

OMEGA

An Intensive 24 Session Journey
Equipping You for a Lifetime of Discipleship!



Refresh, Renew
Refocus Retreat



LifeSpring
NETWORK

Life Spring Network Seminar

Facilitator and Life Coach: Jason Pankau

Quick Bio:



Rev. Jason K. Pankau

President of Life Spring Network

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Jason brings a diverse background of athletics, finance, Christian studies, executive life coaching, and leadership to people and organizations with whom he works. 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. In addition, he served on the staff of Stanwich Church in Greenwich, Connecticut for six years. During this time he developed the Omega Course and a life-coaching ministry, which Stanwich Church commissioned him to share with the church at large.

Jason 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 received 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 also holds the school record in the discus.

Jason is the author of *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 steward their lives from God's perspective and create engaging organizations. Jason is a contributing author to *What Managers Say What Employees Hear, Connecting with Your Front line (So They'll Connect with Customers.)* He is also a co-author of the best-selling, *Fired Up or Burned Out: How to Reignite Your Team's Passion, Creativity, and Productivity* (Thomas Nelson).

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
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OMEGA Refresh, Renew, 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

Suggested Retreat Schedule - Two Day

Day 1

8:45 a.m. – 9:00 a.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

Session 1: Stewarding Life

Homework Session 1

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 /
1:00							
2:00							
3:00							
4:00							
5:00							
6:00							
7:00							
8:00							
9:00							
10:00							
11:00							
12:00							
1:00							
2:00							
3:00							
4:00							
5:00							
6:00							
7:00							
8:00							
9:00							
10:00							
11:00							
12:00							

Session 1: Stewarding Life

Homework Session 1

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	

Homework Session 1

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:	
Role:	
Role:	
Role:	
Role:	

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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?

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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?

[illegible]

Session 3: Abundant Living

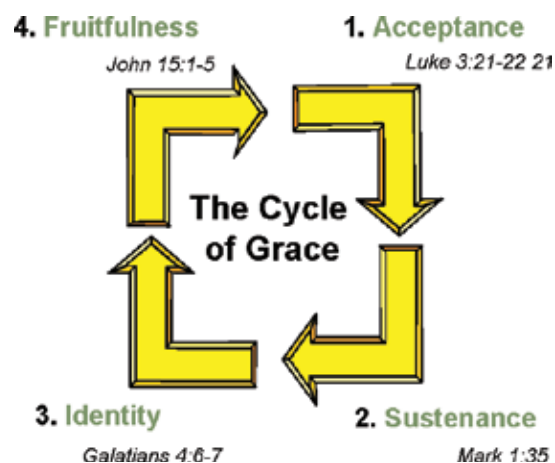
Homework Session 3

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 God's Mission

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.



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.

[illegible]

Session 4: The Seven Values of Abundant Living

Homework Session 4

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): _____

The diagram is a circle divided into four equal quadrants by a vertical and a horizontal line. The central area, where the four quadrants meet, is a smaller orange circle labeled "Heart" with the text "(Pray/Petition)" below it. The top-left quadrant is light yellow and labeled "Soul" in bold black text, with "(Reflect/Relate)" in smaller black text below it. The top-right quadrant is light yellow and labeled "Mind" in bold black text, with "(Ponder/Plan)" in smaller black text below it. The bottom quadrant is light yellow and labeled "Strength" in bold black text, with "(Eat/Exercise)" in smaller black text below it.

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?”**

[illegible][illegible]

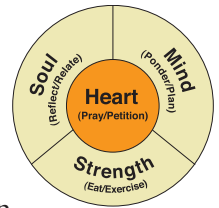
Session 6: Being Fully Human

Homework Session 6

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?**”



Soul (Emotional, Uniqueness, Conscience, Balance, Intuitor, Relationship Management) – Vision Statement:

Mind (Intellectual, Attitude, Truth, Learner/Planner) – Vision Statement:

Strength (Physical, Temple/Recreator, Rest, Exercise/Nutrition) – Vision Statement:

Reflections comparing your life now to the vision statement that you believe God revealed to you including what changes you need to make in this area of your life.

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Inner Circle - Vision Statement:

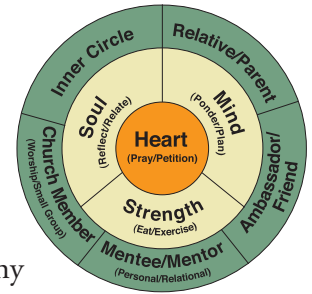
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Session 8: Contagious Community

Homework Session 8

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:

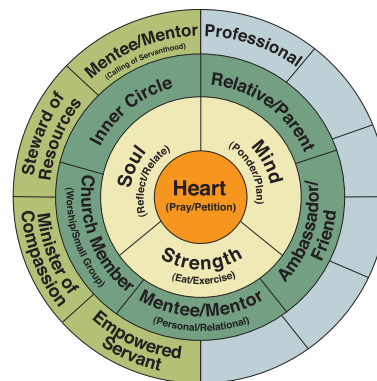
Mentee/Mentor- Vision Statement:

Ambassador/Friend - Vision Statement:

Reflections comparing your life now to the vision statements that you believe God revealed to you including what changes you need to make in this area of your life.

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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?”**



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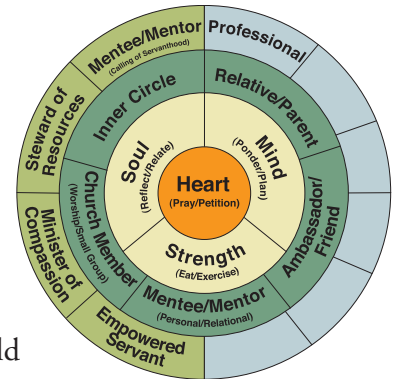
Session 10: Stewarding Resources

Homework Session 10

1. Fill out the financial goal worksheet in order to gain financial focus for the year.

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:

Reflections comparing your life now to the vision statements that you believe God revealed to you including what changes you need to make in this area of your life.

Session 10: Stewarding Resources

Goals to Achieve This 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 year are:

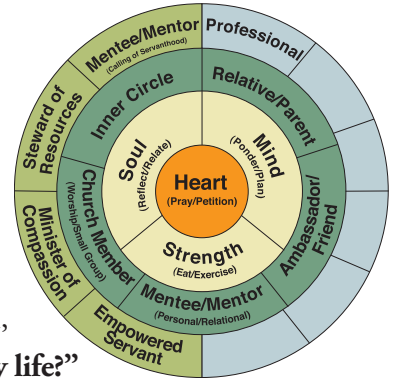
Specific Goals to Achieve

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

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

Homework Session 11

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?”**



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Session 11: Empowered to Serve

Spiritual Gifts Assessment

Look through the definitions of Spiritual Gifts found in Appendix F of your workbook. With the definitions of the Spiritual Gifts in mind, rate your current functioning in each gift according to the following scale.

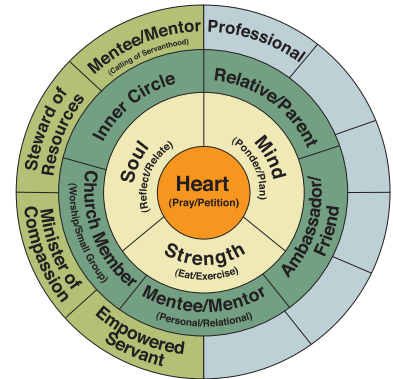
1=Not Descriptive 2 = Sometimes Descriptive 3 = Fairly Descriptive 4 = Descriptive 5 = Strongly Descriptive

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	

Session 12: The Freedom of Servanthood

Homework Session 12

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?”**

Calling Mentee/Mentor – Vision Statement:

Professional roles () – Vision Statement:

Professional roles () – Vision Statement:

Professional roles () – Vision Statement:

Professional roles () – Vision Statement:

Reflections comparing your life now to the vision statements that you believe God revealed to you including what changes you need to make in this area of your life.

Homework Session 12

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:

Session 13: The Journey of Transformation

Homework Session 13

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?

My Testimony

The Wide Road to Destruction

The Narrow Road to Eternal Life

The Turning Point

The “New Way”

The Role of the Church

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.”

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Session 14: Choosing to Transform

Homework Session 14

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 -

Homework Session 14

Grace -

Grace -

Glorification -

Gifts -

Group -

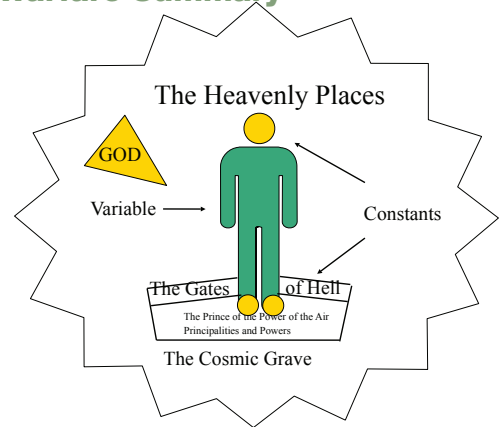
Session 15: Resistance to Transformation

Homework Session 15

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 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.



Homework Session 15

2. Study the Seven Values of Abundant Living and the Full Armor of God. Spend some time thinking

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

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Homework Session 16

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

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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.
3. Using the information and training provided in this session about how to identify your passions, write down your areas of passion in life and journal about why this is such a strong area of passion for you.

[illegible]

Session 17: Realizing Life's Potential

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 which 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		

Session 17: Realizing Life's Potential

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	

1. Complete the following assessment tests and summarize your results on the appropriate page:

- **Personality Assessment:** If you know your Meyers Briggs temperament test categories enter them in the worksheet space or self-evaluate by reflecting on the descriptions in your workbook.
- **Original Abilities Assessment.**
- **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.

[illegible]

Session 18: Pressing Into God's Purpose

Homework Session 18

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 = 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:

Homework Session 19

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.

Session 19: The Power of Believing

Homework Session 19

Worship patterns - Glorification of God is the goal of our lives and our church.

Independent patterns - Groups provide the optimal environment for life change.

Empowerment patterns - Gifts are given to all believers to grow God's church.

Stewardship patterns - Good Stewardship is the reasonable response to our gracious God.

Homework Session 20

1. 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.

Pride ←————→ Humility ←————→ PRIDE
(Thinking too lowly of yourself) (Proper view of self in Christ) (Thinking too highly of yourself)

Envy ←————→ Contentment ←————→ ENVY
(Not wanting your lot in life) (Embracing your lot in life) (Wanting someone else's lot)

Wrath ←————→ Meekness ←————→ WRATH
(Lack of righteous anger) (Grace, patience, and forgiveness) (In your anger sinning)

Sloth ←————→ Obedience ←————→ SLOTH
(Imbalanced time allocation) (Submitted to God's will) (Lack of submission to God)

Gluttony ←————→ Temperance ←————→ GLUTTONY
(Too little) (Balanced eating, drinking and exercise) (Too much)

Greed ←————→ Stewardship ←————→ GREED
(Poor stewardship) (Good stewardship of resources) (Driven and defined by)

Lust ←————→ Chastity ←————→ LUST
(Seeing godly sex as dirty) (Healthy marital sex life) (Seeing people as objects of desire)

Session 20: The Seven Deadly Sins

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

2. Think through the generational sin and virtue patterns in your life by answering the question, “what comes to mind as you think through the seven deadly sins and seven life-giving virtues and your family?”

Pride

Envy

Wrath

Sloth

Gluttony

Greed

Lust

Session 21: The Joy of Discipline

Homework Session 21

1. Spend time assessing your practice of the disciplines of abstinence and engagement.

**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.

Session 21: The Joy of Discipline

Homework Session 21

2. Using the descriptions in your workbook, spend time journaling about your spiritual pathways and how you can better connect with God by understanding your Characteristics, Strengths, Cautions and Ways to Stretch.

Intellectual _____

Relational _____

Serving _____

Worship _____

Activist _____

Contemplative _____

Creation _____

Session 21: The Joy of Discipline

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Weekly Planning Compass

Use this planning tool to think through each area of your life and how you feel led by God to be investing your time in each area this week. Once you have written down the key disciplines, tasks, or meetings that pertain to each role of your life, use your calendar to plan when you will engage this week in the disciplines, tasks, or meetings you have chosen. For more detailed definitions of each Spiritual Discipline in the Omega Course, see Appendix I.

Connecting to God in Your Being

Role	Key Disciplines	Tasks/Appointments
Heart		
Soul		
Mind		
Strength		

Contagious Community

Role	Key Disciplines	Tasks/Appointments
Inner Circle		
Relative/Parent		
Church Member		
Mentee/Mentor		
Ambassador/Friend		

Calling

Role	Key Disciplines	Tasks/Appointments
Minister of Compassion		
Steward of Resources		
Empowered Servant		
Calling Mentee/Mentor		
Professional ()		
Professional ()		
Professional ()		
Professional ()		
Professional ()		

For more resources, thoughts, and discussion about this session, please visit

Session 21: The Joy of Discipline

Disciplines for Being Human:

Role	Discipline
Heart	Pray (Prayer, Solitude and Silence) & Petition (Intercession and Watching)
Soul	Reflect (Journaling, Singing and Meditation) & Relate (Confession, Counseling, Retreats)
Mind	Ponder (Study of Scripture, Journaling) & Plan (Planning your life, Life Coaching)
Strength	Eat (Surrender, Temperance, Fasting) & Exercise (Exercise, Sabbath)

Disciplines for Contagious Community:

Role	Discipline
Inner Circle	Fellowship, Chastity, Celebration, Hospitality and Confession while consistently praying for and building relationship with our spouses and/or great friends
Relative/Parent	Fellowship, Sacrifice, Celebration, Hospitality and Submission while consistently praying for and connecting with our parents, relatives and children if appropriate
Church Member	Worship, Fellowship, Confession, Assembling, Celebration, Singing, Hospitality and Communion while consistently praying for and relating to our church family and engaging in small group and local fellowship gatherings
Mentee/Mentor	Guidance, Study, Pilgrimage, Sabbatical and Submission while meeting regularly with mentors, counselors, and covenant community members; studying books, tapes, videos and through classes which help us grow; learning how to love and implement what we are learning into our lives; meeting regularly with others who seek us out for mentoring
Ambassador/Friend	Friendship Evangelism and Hospitality through regular prayer for and connection with friends God brings our way and sharing the gospel with them in word and deed

Disciplines for Calling of Servanthood:

Role	Discipline
Minister of Compassion	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	Simplicity, Frugality, Saving, Sacrifice and Giving/Tithing while stewarding God’s resources
Empowered Servant	Teaching, Service, Sacrifice and Fellowship through the regular exercising of your spiritual gifts while serving on ministry teams
Calling Mentee/Mentor	Guidance, Study and Submission while meeting regularly with mentors; studying books, tapes, videos and classes which help us grow in our task and relationship excellence. Also to meet regularly with others who seek us out for mentoring
Professional	Diligent Earner through faithful accomplishment of tasks; Friendship Evangelism through relationship excellence while serving as unto the Lord

1. Complete the Role Planning Worksheets by thinking through the three roles in your life that need the most attention during this season of your life. These could be the roles that you identified at the end of Session 12's homework if they still make sense as the areas of focus for you for the next three months to a year.
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 in the daily/weekly disciplines section. Use the space below to record more information if needed.

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- For more resources, thoughts, and discussion about this session, please visit

Session 22: Godly Goal Setting

Homework Session 22

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?)

Homework Session 22

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 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 22: Godly Goal Setting

Homework Session 22

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?)

Homework Session 22

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 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 22: Godly Goal Setting

Homework Session 22

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?)

Homework Session 22

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 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 22: Godly Goal Setting

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			

Session 22: Godly Goal Setting

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Category	Identity 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:			

For more resources, thoughts, and discussion about this session, please visit

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1. Complete the Weekly Compass you began in Session 21 by adding in the regular tasks and appointments that you have discerned to be necessary in order to reach some of your goals. Then using your Weekly Compass and your Short Range Goal Planning Worksheets, create a Weekly Template for the next season of your life on one of the blank calendar pages provided. If you have the time, 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.

This image shows a single sheet of white paper with horizontal blue lines, resembling notebook paper. 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 23: Aligning with God

OMEGA

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Homework Session 23

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

Week: _____ Year: _____

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

For more resources, thoughts, and discussion about this session, please visit

Session 23: Aligning with God

Homework Session 23

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

Week: _____ Year: _____

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

Session 23: Aligning with God

Homework Session 23

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

Week: _____ Year: _____

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

Session 23: Aligning with God

Homework Session 23

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

Week: _____ Year: _____

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

Homework Session 24

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 _____

2. If you haven't already, find a mentor or multiple mentors and process your Omega experience with them. Write down the names of people you are going to ask to mentor you below.
