# RENEW, REFRESH, REFOCUS RETREAT

Renew your Mind, Refresh your Spirit, Refocus your Life

Omega Version







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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.

OMEGA Experience Renew, Refresh, Refocus, Retreat Workbook

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The 18 Foundational Truths (Natural Laws) of Life Stewardship, Identity Roles Paradigm, P.R.E.P.<sup>2</sup>,
Life Focus Process, Seven Values of Abundant Living,
Entering Into The Light Diagram
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# Omega Renew, Refresh, Refocus Retreat

#### **Suggested Retreat Schedule - One Day**

8:45 a.m. - 9:00 a.m.: Arrival/Opening Worship and Prayer

9:00 a.m. - 9:30 a.m.: Omega Refresher (Sessions 1 – 4)

9:30 a.m. - 10:30 a.m.: Reflection/Worksheets

10:30 a.m. - 10:45 a.m.: Omega Refresher (Sessions 5-8)

10:45 a.m. - 11:45 a.m.: Reflection/Worksheets

11:45 a.m. – 12:00 p.m.: Omega Refresher (Sessions 13 - 16)

12:00 p.m. - 1:00 p.m.: Reflection/Worksheets

1:00 p.m. – 1:30 p.m.: Omega Refresher (Sessions 17 - 20)

1:30 p.m. - 2:30 p.m.: Reflection/Worksheets

2:30 p.m. – 3:00 p.m.: Omega Refresher (Sessions 21 & 22)

3:00 p.m. - 4:00 p.m.: Reflection/Worksheets

4:00 p.m. – 4:15 p.m.: Omega Refresher (Sessions 23 & 24)

4:15 p.m. – 5:00 p.m.: Reflection/Worksheets

5:00 p.m.: Closing

In order to seek God's guidance, participants are encouraged to fast over the course of the retreat weekend. That's why you will not see a designated time for lunch. However, for participants not fasting, snacks and lunch may be eaten during reflection sessions.

#### **Suggested Retreat Schedule - Two Day**

#### Day 1

6:45 p.m. – 7:00 p.m.: Arrival/Opening Worship and Prayer

7:00 p.m. - 7:30 p.m.: Omega Refresher (Sessions 1 – 4)

7:30 p.m. - 8:30 a.m.: Reflection/Worksheets

#### Day 2

9:00 a.m. - 9:30 a.m.: Omega Refresher (Sessions 5 – 8)

9:30 a.m. - 10:30 a.m.: Reflection/Worksheets

10:30 a.m. – 10:45 a.m.: Omega Refresher (Sessions 13 - 16)

10:45 a.m. - 11:45 a.m.: Reflection/Worksheets

11:45 a.m. – 12:00 p.m.: Omega Refresher (Sessions 17 - 20)

12:00 p.m. - 1:00 p.m.: Reflection/Worksheets

1:00 p.m. – 1:30 p.m.: Omega Refresher (Sessions 21 & 22)

1:30 p.m. - 2:30 p.m.: Reflection/Worksheets

2:30 p.m. – 3:00 p.m.: Omega Refresher (Sessions 23 & 24)

3:00 p.m. - 4:00 p.m.: Reflection/Worksheets

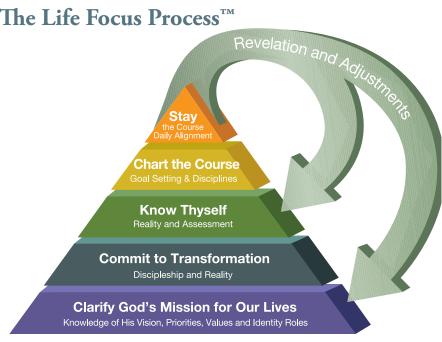
4:00 p.m.: Closing

# Tools for The Journey

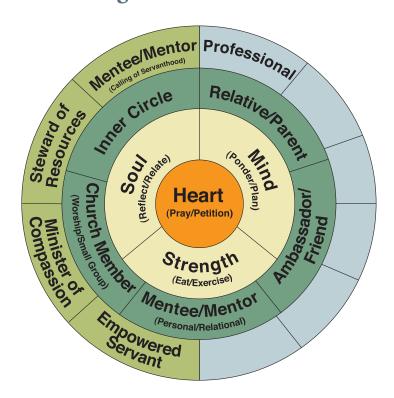
#### **Tools for the Journey**

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™



# Our Roles Diagram™





#### **Entering Into The Light**



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

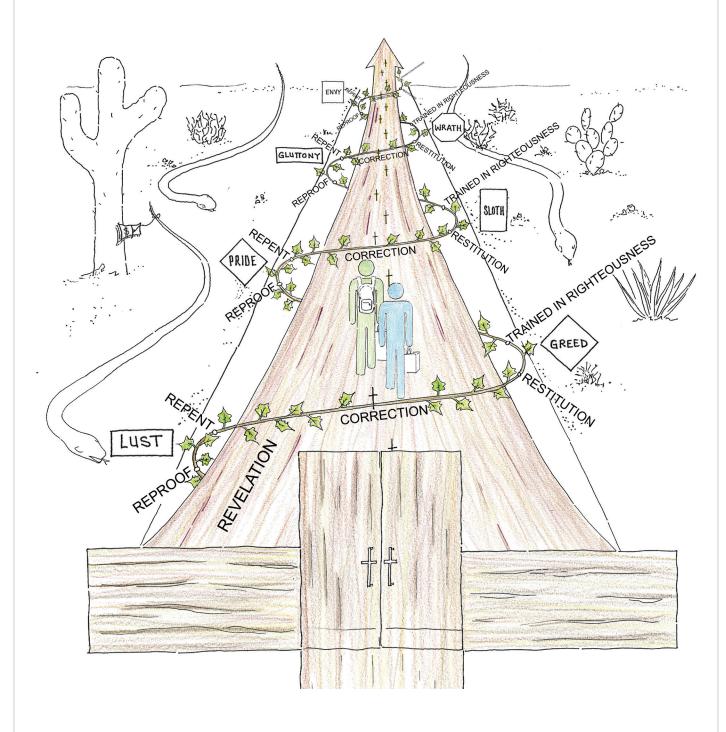
Our beliefs are formed in our being by processing the interaction of our true desires, feelings, thoughts and capabilities.



#### **Feedback**

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.

#### **The Road of Life**

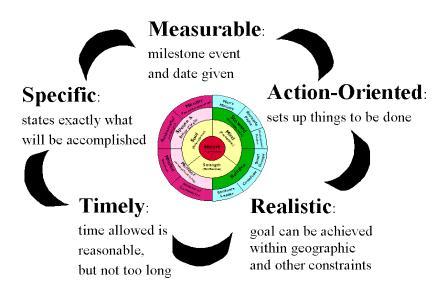


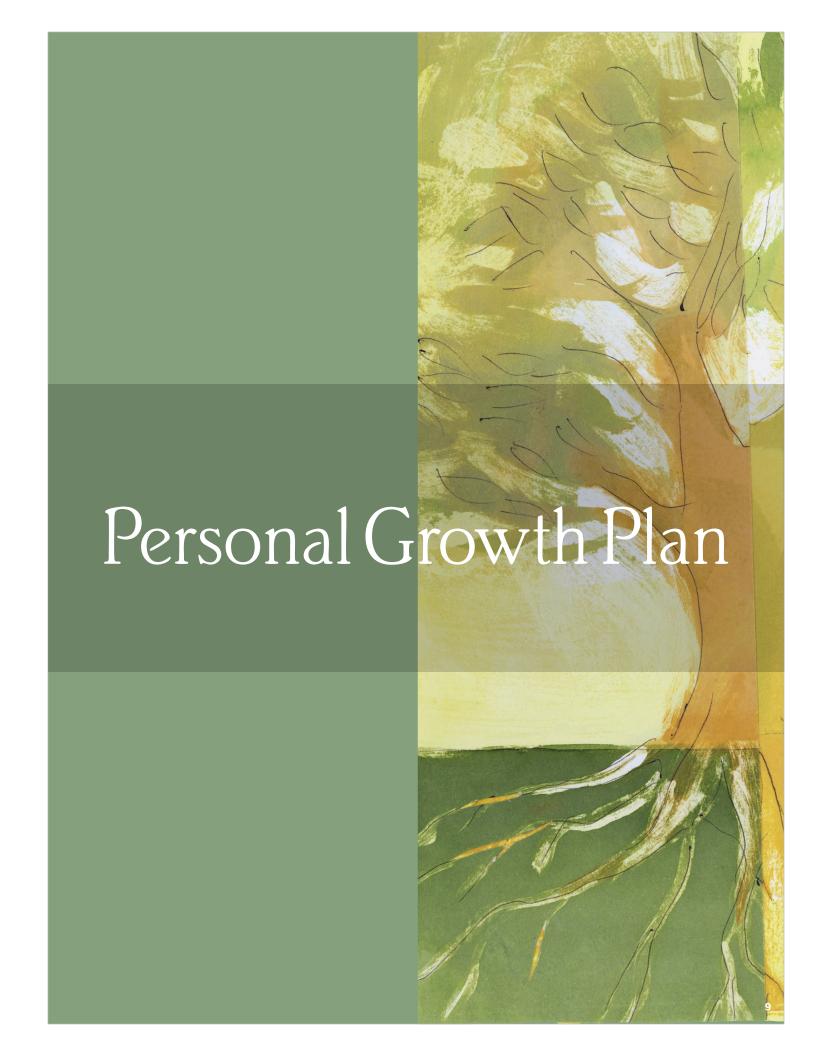
# Trained in Righteousness Restitution The Saint's Experience Repentance Correction

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."

#### S.M.A.R.T. Goals<sup>18</sup>

However you decide to approach goal setting, there are some key principles to remember that will help you gain and sustain real momentum.





#### **Current "Normal" Schedule Worksheet**

Track how you spend your time in any given week and assess where you are spending your time using the various categories provided for you. Fill in the accompanying scorecard.

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

#### **Current "Normal" Schedule Worksheet**

In order to get a snap-shot of where you are currently spending your time, record the amount of intentional time you are investing in the various areas of your life.

#### **Connecting with Christ**

	Hours
Heart	
Time spent in prayer and solitude recalibrating your will with the will of the Father	
Soul	
Time spent in reflection, listening to your feelings	
Time spent in relationships, processing your feelings	
Mind	
Time spent pondering God's Word, listening to tapes, watching videos or other teachings that stretch your understanding of the truth	
Time spent prayerfully setting goals and planning your life	
Strength	
Time spent exercising	
Time spent sleeping	
Other time spent investing in your physical health	

#### **Connecting with Community**

	Hours
Inner Circle	
Time spent with your spouse (if married) or best friends in life	
Relative/Parent	
Time spent with extended family, talking, loving, serving and relating	
Time spent parenting (if you have children)	
Member of God's Family	
Time spent in covenant community worshipping, learning, knowing, loving, serving, celebrating and discipling one another	
Mentee/Mentor	
Time spent with mentees and mentors, learning about loving God and people better	
Ambassador	
Time spent in relationships with friends in your community who don't know Christ	

#### **Current "Normal" Schedule Worksheet**

In order to get a snap-shot of where you are currently spending your time, record the amount of intentional time you are investing in the various areas of your life.

#### Connecting with your Calling of Servanthood

	Hours
Steward of Resources	
Time spent stewarding the resources God has entrusted to your care	
Empowered Servant	
Time spent volunteering, serving on ministry teams advancing the Kingdom of God	
Minister of Compassion	
Time spent serving the poor, widowed, imprisoned, orphans or those in distress	
Calling Mentee/Mentor	
Time spent learning from mentors who can help you grow in your calling or mentoring others	
Profession	
Time spent working to earn money	

Break down the time spent at work into the different roles played as part of your profession:

	Hours
Role:	

Owner vs. Steward Workshhet
Journal about your struggle with desire, control and living as a steward or owner of your life. How has this struggle changed over time? What are some changes that you are feeling prompted to make in this regard?

#### **Your Priorities Worksheet**

Please describe your priority scale by putting in priority the following categories. Using each number only once, prioritize the following areas of your life: 1(most important) to 13 (least important).

Rank	Priority	
	My profession	
	My family (relatives and children)	
	My spouse and/or best friends	
	My physical health and growth	
	My financial/resource management	
	Serving others less fortunate	
	Mentoring relationships I am involved in as mentee or mentor	
	Serving on ministry teams with my gifts	
	My mental health and growth	
	My spiritual health and growth	
	My emotional health and growth	
	My church family	
	My relationships with those who don't know Christ	

Reflect on how you are spending your time and on how well your needs are being met through
your current allocation of time. What are the changes that you sense you need to make to get in
better alignment with God's Vision and Priorities for you?
,

#### **God's Mission Worksheet**

1. Spend time journaling about how much you desire God's governing mission for your life. Think about how you actively seek out His Mission for your life and the perspectives and desires that hinder you from wanting to do the will of our Father in Heaven.

God's Mission: to connect 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.

-	Vision
	Our
Priorities	Our Mission
-	
	Identity Roles

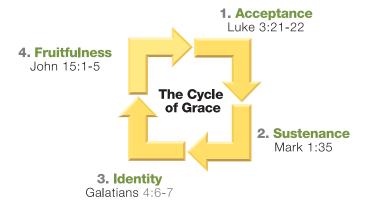
# **Cycles of Grief and Grace**

2. Think about how your life resembles the Cycle of Grace or the Cycle of Grief. Spend time journaling and reflecting on the Cycle of Grace and how you can apply it to your understanding of your relationship with God.

1. Achievement and Activity

The Cycle of Grief

3. Drivenness



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

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.
Father in Heaven, hallowed be Your name (Glorification):
Your kingdom come (Group):
Your will be done (Growth):
On Earth as it is in Heaven (Gifts):
Give us this day our Daily Bread (Good Stewardship):
Forgive us our sins as we forgive those who sin against us (Grace):
Lead us not into temptation, but deliver us from the evil one (Guidance):

#### **Vision Statements Worksheet**

# Strength (Eat/Exercise)

#### **Identity Role Vision Statements**

Vision Statement: A description of your understanding of who you would like to be in each role. It is your expression of what you believe to be ideal and worthy of striving toward. This is answering the question, "What does it look like to experience and express love in this role of my life?"

**Heart** (Spiritual, Will, Desires, Lover/Prayer Warrior, Whom do I worship?) – Vision Statement:

rite down reflectio	one comparing your life now to the v	ision statement that you believe God
vealed to you. Incl	ude changes you need to make in thi	is area of your life.

Heart (Pray/Petition)

Strength (Eat/Exercise)

# Session 6: Personal Growth Plan

# **Vision Statements Worksheet**

#### Tiolon Glatomonto Horkonos

**Identity Role Vision Statements** 

Write down reflections comparing your life now to the vision statement that you believe God revealed to you. Include changes you need to make in this area of your life.
<b>Strength</b> (Physical, Temple/Recreator, Rest, Exercise/Nutrition) – Vision Statement:
Mind (Intellectual, Attitude, Truth, Learner/Planner) – Vision Statement:
Soul (Emotional, Uniqueness, Conscience, Balance, Intuitor, Relationship Management) – Vision Statement
in each role. It is your expression of what you believe to be ideal and worthy of striving toward. This is answering the question, "What does it look like to experience and express love in this role of my life?"
Vision Statement: A description of your understanding of who you would like to be

#### **Vision Statements Worksheet**

# Control Circle Relative Hart (Pray/Pettion) Strength (Ent/Exercise) Mentee/Mentor (Parsonal/Relational)

#### **Identity Role Vision Statements**

Vision Statement: A description of your understanding of who you would like to be in each role. It is your expression of what you believe to be ideal and worthy of striving toward. This is answering the question, "What does it look like to experience and express love in this role of my life?"

nner Circle - V	ision Statement:			
elative/Parent	- Vision Statement	:		
				you believe God 1
	ections comparing			you believe God 1
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Heart

Strength (Eat/Exercise)

# Session 8: Personal Growth Plan

# **Vision Statements Worksheet**

#### **Identity Role Vision Statements**

Vision Statement: A description of your understanding of who you would like to be
in each role. It is your expression of what you believe to be ideal and worthy of striving toward. This is
answering the question, "What does it look like to experience and express love in this role of my life?"

Church Member - Vision Statement:
Mentee/Mentor - Vision Statement:
Ambassador/Friend - Vision Statement:
Write down reflections comparing your life now to the vision statement that you believe God revealed to you. Include changes you need to make in this area of your life.

#### **Vision Statement Worksheet**

#### **Identity Role Vision Statements**

Vision Statement: A description of your understanding of who you would like to be in each role. It is your expression of what you believe to be ideal and worthy of striving toward. This is answering the question, "What does it look like to experience and express love in this role of my life?"

Minister of Compassi	ion - Vision Statement:	
	ns comparing your life now t ade changes you need to mak	to the vision statement that you believe God
your life.		Control of the contro

#### **Vision Statement Worksheet**

#### **Identity Role Vision Statements**

Vision Statement: A description of your understanding of who you would like to be in each role. It is your expression of what you believe to be ideal and worthy of striving toward. This is answering the question, "What does it look like to experience and express love in this role of my life?"

#### Aspects of the Role of Steward of Resources

Diligent Earner	One who works with commitment, purpose and a grateful attitude
Generous Giver	One who gives with an obedient will, a joyful attitude and a compassionate heart
Wise Saver	One who builds, preserves, and invests with discernment
Cautious Debtor	One who avoids entering into debt, is careful and strategic when incurring debt,
	and always repays debt
Prudent Consumer	One who enjoys the fruit of one's labor yet guards against materialism

Steward of Resources - Vision Statement:	Member Mentor Professional
	Solution of the solution of th
	0 %
	Church (Wassington (Pray/Petition))  Heart (Pray/Petition)  Jopes (Pray/Petition)
	Church Mentor (Pray/Petition)  Strength (Entry-Petition)  Strength (Entry-Petition)  Mentee/Mentor
	Mariant
	Empowered Servanal Relational Relational Servanal Relational Relati
W/:: 1 1:f 1:f 1:f	:-:
Write down reflections comparing your life now to the v	-
revealed to you. Include changes you need to make in th	is area of your life.

#### **Goals to Achieve This Year**

1. Fill out the financial goal worksheet in order to gain financial focus for the year. Please allow adequate time to give serious consideration to your goals. Carefully considered, realistic goals – that flow out of what's really important to you – are powerful motivators. That motivation will be very helpful to you in following through on the steps necessary to achieve your goals.

#### **Overall Goals**

My overall financial	goals for this y	year are:		

#### **Specific Goals to Achieve**

Check the appropriate boxes and write in any numeric details in the area to the right of each item.

D	
Pay off debt:	
Save for a major purchase	
(home, car, other):	
Save for a dream vacation:	
Save for emergencies:	
Save to replace items that may wear out (major appliances, home repairs, car):	
Save for college expenses:	
Save for retirement:	
Increase my giving to the church:	
Increase other giving:	
Start my own business:	
Other:	
Other:	

#### **Vision Statement Worksheet**

**Identity Role Vision Statements** 

"What does it look like to experience and express love in this role of my life?"
expression of what you believe to be ideal and worthy of striving toward. This is answering the question,
Vision Statement: A description of your understanding of who you would like to be in each role. It is your

mpowered Servant - \	Vision Statement:	
Trite down reflections	s comparing your life now to the vision statement that you l	pelieve God
	le changes you need to make in this area of your life.	oneve dou
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#### Spiritual Gifts Assessment

Look through the Simplified Definitions of Spiritual Gifts found on the following pages or in Appendix F of your Omega Course workbook. 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	

#### **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' "Spiritual Gifts" inventory, C. Peter Wagner's "Your Spiritual Gifts Can Help Your Church Grow," C. Gene Wilkes' "Jesus on Leadership: Becoming a Servant Leader," and Tom Wells' "Spiritual Gifts" course. The seven categories they are organized into are unique to the Empowered Servanthood Seminar.

#### Spiritual Gifts - In Alphabetical Order

#### 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 that 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 toward 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.

#### 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 weaken 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 to 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.

Life Spring Network

# Session 11: Personal Growth Plan

#### 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, using 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 a 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)
- 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)

For

#### **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 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 and 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.

#### **Vision Statements Worksheet**

1. Write out your vision statements for the identity roles of being a Mentee/Mentor in your Calling and Profession. Remember to categorize your profession individually and fill in your Roles Diagram.

#### **Identity Role Vision Statements**

Vision Statement: A description of your understanding of who you would like to be in each role. It is your expression of what you believe to be ideal and worthy of striving toward. This is answering the question, "What does it look like to experience and express love in this role of my life?"

Professional roles ( ) – Vision Statement:  Professional roles ( ) – Vision Statement:  Professional roles ( ) – Vision Statement:
rofessional roles ( ) – Vision Statement:
Professional roles ( ) – Vision Statement:

#### **Your Mission Statement 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 ...

#### **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?

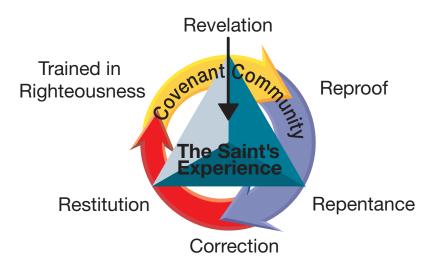
ROLE:			
ROLE:	 		
ROLE:			

# **Road of Life Worksheet**

1. Write out your testimony of your experience with God highlighting the different markers on the Road of Life that you encountered and how you made decisions which led you toward a transformational experience and expression of His love in your life.

#### **Cycle of Renewal Worksheet**

2. Journal about your experience with the Cycle of Renewal and where the cycle gets short-circuited in your life. Share these findings with a mentor and ask him/her to help you invite God's guidance and power into this area of your life.



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."

# **Godly Attitudes and the Seven Values of Abundant Living**

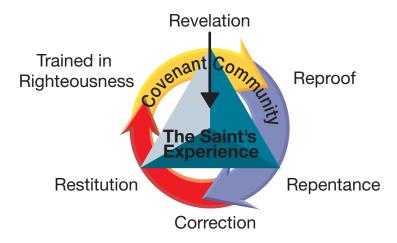
Using the Seven Values of Abundant Living provided for you in Appendix G of your workbook, reflect on your current attitude and seek God for any attitude adjustments that you could make.

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.	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.	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.	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.	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!	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.	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.	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 -			

Godly Attitudes and the Seven Values of Abundant Living			
Grace -			
Good Stewardship -			
Glorification -			
Gifts -			
Group -			

# 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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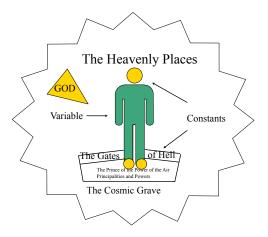
## **Spiritual Warfare**

1. Spend time journaling and reflecting about your experiences with spiritual warfare.

Take special note of times when you have experienced friction with other believers and what you did about that friction to maintain your unity.

#### The Reality Picture of Spiritual Warfare Summary

- The battleground is in the heavenly places.
- Whoever controls the heavenly places wins.
- The Church must take its position in Christ in the heavenlies and defend against Satan's counterattack.
- Satan's counterattack is aimed at fragmenting the unity of the Church through unresolved anger and wrath directed at each other. This creates jurisdictions in the heavenly places for Satan to exercise authority conceded to him by the Church. If unity is compromised, the credibility of the Church and the effectiveness of its message are diminished.



• Voiding those jurisdictions is the first step toward bringing the Church to full strength for the purpose of reaching any city for Christ.

# **Spiritual Warfare**

2. Study the Seven Values of Abundant Living and the Full Armor of God. Spend some time thinking about each aspect of the spiritual armor and how you apply these truths more proactively to your life.

7 G's	The Full Armor of God	
Guidance	The Belt of Truth	
Growth	The Breastplate of Righteousness	
Grace	Gospel of Peace	
Good Stewardship	The Shield of Faith	
Glorification	The Helmet of Salvation	
Gifts	The Sword of the Spirit	
Group	Always keep on praying for all the saints	

Guidance
Growth
Grace
Good Stewardship
Glorification
Gifts
Group

## **Blessings and Curses**

1. Spend time journaling and reflecting on your experience with Blessings and Curses that have been said or done to you. Get together with a mentor and pray about the consequences that have impacted your life as a result of these experiences. Invite God's presence into this situation. Look at your life from God's perspective, and through the power of the Holy Spirit seek God's healing and restoration of who you really are.

#### **Definitions**

Both blessings and curses are impartations of spiritual power, one for the positive and one for the negative. They can both come about as a result of words spoken or actions taken by oneself or others.

#### **Blessings**

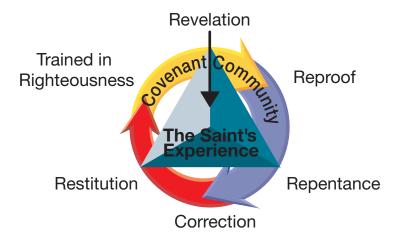
_	of God through obedi		lessing through steppin through disobedience.

# **Blessings and Curses**

2. Spend time journaling and reflecting on the Seven Values of Abundant Living and the curses of disobedience in your life. Prayerfully identify areas in which you are walking in disobedience and walk through the Cycle of Renewal with a trusted brother or sister in Christ in order to move towards being trained in righteousness in this area.

7 G's	The Curses of Disobedience
Guidance	Idolatry - Deuteronomy 27:15
Group	Disrespect of Parents - Deuteronomy 27:16 Sexual Immorality - Deuteronomy 27:20-23
Good Stewardship	Dishonesty/Greed; Unrighteous Stewardship - Haggai 1:4-6, Malachi 3:8-10
Grace	Harming the helpless and weak - Deuteronomy 27:18-19 Hatred/Murder - Deuteronomy 27:24-25
Growth	Hypocrisy and Disobedience to the Word - Deuteronomy 27:26
Glorification	Pride - Jeremiah 17:5-6
Gifts	Religion - Galatians 3:10

# 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 convicts us of our sin and need for God.

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. 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).

Heart - Agreeing with God's Will - What is God's will for you in this want or desire concerning this?	s? What does He want you to will,
Soul - Healing of Wounds - How have you been wounded and how do	oes God want you to feel about this?
Mind - Learning God's Truth - What is God's truth concerning this? for your new understanding?	What is the scriptural support
Strength - Calling Upon God's Strength - How were you moving in you remind yourself to walk in the Spirit in this area of your life?	your own strength and how will
3. Embrace God's new correct Beliefs, Attitudes, Plans and Behavior engaging your new training in righteousness.	through making amends and
Who has your sin affected and therefore who do you need to confess you need to ask for forgiveness? With whom do you need to strive to insights into God's plan for training you in righteousness did you lead	make amends? What additional

# **Assessing Potential Worksheet**

- 1. Complete the On Mission with God Assessment, seeking to identify areas in your life that you are over focusing on and areas that you are neglecting in your identity in Christ.
- 2. Complete the 24 Character Strengths and Virtues Assessment by looking at the definitions of the character strengths in the Appendix H of your workbook and rating yourself according to each character strength

down your areas of passion in life and journal about why this is such a strong area of passion for you.				

#### 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 Omega Course. The component parts that make up God's mission for our lives are His Vision, Priorities, Values and Identity Roles.

#### **Vision**

Using your Vision Statements for the various roles in your life, rate your growth towards your vision statement using the rating scale described below.

Use this rating system for assessing your Vision Statements in each area.

- 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 that we covered in the Omega 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	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		

#### 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. With the definitions of these character strengths in mind (Appendix H of your workbook), 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	Character Strength	Rating (1-5)
Grace	Forgiveness/Mercy	
	Hope/Optimism	
	Humor	
Group	Love of People	
	Kindness	
	Social Intelligence	
	Citizenship	
Growth	Love of Learning	
	Persistence	
	Integrity	
	Self-Regulation	
Gifts	Creativity	
	Bravery	
	Vitality	
Glorification	Humility/Modesty	
	Appreciation of Beauty and Excellence	
	Spirituality/Purpose	
Guidance	Curiosity	
	Open Mindedness	
	Perspective/Wisdom	
	Leadership	
Good Stewardship	Fairness	
	Prudence	
	Gratitude	

# 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.

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.

#### P.U.R.P.O.S.E. Worksheet

- 1. Complete the following assessment tests and summarize your results on the appropriate page:
- Personality Assessment: If you know your Meyers Briggs or Keirsey Temperament Sorter test
  categories, enter them in the worksheet space or self-evaluate by reflecting on the descriptions in your
  Omega Course workbook.
- Original Abilities Assessment Think through the abilities and skills that you have and list them on the following page.
- Empowered Servanthood: Refer to the Spiritual Gifts assessment for your current understanding of the spiritual gifts in which you feel affirmed.

Love Language Assessment: Self evaluate by reflecting on the descriptions in your workbook.		

# P.U.R.P.O.S.E. Worksheet

#### **Personality (Temperament)**

	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:			
Original Abilities			

#### Love Languages

(Rank on a scale: 1 = Low, 5 = High)

	How good are you at:	What do you Prefer:
	Giving	Receiving
Word of Affirmation		
Quality Time		
Gift Giving		
Acts of Service		
Physical Tough		

Other Insights:		

# **Generational Belief Patterns Worksheet** Think through the generational belief patterns that you see in your family. Journal through what comes to mind as you think through the Seven Values of Abundant Living and your family. Unresolved conflict patterns - Grace is God's bridge to us and our bridge to others. Self-leadership patterns - Guidance is necessary in order to carry out God's will. Trainability patterns - Growth is a process towards full maturity in Christ.

# 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)

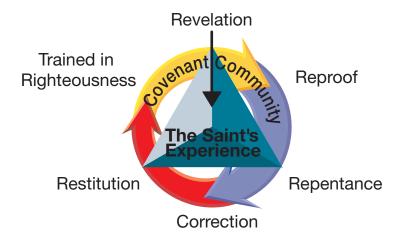
Lust - -5 - -4 - -3 - -2 - - 1 - - Chastity - -1 - - 2- - 3- - 4- - 5- - LUST (Seeing godly sex as dirty) (Healthy marital sex life and healthy boundaries with everyone else) (Seeing people as objects of desire)

# The 7 Deadly Sins and 7 Godly Virtues Generational Sin Tendency Assessment

7 Deadly Sins	7 Virtues	7 <b>G</b> 's
Pride	Humility	Glorification
Envy	Contentment	Gifts
Wrath	Meekness	Grace
Sloth	Obedience	Guidance
Gluttony	Temperance	Growth
Greed	Stewardship	Good Stewardship
Lust	Chastity	Group

hink through the generational sin and virtue patterns in your life by answering the question, "what come o mind as you think through the seven deadly sins and seven life-giving virtues in your family?"
ride/Humility
Envy/Contentment
Vrath/Meekness
loth/Obedience
Gluttony/Temperance
Greed/Stewardship
oust/Chastity

# The Cycle of Renewal Holistic Transformation Worksheet



2 Timothy 3:16-17 "All Scripture is God-breathed and is useful for teach 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).

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, 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? From whom do you need to ask for forgiveness? With whom do you need to strive to make amends? What additional insights into God's plan for training you in righteousness did you learn through this process?

# **Spiritual Disciplines**

1. Spend time assessing your practice of the disciplines of abstinence and engagement using the simplified definitions on the following pages or for more detailed definitions of each Spiritual Discipline in the Omega Course, see Appendix I.

1 = Never practice, 2 = Need to practice more,

3 = In a good rhythm, 4 = Being over practiced, 5 = Not during this season.

Disciplines of Abstinence	Rating (1-5)
1. Solitude	
2. Silence	
3. Fasting	
4. Simplicity	
5. Chastity	
6. Secrecy	
7. Sacrifice	
8. Watching (Vigil)	

Disciplines of God Engagement	Rating (1-5)
9. Worship	
10. Prayer	
11. Meditation	
12. Singing	
13. Surrender	
14. Study	
15. Pilgrimage	
16. Sabbath	

Disciplines of God and Community Engagement	Rating (1-5)
17. Teaching	
18. Celebration	
19. Service	
20. Fellowship	
21. Confession	
22. Submission	
23. Friendship Evangelism	
24. Assembling	
25. Hospitality	
26. Intercessory Prayer	

Disciplines of Life and Wisdom Engagement	Rating (1-5)
27. Journaling	
28. Earning	
29. Saving	
30. Giving (Including Tithing)	
31. Frugality	
32. Guidance	
33. Retreat	
34. Temperance	
35. Planning	
36. Exercise	

List the disciplines that need the most attention and why.					

### **Spiritual Disciplines**

(Simplified Definitions)

**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.

**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.

**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.

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

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

**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.

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.

**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.

**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.

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

**Singing** - Praising God and being edified through song.

**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.

**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.

**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.

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

**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.

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

**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.

**Service** - Humbly giving of 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.

#### Spiritual Disciplines

(Simplified Definitions)

**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.

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

**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.

**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.

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

**Hospitality** - Showing kindness to friends and strangers at home or in other places.

**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).

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

**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.

**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.

**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.

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, processing thoughts and feelings, working things out, being still and waiting on the Lord. Can be done alone or as a group.

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

**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.

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

<b>Spiritual</b>	<b>Pathways</b>
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Course workbook, spend time journaling about your spiritual pathways and how you can better connect with God by understanding your Characteristics, Cautions and Ways to Stretch.
Intellectual
Relational
Serving
Worship
Activist
Contemplative
Creation

## **Spiritual Pathways**

(Adapted from John Ortberg's course An Ordinary Day with Jesus.)

#### Intellectual

#### Characteristics

- You draw close to God as you're able to learn more about him.
- The study of Scripture and theology comes naturally.
- You have little patience for emotional approaches to faith.
- You are a thinker.
- When you face problems or spiritual challenges, you go into problem-solving mode.

#### **Cautions**

- Guard against becoming all mind and no soul which exhibits itself in being all truth and no grace in relationships.
- Don't confuse being smart with being spiritually mature.

#### Ways to Stretch

- Devote yourself to corporate worship and to private adoration and prayer.
- If your learning doesn't lead to worship, it will get dangerous.
- Engage in self-examination to assess whether or not you are being loving.
- Engage in mentoring with others who will hold you accountable to living what you have learned.

#### Relational

#### Characteristics

- Spiritual growth comes most naturally when you're involved in significant relationships.
- Small groups and other community life experiences are key.
- Your life is an open book.
- Being alone can drive you crazy.
- In key times of growth, God will often speak to you through people.

#### **Cautions**

- Guard against superficiality and being all grace and no truth.
- You can grow dependent on others and become a spiritual chameleon.

# The Seven Spiritual Pathways

Intellectual

Relational

Serving

Worship

Activist

Contemplative

Creation

#### Ways to Stretch

- Develop a capacity for silence.
- Keep some of your experiences with God secret.
- Study Scripture for yourself.
- Invite close friends and mentors to speak truth to you.

#### **Serving**

#### Characteristics

- God's presence seems most tangible when you're involved in helping others.
- You're often uncomfortable in a setting where you don't have a role.
- You constantly look for acts of service you can engage in.

#### **Cautions**

- Be careful not to resent other people who don't serve as much as you do.
- Remember that God loves you not because you are so faithful in serving him, but because you are his child.
- Don't confuse serving with trying to earn God's love.

#### Ways to Stretch

- Balance your service with small group and community life.
- Learn to receive love even when you're not being productive.
- Practice expressing love through words as well as actions.

#### Worship

#### Characteristics

- You have a deep love of corporate praise and a natural inclination toward celebration.
- In difficult periods of life, worship is one of the most healing activities you engage in.
- In worship, your heart opens up and you come alive and enthusiastically participate.

#### **Cautions**

- Be careful not to judge those who aren't as expressive in worship.
- Guard against an experience-based spirituality that always has you looking for the next worship "high."

# The Seven Spiritual Pathways

Intellectual

Relational

Serving

Worship

Activist

Contemplative

Creation



# The Seven Spiritual Pathways

Intellectual

Relational

Serving

Worship

Activist

Contemplative

Creation

#### Ways to Stretch

- Engage in the disciplines of study and solitude.
- Serve God in concrete ways as an extension of your worship.
- Remain committed to your community of faith.

#### **Activist**

#### Characteristics

- You have a single-minded zeal and a very strong sense of vision.
- You have a passion to build the church; a passion to work for justice.
- Challenges don't discourage you.
- You do everything you can to bring out the potential God has placed in other people.
- You love a high-paced, problem-filled, complex, strenuous way of life.

#### **Cautions**

- You may run over people or use them.
- Guard against going too long without pausing to reflect on what you're doing.
- You can end up not even knowing your own motives, spiritual condition, or emotional state.

#### Ways to Stretch

- Spend time in solitude and silence.
- Cultivate a reflective discipline like journaling.
- Develop close spiritual friendships with one or two other people who can help to nurture your soul.

#### **Contemplative**

#### Characteristics

- You love uninterrupted time alone.
- Reflection comes naturally to you.
- You have a large capacity for prayer.
- If you get busy or spend a lot of time with people, you feel drained and yearn for times of solitude.

For

# Session 21: Personal Growth Plan

# The Seven Spiritual Pathways

Intellectual

Relational

Serving

Worship

Activist

Contemplative

Creation

#### **Cautions**

- You have a tendency to avoid the demands of the real world.
- Be careful not to retreat to your inner world when friends, family or society disappoint you.
- Resist the temptation to consider your times of private prayer and solitude as less important than the more public acts of ministry performed by others.

#### Ways to Stretch

- Choose a regular place of active service.
- Stay relationally connected, even when those relationships become difficult or challenging.
- Connect with those who have an activist pathway.

#### **Creation**

#### Characteristics

- You respond deeply to God through your experience of nature.
- Being outdoors replenishes you.
- You're highly aware of your physical senses, and often art, symbols or ritual will help you grow.
- You tend to be creative.

#### **Cautions**

- You may be tempted to use beauty or nature to escape.
- You will find that people are sometimes disappointing.
- Guard against the temptation to avoid church.

#### Ways to Stretch

- Stay involved in a worshipping community.
- Be willing to help out in less-than-beautiful settings.
- Take Scripture with you into nature and meditate on God's Word.
- Actively create beautiful spaces where people are drawn to worship.



# 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

# 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.	
Scientification, 1105pitanty and Submission.	
<b>Church Family:</b> 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

# 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
<b>Minister of Compassion:</b> 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:	
Weekly Disciplines	Monthly and Quarterly Disciplines

Weekly Disciplines	Monthly and Quarterly Disciplines

#### Life Plan - Model Week Worksheet

Using your Life Plan Worksheets and the chart below, create a plan for when you will engage in the <u>daily and weekly disciplines</u> 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.

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Write down any conflicts be	etween your Current "Normal" Schedule (in Session 1's Personal Grow
Plan) and what you have cr	reated in your Model Week Worksheet (on the previous page).

2. Briefly complete Short Range Goal Planning Worksheets in order to create the big picture of your Growth Plan for this year. Record the key daily or weekly disciplines, tasks and reoccurring appointments that you choose to engage in the daily/weekly disciplines section. Use the space below to record more information if needed.
3. Once you have completed these worksheets, 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.

Role Planning Worksheets
Role:
Thinking about this 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**

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 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?)	<u>Planning for this role</u>	
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 at this time?)  Projects: (What are some of the projects that I feel led to do for the next three months that will strategically		/role
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# **Role Planning Worksheets** Role: Thinking about this 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**

Planning for this 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 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?)

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## **Role Planning Worksheets**

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

## **Short Range Goal Planning Worksheets**

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

## **Short Range Goal Planning Worksheets**

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:			

#### **Homework Session 23**

- 1. Using your Life Plan worksheets from Session 21 and your Goal Planning Worksheets from Session 22, plan out the next month of your life using the blank calendar pages provided or a day timer.
- 2. Once you have completed these worksheets, share your findings with a mentor and a member of your Inner Circle asking for their wisdom and feedback into your new spiritually discerned Growth Plan for your life.

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### **Week Calendar**

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

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Week: \_\_\_\_\_ Year: \_\_\_\_\_

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## **Week Calendar**

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

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#### **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

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<b>Love</b> - 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?
Faithfulness - How enabled are you in being a faithful and good steward of your life?
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)

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 to 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.	<ul><li>(O) Hopeless, despair.</li><li>(C) Elation that comes with blessings not the Blesser. Mood swings based on circumstances.</li></ul>	
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.	<ul><li>(O) Anxiety and worry.</li><li>(C) Indifference, apathy, not caring about something.</li><li>"I don't care."</li></ul>	
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.		(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.	
Faithful- ness	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.	
Gentle- ness	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.	<ul><li>(O) A driven, impulsive, uncontrolled person.</li><li>(C) Will-power through pride or through more "functional" idols.</li></ul>	

## **Fruit of the Holy Spirit Worksheet**

1.	Look at the Fruit of the Spirit and reflect on your current experience with fruit bearing. Listen for the factors God brings to mind that inhibit Him from bearing fruit in and through your life.  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 - Virtuous living while resisting temptation						
	If you haven't already, find a mentor or multiple mentors and process your Omega experience with them. rite down the names of people you are going to ask to mentor you below.						