans 14:13
13. “Accept one another, then, just as Christ accepted you...” Romans 15:7
14. “... Instruct one another” Romans 15:14
15. “Greet one another with a holy kiss” 1 Corinthians 16:20
16. “... When you come together to eat, wait for each other” 1 Corinthians 11:33
17. “... Have equal concern for each other” 1 Corinthians 12:25
18. “Greet one another with a holy kiss” 2 Corinthians 13:12
19. “Greet one another with a holy kiss” 1 Corinthians 16:20
20. “... Serve one another in love” Galatians 5:13
21. “If you keep on biting and devouring each other...you will be destroyed by each other.” Galatians 5:15
22. “Let us not become conceited, provoking and envying each other” Galatians 5:26
23. “Carry each other’s burdens...” Galatians 6:2
24. “Be patient, bearing with one another in love” Ephesians 4:2
25. “Be kind and compassionate to one another...” Ephesians 4:32
26. “... Forgiving each other...” Ephesians 4:32
27. “Speak to one another with psalms, hymns and spiritual songs” Ephesians 5:19
28. “Submit to one another out of reverence for Christ” Ephesians 5:21
29. “... In humility consider others better than yourselves” Philippians 2:3
30. “Do not lie to each other...” Colossians 3:9
31. “Bear with each other...” Colossians 3:13

Appendix E: The “One-Anothers” of Scripture

32. “...Admonish one another” Colossians 3:16
33. “...Forgive whatever grievances you may have against one another” Colossians 3:13
34. “Teach ...[one another]” Colossians 3:16
35. “...Make your love increase and overflow for each other” 1 Thessalonians 4:9
36. “...Love each other” 1 Thessalonians 4:9
37. “...Encourage each other...” 1 Thessalonians 4:18
38. “...Encourage one another...” 1 Thessalonians 5:11
39. “...Build each other up...” 1 Thessalonians 5:11
40. “Encourage one another daily...” Hebrews 10:25
41. “...Spur one another on toward love and good deeds” Hebrews 10:24
42. “...Encourage one another” Hebrews 10:25
43. “...Do not slander one another” James 4:11
44. “Don’t grumble against each other...” James 5:9
45. “Confess your sins to each other...” James 5:16
46. “...Pray for each other, that you might be healed” James 5:16
47. “...Love one another deeply, from the heart” 1 Peter 1:22
48. “...Live in harmony with one another...” 1 Peter 3:8
49. “...Love each other deeply...” 1 Peter 4:8
50. “Offer hospitality to one another without grumbling” 1 Peter 4:9
51. “Each one should use whatever gift he has received to serve others...” 1 Peter 4:10
52. “...Clothe yourselves with humility toward one another...” 1 Peter 5:5
53. “Greet one another with a kiss of love” 1 Peter 5:14
54. “... Love one another” 1 John 3:11
55. “... Love one another...” 1 John 3:23
56. “... Love one another...” 1 John 4:7
57. “... Love one another...” 1 John 4:11
58. “... Love one another...” 1 John 4:12
59. “... Love one another” 2 John 5

Twenty-one of the fifty-nine, or fully one third, call for Christians to love! Scores of additional passages command all believers to love their neighbors as themselves, build up the Church, be involved in mutual edification, be like-minded, be of one accord, and similarly “...do good...to those who belong to the family of believers” (Galatians 6:10). Add to these commands the many other Scripture verses that describe the role of caring. One writer, for instance, marvels at how Christ’s forgiveness gives rise to true “...fellowship with one another...” (1 John 1:7). Another thanks God for the maturity whereby “...the love every one of you has for each other is increasing” (2 Thessalonians 1:3).

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Rev. Jason K. Pankau.

The process depicted below is taught in our Body Life Basics seminar. Life Spring Network has been created to help churches become holistic, transformational disciple-making communities. Our current resources are focused on facilitating parts 5, 6, 7, 8 and 9 in this process. The resources listed on the following pages are organized according to how they help facilitate movement through each part of this process. We believe that a healthy church should reproduce on every level and therefore Part 9 of this process takes root as leaders mature, mentor other leaders and commission them to serve God according to their calling.

Part 6 – Steward Your Life Resources

Part 8 – Invest Your Life in Others Resources

Part 9 – Reproduce Disciple-makers

9. Reproduce Servant Leaders

8. Invest Your Life in Others

7. Serve with Your Gifts

6. Steward Your Life

5. Commit to Covenant Community

4. Become a Worshiper

3. Discover the Spiritual Life

2. Engage in the Spiritual Conversation

1. Build Real Prayer Filled Relationships

Character

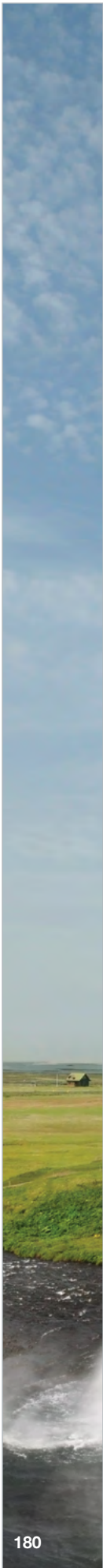
Community

Conversation

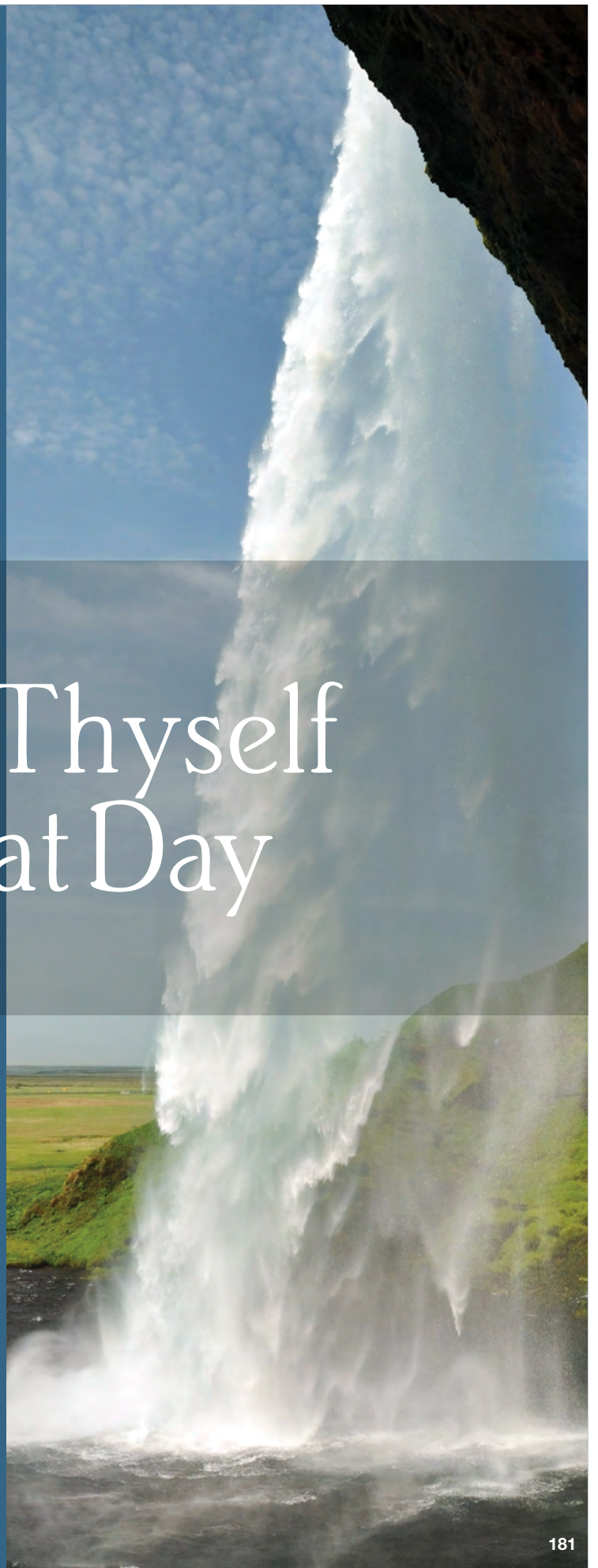
Commission

The Crowd

Connection



Know Thyself Retreat Day



Know Thyself Retreat Day

Twenty-four Character Strengths and Corresponding Core Virtues⁹

A group of leading psychologists have come to believe positive character strengths are essential to mental health. Their mission is to transform social science to work on virtue, positive emotion and positive institutions. Following are the results of their project to identify those character strengths. The strengths are derived from many sources, including Christianity, Judaism, Islam, Confucianism, Taoism, Buddhism, Hinduism, and Athenian virtues (e.g. Aristotle, Plato, and Socrates). Also considered were previous efforts such as the values of Boy Scouts, Charlemagne's Code of Chivalry, as well as the works of Erik Erikson, Abraham Maslow, and others. We have slightly adapted their definitions and categories, but tried to stay as close to the original definitions of the character strengths as possible.

Wisdom and Knowledge:

1. Creativity (originality, ingenuity)
2. Curiosity (interest, novelty-seeking, openness to experience)
3. Open-mindedness (judgment, critical thinking)
4. Love of learning
5. Perspective (wisdom)

Courage:

6. Bravery (valor)
7. Persistence (perseverance, industriousness)
8. Integrity (authenticity, honesty)
9. Vitality (zest, enthusiasm, vigor, energy)

Humanity:

10. Love (valuing close relationships, sharing, and caring)
11. Kindness (generosity, nurturance, care, compassion, altruistic love, "niceness")
12. Social intelligence (emotional intelligence, personal intelligence)

Justice:

13. Citizenship (social responsibility, loyalty, teamwork)
14. Fairness (equal treatment according to notions of fairness and justice)
15. Leadership (encouraging and organizing group activities)

Temperance:

16. Forgiveness and mercy
17. Humility/Modesty
18. Prudence (carefulness about words and deeds)
19. Self-regulation (self-control)

Transcendence:

20. Appreciation of beauty and excellence (awe, wonder, elevation)
21. Gratitude (awareness of good things that happen, thankfulness and giving thanks)
22. Hope (optimism, future-mindedness, future-orientation)
23. Humor (playfulness)
24. Spirituality (religiousness, faith, purpose)

The 24 Character Strengths re-categorized according to the 7 Values of Abundant Living (Simplified Definitions)

See the Omega Course Appendix H for more comprehensive definitions.

STRENGTHS OF GRACE

Forgiveness and mercy: forgiving those who have done wrong; accepting the shortcomings of others; giving people a second chance; not being vengeful.

Hope (optimism, future-mindedness, future orientation): expecting the best in the future and working to achieve it; believing that a good future is something that can be brought about.

Humor (playfulness): liking to laugh and tease; bringing smiles to other people; seeing the light side; making (not necessarily telling) jokes.

STRENGTHS OF GROUP

Love: valuing close relations with others, in particular those in which sharing and caring are reciprocated; being close to people.

Kindness (generosity, nurturance, care, compassion, altruistic love, “niceness”): doing favors and good deeds for others; helping them; taking care of them.

Social intelligence (emotional intelligence, personal intelligence): being aware of the motives and feelings of other people and oneself; knowing what to do to fit into different social situations; knowing what makes other people tick.

Citizenship (social responsibility, loyalty, teamwork): working well as a member of a group or team; being loyal to the group; doing one’s share.

STRENGTHS OF GROWTH

Love of learning: mastering new skills, topics, and bodies of knowledge, whether on one’s own or formally; obviously related to the strength of curiosity but goes beyond it to describe the tendency to add systematically to what one knows.

Persistence (perseverance, industriousness): finishing what one starts; persisting in a course of action in spite of obstacles; “getting it out the door”; taking pleasure in completing tasks.

Integrity (authenticity, honesty): speaking the truth but more broadly presenting oneself in a genuine way and acting in a sincere way; being without pretense; taking responsibility for one’s feelings and actions.

Self-regulation (self-control): regulating what one feels and does; being disciplined; controlling one’s appetites and emotions.

STRENGTHS OF GIFTS (DIVINE EMPOWERMENT)

Creativity (originality, ingenuity): thinking of novel and productive ways to conceptualize and do things; includes artistic achievement but is not limited to it.

Bravery (valor): not shrinking from threat, challenge, difficulty, or pain; speaking up for what is right even if there is opposition; acting on convictions even if unpopular; includes physical bravery but is not limited to it.

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Vitality (zest, enthusiasm, vigor, energy): approaching life with excitement and energy; not doing things halfway or halfheartedly; living life as an adventure; feeling alive and activated.

STRENGTHS OF GLORIFICATION

Humility/Modesty: letting one's own accomplishments speak for themselves; not seeking the spotlight; not regarding oneself as more special than one is.

Appreciation of beauty and excellence (awe, wonder, elevation): noticing and appreciating beauty, excellence, and/or skilled performance in various domains of life, from nature to art to mathematics to science to everyday experience.

Spirituality (religiousness, faith, purpose): having coherent beliefs about the higher purpose and meaning of the universe; knowing where one fits within the larger scheme; having beliefs about the meaning of life that shape conduct and provide comfort.

STRENGTHS OF GUIDANCE

Curiosity (interest, novelty-seeking, openness to experience): taking an interest in ongoing experience for its own sake; finding subjects and topics fascinating; exploring and discovering.

Open-mindedness (judgment, critical thinking): thinking things through and examining them from all sides; not jumping to conclusions; being able to change one's mind in light of evidence; weighing all evidence fairly.

Perspective (wisdom): being able to provide wise counsel to others; having ways of looking at the world that make sense to oneself and to other people.

Leadership: being able to set goals in accordance with God's purpose and to communicate these goals to others in such a way that they voluntarily and harmoniously work together to accomplish these goals for the glory of God.

STRENGTHS OF GOOD STEWARDSHIP

Fairness: treating all people the same according to notions of fairness and justice; not letting personal feelings bias decisions about others; giving everyone a fair chance.

Prudence: being careful about one's choices; not taking undue risks; not saying or doing things that might later be regretted.

Gratitude: being aware of and thankful for the good things that happen; taking time to express thanks.

The Seven Values of Abundant Living and the 24 Character Strengths

In order to assess our functioning and growth in the Seven Values of Abundant Living, we have created a paradigm using the definitions of the 24 character strengths re-organized according to the Seven Values of Abundant Living and 7 Godly Virtues. With the definitions of these character strengths in mind, rate your current functioning and growth in each character strength according to the following scale.

1=Not Descriptive, 2 = Sometimes Descriptive,
3 = Fairly Descriptive, 4 = Descriptive, 5 = Strongly Descriptive

7 Values of Abundant Living 7 Godly Virtues	Character Strength	Rating (1-5)
Grace - Meekness	Forgiveness/Mercy	
	Hope/Optimism	
	Humor	
Group - Chastity	Love of People	
	Kindness	
	Social Intelligence	
	Citizenship	
Growth - Temperance	Love of Learning	
	Persistence	
	Integrity	
	Self-Regulation	
Gifts - Contentment	Creativity	
	Bravery	
	Vitality	
Glorification - Humility	Humility/Modesty	
	Appreciation of Beauty and Excellence	
	Spirituality/Purpose	
Guidance - Obedience	Curiosity	
	Open-Mindedness	
	Perspective/Wisdom	
	Leadership	
Good Stewardship - Stewardship	Fairness	
	Prudence	
	Gratitude	

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Understanding Your Divine P.U.R.P.O.S.E. Worksheets

P: Passions

People have different passions that have been placed on our lives by God and that we have learned to love through life experience. This is a true combination of Nature and Nurture.

Passion is usually a combination of three things:

1. People - a passion for working with or helping certain people.
2. Place - a passion to spend time or invest yourself in a location.
3. Action - a passion to do a type of work or activity most important to you.

The dictionary defines passion as: “Compelling feeling or emotion;... a pursuit to which one is deeply devoted.” Its synonyms include love, ardent affection, and zeal.

The opposite of passionate is passive: “being without response to something, not active, inert.” Unlike passive people, passionate people can’t remain inactive or inert in the realm of their passion. They’re compelled to action.

In his book *Half Time*, businessman and nonprofit founder Bob Buford asks, “What is your passion, the spark that needs only a little breeze to ignite into a raging fire?”

10 Ways to Recognize It's a Passion¹⁰

from *Shifting into High Gear* by Tom Siciliano and Jeff Caliguire

1. Your face turns red and you become animated when you talk about it.
2. You typically find yourself curious and seek to learn more about it.
3. You don't get tired when actively engaged with it.
4. You could stay up late talking about it or doing it and wonder where the time went.
5. You wouldn't need to get paid to invest time or energy in it.
6. Others seem interested in speaking with you about it.
7. You sometimes wonder why others are not as passionate as you about it.
8. If you had a day off, you would enjoy engaging in it.
9. If you had all the money, time, and freedom in the world, you would be involved in it.
10. If you were in a book store, you might easily gravitate toward issues that relate to the topic of your passion.

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Make a list of the major passions in your life.

1. People - a passion for working with or helping certain people.

2. Place - a passion to spend time or invest yourself in a location.

3. Action - a passion to do a type of work or activity most important to you.

U: Upbringing - Genograms

Genograms can be very useful in understanding how we have been shaped through the generations. By constructing your genogram and spending time reflecting on the relatives who have affected your life, you will be able to better know yourself and see patterns in your family.

Identification & Labeling for Genogram

Male



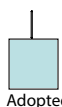
Female



Deceased



Adopted
Or Foster



Adopted



Foster

Christian



Abortion



Miscarriage



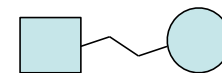
Still Born



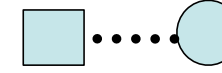
Very Close
Relationship



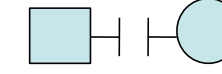
Conflicted
Relationship



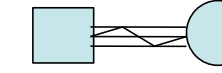
Distant
Relationship



Estrangement
or Cut Off



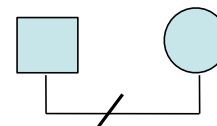
Fused and
Conflicted



Living together
relationship or
liaison



Divorce



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- Ethnic background and migration date
- Religion or Religion Change
- Education
- Occupation or unemployment
- Military Service
- Retirement
- Trouble with the law
- Physical or sexual abuse or incest
- Obesity
- Alcohol or Drug abuse (symbol is a half filled square or Circle)
- Smoking
- Dates when family members left home:
LH '74
- Current location of family members

- Generational sin patterns
- Health issues
- Blessings/Curses
- Stories of Faith
- Spiritual Gifting
- Original abilities
- Unresolved Conflict Patterns
- Love Languages

[illegible]

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My Genogram

*Use a program such as word, powerpoint, publisher or even paint to complete this part of the exercise.

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Know Thyself Retreat Day

R: Resources: Net Worth Calculation Worksheet

God provides each of us with different amounts of resources to steward. In Omega Session 10 and in Life Spring Network's Making Cent\$ Seminar, we consider five financial areas of being a Steward of Resources: Diligent Earners, Generous Givers, Wise Savers, Cautious Debtors, and Prudent Consumers.

What I Own (Assets)	Amount
Checking Account	
Savings Account	
Other Savings	
Insurance (cash value)	
Retirement	
Home (market value)	
Auto (market value)	
Second Auto (market value)	
Other Possessions (estimate)	
Money owed to me	
Other	
Other	
Other	
Total of all I own:	

What I Owe (Liabilities)	Amount	Minimum Monthly Payment	Interest Percentage
Mortgage (current balance)			
Home Equity Loans			
Credit Cards			
Car Loans			
Education Loans			
Family/Friends			
Other			
Total of all I owe:			

Net Worth

(Total of All I Own – Total of All I Owe = Net Worth (in earthly terms, not God's!))*

_____ – _____ = _____

*Never confuse your self-worth with your net worth. In Gods eyes each one of us are equally valuable.

P: Personality

MBTI + Keirsey Temperament ¹¹

Population Percentages

ISTJ 11.6 %	ISFJ 13.8 %	INFJ 1.5 %	INTJ 2.1 %
ISTP 5.4 %	ISFP 8.8 %	INFP 4.4 %	INTP 3.3 %
ESTP 4.3 %	ESFP 8.5 %	ENFP 8.1 %	ENTP 3.2 %
ESTJ 8.7 %	ESFJ 12.3 %	ENFJ 2.4 %	ENTJ 1.8 %

Keep in Mind:

In reviewing the comparisons in the inventory, you may find yourself drawn equally to opposing choices. One strategy is think back to how you were before the age of 12. The rationale is that by age of three, the core of our cognitive organization is well-fixed, although the brain continues to allow some plasticity until puberty. After the onset of puberty, our adult learning begins to overlay our core personality – which is when the blending of nature and nurture becomes more evident. For some people, this “learning” serves to strengthen what is already there, but with others it produces multiple facets of personality. Discovering or rediscovering this innate core of yourself is part of the journey of using personality type to enrich your life.

Extrovert or Introvert?⁹

Questions

- What is your most natural energy orientation?
- Where do you like to focus your attention?

Outer world vs. Inner world?

Every person has two faces. One is directed towards the OUTER world of activities, excitements, people, and things. The other is directed inward to the INNER world of thoughts, interests, ideas, and imagination.

While these are two different but complementary sides of our nature, most people have an innate preference towards energy from either the OUTER or INNER worlds. Thus one of their faces, either the Extraverted (E) or Introverted (I), takes the lead in their personality development and plays a more dominant role in their behavior.

Characteristics

Extroverted Characteristics:

- Act first, think/reflect later
- Feel deprived when cut off from interaction with the outside world
- Usually open to and motivated by outside world of people and things
- Enjoy wide variety and change in people relationships

Introverted Characteristics:

- Think/reflect first, then act
- Regularly require an amount of “private time” to recharge batteries
- Motivated internally, mind is sometimes so active it is “closed” to outside world
- Prefer one-to-one communication and relationships

Know Thyself Retreat Day

Sensing or Intuitive?

Questions

- Which way of understanding or perceiving is most “automatic?”
- How do you like to look at things?

Present/Concrete vs. Future/Patterns and Possibilities?

The Sensing (S) side of our brain notices the sights, sounds, smells and all the sensory details of the PRESENT. It categorizes, organizes, records and stores the specifics from the here and now. It is REALITY based, dealing with “what is.” It also provides the specific details of memory and recollections from PAST events. The Intuitive (N) side of our brain seeks to understand, interpret and form OVERALL patterns of all the information that is collected and records these patterns and relationships. It speculates on POSSIBILITIES, including looking into and forecasting the FUTURE. It is imaginative and conceptual. While both kinds of perceiving are necessary and used by all people, each of us instinctively tends to favor one over the other.

Characteristics

Sensing Characteristics:

- Mentally live in the Now, attending to present opportunities
- Using common sense and creating practical solutions is automatic-instinctual
- Memory recall is rich in detail of facts and past events
- Best improvise from past experience
- Like clear and concrete information; dislike guessing when facts are “fuzzy”

Intuitive Characteristics:

- Mentally live in the Future, attending to future possibilities
- Using imagination and creating/inventing new possibilities is automatic-instinctual
- Memory recall emphasizes patterns, contexts, and connections
- Best improvise from theoretical understanding
- Comfortable with ambiguous, fuzzy data and with guessing its meaning

Thinking or Feeling?

Questions

- Which way of forming judgments and making choices is most natural?
- How do you like to go about deciding things?

Logic/Objective Analysis vs. Values/Subjective Evaluation?

The Thinking (T) side of our brain analyzes information in a DETACHED, objective fashion. It operates from factual principles, deduces and forms conclusions systematically. It is our logical nature.

The Feeling (F) side of our brain forms conclusions in an ATTACHED and somewhat global manner, based on likes/dislikes, impact on others, and human and aesthetic values. It is our subjective nature.

While everyone uses both means of forming conclusions, each person has a natural bias towards one over the other so that when they give us conflicting directions – one side is the natural trump card or tiebreaker.

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Characteristics

Thinking Characteristics:

- Instinctively search for facts and logic in a decision situation
- Naturally notice tasks and work to be accomplished
- Easily able to provide an objective and critical analysis
- Accept conflict as a natural, normal part of relationships with people

Feeling Characteristics:

- Instinctively employ personal feelings and impact on people in decision situations
- Naturally sensitive to peoples' needs and reactions
- Naturally seek consensus and popular opinions
- Unsettled by conflict; have almost a toxic reaction to disharmony

Judging or Perceiving? Questions

- What is your "action orientation" toward the outside world?
- How do you deal with the outer world?

Planned/Organized/Settled vs. Flexible/
Spontaneous/Open Options

All people use both judging (thinking and feeling) and perceiving (sensing and intuition) processes to store information, organize our thoughts, make decisions, take actions and manage our lives. Yet one of these processes (Judging or Perceiving) tends to take the lead in our relationship with the outside world... while the other governs our inner world.

A Judging (J) style approaches the outside world WITH A PLAN and is oriented towards organizing one's surroundings, being prepared, making decisions and reaching closure and completion.

A Perceiving (P) style takes the outside world AS IT COMES and is adopting and adapting, flexible, open-ended and receptive to new opportunities and changing game plans.

Characteristics

Judging Characteristics:

- Plan many of the details in advance before moving into action
- Focus on task-related action; complete meaningful segments before moving on
- Work best and avoid stress when keeping ahead of deadlines
- Naturally use targets, dates and standard routines to manage life

Perceiving Characteristics:

- Comfortable moving into action without a plan; plan on-the-go
- Like to multi-task, have variety, mix work and play
- Naturally tolerant of time pressure; work best close to the deadlines
- Instinctively avoid commitments which interfere with flexibility, freedom and variety

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MBTI + Keirsey Temperament

Four Temperaments:

SP: Artisan

SJ: Guardian

NF: Idealist

NT: Rational

ISTJ Inspector	ISFJ Protector	INFJ Counselor	INTJ Mastermind
ISTP Crafter	ISFP Composer	INFP Healer	INTP Architect
ESTP Promoter	ESFP Performer	ENFP Champion	ENTP Inventor
ESTJ Supervisor	ESFJ Provider	ENFJ Teacher	ENTJ Field Marshal

Personality (Temperament)

Visit www.keirsey.com

	Score		Score	
E Extrovert		Social Preference		Introvert I
S Sensing		Information Gathering		Intuitive N
T Thinking		Decision Making		Feeling F
J Judging		Life Style		Perceiving P

Other Insights:

O: Original Abilities

God has given different abilities to us all, which we are able to function in whether we are empowered by God or not. List below any abilities that you have had since birth. For example: athletic ability, artistic ability, good verbal communication, intelligence.

The Spiritual Gifts (Simplified definitions)

These gifts are explained in more detail in Appendix F of the Omega Course and taught in the Empowered Servanthood Seminar.

We have intentionally included the widest variety of gifts and their definitions that we could support through Scripture and observable experience, so that everyone in the Body of Christ might be able to sense where they fit into God's Kingdom-building efforts.

Spiritual Gifts and Original Abilities

Some of these "gifts" are obviously Spiritual Gifts. Others are debatable. However, it is not particularly important whether a certain ability is a Spiritual Gift, a blessing from God, a God-given talent, an inherited trait, a natural human ability, or something learned. The thing that is important is that we discover what gifts are more pronounced in us and learn how to use them to serve God. God is just as pleased when we use a learned ability to serve Him as He is when we use a Spiritual Gift to serve Him. The key is to discover our capabilities (Spiritual Gifts and Original Abilities) and learn to use them to love, worship, and serve God and others.

These definitions are influenced and adapted from Dr. Dan Reiland's *"Spiritual Gifts"* course, David Posthuma's *"Grace Gifts"* inventory, Ken Ellis's Spiritual Gifts Inventory, *Your Spiritual Gifts Can Help Your Church Grow* by C. Peter Wagner, *Jesus on Leadership: Becoming a Servant Leader* by C. Gene Wilkes and Tom Wells' Spiritual Gifts course. The seven categories they are organized into are unique to the Empowered Servanthood Seminar.

Spiritual Gifts

Administration

The distinct ability to coordinate and organize people and projects.

Apostleship

The distinctive ability to start churches and ministry structures coupled with the authority to exercise general leadership or oversight over a number of churches and or ministries, which is readily recognized and results in tangible fruit in ministry.

Celibacy

The special ability God gives to some to voluntarily remain single, abstain from sexual activity and remain unmarried without regret and with the ability to maintain control over sexual impulses, so as to serve the Lord without distraction.

Community Building

The special ability to share one's participation in Christ with the members of His Body and create koinonia, that unique type of inclusive fellowship which characterized the early Christian church.

Craftsmanship

The distinctive ability to design and build tangible items and resources which facilitate the functioning of ministry and help draw people to God.

Creative Communications

The divine enablement to communicate truth through a variety of art forms in a way that moves people towards God.

Deliverance

The distinctive ability to deliver people who are being harassed, attacked, oppressed or possessed by a demonic presence.

Discernment

The distinctive ability to know with assurance whether certain behavior or teaching is from God, Satan, human error, or human power.

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Encouragement

The special ability God gives some to offer comfort, words of encouragement, hope, and reassurance to discouraged, weak, or troubled Christians in such a way that they gain a positive mental, emotional and spiritual perspective on their circumstances.

Evangelist

The distinctive ability to share the good news of Jesus Christ effectively so that people respond to the promises of Christ through conversion to Christianity and movement towards discipleship.

Exhortation / Disciple Maker

The special ability God gives some to help strengthen weak, faltering, growing and fainthearted Christians in such a way that they are motivated to live Christ-centered lives.

Faith

The special conviction God gives to some to be firmly persuaded of God's power and promises to accomplish His will and purpose, and to display such a confidence in Him and His Word that circumstances and obstacles do not shake that conviction.

Giving

The distinctive ability to discern God's guidance as to how He desires to resource His kingdom, and cheerfully and generously contribute personal resources to God's work.

Healing

The distinctive ability to be used as a human intermediary through whom God's supernatural power is applied to a person's need for wholeness (Spiritual, Emotional, Intellectual and Physical).

Helps / Service

The divine enablement to accomplish practical and necessary tasks which free-up, support and meet the needs of others.

Hospitality

The distinctive ability to create a physical environment that makes people feel "at home", welcome and cared for by providing fellowship, food and shelter.

Intercession

The distinctive ability to pray for significant lengths of time, on a regular basis, on behalf of and for others, and see frequent and specific answers to prayer to a degree much greater than that which is experienced by the average Christian.

Interpretation of Tongues

The distinctive ability to understand someone who is speaking in Tongues and provide the meaning of its message in order to instruct and encourage the people who are hearing it and those to whom it was sent.

Knowledge

The distinctive ability to know facts and insights about life that are revealed by the Holy Spirit.

Leadership

The special ability God gives to some to set goals in accordance with God's purpose and to communicate these goals to others in such a way that they voluntarily and harmoniously work together to accomplish these goals for the glory of God.

Martyrdom

The distinctive ability to surrender one's life for the cause of Christ and love those who have chosen to be your enemy.

Mercy

The distinctive ability to feel sincere empathy and compassion, and cheerfully and practically help those who are suffering or are in need by putting compassion into action with acts of love that help alleviate their distress.

Miracles

The distinctive ability as an instrument or agent of God to perform supernatural acts which alter the expected course of nature.

Missionary

The distinctive ability to minister whatever other Spiritual Gifts you have effectively in cultures beyond your own.

Music / Worship Leader

Worship is the special gift whereby the Spirit enables certain Christians to praise God through music in such a way as to enhance the worship experience of other believers and draw them into the presence of God.

Pastor / Shepherd

The distinctive ability to assume responsibility for the spiritual care, protection, guidance, and feeding (teaching and equipping) of a group of Christians.

Prophecy

The divine enablement to receive messages from God and communicate those messages in a timely and relevant manner for understanding, correction, repentance, comfort, exhortation or edification.

Stewardship

The God-enabled ability to manage financial, human and time resources effectively in a manner that honors the Lord.

Teaching

The Spirit-empowered ability to understand, clearly explain and apply God's word, will, and principles, causing greater Christ-likeness and effective Spirit-empowered ministry.

Tongues

The distinctive ability to speak in a language which you never learned and communicate a divinely anointed message from God whether in private prayer language or in a group setting.

Volunteer Poverty

The distinctive ability to be a channel of God's loving presence by living a life of cheerful, voluntary simplicity or poverty in order to identify with Jesus and the poor.

Wisdom

The distinctive ability to discern the mind of Christ and apply Scriptural truth to a specific situation in order to make the right choices and help others move in the right direction.

Spiritual Gifts Reference Material

We have intentionally included the widest variety of gifts and their definitions that we could support through Scripture and observable experience, so that everyone in the Body of Christ might be able to sense where they fit into God's Kingdom building efforts.

Biblical Summary about Spiritual Gifts

1. Every Christian has at least one Spiritual Gift (1 Peter 4:10)
2. No Christian has all the gifts (1 Corinthians 12:28-30)
3. We cannot choose our gifts; God does that job (1 Corinthians 12:7-11)
4. There is no gift that every Christian possesses (1 Corinthians 12:29-30)
5. Believers will account to the Lord for how they use their gifts (1 Peter 4:10)
6. Spiritual Gifts point to God's call and purpose for a Christian's life (Romans 12:2-8)
7. Gifts used without love do not accomplish God's intended purposes (1 Corinthians 13:1-3)
8. Spiritual Gifts are for the common good to build up the Body (1 Corinthians 12:27)

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Biblical Guidelines for using Spiritual Gifts

1. Usage of the gift(s) should conform to Biblical teaching (2 Timothy 3:16; Romans 12:1 Corinthians 12-14; Ephesians 4:1 Peter 4).
2. There should be affirmation and positive feedback within the Body of Christ for the expression of the gift (1 Corinthians 12:7; Ephesians 4:16).
3. There should be agreement within the Body of Christ that the Holy Spirit is at work (1 John 4:1; 1 Thessalonians 5:21).
4. We should experience the peace of the Holy Spirit in our spirits as we offer our gift(s) to the Body of Christ (John 15:26; Romans 8:16).
5. There should be evidence of godly fruit in the life of the Body (John 15:8; Matthew 7:16-20).
6. Believers should offer their gifts for the common good as others have need (Acts 2:44-45; 1 Corinthians 12:7).
7. Unless gifts are offered in love, they have no worth (1 Corinthians 13:1-3).
8. We should strive to live a life worthy of our calling (Ephesians 4:1).

The main places in the Bible where we learn about Spiritual Gifts are:

- 1 Corinthians 12-14
- Romans 12
- Ephesians 4
- 1 Peter 4:7-11

From Scripture, we learn the following key information about Spiritual Gifts:

How Many Different Spiritual Gifts Are There?

There is little agreement among Christians as to exactly how many different Spiritual Gifts there are.

- Some people look at the key Bible passages on Spiritual Gifts and limit the gifts to the ones listed there:

- Romans 12 - Prophecy, Service, Teaching, Encouragement, Giving, Leadership, and Mercy
- 1 Corinthians 12 - Message of Wisdom, Message of Knowledge, Faith, Healing, Miraculous Powers, Prophecy, Distinguishing between Spirits, Speaking in Tongues, and Interpreting Tongues
- Ephesians 4 - Apostle, Prophet, Evangelist, Pastor, and Teacher
- 1 Peter 4:7-11 - Hospitality, Preaching, Service
- Some say that the Gifts of Administration and Leadership are the same gift.
- Some say the Gifts of Service, Helps and Mercy are the same gift.
- Some add the Gifts of Craftsmanship and Music because of the skills that God gave to people to help with worship in the Old Testament Tabernacle.
- Some see Craftsmanship as a vehicle to exercise the gift of Service.
- Some stick to the gifts listed in the New Testament.
- Some believe that certain Spiritual Gifts were given to people only by the direct laying on of hands of the original Apostles and that these gifts ceased to exist after the first century.
- Some add the possibility of other gifts in addition to those already mentioned:
 - 1 Corinthians 7:1-9 - Celibacy
 - 1 Peter 4:9-10 - Hospitality
 - 1 Corinthians 13:1-3 - Martyrdom
 - Ephesians 3:6-8 - Missionary
 - 1 Corinthians 13:1-3 - Voluntary Poverty
 - Ephesians 6:18 - Intercession/Prayer
 - Luke 1:1-3 - Creative Communication
 - Mark 14:22-25 - Community Builder
 - Luke 12:42-44 - Stewardship
- Some see Prayer and Intercession as a vehicle through which the gifts of Faith, Healing and Miracles operate.

Spiritual Gifts Assessment

With the definitions of the Spiritual Gifts in mind, rate your current functioning in each gift according to the following scale.

**1=Not Descriptive, 2 = Sometimes Descriptive,
3 = Fairly Descriptive, 4 = Descriptive, 5 = Strongly Descriptive**

Category	Spiritual Gift	Values (1-5)
Get It Done	Administration	
	Helps/Service	
	Giving	
	Craftsmanship	
	Stewardship	
Nurture/Fellowship	Hospitality	
	Mercy	
	Encouragement	
	Community Builder	
Intervention	Healing	
	Miracles	
	Deliverance/Exorcism	
	Intercession	
Guidance	Exhortation/Disciple Maker	
	Wisdom	
	Knowledge	
	Prophecy	
	Discernment	
Communication	Teaching	
	Evangelism	
	Music/Worship Leader	
	Tongues	
	Interpretation of Tongues	
	Creative Communication	
Authority	Leadership	
	Apostleship	
	Missionary	
	Pastor/Shepherd	
Life Focus	Faith	
	Martyrdom	
	Celibacy	
	Voluntary Poverty	

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E: Experience of Love

Experience of Love - The Love Languages¹²

Whether this is hard-wired or learned behavior, it is important to understand how we prefer to experience and express love in our lives.

Three Ways to Discover Your Love Language

1. What does your spouse/close friends do or fail to do that hurts you most deeply? The opposite of what hurts you most is probably your love language.
2. What have you most often requested of your spouse/close friends? The thing you have most often requested is likely the thing that would make you feel most loved.
3. In what way do you regularly express love to your spouse/close friends? Your method of expressing love may be an indication that would also make you feel loved.

Words of Affirmation

Verbal appreciation speaks powerfully to people whose primary Love Language is “Words of Affirmation.” Simple statements such as, “You look great in that suit,” or “You must be the best baker in the world! I love your oatmeal cookies,” are sometimes all a person needs to hear to feel loved. Aside from verbal compliments, another way to communicate through “Words of Affirmation” is to offer encouragement. Here are some examples: reinforcing a difficult decision; calling attention to progress made on a current project; acknowledging a person’s unique perspective on an important topic. If a loved one listens for “Words of Affirmation,” offering encouragement will help him or her to overcome insecurities and develop greater confidence.

Quality Time

Quality time is more than mere proximity. It’s

about focusing all your energy on your mate/close friends. A husband watching sports while talking to his wife is NOT quality time. Unless all of your attention is focused on your mate, even an intimate dinner for two can come and go without a minute of quality time being shared.

Quality conversation is very important in a healthy relationship. It involves sharing experiences, thoughts, feelings and desires in a friendly, uninterrupted context. This involves “active listening” to assure that the other person knows you are truly listening. Many people don’t expect you to solve their problems. They need a sympathetic listener.

An important aspect of quality conversation is self-revelation. In order for you to really communicate with another person, you must be in tune with your inner emotions. It is only when you understand your emotions and inner feelings that you are able to share quality conversation and quality time with another person.

Quality activities are a very important part of quality time. Many people feel most loved when they spend physical time together, doing activities that they love to do. Spending time together will bring you closer, and, help you build a memory bank that you can draw from in the future.

Receiving Gifts

Some people respond well to visual symbols of love. If you speak this love language, you are more likely to treasure a gift as an expression of love and devotion. People who speak this love language often feel that a lack of gifts represents a lack of love from their mate. Luckily, this love language is one of the easiest to learn.

If you want to become an effective gift-giver, you might have to learn to change your attitude about

money. If you are naturally a spender, you will have no trouble buying gifts for that person. However, people who are used to investing and saving their money may have a tough time adjusting to the concept of spending money as an expression of love. These people must understand that you are investing the money not in gifts, but in deepening your relationship with your mate.

The gift of self is an important symbol of love. Sometimes all a person desires is for you to be there for him or her, going through the same trials and experiencing the same things. Your body can become a very powerful physical symbol of love.

These gifts need to come every week or even every day, but they don't have to cost a lot of money. Free, frequent, expensive, or rare, if that person relates to the language of receiving gifts, any visible sign of your love will leave him or her feeling happy and secure in your relationship.

Acts of Service

Acts of service can bring about a great sense of feeling loved for those whom it is a love language. In a marriage relationship or within a family, sometimes simple chores around the house can be an undeniable expression of love. Even simple things like laundry and taking out the trash require some form of planning, time, effort, and energy. Just as Jesus demonstrated when He washed the feet of his disciples, doing humble chores can be a very powerful expression of love and devotion to your loved one.

It is very important to understand what acts of service another person most appreciates. Even though couples are helping each other around the house, couples might still fight because they are unknowingly communicating with each other in two different dialects.

Also of importance is to engage in these acts of service out of love and not obligation. Someone who does chores and helps out around the house out of guilt or fear, will inevitably be speaking a language of resentment rather than a language of love. It's important to perform these acts out of the kindness of your heart.

Sometimes demonstrating acts of service can mean stepping out of the stereotypes. Acts of service require both people to humble themselves into doing some chores and services that aren't usually expected from their gender. However, these little sacrifices will mean the world to the other person, and invite a happier relationship.

Physical Touch

Many people feel the most loved when they receive physical contact. For someone who speaks this love language loudly, physical touch can make or break the relationship.

Sexual intercourse makes many mates feel secure and loved in a marriage. However, it is only one dialect of physical touch. It is important to discover how your partner not only physically responds but also psychologically responds to these touches. Sometimes it's little acts such as touches on the cheek, on the hand, or the shoulder that can really make a difference.

All marriages will experience crises. In these cases, physical touch is very important. In a crisis situation, a hug can communicate an immense amount of love for that person. A person whose primary love language is physical touch would much rather have you hold them and be silent than offer any advice. It is important to remember that this love language is different for everyone. What type of touch makes you feel secure is not necessarily what will make your partner happy. It is important to learn each other's dialects.

Know Thyself Retreat Day

Experience of Love

Love Languages

(Rank on a scale: 1 = Poor, 5 = Prefer)

	How Good are you at:	What do you Prefer:
	Giving	Receiving
Word of Affirmation		
Quality Time		
Gift Giving		
Acts of Service		
Physical Touch		

Other Insights:
