

OMEGA

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



Commit to Transformation

Sessions 13-16



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COURSE WORKBOOK – PART IV

Life Spring Network

Author and Primary Trainer of The Omega Course

Quick Bio:



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

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

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

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

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

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Published by Life Spring Network
Itasca, Illinois

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P.O. Box 782
Itasca, IL 60143

ISBN: 978-0-9841619-3-5

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The 18 Natural Laws, Identity Roles Paradigm, P.R.E.P.²,
Life Focus Process, 7 G’s

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The background of the page is composed of three horizontal bands of color: a light green top band, a darker green middle band, and a yellow bottom band. On the right side, there is a vertical strip containing a stylized illustration of a tree. The tree's canopy is rendered in shades of yellow and green with dark, thin lines for branches. The trunk and roots are depicted in brown and green tones, extending down to the bottom of the page.

Introduction

Introduction

Welcome to the Omega Course!

Welcome to Omega! Omega is a 24 Session Journey, Equipping You for a Lifetime of Discipleship! Jesus said, “I am the Alpha and the Omega...” (Revelation 1:8). In essence, He was saying “I am the beginning and the end.” Therefore, as developing disciples of Christ, we begin this journey with the end in mind: that end is the person of Jesus – the OMEGA (Ω)!

What to Expect

- An intensive introduction and overview of the Christian faith which will equip you for a lifetime of discipleship.
- A Life Stewardship perspective and a Biblical worldview through 18 laws that serve as guideposts for the journey.
- A better understanding of how to focus your life and the lives of others whom you are trying to guide in their faith through the Life Focus Process.
- Clarity on God’s Mission for our lives including His Vision, Values, Priorities and Identity Roles.
- Understanding and motivation for further adult education and transformation in every aspect of the Christian faith.
- The foundation for a lifestyle of mentoring and a personalized discipleship journey.
- Practical instruction on how to live your faith through focusing your time and life management based on Biblical principles and wisdom.

This Workbook

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

Introduction

OMEGA

Welcome to Part Four - Sessions 13-16

Each Session contains four sections to aid you in maximizing your transformational journey.

Section I: Omega Course Content

The Omega Course Content contains the key scriptures, paradigms, teaching notes and space to write down your insights for each session.

Section II: Discussion and Reflection Questions

At the end of each session are a list of discussion and reflection questions to guide you group interaction and help you reflect on what you are learning.

The Personal Development Plan

Between sessions, the final two sections will take you deeper into the Scriptures through daily devotionals and homework which focuses your Personal Development Plan. You know the rule: “You get out what you put in!” We encourage you to make room in your week to include this vital part of the course. It won’t be the same without it!

Section III: Daily Devotional

Personal Development Guide. This guide is designed to be a powerful supplement to your journey through Omega. Inside you will find:

Spend three days a week going deeper with the Scriptures found in or related to each session of Omega. Each day provides you with:

Context:

The context of the Omega Course where the Scripture is located.

Preparation:

An aspect of God’s character to spend a moment pondering or reflecting on.

Meditation:

The actual Scripture verse used in or related to the Omega session.



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

Introduction

Revelation:

Three questions meant to spark your thoughts about the verse and how it intersects with your life.

Application:

Two suggestions of ways you might apply a concept or imperative found in the verse to your life for that day.

Reflection:

A short prayer mirroring the verse or an idea in the verse.
(Feel free to make your own!)

Section IV: Personal Development Plan - Homework

Be the co-author of your own personal development plan by completing your weekly homework assignments. Use this Guide when you meet with your mentor or life coach to fully maximize your journey and take one step closer to realizing life's potential in Christ!

You get out what you put in.

You reap what you sow.

Do the work and you will grow.

Maximizing Your Journey

OMEGA

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In order to maximize your Omega Experience, we recommend that you immerse yourself in the experience in the following ways:

1. Commit to journeying through the course in the allotted time, whether at a live site or with our video or audio resources.
2. Complement your journey through the course by spending time with the Omega Personal Development Guide each week.
3. Get the course on DVD, CD, or MP3 and review what you are learning. This will give you an opportunity to slow down the sections that you find personally challenging or intriguing.
4. Form or join a weekly Omega Small Group that will help you process the material and offer one another encouragement and accountability as you journey through the material together.
5. Invite someone to mentor you once a week while you are taking the course to help you to seek God, discern what the Spirit is saying to you, and encourage you as you proceed through the Life Focus Process.
6. Set aside a day or more each week during your journey to fast, pray and listen for God's guidance in your life. Record your reflections on these times in your Omega Personal Development Guide.
7. Visit the website to stay updated on the latest Life Spring Network News and Events. Check out recommended resources, and connect with other Omega participants from all over the world!



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

OMEGA Covenant Commitment

Date: _____

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

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

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

Signed _____

We recommend that you engage in this journey in community.

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

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 trunk and roots are rendered in dark, expressive lines, with the roots spreading out at the bottom. The foliage is depicted with broad, textured brushstrokes in shades of yellow, green, and white. The overall composition is abstract and artistic.

Session 13

The Journey of Transformation

In this session participants will:

Cognitive (Knowing Objectives)

- Understand principles of the Road of Life and the Cycle of Renewal.

Affective (Feeling Objectives)

- Feel empowered to pursue God's transformational training in righteousness.

Behavioral (Doing Objectives)

- Fully engage in the Cycle of Renewal as a means to spiritual maturity.

Existential (Lifelong Objectives)

- Commit to pursuing God's "narrow way" on the Road of Life with an awareness of the obstacles and resources available to us through God and His church.



Review

In Session 12 we discussed:

- Law 8: The Law of Servanthood
- The LFP Level 1: Clarifying God's Mission for Our Lives
- God's Mission for Our Lives

Identity Roles

Called Servant

Profession

Mentee/Mentor

Life Focus Process Level 2: Commit to Transformation



The journey of faith is not without its trials and tribulations. Many times new believers will encounter trouble and find themselves asking, "What happened?" It is important to take a look at the process of transformation and what to expect along the way so there are no surprises.

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.

[Isaiah 64:8, Romans 12:1-3; 2 Corinthians 3:16-18]

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

— Jason Pankau



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Session 13: The Journey of Transformation

Isaiah 64:8

“Yet, O LORD, you are our Father. We are the clay, you are the potter; we are all the work of your hand.”

Romans 12:1-3

“Therefore, I urge you, brothers, in view of God’s mercy, to offer your bodies as living sacrifices, holy and pleasing to God – this is your spiritual act of worship. ² Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is – his good, pleasing and perfect will. ³ For by the grace given me I say to every one of you: Do not think of yourself more highly than you ought, but rather think of yourself with sober judgment, in accordance with the measure of faith God has given you.”

2 Corinthians 3:16-18

“But whenever anyone turns to the Lord, the veil is taken away. ¹⁷ Now the Lord is the Spirit, and where the Spirit of the Lord is, there is freedom. ¹⁸ And we, who with unveiled faces all reflect the Lord’s glory, are being transformed into his likeness with ever-increasing glory, which comes from the Lord, who is the Spirit.”

Transformation

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

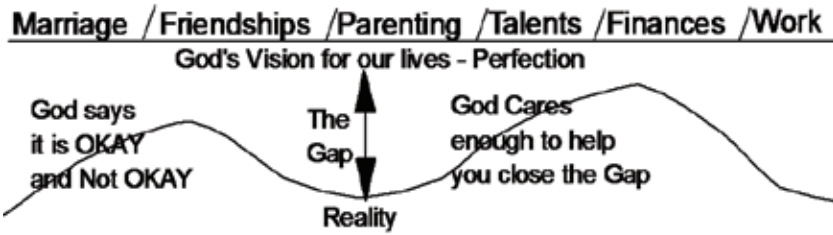
Our Need for Transformation: Understanding “The Gap”

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

Reflective Question:

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

Understanding the Gap



Remember:

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

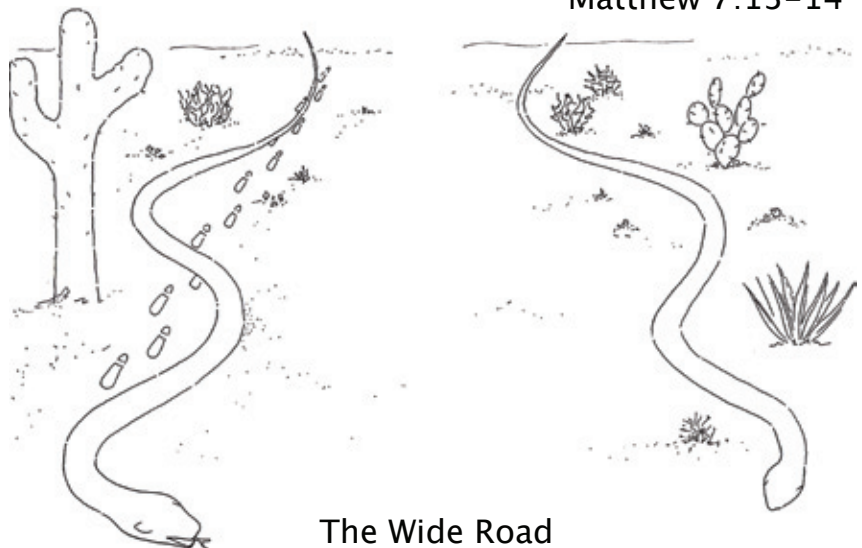
The Road of Life¹⁰

Matthew 7:13-14

“Enter through the narrow gate. For wide is the gate and broad is the road that leads to destruction, and many enter through it. ¹⁴ But small is the gate and narrow the road that leads to life and only a few find it.”

The Wide Road to Destruction

Matthew 7:13-14



Reflective Question:

What characteristics of the narrow road do you find in this text?

Session 13: The Journey of Transformation

Reflective Question:

What makes the wide road enticing?

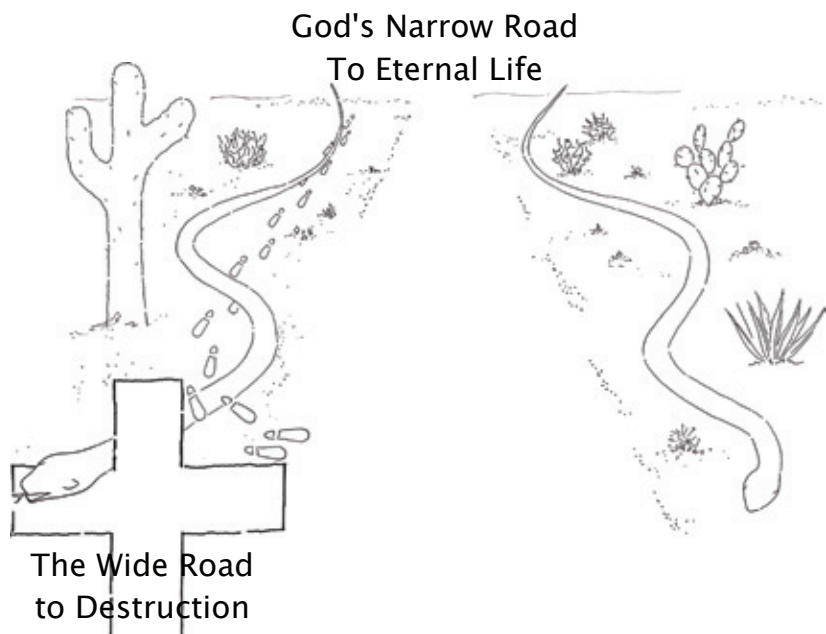
The Wide Road to Destruction, continued

The wide road reflects the world's system that ultimately leads to destruction. We are all on a journey and we all have decisions to make along that journey. The road of life is difficult because we have an enemy who tries to distract us from finding the abundant, balanced, Spirit-led life for which we were created.

Ephesians 6:12-13

“For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms.”¹³ Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand.”

The Narrow Road to Eternal Life



Session 13: The Journey of Transformation

OMEGA

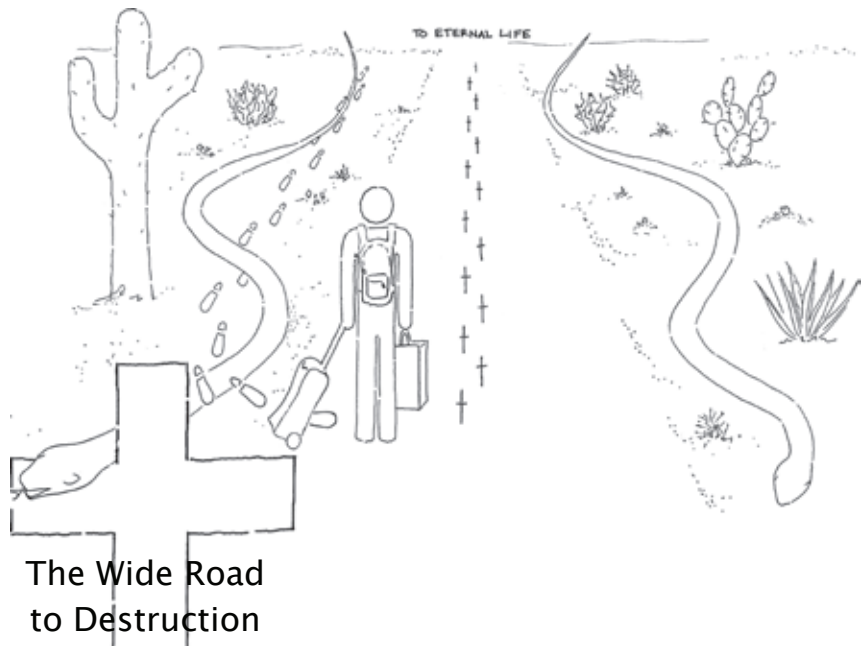
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*"When we choose this new path
our destiny is sealed...not because of
what we have done...but because of
what He has done for us."*

— Jason Pankau

The Turning Point

Before we accept Christ, we are all moving along the path toward destruction. Some are farther along the road than others. Christians are people who have come to the reality that we are the problem and that we are in need of God's grace to help us find our purpose for living. When we ask Jesus Christ to come into our lives and be our Lord, we die to our old lives, repent (or turn) and begin to follow God. This is when we embark on the narrow road that leads to eternal life.



The Wide Road
to Destruction

Remember:

Before Christianity
was known as
"Christianity" it was
known as "The Way."



The New "Way"

Once we have received God's free gift of grace, God shuts the door on our old destiny, and begins His transformation process. We all bring in our fair share of baggage that needs to be discarded over time. The good news is that we have an example in Jesus of how to live our lives. The key is to study His life of love and follow in His footsteps. We can study the way He lived and loved and went through life and replicate that "way," and experience more abundant life as we do so.

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

Session 13: The Journey of Transformation

Remember:

The 7 G's: **Groups** provide the optimal environment for life change.

The Role of the Church

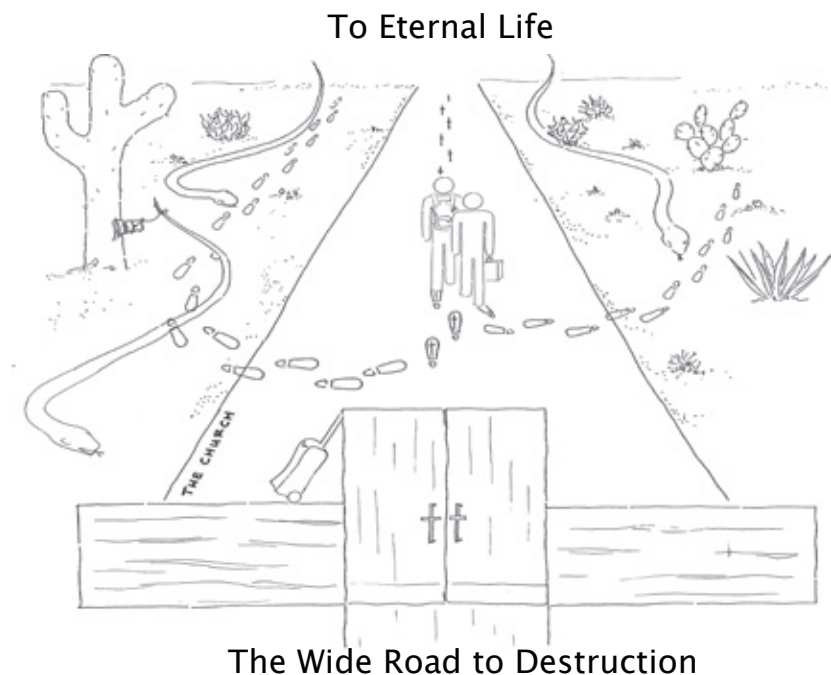
On the journey, off-ramps (our own baggage and the influence of the evil one) exist that we may be tempted to take. The love and nurture of the church can help bring us back to God and strengthen our resolve.

The evil one loves to get us to try to do it all on our own because when we're isolated it's easier to get us to choose an off-ramp. The good news is that God tells us that whenever two or three are gathered in His name, we have the power to resist the temptations of the evil one. The community of faith is the essence of this kind of corporate support.

As God uses His Church to mature us, our lives will begin to look more and more like the life of Jesus. In order to experience transformation we need to submit ourselves to the Church and to this process.

Reflective Question:

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



Reflective Question:

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

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

— Jason Pankau

"Sometimes God sends more revelation...for me sometimes it is in the form of a 2 X 4."

— Jason Pankau



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,¹⁷ so that the man of God may be thoroughly equipped for every good work."

Revelation

Revelation from God leads the process.

Reproof or Rebuke

Reproof challenges our status quo.

Session 13: The Journey of Transformation

Repentance

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

Correction

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

Restitution

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

Trained in Righteousness

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

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

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

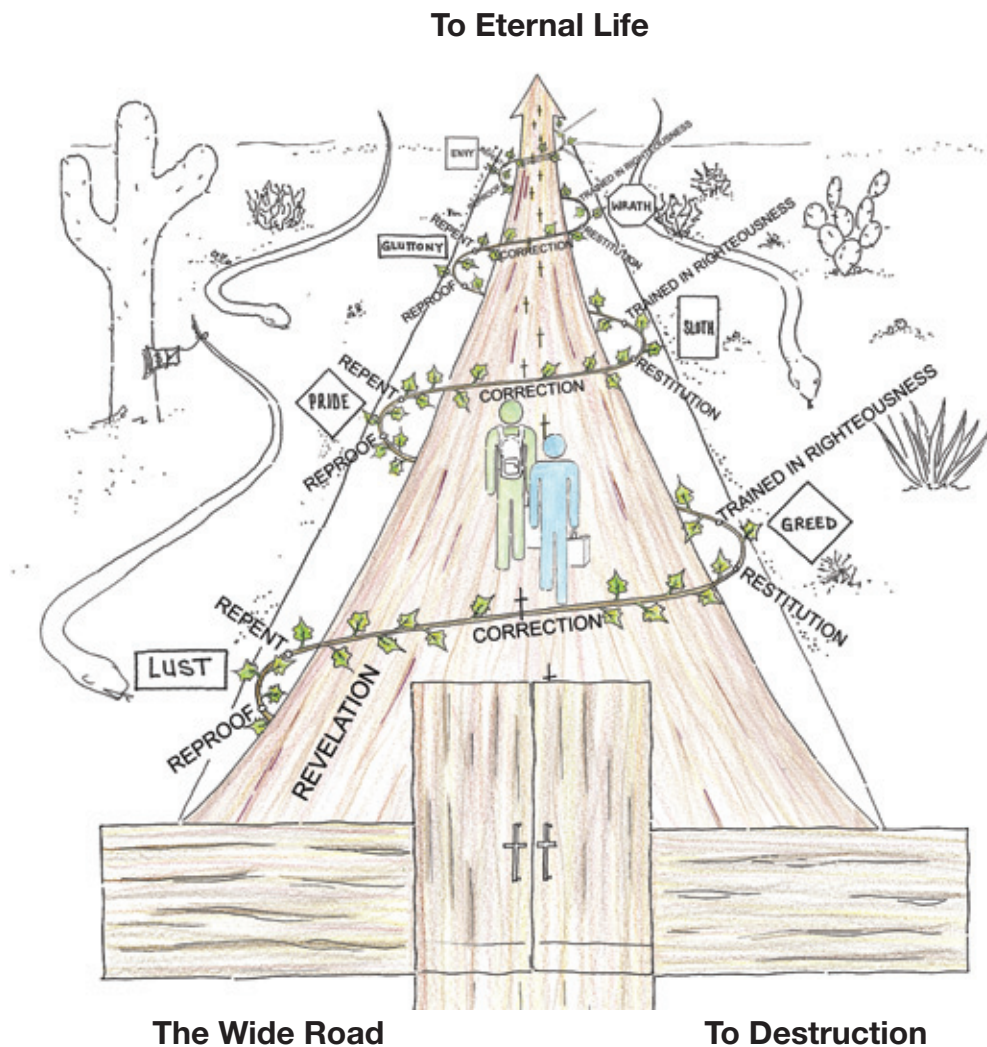
“If you’re not being trained by God then you’re being trained by the world.”

— Jason Pankau

Session 13: The Journey of Transformation

The Cycle of Renewal and the Road of Life

We go through several Cycles of Renewal as God grows us up in Him. We grow in our ability to experience and express love - this is the marker of our maturity in faith. All along the way, our growth process will be opposed by the evil one and his influence in the world, so we should be prepared for a battle! But it is a battle for which God both prepares and equips us.



Summary

In this session we discussed:

- LFP Level 2: Commit to Transformation
- Law 9: The Law of Transformation
- The Road of Life
- The Cycle of Renewal

Session 13: Discussion and Reflection

Discussion and Reflection

1. The Law of Transformation: What are the implications of this law for your life? Describe your journey with submitting to the guidance and power of God.

2. Where do you find yourself on the Road of Life? Can you describe what it was like for you to be confronted by the cross of Jesus, offered the choice of new life and decided to follow Him as your Lord?

3. How is your church community functioning as the guard rails along the journey and being used by God to facilitate the process of transformation in your life?

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

5. What does the process of seeking restitution with others look like in your life? What makes it difficult for you to seek restitution?

6. How do you help others walk the Road of Life and engage God's transformational process?

7. What Scripture verses stood out to you most and why?

Day 1

Context:

The Law of Transformation

Preparation:

The Holy Spirit as Liberator

Meditation:

2 Corinthians 3:16-18

“But whenever anyone turns to the Lord, the veil is taken away. ¹⁷ Now the Lord is the Spirit, and where the Spirit of the Lord is, there is freedom. ¹⁸ And we, who with unveiled faces all reflect the Lord’s glory, are being transformed into his likeness with ever-increasing glory, which comes from the Lord, who is the Spirit.”

Revelation:

1. In what ways have you experienced the veil being taken away as you have turned to the Lord?
What new revelations did He bring you as a result?

2. To what degree are you experiencing freedom in Christ? How does this compare with where you were in your walk one year ago? Five years ago? More?

3. How often are you experiencing transformation in Christ? How do you know when you are experiencing this?



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

Day 2

Context:

The Road of Life¹⁰

Preparation:

The Lord as Life

Meditation:

Matthew 7:13-14

“Enter through the narrow gate. For wide is the gate and broad is the road that leads to destruction, and many enter through it. ¹⁴ But small is the gate and narrow the road that leads to life, and only a few find it.”

Revelation:

1. Why is the narrow road harder to find?

2. What is it about the wide road that we often find so enticing? How does this connect with the needs we have as human beings that we discussed in Session 2 (i.e. to live, to love and be loved, to experience variety, and to feel important)?

3. In what ways does the narrow road lead to life?

24

24

Day 3

Context:

The Cycle of Renewal

Preparation:

God as Author

Meditation:

2 Timothy 3:16-17

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

Revelation:

1. What are some ways that Scripture has equipped you for good works?

2. What distinction would you make between rebuking and correcting? How about teaching and training in righteousness?

3. Which aspect of verse 16 are you currently experiencing most in your life right now? What would it take for you to move to the next step in the process of the Cycle of Renewal, as discussed in Session 13?

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Application:

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

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.

Discussion and reflection questions journal:

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

Session 13: The Journey of Transformation

My Testimony

The Wide Road to Destruction

The Narrow Road to Eternal Life

The Turning Point

The “New Way”

The Role of the Church

Session 13: The Journey of Transformation

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Homework Journal - question #3

This image shows a full page of blank, lined paper. It features approximately 28 horizontal blue lines spaced evenly across the page, typical of standard notebook paper. The lines are thin and light blue, set against a plain white background. There are no margins, text, or other markings on the page.



30

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Session 14

Choosing to Transform

In this session participants will:

Cognitive (Knowing Objectives)

- Recognize how attitudes based on the Promises of God bring focus to the journey of transformation.

Affective (Feeling Objectives)

- Be assured of the Promises of God.

Behavioral (Doing Objectives)

- Study the Promises of God and Godly Attitudes and compare and contrast your life with Godly Attitudes.

Existential (Lifelong Objectives)

- Adopt Godly Attitudes that line up with the Attitudes seen in and encouraged by Christ.



Review

In Session 13 we discussed:

- LFP Level 2: Commit to Transformation
- Law 9: The Law of Transformation
- The Road of Life
- The Cycle of Renewal

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 advance decisions about how we are going to desire, feel, think and act. [Philippians 2:1-11, Matthew 5:1-12]

Session 14: Choosing to Transform

Reflective Question:

In what ways have you seen the power of attitude in your own life?

The Attitude of Jesus: Philippians 2:1-11

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

The Beatitudes: Matthew 5:1-12

The Beatitudes describe the attitudes that form Godly character over time. We create attitudes when we engage in advanced decision-making.

Session 14: Choosing to Transform

Matthew 5:1-12

“Now when he saw the crowds, he went up on a mountainside and sat down. His disciples came to him, ² and he began to teach them, saying:

³ “Blessed are the poor in spirit, for theirs is the kingdom of heaven.	Glorification	<i>I will be humble before God and serve His purposes in the world whether I am viewed as a success or a failure in the world’s eyes.</i>
⁴ Blessed are those who mourn, for they will be comforted.	Group	<i>I will stay sensitive to the pain in my life and in the world, care for people in and out of God’s family.</i>
⁵ Blessed are the meek, for they will inherit the earth.	Gifts and Grace in Action	<i>I will embrace and endure injury without self-pity or having to retaliate in kind. I will maintain perspective in the stressful heat of injury and be graceful.</i>
⁶ Blessed are those who hunger and thirst for righteousness, for they will be filled.	Growth	<i>I will keep my desires focused on doing the will of God, growing to full maturity in Christ and resisting tempting distractions.</i>
⁷ Blessed are the merciful, for they will be shown mercy.	Grace and Good Stewardship	<i>I will serve the poor and steward the resources God has given me wisely and mercifully as He leads and as I see people in need.</i>
⁸ Blessed are the pure in heart, for they will see God.	Guidance	<i>I will seek after God’s Holy Ways – no matter how hard or unpopular it gets.</i>
⁹ Blessed are the peacemakers, for they will be called sons of God.	Gifts and Grace in Action	<i>I will come alongside people in conflict and aid them in the process of reconciliation.</i>
¹⁰ Blessed are those who are persecuted because of righteousness, for theirs is the kingdom of heaven. ¹¹ “Blessed are you when people insult you, persecute you and falsely say all kinds of evil against you because of me. ¹² Rejoice and be glad, because great is your reward in heaven, for in the same way they persecuted the prophets who were before you.”	Gifts and Grace in Action	<i>I will love my enemies in the power of the Holy Spirit and lay down my life so they might know God’s love.</i>

Session 14: Choosing to Transform

Godly Attitudes are based on the Promises of God

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

The Seven Values of Abundant Living and the Promises of God

See Appendix G for a fuller treatment of the Promises of God and the 7G's

Guidance

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

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

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

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

Growth

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

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

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

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

Grace

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

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

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

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

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

Good Stewardship

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

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



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Session 14: Choosing to Transform

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

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

Glorification

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

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

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

Gifts

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

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

Session 14: Choosing to Transform

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

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

Group

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

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

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

Matthew 28:19-20 - “Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, ²⁰and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age.”

Session 14: Choosing to Transform

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

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

Summary

In this session we discussed:

- LFP Level 2: Commit to Transformation
- Law 10: The Law of Attitude
- The Seven Values of Abundant Living and the Promises of God

Discussion and Reflection Questions

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

2. What are the prevalent attitudes that dominate your decision-making and behavior these days?

3. What aspects of Philippians 2 and the Beatitudes stood out to you the most and why?

4. What aspects of God's promises stood out to you the most and why?

5. Using the 7 G's as a comparison model, what attitude adjustments do you need to make in order to fully engage in the process of transformation?

6. Which Scripture verses stood out to you and why?

Session 14: Daily Devotional

Day 1

Context:

The Attitude of Jesus

Preparation:

Christ as Benefactor

Meditation:

Philippians 2:1-11

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

Revelation:

1. In your own words, how is Paul asking us to live?

2. What does “being one in spirit and purpose” mean? What keeps the community of faith from living that out more effectively?

3. How does Jesus' example in these verses inspire you most?

1. Spend 5-10 minutes meditating on verses 5-11. What words strike you the most? Journal your impressions.

“Lord, you said, ‘Your attitude should be the same as that of Christ Jesus.’ Help me have the attitude of Jesus today.”

[illegible]

Session 14: Daily Devotional

Day 2

Context:

The Law of Attitude: The Beatitudes

Preparation:

The Lord as Sanctifier

Meditation:

Matthew 5:1-12

“Now when he saw the crowds, he went up on a mountainside and sat down. His disciples came to him, ² and he began to teach them, saying: ³ “Blessed are the poor in spirit, for theirs is the kingdom of heaven. ⁴ Blessed are those who mourn, for they will be comforted. ⁵ Blessed are the meek, for they will inherit the earth. ⁶ Blessed are those who hunger and thirst for righteousness, for they will be filled. ⁷ Blessed are the merciful, for they will be shown mercy. ⁸ Blessed are the pure in heart, for they will see God. ⁹ Blessed are the peacemakers, for they will be called sons of God. ¹⁰ Blessed are those who are persecuted because of righteousness, for theirs is the kingdom of heaven. ¹¹ “Blessed are you when people insult you, persecute you and falsely say all kinds of evil against you because of me. ¹² Rejoice and be glad, because great is your reward in heaven, for in the same way they persecuted the prophets who were before you.”

Revelation:

1. Which one of the Beatitudes are you relating to most today?

2. How does this text speak to the certainty of the obstacles we will face in our journey of faith? How could adopting the corresponding attitudes discussed in Session 14 further prepare you to continue moving forward on the Road of Life?

Day 2

3. How readily do you find a point of connection with the suffering of others who have gone before you (the prophets, etc.) on the Road of Life?

Application:

1. Commit this passage of Scripture to memory.

2. "Blessed are those who are persecuted because of righteousness, for theirs is the kingdom of heaven." Spend some time today praying specifically for the persecuted Church around the world.

Reflection:

"Lord, you said, 'Blessed are the pure in heart, for they will see God.' Help me be pure in heart today, that I might see you."

Session 14: Daily Devotional

Day 3

Context:

The Seven Values of Abundant Living and The Promises of God: Guidance

Preparation:

The Lord as Responder

Meditation:

Matthew 7:7-8

“Ask and it will be given to you; seek and you will find; knock and the door will be opened to you.

⁸ For everyone who asks receives; he who seeks finds; and to him who knocks, the door will be opened.”

Revelation:

1. Think of a time when the Lord responded with certainty to a time when you were asking...seeking... knocking. What was it like? How did that experience influence your faith?

2. Where in your life have you been asking...seeking...knocking and seem to have been receiving no response?

3. How do you reconcile the two experiences? Which one has had a stronger impact on you and your daily walk of faith?

Application:

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

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1. Journal through the discussion and reflection questions in your workbook.
2. Using the Scriptures provided for you in Appendix G of your workbook 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 him/her 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.

This image shows a full page of blank, lined paper. It features approximately 20 evenly spaced horizontal blue lines across its entire width. The lines are thin and consistent in color, set against a plain white background. There are no margins, text, or other markings present on the page.

Session 14: Personal Development Plan - Homework

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Homework Journal - question #2

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This image shows a full page of blank, lined paper. It features approximately 28 horizontal blue lines spaced evenly across the page, typical of standard notebook paper. The lines are thin and light blue, set against a plain white background. There are no margins, text, or other markings on the page.

The background of the slide is composed of three main visual elements: a large solid green rectangle on the left side, a large solid yellow rectangle on the right side, and a vertical strip on the far right containing a painting of a tree. The tree is rendered in a style that combines realistic and abstract elements, with dark outlines for the trunk and roots, and textured, brush-stroke-like foliage in shades of green and yellow. The text is centered over the green area.

Session 15 Resistance To Transformation

In this session participants will:

Cognitive (Knowing Objectives)

- Grasp the reality picture of spiritual warfare.

Affective (Feeling Objectives)

- Be encouraged by the abundance of spiritual authority and blessings that are rightfully ours as children of God.

Behavioral (Doing Objectives)

- Submit yourself to God's guidance and power while maintaining unity in the Church through forgiveness and reconciliation.

Existential (Lifelong Objectives)

- Overcome the entrapments and pitfalls of the enemy through prayer, surrender, unity and corporate alignment with God's provision.



Review

In session 14 we discussed:

- LFP Level 2: Commit to Transformation
- Law 10: The Law of Attitude
- The Seven Values of Abundant Living and the Promises of God

Life Focus Process Level 2: Commit to Transformation



Law 11: 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.

[The Book of Ephesians; Romans 7 & 8]

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

Session 15: Resistance to Transformation

Remember:

Living life in the “flesh” keeps us trapped in the Cycle of Grief. Life lived in the “Spirit” enables us to enter the Cycle of Grace.

Reflective Question:

At what point do you most feel the influence of God in your life?

We are Spiritual People

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

- Directly or
- Indirectly (through another)

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

Romans 7:19-25

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

Romans 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, as we abide in God, EMPOWERING us to follow God’s will. Hence, the struggle.

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

Session 15: Resistance to Transformation

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The Reality Picture of Spiritual Warfare¹¹

As you see in the verses in Romans, there is a tug-of-war going on in the universe over you. The enemy's goal is to steal, kill and destroy. God, however, has other plans. Who will influence you more? To end up where God wants you to be, it's important to get a real picture of what is happening in the "heavenly realms" and understand what part God wants you to play in it.

The paradigm and diagrams in this section are adapted from Ed Silvano's book, *That None Should Perish*, which details how to reach entire cities for Christ through prayer.

Silvano points out that the book of Ephesians provides a road map of the heavenlies through five different references. Each one represents a move by God that eventually leads to cosmic checkmate.

Reflective Question:

How does this text encourage you?

The First Reference has to do with the Father

Ephesians 1:3-6

"Praise be to the God and Father of our Lord Jesus Christ, who has blessed us in the heavenly realms with every spiritual blessing in Christ.

⁴ For he chose us in him before the creation of the world to be holy and blameless in his sight. In love ⁵ he predestined us to be adopted as his sons through Jesus Christ, in accordance with his pleasure and will –

⁶ to the praise of his glorious grace, which he has freely given us in the One he loves."

Session 15: Resistance to Transformation

Remember:

“...the eyes of your heart”
reflect what you really
want or desire.



God has seeded the heavenly places with every spiritual blessing.
We have all we need to thrive.

The Second Reference has to do with Jesus

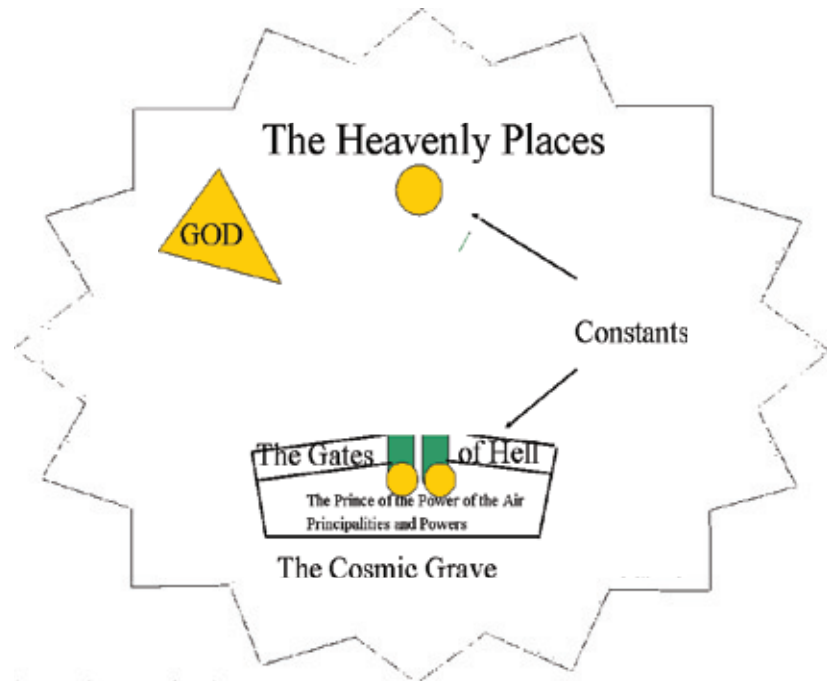
Ephesians 1:18-23

“I pray also that the eyes of your heart may be enlightened in order that you may know the hope to which he has called you, the riches of his glorious inheritance in the saints,¹⁹ and his incomparably great power for us who believe. That power is like the working of his mighty strength,²⁰ which he exerted in Christ when he raised him from the dead and seated him at his right hand in the heavenly realms,²¹ far above all rule and authority, power and dominion, and every title that can be given, not only in the present age but also in the one to come.²² And God placed all things under his feet and appointed him to be head over everything for the church,²³ which is his body, the fullness of him who fills everything in every way.”

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Reflective Question:

*What does it mean to be “alive”
in Christ?*

God applied a one-two punch by sending Jesus first to the lowest parts of Satan’s kingdom (see Ephesians 4:9). On the way out of the grave, Jesus took with Him the keys to Hades and death, thus eliminating the effectiveness of the padlock that formerly secured the gates of hell (see Ephesians 4:8; Hebrews 2:14-15; Revelation 1:18) and confined the prince of the power of the air, along with his principalities and powers, under the feet of Jesus (see Ephesians 1:22; 1 Peter 3:22).

The second punch placed Jesus in the highest possible place, at the right hand of God, and established Him as head of the Church (see Ephesians 1:18-22; 4:8).

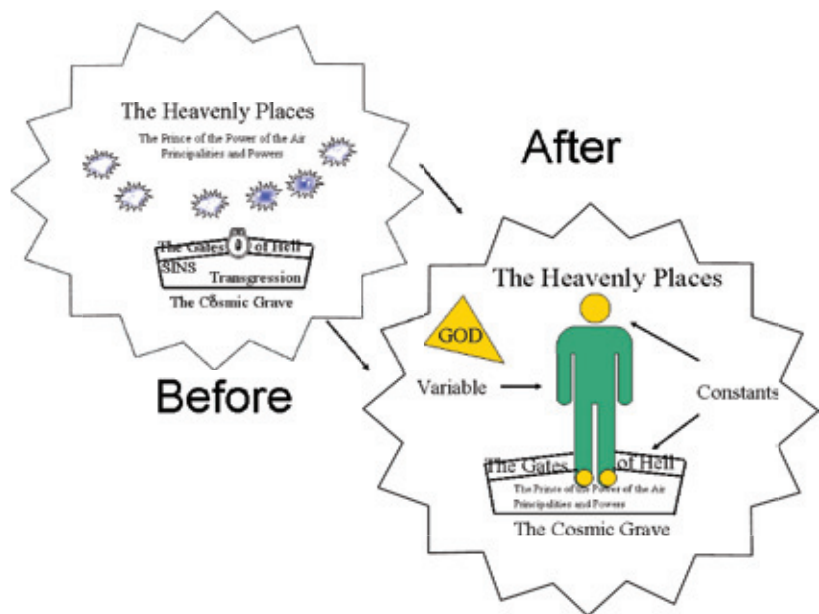
The head and the feet are in place, the only thing missing is the body!
That’s where we come in.

Session 15: Resistance to Transformation

The Third Reference has to do with the Church

Ephesians 2:1-7

“As for you, you were dead in your transgressions and sins, ² in which you used to live when you followed the ways of this world and of the ruler of the kingdom of the air, the spirit who is now at work in those who are disobedient. ³ All of us also lived among them at one time, gratifying the cravings of our sinful nature and following its desires and thoughts. Like the rest, we were by nature objects of wrath. ⁴ But because of his great love for us, God, who is rich in mercy, ⁵ made us alive with Christ even when we were dead in transgressions – it is by grace you have been saved. ⁶ And God raised us up with Christ and seated us with him in the heavenly realms in Christ Jesus, ⁷ in order that in the coming ages he might show the incomparable riches of his grace, expressed in his kindness to us in Christ Jesus.”



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Figuratively speaking, God now proceeded to effect the largest transfer of “building material” in the entire history of the universe. He did it by moving human beings (sinners) from Satan’s grave into the heavenly places, where He seated them (as saints) there with Jesus (see Ephesians 2:6). No longer could the gates of hell prevail against God’s command (See Matthew 16:18).

The roles that God plays, the head and the feet, are constants in this cosmic equation. Furthermore, the destiny of the evil one is sealed. We (individuals making up the Church - the Body) are the variables. We are what God and the evil one are fighting over. Being made in the image of God, we are despised by the evil one. He will try any conceivable way to separate us from God and the Body to isolate us and bring us down.

Reflective Question:

Is it the norm that you approach God with “freedom and confidence?”

The Fourth Reference has to do with Principalities and Powers

Ephesians 3:7-12

“I became a servant of this gospel by the gift of God’s grace given me through the working of his power. ⁸ Although I am less than the least of all God’s people, this grace was given me: to preach to the Gentiles the unsearchable riches of Christ, ⁹ and to make plain to everyone the administration of this mystery, which for ages past was kept hidden in God, who created all things. ¹⁰ His intent was that now, through the church, the manifold wisdom of God should be made known to the rulers and authorities in the heavenly realms, ¹¹ according to his eternal purpose which he accomplished in Christ Jesus our Lord. ¹² In him and through faith in him we may approach God with freedom and confidence.”

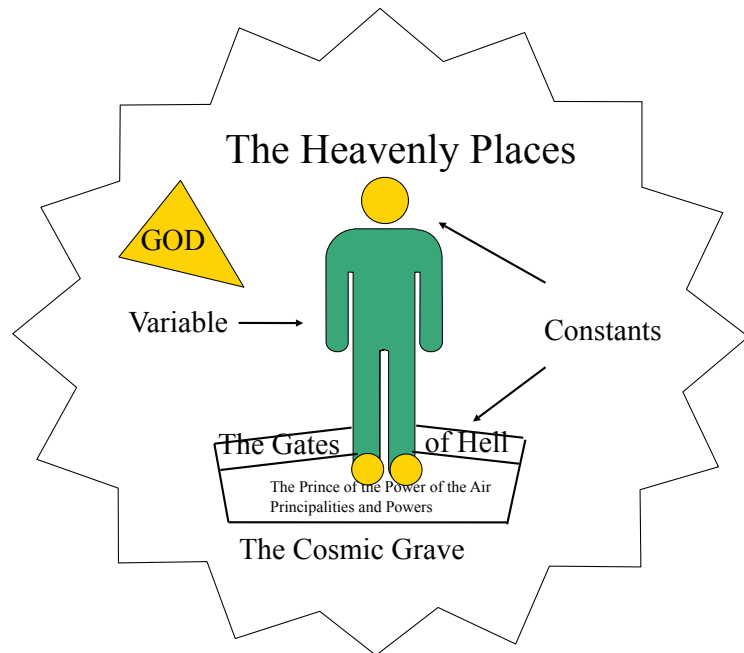


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Session 15: Resistance to Transformation

Remember:

Wisdom is knowledge applied to life that makes life work, the way it is supposed to work.



Reflective Question:

In what relationships might God be asking you to make sure "grace is in place?"

God established the Church in the heavenly places as both an example and a witness to the principalities and powers. God did this, "in order that the manifold wisdom of God might now be made known through the church to the rulers and the authorities in the heavenly places" (Ephesians 3:10). The manifold wisdom of God is God's plan of salvation through the grace of Christ. We make it known both by example (expressing Grace to one another) and by declaring it to the spirit world, declaring to the powers their defeat by Christ and our authority in His name to claim lost souls for the kingdom of God. It's not an individual thing - it's a community of people doing it together. The evil one doesn't like this. Therefore, he focuses on dividing the unity of the church – to keep us from really serving one another.

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Reflective Question:

What does “putting on the full armor of God” look like in your life?

Satan’s Weapons: Lies, Deception and Anger triggered by Unwholesome Words

When we get angry with each other and deprive each other of grace, we invalidate our testimony. The trigger is usually unwholesome words. We therefore need to do everything possible in our strength to reconcile with one another. Unless we quickly apply grace to our anger, we will fall victim to the devil’s schemes and allow him to divide us. We also need to be able to humbly ask for forgiveness when we wrong someone else, and accept the forgiveness of those who wrong us.

When we have a humble heart of unity and seek reconciliation through grace, God is able to deliver us from the evil one. Unity, Forgiveness, Truth, Grace and Love are what make the Church truly powerful and able to rule the heavenly realms, where the battle is raging for the souls of humanity.

Ephesians 4:25-32

“Therefore each of you must put off falsehood and speak truthfully to his neighbor, for we are all members of one body. ²⁶ “In your anger do not sin”: Do not let the sun go down while you are still angry, ²⁷ and do not give the devil a foothold. ²⁸ He who has been stealing must steal no longer, but must work, doing something useful with his own hands, that he may have something to share with those in need. ²⁹ Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen. ³⁰ And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption. ³¹ Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. ³² Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.”

Session 15: Resistance to Transformation

The Fifth Reference has to do with the Struggle between the Church and Principalities and Powers

Ephesians 6:10-12

“Finally, be strong in the Lord and in his mighty power. ¹¹ Put on the full armor of God so that you can take your stand against the devil’s schemes. ¹² For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms.”

Reflective Question:

What is an example of something that you do in relationships to keep the enemy from gaining a “foothold?”

The Church has now been placed as potentially in control of the heavenly places once ruled by the prince of the power of the air. But the Church must engage and defeat the enemy to retake the heavenlies in the name of our Lord, so that the eyes of those still being held captive by Satan will be opened.

Satan’s only option is to try to deceive the Church, God’s agent on earth, into yielding to him what has been entrusted to our care by God, much like what he did to Eve, and then to Adam, in the garden. Like Adam and Eve, we may be tempted to rationalize our behavior when it goes awry. However, when we do that, we don’t claim God’s truth for our lives, and we allow Satan jurisdiction over our testimony.

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Reflective Question:

Which piece of the Full Armor of God is easiest for you to “put on?”

“A prayerless Christian is like a bus driver trying alone to push his bus out of a ditch because he doesn’t know Clark Kent is on board. If you knew, you would ask.”
– John Piper



The Reality Picture of Spiritual Warfare Summary

- The battleground is the heavenly places.
- Whoever controls the heavenly places, wins.
- The Church must take its position in Christ in the heavenlies and defend against Satan’s counterattack.
- Satan’s counterattack is aimed at fragmenting the unity of the Church through unresolved anger and wrath directed at each other. This creates jurisdictions in the heavenly places for Satan to exercise authority conceded to him by the Church. If unity is compromised, the credibility of the Church and the effectiveness of its message are diminished.
- Voiding those jurisdictions is the first step toward bringing the Church to full strength for the purpose of reaching any city for Christ.

Ephesians 6:13-18

“Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. ¹⁴Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, ¹⁵and with your feet fitted with the readiness that comes from the gospel of peace. ¹⁶In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. ¹⁷Take the helmet of salvation and the sword of the Spirit, which is the word of God. ¹⁸And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the saints.

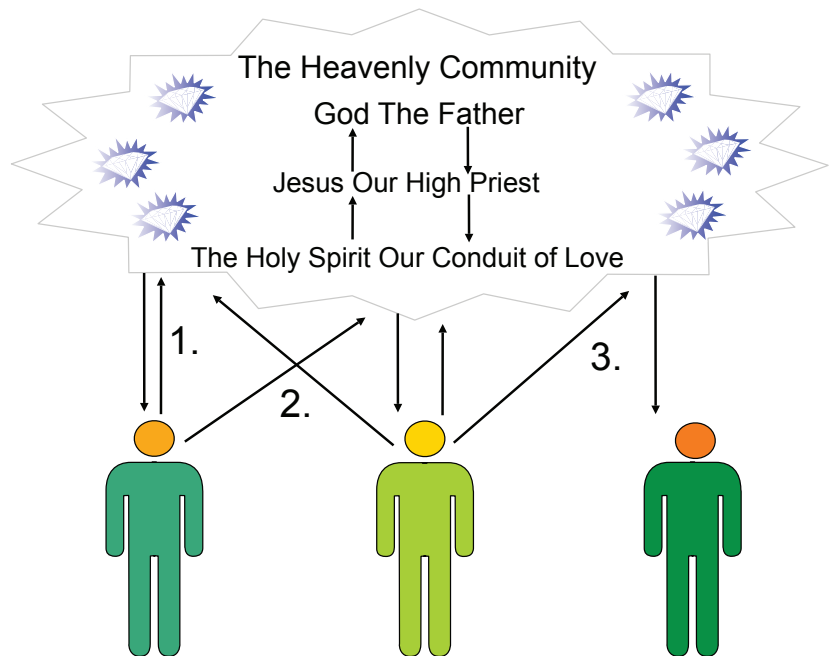
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Session 15: Resistance to Transformation

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

Prayer: The Ultimate Influence



In the space below write down the names of people
God is prompting you to pray for!

Session 15: Resistance to Transformation

OMEGA

Summary

In this session we discussed:

- LFP Level 2: Commit to Transformation
- Law 11: The Law of Reality
- The Reality Picture of Spiritual Warfare

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



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Session 15: Discussion and Reflection

Discussion and Reflection

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

2. Does the reality picture of Spiritual Warfare make sense to you? Which aspect of it stood out to you?

3. What new insights or thoughts have been sparked as a result of looking at this paradigm?

4. Do you understand why Satan's attack is aimed at fragmenting the unity of the church?

5. How have you experienced this attack or allowed Satan to affect your ability to experience and express love?

6. What Scripture verses stood out to you most and why?

Day 1

Context:

The Law of Reality

Preparation:

Jesus as Rescuer

Meditation:

Romans 7:19-25

“For what I do is not the good I want to do; no, the evil I do not want to do – this I keep on doing.

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

Revelation:

1. How do you relate to what Paul is saying in this Scripture?

2. When are you most susceptible to “the law of sin at work within [your] members?” What helps you move into a place of realignment with God’s will most quickly? In what ways can you address deeper issues that will promote long lasting life change?

Session 15: Daily Devotional

Day 1

3. What connections do you see between our tendency toward sin and meeting our God-given needs, as discussed in Session 2? How does having His priorities help us get back “on mission” with God?

Application:

1. If there were one area where God would want you to get “on mission” with Him today, what would it be? Spend some time talking to God about it. Appropriate the resources available to you in Christ according to His priorities for you as outlined in Session 2.

2. Spend some time in prayerful thanksgiving to God for rescuing us from “this body of death.”

Reflection:

“Lord, you promised to rescue me from this body of death. Help me look to you as rescuer in my struggles today.”

Day 2

Context:

The Reality Picture of Spiritual Warfare¹¹: the First Reference has to do with the Father

Preparation:

God as Caretaker

Meditation:

Ephesians 1:3-6

“Praise be to the God and Father of our Lord Jesus Christ, who has blessed us in the heavenly realms with every spiritual blessing in Christ. ⁴ For he chose us in him before the creation of the world to be holy and blameless in his sight. In love ⁵ he predestined us to be adopted as his sons through Jesus Christ, in accordance with his pleasure and will – ⁶ to the praise of his glorious grace, which he has freely given us in the One he loves.”

Revelation:

1. How do these verses speak to your identity and position in Christ? Which aspect (blessed, chosen, adopted, receiver of grace, etc.) could you use a fresh revelation of today?

2. It has been said, “God not only rules, He overrules.” How do you see the sovereignty of God on display in these verses?

3. How do you see the love of God for you on display in these verses?

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Day 3

Context:

The Reality Picture of Spiritual Warfare: the Second Reference has to do with Jesus

Preparation:

God as Omnipotent

Meditation:

Ephesians 1:18-23

“I pray also that the eyes of your heart may be enlightened in order that you may know the hope to which he has called you, the riches of his glorious inheritance in the saints, ¹⁹ and his incomparably great power for us who believe. That power is like the working of his mighty strength, ²⁰ which he exerted in Christ when he raised him from the dead and seated him at his right hand in the heavenly realms, ²¹ far above all rule and authority, power and dominion, and every title that can be given, not only in the present age but also in the one to come. ²² And God placed all things under his feet and appointed him to be head over everything for the church, ²³ which is his body, the fullness of him who fills everything in every way.”

Revelation:

1. How would you explain “the eyes of your heart” in light of our discussion of “heart” in Session 5?

2. If there were a “hope gauge” attached to your soul, what would it read? To what degree do you know the hope to which He has called you?

3. How freely does God’s power flow through your life? When is it flowing most freely and when do you feel like it’s fairly stopped up?

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1. Spend some time today reflecting on the Lord as a constant: “far above all rule and authority, power and dominion, and every title that can be given, not only in the present age but also in the one to come” and with “all things under his feet” and “head over everything for the church.”

“Lord, you said that you placed all things under the feet of Jesus, and appointed him to be head over everything for the church. Help me remember your omnipotence today.”

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

1. Journal through the discussion and reflection questions in your workbook reflecting on the Law of Reality and what this teaches us about our 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 to your life.

Discussion and reflection questions journal:

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[illegible]

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The background of the slide is composed of three main visual elements. On the left, there are three horizontal bands of solid color: a light green band at the top, a medium green band in the middle, and a darker green band at the bottom. On the right side, there is a vertical strip containing a painting of a tree. The tree's trunk and roots are rendered in shades of brown, tan, and yellow, with dark, thin lines for the branches and roots. The foliage is depicted with broad, textured brushstrokes in various shades of green and yellow. The text 'Session 16 Blessings and Curses' is centered over the middle green band.

Session 16

Blessings and Curses

In this session participants will:

Cognitive (Knowing Objectives)

- Grasp the consequences of blessings and curses on the journey of transformation and learn how to deal with sin in the church.

Affective (Feeling Objectives)

- Feel free as you receive God's guidance and power healing you from the impact of curses in your life.

Behavioral (Doing Objectives)

- Identify curses that have been spoken over you or that you have brought upon yourself through disobedience and break them in the power of God.

Existential (Lifelong Objectives)

- Firmly root yourself in the journey of transformation by regularly confessing sin and obediently following God's blessed plan for your life.



Review

In session 15 we discussed:

- LFP Level 2: Commit to Transformation
- Law 11: The Law of Reality
- The Reality Picture of Spiritual Warfare

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, Galatians 6:7-10]

Deuteronomy 30:15-20

¹⁵ See, I set before you today life and prosperity, death and destruction.

¹⁶For I command you today to love the LORD your God, to walk in his ways, and to keep his commands, decrees and laws; then you will live and increase, and the LORD your God will bless you in the land you are entering to possess. ¹⁷ But if your heart turns away and you are not

Session 16: Blessings and Curses

obedient, and if you are drawn away to bow down to other gods and worship them, ¹⁸ I declare to you this day that you will certainly be destroyed. You will not live long in the land you are crossing the Jordan to enter and possess. ¹⁹ This day I call heaven and earth as witnesses against you that I have set before you life and death, blessings and curses. Now choose life, so that you and your children may live ²⁰ and that you may love the LORD your God, listen to his voice, and hold fast to him. For the LORD is your life, and he will give you many years in the land he swore to give to your fathers, Abraham, Isaac and Jacob.”

Reflective Question:

Why do you think words carry such an enormous weight?

Blessings and Curses¹²

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

Blessings come into our lives when other people bless us or when we enter into blessing through stepping into the revealed will of God through obedience. We choose to curse our own lives through disobedience.

Causes of Curses

1. Words, Labels, and Predictions

These can become tapes that we play in our heads, ultimately forming an identity that is not accurate or true.

OR

Through the power of God we can break these tapes and replace them with tapes of the truth of God and what HE says about you – who you are and who HE made you to be.

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A Definition

Curse:

*To speak down to, disempower
or discourage one from following
the will of God.*

Proverbs 11:11

“Through the blessing of the upright a city is exalted, but by the mouth of the wicked it is destroyed.”

Proverbs 12:18

“Reckless words pierce like a sword, but the tongue of the wise brings healing.”

James 3:3-12

“When we put bits into the mouths of horses to make them obey us, we can turn the whole animal. ⁴ Or take ships as an example. Although they are so large and are driven by strong winds, they are steered by a very small rudder wherever the pilot wants to go. ⁵ Likewise the tongue is a small part of the body, but it makes great boasts. Consider what a great forest is set on fire by a small spark. ⁶ The tongue also is a fire, a world of evil among the parts of the body. It corrupts the whole person, sets the whole course of his life on fire, and is itself set on fire by hell. ⁷ All kinds of animals, birds, reptiles and creatures of the sea are being tamed and have been tamed by man, ⁸ but no man can tame the tongue. It is a restless evil, full of deadly poison. ⁹ With the tongue we praise our Lord and Father, and with it we curse men, who have been made in God’s likeness. ¹⁰ Out of the same mouth come praise and cursing. My brothers, this should not be. ¹¹ Can both fresh water and salt (bitter) water flow from the same spring? ¹² My brothers, can a fig tree bear olives, or a grapevine bear figs? Neither can a salt spring produce fresh water.”

Session 16: Blessings and Curses

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 it in some way and something else is going on. 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

Jesus has provided us a model of how to confront one another and move towards healing, reconciliation and peace in Matthew 18:15-20.

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

Matthew 18:15-20

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

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Causes of Curses (continued)

2. Disobedience

We curse our lives when we choose to live in ways that are disobedient to God's will and guidance for our lives.

Deuteronomy 27:15-26

"Cursed is the man who carves an image or casts an idol – a thing detestable to the LORD, the work of the craftsman's hands – and sets it up in secret." Then all the people shall say, "Amen!"¹⁶ "Cursed is the man who dishonors his father or his mother." Then all the people shall say, "Amen!"¹⁷ "Cursed is the man who moves his neighbor's boundary stone." Then all the people shall say, "Amen!"¹⁸ "Cursed is the man who leads the blind astray on the road." Then all the people shall say, "Amen!"¹⁹ "Cursed is the man who withholds justice from the alien, the fatherless or the widow." Then all the people shall say, "Amen!"²⁰ "Cursed is the man who sleeps with his father's wife, for he dishonors his father's bed." Then all the people shall say, "Amen!"²¹ "Cursed is the man who has sexual relations with any animal." Then all the people shall say, "Amen!"²² "Cursed is the man who sleeps with his sister, the daughter of his father or the daughter of his mother." Then all the people shall say, "Amen!"²³ "Cursed is the man who sleeps with his mother-in-law." Then all the people shall say, "Amen!"²⁴ "Cursed is the man who kills his neighbor secretly." Then all the people shall say, "Amen!"²⁵ "Cursed is the man who accepts a bribe to kill an innocent person." Then all the people shall say, "Amen!"²⁶ "Cursed is the man who does not uphold the words of this law by carrying them out." Then all the people shall say, "Amen!"

- Idolatry (Deuteronomy 27:15)
- Disrespect of Parents (Deuteronomy 27:16)
- Dishonesty/Greed (Deuteronomy 27:17)
- Harming the Helpless and Weak (Deuteronomy 27:18-19)
- Sexual Immorality (Deuteronomy 27:20-23)
- Hatred/Murder ((Deuteronomy 27:24-25)
- Hypocrisy and Disobedience to the Word (Deuteronomy 27:26)

Reflective Question:

Which one of these causes of curses seems to be most prevalent in our society? Why?



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

Session 16: Blessings and Curses

Pride

Jeremiah 17:5-6

“This is what the LORD says: ‘Cursed is the one who trusts in man, who depends on flesh for his strength and whose heart turns away from the LORD. ⁶ He will be like a bush in the wastelands; he will not see prosperity when it comes. He will dwell in the parched places of the desert, in a salt land where no one lives.’”

Religion

Galatians 3:10-14

“All who rely on observing the law are under a curse, for it is written: “Cursed is everyone who does not continue to do everything written in the Book of the Law. ¹¹ Clearly no one is justified before God by the law, because, “The righteous will live by faith.” ¹² The law is not based on faith; on the contrary, “The man who does these things will live by them.” ¹³ Christ redeemed us from the curse of the law by becoming a curse for us, for it is written: “Cursed is everyone who is hung on a tree.” ¹⁴ He redeemed us in order that the blessing given to Abraham might come to the Gentiles through Christ Jesus, so that by faith we might receive the promise of the Spirit.”

Unrighteous Stewardship

Haggai 1:4-6

“‘Is it a time for you yourselves to be living in your paneled houses, while this house remains a ruin?’ ⁵ Now this is what the LORD Almighty says: ‘Give careful thought to your ways. ⁶ You have planted much, but have harvested little. You eat, but never have enough. You drink, but never have your fill. You put on clothes, but are not warm. You earn wages, only to put them in a purse with holes in it.’”

Session 16: Blessings and Curses

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Malachi 3:8-10

“Will a man rob God? Yet you rob me. “But you ask, ‘How do we rob you?’ “In tithes and offerings. ⁹ You are under a curse – the whole nation of you – because you are robbing me. ¹⁰ Bring the whole tithe into the storehouse, that there may be food in my house. Test me in this,” says the LORD Almighty, “and see if I will not throw open the floodgates of heaven and pour out so much blessing that you will not have room enough for it.”

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; 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

Summary

In this session we discussed:

- LFP Level 2: Commit to Transformation
- Law 12: The Law of Consequences
- Blessings and Curses



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

Session 16: Discussion and Reflection

Discussion and Reflection

1. Law of Consequence: What are the implications of this law for your life?

2. What is your experience with blessings and curses in your life?

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

4. What curses came to mind that you feel might still be holding you back from experiencing God's abundant life for you?

5. What curses of disobedience stood out that you never considered before?

6. What Scripture verses stood out to you most and why?

Day 1

Context:

The Law of Consequences

Preparation:

God as Provider of Free Will

Meditation:

Deuteronomy 30:15-20

"See, I set before you today life and prosperity, death and destruction. ¹⁶For I command you today to love the LORD your God, to walk in his ways, and to keep his commands, decrees and laws; then you will live and increase, and the LORD your God will bless you in the land you are entering to possess.

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

Revelation:

1. According to these verses, how would you imagine the Lord defining "prosperity" which appears in verse 15? How does this connect with the idea of loving God that we see in verse 20?

2. To what other gods are you most likely to be tempted to be drawn away from and bow down to?

Session 16: Daily Devotional

Day 1

3. In what ways can we be more intentional about choosing life on a daily basis?

Application:

1. Spend some time thinking about the gift of free will. Would you change this aspect of your relationship with the Lord if you could? Journal your reflections.

2. In what area of your life is God calling you to make a change and “choose life” in today? Set up a meeting with your mentor or accountability partner to address this area.

Reflection:

“Lord, you said ‘Now choose life, so that you and your children may live and that you may love the LORD your God, listen to his voice, and hold fast to him.’ Help me to choose life, to love you, to listen to your voice and hold fast to you today.”

Day 2

Context:

Causes of Curses

Preparation:

God as Image Source

Meditation:

James 3:3-12

“When we put bits into the mouths of horses to make them obey us, we can turn the whole animal. ⁴ Or take ships as an example. Although they are so large and are driven by strong winds, they are steered by a very small rudder wherever the pilot wants to go. ⁵ Likewise the tongue is a small part of the body, but it makes great boasts. Consider what a great forest is set on fire by a small spark.

⁶ The tongue also is a fire, a world of evil among the parts of the body. It corrupts the whole person, sets the whole course of his life on fire, and is itself set on fire by hell. ⁷ All kinds of animals, birds, reptiles and creatures of the sea are being tamed and have been tamed by man, ⁸ but no man can tame the tongue. It is a restless evil, full of deadly poison. ⁹ With the tongue we praise our Lord and Father, and with it we curse men, who have been made in God’s likeness. ¹⁰ Out of the same mouth come praise and cursing. My brothers, this should not be. ¹¹ Can both fresh water and salt (bitter) water flow from the same spring? ¹² My brothers, can a fig tree bear olives, or a grapevine bear figs? Neither can a salt spring produce fresh water.”

Revelation:

1. How is it that the tongue can be compared to the bridle of a horse or the rudder of a ship?

How do the great boasts that the tongue makes impact us personally?

2. In what ways can the tongue corrupt the whole persona and set the whole course of his life on fire?

Session 16: Daily Devotional

Day 2

3. On a scale of 1(not very seriously) to 10 (extremely seriously), how seriously have you take the power of the tongue? How does this play itself out in your life?

Application:

1. What do you sense God asking you to do as a result of spending time with this verse?
What one action step can you take in this direction today?

2. If there were one thing that would help you move away from praising God and cursing men with the same tongue, what would it be? What would it take to integrate that into your life today?
Journal your thoughts.

Reflection:

“Lord, you said, ‘Out of the same mouth come praise and cursing. My brothers, this should not be.’
Help me to be devoted to praising and not cursing today.”

Day 3

Context:

Dealing with Sin in the Church

Preparation:

God as Peace-Maker

Meditation:

Matthew 18:15-20

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

Revelation:

1. How are you at addressing issues with someone that you feel has wronged you? How closely do you follow the process as outlined in this section of Scripture?

2. How have you responded when others have come to you to address issues? What ways are you most open to receive correction and when are you most likely to just “shut down?”

Session 16: Daily Devotional

Day 3

3. To what degree do you think the church equips its people to address issues in a healthy way? What can it do better in this area? How can you be a part of this process of improvement?

Application:

1. What in your life would you like to see bound or loosed in some way? Spend 10 minutes meditating on and praying through verse 18.

2. Meet or talk with a fellow believer today to agree on a matter for prayer.

Reflection:

“Lord, you said, ‘For where two or three come together in my name, there am I with them.’ Help me experience your presence in this way today.”

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.
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.

Discussion and reflection questions journal:

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

This image shows a full page of blank, white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page, typical of notebook or legal stationery. There are no margins, text, or other markings present.

The background of the page 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 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 is a solid brownish-orange. The roots are exposed and spread out across a dark green base, with some roots showing yellowish highlights. The word "Appendices" is centered over the green blocks on the left.

Appendices

Appendix A: The 18 Natural Laws of Life Stewardship™

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; Psalm 90:12]

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 abundant life.

[Deuteronomy 30:19-20]

Law 3 – The Law of Abundant Life – When your life (being and doing) reflects God's governing mission for your life (vision, priorities, values and identity roles), you experience the abundant life. [Psalm 1:1-6; John 10:10]

Law 4 – The Law of Perspective – Seeing life from God's perspective is essential if we are going to experience God's abundant life! (Having a Biblical Worldview)
If you can't see it you can't do it!

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

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

[Genesis 1:27; Psalm 139:13-16; Ephesians 2:8-10]

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]

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.

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

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]

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.

[Isaiah 64:8, Romans 12: 1-3; 2 Corinthians 3:16-18]

Appendix A: The 18 Natural Laws of Life Stewardship™

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.
[Matthew 5:1-2; Philippians 2:1-11]

Law 11 – 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.
[The book of Ephesians; Romans 7, 8]

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 30:11-20, Galatians 6:7-10]

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.
[Romans 12:1-3; Philippians 4:13]

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.
[Romans 10:9-10; James 1:5-7; Mark 11:22-25]

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]

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

Law 17 – The Law of Alignment – Regular evaluation, planning and realignment with God's mission leverages time through increased focus.
[Jeremiah 29:13]

Law 18 – The Law of Training – The life you live trains you for the life you are going to lead!
[Galatians 6]

Appendix B: The Seven Values of Abundant Living

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

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

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

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

Growth is a process toward full maturity in Christ.

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

on the very fabric of our lives. We look at our lives holistically and allow the mental, emotional, physical, spiritual and social dimensions of our lives to be transformed by the Holy Spirit. As we mature in our faith and God entrusts people to our care, we will strive to be good mentors to the people in our lives who look to us for guidance and discipleship. Leaders will strive to be submitted to those they lead and also will have regular discipleship and accountability times with their mentors. This includes the principle of discipleship chains.

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

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

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

We are committed to living our lives together in groups where both the vertical (you and God) and horizontal (you and the world) components of the Christian life will be lived out and growth is optimized. Christ calls us together as a people belonging to God (1 Peter 2:9), a new creation (2 Corinthians 5:17), established in true righteousness and holiness (Ephesians 4:24), who in community are to show forth His praises (1 Peter 2:9). God desires that we learn from one another's diversity; therefore our groups should be willing to be diverse in every way: ethnic, racial, cultural, sociological, economic, etc. Differences and diversities easily divide, but we are called to follow the Master in our microcosm of God's kingdom. We are commanded to live lives of humility, patience, love and forbearance (Ephesians 4:2) as Spirit-people through whom His fruit will be seen in community. The fruit of the Spirit cannot be seen apart from community (Galatians 5:22). We all need to become a member of a small group and a local fellowship (local expression of the family of God, local church). By entering into covenant relationship with others, we are placing ourselves in the optimal environment to experience life change. We will strive to live out the "one anothers" of Scripture together as God's family. This includes the principle of unity in diversity.

Appendix B: The Seven Values of Abundant Living

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

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

Good Stewardship is the reasonable response to our gracious God.

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

Appendix C: 7 G's Summary Chart

7 G's	The Lord's Prayer	Acts 2	Promises	Attitudes
Glorification	"Our Father in heaven, hallowed be thy name,	⁴⁶ "Every day they continued to meet together in the temple courts. They broke bread in their homes and ate together with glad and sincere hearts, ⁴⁷ praising God..."	God promises to glorify himself through reverent worshippers who serve His purposes!	I have decided to live as a worshipper and glorify God in every aspect of my life.
Group	Your kingdom come,	^{42b} "...and to the fellowship..."	God promises His love, peace and presence to members of His Family.	I have decided to live in covenant community as a member of God's family and welcome in all who desire to join.
Growth	Your will be done	^{42a} "They devoted themselves to the apostles' teaching..."	God promises to train and transform earnest disciples of God's righteous life.	I have decided that I will live as a disciple, striving to become more like Jesus in every area of my life.
Gifts	on earth as it is in heaven.	⁴³ "Everyone was filled with awe, and many wonders and miraculous signs were done by the apostles."	God promises His empowerment and protection to those who surrender to Him and serve through His Strength.	I have decided to live every day as an empowered servant allowing God to express His love through me.
Good Stewardship	Give us today our daily bread.	⁴⁴ "All believers were together and had everything in common. ⁴⁵ Selling their possessions and goods they gave to anyone as he had need."	God promises His provision to those who depend on Him and steward life wisely.	I have decided that life is a gift of time, talents and treasure that I will gratefully steward as God leads.
Grace	Forgive us our debts as we also have forgiven our debtors.	^{42c} "... to the breaking of bread..." ^{47b} "... and enjoying the favor of all of the people. And the Lord added to their number daily those who were being saved."	God promises His forgiveness to those who repent and live as His ambassadors in the world.	I have decided that I will receive God's grace for my life and live as His ambassador of reconciliation in the world.
Guidance	And lead us not into temptation but deliver us from the evil one."	^{42d} "... and to prayer."	God Promises His Guidance to those who submit themselves to His Lordship and follow Him.	I have decided that I need God's guidance in every aspect of my life and will live as His follower!

Appendix C: 7 G's Summary Chart

7 G's	Full Armor of God	The Curses of Disobedience	Character Strengths
Glorification	The Helmet of Salvation	Pride - Jeremiah 17:5-6	Spirituality/Purpose, Humility/Modesty, Appreciation of Beauty and Excellence
Group	And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the saints.	Disrespect of Parents - Deuteronomy 27:16 Sexual Immorality - Deuteronomy 27:20-23	Love of People, Citizenship, Kindness, Social Intelligence
Growth	The Breastplate of Righteousness	Hypocrisy and Disobedience to the Word - Deuteronomy 27:26	Love of Learning, Persistence, Self-Regulation, Integrity
Gifts	The Sword of the Spirit, which is the Word of God.	Religion - Galatians 3:10	Creativity, Bravery, Vitality
Good Stewardship	The Shield of Faith	Dishonesty/Greed; Unrighteous Stewardship - Haggai 1:5-6; Malachi 3:8-10	Prudence, Fairness, Gratitude
Grace	Feet fitted with the readiness that comes from the Gospel of Peace	Harming the helpless and weak - Deuteronomy 27:18-19 Hatred/Murder - Deuteronomy 27:24-25	Forgiveness/Mercy, Hope/Optimism, Humor
Guidance	The Belt of Truth	Idolatry - Deuteronomy 27:15	Perspective/Wisdom, Curiosity, Leadership, Open Mindedness

Appendix C: 7 G's Summary Chart

7 G's	P.U.R.P.O.S.E.	Belief Statement	7 Deadly Sins	7 Virtues	Spiritual Pathways
Glorification	Original Abilities	Glorification of God is the goal of our lives and our church.	Pride	Humility	Worship
Group	Experience of Love	Group provides the optimal environment for life change.	Lust	Chastity	Relational
Growth	Upbringing	Growth is a process towards full maturity in Christ.	Gluttony	Temperance	Activist
Gifts	Spiritual Gifts	Gifts of divine empowerment are given to all believers to grow God's church.	Envy	Contentment	Serving
Good Stewardship	Resources	Good Stewardship is the reasonable response to our gracious God.	Greed	Poverty as Steward	Creation
Grace	Passions	Grace is God's bridge to us and our bridge to others.	Wrath	Meekness	Contemplative
Guidance	Personality	Guidance is necessary in order to carry out God's will.	Sloth	Obedience	Intellectual

Appendix G: The Promises of God and the 7 G's

The Promises of God

The promises of God in the Old Testament make up the true Christian hope. When on trial for his life, Paul spoke of the future reward for which he was prepared to lose all things. "And now it is because of my hope in what God has promised our fathers that I am on trial today. This is the promise our twelve tribes are hoping to see fulfilled as they earnestly serve God day and night. O king, it is because of this hope that the Jews are accusing me" (Acts 26:6,7). He had spent much of his life preaching "glad tidings (the Gospel), how that the promise which was made unto the fathers, God has fulfilled...in that he has raised up Jesus" (Acts 13:32,33). Paul explained that belief in those promises gave hope of resurrection from the dead (Acts 26:6-8, cf. 23:8), a knowledge of the second coming of Jesus in judgment and of the coming Kingdom of God (Acts 24:25; 28:20,31). It must be understood at the outset that the true Christian hope is "the hope of Israel." God sent His Son to save the Jews first and foremost (Galatians 4:4,5); yet God is not willing that any should perish. By His grace the Gentiles may share in the promise of salvation also.

"I observe that in using the promises regard is always to be had to the attributes of the promiser. His ability is infinite, and his willingness is also infinite – these things are always to be taken into account. Now if human beings promise us anything, in ever such strong language, we are at liberty to doubt whether we shall ever possess the things promised, having in view the capacity of the promiser. Thus you see we must interpret promises made to us in the light of the attributes of him who promises. It is very common for men in very strong language to promise that which we do not expect them to perform, and which indeed they cannot. Suppose a physician says that he will restore his patient to perfect health: it would be unfair to understand him to mean literally what he says. If the physician recovers the patient from the disease under which he is laboring, and restores him to comfortable health, it is all that can be expected of him. But whatever promise God makes he is perfectly able to perform it. We are always, therefore, to have respect for the attributes of him who makes the promise. If Christians would at once believe, and apply the promises, meet God on the ground that he has promised to meet them, they would find in their own experience how much value there is in prayer, and how powerfully they can prevail with God. They would find that there was a cheerfulness and willingness on God's part to meet them at every point. Many individuals plead the promises without fulfilling their conditions, and then they lose their faith in the promises, because they are not fulfilled in their experiences. The reason of this is because they have not fulfilled the required conditions. I have no doubt but it is a common thing for men to pray themselves out of all confidence in prayer, because they fail to fulfill the conditions on which God has promised them. How general is it that we find professors of religion have but very little confidence in prayer; and why is this? Because they have come to regard prayer as a duty, rather than as something that can prevail with God. Brethren, if you would enjoy communion with God, and prevail with him, you must look upon prayer as something more than a duty. You must take hold of prayer, as a sure instrument by which you can move God's hand, his arm, and his heart, and then you will do it. Amen." - Charles Finney

The Promises of God and the 7 Values of Abundant Living

We have categorized the promises of God according to the 7 Values of Abundant Living. Use the Scriptures provided for you to guide your study and reflection time on the promises of God, as you more firmly root your attitudes in His promises. All Scriptures are taken from the New International Version.

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

- Ecclesiastes 5:5 - It is better not to vow than to make a vow and not fulfill it.
- Ecclesiastes 8:2 - Obey the king's command, I say, because you took an oath before God.
- Isaiah 48:17 - This is what the LORD says – your Redeemer, the Holy One of Israel: "I am the LORD your God, who teaches you what is best for you, who directs you in the way you should go.
- Psalm 85:8 - I will listen to what God the LORD will say; he promises peace to his people, his saints – but let them not return to folly.
- Matthew 18:3 - And he said: "I tell you the truth, unless you change and become like little children, you will never enter the kingdom of heaven."
- Matthew 5:18 - I tell you the truth, until heaven and earth disappear, not the smallest letter, not the least stroke of a pen, will by any means disappear from the Law until everything is accomplished.
- Psalm 76:11 - Make vows to the LORD your God and fulfill them; let all the neighboring lands bring gifts to the One to be feared.
- Psalm 37:4-5 - Delight yourself in the LORD and he will give you the desires of your heart. Commit your way to the LORD; trust in him and he will do this.
- John 3:36 - Whoever believes in the Son has eternal life, but whoever rejects the Son will not see life, for God's wrath remains on him.
- Psalm 32:8 - I will instruct you and teach you in the way you should go; I will counsel you and watch over you.
- Jeremiah 29:13 - You will seek me and find me when you seek me with all your heart.
- Jeremiah 33:3 - Call to me and I will answer you and tell you great and unsearchable things you do not know.
- Matthew 7:7-8 - Ask and it will be given to you; seek and you will find; knock and the door will be opened to you. For everyone who asks receives; he who seeks finds; and to him who knocks, the door will be opened.
- John 16:13 - But when he, the Spirit of truth, comes, he will guide you into all truth. He will not speak on his own; he will speak only what he hears, and he will tell you what is yet to come.
- 2 Samuel 22:7 - In my distress I called to the LORD; I called out to my God. From his temple he heard my voice; my cry came to his ears.
- Psalm 23 - The LORD is my shepherd, I shall not be in want. He makes me lie down in green pastures, he leads me beside quiet waters, he restores my soul. He guides me in paths of righteousness for his name's sake. Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me. You prepare a table before me in the presence of my enemies. You anoint my head with oil; my cup overflows. Surely goodness and love will follow me all the days of my life, and I will dwell in the house of the LORD forever.
- Proverbs 3:5-6 - Trust in the LORD with all your heart and lean not on your own understanding; in all your ways acknowledge him, and he will make your paths straight.
- Psalm 32:6-8 - Therefore let everyone who is godly pray to you while you may be found;

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surely when the mighty waters rise, they will not reach him. You are my hiding place; you will protect me from trouble and surround me with songs of deliverance. Selah. I will instruct you and teach you in the way you should go; I will counsel you and watch over you.

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

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

- Deuteronomy 6:13 - These commandments that I give you today are to be upon your hearts.
- Proverbs 16:7 - When a man's ways are pleasing to the LORD, he makes even his enemies live at peace with him.
- Deuteronomy 30:6 - The LORD your God will circumcise your hearts and the hearts of your descendants, so that you may love him with all your heart and with all your soul, and live.
- Deuteronomy 29:9 - Carefully follow the terms of this covenant, so that you may prosper in everything you do.
- Matthew 11:28-29 - Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls.
- Psalm 25:8 - Good and upright is the LORD; therefore he instructs sinners in his ways.
- Isaiah 51:22 - This is what your Sovereign LORD says, your God, who defends his people: "See, I have taken out of your hand the cup that made you stagger; from that cup, the goblet of my wrath, you will never drink again.
- Joshua 1:8-9 - Do not let this Book of the Law depart from your mouth; meditate on it day and night, so that you may be careful to

do everything written in it. Then you will be prosperous and successful. Have I not commanded you? Be strong and courageous. Do not be terrified; do not be discouraged, for the LORD your God will be with you wherever you go.

- 1 Samuel 16:7 - But the LORD said to Samuel, "Do not consider his appearance or his height, for I have rejected him. The LORD does not look at the things man looks at. Man looks at the outward appearance, but the LORD looks at the heart."
- 2 Samuel 22:25-29 - The LORD has rewarded me according to my righteousness, according to my cleanness in his sight. "To the faithful you show yourself faithful, to the blameless you show yourself blameless, to the pure you show yourself pure, but to the crooked you show yourself shrewd. You save the humble, but your eyes are on the haughty to bring them low. You are my lamp, O LORD; the LORD turns my darkness into light.
- Psalm 27:14 - Wait for the LORD; be strong and take heart and wait for the LORD.
- Psalm 5:12 - For surely, O LORD, you bless the righteous; you surround them with your favor as with a shield.
- Psalm 18:30 - As for God, his way is perfect; the word of the LORD is flawless. He is a shield for all who take refuge in him.
- Proverbs 9:10 - The fear of the LORD is the beginning of wisdom, and knowledge of the Holy One is understanding.
- Isaiah 33:15-17 - He who walks righteously and speaks what is right, who rejects gain from extortion and keeps his hand from accepting bribes, who stops his ears against plots of murder and shuts his eyes against contemplating evil—this is the man who will dwell on the heights, whose refuge will be the mountain fortress. His bread will be supplied, and water will not fail him. Your eyes will see the king in his beauty and view a land that stretches afar.

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- Isaiah 55:6-9 - Seek the LORD while he may be found; call on him while he is near. Let the wicked forsake his way and the evil man his thoughts. Let him turn to the LORD, and he will have mercy on him, and to our God, for he will freely pardon. "For my thoughts are not your thoughts, neither are your ways my ways," declares the LORD. "As the heavens are higher than the earth, so are my ways higher than your ways and my thoughts than your thoughts."
- Ezekiel 33:13 - If I tell the righteous man that he will surely live, but then he trusts in his righteousness and does evil, none of the righteous things he has done will be remembered; he will die for the evil he has done.
- Psalm 119:34-36 - Give me understanding, and I will keep your law and obey it with all my heart. Direct me in the path of your commands, for there I find delight. Turn my heart toward your statutes and not toward selfish gain.
- Matthew 5:20 - For I tell you that unless your righteousness surpasses that of the Pharisees and the teachers of the law, you will certainly not enter the kingdom of heaven.
- Deuteronomy 23:23 - Whatever your lips utter you must be sure to do, because you made your vow freely to the LORD your God with your own mouth.
- 2 Corinthians 7:1 - Since we have these promises, dear friends, let us purify ourselves from everything that contaminates body and spirit, perfecting holiness out of reverence for God.
- 1 Timothy 4:8 - For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come.
- 2 Peter 1:3-4 - His divine power has given us everything we need for life and godliness through our knowledge of him who called us by his own glory and goodness. Through these he has given us his very great and precious promises, so that through them you may participate in the divine nature and escape the corruption in the world caused by evil desires.

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

- Psalm 34:18 - The LORD is close to the broken-hearted and saves those who are crushed in spirit.
- 2 Peter 3:9 - The Lord is not slow in keeping his promise, as some understand slowness. He is patient with you, not wanting anyone to perish, but everyone to come to repentance.
- Mark 3:28 - I tell you the truth, all the sins and blasphemies of men will be forgiven them.
- Matthew 18:19 - Again, I tell you that if two of you on earth agree about anything you ask for, it will be done for you by my Father in heaven.
- Psalm 9:9 - The LORD is a refuge for the oppressed,
- Ezekiel 34:16 - I will search for the lost and bring back the strays. I will bind up the injured and strengthen the weak, but the sleek and the strong I will destroy. I will shepherd the flock with justice.
- Hosea 14:4 - I will heal their waywardness and love them freely, for my anger has turned away from them.
- Matthew 5:22 - But I tell you that anyone who is angry with his brother will be subject to judgment. Again, anyone who says to his brother, 'Raca,' is answerable to the Sanhedrin. But anyone who says, 'You fool!' will be in danger of the fire of hell.
- John 14:18 - I will not leave you as orphans; I will come to you. If my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then will I hear from heaven and will forgive their sin and will heal their land.
- Mark 11:26 - And when you stand praying, if you hold anything against anyone, forgive him, so that your Father in heaven may forgive you your sins.
- John 5:24 - I tell you the truth, whoever hears my word and believes him who sent me has eternal life and will not be condemned; he has crossed over from death to life.

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- Exodus 34:6-7 - And he passed in front of Moses, proclaiming, "The LORD, the LORD, the compassionate and gracious God, slow to anger, abounding in love and faithfulness, maintaining love to thousands, and forgiving wickedness, rebellion and sin. Yet he does not leave the guilty unpunished; he punishes the children and their children for the sin of the fathers to the third and fourth generation."
- Psalm 37:8-11 - Refrain from anger and turn from wrath; do not fret – it leads only to evil. For evil men will be cut off, but those who hope in the LORD will inherit the land. A little while, and the wicked will be no more; though you look for them, they will not be found. But the meek will inherit the land and enjoy great peace.
- Psalm 103:11-14 - For as high as the heavens are above the earth, so great is his love for those who fear him; as far as the east is from the west, so far has he removed our transgressions from us. As a father has compassion on his children, so the LORD has compassion on those who fear him; for he knows how we are formed, he remembers that we are dust.
- Psalm 145:8 - The LORD is gracious and compassionate, slow to anger and rich in love.
- Proverbs 28:13 - He who conceals his sins does not prosper, but whoever confesses and renounces them finds mercy.
- Isaiah 1:18 - "Come now, let us reason together," says the LORD: "though your sins are like scarlet, they shall be as white as snow; though they are red like crimson, they shall become like wool."
- Isaiah 44:22 - I have swept away your offenses like a cloud, your sins like the morning mist. Return to me, for I have redeemed you.
- Isaiah 57:15 - For this is what the high and lofty One says – he who lives forever, whose name is holy: "I live in a high and holy place, but also with him who is contrite and lowly in spirit, to revive the spirit of the lowly and to revive the heart of the contrite."

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

- Genesis 15:7 - He also said to him, "I am the LORD, who brought you out of Ur of the Chaldeans to give you this land to take possession of it."
- James 2:5 - Listen, my dear brothers: Has not God chosen those who are poor in the eyes of the world to be rich in faith and to inherit the kingdom he promised those who love him?
- Hebrews 13:5 - Keep your lives free from the love of money and be content with what you have, because God has said, "Never will I leave you; never will I forsake you."
- Deuteronomy 8:18 - But remember the LORD your God, for it is he who gives you the ability to produce wealth, and so confirms his covenant, which he swore to your forefathers, as it is today.
- 1 Chronicles 22:11 - Now, my son, the LORD be with you, and may you have success and build the house of the LORD your God, as he said you would.
- 1 Chronicles 28:8 - So now I charge you in the sight of all Israel and of the assembly of the LORD, and in the hearing of our God: Be careful to follow all the commands of the LORD your God, that you may possess this good land and pass it on as an inheritance to your descendants forever.
- Psalm 34:6-9 - This poor man called, and the LORD heard him; he saved him out of all his troubles. The angel of the LORD encamps around those who fear him, and he delivers them. Taste and see that the LORD is good; blessed is the man who takes refuge in him. Fear the LORD, you his saints, for those who fear him lack nothing.
- Psalm 34:10 - The lions may grow weak and hungry, but those who seek the LORD lack no good thing.

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- Ezekiel 34:26-30 - "I will bless them and the places surrounding my hill. I will send down showers in season; there will be showers of blessing. The trees of the field will yield their fruit and the ground will yield its crops; the people will be secure in their land. They will know that I am the LORD, when I break the bars of their yoke and rescue them from the hands of those who enslaved them. They will no longer be plundered by the nations, nor will wild animals devour them. They will live in safety, and no one will make them afraid. I will provide for them a land renowned for its crops, and they will no longer be victims of famine in the land or bear the scorn of the nations. Then they will know that I, the LORD their God, am with them and that they, the house of Israel, are my people, declares the Sovereign LORD. You my sheep, the sheep of my pasture, are people, and I am your God, declares the Sovereign LORD."
- Psalm 72:6-7 - He will be like rain falling on a mown field, like showers watering the earth. In his days the righteous will flourish; prosperity will abound till the moon is no more.
- Ezekiel 34:15 - "I myself will tend my sheep and have them lie down," declares the Sovereign LORD. Nehemiah 5:9-13 - So I continued, "What you are doing is not right. Shouldn't you walk in the fear of our God to avoid the reproach of our Gentile enemies? I and my brothers and my men are also lending the people money and grain. But let the exacting of usury stop! Give back to them immediately their fields, vineyards, olive groves and houses, and also the usury you are charging them—the hundredth part of the money, grain, new wine and oil." "We will give it back," they said. "And we will not demand anything more from them. We will do as you say." Then I summoned the priests and made the nobles and officials take an oath to do what they had promised. I also shook out the folds of my robe and said, "In this way may God shake out of his house and possessions every man who does not keep this promise. So may such a man be shaken out and emptied!" At this the whole assembly said, "Amen," and praised the LORD. And the people did as they had promised.
- Matthew 6:31-33 - So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' For the pagans run after all these things, and your heavenly Father knows that you need them. But seek first his kingdom and his righteousness, and all these things will be given to you as well.
- Luke 6:38 - Give, and it will be given to you. A good measure, pressed down, shaken together and running over, will be poured into your lap. For with the measure you use, it will be measured to you.
- John 16:23 - In that day you will no longer ask me anything. I tell you the truth, my Father will give you whatever you ask in my name.

Appendix G: The Promises of God and the 7 G's

Glorification - God promises to glorify himself through reverent worshippers who serve His purposes.

- John 14:12-14 - I tell you the truth, anyone who has faith in me will do what I have been doing. He will do even greater things than these, because I am going to the Father. And I will do whatever you ask in my name, so that the Son may bring glory to the Father. You may ask me for anything in my name, and I will do it.
- 2 Corinthians 1:20 - For no matter how many promises God has made, they are "Yes" in Christ. And so through him the "Amen" is spoken by us to the glory of God.
- Isaiah 28:5 - In that day the LORD Almighty will be a glorious crown, a beautiful wreath for the remnant of his people.
- Romans 8:17 - Now if we are children, then we are heirs – heirs of God and co-heirs with Christ, if indeed we share in his sufferings in order that we may also share in his glory.
- Psalm 50:14-15 - Sacrifice thank offerings to God, fulfill your vows to the Most High, and call upon me in the day of trouble; I will deliver you, and you will honor me.
- Joshua 23:14-16 - "Now I am about to go the way of all the earth. You know with all your heart and soul that not one of all the good promises the LORD your God gave you has failed. Every promise has been fulfilled; not one has failed. But just as every good promise of the LORD your God has come true, so the LORD will bring on you all the evil he has threatened, until he has destroyed you from this good land he has given you. If you violate the covenant of the LORD your God, which he commanded you, and go and serve other gods and bow down to them, the LORD's anger will burn against you, and you will quickly perish from the good land he has given you."
- Exodus 15:2 - The LORD is my strength and song, And He has become my salvation; He is my God, and I will praise Him; My father's God, and I will exalt Him.
- 1 Samuel 2:2 - There is no one holy like the LORD; there is no one besides you; there is no Rock like our God.
- Psalm 3:3-6 - But you are a shield around me, O LORD; you bestow glory on me and lift up my head. To the LORD I cry aloud, and he answers me from his holy hill. Selah. I lie down and sleep; I wake again, because the LORD sustains me. I will not fear the tens of thousands drawn up against me on every side.
- Psalm 8:3-5 - When I consider your heavens, the work of your fingers, the moon and the stars, which you have set in place, what is man that you are mindful of him, the son of man that you care for him? You made him a little lower than the heavenly beings and crowned him with glory and honor.
- Psalm 27:5-6 - For in the day of trouble he will keep me safe in his dwelling; he will hide me in the shelter of his tabernacle and set me high upon a rock. Then my head will be exalted above the enemies who surround me; at his tabernacle will I sacrifice with shouts of joy; I will sing and make music to the LORD.
- Psalm 42:5 - Why are you downcast, O my soul? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and my God.
- Isaiah 9:6-7 - For to us a child is born, to us a son is given, and the government will be on his shoulders. And he will be called Wonderful Counselor, Mighty God, Everlasting Father, Prince of Peace. Of the increase of his government and peace there will be no end. He will reign on David's throne and over his kingdom, establishing and upholding it with justice and righteousness from that time on and forever. The zeal of the LORD Almighty will accomplish this.

Appendix G: The Promises of God and the 7 G's

Gifts - God promises His empowerment and protection to those who surrender to Him and serve through His strength.

- 2 Samuel 22:17-21 - He reached down from on high and took hold of me; he drew me out of deep waters. He rescued me from my powerful enemy, from my foes, who were too strong for me. They confronted me in the day of my disaster, but the LORD was my support. He brought me out into a spacious place; he rescued me because he delighted in me. The LORD has dealt with me according to my righteousness; according to the cleanness of my hands he has rewarded me.
- 2 Samuel 22:31-33 - As for God, his way is perfect; the word of the LORD is flawless. He is a shield for all who take refuge in him. For who is God besides the LORD? And who is the Rock except our God? It is God who arms me with strength and makes my way perfect.
- Psalm 29:11 - The LORD gives strength to his people; the LORD blesses his people with peace.
- Psalm 34:17 - The righteous cry out, and the LORD hears them; he delivers them from all their troubles.
- Psalm 34:19 - A righteous man may have many troubles, but the LORD delivers him from them all;
- Psalm 37:39-40 - The salvation of the righteous comes from the LORD; he is their stronghold in time of trouble. The LORD helps them and delivers them; he delivers them from the wicked and saves them, because they take refuge in him.
- Psalm 63:8 - My soul clings to you; your right hand upholds me.
- Psalm 34:7 - The angel of the LORD encamps around those who fear him, and he delivers them.
- Isaiah 40:29 - He gives strength to the weary and increases the power of the weak.
- Isaiah 40:31 - but those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.
- Isaiah 41:10 - So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.
- Isaiah 49:25 - But this is what the LORD says: "Yes, captives will be taken from warriors, and plunder retrieved from the fierce; I will contend with those who contend with you, and your children I will save."
- Psalm 91:14-16 - "Because he loves me," says the LORD, "I will rescue him; I will protect him, for he acknowledges my name. He will call upon me, and I will answer him; I will be with him in trouble, I will deliver him and honor him. With long life will I satisfy him and show him my salvation."
- Matthew 17:20 - "I tell you the truth, if you have faith as small as a mustard seed, you can say to this mountain, 'Move from here to there' and it will move. Nothing will be impossible for you."
- Matthew 21:21-22 - Jesus replied, "I tell you the truth, if you have faith and do not doubt, not only can you do what was done to the fig tree, but also you can say to this mountain, 'Go, throw yourself into the sea,' and it will be done. If you believe, you will receive whatever you ask for in prayer."
- Mark 9:23 - "'If you can?'" said Jesus. "Everything is possible for him who believes."

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- John 14:12-14 - I tell you the truth, anyone who has faith in me will do what I have been doing. He will do even greater things than these, because I am going to the Father. And I will do whatever you ask in my name, so that the Son may bring glory to the Father. You may ask me for anything in my name, and I will do it.
- John 15:7 - If you remain in me and my words remain in you, ask whatever you wish, and it will be given you.
- Acts 1:8 - But you will receive power when the Holy Spirit comes on you; and you will be my witnesses in Jerusalem, and in all Judea and Samaria, and to the ends of the earth.
- Deuteronomy 31:6 - Be strong and courageous. Do not be afraid or terrified because of them, for the LORD your God goes with you; he will never leave you nor forsake you.
- Deuteronomy 31:8 - The LORD himself goes before you and will be with you; he will never leave you nor forsake you. Do not be afraid; do not be discouraged.
- 1 Chronicles 28:20 - David also said to Solomon his son, "Be strong and courageous, and do the work. Do not be afraid or discouraged, for the LORD God, my God, is with you. He will not fail you or forsake you until all the work for the service of the temple of the LORD is finished."
- Psalm 46:1 - God is our refuge and strength, an ever-present help in trouble.
- Isaiah 41:13 - For I am the LORD, your God, who takes hold of your right hand and says to you, 'Do not fear; I will help you.'
- Psalm 12:5-6 - "Because of the oppression of the weak and the groaning of the needy, I will now arise," says the LORD. "I will protect them from those who malign them." And the words of the LORD are flawless, like silver refined in a furnace of clay, purified seven times.
- Genesis 15:1 - After this, the word of the LORD came to Abram in a vision: "Do not be afraid, Abram. I am your shield, your very great reward."
- Joshua 21:44-45 - The LORD gave them rest on every side, just as he had sworn to their forefathers. Not one of their enemies withstood them; the LORD handed all their enemies over to them. Not one of all the LORD's good promises to the house of Israel failed; every one was fulfilled.
- 1 Samuel 2:2 - He said: "The LORD is my rock, my fortress and my deliverer; my God is my rock, in whom I take refuge, my shield and the horn of my salvation. He is my stronghold, my refuge and my savior – from violent men you save me. I call to the LORD, who is worthy of praise, and I am saved from my enemies."

Appendix G: The Promises of God and the 7 G's

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

- John 6:37 - All that the Father gives me will come to me, and whoever comes to me I will never drive away.
- Deuteronomy 29:12-13 - You are standing here in order to enter into a covenant with the LORD your God, a covenant the LORD is making with you this day and sealing with an oath, to confirm you this day as his people, that he may be your God as he promised you and as he swore to your fathers, Abraham, Isaac and Jacob.
- Exodus 15:13 - In your unfailing love you will lead the people you have redeemed. In your strength you will guide them to your holy dwelling.
- John 3:16 - For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life.
- Psalm 22:24 - For he has not despised or disdained the suffering of the afflicted one; he has not hidden his face from him but has listened to his cry for help.
- Psalm 4:7-8 - You have filled my heart with greater joy than when their grain and new wine abound. I will lie down and sleep in peace, for you alone, O LORD, make me dwell in safety.
- Psalm 62:11-12 - One thing God has spoken, two things have I heard: that you, O God, are strong, and that you, O Lord, are loving. Surely you will reward each person according to what he has done.
- Psalm 46:11 - The LORD Almighty is with us; the God of Jacob is our fortress. Selah
- Philippians 4:7 - And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.
- Ephesians 3:6 - This mystery is that through the gospel the Gentiles are heirs together with Israel, members together of one body, and sharers together in the promise in Christ Jesus.
- Ephesians 6:1-3 - Children, obey your parents in the Lord, for this is right. "Honor your father and mother" – which is the first commandment with a promise – "that it may go well with you and that you may enjoy long life on the earth."
- Psalm 68:5 - A father to the fatherless, a defender of widows, is God in his holy dwelling.
- 2 Chronicles 7:14 - The LORD is a refuge for the oppressed, a stronghold in times of trouble. Those who know your name will trust in you, for you, LORD, have never forsaken those who seek you.
- Psalm 2:7 - I will proclaim the decree of the LORD: He said to me, "You are my Son; today I have become your Father."
- John 14:27 - Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.
- Psalm 95:7 - For he is our God and we are the people of his pasture, the flock under his care.
- Isaiah 9:2 - The people walking in darkness have seen a great light; on those living in the land of the shadow of death a light has dawned.
- Isaiah 25:8-9 - He will swallow up death forever. The Sovereign LORD will wipe away the tears from all faces; he will remove the disgrace of his people from all the earth. The LORD has spoken. In that day they will say, "Surely this is our God; we trusted in him, and he saved us. This is the LORD, we trusted in him; let us rejoice and be glad in his salvation."
- Isaiah 26:3-4 - You will keep in perfect peace him whose mind is steadfast, because he trusts in you. Trust in the LORD forever, for the LORD, the LORD, is the Rock eternal.

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- Isaiah 32:17-18 - The fruit of righteousness will be peace; the effect of righteousness will be quietness and confidence forever. My people will live in peaceful dwelling places, in secure homes, in undisturbed places of rest.
- Isaiah 40:11 - He tends his flock like a shepherd: He gathers the lambs in his arms and carries them close to his heart; he gently leads those that have young.
- Isaiah 54:10 - "Though the mountains be shaken and the hills be removed, yet my unfailing love for you will not be shaken nor my covenant of peace be removed," says the LORD, who has compassion on you.
- Genesis 9:11-13 - I establish my covenant with you: Never again will all life be cut off by the waters of a flood; never again will there be a flood to destroy the earth. And God said, "This is the sign of the covenant I am making between me and you and every living creature with you, a covenant for all generations to come: I have set my rainbow in the clouds, and it will be the sign of the covenant between me and the earth."
- Genesis 17:1-2 - When Abram was ninety-nine years old, the LORD appeared to him and said, "I am God Almighty; walk before me and be blameless. I will confirm my covenant between me and you and will greatly increase your numbers."
- Genesis 17:4 - As for me, this is my covenant with you: You will be the father of many nations.
- Genesis 17:7 - I will establish my covenant as an everlasting covenant between me and you and your descendants after you for the generations to come, to be your God and the God of your descendants after you.
- Genesis 17:19 - Then God said, "Yes, but your wife Sarah will bear you a son, and you will call him Isaac. I will establish my covenant with him as an everlasting covenant for his descendants after him."
- Deuteronomy 4:31 - For the LORD your God is a merciful God; he will not abandon or destroy you or forget the covenant with your forefathers, which he confirmed to them by oath.
- Matthew 28:18-20 - Then Jesus came to them and said, "All authority in heaven and on earth has been given to me. Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age."

Making Promises (Vows)

Vows are spoken promises made to God, and are often made in response to help received from God. A person making a vow can offer a thing, an action, or the promise of a future action. It is an act of trust between that person and God. A person making a vow is expected to fulfill it by doing what is promised. Vows were used in various ways in the Bible.

A vow (in the Contemporary English Version often translated as “promise”) is not the same as an oath. In general, an oath reassures others that the speaker of the oath is being truthful, whereas a vow involves a promise to God. The New Testament states that oaths should be avoided (Matthew 5:34-37; James 5:12). Sometimes vows were made to get something from God. In return for God’s help or blessing, the person making the vow promised to do something or give something. For example, Jacob promised to worship God and give God a tenth of everything he owned if God would protect him (Genesis 28:20-22). The brave warrior Jephthah promised God he would sacrifice the first person who greeted him after battling the Ammonites if God let him win the battle (Judges 11). Hannah prayed for God to give her a son, and in return she promised to dedicate him to serve the Lord at Shiloh (1 Samuel 1). And the sailors with Jonah made promises to God if He would calm a violent storm at sea (Jonah 1:13-16). See also Acts 21:23.

Other promises were simply made to thank God. Nothing was expected in return. King David promised that he would not rest until he had found a home for the Lord and the sacred chest (Psalm 132:2-5).

The promises we make to God are not given to get something from Him, but are part of our personal relationship with Him. The more we press into His Lordship over our lives, the more He will train us in His righteousness and guide us in experiencing and expressing the depths of joy that come from our covenant relationship.

God also made promises. God’s promises are always fulfilled (see Numbers 23:19). Though David didn’t ask for it, God promised that someone in David’s family would always be king (2 Samuel 7; Psalm 132:11,12). Some other examples of God’s promises or vows can be found in Genesis. In Genesis 8:21, the Lord promised never again to destroy everything that breathes, or to punish the earth for the sinful things its people do. In Genesis 12:2,3, the Lord promised to bless Abram and make his descendants into a great nation, and in Genesis 15:5,6, the Lord promised Abram’s descendants would be as uncountable as the stars.

The Law of Moses had rules for making promises or vows. There were laws about offerings given when making a vow of peace (Leviticus 7:16-18) and about what kind of offering was acceptable when making a sacrifice for a vow (Leviticus 22:17-25; Numbers 15:1-10). Laws also set the price to buy back people or property promised to God (Leviticus 27:1-25). There were special rules for those who dedicated themselves to God by vowing to become Nazirites (Numbers 6:1-21). It is possible that the apostle Paul was making a kind of Nazirite vow when he cut his hair and made a promise to God at Cenchrea (Acts 18:18).

Numbers 30 deals mostly with vows made by women. A young woman living at home could make a vow, but her father had the power to cancel it. If he did, she no longer had to keep the promise and would not be blamed. The same was true of a husband who disapproved of his wife’s vow. Widows and divorced women could make vows and were expected to keep them, because no one had the power to cancel their vows. Making a promise to the Lord was not required, but when a promise was made, the Lord expected it to be kept (Deuteronomy 23:21-23; Ecclesiastes 5:4,5).

References and Acknowledgments

We have kept the reference numbering system and labeling of appendices consistent with what is found in the original Omega Course Workbook - which covers all 24 sessions.

10. Frost, Jim, 1998. Interview by author, March 8, 1998, Cumberland, RI. Personal Communication.
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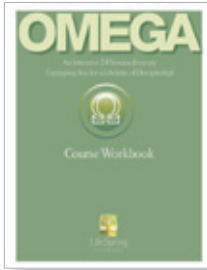
ACKNOWLEDGMENTS

I am grateful to the members of Stanwich Congregational Church for supporting this seminar's development throughout the years; to the other churches representing hundreds of people who have taken the course and given constructive feedback; to Kristine Revelle who took the Omega Seminar content and helped to create this workbook; to Suzanne Weiss, Carol Lyvers, and Jennifer Pankau for editing; to Becky Bell for her artistic diagrams; and to Scott Greenlee for his work in creation and design. And last but not least, I'd like to thank the board of Life Spring Network and all those who have mentored me through the years. God's wisdom through you has transformed my life and ministry. Rev. Jason K. Pankau.

Omega Course Resources

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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.



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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 - Commit 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.

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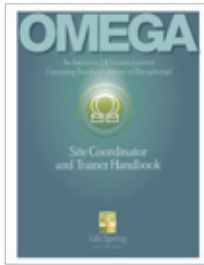
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Creating a Connection Culture Seminar and Workbook

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



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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.