

OMEGA

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



Mentoring and Life Coaching Handbook



LifeSpring
NETWORK

Life Spring Network Course Facilitator and Life Coach: Rev. Jason Pankau



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

Jason received a Masters of Divinity degree from Southern Theological Seminary, and currently is completing his Doctorate in Christian Leadership at Gordon-Conwell Theological Seminary. He received a B.A. in Business Economics and Organizational Behavior and Management from Brown University, where he was captain, pre-season All-American, and all-Ivy team member of the football team. He is also a national qualifier and Brown University school record holder in the discus.

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

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

		OMEGA
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The background of the page is composed of three main visual elements. On the left, there are three stacked rectangular blocks of a muted, sage green color. On the right, there is a vertical strip containing an abstract illustration of a tree. The tree's canopy is rendered in shades of yellow and light green with dark, thin, curved lines representing branches and leaves. The trunk and roots are depicted in a warm, earthy brown/orange color. The roots extend downwards into a dark green area at the bottom right. The overall style is artistic and organic.

Using This Manual

How to Use this Manual

Welcome!

Welcome to the Omega Mentoring and Coaching Handbook. In these pages you will find everything you need to begin to invest deeply in the lives of others.

In the following pages you will find:

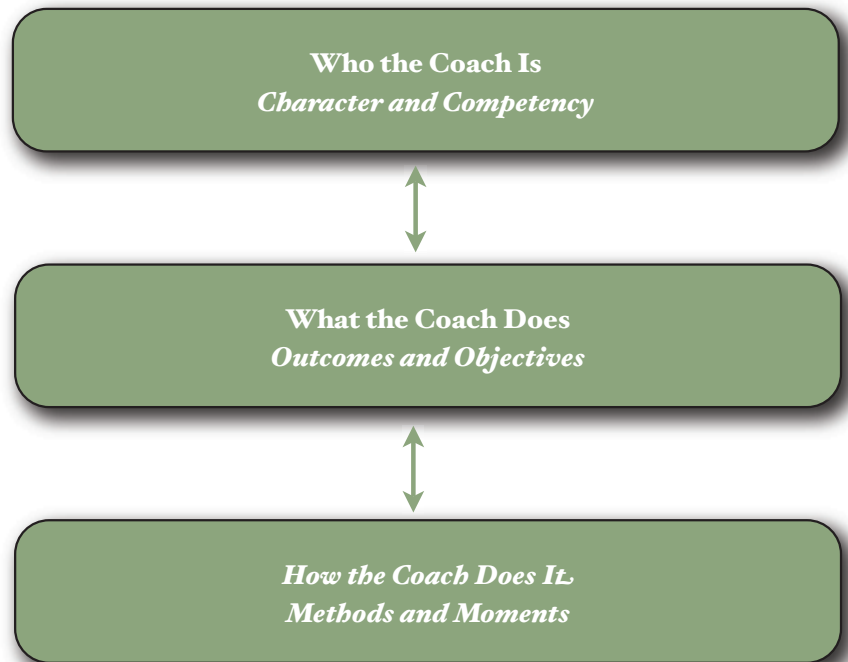
- Concepts and strategies that will make your mentoring and coaching truly transformational.
- Practical principles that make the mentoring and coaching relationship work.
- Coaching Points (i.e. mentoring questions) associated with content taught in the 24 sessions of the Omega Course to help you process the material with your mentee.
- Mentoring Focus insights for each session of Omega.
- Additional Follow Up Extension Learning Experiences for each session of Omega.
- A Reproducible Mentoring Covenant, Self-Evaluation Questionnaire and Mentoring Session Guide and Notes page to be used in your mentoring relationships.
- Additional mentoring questions in our Mentoring Question Bank from some of our favorite mentors.

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The Power of Transformational Ministry

The Power of Transformational Ministry

Coaching: The “Big Picture Elements”



Who the Coach Is: Character and Competency

The character and competency of the coach form the foundation for a fruitful coaching experience.

C: Committed to Christ

The Coach is committed and submitted first to Christ and His agenda, and then is attuned to the direction of the Holy Spirit and able to discern and respond to promptings from God.

O: Optimistic

The Coach is optimistic about the possibilities of life in general, the move of God in the life of the mentee, and the mentee’s ability to face issues and make strides leading to sustained momentum.

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A: Action-Oriented

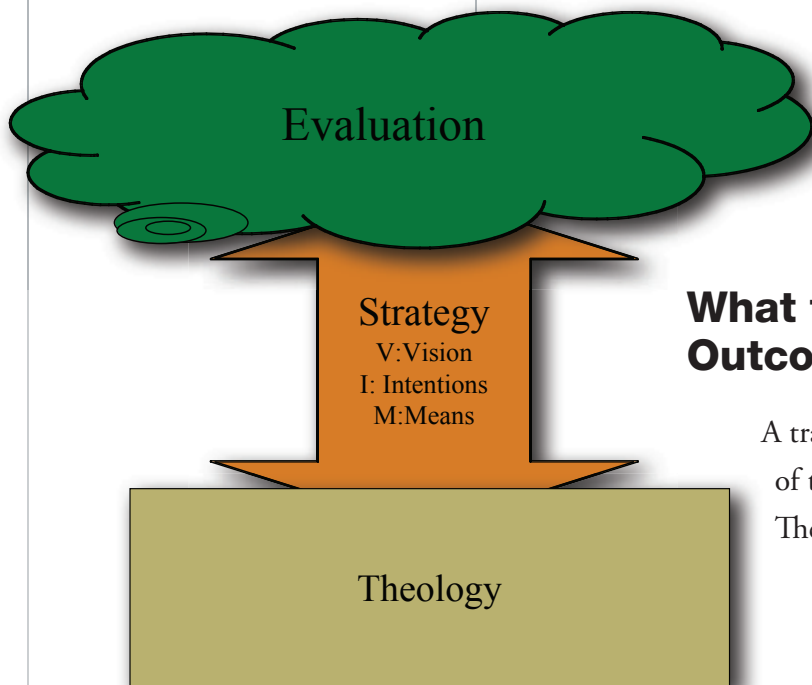
The Coach is able to sort through the variety of information to help the mentee leave the session with specific action steps to accomplish before the next session. The Coach does not get drawn into any confusion or stagnation that the mentee is experiencing, but rather provides an objective perspective that allows the mentee to consider a wider range of options in thinking, being, feeling, and acting.

C: Consistent but adaptable

The coach provides an environment of consistency of thought, perspective, and behavior for the mentee. At the same time, the coach is able to offer some degree of adaptability to help meet the specific needs of each unique mentoring relationship.

H: Honest

The Coach is able to be direct and respectful when delivering the truth in love to the mentee.



What the Coach Does: Outcomes and Objectives

A transformational ministry is comprised of three essential components:
Theology, Strategy, and Evaluation.

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

The Power of Transformational Ministry

Theology: A Matter of Firm Foundations

True transformational ministry must be based on the foundation of sound Biblical theology. This is what distinguishes the Omega process from just another form of self-help!

What is the true nature of transformation, from God's perspective?

Romans 12:2

"Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is – his good, pleasing and perfect will."

A look at the original Greek language of this verse of Scripture reveals some interesting insights. The word for "be transformed" is in

- the Present Tense: an ongoing process
- the Imperative Mood: something we are commanded to allow God to do
- the Passive Voice: something that happens to us.

In summary, transformation is an ongoing process that we are commanded to allow in our lives. It is a process that happens to us. How exactly does that work? An analogy by John Ortberg helps to sort things out.

"One of the analogies that's kind of been helpful to me is the difference between a motorboat, a raft, and a sailboat. In a motorboat I'm in charge. I determine how fast we're going to go, and in what direction. Some people approach spiritual life that way. If I'm just aggressive enough, if I have enough quiet times, I can make transformation happen on my own. Usually that results in people becoming legalistic, then pride starts to creep in, and things get all messed up.

Some people have been burned by that kind of approach. So they go to the opposite extreme and will say, "I'm into grace." It's like they're floating on a raft. If you ask them to do anything to further their growth, they'll say, "Hey, no. I'm not into works. I'm into grace. You're getting legalistic with me." So they drift. There are way too many commands in Scripture for anybody to think that we're called to be passive.

*On a sailboat, however, I don't move if it's not for the wind. My only hope of movement is the wind. I can't control the wind. I don't manufacture the wind. Jesus talks about the Spirit blowing like the wind. But there is a role for me to play, and part of it has to do with what I need to discern. A good sailor will discern, where's the wind at work? How should I set the sails? [Transformation] is like sailing."*¹

Strategy: A Matter of Effective Applications

The effective application of solid Biblical theology is made possible through a well-thought-out strategy. This strategy needs to incorporate three elements: Vision, Intention, and Means.²

Paint the Vision

People need to see a picture of what is possible.

- What is this abundant life that God has called us to enjoy?
- What does it look like and how does one get there?

The first 12 sessions of the Omega Course guide people along the journey of seeing and understanding God's Mission for their lives. The final 12 sessions guide people along the journey of seeing and understanding how to live out God's Mission. The Omega Course will guide you in "Painting the Vision" of the abundant life for your mentee.

- Guiding people to see life from God's perspective is vital to their being able to live the abundant life.
- If they can't see it, they can't do it!

People need a living, breathing example of what that looks like. This means, that as a coach and mentor you will be required to be:

- **Authentic:** You are the same person in and out of the session and posturing is not an issue for you.
- **Appropriately vulnerable:** You are able to be open about your own areas of struggle and failure in an appropriate way.
- **Current:** You are current both in your confession of sin to God and others, and also in the narrative of your relationship with the Lord. The stories of God moving in your life and speaking to you are fresh and relevant.

Spark the Intention

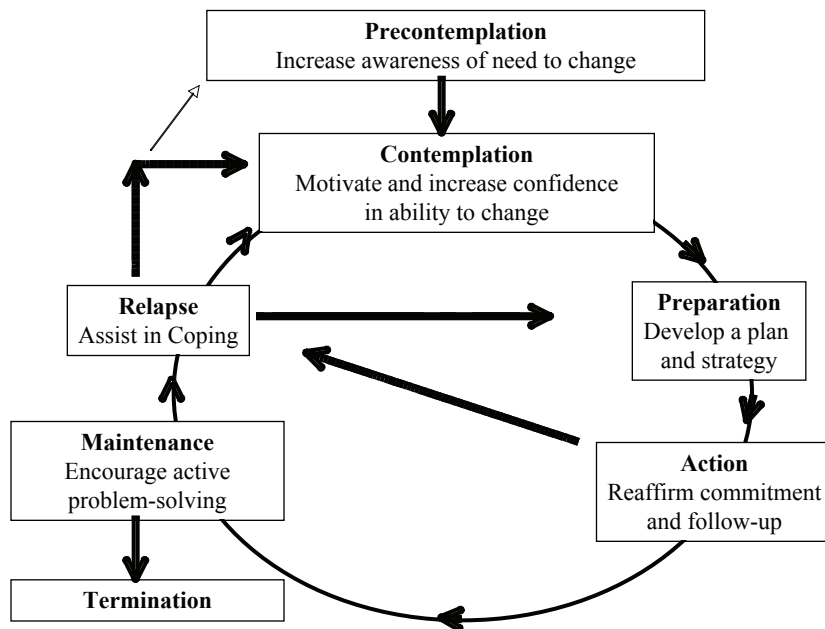
Understanding Change

As mentors and coaches we need to help people find entry points to change. This means being able to understand how people change on a very deep level. Interestingly, research in the area of addictions can give us the perspective we need.

- The Trans-Theoretical Model of Addiction³ shows that there are four dimensions to intentional behavior change:

1. Stages: stages that the individual goes through to realize change – each stage has its own tasks and goals that need to be fulfilled before going safely on to the next stage.
2. Processes: the internal and external experiences and activities that enable individuals to move from stage to stage – critical ingredients for creating movement through the stages of change.
3. Markers: tools that can be used to evaluate the likelihood that change will at some point occur, as well as to assess why change has not taken place or previous ways of living have been reverted to after an attempt to change has been made.
4. Context: any single pattern of behavior occurs in the context of an individual's entire life.

The Power of Transformational Ministry



Four dimensions to Behavior Change:

1. Stages: There are stages that the individual goes through to realize change. Each stage has its own tasks and goals that need to be fulfilled before going onto the next stage without reverting.

Pre-Contemplation: The stage where there is little or no consideration of change of the current pattern of behavior in the foreseeable future.

Tasks: Increase awareness of the need for change; increase concern about the current pattern of behavior; envision the possibility of change.

Goal: serious consideration of the need to change this behavior.

Contemplation: The stage where the individual examines the current pattern of behavior and the potential for change in a risk-reward analysis.

Tasks: Analysis of the pros and cons of the current behavior pattern and of the costs and benefits of change. Decision-Making.

Goal: A considered evaluation that leads to a decision to change.

Preparation: The stage in which the individual makes a commitment to take action to change the behavior pattern and develops a plan and strategy for the change.

Tasks: Increasing commitment to change and creating a change plan.

Goal: An action plan to be implemented in the near term.

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Action: The stage in which the individual implements the plan and take steps to change the current behavior pattern and begin creating a new behavior pattern.

Tasks: Implementing strategies for change; revising the plan as needed; sustaining commitment in the face of difficulties.

Goal: Successful action for changing the current pattern of behavior. A new pattern of behavior established for a significant period of time (3-6 months).

Maintenance: The stage wherein the new behavior pattern is sustained for an extended period of time and is consolidated into the lifestyle of the individual.

Tasks: Sustaining change over time and across a wide range of different situations. Integrating behavior change into the person's life. Avoiding slips and relapses back to the old pattern of behavior.

Goals: Long-term sustained change of the old pattern and establishment of a new pattern of behavior.

2. Processes: Internal and external experiences and activities that enable individuals to move from stage to stage...critical ingredients for creating movement through the stages of change.

- **Cognitive/Experiential** - Ways of thinking and feeling that create change (including consciousness raising, emotional arousal, self-reevaluation, environmental reevaluation, and social liberation).
- **Behavioral** - Ways of behaving that create change (include self-liberation, stimulus generalization, conditioning or counter-conditioning, reinforcement management, and helping relationships).

3. Markers: Markers are tools that can be used to evaluate the likelihood that change will at some point occur, as well as to assess why change has not taken place or previous ways of living have been reverted to after an attempt to change has been made. For example, an individual not addressing a destructive behavior that he is aware of, has considered and perhaps even attempted to change, may point to a deeper belief that either it is not worth changing (their destructive behavior meets a hard-wired need) or they are convinced that they don't have what it takes to sustain the change over time - especially in tough times. A pro and con list is an example of an effective marker to reveal someone's true beliefs.

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Decisional Balance (pro and con list): “for any contemplated change, the current and new behavior has its own set of pros and cons.”

- **Self-Efficacy/Temptation:**

Self-Efficacy: “the term used to describe an individual’s confidence about performing a specific behavior.”

Temptation: “represents the strength of the desire or inclination to perform the behavior in a particular situation.”

4. Context: Any single pattern of behavior occurs in the context of an individual’s entire life.

- **Current life situation** (emotional and mental status, anxiety level, living environment, finances, education, intellect, coping skills)
- **Beliefs and attitudes** (self and world, religion, God, and family)
- **Interpersonal relationships** (spouse, friends, acquaintances, enemies)
- **Social systems** (persuasion, social norms, social reference, culture)
- **Enduring personal characteristics** (impulsiveness, self-esteem, agreeableness, neuroticism)

The Trans-Theoretical Model helps us understand the process of change. Even though it focuses on the field of addictions, it really does affect all of us – probably more closely than we would expect. Gerald May, psychologist and author of *Addiction and Grace*, proposes that we are all addicts of one form or another.

“I am not being flippant when I say that all of us suffer from addiction. Nor am I reducing the meaning of addiction. I mean in all truth that the psychological, neurological, and spiritual dynamics of full-fledged addiction are actively at work within every human being. The same processes that are responsible for addiction to alcohol and narcotics are also responsible for addiction to ideas, work, relationships, power, moods, fantasies and an endless variety of other things. We are all addicts in every sense of the word. Moreover, our addictions are our own worst enemies. They enslave us with chains that are of our own making and yet that, paradoxically, are virtually beyond our control. Addiction also make idolaters of us all, because it forces us to worship these objects of attachment, thereby preventing us from truly, freely, loving God and one another”⁴

May goes on to point out that the paradox, and at the same time the hope beyond it all, is that it is these same addictions and our slavery to them that give us a deeper appreciation for God’s grace.

Addiction and grace teach us two important points that we can remember as we consider the process of transformation:

- Although God calls us all toward a perfect life, we cannot personally achieve the state of perfection.
- The incompleteness within us, our personal insufficiency, does not make us unacceptable in God’s eyes.

The Power of Transformational Ministry

Here are some of the major types of addictions that each one of us deals with to one degree or another:

Security

Possessions
Sufficient Income
Property

Human Relationships

Too dependent
Personal worth, goodness, or loveability
may become contingent on the
approval of others
Too possessive
Manipulate others
Attraction and Aversion Addictions

Power

Status
Influence
Control

Creating an environment that is conducive to change.

Understanding how people change is the first part of sparking their intention. The second part is creating an environment where this can happen. People will be more prone to embrace and engage in the process of change if, in their environment, change is:

- Modeled by others
- Expected, but not forced
- Considered a normal part of life
- Part of an overall “safe” environment

The Omega Course and the Omega Experience are designed to create environments which facilitate transformational discipleship as normal and life-giving.

Teach the Means

Sometimes people are stuck in old patterns of believing and behaving. As coaches and mentors it is our job to help people get to the root of things that are holding them back. Often you will find that destructive behaviors are rooted in deeply held beliefs contrary to Biblical truth. How are these uncovered? Through prayer, asking good questions, and utilizing the Omega Course tools to guide your mentee toward God’s mission for their life.

Prayer

As a mentor, you can remain in a posture of prayer throughout the mentoring session. Praying for your mentee before or after the session also opens up new pathways for God to work. Asking your mentee to integrate intentional times of prayer will also be key. This might include a prayer retreat, a prayer journal, or any other activity that will foster a personal connection with the Lord.

Asking Good Questions

In this manual, you will find questions that correlate directly with every major point of the Omega Course. You can use these specific questions with your mentee or use them as a launching point to ask some of your own. At the end of this handbook, you will also find a Question Bank containing additional questions that cover a wide range of topics.

The Power of Transformational Ministry

Utilizing the Belief Model, the Cycle of Renewal and the other tools in the Omega Course

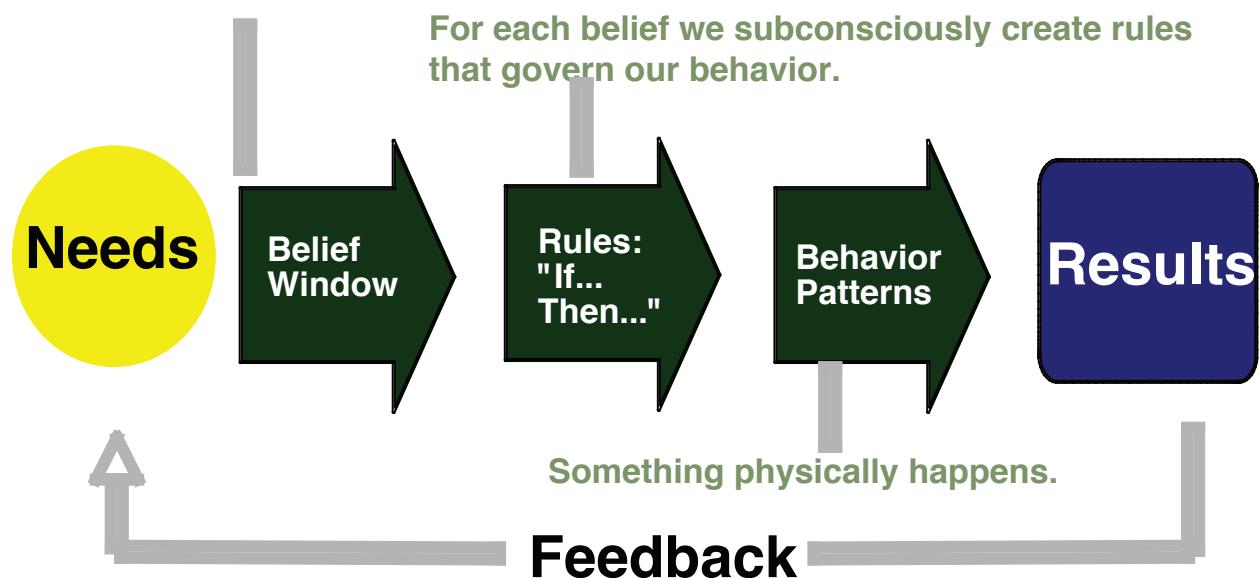
The Belief Model found in Session 19 of Omega is a tool that can be used to get to the core of any issue. It can help you discern which ways the mentee is trying to meet their hard-wired needs (taught in Session 2 of the Omega Course) as addictions. By looking at their patterns of belief and behavior, you will be able to identify addictions

and also whether or not their current beliefs and behavior are in alignment with the way that God desires to meet those needs.

Use the Cycle of Renewal, introduced in Session 13 of the Omega Course and discussed in Session 19, to help people process what God reveals about their true beliefs and train them in righteousness. Re-alignment with God's plan is the first step to the mentee walking into the abundant life.

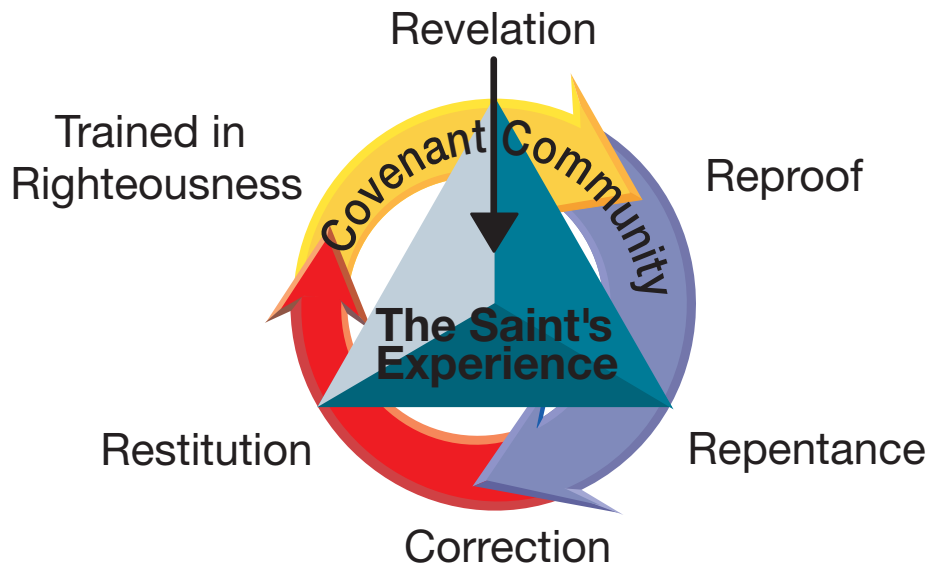
The Belief Model adapted from Hyrum Smith's Reality Model⁵

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



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

The Cycle of Renewal



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

Evaluation: A Matter of Reflective Implications

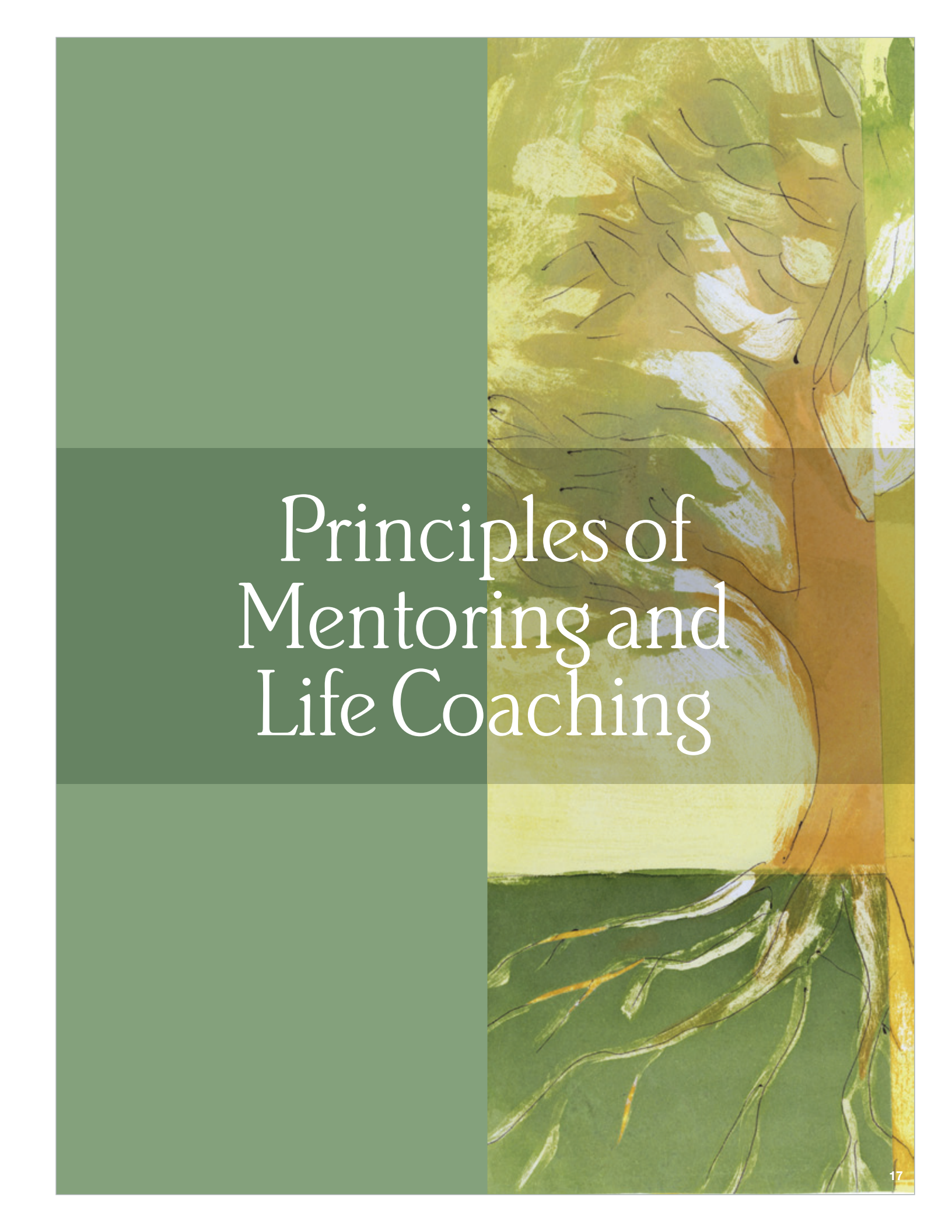
Evaluating the process of transformation is not as difficult as it may seem. Ultimately, we are looking for evidence of the fruit of the Spirit and a congruency within a person's conduct, character, and accompanied by the empowering work of the Holy Spirit in

ministry. Use the Pre and Post Evaluation Sheets in the Appendices to get a feel for where your mentee is before and after the mentoring relationship experience in order to highlight any areas that need to be addressed.

How the Coach Does It: Methods and Moments

The following pages will point you toward the principles that make the mentoring and coaching relationship work and bear fruit.

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Principles of Mentoring and Life Coaching

Principles of Mentoring and Life Coaching

Mentoring: A Definition

Christian Mentoring is an intentional relational process where people are guided, empowered, and encouraged by God through another to embrace God's Presence, steward their life from God's Perspective, and realize their potential through God's Power.

What Mentoring is NOT:

- Mentoring is not the same as Teaching
 - Mentoring is not the same as Counseling
 - Mentoring is more than Friendship
-
-

What Mentoring IS:

It is its own discipline, a kind of hybrid from the other disciplines, but nonetheless unique. It is:

- Intentional
 - Relational
 - Guiding (Providing Guidance from God)
 - Empowering (Empowered by God)
 - Encouraging (Mediating God's Encouragement)
-
-
-
-
-
-
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-

Objective Outcomes of the Mentoring Relationship

The mentees will:

- Embrace God's Presence

- Steward their Lives from God's Perspective

- Realize their Potential through God's Power

Christian Mentoring follows The Relational Priorities of Jesus⁶

Jesus offered no simplistic answers and no neat formulas for working with people. However, His relational priorities provide a foundation for our own spiritual mentoring.

1. Jesus made himself available to people.
2. Jesus dealt with people as unique individuals.
3. Jesus engaged people in creative dialogue.
4. Jesus asked probing questions.
5. Jesus listened attentively.
6. Jesus ministered soul care through unconditional love.
7. Jesus identified obstacles to spiritual growth.
8. Jesus patiently bore with the ignorance, laziness, fears, and failures of people.
9. Jesus challenged, confronted, and corrected.
10. Jesus ministered in community.
11. Jesus ministered with a sense of lightheartedness.
12. Jesus cared for His own soul.

Principles of Mentoring and Life Coaching

Ten Principles for Mentoring and Coaching Well⁶

1. Identify the relationship at the beginning.

Sometimes mentoring and life coaching relationships develop from pre-existing relationships or personal interactions. Once it is evident that the relationship is moving in the direction of mentoring and life coaching, verbally recognize and articulate this so that the mentoring relationship can be intentionally developed.

2. Establish a destination for the mentoring season.

Work with the mentee to clearly identify where he/she would like to end up as a result of the mentoring season. Mentees may have unrealistic expectations about both the nature and results of the mentoring relationship. Identifying these things up front will lessen the potential for disappointment on the part of both parties and provide a fixed point of evaluation as the relationship progresses.

3. Determine the frequency and nature of interaction.

In addition to deciding on the frequency of mentoring sessions (once a week, month, year, etc.), look at the type of interactions you would like to have. Will your meetings be in person, over the phone, via email, a combination of all? This may change during the course of the mentoring relationship. It is important to articulate these changes through the phases of mentoring until the termination of the mentoring season.

4. Establish the desired level of accountability and nature of feedback.

To what degree does the mentee desire to be held accountable in the mentoring relationship. Additionally, how will the mentee like to receive feedback in these areas of accountability both in terms of frequency and type (i.e. written, oral, etc.)?

5. Talk about the boundaries of discussion.

Are there topics that are currently “off-limits” for the mentee, or is there a no-holds barred, “ask me the hard questions” expectation? Always look for clarification before jumping to conclusions.

6. Discuss the level of confidentiality.

Agree on the topics which must remain confidential and those that can be shared elsewhere. You might consider adopting a total confidentiality for the entirety of the mentoring relationship. If a completely open relationship is articulated, then specific items which the mentee wishes to remain confidential must be made clear.

7. Decide on the duration of the relationship or mentoring season.

Each mentoring relationship should have a completion point, or at least a point when progress and duration will be re-visited and discussed. Breaking a long duration into shorter segments will help provide exit points for both parties if they feel the process or relationship is no longer needed, effective, or efficient.

8. Be intentional and specific with evaluation and feedback.

Evaluation and feedback need to be provided at specific intervals. The intervals can be agreed upon by the mentor and mentee but should reflect a sensitivity to the articulated goals and objectives of the mentoring relationship for each season.

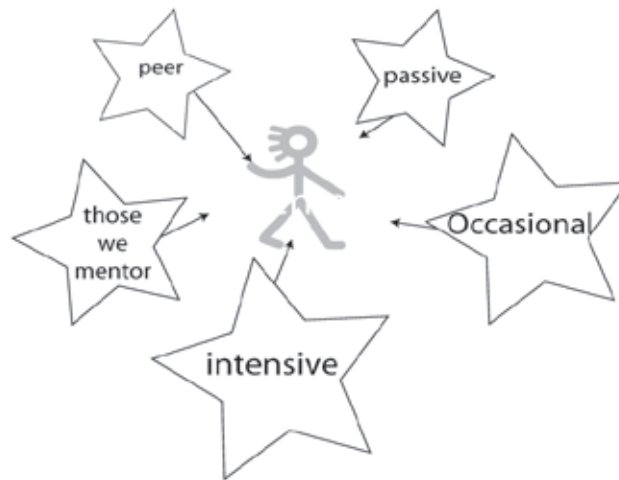
9. Make mid-course corrections as necessary.

As with any relationship, changes and adjustments may need to be made along the journey. If you or the mentee sense changes are needed in either process or purpose, articulate and agree upon the changes together. Remember to work from clarification rather than assumption.

10. Bring closure to the relationship at the appropriate time.

Taking time to review the mentoring journey at the end of the pre-determined time frame helps to bring a sense of closure to the season of mentoring.

The Mentoring Constellation Model⁶



Intensive Mentor

An individual who is willing to play an intentional role in the development of another person for accountability, follow-through, and spiritual transformation.

Intensive mentors function like Christian Life Coaches.

Occasional Mentor

Individuals who provide timely advice and correct perspectives, helping another person to rightly view self, others, circumstances, and ministry when needed.

Passive Mentor

Individuals who may not realize another person is viewing you view them as a mentor but are in fact functioning unintentionally as a mentor.

Peer Mentor (Spiritual Friendships)

Friends and colleagues who play an important role of support, perspective, collaboration, and networking.

The Holistic Mentoring Model Behind Omega⁶

Carson Pue's Mentoring Matrix adapted



Phase 1: Awareness

Purpose: Help others discover who they are and their identity in Christ.

Mentor Task: Walk alongside the mentee in the core development of understanding who God made them to be and who they are in Christ.

Mentee Task: Open oneself with a teachable spirit to understand who God made him/her to be and how identity in Christ completes him/her.

Omega Sessions 1-12: Clarifying God's Mission for their lives - Knowledge of His Vision, Priorities, Values, and Identity Roles. These sessions provide the tools and a pathway to helping people discover who they are from God's perspective and equip them to engage their identity in Christ.



Principles of Mentoring and Coaching

Omega Laws and Models in Sessions 1-12:

- The Law of Stewardship
- God and Man Through History
- God's Guidance is for the Long Haul
- We Must Die to our Desires
- Experiencing the Kairos of God
- The Law of Mission
- Understanding Your Mission
- God's Mission for our Lives
- God's Vision
- God has a Plan for our lives
- God's Priorities
- Our Needs
- The Law of Abundant Life
- The Law of Perspective
- Living with a Biblical World View
- The Power of Perspective
- Worldviews and Cycles of Behavior
- Cycle of Grace and Grief
- The Seven Values of Abundant Living
- The Lord's Prayer and the Seven G's
- The Law of Identity
- Role and Vision Statements
- Being Human
- Heart
- Soul
- Mind
- Strength
- Disciplines P.R.E.P.²
- The Law of Community
- Our Community Roles
- Inner Circle
- Relative and Parent
- Church Member
- Contagious Christian Community and the Seven G's
- Mentee/Mentor
- The Constellation Model of Mentoring
- Ambassador/Friend
- Our Calling Roles
- Minister of Compassion
- Steward of Resources
- Faithful in the Five Financial Areas
- Diligent Earner
- Generous Giver
- Wise Saver
- Cautious Debtor
- Prudent Consumer
- Empowered Servant
- Spiritual Gifts and Original Abilities
- Spiritual Gifts and the Fruit of the Spirit
- The Character Gifting Balance
- How many Spiritual Gifts are there
- The Law of Servanthood
- Calling Mentee/Mentor
- Our Profession
- Your Roles Diagram
- Your Mission Statement

Phase 2: Freeing Up

Purpose: Overcome past and present fears/struggles by trusting God fully.

Mentor Task: Walk alongside the mentee in the process of identifying, healing, and moving beyond past fears, pains, and struggles into new freedom in Christ consistent with the understanding of who God made him/her to be and who he/she is in Christ.

Mentee Task: Open oneself with a teachable spirit to allow God to transform past fears, pain, and struggles into faith steps consistent with who he/she is in Christ.

Omega Sessions 7 & 8: Commit to Transformation: Discipleship and Reality. These sessions provide the tools and a pathway to help people identify and overcome past and present fears/struggles (the work of the enemy in their lives) which are holding them back from experiencing God's transformational work in their lives.



Omega Laws and Models in Sessions 13-16:

- The Law of Transformation
- Our Need for Transformation
- The Road of Life
- The Cycle of Renewal
- The Law of Attitude
- The Attitude of Jesus
- The Beatitudes
- Godly Attitudes are based of the Promises of God
- The Seven G's and the Promises of God
- The Seven G's and Godly Attitudes
- The Law of Reality
- The Reality Picture of Spiritual Warfare
- Satan's Weapons
- The Full Armor of God and the Seven G's
- The Law of Consequences
- Blessings and Curses
- Dealing with Sin in the Church
- The Curses of Disobedience and the Seven G's

Principles of Mentoring and Life Coaching

Phase 3: Visioneering

Purpose: Identify the things that pull the mentee forward in life and ministry.

Mentor Task: Walk alongside the mentee in discovering life purpose.

Mentee Task: Open oneself to one's passions and purpose as they relate to an awareness of identity in Christ and faith walk with God.

Omega Sessions 17 & 20: Know Thyself: Nature and Nurture. These sessions provide the tools and a pathway to help people truly "Know Themselves" and better envision how God has formed and equipped them to live out His mission for their lives. These sessions will also reveal areas of strength and weakness from which we can chart a wise course for their future growth and development.



Omega Laws and Models in Sessions 17-20:

- The Law of Potential
- Assessing Obedience to God's Mission
- Universal Character
- Universal Character and the Seven G's
- Your P.U.R.P.O.S.E. and Greatness
- Passions
- Upbringing
- Resources
- Personality
- Original Abilities
- Spiritual Gifts
- Experience of Love
- The Seven G's and your P.U.R.P.O.S.E.
- The Law of Belief
- The Belief Model
- Being Human and Believing
- John Wesley's Mother's Definition of Sin
- The Cycle of Renewal and Believing
- The Seven G's and their Belief Statements
- Knowing Your Sin Tendencies - 7 Deadly Sins
- Pride vs. Humility
- Envy vs. Contentment
- Wrath vs. Meekness
- Sloth vs. Obedience
- Greed vs. Stewardship
- Gluttony vs. Temperance
- Lust vs. Chastity
- The Seven Deadly Sins, The Seven Virtues and The Seven G's

Phase 4: Implementing

Purpose: Live out God's Mission for life.

Mentor Task: Walk alongside the mentee in implementing his/her life purpose with clearly focused, incremental steps.

Mentee Task: Live consistently with God's vision. Live beyond distraction.

Omega Session 21-22: Charting the Course: Goal Setting and Disciplines. These sessions provide the tools and strategy for helping people "Chart the Course" of their lives by developing their personal growth plan and discerning spiritual disciplines to engage in which will train them in righteousness in each area of their life.



Omega Laws and Models in Sessions 21-22:

- The Law of Discipline
- Disciplines for Being Human
- Disciplines for Contagious Community
- Disciplines for our Calling of Servanthood
- Disciplines of Abstinence
- Disciplines of God Engagement
- Disciplines of God and Community Engagement
- Disciplines of Life and Wisdom Engagement
- The Holy Spirit and Disciplines
- Disciplines and Spiritual Pathways
- Seven Spiritual Pathways
- Goal Setting and Disciplines
- Accountable Goal Setting
- Establishing S.M.A.R.T. Goals
- Using Planning Pages
- Long and Short Range Planning Pages
- Honoring Seasons in Your Life
- Perseverance

Principles of Mentoring and Life Coaching

Phase 5: Sustaining

Purpose: Stay in God's plan when everything is working and a new restlessness emerges.

Mentor Task: Walk alongside the mentee in staying in God's plan when everything is working and/or when a new restlessness emerges.

Mentee Task: Open oneself to staying with the vision that God has for one's life even if he/she is restless. Re-walk the cycle when God opens him/her to a new level of responsiveness.

Omega Session 23-24: Staying the Course: Daily Alignment; Revelation and Adjustments. These sessions provide tools, clarity, and motivational perspective to the journey of reproductive discipleship which encourages people to engage in God's training for their lives.



Omega Laws and Models in Sessions 23-24:

- The Law of Alignment
- Planning and Tracking
- “Big Picture” Planning and Tracking
- Using Planning Pages
- “Detail” Planning and Tracking
- Using a Weekly Compass
- Jesus and Daily Planning
- Revelation and Adjustments
- Cycle of Renewal
- Love Flows out of a Well Aligned Life
- The Complete Life Focus Process
- The Law of Training
- Developing Christlikeness
- Training for Abundant Living
- Fruit of the Spirit and Christlikeness
- The Journey Ahead

The background of the page is composed of large, solid-colored blocks in shades of green and yellow. On the right side, there is a vertical strip containing a stylized illustration of a tree. The tree's trunk and roots are rendered in dark, expressive lines, with some areas filled with yellow and orange. The foliage is represented by numerous thin, dark, curved lines that fan out from the top of the trunk. The overall aesthetic is modern and artistic.

Omega Sessions Mentoring Guide

Starting well so that you end well!

Beginning the Mentoring Journey

Tips for the first meeting: At the first meeting, focus on getting to know the mentee by asking some of the following questions: I would like to begin our time together by getting to know you better:

1. I know that you were born.
Then what happened?
2. Tell me your story.
3. What are the five most pivotal moments in your life?
4. What one area would God like you to address honestly?

Sharing your story: Often times your mentee will want to get to know your story and what has shaped your life. Be prepared to share your story as well.

Covenanting: Create a covenant at the end your initial session by going over the **Mentoring Covenant** (make a copy from the sample in the Appendix).

Assessing: You will find it helpful to get a snap-shot of where your mentee is in their relationship with God, so ask them to complete the **Omega Self-Evaluation Questionnaire** (make a copy of the original in the Appendix) and send it to you before the next meeting.

Using the Omega Course Content

Using the Omega Course content to lay a wise foundation for discipleship:

The following pages contain a review of the Omega Course material on the left hand side of the page, paired up with Mentoring Points and Questions for you to ask your mentees in order to discover where they are in their journey of processing this material.

Mentoring Focus for this Session:

We have included some mentoring insights for each session, organized into four topics (Discover, Probe, Understand and Testify) to help you focus your mentoring.

Follow Up/Extension Learning Experiences:

You will also find some ideas for additional homework for you to give to your mentees to help them dive deeper into the journey and explore areas that God is highlighting.

Using the Mentoring Session Guide and Notes Page

Use the **Mentoring Session Guide and Notes** page (make a copy of the original in the Appendix) during each session with your mentee to guide your time together and record their progress.

Using the Question Bank

In the Appendix you will find a Question Bank containing some of our favorite mentoring questions from our favorite mentors. Use this Question Bank in mentoring others deeper into different areas of life and to stimulate your ability to ask probing questions.

The background of the slide is composed of three main visual elements. On the left, there are three stacked rectangular blocks of varying shades of green. On the right, there is a vertical strip containing an abstract illustration of a tree. The tree's canopy is rendered in shades of yellow and light green with dark, thin lines for branches. The trunk is a solid orange-brown color. The roots are depicted in the bottom green block, shown as thick, gnarled lines in shades of green and brown. The title text is centered over the middle green block.

Session 1: Stewarding Life

Session 1: Stewarding Life

Coaching Points

Stewarding Life



The start of this session talked about the reasons people come to the Omega Course.
Which one do you identify with most?
What drew *you* to Omega?

Law 1: The Law of Stewardship

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

1 Peter 4:1-5

Define “stewardship” in your own words.
What are the implications of this law for your life?

1 Peter 4:1-5: How willing are you to suffer in your body in order to remain obedient to Christ?

Psalm 90:12

Psalm 90:12: How are you seeking God’s Heart of wisdom for your life?

1 Corinthians 4:1-5

1 Corinthians 4:1-5: Describe how prepared you are to give an accounting of your life before God?

All of Life is a Gift God and Man Through History

Creation
The Fall and the Flood
God Fathers a Nation
Arrival of Jesus the Son
God Sends His Spirit
Our Eternal Dwelling

What aspects of your life challenge your ability to maintain this perspective?

This model emphasizes the fact that we have access to the full Trinitarian God. To what degree do you see yourself living out a truly Trinitarian faith?

What aspect of God and Man through history stands out to you the most and why?

The World’s Thinking is Now

Matthew 6:19-21

How is your life caught up in selfish “Now” thinking?

God’s Guidance is for the Long Haul

Matthew 6:33-34

How does this Scripture help you be patient and persevere in your life?

Coaching Points

Becoming a Fully Devoted Follower -

We must die to our desires and ask God to fill our hearts with His desires for our lives.

How would someone who doesn't know you recognize you as a fully devoted follower of Christ who lives as a steward in God's Kingdom?

As we submit, God begins transforming us -

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

What is the battle between your desires and God's desires for you like in your life?

2 Corinthians 5:17

What are three ways of thinking or perspectives on life that influence you to do your will instead of God's?

The Battle for our Devotion

Do you sense any area of your life that is holding you back? What would it take to give this more fully to Him?

Experiencing the Kairos of God

Are you living in Chronos and/or Kairos?

Chronos = Measured time - Man Time

Kairos = the Fullness of Time – God Time

Are there any other distinctions between Kairos and Chronos that you notice other than what we discussed in this section?

The Issue of Control

What does the battle for control over your life look like these days?

Session Wrap Up

What Scripture verses stood out to you most in this session and why?

Homework Session 1

1. Journal through the discussion and reflection questions in your workbook.

What insights have you gleaned from tracking your time this week?

2. Track how you spend your time this week or on an average week and assess where you are spending your time using the various categories provided for you.

Are there any adjustments you feel prompted to make as a result of these insights?

3. 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?

How will you know if you have been successful in making these adjustments?

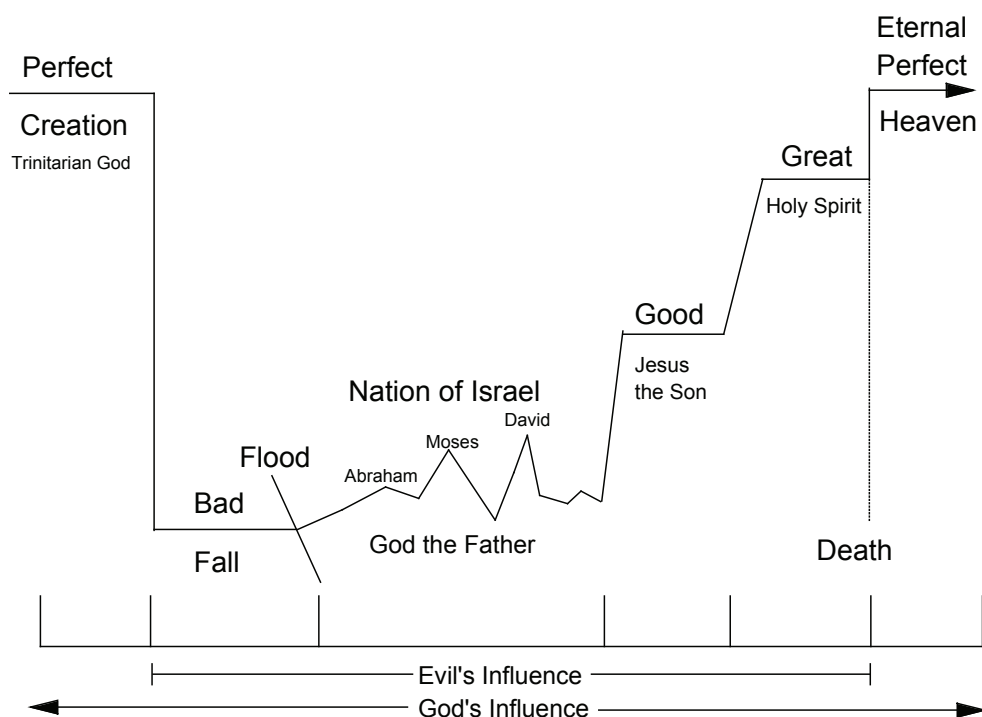
Session 1: Coach's Corner

Mentoring Focus for this Session:

1. Discover - During this session you want to discover the reality that life is a gift that we are called to steward with the decisions that we make until we die, and then we will stand before a holy God and give an account of our stewardship.
2. Probe - During this session you want to begin probing into your mentee's current relationship to God and life. Seek to discern how much they are living like stewards or owners of their lives.
3. Understand - Using God and Man through History, becoming a fully devoted follower, and Experiencing the Kairos of God, help your mentee understand the difference between a life of stewardship and ownership; and why believing (to live by) in God's superior leadership will make such a dramatic difference in his/her life.
4. Testify - Be prepared to testify to how making God the Lord of your life, living as a steward of your life before Him and fighting the good fight of surrendering to God has transformed your life.

Follow Up/Extension Learning Experiences Session 1

1. Is there something in your life that you have worked hard at being an "owner" of that God would like you to open your grip on and become a manager of? Think of a way that you can modify this particular thing – either by decreasing or increasing your involvement with some aspect of it over the next week.
2. Find the Mission statement of a company or organization that you respect. Which aspects of it speak to you? Bring a copy of it or notes about it to next week's session.



The background of the slide is composed of three main visual elements. On the left, there are three stacked rectangular blocks of a muted sage green color. On the right, there is a vertical strip containing an abstract painting. The painting features a large, thick, brownish-orange trunk that curves upwards and to the right. From the base of this trunk, several roots or branches extend downwards and to the left, rendered in shades of green and yellow. The upper portion of the painting is filled with dense, overlapping brushstrokes in various shades of yellow, green, and white, creating a textured, organic feel. The overall composition is balanced and visually appealing, with the text centered over the green blocks.

Session 2: Unpacking Mission

Session 2: Unpacking Mission

Coaching Points

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



Law 2: The Law of Mission

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

Mission: Our Internal Compass Understanding Your Mission

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

What are the implications of this Law for your life?

To what degree have you considered having a Mission Statement for your life? If you had to articulate your life mission up to this point, what would it be?

Describe the current vision, priorities, values, and identity roles in your life.

God's Mission for Our Lives

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

How do you resonate with God's Mission statement for your life?

Deuteronomy 30:19-20

Deuteronomy 30:19-20: How do you practically choose life over death each day?

Coaching Points

God's Mission for Our Lives: Vision

Our Vision of God:

Our vision of God affects our vision of what we think life is all about and how it is we are to live.

God's Vision for Our Lives:

To Experience and Express Love

1 John 4:16

Ephesians 5:14-17

The Great Commandments:

Luke: 10:27 & Mark 12:30

Luke 10:27

God has a plan for our lives:

Jeremiah 29:11-13

To what degree do you believe that God's over-arching vision/purpose for our lives is to experience and express love?

Ephesians 5:14-17: What do you do to understand what the Lord's will is?

Luke 10:27: How well are you loving God and others these days?

Jeremiah 29:11-13: On a scale of 1 to 10, how assured do you feel that God has a plan for your life? At what time in your life have you felt most assured about His plan for you?

Jeremiah 29:11-13: How do you seek God with all your heart?

God's Mission for Our Lives: Priorities

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

Priorities Illustration: the "Big Rocks"

What are the "Big Rocks" in your life?

In other words, what do you put into your priority jar first, second, etc?

Without looking at God's priority list for your life, write down your current priority list according to what you consistently chose over other things in your life?

Session 2: Unpacking Mission

Coaching Points

God's Priority Scale

1. Being Fully Human
2. Our Family
3. Our Community
4. Our Calling and Profession

Look at the list of God's priorities. Which one receives the majority of devotion in your life?

How would your spouse/close friends rank your current priority order? Does this match the priority order? Does this match the priority order you've identified for yourself?

Our Needs

1. To Live
2. To Love and Be Loved
3. To Experience Variety
4. To Feel Important

Consider the four Basic Needs discussed in this session. How do you see them functioning in your own life?

God's Priorities For Our Lives Are Focused On Meeting Our Needs.

Our Needs	God's Priorities
To Live	Being Fully Human
To Love and Be Loved	Our Family
To Experience Variety	Our Community
To Feel Important	Our Calling and Profession

What do you think about the wisdom of God's priority scale being focused on meeting our God-given needs?

Session Wrap Up

Homework Session 2

1. Journal through the discussion and reflection questions in your workbook.
2. Complete the priorities worksheet to get a better sense of your current priority scale.
3. 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?

What Scripture verses stood out to you most in this session and why?

What was the #1 insight for you this session? How will you apply this insight to your life in a practical way?

Mentoring Focus for this Session:

1. Discover - During this session we want to discover the power of our internal compass or mission and how seeking God with all of our heart will lead us to the life we were created to live.
2. Probe - During this session you want to begin probing into your mentee's understanding of what his/her current mission looks like.
3. Understand - Using God's Vision and Priorities for our lives, help your mentee understand why believing (to live by) in them will make such a dramatic difference in his/her life.
4. Testify - Be prepared to testify to how making God the Lord of your life, and pursuing His plan for your life with all of your heart, has impacted your experience and expression of love.

Follow Up/Extension Learning Experiences Session 2

1. Write a brief paragraph describing how your life would look differently if you were "On Mission with God." What difference would this make personally, professionally, and spiritually? Share this description with another person or triad in your small group.
2. Think of a person in your life whose priorities seem to be rightly ordered according to the list we covered in this session. How does this influence how he or she lives life? What aspects of this most encourage you? If possible, write a note or contact this person in some way this week to let them know how they have encouraged you. If it is not possible, offer up a prayer of thanksgiving for this person.



Session 3: Abundant Living

Coaching Points

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



The Law of Abundant Life: What are the implications of this law for your life?

Law 3: The Law of Abundant Life

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

John 10:10

Psalm 1:1-6

God's Mission for Our Lives: Values

Acts 20:24

John 10:10: Looking back on your life, where do you see evidence of the enemy attempting to disconnect you from the abundant life? Do you detect any patterns in the way that this happens?

Acts 20:24: Describe how you are pursuing God's abundant life for you. Do you understand that it is when we get our lives on mission with God that we experience the abundant life and God bears testimony to the world through us?



Law 4: The Law of Perspective

Having a Biblical worldview and seeing life
from God's perspective is essential if we are
going to experience God's abundant life.
If you can't see it, you can't do it!

The Law of Perspective: What are the implications of this law for your life?

Session 3 Abundant Living

Coaching Points

Perspective in four areas of life:

Acceptance: Luke 3:21-22

Sustenance: Mark 1:35

Identity: Galatians 4:6-7

Fruitfulness: John 15:1-5

As you look at these four areas of life, what stands out to you the most? Do you feel like God is bearing fruit through your life? Describe some recent situations when you have experienced the power of the Holy Spirit expressing love through you.

What is your current perspective toward these four areas of your life? What is your plan to find acceptance? How do you plan to sustain yourself? How do you go about identifying and maintaining your identity? How does God bear fruit through your life?

Living with a Biblical Worldview

The combination of your various perspectives on life creates your worldview.

It is out of this worldview that we form beliefs which guide our behavior.

Without a Biblical worldview, it is impossible to live God's abundant life.

Reflecting on your life, what would you say are the most important sources which have authored (authority) your worldview?

The Power of Perspective

The Source determines the Product.

It is important that we understand the vital role of perspective and diligently guard and filter the various inputs that come into our lives.

The Bible is the greatest repository of Godly perspective ever assembled! It is God's love letter to us, His Children, trying to help us see and steward life from His perspective!

Who or what do you place in a position of authority over you and allow to shape your worldview?

If the source determines the product and your spouse or best friend were to examine the product of your life, what would they conclude to be your source?

Worldviews and Cycles of Behavior

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

Can you identify any perspectives you hold that have formed into beliefs and cycles of behavior?

When you look at your own cycles of behavior, can you identify any underlying beliefs that drive the particular behavior?

Coaching Points

The Cycles of Grief and Grace⁷

The Cycle of Grief



The Cycle of Grace



What are some of your known areas of sin?
How are these sin areas reinforced by perspectives you have?

Can you identify how these perspectives have formed into beliefs and cycles of behavior?

Which of the two cycles is currently most active in your life?

What aspect of the Cycle of Grace most sparks hope in you for living the abundant life in Christ?

What life circumstances have you gone through that prompt this answer?

Session Wrap Up

Homework Session 3

1. Journal through the discussion and reflection questions in your workbook.
2. Spend time journaling this week 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.
3. Think about how your life resembles the Cycle of Grace or the Cycle of Grief. Spend time this week journaling and reflecting on the Cycle of Grace and how you can apply it to your understanding of your relationship with God.

What was the #1 insight for you this session?
How will you apply this insight to your life in a practical way?

What Scripture verses stood out to you most and why?

Session 3: Coach's Corner

Mentoring Focus for this Session:

1. Discover - During this session we want to discover and solidify the fact that only in pursuing God's mission for our lives will we experience the abundant life.
2. Probe - Begin probing into the mentee's understanding of what informs his/her current worldview.
3. Understand - Use the Cycles of Grace and Grief to help him/her understand how perspectives can come together to form worldviews, which in turn create cycles of reinforcing beliefs and behaviors.
4. Testify - Be prepared to process some disequilibrium in your mentee's life, as few people have thought this deeply about why they do what they do, and share how seeking out God's mission in your life has led you to greater levels of experiencing and expressing love.

Follow Up/Extension Learning Experiences Session 3

1. Plan a mini retreat some time this week when you take an hour or two and get alone with God. Journal about some of the obstacles that come to your awareness that hinder you from more fully doing the will of the Father. Spend time in God's presence praying through the history of those obstacles. When did they first begin? What fears might be underlying some of the tendencies that keep you away from God's will. Choose a Scripture verse of God's truth to memorize that will directly contradict those fears.
2. Teach the Cycle of Grief/The Cycle of Grace to a member of your family or close friend. Talk with them about how you are seeing God at work in you as a result of exploring this model.



Session 4 The Seven Values of Abundant Living

Session 4: The Seven Values of Abundant Living

Coaching Points

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

God's Mission for our Lives: Values

The Seven Values of Abundant Living (The 7 G's)⁸

Values and identities

For each value, we will identify a corresponding identity which is made up of two components:

How I understand and relate to God
(Experience His Love)

How I understand and relate to others
(Express His Love)

Have you ever considered the impact our values have on shaping our understanding of our identity?

What are some values in your life that have shaped your identity?

How are your values either helping or hindering your experience and expression of love?

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

Henry Blackaby's paradigm from Experiencing God on how God's Will is Revealed

Prayer

Scriptures

Community

Circumstances

When do you most feel the tension between the desire to guide your own life and letting God guide your life?

What are you seeking God's will for in your life right now? How are you employing these four elements in order to discern God's will?

Is God more of a Guide or an Advisor at this point in your walk?

Identity: Follower - How I experience His love

We experience His love by moving from being the Leader of our own lives to a follower of God.

How do you live out these identities in your life?

Intercessor - How I express His love

We express love for others by praying for God's guidance in their lives as well.

Session 4: The Seven Values of Abundant Living

OMEGA

Life Spring Network

Coaching Points

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

Grace is "unmerited favor."

Grace is being able to say,

"You can't stop me from loving you!"

Describe the tension between living in grace and living in condemnation (a non-bridge with God) or bitterness (a non-bridge to others)?

Grace from God

How are you at receiving grace from God?

Would you describe yourself as a confessing person (regularly confessing your sin to God and others and asking for forgiveness)? How do you normally do this?

Grace toward others

How readily can you forgive others?

Identity: Child of God - How I experience His love

We take our place as a redeemed Child of God.

How do you live out these identities in your life?

When do you feel the tension between the desire to remain spiritually stagnant and the desire to be in process toward full maturity in Christ most?

Ambassador - How I express His love

We serve as a connector of grace, connecting others to Him.

3. Growth is a process toward full maturity in Christ.

We become students of Scripture and of the life and person of Jesus. We surround ourselves with mentors, friends, and teachers who will love, challenge and provide guidance to us as we grow in faith.

From your perspective, where are you in that process? What is God challenging you to grow in right now?

Identity: Learner - How I experience His love

We acknowledge that God desires for us to be holistically trained in righteousness.

How do you live out these identities in your life?

Mentor - How I express His love

We strive to be good mentors to the people in our lives that God entrusts to us for guidance and discipleship.

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

Session 4: The Seven Values of Abundant Living

Coaching Points

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

When do you feel the tension between the desire to glorify yourself and the desire to glorify God most?

Usually, whoever does something gets the credit. By letting God work, live and love through us, ultimately He will receive the credit and the glory.

Ecclesiastes 3:9-14

Identity: Worshipper - How I experience His love

This is someone whose life is devoted to bringing glorification to God both individually and corporately!

When people look at your life, do they see His power on display and revere/honor Him?

How do you redirect the glory people may give you back to God?

Saint - How I express His love

Saint (hagios) means set apart to be used by God. We position ourselves in such a way that we're set apart and submitted to God, so that He can work through us and receive the credit.

How do you live out these identities in your life?

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

It takes the Body.

If God is calling you to Guidance, Grace, Growth, Glorification, you can't get there without Groups... without the Body of Christ.

When do you most feel the tension between the desire to be self sufficient and fully participating in a Biblically functioning community?

What is your understanding of what "Biblically functioning community" means?

As much as we might like to, we can't get there by ourselves...unless spiritual immaturity is your goal.

How has your life trained you and encouraged you to be an independent or a group/community person?

Session 4: The Seven Values of Abundant Living

OMEGA

Life Spring Network

Coaching Points

Embracing Diversity

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

How is embracing diversity difficult for you?

What helps you overcome this?

Identity: Receiver of Love - How I experience His love

We are willing to receive the love of God that He pours through others in the Body of Christ and directs toward us.

Is it easier for you to receive or give love?

Expressor of Love - How I express His love

We are willing to let God work and love through use to enfold His love toward others.

How do you live out these identities in your life?

6. Gifts are given to all believers to grow God's church.

We are called to both a Unique...
Each one of us is given a supernatural gifting "mix" through the Holy Spirit to serve in specific ways.

When do you most feel the tension between living in the power of God and living through your own strength?

And Universal Calling of Servanthood.
We serve one another with our lives in general through our calling of Empowered Servanthood.

How has God specifically and uniquely manifested Himself in your life?

The true gift is the Holy Spirit. As we embrace our Universal and Unique giftings, we (the church) become a living, breathing picture of the Body of Jesus Christ right here on earth.

How would you describe the state of your experience with servanthood?

Identity: Empowered - How I experience His love

We receive unique empowerment through the Holy Spirit.

How do you live out these identities in your life?

Servant - How I express His love

We express God's gifts through service to others.

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

Session 4: The Seven Values of Abundant Living

Coaching Points

7. Good Stewardship is the reasonable response to our gracious God.

We steward our time, abilities, relationships, resources, opportunities, etc.

Identity: Grateful Steward - How I experience His love

We steward the time, talent, treasure, and ties that have been given to us.

Wise Overseer - How I express His love

People are God's most precious resource; therefore, we need to take the overseeing responsibilities in our lives seriously.

When do you feel the tension between stewardship vs. ownership most in your life?

On a scale from 1-10, rate the current state of your stewardship. What could you be stewarding better?

How do you live out these identities in your life?

What kind of meaning does this infuse into your understanding of the Lord's prayer?

If God were drawing you to meditate on one aspect of the "Our Father," seen through the lens of the seven values of abundant living, what would it be?

Seeing the Seven Values of Abundant Living in the "Our Father" (The Lord's Prayer)

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

Discuss the Seven Values of Abundant Living. Which value stands out to you the most? Why?

From memory, list as many of the seven values of abundant living as you can. Create an acrostic or other word tool to help you remember the seven values and their identities.

What would living the abundant life look like for you in 5 years? 10? 20?

Coaching Points

Session Wrap Up

What was the #1 insight for you this session?

Homework Session 4

How will you apply this insight to your life in a practical way?

1. Journal through the discussion and reflection questions in your workbook.
2. Journal and pray through the Our Father and the seven values of abundant living every day this week, seeking to find a deeper connection with the true meaning of how to apply these values to your life. Use the discussion questions in your workbook to think through the application of each value to your life and whether or not you live in the identities that promote these values.

What Scripture verses stood out to you most and why?

Mentoring Focus for this Session:

1. Discover - During this session you want to discover the Seven Values of Abundant Living and the corresponding Identity Roles that flow from believing in and living by these values.
2. Probe - Begin probing your mentee's understanding of these seven areas of his/her life. Strive to discern the values that your mentee has been living by, the corresponding identities that have emerged as a consequence and where he/she learned them.
3. Understand - Use the Seven Values of Abundant Living to help your mentee understand why believing (living by) in each value will make such a dramatic difference in his/her life.
4. Testify - Be prepared to share how you believe in these values in your own life and how you live out the corresponding identities. This is an opportunity to testify to the greatness of God's wisdom (I define wisdom as knowledge applied to life that makes life work, the way it is supposed to work).

Follow Up/Extension Learning Experiences Session 4

1. Identify the Value of Abundant Living that stood out the most to you this session. Find a real life example of this value from the media this week (newspaper, magazine, internet, TV, etc.). It can be picture or a story. Bring it, or an explanation of it, with you to the next session.
2. Choose a point of action that you can take this week for the value that most stood out to you. For example, if Group stood out most, you might reach out to someone you know who is new in the faith. You could also reach out to one of the senior saints and ask them to tell you their story of faith. Report to the group about your experience at your next meeting.

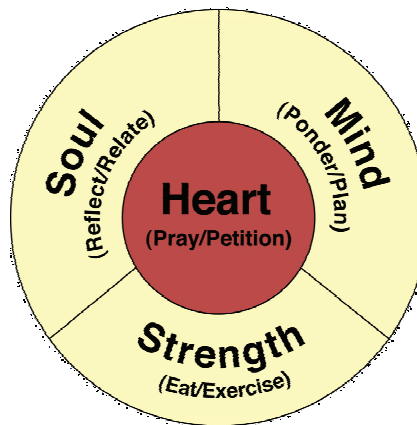
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Session 5: Our Core Identity

Coaching Points

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

God's Mission for our Lives:
Identity Roles



Law 5: The Law of Identity

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

Genesis 1:27
Psalms 139:13-16
Ephesians 2:8-10

The Law of Identity: What are the implications of this law for your life?

Genesis 1:27: Have you ever reflected on what it means to be made in the image of God? What do you understand it to mean?

Governing Mission Statement

Do you embrace or resist the idea of having a governing mission statement for your life?

Roles and Vision Statements

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

Habakkuk 2:2

Habakkuk 2:2: Have you ever written down any roles or vision statements for your life? If so, what are they?

Understanding Our Identity

Identity Roles: Three Categories
Christ Follower (Being)
Community Member (Relating)
Called Servant (Doing)

These three categories are put together in priority order by God so that we live from the inside out. Do you live more from the inside out or the outside in these days?

Session 5: Our Core Identity

Coaching Points

Identity Roles Category #1: Christ Follower

What is the state of your relationship with God?

Luke 10:27 & Mark 12:30-31

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

Knowing that our relationship with God is the most potent relationship in all of existence, do you intentionally prioritize and cultivate it? If so how?

Being Human

What is your current struggle between living as a human being or a human doing like these days?

Heart (Will, Desires, Dreams and Spiritual Center)

What are your dreams like these days?
What do you really want from life?

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

Genesis 6:5-6: Do you believe, but by the Grace of God, that the desires of your heart are only evil all the time?

Genesis 6:5-6

Genesis 8:21

Exodus 7:3-4a

Proverbs 4:23

Proverbs 27:19

Ecclesiastes 6:1-2

Luke 8:15

Ezekiel 36:26-27

1 Peter 1:22

James 1:13-15

Revelation 1:3

Exodus 7:3-4a: What does it mean that God hardened Pharaoh's heart? Thinking through his life, what was the hardening process like?

Proverbs 4:23: Have you ever considered the central role that our hearts (will, dreams, desires, and spiritual center) play in our lives? Do you agree that everything begins in the heart? Why or why not?

Ezekiel 36:26-27: Do you have a heart of stone or flesh these days towards God?

The Wellspring of Life

Heart – The Disciplines

We grow through prayer, time spent in solitude with God and silence, intercession, and watching; realigning our will with God's will for our lives.

What one discipline can you build into your life today that would help you daily realign your heart with God?

Coaching Points

Session Wrap Up

Homework Session 5

1. Journal through the discussion and reflection questions in your workbook.
2. Spend some time journaling this week asking God to reveal to you who He made you to be.
3. Write out your vision statement for the identity role of Heart. Write a paragraph or two comparing your life now to the vision statement that you believe God revealed to you. What changes you need to make in this area of your life.?

What was the #1 insight for you this session?
How will you apply this insight to your life in a practical way?

How will you know if you have "finished well" with experiencing and expressing love through your Heart?

What Scripture verses stood out to you most and why?

What are the most powerful insights that God revealed to you through your homework?

Mentoring Focus for this Session:

1. Discover - During this session you want to discover who we are in God's eyes, the power of living from the inside out and the central role that our Hearts play in our lives.
2. Probe - Begin probing into your mentee's current understanding of his/her identity and seek to discern his/her primary source of affirmation and the sensitivity of his/her heart to God.
3. Understand - Use the Law of Identity and the teaching on Heart to help your mentee understand why believing (living by) in God with all his/her Heart will make such a dramatic difference in his/her life.
4. Testify - Be prepared to share how your believing in God with all your Heart has unlocked your experience and expression of love. This is an opportunity to testify to the greatness of God's wisdom (I define wisdom as knowledge applied to life that makes life work, the way is is supposed to work).

Follow Up/Extension Learning Experiences Session 5

1. This week, find a time and a place when you can be by yourself and take a walk with God. Share with your group where you went, how long you spent, and what God revealed to you during this time.
2. Who in your life could use some empowerment to align their will with the will of the Father? How could you minister to that person in some way this week? How can your experience of doing the same encourage and empower them? Think of a way to reach out to this person and offer some encouragement this week.



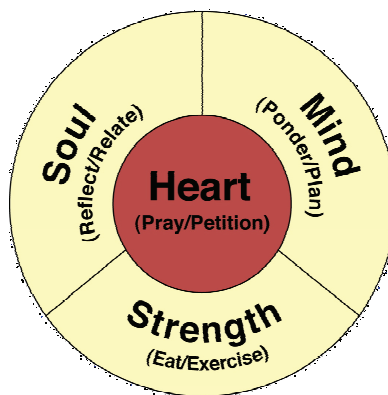
Session 6: Being Fully Human

Coaching Points

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

God's Mission for our Lives:
Identity Roles

Identity Roles Category #1: Christ Follower



Soul (Feelings, Personality, Conscience and Intuition)

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

Hebrews 4:12

Matthew 16:24-26

What one discipline can you build into your schedule that would help you daily realign your heart with God?

In what relationships or activities are you most free to express your feelings, personality, and intuition?

What do you do in your life to listen for God's promptings through your intuition?

Hebrews 4:12: How does God use Scripture in your life to reinforce and give voice to your soul which is often times striving to guide you away from self-centered sinful desires of your heart and guide you toward the life that is really life?

Soul: Our Divine Connection

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

Have you ever considered the power of your soul (your divine central nervous system) in guiding your experience and expression of love?

The Soul's Role in our Being

Proverbs 16:24

Proverbs 19:8

1 Peter 2:11

1 Peter 2:11: What sinful desires are currently warring against your soul?

The Soul's Role in Abundant Living

Matthew 26:38

Luke 2:34-35

As you think over your past, how have you been encouraged or discouraged to "feel" in your life or about your life?

Session 6: Being Fully Human

Coaching Points

The Power of Feeling and the Soul

“A Holy Spirit empowered Soul is enabled to process and feel life the way God feels.”

Describe the struggle to feel as Jesus felt or to “go numb” as the world would have it. How able are you to “mourn with those who mourn?”

Soul – The Disciplines

We grow through Journaling, Singing, Meditation, Confession, Counseling, Reflection and Retreats which foster your ability to understand and express the image of God in you.

What one discipline can you build into your life today that would help you keep your soul?

Mind (Ideas, Images, Information, and Ability to Think)

With our minds we process ideas, images and information with our ability to think. With this ability we discern what is true and organize our worldview to accomplish a mission in life.

All truth is God’s truth! Plans are the strategies we formulate in our Minds. We also use our minds to set goals for our lives that move us towards our mission and evaluate its efficacy.

What are the current plans or strategies you have formed in your mind that you are living out in the different areas of your life (marriage, finances, work, etc.)? How are these working out for you? Are they honoring to the Lord Jesus Christ?

Romans 12:2

Philippians 3:18-19

Four Main factors of our Mind⁹:

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

What are the dominant governing ideas that influence your mind?

Why have they begun to take such a strong hold of you?

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

What is your experience with images in your life?

What are five dominant images which encourage and the five dominant images which discourage your experience and expression of love?

Session 6: Being Fully Human

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Coaching Points

Information - It is with our minds that we seek out, store and process information both helpful and harmful.

What are your main sources of information these days?

Our ability to think - It is the activity of searching out what must be true, or cannot be true, in the light of given facts or assumptions.

What do you do to cultivate your ability to think?

It extends the information we have and enables us to see the “larger picture” – to see it clearly and to see it wholly. Empowered by the Holy Spirit it undermines false or misleading images and ideas.

How much time do you spend thinking about your life and, with a Holy Spirit empowered mind, discerning the “larger picture,” in order to make wise plans and strategies for your life?

1 Corinthians 2:6-16

1 Corinthians 2:6-16: How do you see that having the mind of Christ is an essential aspect of stewarding life from His perspective?

Mind – The Disciplines

We learn more about life through studying God’s truth in the Bible, journaling and through our own study of what is true in life. Synthesizing God’s direction for our life and planning how to implement His Guidance through the use of life planning tools and wisdom through life coaching.

What one discipline can you build into your life today that would help you grow your mind?

Physical: Strength

1 Corinthians 1:25

1 Peter 4:11

Philippians 4:12-13

1 Corinthians 6:19-20

1 Peter 4:11: How can you tell the difference between living in the strength of God and living in your own strength? Which one do you tend toward most?

What one discipline can you build into your life today that would help revitalize your energy and abilities?

Strength – The Disciplines

We grow through Surrender, Temperance (diet), Fasting, Exercise and Rest through observing the Sabbath Principles!

How do you honor the principle of Sabbath in your life? What is your current plan for eating and exercise?

The Disciplines: P.R.E.P.²

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

Which primary area of your being (Heart, Soul, Mind and Strength) do you resonate most with and why?

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

Session 6: Coach's Corner

Coaching Points

Session Wrap Up

Homework Session 6

1. Journal through the discussion and reflection questions in your workbook.
2. Write out your vision statements for the identity roles of Soul, Mind and Strength.
3. Write a paragraph or two in your journal comparing your life now to the vision statements that you believe God revealed to you. What changes you need to make in these areas of your life.

In which under-used role do you sense God abundance? Specifically, what is coming to mind that you feel He is asking you to do...or not do?

How will you know if you have "finished well" with experiencing and expressing love through your Heart, Soul, Mind, and Strength?

What was the #1 insight for you this session? How will you apply this insight to your life in a practical way?

Mentoring Focus for this Session:

1. Discover - During this session you want to discover the final three aspects of being human together (soul mind, and strength) and all four aspects of our being work together in our experience and expression of love.
2. Probe - Begin probing into your mentee's current understanding of his/her soul, mind and strength and how he/she has been influenced by life to desire, feel, think and act.
3. Understand - Use the Law of Identity and the teaching on soul, mind and strength to help your mentee understand why believing (living by) in God with all his/her Soul, Mind and Strength will make such a dramatic difference in his/her life.
4. Testify - Be prepared to share how understanding the components of being human and submitting them to God's training in your life has unlocked your experience and expression of love.

Follow Up/Extension Learning Experiences Session 6

1. Choose one of the following to do this week:
 - a. Soul: Journal a bit on the following: "Right now I am most:
 - i. Mad about..."
 - ii. Disappointed about..."
 - iii. Happy about..."
 - iv. Hopeful about..."
 - b. Mind: Pick a Bible verse to commit to memory
 - c. Strength: Block out a day this week to truly engage in a Sabbath
2. Document everything you eat this week. (That means EVERYTHING!...no cheating)
Get a reality check on your current picture of nutrition. What do you see?

The background of the slide is composed of three main visual elements. On the left, there are three horizontal bands of a solid, muted green color. On the right, there is a vertical strip containing a stylized illustration of a tree. The tree's canopy is rendered in shades of yellow and light green with dark, thin lines for branches. The trunk and roots are depicted in a darker green and brownish-yellow. The text 'Session 7' and 'Essential Intimacy' is centered over the green bands on the left.

Session 7

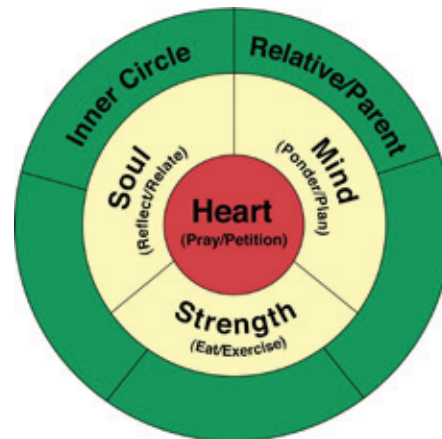
Essential Intimacy

Session 7: Essential Intimacy

Coaching Points

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

God's Mission for our Lives:
Identity Roles



Law 6: The Law of Community

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

Galatians 6:1-10

The Law of Community: what are the implications of this law for your life?

Are you currently experiencing love, fellowship, wisdom and accountability in any relationships? If so, where?

Identity Roles Category #2: Community Member

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

How do you experience the tension between wanting to be self-sufficient and surrendering your life in community to “do life” with others?

How have you seen the diversity of personalities and preferences in others working as a tool of growth for you in your own life?

Inner Circle

For those of us who are married, our first role is that of being a spouse or having relational oneness. For those of us who are single, it is being single and relating to our great friends.

Genesis 2:24

Ephesians 5:31-33

Matthew 17:1-3

Do you have anyone in your life that meets the description of someone whom you would call a member of your inner circle?

Genesis 2:24: How many people do you know who are striving to experience true “one flesh” relationships?

Matthew 17:1-3: Who are the people in your life with whom you feel safe enough to express your true self (processing your real desires, feelings, thoughts and capabilities)?

Session 7: Essential Intimacy

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Coaching Points

Inner Circle – The Disciplines

We grow through Fellowship, Chastity, Celebration, Hospitality and Confession while consistently praying for and relationship building with our spouses and/or great friends.

What one discipline can you participate in that would help you invest in the inner circle of your life?

Relative and Parent

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

Proverbs 22:6

Ephesians 6:4

1 Timothy 3:4

3 John 1:4

Ephesians 6:1

Mark 6:4-5

Describe what life was like growing up in your family relationally?

Were your relationships close or more independent?

Were interactions filled with a good balance of truth and grace or did they tend toward the extremes?

Proverbs 22:6: What did your parents do to train you up in God's ways, and if you are a parent what are you doing to train your children?

What one thing can you intentionally build into your life to help these Relative/Parent relationships experience and express more love?

What will a deep and meaningful relationship look like for you in the years to come?

Session Wrap Up

Homework Session 7

1. Journal through the discussion and reflection questions in your workbook thinking through the law of community. How in line is your life with this law and how could it grow and become a more rich and full experience for you?

2. Write out your vision statements for the identity roles of Inner Circle and Relative/Parent.

3. Write a paragraph or two comparing your life now to the vision statements that you believe God revealed to you. What changes you need to make in these areas of your life?

What was the #1 insight for you this session?
How will you apply this insight to your life in a practical way?

What Scripture verses stood out to you most and why?

What are the most powerful insights that God revealed to you through your homework?

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

Session 7: Coach's Corner

Mentoring Focus for this Session:

1. Discover - During this session you want to discover the first two roles in being a community member (Inner Circle and Relative/Parent) and highlight how building vibrant life-giving relationships within these two role categories is essential to healthy abundant living.
2. Probe - Begin probing into your mentee's current core relationships to get a sense of his/her experience with intimacy. Strive to discern any blocks to intimacy that your mentee might have in his/her life.
3. Understand - Use the Law of Community and the teaching on Inner Circle and Relative/Parent to help your mentee understand why believing (living by) in God's vision for these relationships will make such a dramatic difference in his/her life.
4. Testify - Be prepared to share how submitting the relationships in your life which fall into these role categories to God and pursuing His wisdom for living in these roles has unlocked your experience and expression of love.

Follow Up/Extension Learning Experiences Session 7

1. Write a brief note to a parent/child or member of your inner circle this week telling him/her how much he/she means to you.
2. Create a strategy to intentionally build into your parent/child relationships over the next month. If you do not have biological parent/child relationships, consider other individuals who have been a part of this role for you already. Share this strategy with your group the next time you meet.

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Session 8

Contagious Community

Session 8: Contagious Community

Coaching Points

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

God's Mission for our Lives:
Identity Roles

Identity Roles Category #2: Community Member

Church Member

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

For some, a church family provides the nurturing that his/her nuclear family may not.

Matthew 12:46-50

Are you a member of a church that considers covenant community with one another normal and healthy? If so what is it like?

Why do you think that you need the variety of different kinds of people in God's Church to maximize your experience and expression of love?

Does your church family experience provide you with more connection to the love of God than your nuclear family?

Matthew 12:46-50: Do you strive to connect with and honor the other members of your church like a family?

The "One Others" of Scripture

The "One Others" of Scripture define God's desire for how we should intentionally relate to one another.

Don't assume this will happen naturally. We get the privilege of inviting others to join this life-giving community.

See the Appendix in the Omega Course Workbook for a full listing of the "One Others" of Scripture.

Which of the "One Others" listed in your Omega Workbook Appendix would you like to see become more active in your relationships with your community of faith?

Are you a member of a larger gathering and a smaller gathering where you feel like you are being the family of God to each other?

Do you see the need for living in such a community as this, or do you believe, like many, that religion is simply a private matter?

Session 8: Contagious Community

OMEGA

Life Spring Network

Coaching Points

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

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

What can you do to be part of the solution side of creating this kind of a dynamic Christian community where you are?

Look at your church community. Which of the seven values of abundant living does your church uphold as normal, and which ones are being neglected?

Church Member – Disciplines

We grow through 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.

What one discipline would help your experience as a church member become more full?

Mentee/Mentor

Proverbs 15:22

Definition of Christian Mentoring

“Christian Mentoring is an intentional relational process where someone is guided, empowered, and encouraged by God through another to: embrace God’s Presence, steward their life from God’s Perspective and realize their potential through God’s Power!”

What mentoring relationships currently exist in your life? Identify which area of the mentoring constellation these mentors represent.

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

Session 8: Contagious Community

Coaching Points

What Mentoring is NOT What Mentoring IS

Have you experienced some bad teaching, counseling or intense friendships that have discouraged and confused your understanding of mentoring?

The Mentoring Constellation Model⁶



Intensive Mentor
Occasional Mentor
Passive Mentor
Peer Mentor
Those We Mentor

Out of the five types of mentoring relationships talked about in the mentoring constellation, which one do you gravitate toward most? In which ones could you be more active?

Do you find it difficult to submit to the authority of others in your life and allow them to train you in righteousness?

Who are the passive, peer, occasional and intentional mentors who have influenced your life the most?

Who do you currently seek out as passive, peer, occasional and intentional mentors for your life?

1 Thessalonians 5:11-13: How do you respect and live at peace with those who are over you in the Lord?

1 Thessalonians 5: 11-13

Mentee/Mentor – The Disciplines

We grow through Guidance, Study, Pilgrimage, Sabbatical, Submission and meeting regularly with mentors, counselors, and covenant community members who help us to implement what we are learning into our lives. We learn from studying books, tapes, videos and taking classes. We also meet regularly with others who seek us out for mentoring.

What one discipline will help you grow most in your identity role as a Mentee/Mentor?

Coaching Points

Ambassador/Friend

2 Corinthians 5:16-21

2 Corinthians 5:16-21: Explain what it means, from your perspective, to be Christ's Ambassador in this world to the people with whom you come into contact.

1 Peter 3:13-16

1 Peter 3:13-16: Are you able to find a good balance between grace and truth (speaking about faith vs. condemning someone's lack of faith) in your relationships with those who do not know Christ?

1 Thessalonians 4:11-12

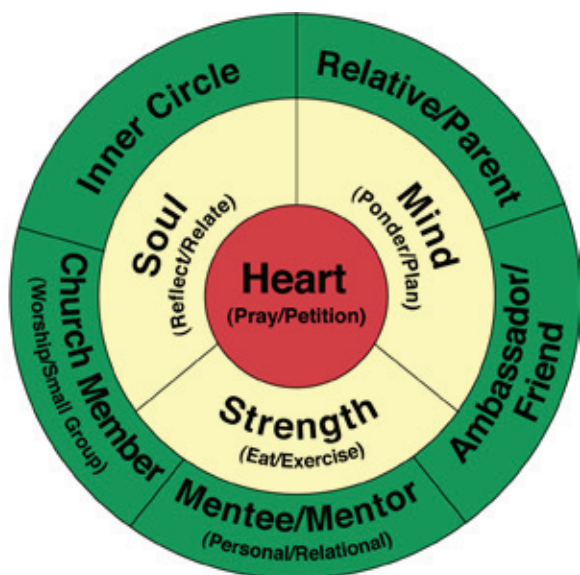
1 Thessalonians 4:11-12: Are you able to maintain healthy friendships with people in your life, regardless of their decision for Christ?

Ambassador/Friend – The Disciplines

We grow through 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.

What one practice can you intentionally invest in that would help you grow as an Ambassador/Friend?

Identity Roles Diagram: Community Member



In which role are you most comfortable connecting with others in real, meaningful relationship?

In which role are you the least comfortable?

What is God saying to you about this?

Through which role would you most like to experience new connection with others?

What has kept you from experiencing connection in this way before?

What will a deep and meaningful relationship look like for you in the years to come?

Session 8: Coach's Corner

Coaching Points

Session Wrap Up Homework Session 8

1. Journal through the discussion and reflection questions in your workbook.
2. Write out your vision statements for the identity roles of Church Member, Mentee/Mentor and Ambassador/Friend.
3. Write a paragraph or two in your journal comparing your life now to the vision statements that you believe God revealed to you. What changes you need to make in these areas of your life?

What was the #1 insight for you this session?
What are the implications of this?

What Scripture verses stood out to you most and why?

Mentoring Focus for this Session:

1. Discover - During this session you want to discover the final three roles in being a community member (Church Member, Mentee/Mentor, Ambassador/Friend) and highlight how building vibrant life-giving relationships within these role categories are essential to healthy abundant living.
2. Probe - Begin probing into your mentee's current relationships to get a sense of his/her experience with church life, mentoring and building healthy friendships with non-Christians. Strive to discern any blocks to connecting in these three types of community relationships.
3. Understand - Use the Law of Community and the teaching on the three roles to help your mentee understand why believing (living by) in God's vision for these relationships will make such a dramatic difference in his/her life.
4. Testify - Be prepared to share how submitting these relationships to God and pursuing His wisdom for living in these roles has unlocked your experience and expression of love.

Follow Up/Extension Learning Experiences Session 8

1. Establish contact with a person or group of people that you would like to mentor you in some area. By the end of the week, have at least one person set up to mentor you and outline a timetable for how often these mentoring sessions will take place, through what kind of format (in person, webcam, etc.) and where. Share your progress with your group.
2. Identify one person in your life that you can intentionally invest in this week as an Ambassador/Friend. Make contact and set up an opportunity to spend some time together. It can be in person, via the internet or the phone.

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Session 9

Called to Serve

Session 9: Called to Serve

Coaching Points

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

God's Mission for our Lives:
Identity Roles



Law 7: The Law of Calling

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

The Law of Calling: what are the implications of this law for your life?

How do you see the aspects of community we discussed in Sessions 7 and 8 influencing your Calling of Servanthood?

Ephesians 2:8-10

Ephesians 2:8-10: What is your current understanding of the good works that God prepared in advance for you to do?

2 Thessalonians 1:11-12

2 Thessalonians 1:11-12: If we become worthy of His calling only by submitting ourselves to His Lordship to be commanded and empowered to serve His purposes, how do you practically submit yourself to God?

Ephesians 4:1-16

Ephesians 4:1-16: Being worthy of His calling seems to involve keeping the unity of the Spirit through the bond of peace. How is this challenging for you?

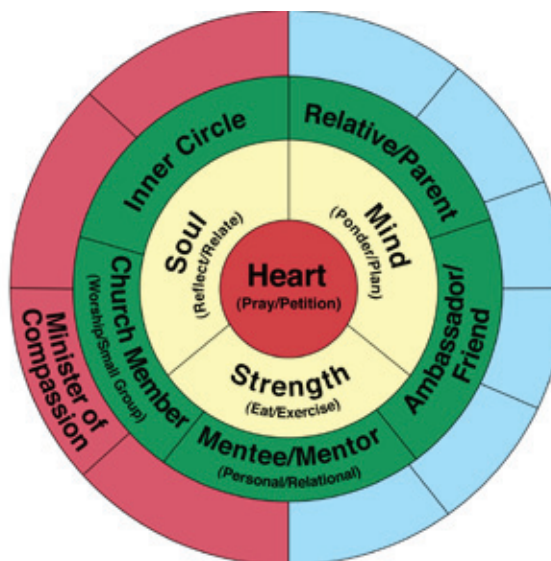
Ephesians 4:1-16: Is your life being equipped through the ministry of Apostles, Prophets, Evangelists, Pastors and Teachers? If so how?

Ephesians 4:1-16: What role do you seem to play on a regular basis in building and strengthening others in the Body of Christ?

Coaching Points

Identity Roles Category #3: Called Servant

Minister of Compassion
Steward of Resources
Empowered Servant
Calling Mentee/Mentor
Profession



Minister of Compassion

How are you functioning as a Minister of Compassion?

Zechariah 7:9-10

Zechariah 7:9-10: What does this Scripture lead you to believe that thinking evil of someone includes? How do you struggle with this in your own life?

James 1:27

James 1:27: How do you look after orphans and widows and keep yourself from being polluted by the world? Why do you think James tied these two concepts together?

2 Corinthians 1:3-5

2 Corinthians 1:3-5: How has God shown compassion to you and how do you let His compassion flow through you?

Minister of Compassion - The Disciplines

We grow through 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.

How might you intentionally grow as a Minister of Compassion over the course of the next year?

Why do you think that we have prioritized being a Minister of Compassion first in the list of Called Servant Roles?

Session 9: Coach's Corner

Coaching Points

Session Wrap Up

Homework Session 9

1. Journal through the discussion and reflection questions in your workbook thinking through the Law of Calling. How in line is your life with this law and how it could grow and become a more rich and full experience for you?
2. Write out your vision statement for the identity role of Minister of Compassion.
3. Write a paragraph or two in your journal comparing your life now to the vision statement that you believe God revealed to you. What changes you need to make in this area of your life?

How does understanding God's perspective as a Minister of Compassion train you to properly understand the other roles?

How will you measure your "impact" as a Called Servant in the days to come? How will you know if you are developing in your role as a Minister of Compassion?

What was the #1 insight for you this session? How will you apply this insight to your life in a practical way?

What Scripture verses stood out to you most and why?

Mentoring Focus for this Session:

1. Discover - During this session you want to discover the power of God's calling to service and the necessity of our submission to His Lordship enabling our ability to hear and live out His calling. Also discover the first role in our calling of servanthood of being a Minister of Compassion.
2. Probe - Begin probing into your mentee's current relationships to get a sense of his/her experience with serving as a Minister of Compassion. Strive to discern any blocks to connecting with his/her calling as a Minister of Compassion.
3. Understand - Use the Law of Calling and the teaching on being a Minister of Compassion to help your mentee understand why believing (living by) in God's vision for serving as a Minister of Compassion will make such a dramatic difference in his/her life.
4. Testify - Be prepared to share how submitting yourself to God and embracing your calling as a Minister of Compassion in the relationships in your life has unlocked your experience and expression of love.

Follow Up/Extension Learning Experiences Session 9

1. Take some time to consider your calling. Jot down some ideas or keywords that represent your thoughts. At your next group meeting, take some time to give feedback to each group member. What feedback about your calling does the group give to you?
2. Plan a trip to your local food bank or soup kitchen. Volunteer opportunities help you get in touch with those in need right in your own backyard. You can do this with family, friends, or as an outreach project for your small group or ministry.

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Session 10

Stewarding Resources

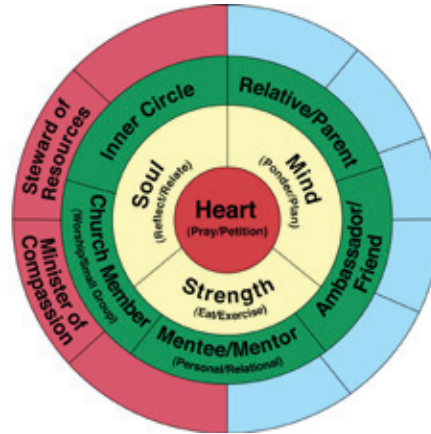
Session 10: Stewarding Resources

Coaching Points

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

God's Mission for our Lives:
Identity Roles

Identity Roles Category #3: Called Servant



Steward of Resources

We are stewards of the resources God entrusts to us.

Proverbs 13:22

Titus 3:14

1 Timothy 5:8

When we choose to be faithful stewards,
we will become:

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

How do you feel the tension between being a steward or an owner of your resources?

Proverbs 13:22: What kind of an inheritance are you leaving with your life?

Titus 3:14: How have you devoted yourself to doing good?

1 Timothy 5:8: What do you think the applications of this verse are for your life?

How much time do you invest in budgeting, tracking where you spend your resources, investing, paying bills, and maintaining the resources God has entrusted to your care?

What one thing could you change that would help you grow as a steward?

Diligent Earner¹⁰ - one who works with commitment, purpose and a grateful attitude.

On a scale of 1 to 10, what is your awareness of your financial picture?

As it pertains to having the attitude of a Diligent Earner, how able are you to fulfill Colossians 3:23 “whatever you do, work at it with all your heart, as working for the Lord...”?

Session 10: Stewarding Resources

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Coaching Points

Commitment

Colossians 3:23

1 Timothy 5:8: Do you feel that you do what you can to work with purpose in an effort to provide for your relatives and immediate family?

Purpose

1 Timothy 5:8

Deuteronomy 8:17-18: What is your current attitude toward your resources?

Attitude

Deuteronomy 8:17-18

How have you experienced life change as a result of your own giving?

Generous Giver¹⁰ - one who gives with an obedient will, a joyful attitude and a compassionate heart.

Do you have a joyful attitude when you give?
As you give generously, do you feel your compassion for people increasing or decreasing?

Why God wants us to Give:

1. As a response to God's goodness.

James 1

Have you sought out God's will for your giving?
What is your current level of obedience to that?

2. To focus on God as our source of security.

Matthew 6

How motivated are you by money as a source of security? Thinking back on your childhood, how has it shaped your attitude toward money?

3. To help achieve economic justice.

Acts 2:42-47, 2 Corinthians 8:13-15

How committed to living as a Global Christian, with a desire to help achieve economic justice in the world, are you?

4. To bless others - Blessed to be a blessing!

Abraham in Genesis 12

5. To break the hold of money on our lives.

Wise Saver¹⁰ - one who builds, preserves, and invests with discernment.

How would you distinguish between hoarding and saving?

The mind and heart of God on saving:

Describe your experience of building, preserving, and investing money.

1. It is wise to save - Proverbs 21:20

2. It is sinful to hoard - Luke 12:18

So what is the difference? It is wise to save for an unexpected hardship but foolish to stockpile things beyond our need.

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

Session 10: Stewarding Resources

Coaching Points

Cautious Debtors ¹⁰ - One who avoids entering into debt, is careful and strategic when incurring debt, and always repays debt.

What is the story of your experience with debt?

Three Spiritual Dangers of Debt:

1. Presumes on the future.

James 4:14

2. Denies God the opportunity to teach us something.

Luke 12:31

3. Fosters envy and greed.

Luke 12:15

What is the difference between wants and needs?

When does the line between the two become most blurry for you? How does this impact your level of debt?

How are you influenced by the three spiritual dangers of debt?

Prudent Consumer ¹⁰ - One who enjoys the fruit of his/her labor yet guards against materialism!

What guidelines do you use in being a Prudent Consumer? How do you guard against materialism?

Genuine Financial Freedom is the contentment we experience as we faithfully manage our financial resources according to God's purposes, principles, priorities and promptings.

What is your current level of financial faithfulness and the corresponding freedom that you feel as a result?

Three Wise Financial Perspectives:

1. Beware of Idols - Deuteronomy 5:7-8

2. Guard against Greed - Luke 12:15

3. Be Content - Philippians 4:12-13

As a Steward of Resources, what do you do to seek out and listen for God's purposes, principles, priorities, and promptings?

Which of these three financial perspectives do you find the most challenging? Why?

Steward of Resources - The Disciplines

We grow through Simplicity, Frugality, Saving, Sacrifice and Giving (Including Tithing) while stewarding God's resources.

Which discipline, by integrating it into your life, will help you grow the most as a Steward of Resources?

How will you measure your "impact" as a Called Servant in the days to come? How will you know if you are developing in your role as a Steward of Resources?

Coaching Points

Session Wrap Up

Homework Session 10

1. Journal through the discussion and reflection questions in your workbook.
2. Write out your vision statements for the identity roles of being a Steward of Resources.
3. Write a paragraph or two in your journal comparing your life now to the vision statement that you believe God revealed to you. What changes you need to make in this area of your life?
4. Fill out the financial worksheets in order to gain an understanding of what God has placed under your stewardship, how you are currently allocating your resources and take the money motivation quiz.

How do you sense God inviting you to be trained so that you can change your current trajectory as a Steward of Resources?

What was the #1 insight for you this session?
How will you apply this insight to your life in a practical way?

What Scripture verses stood out to you most and why?

What additional things did God prompt in you through the writing of your vision statement to further your development in this role?

Mentoring Focus for this Session:

1. Discover - During this session you want to discover the role of being a Steward of Resources, by examining five financial areas from God's perspective. Highlight how the principals of good stewardship can be applied to every aspect of life in various ways.
2. Probe - Begin probing into your mentee's current relationship with his/her resources in order to get a sense of his/her current state of stewardship. Strive to discern any blocks to obedience you see in his/her life and where he/she learned those beliefs and behavior.
3. Understand - Use the Law of Calling and the teaching on being a Steward of Resources to help your mentee understand why believing (living by) in God's vision for serving Him as a Steward of Resources will make such a dramatic difference in his/her life.
4. Testify - Be prepared to share how submitting yourself to God and embracing your calling as a Steward of Resources has unlocked your experience and expression of love.

Follow Up/Extension Learning Experiences Session 10

1. Conduct a casual, mini-financial seminar for a member of your family or a close friend. Briefly outline and explain the five aspects of being a Steward of Resources. If you have children, run a mini-seminar for them. Not only will it instill great teaching in them at a younger age, but it will also force you to communicate the concepts in ways that they can understand and everyone can enjoy: simple and to the point!
2. Make an appointment to sit down with a financial advisor. You may be able to sit down with someone from your own bank. Think through next steps of your financial life. How can you make the goals you articulated from this session a reality?

The background of the slide is composed of three main visual elements. On the left, there are three horizontal rectangular blocks of a solid, muted green color. On the right, there is a vertical strip containing an abstract painting. The painting features a large, thick, brown trunk that curves upwards and to the left. From the trunk, several thin, dark, curved lines branch out, resembling leaves or roots. The background of the painting is a mix of yellow, green, and brown tones, with some areas appearing more textured or layered. The text 'Session 11' and 'Empowered to Serve' is centered over the green blocks and the painting.

Session 11

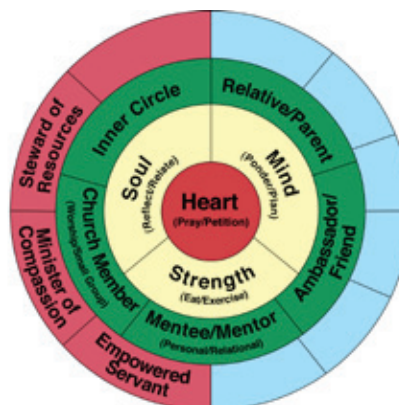
Empowered to Serve

Coaching Points

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

God's Mission for our Lives:
Identity Roles

Identity Roles Category #3: Called Servant



Empowered Servant

We are called to use our gifts to build the church.

To be servants:

Generally

Specifically, Uniquely

Explain your understanding of the Biblical concept of Spiritual Gifts?

What kind of empowerment is God offering us?

What is a Spiritual Gift? Two Definitions: ¹¹

“A distinctive ability, given by the Holy Spirit to every Christian, according to God’s grace and design, for the purpose of building up the body of Christ.”

“A God-given supernatural capacity that enables you to do an effective ministry.”

How do you see Spiritual Gifts being used to build up the church? What could we do that would activate more of our potential as a Church through Spiritual Gifts?

What are the Primary Scripture passages for Spiritual Gifts?

Romans 12:3-8 and 1-2,9-21 for the proper attitude towards the gifts

1 Corinthians 12:1-31, and Chapters 13 & 14 for proper understanding of their use

Ephesians 4:7-16

1 Peter 4:7-11

Which of these passages challenged your understanding of Spiritual Gifts the most?

1 Corinthians 12:1-31: Are there any new insights into your understanding of God’s vision for how His Church will function from studying this passage?

Session 11: Empowered to Serve

Coaching Points

Do I choose my own gift? Yes and No.

Yes. The Holy Spirit is the real Gift and you choose to allow His leadership and power into your life.

No. The Holy Spirit chooses to manifest particular gifts through particular individuals according to His understanding of the needs of the Kingdom at that time!

In what areas do you refrain from truly relying on the Spirit as the true gift? Are you more apt to rely on yourself or move toward inaction in this area? What do you think God wants you to do?

Can I lose my gift? No! The Holy Spirit is the Gift and He will never leave you! But like a muscle, our gifts need to be exercised! The gifts the Holy Spirit gives you can manifest themselves in different ways during different seasons in your life according to your maturity, position in ministry, and the requirements of any given situation!

Who in your life can serve as your mentor by prayerfully discerning and calling forth God's greatness in and through you?

Why did God choose to give me Spiritual Gifts? ¹¹

The Big Picture reason is for Service:

To glorify Himself - 1 Peter 4:11

To build up the Body of Christ

Ephesians 4:11-12

To develop unity in the Body of Christ

Ephesians 4:13

To develop maturity in the Body of Christ

Ephesians 4:14-15

To grow the Body of Christ

Ephesians 4:16

For the common good of the Body of Christ

1 Corinthians 12:7

Describe your experience with God and the reasons He gives us Spiritual Gifts:

- How has He glorified Himself through you?
- How has He built up the Body of Christ through you?
- How has He developed unity through you?
- How has He developed maturity through you?
- How has he grown the Body of Christ through you?
- How has your life been used for the common good of the Body of Christ?

What is the difference between Spiritual Gifts and original abilities? ¹¹

What are some of the Original Abilities with which God has blessed you?

Original Abilities	Spiritual Gifts
Received from biological parents	Given by God through the Holy Spirit
Present from natural birth	Present from conversion
Benefits people in the earthly realm	Benefits people in the spiritual realm
Advances man's or God's plans	Advances God's plans
Results are usually temporal	Results are eternal
Glorifies self	Glorifies God

Coaching Points

What is the difference between Fruit of the Spirit and Spiritual Gifts? ¹¹

Fruit of the Spirit	Spiritual Gifts
Shapes the character of a Christian	Shapes the service of a Christian
The same for every Christian	Different for each Christian
Evidence of Maturity	Evidence of Faithfulness
Permanent, continually available	God can redirect spiritual gifts
The desired attribute itself	The method and means for ministry

The Character-Gifting Balance

Developing Christlike character is essential to being an Empowered Servant. God will only pour forth his power through our lives in proportion to our character's ability to handle it or as the Scriptures say in proportion to our faith.

Do you sense the need to strive toward a character-gifting balance in your life? On which end of the balance point do you tend to overcompensate?

How Many Spiritual Gifts are there?

The primary Scripture passages list 20 and there is Biblical support for at least 12 others. Below we have all 32 listed:

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

Have you ever taken a Spiritual Gifts inventory? What gifts did this inventory reveal in you? If you haven't taken an inventory, which gifts would you guess that God has imparted to you?

How have others confirmed God's spiritual giftings for the building of His Kingdom and the Church in your life up to this point?

Empowered Servant Disciplines:

We grow through Teaching, Service, Sacrifice and Fellowship through the regular exercising of Spiritual Gifts while serving on ministry teams.

By engaging in what one discipline could you most come alive as an Empowered Servant?

Session 11: Empowered to Serve

Coaching Points

Session Wrap Up

What is the #1 insight for you this session?

Homework Session 11

How will you apply this insight to your life in a practical way?

1. Journal through the discussion and reflection questions in your workbook.
2. Write out your vision statement for the identity role of being an Empowered Servant.
3. Write a paragraph or two in your journal comparing your life now to the vision statement that you believe God revealed to you. What changes you need to make in this area of your life?
4. Complete the Spiritual Gifts Assessment, then journal about your understanding of the various Spiritual Gifts and how you have seen them in operation in your life and in the lives of your Christian friends.

What Scripture verses stood out to you most and why?

What Spiritual Gifts did the assessment reveal to you?

If you have shared these findings with friends who know you best, for their validation and affirmation, what did they say?

Mentoring Focus for this Session:

1. Discover - During this session you want to discover the role of being an Empowered Servant by examining the questions and answers about Spiritual Gifts. Utilize the Spiritual Gifts Assessment in the Personal Development Guide to gain further clarity on how God has gifted your mentee. Highlight the fact that the Holy Spirit is the real Gift and He can manifest Himself through us in our submission as He determines best for the Kingdom.
2. Probe - Begin probing into your mentee's current relationship to God as an Empowered Servant. Strive to discern any blocks to his/her serving in the power of the Holy Spirit and where he/she learned those beliefs and behavior.
3. Understand - Use the Law of Calling and the teaching on being an Empowered Servant to help your mentee understand why believing (living by) in God's vision for serving Him as an Empowered Servant will make such a dramatic difference in his/her life.
4. Testify - Be prepared to share how submitting yourself to God and embracing your calling as an Empowered Servant has unlocked your experience and expression of love.

Follow Up/Extension Learning Experiences Session 11

1. Think of an experience that would allow you to step out in faith in an area of your gifting. Choose an experience that is challenging, yet realistic and includes the support, encouragement, and feedback of others along the way. You are looking for something that would facilitate your real reliance upon the Holy Spirit in an environment where it is okay to fail. Experiment, have fun, and take a risk for the sake of the Kingdom!
2. Create a chart that will be a spiritual giftings map of everyone in your group. Identify those in the group with giftings similar to you and those who have giftings quite different than yours. How can you spend time with each person in your small group in ways that will help to support and develop you?



Session 12

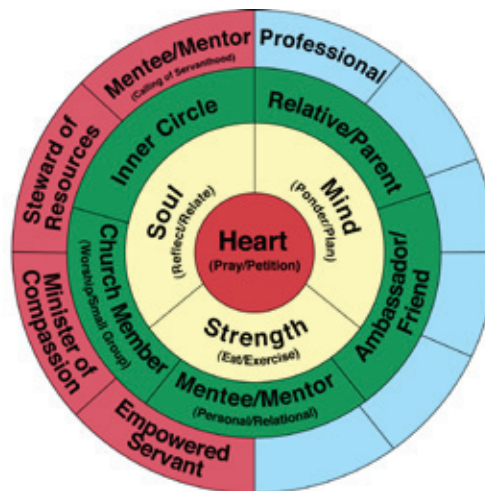
The Freedom of Servanthood

Coaching Points

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

God's Mission for our Lives: Identity Roles

Identity Roles Category #3: Called Servant



Law 8: The Law of Servanthood

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

John 13:1-17

True humility in Servanthood is not thinking less of yourself...it's thinking of yourself less.

Without being able to receive from Jesus, we will never be able to receive Him through others and therefore never really be able to experience and therefore express love. We are only able to love others well when we ourselves are able to be loved.

Living with an Eternal Perspective: From Success to Significance

When we invest our lives in serving with others – our success will turn into significance of the eternal kind.

This increases our experience of the abundant life, from God's perspective, during our time here on earth.

Engaging our calling of servanthood gives our lives greater satisfaction, expression, and meaning.

The only lasting treasures that will live beyond the grave come from investments God makes through us through the power of the Holy Spirit.

The Law of Servanthood: what are the implications of this law for your life?

John 13:1-17: How willing are you to be served by Jesus and in turn commit your life to serving others? Explain.

How have you experienced becoming free in serving others?

On a scale of 1-10, 10 being complete abandonment to the cause of Christ, how committed to servanthood and living for an eternal perspective are you?

How much do you believe (live by) that God living and loving others through you is the only thing that blesses others for all eternity?

Session 12: The Freedom of Servanthood

Coaching Points

Calling Mentee/Mentor -

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

What has your experience been with having or being a mentor in your professional life? What does God seem to be saying to you about this?

Calling Mentee/Mentor - The Disciplines

We grow through Guidance, Study, Pilgrimage, Sabbatical, Submission and meeting regularly with mentors, counselors, and covenant community members who help us to implement what we are learning into our lives. We learn from studying books, tapes, videos and taking classes. We also meet regularly with others who seek us out for mentoring.

What one discipline does God want you to engage in so that you can grow in this role?

Who in your professional, home-maker or volunteer life could you come along side and mentor?

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

What is your "dream job?" How close are you to realizing this dream?

This needs to be categorized individually so that we are focused. Your roles diagram allows you to fill in these specific areas.

Tell the story of your working life. What aspects of your job provide you with the greatest amount of struggle right now?

What aspects most engage the real you and utilize your talents, abilities, and spiritual giftings?

2 Thessalonians 3:6-15

Profession - The Disciplines

We grow as a Diligent Earner through faithful accomplishment of tasks and Friendship Evangelism through relationship excellence while serving as unto the Lord.

What is the work environment like where you work? Do you feel connected in trusted relationships with the people with whom you work?

Vision Statements

Once you have completed the corresponding vision statements for the 14 Identity Roles, as well as the vision statements for your individually categorized Professional Roles, you will have a better and more holistic picture of the life God is inviting you to live.

What one discipline can you build into your life today that would help you grow in your profession?

Which roles did you enter for your profession in your roles diagram?

If you can see it, you can do it!

Session 12: The Freedom of Servanthood

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Coaching Points

God's Mission for your life:

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

What are the roles that you play in your profession?

A Living Mission Statement:

Continuing to think through the various components that make up your Mission Statement will help you to live it.

Vision: What does it mean to experience and express love in each area of your life? Continue to expand and revise your vision statements for each role of your life.

Priorities: Regularly review how you are investing your life and discern roles upon which you are over and under focusing. This helps focus your decision making, put areas of your life in proper relationship to one another and invest your time wisely and holistically.

Values: Pray the Seven Values of Abundant Living into your life and ask God to guide the hows and whys of what you do.

Identity Roles: Use the Identity Roles Diagram to organize the various areas of life and set goals as a framework for pursuing holistic Christlikeness.

Will you commit to at least an annual retreat where you will:

1. Re-evaluate your Mission and all of its component parts (Vision Statements, Priorities, Values and Identity Roles) to see if there are any new insights that you have learned from God that will make it better.
2. Re-evaluate how obedient you have been to living out your vision statements in each role of your life.

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

Session 12: Coach's Corner

Coaching Points

Session Wrap Up

Homework Session 12

1. Journal through the discussion and reflection questions in your workbook.
2. 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.
3. Write a paragraph or two in your journal comparing your life now to the vision statements that you believe God revealed to you. What changes you need to make in these areas of your life?
4. Complete your personal mission statement and the life focus questions.

What is the #1 insight for you this session?

How will you apply this insight to your life in a practical way?

Bonus Life Focus Questions:

Out of the 14 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? (one thing in the next 48 hours.)

What were the three roles that stood out to you that you believe God wants you to focus on developing during the next season of your life?

Mentoring Focus for this Session:

1. Discover - During this session you want to discover the Law of Servanthood and the roles of being a Calling Mentee/Mentor and Professional. This is also the completion of clarifying God's Mission for our lives, so spend extra time completing the Identity Roles Diagram by having your mentee categorize his/her professional roles individually. Highlight the fact that this is a living mission statement that God will continue to shape and mold as we continue to learn more about His vision for us in each role.
2. Probe - Begin probing into your mentee's current attitude toward servanthood in his/her life in general. Strive to discern how engaged he/she is in his/her profession and as a Professional Mentee/Mentor. Also seek to discern any blocks to his/her willingness to engage a lifestyle of servanthood in the power of the Holy Spirit and where he/she learned those beliefs and behaviors.
3. Understand - Use the Law of Servanthood and the teaching on being a Calling Mentee/Mentor and Professional to help your mentee understand why believing (living by) in God's vision for serving Him in these roles will make such a dramatic difference in his/her life.
4. Testify - Be prepared to share how submitting yourself to God and embracing your Calling of Servanthood as a Professional Mentee/Mentor and Professional has unlocked your experience and expression of love.

Follow Up/Extension Learning Experiences Session 12

1. When it comes to Calling Mentee/Mentor, identify and set up a pre-determined number of mentoring sessions (formal or informal) with someone who:
 - a. Could mentor you "from above"
 - b. You could mentor
 - c. Could be a peer mentor
2. As you think through the roles in your profession, which role would you most like to grow in over the next year. Research ways that you might easily build in some training and growth opportunities sooner rather than later.

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Session 13

The Journey of Transformation

Session 13: The Journey of Transformation

Coaching Points

Life Focus Process: Level 2: Commit to Transformation



Law 9: The Law of Transformation



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

Law of Transformation: What are the implications of this law for your life?

Describe your experience of being led throughout your life? How do you respond to authority? How have you related to the past three key authority people in your life (whoever they are)?

Romans 12:1-3

Romans 12:1-3: What is keeping you from offering your body as a living sacrifice and submitting to God's transforming power?

Romans 12:1-3: Who do you go to in order to gain sober judgement (perspective) on your life?

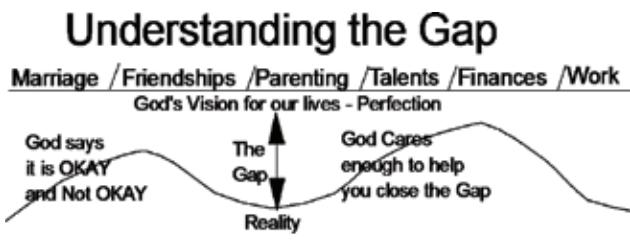
2 Corinthians 3:16-18

2 Corinthians 3:16-18: Describe how God has been transforming your life this year and how you have been experiencing and expressing love.

Describe your experience with the power and discipline of God?

Coaching Points

Our Need for Transformation and Understanding the Gap



If the difference between our expectations and reality is depression, how depressed are you these days?
What needs to move: your expectations or your reality?

How does God's mission or His expectations for your life make expectation management better for you?

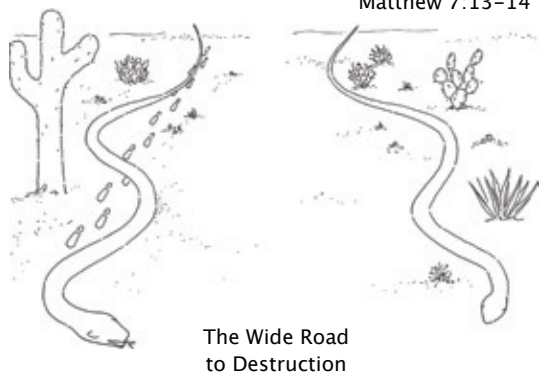
The Road of Life ¹²

Matthew 7:13-14

Describe where you see yourself on the Road of Life.

The Wide Road to Destruction

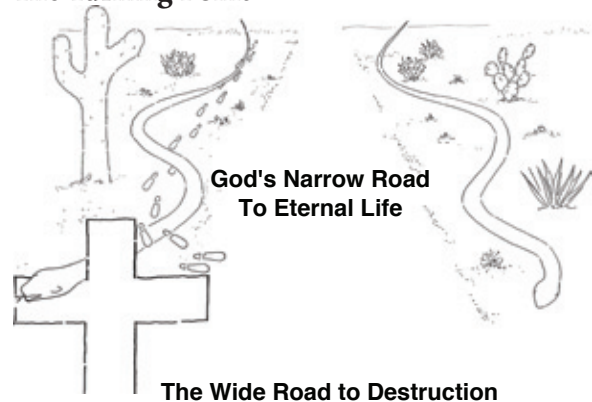
Matthew 7:13-14



Describe the tension between following the pathway the world offers and God's pathway to eternal life?

Ephesians 6:12-13

The Turning Point

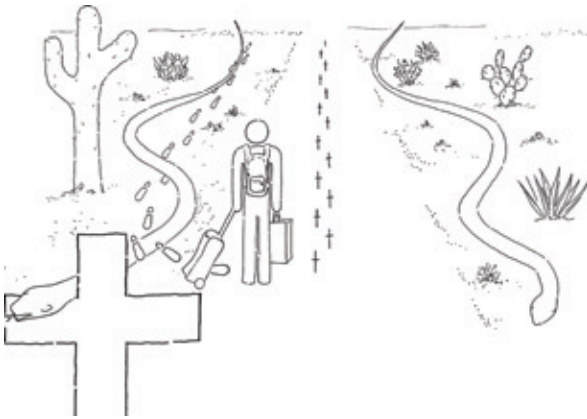


Have you chosen to turn from your sin and follow Christ as your Lord? If so, describe what that means to you.

Session 13: The Journey of Transformation

Coaching Points

The New “Way”



The Role of the Church To Eternal Life



The Wide Road to Destruction

Who in your community of faith helps identify your “blind spots” or areas where you experience obstacles within your own life? How can you connect with this person for a fresh perspective over the next month?

How certain are you of your salvation? Is it possible to lose your salvation? What does it mean to be saved? Why can you walk in a new confidence?

What aspect of the Road of Life stood out to you most and why?

The Cycle of Renewal ¹²



Which area of the Cycle of Renewal is currently most active in your life? Which is the least active? What can you do to activate this area so that you can more fully engage the entire Cycle of Renewal?

Which Biblical character comes to mind first when you consider the Cycle of Renewal?

¹² 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.”

Coaching Points

2 Timothy 3:16-17

Trained in Righteousness

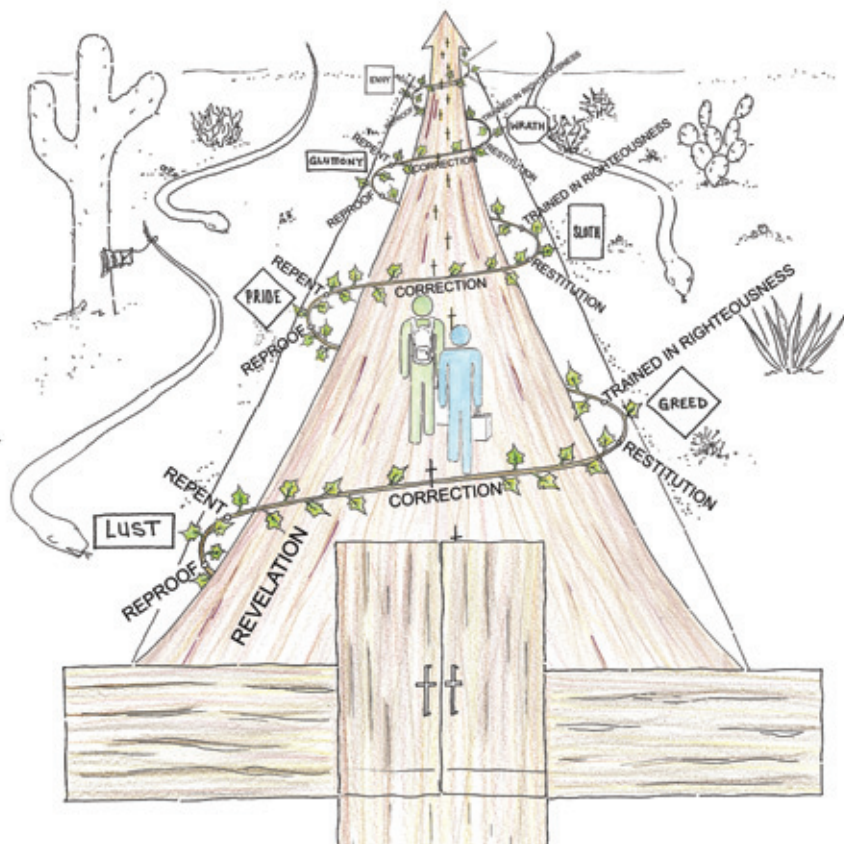
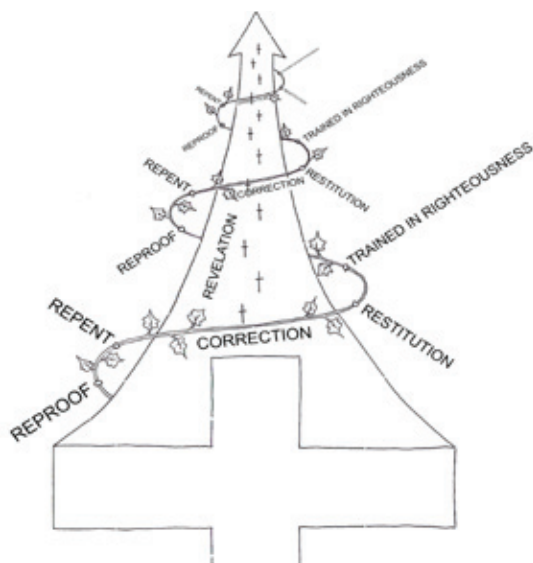
Put off the Old Nature...and Put on the New

The Cycle of Renewal and the Road of Life

When you study Scripture and God brings new revelations into your life, do you take yourself through your own version of the Cycle of Renewal?

How will this model help you pursue greater levels of transformation in your life?

How do the Road of Life and the Cycle of Renewal facilitate your training in righteousness? How will this translate into your closest relationships?



Session 13: Coach's Corner

Coaching Points

Session Wrap Up

Homework Session 12

1. Journal through the discussion and reflection questions in your workbook.
2. 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?
3. 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.

What is the #1 insight for you this session?

How will you apply this insight to your life in a practical way?

What Scripture verses stood out to you most and why?

Mentoring Focus for this Session:

1. Discover - During this session you want to discover the Law of Transformation, the Road of Life Diagram and the Cycle of Renewal. Highlight the fact that without surrendering ourselves into God's hands to mold and shape our lives, our true greatness will not be revealed.
2. Probe - Begin probing into your mentee's current walk with God to discern where he/she is on the Road of Life and encourage him/her to take the next step. Challenge him/her to make a real commitment to transformation and trust God to lead and empower his/her life. Seek to discern any stumbling blocks to his/her willingness to engage in God's transformational process. As stumbling blocks in the forms of past hurts, disappointments, struggles, fears and wounds reveal themselves, pray God's presence, perspective and power into these areas and ask God to free them up.
3. Understand - Use the Law of Transformation and the teachings on the Road of Life and the Cycle of Renewal to help your mentee understand why committing to transformation and believing (living by) in God's transforming power will make such a dramatic difference in his/her life.
4. Testify - Be prepared to share how submitting yourself to God, committing to transformation and walking the Road of Life through the Cycle of Renewal has unlocked your experience and expression of love.

Follow Up/Extension Learning Experiences Session 13

1. Teach the Cycle of Renewal to a close friend or relative. How can you be a part of the cycle for that particular person? How can he/she be a part of the cycle for you? Create a covenant agreement to help hold each other accountable in these areas.
2. Did God bring someone to mind during this session with whom you need to be reconciled? Think of one or two people who could both support and facilitate this in some way. If you've tried to reconcile with someone one on one and it's been rebuffed, follow in the spirit of Matthew 18. Discuss with your support people how best to proceed if God continues to lead in this way.

The background of the slide is composed of three main visual elements. On the left, there are three horizontal rectangular blocks of varying shades of green, stacked vertically. On the right, there is a vertical strip containing a painting of a tree. The tree's canopy is rendered in shades of yellow and light green with dark, thin lines for branches. The trunk is a solid brownish-orange color. The roots are exposed and spread out across a dark green ground area at the bottom. The overall style is artistic and layered.

Session 14

Choosing to Transform

Session 14: Choosing to Transform

Coaching Points

Life Focus Process: Level 2: Commit to Transformation



Law 10: The Law of Attitude



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

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

The attitude of Jesus: Philippians 2:1-11

“If you have any encouragement from being united with Christ, if any comfort from his love, if any fellowship with the Spirit, if any tenderness and compassion, then make my joy complete by being like-minded, having the same love, being one in spirit and purpose. **(Grace)**

Do nothing out of selfish ambition or vain conceit, but in humility consider others better than yourselves. **(Group)**

Each of you should look not only to your own interests, but also to the interests of others. **(Good Stewardship)**

Your attitude should be the same as that of Christ Jesus: Who, being in very nature God, did not consider equality with God something to be grasped, **(Growth)** ...but made himself nothing, taking the very nature of a servant, being made in human likeness. **(Gifts)**

The Law of Attitude: What are the implications of this law for your life?

In what ways do you think we choose the attitudes we have?

In your words, how do your attitudes (advanced decisions) prepare you for life on a daily basis?

Since attitudes are advanced decisions, what attitudes do you currently have which manifest themselves in your desires, thoughts, feelings, and actions?

What attitudes have you formed about walking with God in your life?

Session 14: Choosing to Transform

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Coaching Points

And being found in appearance as a man, he humbled himself and became obedient to death – even death on a cross! (**Guidance**)

Therefore God exalted him to the highest place and gave him the name that is above every name, that at the name of Jesus every knee should bow, in heaven and on earth and under the earth, and every tongue confess that Jesus Christ is Lord, to the glory of God the Father.” (**Glorification**)

Philippians 2:1-11: In light of the attitudes revealed in this passage of Scripture, do you sense an area where God might be asking you to make an attitude adjustment today?

The Beatitudes: Matthew 5:1-12

Godly Attitudes are based on the Promises of God

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

How does each of the beatitudes take shape in your life? Which one of the beatitudes do you find the hardest to live out?

How are you allowing God’s promises to form attitudes that will bring focus to the journey of transformation and prepare you to experience and express love in any situation?

The Seven Values of Abundant Living and the Promises of God

Guidance - God promises His guidance to those who submit themselves to His Lordship and follow Him. (Matthew 7:7-8, Proverbs 3:5-6, Isaiah 42:16)

Growth – God promises to train and transform earnest disciples of God’s righteous life. (2 Corinthians 7:1, 1 Timothy 4:8, Psalm 25:8)

Grace – God promises His forgiveness to those who repent and live as His ambassadors of reconciliation in the world. (John 14:18, 2 Chronicles 7:14, Proverbs 28:13, Mark 11:26)

Good Stewardship – God promises His provision to those who depend on Him and Steward life wisely. (Hebrews 13:5, Matthew 6:31-33, Psalm 34:10)

What thoughts arise as you consider the promises of God that accompany the Seven Values of Abundant Living?

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

Session 14: Choosing to Transform

Coaching Points

Glorification – God promises to glorify Himself through reverent worshippers who serve purposes! (John 14:12-14, Romans 8:17)

What promises really grabbed your attention and why?

Gifts – God promises His empowerment and protection to those who surrender to Him and serve through His strength. (Psalm 37:39-40, Isaiah 40:31, Acts 1:8)

Group – God promises His love, peace and presence to members of His family. (Ephesians 3:6, Isaiah 54:10, Matthew 28:19-20)

The Seven Values of Abundant Living and Godly Attitudes

What thoughts arise as you consider the attitudes that accompany the Seven Values of Abundant Living?

Guidance – I have decided that I need God's guidance in every aspect of my life and will live as His follower!

What attitudes really grabbed your attention and why?

Growth – I have decided that I will live as a disciple, striving to become more like Jesus in every area of my life!

Grace – 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 – I have decided that life is a gift of time, talents and treasure that I will gratefully steward as God leads!

Glorification – I have decided to live as a worshipper and glorify God in every aspect of my life!

Gifts – I have decided to live every day as an empowered servant allowing God to express His love through me!

Group – I have decided to live in covenant community as a member of God's family, serving them with my life and welcoming in all who desire to join!

Coaching Points

Session Wrap Up

Homework Session 14

1. Journal through the discussion and reflection questions in your workbook.
2. Using the Scriptures provided for you in the Appendix about the Promises of God, reflect on your current attitude and seek God for any attitude adjustments that you could make.
3. Share these findings with a mentor and ask them to help you invite God's guidance and power into this area of your life in order to better focus and prepare you for the journey of transformation.

What is the #1 insight for you this session?
How will you apply this insight to your life in a practical way?

What Scripture verses stood out to you most and why?

Mentoring Focus for this Session:

1. Discover - During this session you want to discover the Law of Attitude, the Attitude of Jesus, the Promises of God and the seven attitude statements that relate to the Seven Values of Abundant Living. Highlight the fact that without choosing the proper attitudes toward life, we will not bring focus to the journey of transformation or prepare ourselves to experience and express love in any situation.
2. Probe - Begin probing into your mentee's current attitudes toward life and strive to discern where any attitude adjustments are in order. Challenge him/her to make a real commitment to transformation by basing his/her attitudes on the promises of God and pressing into them by faith. As stumbling blocks in the forms of past hurts, disappointments, struggles, fears and wounds reveal themselves, pray God's presence, perspective and power into these areas and ask God to free them up.
3. Understand - Use the Law of Attitude and the teachings on the Attitude of Jesus, the Beatitudes, the Promises of God, the Seven Values of Abundant Living and their attitude statements to help your mentee understand why committing to Godly attitudes and believing (living by) in God's transforming power will make such a dramatic difference in his/her life.
4. Testify - Be prepared to share how submitting yourself to God and committing to Godly attitudes based on the promises of God has unlocked your experience and expression of love.

Follow Up/Extension Learning Experiences Session 14

1. Create a visualization of one of the attitudes that you felt God calling you to adopt through this session. You could use a photograph from a magazine or article, or one of your own. If you don't find it captured in a single photograph, you can create a montage of a few to more completely represent the idea.
2. Which one of the Promises of God most stood out to you during this session? Copy this down onto a 3x5 card and keep it where you can see it during the week. Create a personal Bible study out of the Scriptures that accompany that promise and read the surrounding chapters to more fully grasp the context of the verse - what was happening, who was involved? How do you see the profoundness of the promise emerge out of these considerations?



Session 15 Resistance To Transformation

Coaching Points

Life Focus Process: Level 2: Commit to Transformation



Law 1 1: The Law of Reality

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

We're Spiritual People

The "Evil One" attacks our desire to do the will of God directly or indirectly (through another). Deceiving us from experiencing the abundant life in Christ.

Romans 7:19-25

Romans Chapter 8 goes on to talk about what life in the Spirit looks like – according to God's will.... The Spirit of God is ENCOURAGING us and EMPOWERING us to follow God's will as we abide in Him.



Law of Reality: What are the implications of this law for your life?

Do you believe that there is an active agent of evil in the world? Have you experienced this influence discouraging your pursuit of God?

Romans 7:19-25: How have you experienced your sinful nature co-conspire with evil to lead you away from God's abundant life?

Session 15: Resistance to Transformation

Coaching Points

The Reality Picture of Spiritual Warfare ¹³

The first reference has to do with the Father.

Ephesians 1:3-6



What has been your experience with spiritual warfare?

Ephesians 1:3-6: How has God blessed you in the heavenly realms with every spiritual blessing in Christ?

What is your definition of a spiritual blessing?

The second reference has to do with Jesus.

Ephesians 1:18-23



Ephesians 1:18-23: What does it mean for the eyes of your heart to be enlightened?

Ephesians 1:18-23: What helps remind you of your spiritual inheritance and authority in Christ when you are feeling most discouraged or down? Pick a Scripture verse that you can memorize to facilitate this.

Ephesians 1:18-23: How do you live under the head of Christ, with Him as your Lord, and through His power placing all things under His feet?

In your own words, describe what this picture portrays.

Coaching Points

The third reference has to do with the Church.

Ephesians 2:1-7

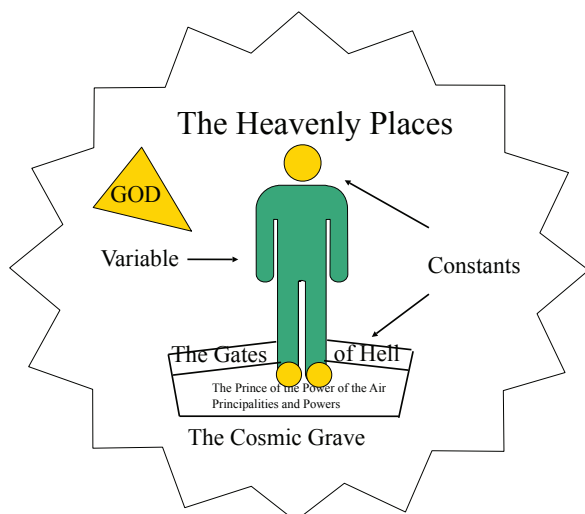


Ephesians 2:1-7: We were dead in our transgressions and sins but God made us alive in Christ. Of course we are only alive when we are in Christ. This makes us the variable in the equation. In terms of living as a variable, under the headship of Christ, what's right, what's wrong, and what's missing from your church experience?

Ephesians 2:1-7: Is there an area of your life where you feel the enemy holds you in defeat? With whom can you get together for prayer to seek God's healing and deliverance?

The fourth reference has to do with principalities and powers.

Ephesians 3:7-12



Ephesians 3:7-12: The mystery that we have the privilege of experiencing and then putting on display for all the world, and the rulers and authorities in the Heavenly realms, to see is a Biblically functioning community of love! This is what the enemy is trying to prevent from manifesting. How is your church realizing its purpose? How could you do better?

Some Churches have more experience wrestling with spiritual warfare issues than others. Describe your church in this regard. Is there anything you would like to add, subtract, or keep the same?

How can you plan to maintain a healthy awareness of spiritual realities over time?

Session 15: Resistance to Transformation

Coaching Points

Satan's Weapons: Lies, Deception, and Anger Triggered by Unwholesome Words.

Ephesians 4:25-32

Ephesians 4:25-32: Which of Satan's weapons do you see most active in your life? Is there any anger or unforgiveness taking root in your life that you need to confess to God and others in order to maintain the unity of the Church?

Think of one person with whom you have successfully achieved unity and one with whom you haven't. What holds you back from finding this reconciliation?

If there were one way that you could most effectively and efficiently promote unity in the Body or context where you are, what would it be?

The fifth reference has to do with the struggle between the Church and those principalities and powers.

Ephesians 6:10-12

Ephesians 6:10-12: What would help your community better take your stand against the devil's schemes?

The Reality Picture of Spiritual Warfare Summary

1. The battleground is the heavenly places.
2. Whoever controls the heavenly places wins.
3. The Church must take its position in Christ in the heavenlies and defend against Satan's counterattack.
4. 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.
5. Voiding those jurisdictions is the first step toward bringing the Church to full strength for the purpose of reaching our city for Christ.

What new insights have you gained as a result of considering the Reality Picture of Spiritual Warfare?

What kind of resources and/or experiences can you expose yourself to that will help you grow in your awareness and experience of spiritual realities?

Session 15: Resistance to Transformation

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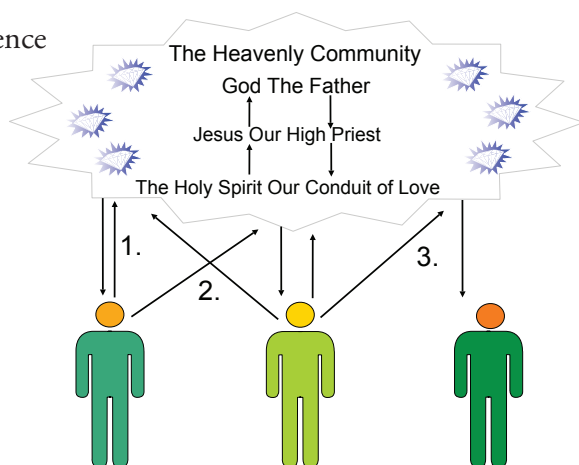
The Seven Values of Abundant Living and the Full Armor of God

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

Which piece of the armor of God, with its corresponding value, stood out to you most and why?

Do you have a group of people that is committed to praying for you? If not, identify 5-6 people who you think might be willing to do this and create a way to communicate your prayer needs with them on a monthly basis.

Prayer: The Ultimate Influence



Session Wrap Up

How will you apply this insight to your life in a practical way?

Homework Session 15

What Scripture verses stood out to you most and why?

1. Journal through the discussion and reflection questions in your workbook reflecting on the Law of Reality and what this teaches us about the nature and the influence of evil in our lives.
2. Spend time journaling and reflecting this week 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.
3. 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 in your life.

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

Session 15: Coach's Corner

Mentoring Focus for this Session:

1. Discover - During this session you want to discover the Law of Reality, the Reality Picture of Spiritual Warfare, and the Spiritual Armor of God and the Seven Values of Abundant living. Highlight the fact that without understanding the evil in the world and our sinful nature which resists our transformation, we will not be able to make progress toward Christlikeness.
2. Probe - Begin probing into your mentee's current understanding of and experience with spiritual warfare and how he/she wrestles with the sin in his/her life. Strive to discern where there are some gaps in his/her understanding of the authority that we have in Christ and how we live in that authority. Challenge him/her to make a deeper commitment to transformation by inviting God to empower them to overcome their sinful nature and stand against the influence of evil in his/her life. As stumbling blocks in the form of past hurts, disappointments, struggles, fears, unresolved conflict and wounds reveal themselves, pray God's presence, perspective and power into these areas and ask God to free them up. Challenge your mentee to seek out reconciliation wherever it is needed.
3. Understand - Use the Law of Reality, the teachings on the Reality Picture of Spiritual Warfare and the Spiritual Armor of God and the Seven Values of Abundant Living to help your mentee understand why engaging in spiritual warfare by submitting yourself to God and standing against evil in His authority will make such a dramatic difference in his/her life.
4. Testify - Be prepared to share how submitting yourself to God and engaging in spiritual warfare through the exercising of God's spiritual armor has unlocked your experience and expression of love.

Follow Up/Extension Learning Experiences Session 15

1. Re-teach the reality picture of spiritual warfare to a close friend or family member. Which aspects of it most intrigue them? Use Ephesians Chapter 6 as a point of additional Scripture reading or meditation this week and discuss your reflections with these same people at the end of the week.
2. If you were to walk around in the spiritual authority that is rightfully yours, what would it look like? Pick one day this week to practice this no matter what circumstances come your way that day. Journal your thoughts and share your experience with the group the next time you meet.

The background of the slide is composed of three main visual elements. On the left, there are three stacked rectangular blocks of varying shades of green. On the right, there is a vertical strip containing an abstract painting of a tree. The tree's trunk and roots are rendered in warm tones of yellow, orange, and brown, while its foliage is depicted with dark, thin, curved lines. The overall composition is split vertically between the solid green blocks and the organic tree painting.

Session 16

Blessings and Curses

Session 16: Blessings and Curses

Coaching Points

Life Focus Process: Level 2: Commit to Transformation



Law 12: The Law of Consequences



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

Deuteronomy 30:15-20

Law of Consequences: What are the implications of this law for your life? What is your view on blessings and curses?

Deuteronomy 30:15-20: How do you love the Lord your God, listen to his voice, and hold fast to him? What do you do to practically live out the belief that the Lord is your life?

Blessings and Curses¹⁴

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

Come into our lives when other people bless us or we enter into blessing through stepping into the revealed will of God through obedience.

How do you like to speak blessing into other people's lives?

Causes of Curses (Speak down, disempower):

1. Words, Labels and Predictions

"You'll never amount to anything..."

"You're a loser..."

These can become tapes that we play in our heads, ultimately forming an identity that is not accurate or true – through the power of God we can break these tapes and replace them with tapes of

How have you experienced Words, Labels and Predictions as a source of "curses" in your own experience? In what ways can you screen this type of input so as not to allow it to take hold as a curse in your life?

Session 16: Blessings and Curses

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the truth of God and what HE says about you – who you are and who HE made you to be.

2. Disobedience

We choose to curse our own lives through disobedience.

Words, Labels and Predictions

Proverbs 11:11

Proverbs 12:18

James 3:3-12

Proverbs 12:18: Describe three instances from your own life where someone else's reckless words pierced your life and three instances where someone's wise words brought healing.

James 3:3-12: Have you ever considered the power of the tongue in your life and in the lives of those to whom you speak?

If we are truly operating in the Spirit, we cannot curse. If this happens...it serves as an obvious sign that we have stepped out of the Spirit in some way and something needs to be corrected. We need to take stock quickly because the damage we can do in this state can have eternal consequences and we can invalidate our testimony to the world as God's community of love.

Dealing with Sin in the Church

In order to deal with sin against one another in the church Jesus provided a model of how to confront one another and move towards healing, reconciliation and peace in Matthew 18:15-20. By moving through this process with one another we can reverse the effects of the curse that has been brought to bear on our lives through one another's sins, and maintain the unity of the church through forgiveness, healing and restoration of trust as we move towards reconciliation.

Matthew 18:15-20: What is your experience with dealing with sin in the church? What similarities or differences do you see with the Biblical picture painted in this Scripture?

Matthew 18:15-20

Causes of Curses: Disobedience

Deuteronomy 27:15-26

1. Idolatry
2. Disrespect of Parents
3. Dishonesty/Greed
4. Harming the Helpless and Weak
5. Sexual Immorality
6. Hatred/Murder
7. Hypocrisy and Disobedience to the Word

Deuteronomy 27:15-26: How have you cursed your life through Idolatry, Disrespect of Parents, Dishonesty/Greed, Harming the Helpless and Weak, Sexual Immorality, Hatred/Murder and Hypocrisy and Disobedience to God's Word?

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

Session 16: Blessings and Curses

Coaching Points

8. Pride - **Jeremiah 17:5-6**

Jeremiah 17:5-6: How have you cursed your life through Pride and hard heartedness?

9. Religion - **Galatians 3:10-14**

Galatians 3:10-14: How have you cursed your life through Religion and trying to do good in and through your own strength?

10. Unrighteous Stewardship - **Haggai 1:4-6 & Malachi 3:8-10**

Haggai 1:4-6 and Malachi 3:8-10: How have you cursed your life through Unrighteous Stewardship of the resources God has entrusted to you?

The Seven Values of Abundant Living and the Curses of Disobedience

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 Deuteronomy 27:17; 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

Which one of the Seven Values of Abundant Living and Curses of Disobedience stood out to you most and why? What do you think God is asking you to do with this?

Session Wrap Up

Homework Session 16

1. Journal through the discussion and reflection questions in your workbook.
2. Spend time journaling and reflecting this week 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.

What is the #1 insight for you this session?
How will you apply this insight to your life in a practical way?

What Scripture verses stood out to you most and why?

Homework Session 16

3. Spend time journaling and reflecting this week 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.

Mentoring Focus for this Session:

1. Discover - During this session you want to discover the Law of Consequences, Blessings and Curses, Dealing with Sin in the Church and the Curses of Disobedience. Highlight the fact that without God's healing for curses that have been spoken over us or repentance for willful disobedience, our journey of transformation will be held back and we will miss out on living in and through the blessing of God.
2. Probe - Begin probing into your mentee's current understanding of and experience with the Law of Consequences and Blessings and Curses. Beware that this session has the potential to bring up deep seated hurts, disappointments, struggles, fears, unresolved conflict and wounds in his/her life, so be patient with this process. Strive to discern where there are some gaps in his/her understanding of who he/she is in Christ and the consequences of choosing to be disobedient to God with his/her life. Challenge him/her to make a deeper commitment to transformation by inviting God to empower him/her to overcome the impact of sin on and in his/her life. As stumbling blocks in the form of past hurts, disappointments, struggles, fears, unresolved conflict and wounds reveal themselves, pray God's presence, perspective and power into these areas and ask God to free them up. Challenge your mentee to seek out reconciliation where ever it is needed.
3. Understand - Use the Law of Consequences, the teachings on Blessings and Curses, Dealing with Sin in the Church and the Curses of Disobedience to help your mentee understand why committing to an obedient life of blessing by submitting him/herself to God and standing against evil will make such a dramatic difference in his/her life.
4. Testify - Be prepared to share how submitting yourself to God, processing the Blessings and Curses of your life and committing to live an obedient life of blessing has unlocked your experience and expression of love.

Follow Up/Extension Learning Experiences Session 16

1. Do a case study of the transmission of blessing in the Old Testament. Identify some common key elements and jot them down on a piece of paper. Bring your findings with you to the next session.
2. Who in your life could you speak a blessing over? Children, friends, spouse? Would you like it to be formal or informal? Plan a time in the next month when you can impart this blessing to the person or people who are coming to your mind.



Session 17

Realizing Life's Potential

Coaching Points

Life Focus Process Level 3: Know Thyself



Law 13: The Law of Potential

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

God has Designed us for Greatness

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

Our Deepest Fear, Christian Version
– by Marianne Williamson

Romans 12:1-3

Philippians 4:13

The Law of Potential: What are the implications of this law for your life?

Do you believe (live by) that you are created by God for greatness? If so, are you realizing your life's potential?

Do you resonate with the thoughts that our deepest fear is that we are powerful beyond measure and it is the light not the darkness that most frightens us? How?

Romans 12:1-3: How are you testing and approving what God's will is for your life and finding it to be good pleasing and perfect?

Philippians 4:13: What does it mean to you that you can do anything through Him who gives you strength?

Session 17: Realizing Life's Potential

Coaching Points

Know Thyself - Strengths and Weaknesses

God wants us to be fully mature, which means developing every area of our identity in Christ, not just in the roles that we naturally gravitate towards (strengths)! As you look at your vision statements and roles, can you clearly see roles in your life that are being neglected (weaknesses)? Can you see the areas on which you are over focusing?

Who can you ask to help you gain an objective assessment of your strengths and weaknesses in each area of your life?

Assessing Obedience to God's Mission

The Role of Assessment - Until we understand who we really are, it is difficult to set appropriate goals for our growth. Take objective assessment tests to get a snapshot of: your Obedience to God's mission (Vision, Priorities and Identity Roles), your Character (Seven Values of Abundant Living and the 24 Character Strengths), Spiritual Gifts, your Personality, and your Love Languages.

Who have you given your assessment sheets to, or plan to give them to, in order to gain a 360 degree assessment?

If you have already done this, what were the most powerful insights that you learned about yourself?

360 Degree Feedback - The best way to assess who we are (our strengths, weaknesses and opportunities for growth), is to ask trusted people in your life to give you feedback and recommend ways you could improve. Copy your assessment sheets and ask trusted mentors and friends who know you well to give you objective feedback in each area.

Universal Character - The Seven Values of Abundant Living and Character Strengths

7 G's	Character Strengths
Grace	Forgiveness/Mercy, Hope/Optimism, Humor
Group	Love of People, Citizenship, Kindness, Social Intelligence
Growth	Love of Learning, Persistence, Self-Regulation, Integrity
Gifts	Creativity, Bravery, Vitality
Glorification	Spirituality/Purpose, Humility/Modesty, Appreciation of Beauty and Excellence
Guidance	Perspective/Wisdom, Curiosity, Leadership, Open Mindedness
Good Stewardship	Prudence, Fairness, Gratitude

Which of the Seven Values of Abundant Living and corresponding Character Strengths stood out to you most and why? What do you think God is asking you to do with this information?

Session 17: Realizing Life's Potential

OMEGA

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

Coaching Points

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

Understanding this helps us understand how we have been purposed to experience and express love!

Using the “10 Ways to recognize it’s a passion” from *Shifting Into Higher Gear* by Jeff Caliguire and Tom Siciliano as a tool, what are you passionate about?

Passions - We have different passions that have been put into our lives by God and that we have learned to love through life experience! This area is a true combination of Nature and Nurture. Passion is usually a combination of three things:

People: a passion for working with or helping certain people.

Place: a passion to spend time or invest yourself in a location.

Action: a passion to do a type of work or activity most important to you.

The dictionary defines passion as: “Compelling feeling or emotion; a pursuit to which one is deeply devoted.” Its synonyms include love, ardent affection, and zeal. The opposite of passionate is passive: “being without response to something, not active, inert.” Unlike passive people, passionate people can’t remain inactive or inert in the realm of their passion. They’re compelled to action. In his book *Half Time*, businessman and nonprofit founder Bob Buford asks “What is your passion, the spark that needs only a little breeze to ignite into a raging fire?”

1. Your face turns red and you become animated when you talk about it.
2. You typically find yourself curious and seek to learn more about it.
3. You don’t get tired when actively engaged with it.
4. You could stay up late talking about it or doing it and wonder where the time went.
5. You wouldn’t need to get paid to invest time or energy in it.
6. Others seem interested in speaking with you about it.
7. You sometimes wonder why others aren’t as passionate as you about it.
8. If you had a day off, you would enjoy engaging in it.
9. If you had all the money, time, and freedom in the world, you would be involved with it.
10. If you were in a book store, you might easily gravitate toward issues that relate to the topic of your passion.

Upbringing – Genograms

Identification and Labeling
Additional Labeling

As you created your genogram and prayed about your upbringing, what did God bring to mind? What patterns did you notice that help you understand who you are today?

What to look for in a Genogram

Generational sin patterns, health issues, blessings/curses, stories of faith, spiritual gifting, original abilities, unresolved conflict patterns, love languages

What is one aspect of your upbringing that most influences who you are today?

Resources - God provides each of us with different amounts of resources to steward.

Do you have a written budget to which you adhere?

Session 17: Realizing Life's Potential

Coaching Points

Session Wrap Up

What is the #1 insight for you this session?

Homework Session 17

How will you apply this insight to your life in a practical way?

1. Journal through the discussion and reflection questions in your workbook.
2. 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.
3. Complete the 24 Character Strengths and Virtues assessment by looking at the definitions of the character strengths in the Appendix of your workbook and rate yourself according to each character strength.
4. Ask an inner circle member to rate you as well and make suggestions to you about how you might improve in the areas of identified weakness.
5. Spend time journaling and reflecting this week on identifying your passions and what you think contributes to that being such a strong area of passion for you.
6. Build a Genogram of your family tree that we will look at deeper in the following session.

Mentoring Focus for this Session:

1. Discover - During this session you want to discover the Law of Potential, how God has designed us for greatness, Assessing Obedience to God's Mission, The Seven Values of Abundant Living and Universal Character Strengths, and your P.U.R.P.O.S.E.: Passions, Upbringing and Resources. Highlight the fact that without an objective understanding of our Obedience to God's Mission, our Character Strengths and Weaknesses and an understanding of our P.U.R.P.O.S.E., we will be hindered in realizing life's potential.
2. Probe - Begin probing into your mentee's current understanding of and experience with the Law of Potential and his/her understanding of the greatness that God has put into him/her. Begin using the assessment tools provided in the homework to assess his/her Obedience to God's mission, Character strengths and weaknesses, Passions, Upbringing and Resources to better understand how God has shaped him/her and how he/she has been shaped by life. Strive to discern where there are some gaps in his/her understanding of who he/she is and how life has shaped him/her. Strive to uncover and false beliefs about his/her potential and challenge him/her to see him/herself clearly in order to better understand his/her potential in Christ. Where there seems to be a resistance to truly "Knowing Themselves" pray God's presence, perspective and power into these areas and ask God to help him/her see the vision that He has for his/her life.
3. Understand - Use the teaching in this session to help your mentee understand how knowing who he/she is and who he/she has the potential to become from God's perspective will help to unleash his/her potential in life as he/she presses into his/her true self in and through God's strength.
4. Testify - Be prepared to share how submitting yourself to God's understanding of who you are and pressing into His Mission, Character and **P.U.R.**P.O.S.E. for you has unlocked your experience and expression of love.

Follow Up/Extension Learning Experiences Session 17

1. Spend some more time in prayer and reflection considering the area of passion. Think back to some passions you may have had earlier in your life. What were they? Have they faded out or changed over time? To what do you contribute these changes? Do they need to be more redefined or more resurrected?
2. Bring your Genogram to meet with a spiritual advisor. Create an approach to either develop or deal with some of the larger issues that you found there.



Session 18

Pressing Into God's Purpose

Coaching Points

Life Focus Process Level 3: Know Thyself

Personality - In reviewing the comparisons in the inventory, you may find yourself drawn equally to opposing choices. One strategy is to think back to how you were before the age of twelve.

What is your personality type, according to MBTI?

The rationale is that by the age of three, the core of our cognitive organization is well fixed, although the brain continues to allow some plasticity until puberty.

Are there specific temperaments in others that turn you off? What triggers these feelings? Explore influences from your past that might be contributing to this.

After the onset of puberty, our adult learning begins to overlay our core personality which is when the blending of nature and nurture becomes more evident.

The MBTI & Keirsey Temperament¹⁴

Extrovert or Introvert

Q1. What is your most natural energy orientation? Where do you like to focus your attention? Outer world vs. Inner world?

Who among your close friends are extroverted in their personality? How does understanding this prepare you to experience and express love with them better?

Every person has two faces. One is directed towards the OUTER world of activities, excitements, people, and things.

The other is directed inward to the INNER world of thoughts, interests, ideas, and imagination.

While these are two different but complementary sides of our nature, most people have an innate preference towards energy from either the OUTER or INNER worlds. Thus one of their faces, either the Extroverted (E) or Introverted (I), takes the lead in their personality development and plays a more dominant role in their behavior.

Who among your close friends are introverted in their personality? How does understanding this prepare you to experience and express love with them better?

Session 18: Pressing Into God's Purpose

Coaching Points

Sensing or Intuitive

Q2. Which way of understanding or perceiving is most "automatic?" How do you like to look at things? Present/Concrete vs. Future/Patterns and Possibilities?

The Sensing (S) side of our brain notices the sights, sounds, smells and all the sensory details of the PRESENT. It categorizes, organizes, records and stores the specifics from the here and now. It is REALITY based, dealing with "what is." It also provides the specific details of memory and recollections from PAST events.

The Intuitive (N) side of our brain seeks to understand, interpret and form OVERALL patterns of all the information that is collected and records these patterns and relationships. It speculates on POSSIBILITIES, including looking into and forecasting the FUTURE. It is imaginative and conceptual.

While both kinds of perceiving are necessary and used by all people, each of us instinctively tends to favor one over the other.

Who among your close friends are Sensing in their personality? How does understanding this prepare you to experience and express love with them better?

Who among your close friends are Intuitive in their personality? How does understanding this prepare you to experience and express love with them better?

Thinking or Feeling

Q3. Which way of forming judgments and making choices is most natural for you? How do you like to go about deciding things? Logic/Objective Analysis vs. Values/Subjective Evaluation?

The Thinking (T) side of our brain analyzes information in a DETACHED, objective fashion. It operates from factual principles, deduces and forms conclusions systematically. It is our logical nature.

Who among your close friends are Thinking in their personality? How does understanding this prepare you to experience and express love with them better?

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Coaching Points

The Feeling (F) side of our brain forms conclusions in an ATTACHED and somewhat global manner, based on likes/dislikes, impact on others, and human and aesthetic values. It is our subjective nature.

Who among your close friends are Feeling in their personality? How does understanding this prepare you to experience and express love with them better?

While everyone uses both means of forming conclusions, each person has a natural bias towards one over the other so that when our brain gives us conflicting directions – one side is the natural trump card or tiebreaker.

Judging or Perceiving

Q4. What is your “action orientation” toward the outside world? How do you deal with the outer world? Planned/Organized/Settled vs. Flexible/Spontaneous/Open Options?

Who among your close friends are Judging in their personality? How does understanding this prepare you to experience and express love with them better?

All people use both judging (thinking and feeling) and perceiving (sensing and intuition) processes to store information, organize our thoughts, make decisions, take actions and manage our lives. Yet one of these processes (Judging or Perceiving) tends to take the lead in our relationship with the outside world . . . while the other governs our inner world.

A Judging (J) style approaches the outside world WITH A PLAN and is oriented towards organizing one's surroundings, being prepared, making decisions and reaching closure and completion.

A Perceiving (P) style takes the outside world AS IT COMES and is adopting and adapting, flexible, open-ended and receptive to new opportunities and changing game plans.

Who among your close friends are Perceiving in their personality? How does understanding this prepare you to experience and express love with them better?

Original Abilities - God has given different abilities to us all, which we are able to function in whether we are empowered by God or not!

What are the original abilities that you see God has given to you?

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

Session 18: Pressing Into God's Purpose

Coaching Points

Spiritual Gifts - The primary Scripture passages list 20 and there is Biblical support for at least 12 others. You can see the list of these gifts in Session 11.

If there were one Spiritual Gift that you would like to be more active in, what would it be? Based on your understanding of the gift mix that God has put into your life, how are you stewarding those gifts?

Experience of Love

From the book the Five Love Languages by Gary Chapman,¹⁶ there are three ways to discover your Love Language:

1. What does your spouse/close friends do or fail to do that hurts you most deeply? The opposite of what hurts you most is probably your love language.
2. What have you most often requested of your spouse/close friends? The thing you have most often requested is likely the thing that would make you feel most loved.
3. In what way do you regularly express love to your spouse/close friends? Your method of expressing love may be an indication that would also make you feel loved.

What are the five life experiences that have most impacted your experience of love?

Which of the Love Languages do you identify with most? What dialects of your Love Languages have you detected?

How can you communicate this with those closest to you so that you are able to experience new levels of love?

How do you perceive this in the context of your relationship with the Lord? How does God love you using your Love Language?

Words of Affirmation

Verbal appreciation speaks powerfully to people whose primary Love Language is "Words of Affirmation." Simple statements such as "You look great in that suit" or "You must be the best baker in the world! I love your oatmeal cookies" are sometimes all a person needs to hear to feel loved.

Aside from verbal compliments, another way to communicate through "Words of Affirmation" is to offer encouragement.

Who among your close friends prefers Words of Affirmation? How does understanding this prepare you to experience and express love with them better?

Session 18: Pressing Into God's Purpose

OMEGA

Coaching Points

Here are some examples: reinforcing a difficult decision, calling attention to progress made on a current project and acknowledging a person's unique perspective on an important topic.

If a loved one listens for "Words of Affirmation," offering encouragement will help him or her to overcome insecurities and develop greater confidence.

Quality Time

Quality time is more than mere proximity. It's about focusing all your energy on your mate/close friends. A husband watching sports while talking to his wife is NOT quality time.

Unless all of your attention is focused on your mate, even an intimate dinner for two can come and go without a minute of quality time being shared.

Quality conversation is very important in a healthy relationship. It involves sharing experiences, thoughts, feelings and desires in a friendly, uninterrupted context.

This involves "active listening" to assure that the other person knows you are truly listening. Many people don't expect you to solve their problems. They need a sympathetic listener.

An important aspect of quality conversation is self-revelation. In order for you to really communicate with another person, you must be in tune with your inner emotions. It is only when you understand your emotions and inner feelings that you are able to share quality conversation and quality time with another person.

Who among your close friends prefers Quality Time?
How does understanding this prepare you to experience and express love with them better?
What dialects have you detected?

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Coaching Points

Quality activities are a very important part of quality time. Many people feel most loved when they spend physical time together, doing activities that they love to do. Spending time together will bring you closer, and help you build a memory bank that you can draw from in the future.

Receiving Gifts

Some people respond well to visual symbols of love. If you speak this love language, you are more likely to treasure a gift as an expression of love and devotion. People who speak this love language often feel that a lack of gifts represents a lack of love from their mate. Luckily, this love language is one of the easiest to learn.

If you want to become an effective gift-giver, you might have to learn to change your attitude about money. If you are naturally a spender, you will have no trouble buying gifts for that person. However, people who are used to investing and saving their money may have a tough time adjusting to the concept of spending money as an expression of love. These people must understand that you are investing the money not in gifts, but in deepening your relationship with your mate.

The gift of self is an important symbol of love. Sometimes all a person desires is for you to be there for him or her, going through the same trials and experiencing the same things. Your body can become a very powerful physical symbol of love.

These gifts need to come every week or even every day, but they don't have to cost a lot of money. Free, frequent, expensive or rare, if that person relates to the language of receiving gifts, any visible sign of your love will leave him or her feeling happy and secure in your relationship.

Who among your close friends prefers Receiving Gifts? How does understanding this prepare you to experience and express love with them better? What dialects have you detected?

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Coaching Points

Acts of Service

Acts of Service can bring about a great sense of feeling loved for those whom it is a love language. In a marriage relationship or within a family, sometimes simple chores around the house can be an undeniable expression of love. Even simple things like laundry and taking out the trash require some form of planning, time, effort, and energy. Just as Jesus demonstrated when He washed the feet of his disciples, doing humble chores can be a very powerful expression of love and devotion to your loved one.

It is very important to understand what acts of service another person most appreciates. Even though couples are helping each other around the house, couples might still fight because they are unknowingly communicating with each other in two different dialects.

Also of importance is to engage in these acts of service out of love and not obligation. Someone who does chores and helps out around the house out of guilt or fear, will inevitably be speaking a language of resentment rather than a language of love. It's important to perform these acts out of the kindness of your heart.

Sometimes demonstrating acts of service can mean stepping out of the stereotypes. Acts of service require both people to humble themselves into doing some chores and services that aren't usually expected from their gender. However, these little sacrifices will mean the world to the other person, and invite a happier relationship.

Who among your close friends prefers Acts of Service?
How does understanding this prepare you to experience and express love with them better?
What dialects have you detected?

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Session 18: Pressing Into God's Purpose

Coaching Points

Physical Touch

Many people feel the most loved when they receive physical contact. For someone who speaks this love language loudly, physical touch can make or break the relationship.

Sexual intercourse makes many mates feel secure and loved in a marriage. However, it is only one dialect of physical touch. It is important to discover how your partner not only physically responds but also psychologically responds to these touches. Sometimes it's little acts such as touches on the cheek, on the hand, or the shoulder that can really make a difference.

All marriages will experience crises. In these cases, physical touch is very important. In a crisis situation, a hug can communicate an immense amount of love for that person. A person whose primary love language is physical touch would much rather have you hold them and be silent than offer any advice. It is important to remember that this love language is different for everyone.

What type of touch makes you feel secure is not necessarily what will make your partner happy. It is important to learn each other's dialects.

Who among your close friends prefers Physical Touch? How does understanding this prepare you to experience and express love with them better? What dialects have you detected?

P.U.R.P.O.S.E.	7 G's	Description
Passions	Grace	Your greatest passion will flow out of your greatest pain, wound, need, or experience of Grace.
Upbringing	Growth	How you have been trained by your life!
Resources	Good Stewardship	Resources entrusted to you.
Personality	Guidance	Insights into how you prefer to receive and pass on Guidance.
Original Abilities	Glorification	Submitting what I have always been able to do on my own to God's control for His Glory.
Spiritual Gifts	Gifts	Operating in your Spiritual Gifts and letting God serve others through you!
Experience of Love	Group	Your experience and expression of love with others.

In what area of your P.U.R.P.O.S.E. have you received new awareness that you feel will translate into reaching higher degrees of your potential? If you could describe your unique P.U.R.P.O.S.E. in one paragraph, what would it be?

Session 18: Pressing Into God's Purpose

OMEGA

Coaching Points

Session Wrap Up

What is the #1 insight for you this session?

Homework Session 18

How will you apply this insight to your life in a practical way?

1. Journal through the discussion and reflection questions in your workbook.
2. Complete the following assessment tests and summarize your results on the appropriate homework page:
 - Personality Assessment: Keirsey Temperament Sorter at www.keirsey.com or self evaluate by reflecting on the descriptions on your workbook.
 - Original Abilities Assessment.
 - Love Language Assessment: www.fivelovelanguages.com or self diagnose by reflecting on the descriptions on your workbook.
 - Empowered Servanthood Spiritual Gifts Test.

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

Session 18: Coach's Corner

Mentoring Focus for this Session:

1. Discover - During this session you want to continue to discover the Law of Potential and your mentee's personality using the Keirsey Temperament Sorter Categories, Original Abilities through reflection, Spiritual Gifts using the Empowered Servanthood Spiritual Gifts Test and experience of love using the Five Love Languages. Highlight the fact that without an objective understanding of our Personality, Original Abilities, Spiritual Gifts and Experience of Love, we will be hindered in realizing life's potential. Also without an objective understanding of our P.U.R.P.O.S.E. and of people in our lives we will not be able to realize our corporate potential.
2. Probe - Continue to probe your mentee's understanding of and experience with the Law of Potential. Probe into his/her understanding of Personality, Original Abilities, Spiritual Gifts and Experience of Love using the assessment tools provided in the homework to better understand how God has shaped him/her and how he/she has been shaped by life. Strive to discern where there are some gaps in his/her understanding of who he/she is and how life has shaped them. Strive to uncover any false beliefs about their potential and challenge him/her to see him/herself clearly in order to better understand his/her potential in Christ. Where there seems to be a resistance to truly Knowing Themselves, pray God's presence, perspective and power into these areas and ask God to help him/her to see the vision that He has for his/her life.
3. Understand - Use the teaching in this session to help your mentee to understand how knowing who he/she is and who he/she has the potential to become from God's perspective will help unleash his/her potential in life as he/she presses into his/her true self in and through God's strength.
4. Testify - Be prepared to share how submitting yourself to God's understanding of who you are and pressing into His P.U.R.P.O.S.E. for you has unlocked your experience and expression of love.

Follow Up/Extension Learning Experiences Session 18

1. Make a list of the following people in your life: parents, children, and members of your Inner Circle. Over the next month, make a chart listing each person's love language and personality type.
2. Choose one of the following:
 - a. Meet with a spiritual advisor or leader to talk and pray through your Genogram.
 - b. Meet with a mentor to explore how your P.U.R.P.O.S.E better clarifies your calling in life.
 - c. Take a spiritual gifts course.
 - d. Sit down with people who have known you for over ten years and ask them what your true abilities are.

The background of the slide is composed of three main visual elements. On the left, there are three stacked rectangular blocks of a solid, muted green color. On the right, there is a vertical strip containing an abstract painting. The painting features a large, gnarled tree trunk in shades of brown and orange, with dark, thin lines representing branches reaching upwards. The foliage is depicted with broad, textured brushstrokes in various shades of green and yellow. The overall style is painterly and expressive.

Session 19

The Power of Believing

Session 19: The Power of Believing

Coaching Points

Life Focus Process Level 3: Know Thyself



Law 14: The Law of Belief

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

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

Romans 10:9-10

James 1:5-8

Mark 11:22-25

Law of Belief: What are the implications of this law for your life?

Do you believe that you are choosing the very best path for you at any given time?
How are you currently being driven by your beliefs?

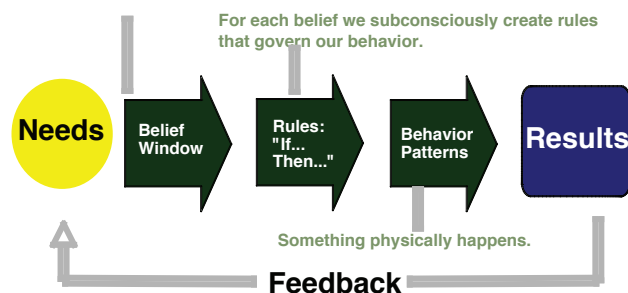
Romans 10:9-10: What do you understand the word “believe” to mean in this verse and throughout Scripture?

James 1:5-8: How does this Scripture amplify your understanding of what it means to believe?

Mark 11:22-25: This verse communicates the power of what God can do with the life of someone who believes (lives by) in Him. Do you believe that if we are guided and empowered by His Spirit and we act or speak something God told us to do, it will happen?

The Belief Model

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



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

What are the results of your behavior that are not meeting your needs right now?

What are the beliefs (desires, feelings, thoughts, capabilities) that are creating the rules that are driving that behavior.

How do you see the belief model as a tool you can use to help others?

What new insights do you have as a result of examining the belief model?

Coaching Points

Our needs drive us to believe in something

To live

To love and be loved

To experience variety

To feel important

Walk me through your history with a damaging belief that you have been susceptible to believing. What lessons are you learning about yourself and about knowing and doing the will of God in this area of your life?

Find a Scripture to memorize which speaks directly to a belief which you have held that is contrary to Biblical truth.

Five Rules for Changing your Belief Window

1. Identify the behavior pattern that is not producing the desired results.
2. Identify possible beliefs and the root desires, feelings, thoughts and capabilities driving the behavior.
3. Predict future behavior based on following those beliefs.
4. Identify alternative beliefs that may produce better results.
5. Predict future behavior based on the new beliefs.

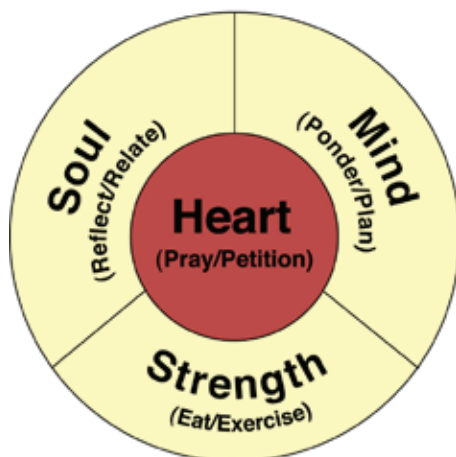
Do you see the benefit that reflecting on your beliefs has on your ability to change?

If you can't see it, you can't change it. Often times, simply becoming conscious of what is really driving your beliefs and inviting God's guidance and power into your life unlocks your ability to change your belief. How much time do you spend reflecting on why you do what you do?

Being Human and Believing

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

What aspect of being human do you still find the most difficult to understand and grow in?



Session 19: The Power of Believing

Coaching Points

God is trying to train us to believe in Him.

This means that we want the life of Christ in and through our entire being:

To Desire what God desires for us.

To Feel right and wrong, joy and sadness the way God feels.

To Think clearly about truth and plan accordingly.

To Act out of your true capability in Christ.

How can you grow in believing in God with your whole being?

Connection	Impact
Heart to Soul	Desires (heart) that war against your Soul, inhibiting you from experiencing your true self and feeling (Soul) God's promptings in your life or connecting with the feelings of others in your life.
Soul to Heart	Feelings (Soul) or wounds that disable you from desiring (Heart) to move towards intimacy.
Mind to Heart	Your understanding of truth or your plan for your life (Mind) that influences your desire (Heart) to pursue something or someone.
Strength to Heart and Mind	Capabilities (Strength) that we believe we have make us desire (Heart) to try various activities and if we are successful in them create understandings (Mind) about what is possible for us.

How do you see the interaction of these areas of Being Human influencing our beliefs?

Believing and Sin

The Biblical term for sin means to miss the mark. The bull's eye is God's abundant life. When we choose to believe (desire, feel, think and act) in ways that are contrary to God's will for our lives, we miss the mark. Sin begins in our being, so that is where we need to begin to examine our lives!

To what degree are you able to consider your areas of sin as opportunities for growth rather than quagmires of guilt?

Romans 7:14-25

Romans 7:14-25: In what ways is this battle raging in your life these days?

Coaching Points

John Wesley's Mother's Definition of Sin¹⁷

Whatever weakens your sense of reasoning, (Mind) impairs the tenderness of your conscience, obscures your sense of God, (Soul) or takes away your relish for spiritual things (Heart). In short, if anything increases the authority of the flesh over the Spirit, (Strength) that to you becomes sin, however good it is in or of itself.

If you had to define sin in your own words, how would you do it?

The Cycle of Renewal and Believing



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."

How have you seen God use this process to change some of your beliefs?

What is the most challenging part of walking through the Cycle of Renewal for you?

Do you find it more challenging to get right with God or people when you have sinned?

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

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

Would those who know you best say that you embrace the feedback that they bring into your life?

What is the most difficult aspect of changing incorrect beliefs for you?

Have you ever tried to make amends or engage in restitution with someone you sinned against? What was it like for you?

Session 19: The Power of Believing

Coaching Points

The Seven Values of Abundant Living and their Belief Statements

1. Guidance is necessary in order to carry out God's will.
2. Grace is God's bridge to us and our bridge to others.
3. Growth is a process towards full maturity in Christ.
4. Glorification of God is the goal of our lives and our church.
5. Groups of Biblically functioning community provide the optimal environment for life change.
6. Gifts of divine empowerment are given to all believers to grow God's church.
7. Good Stewardship is the reasonable response to our gracious God.

Which of these statements do you truly believe (live by with your heart, soul, mind and strength) in?

Session Wrap Up

What is the #1 insight for you this session?

Homework Session 19

How will you apply this insight to your life in a practical way?

1. Journal through the discussion and reflection questions in your workbook.
2. Using your Genogram think through the Generational Belief patterns that you see in your family by journaling 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.
 - 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.

What Scripture verses stood out to you most and why?

What patterns emerged as you reflected on your journey through life?

What do you think God is asking you to do about them?

Mentoring Focus for this Session:

1. Discover - During this session you want to discover the Law of Belief, the Belief Model, Five Rules for Changing your Belief Window, Being Human and Believing, The Cycle of Renewal and Believing, Believing and Sin, John Wesley's Mother's Definition of Sin, The Seven Values of Abundant Living and their Belief Statements. Highlight the fact that truly believing in God is much more profound than most people understand. We believe in God with our whole being and then let God love through our doing.
2. Probe - Continue to probe your mentee's understanding of and experience with the Law of Belief, the Belief Model and the other aspects of believing covered in this session. Strive to discern how he/she processes his/her beliefs currently, and spend time working through some beliefs together in order to understand some of the beliefs that he/she is currently wrestling with. Starting with the three roles that he/she chose to focus on at the end of session 12, strive to discover the core beliefs that are driving his/her decision making and behavior in each area. Strive to uncover his/her false (negative) beliefs and challenge him/her to see him/herself clearly in order to better understand his/her potential in Christ. Where there are false (negative) beliefs pray God's presence, perspective and power into his/her life and ask God to help him/her to believe in Him so he/she can realize His abundant life.
3. Understand - Use the teaching in this session to help your mentee understand how knowing what he/she believes is the key to understanding what drives his/her behavior. Show him/her how using the Belief Model and the Cycle of Renewal to process his/her beliefs and behavior will unleash his/her potential in life and train him/her in righteousness.
4. Testify - Be prepared to share how submitting yourself to God's understanding of who you are and changing your incorrect beliefs has unlocked your experience and expression of love.

Follow Up/Extension Learning Experiences Session 19

1. Recreate the Belief Model using a different visual representation but maintaining the same elements and flow.
2. Using your genogram as a starting point, document your family's story of faith. Interview available family members to round out your portrait. Share your family's story of faith with the group the next time you meet.

The background of the slide is composed of several elements. On the right side, there is a vertical strip featuring an abstract painting of a tree. The tree's trunk is a thick, textured brown, and its branches are rendered with dark, thin lines. The foliage is depicted with broad, expressive brushstrokes in shades of yellow, green, and white. To the left of this painting, the background is divided into three horizontal rectangular blocks of a solid, muted green color. The text is centered over the middle block.

Session 20

The Seven Deadly Sins

Coaching Points

Life Focus Process Level 3: Know Thyself

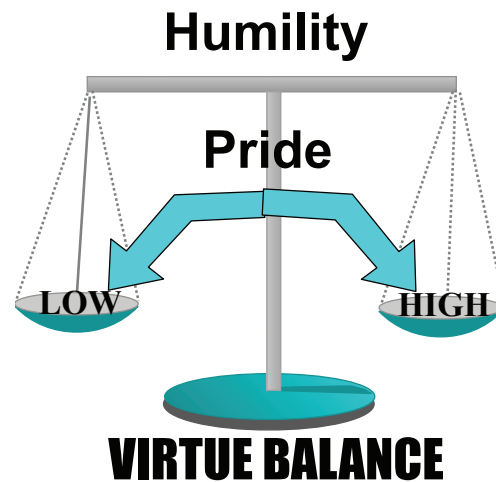
Knowing your Sin Tendencies and the Seven Deadly Sins

Pride	Wrath	Greed
Envy	Sloth	Lust
	Gluttony	

1 John 2:15-17

In The World:

Lust of the Flesh
Lust of the Eyes
Pride of Life



1. Pride - The Oxford Dictionary defines pride as “a high and overweening opinion of one’s qualities, attainments or estate.” Pride has traditionally been considered the root of all sin. As such, it is a disordered or exaggerated self-centeredness. It results in isolation from God and fractures the bonds that link us to each other and the community.

James 4:6

The opposite virtue: **Humility** - The counter-virtue to the sin of pride is humility. It has to do with an accurate sense of self and others with a deep reliance on God throughout the seasons of life.

In what ways do you currently struggle with pride? Is your perception of yourself too high or too low? To which extreme do you tend to gravitate?

Have authority figures in your life found you to have true humility?

Where are you on the balance between pride and humility? Which way is the scale tipping for you lately?

2. Envy - The dictionary defines envy as “the painful or resentful awareness of an advantage enjoyed by another, joined with a desire to possess the same advantage.” In 1 Corinthians 13:4, the Apostle Paul describes envy as the opposite of love. Galatians 5:21 lists envy as the fruit of the “flesh.” The letter of James (3:14-16) associates jealousy and selfish ambition with evil and chaos.

Where are you on the balance between envy and contentment? Which way is the scale tipping for you lately?

Session 20: The Seven Deadly Sins

Coaching Points

The opposite virtue: **Contentment** - Saint Thomas Aquinas reminds us that envy is contrary to love, the source of the soul's spiritual life. Love rejoices in a neighbor's good, but envy grieves over it.

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

Where are you on the balance between wrath and meekness? Which way is the scale tipping for you lately?

James 1:19-20

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

4. Sloth - Sloth is popularly known today as laziness. The ancient Greek word was *acedia* meaning lack of caring, apathy, aimless indifference, lack of desire for anything. The deadly sin of sloth is an apathy of the spirit in the face of the effort required to attain a goal and sustain it. In addition to *acedia*, another aspect of sloth is *tristitia* – sadness or sorrow. Theologian Bernard Haring describes sloth as “a lack of zeal for things spiritual.”

Where are you on the balance between sloth and being obedient? Which way is the scale tipping for you lately?

Proverbs 20:4

Opposite Virtue: **Obedience (Pro-actively On Mission with God)** - This is stewarding your life from God's perspective. It requires us to reflect on our life mission, the various roles we play in life and allocate our time wisely in each role in order to be growing toward Christlikeness.

Coaching Points

5. Greed - Greed is an inordinate love of money or material acquisitions and the dedication to - if not the obsession with - their pursuit. The implicit belief behind greed is that more is always better. Acquisition is the way to happiness. Financial savvy and success confer status and make a nobody into a somebody. The economy is driven by these needs and beliefs.

Matthew 6:19-21

Matthew 6:24

The opposite virtue: **Stewardship** - We all must come to terms with our radical poverty as creatures before God. The virtue of poverty also calls us to a greater sensitivity to the poor, God's special people.

Where are you on the balance between greed and stewardship? Which way is the scale tipping for you lately?

6. Gluttony - St. Thomas Aquinas defines the deadly sin of gluttony as an inordinate or immoderate appetite in eating and drinking. Eating disorders such as Anorexia and Bulimia are very common in our time, causing cycles of starving or bingeing, and swinging between food related anxiety, depression and guilt and the pursuit of sensory pleasure in food "addiction." Professionals in this area have concluded that beneath this symptomatic behavior is an inner sense of alienation from the depths of oneself.

Proverbs 23:20

The opposite virtue: **Temperance** - Temperance is moderation in the enjoyment of food. Sobriety is moderation in the use of intoxicating drink.

Where are you on the balance between gluttony and temperance? Which way is the scale tipping for you lately?

Session 20: The Seven Deadly Sins

Coaching Points

7. Lust - Lust might be considered sexual gluttony. It is the inordinate need to experience sexual or genital gratification, with little concern about the persons or relationships involved. We are seduced and we seduce one another in many ways. We are seduced by beauty, virility, power and control. Without any moral sensitivity, seduction can become a way of life at the expense of true love and intimacy.

The opposite virtue: **Chastity** - Chastity orders human sexual desire toward a union of persons. Chastity correlates with the beatitude, "Blessed are the pure in heart." It sees human sexuality and intimacy as an integral dimension of God's call to love and we cannot love God or others outside our bodies.

Philippians 4:8

The 7 Deadly Sins, the 7 Virtues, and the 7 G's

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

Where are you on the balance between lust and chastity? Which way is the scale tipping for you lately?

What thoughts come to mind as you consider the Seven Deadly Sins, the Seven Virtues, and the 7 G's?

What is one area God is asking you to address as a result of considering the Seven Deadly Sins? What practical and specific changes do you sense Him asking you to make?

What "trigger question" can you ask yourself in the future that would help you in dealing with areas of damaging behaviors?

What question can a mentor or a friend with whom you are in covenant community, ask you that will help you live out God's virtuous balance in your life?

Session Wrap Up

What was the #1 insight for you this session?

How will you apply this insight to your life in a practical way?

Coaching Points

Homework Session 20

1. Journal through the discussion and reflection questions in your workbook, and using the Cycle of Renewal and the Belief Model, process any strong areas of sin in your life.
2. Spend time journaling and reflecting this week using your Genogram to think through the Generational Sin and Virtue patterns by answering the question, "what comes to mind as you think through the Seven Deadly Sins and Seven Life Giving Virtues and your family?"

What three deadly sins did you see most in your mother and father (or people in parental roles)?
How did they model these sin tendencies to you?
How have they passed these sin tendencies on to you?
What practical and specific changes do you need to make in order to break the cycle and move towards righteousness in these areas of your life?

Mentoring Focus for this Session:

1. Discover - During this session you want to discover the Seven Deadly Sins, the Seven Godly Virtues and how they relate to the Seven Values of Abundant Living. Highlight the fact that our focus is to be on the Seven Godly Virtues not the Seven Deadly Sins in our lives if we are going to experience more of the abundant life.
2. Probe - Probe your mentee's understanding of and experience with the Seven Deadly Sins and Seven Godly Virtues covered in this session. Strive to discern how he/she is pursuing God's plan for his/her life in each area. Probe into root areas of sins which he/she seems unable to break free from and change his/her habits. Strive to discern any blocks to his/her following God in the power of the Holy Spirit and where he/she learned those beliefs and behavior. Where there are false beliefs, pray God's presence, perspective and power into his/her life and ask God to help him/her believe in Him so he/she can realize His abundant life.
3. Understand - Use the teaching in this session to help your mentee understand how knowing his/her sin tendencies can advise him/her concerning what to avoid and what to pursue so that God will unleash his/her potential in life and train him/her in righteousness.
4. Testify - Be prepared to share how submitting yourself to God's virtuous path for your life and avoiding your sin tendencies has unlocked your experience and expression of love.

Follow Up/Extension Learning Experiences Session 20

1. Create an "accountability committee" which you can utilize to support you in addressing your areas of temptation in your dominant "deadly" sin. Articulate clearly how this committee will function. Will you send them an e-mail, make a phone call when you're feeling tempted? How can you be used to provide accountability in their lives as well?
2. Take some time away to journal through your experience with each one the Seven Deadly Sins. On which side of the "scale" do you most often find yourself?

The background of the slide is composed of several elements. On the left, there are three vertical rectangular blocks of a muted green color. On the right, there is a vertical strip containing an abstract painting. The painting features a large, dark brown tree trunk that curves upwards and to the left. The foliage is rendered in shades of yellow, green, and white with dark, thin lines for leaves. The overall composition is modern and artistic.

Session 21

The Joy of Discipline

Coaching Points

Life Focus Process Level 4: Chart the Course

Disciplines



Law 15: The Law of Discipline



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

Hebrews 12:1-13

The Law of Discipline: What are the implications of this law for your life?

What strategies do you use to overcome negative habits?

Hebrews 12:1-13: How does this Scripture challenge your current attitude toward and practice of disciplines?

Disciplines: The Key to Unlocking Potential

Focusing our efforts through daily, weekly and monthly disciplines is the key to good habit formation and personal growth in our lives.

Do you embrace or resist the idea of discipline?

Disciplines for Being Human P.R.E.P.²

Heart

Pray (Prayer, Solitude and Silence) & Petition (Intercession and Watching)

Soul

Reflect (Journaling, Singing and Meditation) & Relate (Confession, Counseling and Retreats)

Mind

Ponder (Study of Scripture and Journaling) & Plan (Planning your life and Life Coaching)

Strength

Eat (Surrender, Temperance and Fasting) & Exercise (Exercise and Sabbath)

Discuss your experience with discipline throughout your life. What disciplines already exist? What disciplines do you sense God wanting you to add to (or subtract from) your life that will help you move forward and persevere?

Which of the listed disciplines for Being Human have you already integrated into your life?

Which ones do you sense God asking you to integrate now?

Session 21: The Joy of Discipline

Coaching Points

Disciplines for Contagious Community

Inner Circle – Fellowship, Chastity, Celebration, Hospitality and Confession while consistently praying for and relationship building 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, Submission and meeting regularly with mentors, counselors, and covenant community members who help us to implement what we are learning into our lives. We learn from studying books, tapes, videos and taking classes. We also meet 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.

Which of the listed disciplines for Contagious Community have you already integrated into your life?

Which ones do you sense God asking you to integrate now?

Disciplines for Calling of Servanthood

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.

Which of the listed disciplines for Calling of Servanthood have you already integrated into your life?

Which ones do you sense God asking you to integrate now?

Session 21: The Joy of Discipline

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Coaching Points

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, Pilgrimage, Sabbatical, Submission and meeting regularly with mentors, counselors, and covenant community members who help us implement what we are learning into our lives. We learn from studying books, tapes, videos and taking classes. We also meet regularly with others who seek us out for mentoring.

Professional – Diligent Earner through faithful accomplishment of tasks and Friendship Evangelism through relationship excellence while serving as unto the Lord.

Using a Weekly Compass

Use the Weekly Compass that we have created for you to begin thinking of the disciplines that will help you grow and function well in each area of your life. If you work out regularly you probably have certain exercises that you engage in on a regular basis in order to train different aspects of your body. You also probably have different areas of your body that you train on different days while allowing the other parts of your body the opportunity to rest. Engaging in spiritual disciplines is like physical training but for our whole lives. We need to plan out a wise training path that will help us grow while protecting against burn out. Using a weekly compass can help us plan out a wise training regimen.

What are the key spiritual disciplines that you are feeling led to build into your regular schedule and put on a weekly compass?

Life Spring Network

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

Session 21: The Joy of Discipline

Coaching Points

Disciplines of Abstinence - The spiritual disciplines of abstinence reveal the nature of the battle between the flesh and the spirit. By abstaining from food, social interaction, or sleep, we are “exercising” our spiritual muscles against the lower nature. It is like lifting weights: silly in itself, but useful to prepare us for real physical tests in the future.

The things we abstain from in the spiritual disciplines are not evil; it is for the sake of the exercise that we deny ourselves; to prepare us for real temptation tomorrow or the next day.

The disciplines of abstinence give us much needed experience and insight into the spiritual battle going on within us, and the lessons learned cannot be taught any other way. What is it like to say “no” to the lower nature? What tricks will it play? The way in which desire, habit, distraction, and other factors affect you will not be like anyone else. You must learn (by doing) how to live in holiness before God in your body. The disciplines of abstinence are an opportunity to train in safety.

1 Corinthians 6:12 (KJV) - All things are lawful unto me, but all things are not expedient: all things are lawful for me, but I will not be brought under the power of any.

1 Peter 2:11 (Phillips) - I beg you, as those whom I love, to live in this world as strangers, and “temporary residents,” to keep clear of the desires of your lower natures, for they are always at war with your souls.

1 Peter 1:13

How do you see refraining from certain things being a way to bolster your journey of faith?
How do you see God working in this way?

1 Corinthians 6:12: This passage describes the amazing freedom we have as humans to choose our own path through life, although in choosing we build habits that become difficult to break and retrain. How have you decided in your heart to limit your life so as to be mastered by only that which God wants for you?

1 Peter 2:11: Have you decided in your heart to keep clear of the desires of your lower (sinful) nature and live here and now as you will in heaven? What are the biggest challenges of doing this for you?

Session 21: The Joy of Discipline

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Coaching Points

The Disciplines of Abstinence are:

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

If there were one discipline of abstinence that you would like to know more about (beyond the description in the Appendix of your workbook), what would it be and why?

Disciplines of Engagement - Dallas Willard defines the spiritual disciplines of engagement as the routine Christian activities of prayer, study, and meditation that are especially powerful in combination with the disciplines of abstinence.

How do you see engaging in certain things being a way to bolster your journey of faith? How do you see God working in this way?

Disciplines of abstinence counteract tendencies to sins of commission, disciplines of engagement counteract tendencies to sins of omission

James 4:17 Anyone, then, who knows the good he ought to do and doesn't do it, sins."

They are often mentioned in combination in Scripture. "This is the outbreathing and inbreathing of spiritual training." Dallas Willard

Galatians 5:16-17 (Phillips) - Here is my advice: Live your whole life in the Spirit and you will not satisfy the desires of your lower nature. For the whole energy of the lower nature is set against the Spirit, while the whole power of the Spirit is contrary to the lower nature. Here is the conflict, and that is why you are not able to do what you want to do...

Galatians 5:16-17: What are you doing currently to train yourself to live in the Spirit in everything that you do?

Romans 8: 12-13 (Phillips) - So then, my brothers, you can see that we owe no duty to our sensual nature, or to live life on the level of instincts. Indeed that way of living leads to certain spiritual death. But if on the other hand you cut the nerve of your instinctive actions by obeying the Spirit, you will live.

Romans 8:12-13: When we follow God's training in righteousness for us and learn to walk in the Spirit, we will develop habits that have the power to cut the nerve to our old sinful nature's instincts and they lose power over us.

2 Timothy 2:21

2 Timothy 2:21: How are you cleansing yourself from sin and being controlled by your sinful nature?

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

Session 21: The Joy of Discipline

Coaching Points

Disciplines of God Engagement

- 9. Worship
- 10. Prayer
- 11. Meditation
- 12. Singing
- 13. Surrender
- 14. Study
- 15. Pilgrimage
- 16. Sabbath

If there were one discipline of God engagement that you would like to know more about (beyond the description in the Appendix of your workbook), what would it be and why?

Which of these disciplines of God engagement do you sense God challenging you to engage in during this season of your life?

Disciplines of God and Community Engagement

- 17. Teaching
- 18. Celebration
- 19. Service
- 20. Fellowship
- 21. Confession
- 22. Submission
- 23. Friendship Evangelism
- 24. Assembling
- 25. Hospitality
- 26. Intercessory Prayer

If there were one discipline of God and community engagement that you would like to know more about (beyond the description in the Appendix of your workbook), what would it be and why?

Which of these disciplines of God and community engagement do you sense God challenging you to engage in during this season of your life?

Disciplines of Life and Wisdom Engagement

- 27. Journaling
- 28. Earning
- 29. Saving
- 30. Giving (Including Tithing)
- 31. Frugality
- 32. Guidance
- 33. Retreat
- 34. Temperance
- 35. Planning
- 36. Exercise

If there were one discipline of life and wisdom engagement that you would like to know more about (beyond the description in the Appendix of your workbook), what would it be and why?

Which of these disciplines of life and wisdom engagement do you sense God challenging you to engage in during this season of your life?

The Holy Spirit and Disciplines - The danger in studying the spiritual disciplines is that we might ever practice them without the leading of the Holy Spirit for the purpose of impressing people, with the “spirit of religion.” On the other hand, we often thwart the Holy Spirit’s leading, because we are ignorant of what is likely to be asked of us.

How do you ensure that your engagement in spiritual disciplines is really lead by the Holy Spirit?

Coaching Points

How many times has God disturbed our sleep with someone in mind? And we “count sheep” or take a sleeping pill instead of watching and praying.

How many sermons have we heard that don’t sit well with us? And yet we ignore the Spirit’s prompting to study God’s word and thus end up with a faulty knowledge of God.

How many earnest prayers go unanswered because we refuse to practice the discipline of fasting?

How many ugly things do we say to those we love because we are not being obedient to the Spirit’s call to spend some time alone?

Matthew 11:25-30

The yoke of Jesus may indeed be easy, but we keep throwing it off! Our lower natures are in control and running rampant! This is not following Christ’s way of living. Small wonder that our growth is stunted, and real holiness is an illusive dream. If the Spirit led Jesus and every “saint of note” to consistently practice the spiritual disciplines so that they could live life to the full, shouldn’t we expect the same leading if we are truly His disciples?

Have you ever heard God speaking to you through a sermon and failed to study it for yourself so that it could be pressed into the very fabric of your being?

How do you relate to these examples of fasting and solitude?

Matthew 11:25-30: How willing are you to take God’s yoke upon you and learn from Him? How is God training you in righteousness during this season in your life?

Spiritual Disciplines and Spiritual Pathways

The key to wise yoke-bearing and training in righteousness through spiritual disciplines is understanding your preferred spiritual pathways and walking in them.

The combination of Spiritually Discerned Disciplines in each area of our lives and our Spiritual Pathways create a synergy and enthusiasm for seeking God and for maintaining motivation.

How have you burned out in the past using formulas for your “Quite Time” experiences with God? How can you see understanding spiritual pathways helping you stay refreshed while engaging in various disciplines?

Session 21: The Joy of Discipline

Coaching Points

Spiritual Pathways

What is a Spiritual Pathway?

A spiritual pathway is the way we most naturally connect with God and grow spiritually.

We tend to favor one or two main pathways.

There's usually at least one pathway that is very unnatural for us. The goal is to feel great freedom and joy connecting with God through our preferred pathways.

The Seven Spiritual Pathways:¹⁸

- **Intellectual**
- **Relational**
- **Serving**
- **Worship**
- **Activist**
- **Contemplative**
- **Creation**

Which one of the spiritual pathways do you resonate with most?

Which one would you like to see expand more in your life and why?

For each of the Seven Spiritual Pathways we looked at:

Characteristics,
A Biblical Example,
Strengths,
Cautions, and
Ways to Stretch

When you studied the ways to stretch in the spiritual pathways that you resonated with, what stood out to you? What are you preparing to do about what God revealed to you?

Making the most of your Spiritual Pathway

- Give yourself permission to be who you are in God.
- Be willing to engage in activities that move you out of your comfort zone.
- Be careful not to envy someone else's pathway.
- Beware of the temptation to judge someone else because of his or her pathway.
- Explore and develop the other pathways.

What kind of a plan can you come up with that will allow you to experience the other pathways?

Summary - Each of us has one or two preferred spiritual pathways. It's good to explore all the spiritual pathways.

Session 21: The Joy of Discipline

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Coaching Points

The Seven Values of Abundant Living and the Seven Spiritual Pathways

7 G's	Spiritual Pathways
Guidance	Intellectual
Group	Relational
Gifts	Serving
Glorification	Worship
Growth	Activist
Grace	Contemplative
Good Stewardship	Creation

What insights did you glean for your life from thinking about how the seven spiritual pathways relate to the Seven Values of Abundant Living?

Session Wrap Up

Homework Session 21

1. Journal through the discussion and reflection questions in your workbook.
2. Spend time this week journaling and reflecting upon the disciplines of abstinence and engagement, and the Holy Spirit's role in guiding us toward the right disciplines for our growth.
3. 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.
4. Using the definitions of the spiritual disciplines (in the Appendix of your workbook) and your Weekly Compass, prayerfully strive to discern which spiritual disciplines God is challenging you to engage in by filling in the disciplines section of your weekly compass for each role.
5. Share these findings with a mentor and a member of your Inner Circle and ask him/her to help you apply what you are learning.

What is the #1 insight for you this session?
How will you apply this insight to your life in a practical way?

What Scripture verses stood out to you most and why?

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

Session 21: Coach's Corner

Mentoring Focus for this Session:

1. Discover - During this session you want to discover the Law of Discipline, the Disciplines for growing in each role of your life, Using a Weekly Compass, the Holy Spirit and Disciplines, the Seven Spiritual Pathways and the Seven Values of Abundant Living. Highlight the fact that we only truly make progress in our lives as we submit our lives to living in and through the power of the Spirit and engage in Spiritually discerned disciplines that train us in righteousness. Creating wise growth plans for our lives by seeking out God's discernment and revelation as to which disciplines are the most important for us in any given season, engaging in these disciplines with an understanding of our preferred spiritual pathways, and using a Weekly Compass and other planning tools to hold us accountable and remind us of God's revelation will move us toward deeper levels of experiencing and expressing love.
2. Probe - Probe your mentee's understanding of and experience with the Law of Discipline, the 36 Disciplines organized according to Role, Abstinence and Engagement, the Holy Spirit and Disciplines in order to guard against a spirit of "religion" from creeping in and the Seven Spiritual Pathways. Strive to discern a wise path for your mentee to engage in given the season of life and experience being trained in righteousness. Strive to uncover the key disciplines that would benefit your mentee the most and how willing your mentee is to engage in training. Where you find resistance to submitting to God's training pray God's presence, perspective and power into his/her life and ask God to help him/her to believe (live by) in Him so he/she can realize His abundant life.
3. Understand - Use the teaching in this session to help your mentee begin to chart the course of their new life in Christ through spiritually discerned disciplines. Show him/her how engaging in spiritually discerned disciplines will unleash his/her potential in life and train him/her in righteousness.
4. Testify - Be prepared to share how submitting yourself to God's discipline in your life and engaging in His training in righteousness has unlocked your experience and expression of love.

Follow Up/Extension Learning Experiences Session 21

1. Create a 7- or 14-week plan to engage in each of the spiritual pathways as a group.
2. Create a Bible study or Sunday School class your group could offer for your church on the Spiritual Disciplines using the material in your Omega Workbook.



Session 22

Godly Goal Setting

Session 22: Godly Goal Setting

Coaching Points

Life Focus Process Level 4: Chart the Course



How have you previously set and achieved goals in your life? Would you rather set goals or solve problems?

Why is it important to begin with the end in mind in goal setting or problem solving?

Are you more intentional or spontaneous when it comes to goal setting?



Law 16: The Law of Growth

Law of Growth: What are the implications of this law for your life?

Growth toward Christlikeness requires Accountability, Process, & Perseverance.

Describe the growth processes you are involved in right now.

Philippians 3:12-17

Philippians 3:12-17: How are you doing at forgetting what is behind and straining toward what is ahead?

Goal Setting and Accountability

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

What does accountability look like in your life right now?

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

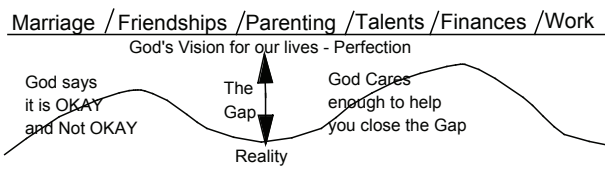
Who in your life could serve as an accountability partner?

Proverbs 15:22

Coaching Points

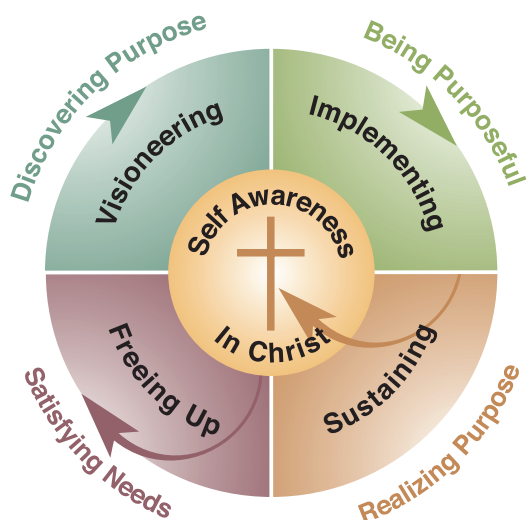
The Role of Mentoring in Charting the Course

Guiding you to Chart a Course
that helps you Close the Gap



What has been your experience with Mentors helping you close this gap in your life?

The Role of Mentoring in Charting the Course - Carson Pue's Mentoring Matrix⁶ adapted



Where do you see yourself in Carson Pue's Mentoring Matrix?

Where is the bulk of your journey focused right now?

How can I serve you best as your mentor?

In what phase of this process do you want the most help?

Mentoring and the Life Focus Process



As you look at the Mentoring Matrix/Life Focus Process, what aspect is resonating with you most and why?

Session 22: Godly Goal Setting

Coaching Points

Establishing Goals - Aim at nothing and you will hit it every time!

Habakkuk 2:2-3

What are some of your established goals for your life that you are striving to realize?

How have you sought out God's goals for your life? Has He spoken to you about anything that you have not written down?

What's right, what's wrong, and what's missing in your goal setting process?

S.M.A.R.T. Goals⁵



Are the goals that you set S.M.A.R.T. (Specific, Measurable, Action-Oriented, Realistic, Timely) or do you find goal setting and achievement of those goals difficult? (Note: Remember, Mega-Goals may not necessarily fit this model)

Using Planning Pages - Use the planning pages to record your goals and remind you of your focus. Share your planning pages with a mentor, and use them as the basis for your discussion about how you are doing and the kinds of adjustments you might want to make.

As you worked through your planning pages, what was difficult for you to discern that we can work through together?

Honoring Seasons in your Life - You will have different emphases during different times in your life. In Ecclesiastes 3:1-14 Solomon wrote, "To everything there is a season, and a time for every purpose under heaven."

Ecclesiastes 3:1-14

Ecclesiastes 3:1-14: What are a few areas that need addressing in your current season of life?

Coaching Points

Goal Setting and Perseverance

1 Timothy 4:15-16

Hebrews 10:36-39

Romans 5:1-5

1 Timothy 4:15-16: What sorts of things help you persevere in watching your life and doctrine the most?

Hebrews 10:36-39: When do you find yourself most susceptible to giving up? What safeguards can you put in place to help you when you find yourself there?

Romans 5:1-5: How has persevering in doing God's will through suffering produced character and hope in your life?

Session Wrap Up

Homework Session 22

1. Journal through the discussion and reflection questions reflecting on the Law of Growth and its implications for your life. Specifically consider your current life experience with Accountability, Process and Perseverance.
2. Complete the planning sheets in your homework by thinking through three roles in your life using the Role Planning Worksheets.
3. Briefly complete the Long and Short Range Goal Planning Worksheets in order to create the big picture of your Growth Plan.
4. Once you have completed these worksheets, share your findings with a mentor and/or a member of your inner circle asking him/her for their wisdom and feedback into your new spiritually discerned Growth Plan for your life.

Is accountability, process, or perseverance most needed in your growth?

To what degree do you already feel momentum toward God's goals for your life? What has helped or sustained this already?

What is the #1 insight for you this session? How will you apply this insight to your life in a practical way?

What Scripture verses stood out to you most and why?

Session 22: Coach's Corner

Mentoring Focus for this Session:

1. Discover - During this session you want to discover the Law of Growth, Goal Setting and Accountability, the Role of Mentoring in Charting the Course, Mentoring and the Life Focus Process, Establishing Goals, Using Planning Pages, Honoring the Seasons in your Life and Perseverance toward your Goals. Highlight the fact that we do not drift towards growth. Our natural drift is toward sin and self-centeredness instead of love and Christ-centeredness. Therefore we need to engage in the appropriate amount of accountability, process and perseverance in order to grow in Christlikeness.
2. Probe - Probe your mentee's understanding of and experience with the Law of Growth, Goal Setting and pursuing goals in his/her life. Strive to discern your mentee's process for setting and pursuing goals in his/her life, the accountability systems that he/she employs to harness God's wisdom and his/her commitment to persevering through difficult seasons. Where his/her growth process seems to be lacking, challenge him/her to comply with the process laid out in this session. Starting with the three roles that he/she chose to focus on at the end of Session 12, challenge him/her to set long and short range goals for these roles in his/her life. Where there seems to be confusion or resistance in the growth process, pray God's presence, perspective and power into his/her life and ask God to illuminate and strengthen his/her growth toward Christlikeness.
3. Understand - Use the teaching in this session to help your mentee understand the importance of pursuing growth toward Christlikeness with accountability, process and perseverance. Show him/her how Godly goal setting and pursuit of those goals will unleash his/her potential in life and train him/her in righteousness.
4. Testify - Be prepared to share how submitting yourself to God's goal setting and growth process has unlocked your experience and expression of love. Be prepared to share your current goal setting process in an area of your life and how you are pursuing those goals.

Follow Up/Extension Learning Experiences Session 22

1. Identify a project that you can do with others that will require using a form of planning pages and setting S.M.A.R.T. goals. It might be an outreach or compassion project with a small group, a home project, or a weekend getaway with friends. Practice being intentional and S.M.A.R.T. about the outcomes. If possible, teach others (again, kids are great participants!) these strategies as well.
2. What is one way that you can really honor this season in your life that you have previously been neglecting or rushing through? Integrate this into your planning pages for this session.

The background of the slide is composed of three main visual elements. On the left, there are three stacked rectangular blocks of varying shades of green. On the right, there is a vertical strip containing a painting of a tree. The tree's canopy is rendered in warm yellow and orange tones with dark, expressive brushstrokes. Its trunk is a solid orange-brown, and its roots are depicted in dark green and brown, spreading across the bottom right. The text 'Session 23' and 'Aligning with God' is centered over the green blocks on the left.

Session 23

Aligning with God

Session 23: Aligning with God

Coaching Points

Life Focus Process Level 5: Stay the Course



How are you doing with implementing the plan you laid out in your planning pages?

Law 17: The Law of Alignment

The Law of Alignment: What are the implications of this law for your life?

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

If you agree that your natural inclination is to drift away from God's mission for your life, how do you plan on regularly realigning yourself? How do you already engage in regular realignment with God's Mission for your life?

Jeremiah 29:13

Jeremiah 29:13: How is what you are seeking misaligning your life?

Proverbs 8:32-36

Proverbs 8:32-36: Who in your life have been great examples to you of daily alignment with God's mission for their lives? Have you integrated any of their practices into your own life? If so, what are they?

Planning and Tracking

Our tendency is to drift away from God's will for our lives. Therefore, we must create a plan for engaging our Spiritually-discerned disciplines and have regular times of planning and recalibration with Him.

In what areas of your life are you diligent in planning and tracking your progress?

Coaching Points

No one naturally drifts toward righteousness. We need the daily discipline of planning when we align and submit ourselves to the guidance and power of God.

Are you required to plan and track your progress at work? Why do you think this is the case?

“Big Picture” planning and tracking

We recommend a rhythm to your planning. Annual and Quarterly “Big Picture” Planning. Weekly and Daily “Detail” Planning.

Have you ever engaged in an annual retreat to pray about the overall trajectory of your life and set some long-term goals? If you have, how? If not, how might this be a beneficial exercise?

Annual Retreat: Use annual retreats to seek God’s wisdom for any major readjustments in your life, holistically think through your long-range plans, establish your annual mega-goals and plan annual events for the year with the key relationships in your life.

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

Do you get together with an intensive mentor quarterly to review your progress toward your goals and integrate any new revelations you are receiving from God? If so, how have these been used by God to help you align your life and bear more fruit?

Luke 14:28-33

Luke 14:28-33: In aligning your life with God, do you count the cost and properly plan out your life in order to make sure that you will be able to accomplish the tasks God is putting before you?

The Monthly View

Every planning tool should have a monthly view and for most people this view is the most important one. Use this view to help you do your “Big Picture” planning.

This is the first calendar that you should reference when scheduling appointments, because it will have everything written on it. Also, there are sections associated with the monthly calendar that will aid you in setting monthly goals and establishing disciplines.

Session 23: Aligning with God

Coaching Points

After entries have been made on the monthly calendar, enter them on your weekly or daily planning pages.

Projects - When we are engaged in projects which will take a certain amount of time, a project worksheet will help us break down the project into individual tasks and prioritize their accomplishment.

Are there any projects in your life right now that you need to use a project planning worksheet to figure out the details?

Using Planning Pages:

- Role Planning Worksheets
- Annual Planning Worksheets
- Long Range Planning Worksheets
- Project Planning Worksheets

“Detail” planning and tracking

What types of detail planning do you do in your life?

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

Daily: Daily overview, prioritization and alignment.

Weekly Adjustments - Review the previous week, evaluate your progress and synthesize any new revelations, projects, tasks, disciplines and appointments into your calendar and personal growth plan. Use your Planning Worksheets and Weekly Compass!

Using a Weekly Compass - Think through the disciplines, appointments, and tasks that will help you function well in each area of your life and move towards your God-discerned goals. Put your weekly compass next to your day timer and plan your week or month.

Do you plan to use the Weekly Compass to help you do weekly planning? Why or why not?

Coaching Points

Weekly “Detail” planning and tracking

Suggestions for Weekly Planning:

- Find a place that is relatively free from distractions.
- Prayerfully review your mission, goals and disciplines.
- Think back through the week and evaluate what happened, record any major God-sightings and create plans to respond to any revelations from God.
- Create a task and appointment list, prioritize them and begin to decide when you will accomplish them.
- Anticipate obstacles.
- Ask God for His guidance and power to live in Him that week!

What do you do weekly to think about how you are going to steward the next seven days?

Can you see how following this weekly planning pattern would leverage your time through an increased focus? If so, what is stopping you from doing this weekly?

Using Planners

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

Do you currently use a planner for tracking your life? What kind of tool or system do you think will work best for your life?

Jesus and Daily Planning - Jesus daily realigned His life with the will of the Father. We read in Scripture that it was His habit to draw away daily in the morning to pray alone. It was during this time with the Father that he aligned His life with the will of the Father and received His guidance and empowerment for the day. We also know that He rested weekly on the Sabbath and recalibrated His entire being with the Father.

How can you plan into your life the daily discipline of a “Quiet Time,” where you are alone with God studying His Scripture, praying and realigning your life with His will for you?

Daily Planning - At the beginning of each day during your planning time, pull out your day timer, prioritize your tasks and appointments, and plan the flow of your day.

What are your current daily planning strategies and tactics?

Become familiar with a notation system that works for you and use it to help you plan and track your various activities and projects.

Session 23: Aligning with God

Coaching Points

Daily “Detail” planning and tracking:

Suggestions for Daily Planning

- Find a place that is relatively free from distractions.
- Prayerfully review your plan for the day and any new adjustments you need to make.
- Review your daily task and appointment list.
- Anticipate obstacles.
- Prioritize your daily activities.
- Ask God for His guidance and power to live in Him that day!

Luke 14:28-33

Can you see how following this daily planning pattern would leverage your time through an increased focus? If so, what is stopping you from doing this daily?

Revelation and Adjustments



What are the pathways that God uses to bring new revelation into your life?

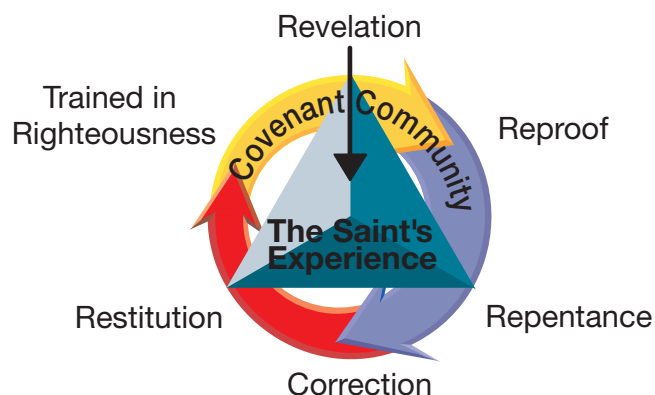
Revelation and Adjustments - God desires to speak into our lives and reveal truth to us about who we really are and how we are really following His path towards abundance. We can become aware of several sin areas in our lives, but making adjustments and following through on the Cycle of Renewal is necessary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

How would you describe your track record with acting on those revelations and making adjustments? Describe your most current revelation from God.

Hebrews 3:12-15

Coaching Points

Cycle of Renewal



How can you be more aware of where you are in the cycle of renewal at any point in time? Describe a revelation that you are processing using the cycle of renewal right now.

Love flows out of a well-aligned and growing heart and life. Spiritual disciplines and evaluation and adjustments along the way, can help us connect with God and grow in having well-aligned hearts that express His love.

Session Wrap Up

Homework Session 23

1. Journal through the discussion and reflection questions in your workbook by reflecting upon your current life experience with planning and using a time management system.
2. Complete the Weekly Compass you began in Session 21 by adding in the key tasks and appointments that you discerned.
3. Using the blank calendar pages provided or a day timer, plan your life for the next month.
4. 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 for your life.

What is the #1 insight for you this session? How will you apply this insight to your life in a practical way?

What Scripture verses stood out to you most and why?

Session 23: Coach's Corner

Mentoring Focus for this Session:

1. Discover - During this session you want to discover the Law of Alignment, "Big Picture" and "Detail" planning and tracking, Using a Weekly Compass, Weekly and Daily planning and tracking, Jesus and Daily Planning, Revelation and Adjustments along the way, and how love flows out of a well-aligned and flowing heart and life. Highlight the fact that aligning our life with God is unnatural, but if we are going to live in the Kairos of God we need to discipline ourselves to seek Him and His plan for our lives daily. Annual, quarterly, weekly and daily alignment will leverage our time through increased focus and empower us to live out God's mission as we submit to His guidance and power.
2. Probe - Continue to probe your mentee's understanding of and experience with the Law of Alignment, "Big Picture" and "Detail" planning and tracking, Using a Weekly Compass, Weekly and Daily planning and tracking, and the other aspects of aligning ourselves with God covered in this session. Strive to discern how he/she aligns his/her life with God and any stumbling blocks to his/her process that could use sharpening, discipline and accountability. Strive to discern your mentee's true commitment to seeking God and aligning his/her life with His Mission. Where there is resistance, pray God's presence, perspective and power into his/her life and ask God to help give him/her the desire, discipline and self-control to realize His abundant life.
3. Understand - Use the teaching in this session to help your mentee understand how aligning his/her life with God will leverage his/her time through increased focus, provide opportunity for regularly submitting his/her life to God, unleash his/her potential in life and train him/her in righteousness.
4. Testify - Be prepared to share how submitting yourself to God's training regularly through annual, quarterly, weekly, and daily alignment has unlocked your experience and expression of love.

Follow Up/Extension Learning Experiences Session 23

1. Think of a project that your group could do together that would give you some experience in project planning together.
2. Share your Weekly Compass plan for the next month with your close friends and/or family for the next month. Together, plan out one month for your Inner Circle and/or Parent/Child relationships.

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Session 24

Training for Abundant Living

Session 24: Training for Abundant Living

Coaching Points

Life Focus Process Level 5: Stay the Course



Law 18: The Law of Training

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

1 Corinthians 9:24-27

1 Timothy 4:7-8

Luke 14:26-29

Luke 14:34-35

The Law of Training: What are the implications of this law for your life?

If you were to explain The Law of Training in your own words, how would you do it?

1 Corinthians 9:24-27: How are you beating your body (your life) and making it your slave through your training in righteousness?

1 Timothy 4:7-8: How convinced are you that training in righteousness (Godliness) holds promise for both this life and the life to come? How does your life reflect this belief?

Luke 14:26-29: Are you prepared to carry your cross and follow Christ in your life? What cross-bearing is God inviting you to engage in these days?

Luke 14:34-35: What are you doing to grow in your saltiness or potency in Christ?

Developing Christlikeness

To help someone develop in Christlikeness you need to understand the component parts that make up their lives. This course has been designed as a journey to help you reflect upon the various areas of your life and what God's perspective is concerning those areas, so that you can intentionally move towards becoming a person who lives out God's Mission for your life.

Looking at all the areas of life which we have studied in this course, which one stands out the most and why?

Session 24: Training for Abundant Living

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Coaching Points

Component Categories and Characteristics of Christian Formation we have studied

In the Christian context, developing Christlikeness comes about through a process of seeking God's guidance and training, then applying one's life to God's training in the power of the Holy Spirit. God's discipline and training mold, shape and empower you to desire, feel, think and act in accordance with His will.

This is only possible when done in community with others empowered by the Holy Spirit. When the Fruit of the Spirit is manifest in one's life, we know that Christlikeness is being formed and the Holy Spirit can bear fruit.

How aligned do you feel in your training toward Christlike character these days.

Is there anything holding you back from engaging this training process?

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

Love – The fullness of life
Joy – On Mission with God
Peace – Grace-filled shalom of God
Patience – Grace for others
Kindness – Hospitable to others
Goodness – God's power flowing through us
Faithfulness – Good stewardship
Gentleness – Correcting others delicately
Self-control – Divine power at work which brings glory to God.

Which Fruit of the Spirit would you most like to see become more evident in your life and why?

The Journey Ahead

Living Supernaturally Against the Grain –

Much of the Omega Course is about learning to do things that don't necessarily come naturally. In many ways, it's just easier to float through life, and drift toward the ways of the world. Ultimately, this will lead to death, which is anything less than God's best for us.

Do you feel like you are prepared to live against the world system? How are you committing yourself to intentionally live against the world system every day?

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

Session 24: Training for Abundant Living

Coaching Points

Experiencing and Expressing Love –

As you continue to grow and are trained by God, you will experience more and more of the abundant life that He has for you, and you will become a more powerful conduit of love in the world. Give'm Heaven!

Session Wrap Up

Homework Session 24

1. Journal through the discussion and reflection questions in your workbook by reflecting upon who you are becoming and your current life experience with training.
2. 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. Using the tools contained in Omega, try to discover the root cause of this sin or negative belief and the path to God's abundant life.
3. If you haven't already, find a mentor or multiple mentors and process your Omega experience with them.

What is the #1 insight for you this session?
How will you apply this insight to your life in a practical way?

What Scripture verses stood out to you most and why?

Mentoring Focus for this Session:

1. Discover - During this session you want to discover the Law of Training, Developing Christlikeness through Training for Abundant Living, the Fruit of the Spirit that flow through Godly Character and the Journey Ahead. Highlight the fact that training in righteousness is the only path to experiencing and expressing more love in our lives. Everything else in our sinful nature and the world system that we live in is set against our living the abundant life, but God is willing to guide and empower us to know and do His will in and through our lives. It is truly the opportunity of a life-time to be trained by the living God to experience and express His love in the world.
2. Probe - Continue to probe your mentee's understanding of and experience with the Law of Training, Developing Christlikeness and the Fruit of the Spirit and the review of the course which we covered in this session. Strive to discern how committed to training he/she is and encourage him/her to stay on the course that God has revealed to him/her. Where there is a lack of motivation pray God's presence, perspective and power into his/her life and ask God to guide, empower and encourage him/her to be trained in righteousness and live His abundant life.
3. Understand - Use the teaching in this session to help your mentee understand how his/her daily life trains him/her along a trajectory of who he/she is becoming. If his/her desire is to become like Christ, then he/she must engage in God's daily training in righteousness if he/she is going to realize life's potential of becoming a reproductive disciple-maker who experiences and expresses the love of God.
4. Testify - Be prepared to share how submitting yourself to God's training in your life has unlocked your experience and expression of love.

Follow Up/Extension Learning Experiences Session 24

1. Think of three individuals who you could intentionally invest time in, and take them through the Omega materials on your own. You might want to form a small group, or meet with them individually. A formal or informal arrangement and setting is up to you. You can use the Omega DVDs to supplement any areas that you feel unsure about.
2. Spend an afternoon with God and your Omega Workbook. As you flip back through the sessions, journal about the major revelations that God has brought to you over the duration of the course. What do you sense is next for you? Share these thoughts with your mentor.

The background of the page is composed of large, solid blocks of color: a muted green on the left and a yellowish-green on the right. Overlaid on the right side is a stylized illustration of a tree. The tree's trunk and branches are rendered in dark, thin lines, while its foliage is depicted with broad, textured strokes of yellow and green. The overall aesthetic is modern and artistic.

End Notes and Appendices

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Omega Mentoring Covenant

Mentoring Covenant

Adapted from Carson Pue's Mentoring Connection seminar.

Name of Mentor: _____

Name of Mentee: _____

1. Identify the relationship at the beginning.

Sometimes mentoring and life coaching relationships develop from pre-existing relationships or personal interactions. Once it is evident that the relationship is moving in the direction of mentoring and life coaching, verbally recognize and articulate this so that the mentoring relationship can be intentionally developed.

Date of Mentoring Covenant: _____

2. Establish a destination for the mentoring season.

Work with the mentee to clearly identify where he/she would like to end up as a result of the mentoring season. Mentees may have unrealistic expectations about both the nature and results of the mentoring relationship. Identifying these things up front will lessen the potential for disappointment on the part of both parties and provide a fixed point of evaluation as the relationship progresses.

Describe the focus of the Mentoring Relationship during this season: _____

3. Determine the frequency and nature of interaction.

In addition to deciding on the frequency of mentoring sessions (once a week, month, year, etc.), look at the type of interactions you would like to have. Will your meetings be in person, over the phone, via email, a combination of all? This may change during the course of the mentoring relationship. It is important to articulate these changes through the phases of mentoring until the termination of the mentoring season.

Describe the frequency and nature of the interaction: _____

4. Establish the desired level of accountability and nature of feedback.

To what degree does the mentee desire to be held accountable in the mentoring relationship. Additionally, how will the mentee like to receive feedback in these areas of accountability both in terms of frequency and type (i.e. written, oral, etc.)?

What degree of accountability is desired? _____

What is the preferred method of feedback? _____

Omega Mentoring Covenant

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5. Talk about the boundaries of discussion.

Are there topics that are currently “off-limits” for the mentee, or is there a no-holds barred, “ask me the hard questions” expectation? Always look for clarification before jumping to conclusions.

Are there any topics which are “off-limits,” if so what are they? _____

6. Discuss the level of confidentiality.

Agree on the topics which must remain confidential and those that can be shared elsewhere.

You might consider adopting a total confidentiality for the entirety of the mentoring relationship.

If a completely open relationship is articulated, then specific items which the mentee wishes to remain confidential must be made clear.

Describe the level of confidentiality: _____

7. Decide on the duration of the relationship or mentoring season.

Each mentoring relationship should have a completion point or at least a point when progress and duration will be re-visited and discussed. Breaking a long duration into shorter segments will help provide exit points for both parties if they feel the process or relationship is no longer needed, effective, or efficient.

Date of Covenant Re-evaluation: _____

8. Be intentional and specific with evaluation and feedback.

Evaluation and feedback need to be provided at specific intervals. The intervals can be agreed upon by the mentor and mentee but should reflect sensitivity to the articulated goals and objectives of the mentoring relationship for each season.

Frequency of evaluation and feedback: _____

9. Make mid-course corrections as necessary.

As with any relationship, changes and adjustments may need to be made along the journey. If you or the mentee sense changes are needed in either process or purpose, articulate and agree upon the changes together. Remember to work from clarification rather than assumption.

We have established the fact that changes and adjustments to this covenant may need to be made in process or purpose and have committed to acknowledge these changes with one another in order to operate from an understanding of clarity and not assumption. Yes_____ No_____

10. Bring closure to the relationship at the appropriate time.

Taking time to review the mentoring journey at the end of the pre-determined time frame helps to bring a sense of closure to the season of mentoring.

When one of us feels that it is time for our mentoring relationship to end, we agree to bring closure to our covenant and honor the confidentiality of what was shared going forward. We covenant to lovingly relate to one another as Christian brothers and sisters into the future. Yes_____ No_____

Signed

Mentor _____

Mentee _____

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



	Very Definite/ Always (4)	Sure/ Usually (3)	Think So/ Sometimes (2)	Not Sure/ Seldom (1)	No Never (0)
Response to God's call to relate to and through Him by Grace:					
1. I believe Jesus is the 'Son of God,' that He died for me, rose again and there is no other way to God except through Him.					
2. There is a definite time when I asked God to come into my life and relate to me as my personal Savior and Lord.					
3. I have answered Christ's call to "repent and believe." I know my sins have been forgiven and feel assured of my salvation.					
4. I have publicly acknowledged Christ through baptism.					
5. I regularly draw upon God's power-filled Grace as I forgive others in my life who sin against me.					
6. I can clearly share the Gospel with others.					
7. I intentionally share the Gospel, in word and deed, with others on a regular basis in an effort to connect them to God through Jesus in the power of the Holy Spirit.					
8. I have tried to build a friendship and reach out to at least one non-Christian person over the last month.					
Page 1 Totals:					



	Very Definite/ Always (4)	Sure/ Usually (3)	Think So/ Sometimes (2)	Not Sure/ Seldom (1)	No Never (0)
Response to God's call to make it my goal to Glorify God with my life:					
1. I regularly attend worship services.					
2. I am willing to suffer, to lose all, or even to die for Christ.					
3. I have learned the importance of submission to God and I desire to submit to Him and His transformation process in my life so that He will be glorified in and through my life.					
4. I am committed to love and honor Christ at home, in my work, with my possessions, and in all my relationships.					
5. I consider myself to be someone who strives to experience and express love in all that I do.					
6. When encountering hardships and criticism, I am aware of the working of the Holy Spirit in my life.					
7. I am learning from my difficulties and finding rest in God's sovereignty.					
8. I understand that the purpose of the church is to accomplish the Great Commission (Matthew 28:18-20; Ephesians 3:10).					
9. I clearly show to those I live and work with my Christian commitment by my words, attitudes and actions in order to bear witness to God's glory.					
10. I am more concerned to win God's approval in what I do than to win the approval of others.					
Page 2 Totals:					



	Very Definite/ Always (4)	Sure/ Usually (3)	Think So/ Sometimes (2)	Not Sure/ Seldom (1)	No Never (0)
Response to God's call to Grow toward Christlikeness:					
1. I trust the Bible as God's Word and regularly spend time studying, meditating on and applying the truths of God's word to my life.					
2. I spend time daily seeking God through prayer including aspects of prayer like: Adoration, Confession, Thanksgiving, Praying for others, Praying for God's work in the world and Listening.					
3. I understand the need for Bible study, prayer, and attending church worship services as part of the growth process.					
4. I have prayed through and discerned goals for my personal spiritual development with the help of mentors.					
5. I have a God-discerned plan for my health and growth in most areas of my life.					
6. I have a clear understanding of "the abundant life" that Jesus desires and modeled for me.					
7. I clearly understand what it means to love God with all of my heart, soul, mind and strength, and I have a plan to grow in experiencing and expressing God's love.					
8. I have a clear understanding of the journey of transformation that God is inviting me to choose.					
9. I believe in the reality of evil in the world, and I understand how Satan resists God's work in bringing transformation in my life.					
10. I am seeking God's transformation in my life every day.					
11. I regularly practice basic Christian disciplines like prayer, Bible study, fellowship and worship, while adding new ones.					
12. I believe that the life I live trains me for the life I am going to lead, and I am committed to being trained in righteousness so that God will bear eternal fruit through my life.					
13. I am learning the importance of developing Godly inner character over the mere external observance of God's commands.					
14. I understand that growth towards Christlikeness requires accountability, process and perseverance, and I am committed toward this end.					
15. I do the daily planning, tracking, and evaluating of my time necessary to keep on track and growing.					
Page 3 Totals:					



	Very Definite/ Always (4)	Sure/ Usually (3)	Think So/ Sometimes (2)	Not Sure/ Seldom (1)	No Never (0)
Response to God's call to serve in His Kingdom in divinely empowered ways:					
1. I understand what Scripture teaches me concerning my universal calling of servanthood to be a minister of compassion.					
2. I understand my unique calling of servanthood and what Scripture teaches about the interdependent nature of serving in His kingdom.					
3. I understand what my spiritual gifts are and how God desires for me to serve Him.					
4. I model servant leadership/followership according to my giftedness.					
5. I depend upon God to meet my needs.					
6. I understand spiritual warfare and the resources that God has equipped me with to withstand the attacks of the evil one.					
7. I take an active part in serving in the life and ministries of the church.					
8. I am using the spiritual gifts and original abilities God has given me to build up others.					
9. I seek each week to encourage, help, or perform a kind deed to help those God brings my way.					
10. I am serving on ministry teams which utilize God's greatness in and through my life in concert with that of others.					
11. I am regularly experiencing how God shows up powerfully through servanthood.					
12. The Fruit of the Spirit (Love, Joy, Peace, Patience, Kindness, Goodness, Faithfulness, Gentleness and Self-control) is clearly seen in my life.					
Page 4 Totals:					



	Very Definite/ Always (4)	Sure/ Usually (3)	Think So/ Sometimes (2)	Not Sure/ Seldom (1)	No Never (0)
Response to God's call to do life together in Groups of Biblically functioning community:					
1. I meet regularly with other Christians for worship, fellowship, teaching, ministry, prayer and evangelizing our friends.					
2. I meet regularly with others in a small group to share our lives, pray for one another, explore the Scriptures, help each other grow and provide a safe place to be held accountable.					
3. As far as it depends on me I try to live in harmony and unity with other Christians, as God empowers me to demonstrate His love, acceptance and forgiveness.					
4. I am familiar with the "one anothers" of Scripture and strive to live them out in my relationships.					
5. I understand the Biblical concept of blessings and curses and the power that they have in my life.					
6. I regularly confess my sins to others, especially those whom I have sinned against.					
7. I am willing to lovingly confront sin in the life of another believer.					
Page 5 Totals:					



	Very Definite/ Always (4)	Sure/ Usually (3)	Think So/ Sometimes (2)	Not Sure/ Seldom (1)	No Never (0)
Response to God's call to live as a Good Steward of my life:					
1. I have a clear understanding of God's mission for my life.					
2. I understand life to be a gift from God that I am accountable to steward with the decisions that I make.					
3. I understand God's guidance as it pertains to financial stewardship and faithfully obey as a diligent earner, wise saver, generous giver, prudent consumer, and cautious debtor.					
4. I have sought out and feel like I understand God's perspective on my Passions, Upbringing, Resources, Personality, Original Abilities, Spiritual Gifts and Love Language.					
5. I understand how my beliefs are formed and how they influence my behavior.					
6. I feel like I am on a journey with God toward understanding and realizing my life's potential.					
7. I understand the seven deadly sins and the opposing virtues that God encourages me to strive towards.					
8. I understand my sin tendencies and I am intentionally pursuing God's life-giving virtues in my life.					
9. I understand the impact of my upbringing and how the ways in which I have been nurtured impact my desires, feelings, thoughts and actions.					
10. I live my daily life according to the plan that I have discerned God wants me to live out.					
11. I regularly give at least a tenth of my income towards God's work.					
12. I submit my body to Christ's control in what I eat, in self-discipline and exercise, and in keeping morally pure.					
13. I let Christ's control come over what I read, hear, watch and think about.					
Page 6 Totals:					



	Very Definite/ Always (4)	Sure/ Usually (3)	Think So/ Sometimes (2)	Not Sure/ Seldom (1)	No Never (0)
Response to Christ's call to seek and share His Guidance:					
1. I recognize God at work in my personal life and in the world daily guiding people to do His will.					
2. I engage in regular mentoring relationships where I seek the guidance and wisdom of God through others.					
3. I engage in regular mentoring relationships where I offer the guidance and wisdom of God to others.					
4. I understand the role that attitude plays in my daily decision making and life experience.					
5. I understand what the Bible teaches about Godly attitudes toward life, and I habitually choose them to guide my life.					
6. I believe that my sinful nature combined with the influence of evil in the world co-conspire to lead me away from God and His abundant life for me.					
7. I have been trained to mentor others and help them mature in their faith using a Biblical growth process.					
8. I am able to discern between man's version of God's teaching and God's intention behind His Word.					
9. Over the past month I have helped to influence, encourage, disciple or train at least one other person to follow Jesus more fully.					
Page 7 Totals:					



Tally	Page Total	4	3	2	1	0
Page 1 Totals - Grace - 32 Possible						
Page 2 Totals - Glorification - 40 Possible						
Page 3 Totals - Growth - 60 Possible						
Page 4 Totals - Gifts - 48 - Possible						
Page 5 Totals - Group - 28 Possible						
Page 6 Totals - Good Stewardship - 52 Possible						
Page 7 Totals - Guidance - 36 Possible						
Grand Total						
Final Score						

Score	Comments
223-296	Christ-centered – You are well on your way as a follower of Jesus, but keep on going! There are still important steps ahead of you.
149-222	Close to Christ – You have made some good progress as a follower of Jesus. But don't become a half-hearted follower. There is much more for you to do in some important areas of discipleship. The assistance of a mentor will definitely help you move towards Christ-centeredness.
75-148	Growing in Christ – You have made a beginning in some areas, but your following is still loose and distant. Jesus is calling you to follow Him more closely.
0-74	Exploring Christ – Your following is very weak at present. (Perhaps you are a New Christian or have not yet really started). Are you prepared to clearly answer Jesus call and become His disciple?

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Name of Mentee _____

Duration of Meeting _____

What is the focus/purpose of this session? _____

Our Lord and Our God, Father, Son and Holy Spirit, we come seeking your blessing and good will for our lives. Please guide, empower, and encourage us as we meet today to embrace Your presence, steward our lives from Your perspective, and realize our potential through Your power. By the power of Your Spirit we ask you to create a holy space amongst us where we can commune with You! You are the potter. We are the clay. Mold us and make us. Have absolute sway. In Jesus' name we pray. Amen.

[illegible]

Closing Prayer (Always remember to close each Session in prayer. Use the following guideline and sample covering prayer listed below to guide you. We call it the A.C.T.S.L.C. Covering Prayer Model.)

Adoration - Pray for significant issues shared during the session.

Confession - Encourage your mentee to confess any sins and significant issues shared during the session.

Thanksgiving - Encourage your mentee to Thank God for what He is doing in his/her life.

Supplication - Encourage your mentee to pray to God about whatever or whomever is on his/her heart.

Listening - Spend time in silence together listening for anything you hear God saying.

Covering Prayer - When you feel prompted, close with a covering prayer like the one below.

Covering Prayer (Based on prayers by Dr. Francis McNutt.)

“Lord Jesus, thank you for being with us today in this coaching session. Cleanse us of any sadness, negativity, or despair that we might have picked up. If this session has tempted us to anger, impatience, or lust, cleanse us of those temptations and replace them with love, joy, and peace. If any evil spirits have attached themselves to us or oppressed us in any way, we command you, to depart – now – and go straight to Jesus Christ for Him to deal with you as He will. Come Holy Spirit, renew us, fill us anew with your power, your life, and your joy. Strengthen us where we have been weak and clothe us with your light. Fill us with life. Lord Jesus, please send your Holy angels to minister to us and our families – guard us and protect us. We praise you now and forever, Father, Son, and Holy Spirit and we ask these things in Jesus’ Holy Name, that He may be glorified. Amen.”

Mentor Review - God Sightings

Here are some ways I saw God at work in the *mentee* during this session:

Here are some ways I saw God at work in *me* during this session:

Mentoring Question Bank

Ego Analysis (Martin Sanders)

Deprivations:

What do I feel that I am missing?
(To be happy, fulfilled, balanced, etc.)

What are my expectations, assumptions, and values? (About myself, about life, etc.)

What am I like in my dreams and fantasies?
(Appearance, personality, job, etc.)

Inhibitions and inabilities:

Am I aware of my inner needs? What are they?

Can I acknowledge my need(s) and express those feelings? List them.

Am I able to ask for or otherwise obtain what I want/need?

Impulses and feelings:

Do you often experience feelings/senses that you do not express? List them.

Do you experience feelings of fear or other painful feelings? List them.

Which of the following emotions do you experience most: Sad, Angry, Scared, Hurt, Happy, Excited, Tender?

Defenses:

Identify which of the following you utilize most often:

Denial: Not me, it didn't really happen, I can't remember...

Fantasy: What if...

Repression: Inability to recall or remember...

Rationalization: Making excuses or saying "it doesn't matter"

Emotional Isolation: Withdrawing, Intellectualization

Ego Functions:

How do I see myself in relation to others?

Do I see myself differently than others see me?
If so, how?

How do I handle frustration or people differences?

How willing am I to adapt to different situations or people?

Problems in relationships:

How well do I express myself with others?

Can I confidently stand up for what I believe?

Can I accept criticism and learn from it?

Do I tend to blame?

Do I fear intimacy?

Top Ten Favorite Questions (Bobb Biehl)

1. World's most powerful question: Why?... Why?...Why?...Why?
2. The ideal question: What is the ideal?
3. The best question to gain a short term big picture: If we could only do three measurable things in the next 90 days which would make a 50% difference, what would we do? (Steve Douglas)
4. The best question to focus your priorities: If you could only accomplish three measurable things some time before you die...what would you do?
5. A great question to help understand adult behavior: What were you like in the 4th grade?
6. The question which clarifies the dream: How do you plan to make the most significant difference for God in your lifetime?

7. The best spiritual probe question: What three changes in your life would most please Eternal God in His Holy Heaven?
8. One of the most helpful personal focus questions: What do you see as your single greatest strength? What do you do best?
9. Best counseling question for friends under pressure: Is something heavy on your shoulders today?
10. Best career counseling question: If you could do anything you wanted, God told you that you were free to choose, you had all the time, money, staff, education, etc. you needed, and you knew for certain that you couldn't fail, what would you do?

Spiritual Inventory (Don Bubna)

What is one joy and one struggle you're experiencing in your life or ministry?

How would you describe your walk with God this past year?

Could you give a thumbnail sketch of your spiritual history?

How did you first come to believe?

In your devotional life, what is one thing you've recently discovered?

How would you finish this sentence:
"I feel good about my walk with God when...?"

What have been some of the ups and downs of your spiritual life since you came to faith?

How has the church helped you in your spiritual development?

Questions for Accountability (Gordon MacDonald)

Where are you with God right now?

What have you read in the Bible in the last week?

What has God been saying to you in your Bible reading?

Where do you find yourself resisting God these days?

What specific things do you find yourself praying for regarding others? Regarding yourself?

What specific tasks are facing you that you consider incomplete?

What habits are intimidating you at present?

What have you read in the secular press this week?

What general reading have you been doing?

How are you doing with your spouse? Your kids?

If I were to call them on the phone right now and ask them, on a scale of 1-10 how loved they feel by you, how would they respond?

Are you sensing any spiritual attacks from the enemy this week? Today?

Where are you financially?

Are there any unresolved conflicts in your circle of relationships right now?

When was the last time you spent time with a friend of the same gender?

What kind of time have you spent with a non-Christian this week?

What challenges do you expect to face in the coming month?

What are your fears at the present time?

Are you sleeping well?

What three things are you most thankful for?

Do you like yourself at this point in your pilgrimage?

What are your greatest confusions about your relationship to God?

Mentoring Question Bank

List Five Questions (Bobb Biehl)

List five of the following:

- Personal or professional milestones
- Proudest moments
- Time-honored or favorite family traditions
- Principles that have been essential to your success so far
- Things you really value
- Things that make you pound the table/weep with compassion

Emotional Mysteries (Bobb Biehl)

You can better understand yourself by trying to understand your actions and reactions in life.

Identify the following and consider what they have in common:

- Naturally Energizing People
- Naturally Energizing Activities
- Naturally Draining People
- Naturally Draining Activities

Assessment Questions (Martin Sanders)

The Power of God

Describe your character in a short word or phrase.

Describe ways in which people would describe you as a person of integrity.

In what ways have you seen the power of God work in your life? Are there any barriers holding it back?

Character, Integrity and Congruence

Are you aware of any emotional baggage or sin that you need to leave behind or at the foot of the cross?

Describe it.

Are you fully aware of your dark side? Have you faced it or do you hide from it? Describe it.

List any area(s) that need to be addressed for you to be a person of congruence.

Character benchmarks and hindrances to God's power

When you look over the character benchmarks of your life, what do you want to be most known for?

Is there a direct correlation between the way you are currently investing your life and the person you want to be?

Can you identify one or more areas of hindrance to the power of God in your life?

Fulfilling your mission

Do you have a good sense of how God wants you to invest your life? Describe it.

Are your confessions current? Is your repentance complete?

If you were to realize the most significant dreams of your life, are they more likely to draw you nearer to God or draw you further away?

12 Mentoring Questions⁶

(Carson Pue)

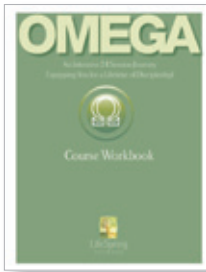
1. What are three things you would like to see changed about yourself?
2. If I were to ask your spouse (or closest friend) about your state of mind, state of spirit, state of energy level, what would the response be?
3. What significant life lessons have you learned from suffering?
4. Have you spoken to anyone else about this specific challenge before?
5. Can you think of a negative experience that resulted from one of your blind spots? Tell me what happened.
6. Is there anything in your life that you need to let go of?
7. What are the principles you hold most dear?
8. Is there an activity or outing that we could do together which would assist us in our mentoring relationship?
9. What kind of time have you spent with anyone who is a non-Christian this past month?
10. Who are the most significant individuals in helping you move forward with your dreams and life goals?
11. What is your own unique and particular place of ministry in your world?
12. Can you describe a time in your life or leadership when you have been able to stay focused and remain self-confident amidst a real challenge?

Peer Mentoring Questions

(Martin Sanders)

- Describe your personal goals for the next year.
- Describe any fears or frustrations you face regularly.
- What failures have you encountered in the last year or two and how did you respond to them?
- Do you ever find yourself playing it safe out of fear of future failure? Describe it.
- What do you do for fun? How regularly do you do it?
- Describe your favorite leisure activity? How often do you incorporate it into your weekly schedule?
- What does a typical “Sabbath” look like for you? What are your regular practices of rest, relaxation, reflection, and renewal? Describe them.
- What sin(s) seem to come up in your prayer life that you frequently ask God to forgive? Does it also need to be addressed in a manner other than confession? Identify the patterns of sin and confession.
- Is it difficult for you to receive forgiveness and “feel” forgiven?
- When are you tempted to abuse power? What does that look like for you?

Omega Course Resources



Omega Course Workbook

The Omega Workbook is a great way to follow along and take notes with the Omega sessions. You'll also find all of the graphics and descriptive charts that we use in the power point presentations. Included in this workbook is an extensive appendix filled with additional Scripture references and in-depth descriptions of various content found throughout Omega. Lastly, each session includes a set of reflective questions to help you process the information individually and with your group or mentor.



Omega Personal Development Guide

This guide complements your Course Workbook, takes you deeper into the Scriptures covered in the session and contains your homework. Each session branches out into three daily devotionals using the Scriptures found within each session of the Omega Course. This helps you absorb the content as you spend time reflecting on and applying each Scripture. The homework is designed to guide you towards creating your Personal Development Plan. Used in conjunction with the Omega Course Workbook and mentoring relationships, this guide helps you process and record God's wisdom and guidance for your life.



Omega C.O.R.E. Small Group L.E.A.D.E.R.'s Guide

Take your group to a deeper level with the Omega C.O.R.E. Small Group L.E.A.D.E.R.'s Guide. Built on the four objectives found in every session of Omega, the Small Group Leader's Guide provides evaluation questions for you to gauge how your members are processing the material. Additionally, we provide ideas for methods and moments for sharing your own stories, personal mentoring questions, and learning experiences that can be done individually or as a group. Together, you'll move closer to realizing life's potential. This guide complements the Omega C.O.R.E. Small Group L.E.A.D.E.R. seminar.



Omega Course DVDs and Audio CDs

Watch or listen to the Omega Course at your convenience: in the kitchen, on the train, or even in the living room in your pjs (we won't tell). Supplement your live seminar experience and revisit sessions that you would like to see or hear again. You can also use these resources to run an Omega Seminar (one session) or the entire Omega Course (series of 24 sessions/seminars) for your own family, small group, church or organization.

Omega Course Resources

OMEGA

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



The six-part Omega Course Workbook Series

We have created bite-sized workbooks to help you to introduce the Omega Course to your community four sessions at a time. Each workbook combines the content of the Omega Course Workbook and the Personal Development Guide so that the material for each session is all in one place. You can follow along and take notes, find all of the graphics and descriptive charts that we use in the power point presentations, and reference an extensive appendix filled with additional Scripture references and in-depth descriptions of various content found throughout Omega. Additionally each session contains four sections to aid you in maximizing your transformational journey: Omega Course Content, Discussion and Reflection Questions, Daily Devotionals and a Personal Development Plan/Homework.

Part 1 - Abundant Living - Sessions 1-4

Explore what the Scriptures say concerning Stewarding Life, Unpacking Mission, Abundant Living and the Seven Values of Abundant Living.

Part 2 - Biblical Humanity - Sessions 5-8

Explore what the Scriptures say concerning Our Core Identity, Being Fully Human, Essential Intimacy and Contagious Community.

Part 3 - Calling of Servanthood - Sessions 9-12

Explore what the Scriptures say concerning being Called to Serve, Stewarding Resources, Empowered to Serve and The Freedom of Servanthood.

Part 4 - Committing to Transformation - Sessions 13-16

Explore what the Scriptures say concerning the Journey of Transformation, Choosing to Transform, Resistance to Transformation and Blessings and Curses.

Part 5 - Know Thyself - Sessions 17-20

Explore what the Scriptures say concerning Realizing Life's Potential, Pressing into God's Purpose, the Power of Believing and the Seven Deadly Sins.

Part 6 - Running the Course - Sessions 21-24

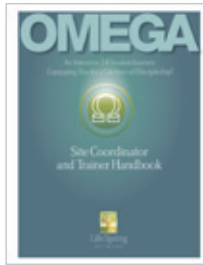
Explore what the Scriptures say concerning the Joy of Discipline, Godly Goal Setting, Aligning with God and Training for Abundant Living.

Online Community

Log onto the website to take part in the Life Spring Network online community. Read through our **blog** for thoughts, insights and ideas from Omega Trainers, Mentors and the Life Spring Network (LSN) Staff. Watch training videos, testimonials and read devotional thoughts. **Visit our resources section for free video, audio and material resources.** It's a great place to find recommended resources to take you deeper into various aspects of the Christian faith or to recommend to others you mentor.

Visit www.lifespringnetwork.org to get these and additional free resources which are designed to supplement and support your Omega Experience.

Omega Experience Resources



Leading the Omega Experience Conference

Over the course of this conference, you will be equipped to understand and implement the entire Omega Experience, from mentor and small group leader training, Pre-Omega and Post-Omega church-wide seminars, to facilitating the church-wide Omega Course and everything in between. This conference is a must for anyone aspiring to become a licensed Live Omega Course Trainer.

Omega Site Coordinator and Trainer Handbook

Everything you need to know to facilitate the Omega Experience in your own context. Role portraits help you to select just the right people for your Omega team. A full year planning checklist addresses all of the logistical needs. The Trainer Planning Guide comes with complete outlines, time frames, objectives, and follow-up learning experiences that will ensure a rich and full experience for all Omega participants. This handbook includes a resource disk with all 24 sessions of the Omega Course on PowerPoint and Keynote, in addition to the reproducible resources that you can use to track, personalize and promote your Omega Course.

Omega Mentoring and Life Coaching Handbook

This manual provides you with concepts, questions and strategies that will make your mentoring and life coaching truly transformational. Included are practical principles and coaching points for all of the major aspects of each session of the Omega Course. This guide is the distillation of our best mentoring paradigms, tools and training to aid you as a mentor and life coach of others.

Omega Course Leadership Training Seminars

Omega C.O.R.E. Small Group L.E.A.D.E.R. Seminar

Equip your small group leaders to help participants realize life's potential with Omega. This four-hour seminar gives your leaders a brief history and overview of Omega, shows them how to utilize the Small Group Leader's Guide for maximum effectiveness in facilitating their group and takes small group leadership to the next level with Life Spring Network's C.O.R.E. small group L.E.A.D.E.R. paradigm.

Omega Mentor Training Seminar

Start a mentoring movement in your own church or congregation by hosting or sending your leaders to this dynamic one-day seminar/retreat. Participants will dive into the deeper aspects of mentoring that include: The Power of Transformational Ministry, Principles of Mentoring and Coaching, and Mentoring Others Using the Omega Content.

Visit www.lifespringnetwork.org to get these and additional free resources which are designed to supplement and support your Omega Experience.

Additional Live Seminars

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Pre-Omega Course Church-wide Seminars

The Mentoring Connection Seminar and Workbook

Life Spring Network, in conjunction with Arrow Leadership, offers a dynamic four-hour training seminar designed to equip and encourage people in the local church to intentionally invest in others through mentoring. In this seminar, you will explore models of mentoring and your role in this legacy ministry. Integrated into the workbook are 23 follow-through challenges to help you keep learning when the workshop is over.



Creating a Connection Culture Seminar and Workbook

Based on the book *Fired Up or Burned Out* co-authored by Jason Pankau, the Creating a Connection Culture Seminar will teach you how to create a connection culture for your church, ministry or business. In this practical and inspiring four-hour seminar, you will learn three key elements and two core elements that can empower you to transform even a lethargic, disconnected church, ministry or business into an impassioned, innovative, and thriving environment by unlocking the potential of your corporate Heart, Soul, Mind and Strength.



Post-Omega Course Church-wide Seminars

Empowered Servanthood Seminar and Workbook

This seminar is designed to help people better understand their unique call to servanthood, including understanding and identifying spiritual gifts and pursuing next-step ministry opportunities! More than just another Spiritual Gifts course, this one-day (eight-hour) seminar helps people understand their divine P.U.R.P.O.S.E. (Passions, Upbringing, Resources, Personality, Original Abilities, Spiritual Gifts and Experience with Love) and how we are created to serve one another. It further develops and expands the P.U.R.P.O.S.E. paradigm introduced in the Omega Course and personalizes the application. This material is perfect for weekend retreats or a multiple-session class format.



Making Cent\$ Seminar and Workbook

This seminar is designed to help people achieve financial freedom from God's perspective. This seminar examines what the Scriptures say about money and money management in the areas of earning, saving, giving, borrowing, consuming, budgeting and investing. It then translates that knowledge into wisdom and helps people develop a personal financial plan for stewarding the resources entrusted to them. This four-hour seminar can easily be taught on a Saturday morning or Sunday afternoon after regular church services.



U.N.I.T.Y. in Marriage Seminar and Workbook

This seminar is designed to help you build a marriage that experiences and expresses the love of God. This seminar examines what the Scriptures say about marriage and uses the U.N.I.T.Y. in Marriage paradigm to help couples build a Godly foundation for their marriage. This material is perfect for weekend retreats or a multiple-session class format.

Visit www.lifespringnetwork.org for more information or to schedule a live seminar for your church, organization or group today.

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

