

# OMEGA

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



## Abundant Living

Sessions 1-4



LifeSpring  
NETWORK

COURSE WORKBOOK – PART I

## 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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The 18 Natural Laws, Identity Roles Paradigm, P.R.E.P.<sup>2</sup>,

Life Focus Process, 7 G’s

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## Table of Contents

3	Introduction
13	Session 1: Stewarding Life
37	Session 2: Unpacking Mission
57	Session 3: Abundant Living
75	Session 4: The Seven Values of Abundant Living
96	Appendix A: The 18 Natural Laws of Life Stewardship
98	Appendix B: The Seven Values Abundant Living (7G's)
101	Appendix C: The 7G's Summary Chart
104	Appendix D: Qualifications for Elders in the Church
105	Appendix E: The "One-Anothers" of Scripture
105	Omega Self-Evaluation Questionnaire
115	References and Acknowledgments
116	Additional Resources



# 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

## Welcome to Part One - Sessions 1-4

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 is a list of discussion and reflection questions to guide your group interaction and to help you reflect on what you are learning.

### Section III: Daily Devotional

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.

**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!)



# Introduction

## **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!

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!

You get out what you put in.

You reap what you sow.

Do the work and you will grow.



## Tools for the Journey

Along the way you will become well acquainted with some tools that will help you navigate your journey. We will introduce them here.

### The Life Focus Process™



Clarify God's Mission:

12 Sessions

Commit to Transformation:

4 Sessions

Know Thyself:

4 Sessions

Chart the Course:

2 Sessions

Stay the Course:

2 Sessions



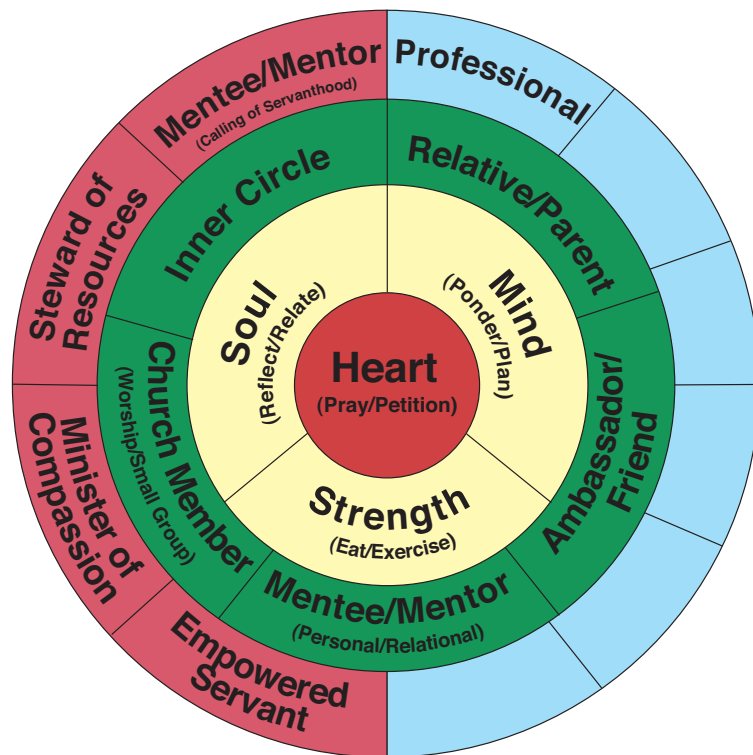
# Introduction

## The 18 Natural Laws of Life Stewardship™



Natural Laws are fundamental patterns of nature and life that revelation, human experience and testing have shown to be valid. They describe things as they really are, as opposed to how we think they are or how we wish they were. A natural law is a law that cannot be repealed.

## Identity Roles Diagram™



The first twelve sessions of Omega will explore Life Spring Network's Identity Roles Diagram. Through examining roles in three different categories of our identity in Christ, we gain a holistic perspective of what new life in Christ was designed to be.

# Introduction

## Not Just Another Program

Omega is...

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

Let's take a look at what that means:

### “An Intensive...”

Omega is just that: intensive. As a “boot camp” of life coaching, you will be exposed to a big picture view of the life of discipleship and be invited to be trained in righteousness.

### “...24 Session...”

Each of the twenty four sessions of the Omega Course can be a stand-alone seminar. Put together, each session builds on the previous session(s) to provide a map with which you can explore, discover and implement God's mission for your life.

### “...Journey...”

The life of discipleship is a journey. You will need to refer back to the map during the different seasons of your life. Additionally, we have many participants who choose to take the course more than one time to get to the deeper levels of what God is doing in them through their Omega Experience.

### “...Equipping You...”

Omega will equip you with a great toolbox of models, paradigms and frameworks with which to seek His guidance and power as you get “on mission” with God.

### “...for a Lifetime of Discipleship!”

A lifetime of focused discipleship becomes possible as you enter into a lifestyle of mentoring that will help to keep you on track and growing...for a lifetime. By completing your personal development plan and using it as a regular mentoring and recalibration tool to discern God's will for your life, you will learn how to seek God's mission, engage His transformational work in your life and integrate Spiritually discerned disciplines that will facilitate your training in righteousness.



## Maximizing Your Journey

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!

# 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](http://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.

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# Session 1

## Stewarding Life



## In this session participants will:

### **Cognitive (Knowing Objectives)**

- Gain a more complete understanding of the Biblical Principle of Stewardship.

### **Affective (Feeling Objectives)**

- Be assured of God's perfect provision for our lives.

### **Behavioral (Doing Objectives)**

- Spend time this week tracking our time and reflecting on the concept of Life Stewardship.

### **Existential (Lifelong Objectives)**

- Learn how to live as a Steward in God's Kingdom by becoming a Fully Devoted Follower of Christ.



**Reflective Question:**

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

**Stewarding Life**

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



**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; 1 Corinthians 4:1-5]*

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*1 Peter 4:1-5*

“Therefore, since Christ suffered in his body, arm yourselves also with the same attitude, because he who has suffered in his body is done with sin. <sup>2</sup>As a result, he does not live the rest of his earthly life for evil human desires, but rather for the will of God. <sup>3</sup>For you have spent enough time in the past doing what pagans choose to do – living in debauchery, lust, drunkenness, orgies, carousing and detestable idolatry. <sup>4</sup>They think it strange that you do not plunge with them into the same flood of dissipation, and they heap abuse on you. <sup>5</sup>But they will have to give account to him who is ready to judge the living and the dead.”



# Session 1: Stewarding Life

## *Psalm 90:12*

“Teach us to number our days aright, that we may gain a heart of wisdom.”

## *1 Corinthians 4:1-5*

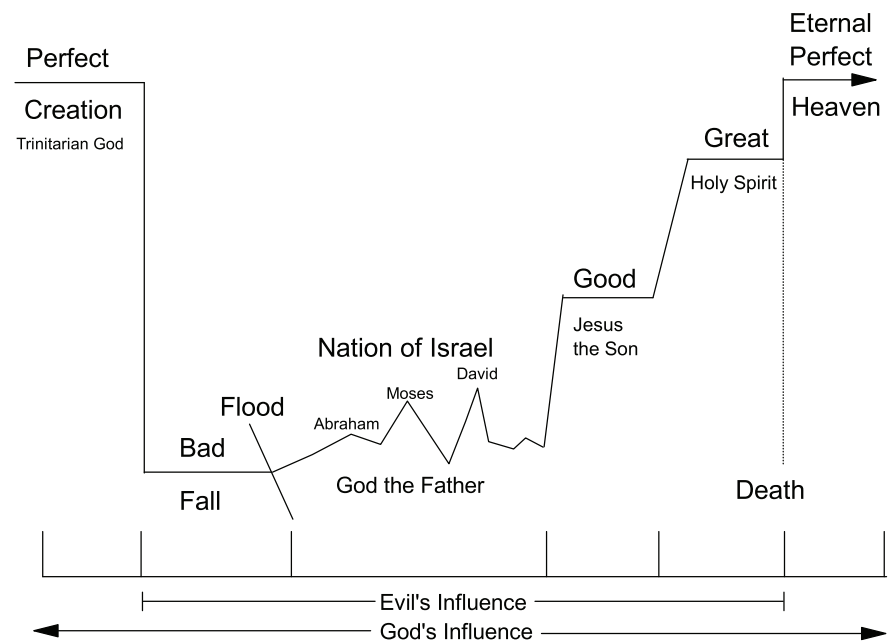
“So then, men ought to regard us as servants of Christ and as those entrusted with the secret things of God. <sup>2</sup> Now it is required that those who have been given a trust must prove faithful. <sup>3</sup> I care very little if I am judged by you or by any human court; indeed, I do not even judge myself. <sup>4</sup> My conscience is clear, but that does not make me innocent. It is the Lord who judges me. <sup>5</sup> Therefore judge nothing before the appointed time; wait till the Lord comes. He will bring to light what is hidden in darkness and will expose the motives of men’s hearts. At that time each will receive his praise from God.”

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### God and Man Through History



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# Session 1: Stewarding Life

## Creation

In the Beginning, God created us in His image (Father, Son and Holy Spirit) and He declared that we were “very good.” Humankind is the pinnacle of creation. As long as we knew only the will of God, our relationship with God was perfect. We were experiencing and expressing love perfectly!

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## The Fall and the Flood

When Satan entered the picture and offered us an opposing will to follow, we chose to disobey God. Consequently, we fell from the perfect relationship status that we had enjoyed with God. We found ourselves in a bad state, separated from God and tempted by the evil one to behave in destructive ways.

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## God Fathers a Nation

After the flood, God began to build a people who would seek Him. His plan was to use this nation to retrain the whole world how to seek God! It was during this season that God restored one aspect of life that was lost in the Fall. He gave us His law which restored His guidance to our lives. As we sought after God and followed His Guidance for our lives, we re-entered His blessing and began learning how to experience and express love again, God’s way. Unfortunately, as we learn in the New Testament, the Law was also given to show us that we can’t follow the guidance of God without the power of God. Therefore, our relationship with God during this season of history is very much like children learning how to love from their mother or father who is training them in righteousness. It was during this season that we related to God primarily as our Father, but we never broke out of the bad state into good, we only experienced better levels of bad and spurts of growth toward righteousness. Some people became God-fearing and God-following men and women, but on the whole the nation was still lost and in need of a Savior.

*“The greatest challenge the church faces today is to be authentic disciples of Jesus.”*  
– Dallas Willard



## Session 1: Stewarding Life

*“Jesus Christ did not come into this world to make bad people good; he came into this world to make dead people live.”*

– Lee Stroebel

### **Arrival of Jesus the Son**

Then God sent His only Son Jesus to be our Savior, pay the debt that we owe because of our sin, and show us how to live as our Lord! For those of us who accept His payment for our sins, God no longer holds our sins against us, and our relationship with God moves from bad to good. Unfortunately, most Christians’ journey of faith ends right here, but this is not the end of the story, because God sends the Holy Spirit to empower us to experience and express the love of God in a supernatural way. This only happens when we are living in and through His strength!

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### **God Sends His Spirit**

When we live in and through the power of the Holy Spirit, we move from good to great! This reconnects us with the other aspect of life that was lost at the Fall: the Power of God. Now that we live in the season of the Spirit, bad and good are not good enough! Greatness is being offered to all who will bend their knee in obedience to God the Father, receive Jesus as their Savior and Lord, and surrender to the power of the Holy Spirit to guide and empower their lives. This is what is possible for us, but it is not all there is.

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### **Our Eternal Dwelling**

Those who die connected to God (Father, Son and Holy Spirit) will be restored to the perfect unhindered relationship that we experienced with God before the Fall. One significant difference from our previous perfect state in the garden is that this time it is a permanent state of perfectly experiencing and expressing love. It is permanent because we chose to love and follow God during our life on Earth. Upon death God purifies and perfects our will to do the will of the Father, and since there isn’t any influence of the evil one beyond death, we perfectly experience and express love forever. This is His Story! The question is how do we respond to what He has done and what kind of life experience do we want to choose for ourselves?

# Session 1: Stewarding Life

## The World's thinking is "NOW!"

It's all around us: fast food, the Internet, liposuction...do it now, get it now and worry about the consequences later. For whatever reason, the dollars we have, the amount of "stuff" we own, or the power we can wield still "wows" people. When we "number our days" according to the world's way of doing things, we get it wrong...way wrong. It's time to start dreaming a new dream: God's dream for your life.

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## Matthew 6:19-21

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

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## God's Guidance is for the Long Haul

God's perspective on life stands the test of time. He wants us to have a long-term view on life, and He wants us to have our eyes on the real prize – which is eternal life with Him. Through the Holy Spirit we can experience connection and intimacy with Him. And through that relationship, He can use us to help others. We're part of God's Plan A: the Church. When we're rightly connected to Him, ordering our days correctly and gaining wisdom about how He wants us to live, life just works.

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*"Much violence is based on the illusion that life is a property to be defended and not to be shared."*

– Henri Nouwen



## Session 1: Stewarding Life

### *Matthew 6:33-34*

“But seek first his kingdom and his righteousness, and all these things will be given to you as well. <sup>34</sup> Therefore do not worry about tomorrow for tomorrow will worry about itself. Each day has enough trouble of its own.”

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### **Becoming a Fully Devoted Follower**

#### **We must die to our desires**

When we seek God with all of our hearts, and devote our lives to Him, He is able to work in and through us. But we must die to self-leadership and seek God’s plans for us if we are going to experience abundant life.

#### **God begins transforming us**

God wants to renew our heart, soul, mind and strength. When He does this, how we relate and what we do will be transformed as well. We become new creatures with new devotion, priorities and identities.

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### *2 Corinthians 5:17*

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

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### **Experiencing the Kairos of God**

The Greeks used several words to correspond with the English word for “time.”

The first word is “Chronos.” This means measured time. It denotes the minute by minute and moment-by-moment experience of time. As Jeff Caliguire says in his book *Shifting into High Gear*, “Some of us feel constrained by it. It makes us feel anxious. We try to manage it or

#### **Reflective Question:**

*When do you most feel the tension between your desires and God’s desires for you?*

# Session 1: Stewarding Life

*“An excellent way to test our values is to observe what we do when we don’t have anything to do: how we spend our leisure time and how we spend our extra money.”*  
– Eugene Peterson

**Reflective Question:**

*Whose time-table are you on?*

control it. There never seems to be enough of it and when it is gone, it is gone.”

The second word is “Kairos.” Kairos can be defined as the fullness of time. Caliguire continues, “It’s the present, time without limit, the kind of time God inhabits: not dragged to the next thing or too busy to notice. Fully there, alive in the now!”<sup>1</sup>

Chronos = Human time

Kairos = God time

**The Issue of Control**



## Summary

In this session we discussed:

- Life Stewardship
- Law 1: The Law of Stewardship
- LFP Level 1: Clarifying God’s Mission for Our Lives



# Session 1: Discussion and Reflection

## Discussion and Reflection Questions

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

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2. What stood out to you most as we looked at God and Man Through History?

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3. What does it mean to you to live a truly Trinitarian faith?

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4. Do you find it hard to patiently obey God and invest your life for the long haul (eternity) according to His desires for us?

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5. Describe the battle that rages inside of you between doing your will and doing the will of the Father.

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6. How do you understand the difference between Chronos and Kairos? How would you explain this difference to a friend of yours?

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7. Which Scriptures stood out to you and why?

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# Session 1: Daily Devotional

## Day 1

### Context:

The Law of Stewardship

### Preparation:

Jesus as Judge

### Meditation:

#### 1 Peter 4:1-5

“Therefore, since Christ suffered in his body, arm yourselves also with the same attitude, because he who has suffered in his body is done with sin. <sup>2</sup> As a result, he does not live the rest of his earthly life for evil human desires, but rather for the will of God. <sup>3</sup> For you have spent enough time in the past doing what pagans choose to do – living in debauchery, lust, drunkenness, orgies, carousing and detestable idolatry. <sup>4</sup> They think it strange that you do not plunge with them into the same flood of dissipation, and they heap abuse on you. <sup>5</sup> But they will have to give account to him who is ready to judge the living and the dead.”

#### Psalm 90:12

“Teach us to number our days aright, that we may gain a heart of wisdom.”

### Revelation:

1. How would you describe idolatry to someone who is not a believer?

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2. Think beyond the surface behavior – what do you see as some things that might be the root cause(s) of our tendency to commit idolatry in certain areas?

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## Day 1

3. How does arming ourselves with the attitude of Christ have an effect on our tendencies toward constructing idols?

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### Application:

1. Spend a few moments seeking God's heart on:

- how you can specifically arm yourself with the attitude of Christ today.
- how He would have you order today aright so that you may gain a heart of wisdom.

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2. This evening, journal a few quick thoughts or reflections on how you saw God at work in these areas during the course of the day.

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### Reflection:

“Lord, you said ‘arm yourselves also with the same attitude.’ Help me arm myself with the attitude of Christ that I may be done with sin and live for the will of God.”

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# Session 1: Daily Devotional

## Day 2

### Context:

The World's Thinking is Now!

### Preparation:

God as Provider

### Meditation:

#### Matthew 6:19-21

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

### Revelation:

1. What are some of the true treasures in your life? How do these stand up to the litmus test articulated in this verse?

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2. If you had to explain verse 21 to a seeker, how would you do it? Why do you think there is such a connection between our treasures and where our “hearts” are?

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3. If God were to reveal one thing that you've been treasuring that is not of eternal value, what would it be?

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## Day 2

### Application:

1. Spend some time thanking God for the treasures of your life that have eternal value.

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2. Think of a way that you can fast today from treasuring earthly things which God has revealed in your reflection time.

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### Reflection:

“Lord, help me store up treasures in heaven. Show me how I might do this in a practical way today and this week.”

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# Session 1: Daily Devotional

## Day 3

### Context:

God's Advice is for the Long Haul

### Preparation:

The Lord as Righteous King

### Meditation:

#### Matthew 6:33-34

“But seek first his kingdom and his righteousness, and all these things will be given to you as well.

<sup>34</sup> Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.”

### Revelation:

1. What do you think it means to “seek first his kingdom and his righteousness?”

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2. Do you see any connection(s) between the things we worry about and areas where we may have set up an idol? If so, what are they?

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3. How do you see this verse helping you become a “Fully Devoted Follower” of Christ, as we discussed in Session 1?

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## Day 3

### Application:

1. Think of a way that you can intentionally “seek first his kingdom and his righteousness” today in an area that you typically worry about. At the end of the day, journal your reflections on this endeavor.

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2. Each of us has concerns, to some degree, about the future. If God’s advice is for the long haul, spend some time in silence listening for His advice for you. What is something that you can start applying today?

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### Reflection:

“Lord, you said to seek first your kingdom and your righteousness. Help me make you my first priority today.”

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# Session 1: Personal Development Plan - Homework

## Homework Session 1

1. Journal through the discussion and reflection questions in your workbook.
2. Track how you spend your time this week or on an average week and assess where you are spending your time using the various categories provided for you.
3. Journal about your struggle with desire, control and living as a steward or owner of your life. How has this struggle changed over time? What are some changes that you are feeling prompted to make in this regard?

### Discussion and reflection questions journal:

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# Session 1: Personal Development Plan - Homework

## Homework Session 1

Track your time this week (below) and fill in the accompanying scorecard.

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

Time	Sunday /	Monday /	Tuesday /	Wed /	Thursday /	Friday /	Saturday /
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# Session 1: Personal Development Plan - Homework

## Homework Session 1

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

### Connecting with Christ

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

### Connecting with Community

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

# Session 1: Personal Development Plan - Homework

## Homework Session 1

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

### Connecting with your Calling of Servanthood

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

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

	Hours
Role:	
Role:	
Role:	
Role:	
Role:	







# Session 2

## Unpacking Mission



## In this session participants will:

### **Cognitive (Knowing Objectives)**

- Become familiar with the components of God's Mission for Our Lives and how God's Priorities meet our human needs perfectly.

### **Affective (Feeling Objectives)**

- Be encouraged to get "On Mission" with God.

### **Behavioral (Doing Objectives)**

- Evaluate our current allocation of time and make adjustments according to God's Vision and Priorities for our lives.

### **Existential (Lifelong Objectives)**

- Be cognizant of God's Promptings and make changes to re-align our lives with His Vision and Priorities.



# Session 2: Unpacking Mission

## Review

In Session 1 we discussed:

- Life Stewardship
- Law 1: The Law of Stewardship
- LFP Level 1: Clarifying God’s Mission for Our Lives

## Life Focus Process Level 1: Clarifying God’s Mission for Our Lives



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## Law 2: The Law of Mission

*Every life (Being and Doing) is guided by a governing mission, which is a combination of our vision, priorities, values and identity roles we have learned from our life experience and chosen as a path to an abundant life.*  
[Deuteronomy 30:19-20]

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## Session 2: Unpacking Mission

### Mission: Our Internal Compass

Each of us has a mission that we plan to carry out each day. It may be conscious, it may be unconscious. However, it's the mission that we believe will bring us what we perceive to be the abundant life. When our feet hit the floor in the morning, we have an internal compass that is bent toward accomplishing that mission. If we take time to dissect it, we will see that it is comprised of our vision, priorities, values, and identity roles. Our understanding of these has been influenced by our upbringing, our environment, and our life experiences. Some of this influence may be good; however, some of it may not be so good. Omega is designed to give you the space and time you need with God to examine some of these issues and get your internal compass moving in the right direction: God's!

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### Understanding Your Mission



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

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## Session 2: Unpacking Mission

OMEGA

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### God's Mission for Our Lives

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

### *Deuteronomy 30:19-20*

“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 <sup>20</sup> 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.”

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#### God's Mission for Our Lives:

Vision

Priorities

Values

Identity Roles

### *God's Mission for Our Lives: VISION*

#### Our Vision of God

Our vision of God affects our vision of what we think life is all about and how we are to live. Oftentimes we aren't able to visualize the way God really is and how He truly desires to relate to us.

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#### God's Vision for Our Lives: To Experience and Express Love

Love is who God is. It is the most important part of life. Everything in the Bible is given to us to show us how to love God and one another better. As we look at managing our time and lives better, we will be following the Scriptural command to live lives of love. This is how we find the abundant life that God has promised us.

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For more resources, thoughts, and discussion about this session, please visit [www.lifespringnetwork.org](http://www.lifespringnetwork.org)

## Session 2: Unpacking Mission

### *1 John 4:16*

“And so we know and rely on the love God has for us. God is love. Whoever lives in love lives in God, and God in him.”

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### *Ephesians 5:14-17*

“For it is light that makes everything visible. This is why it is said:

“Wake up, O sleeper, rise from the dead, and Christ will shine on you.”

<sup>15</sup> Be very careful, then, how you live – not as unwise but as wise,

<sup>16</sup> making the most of every opportunity, because the days are evil.

<sup>17</sup> Therefore do not be foolish, but understand what the Lord’s will is.”

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### **The Great Commandments (Luke 10:27 & Mark 12:30)**

- Love the Lord your God with all of your Heart, Soul, Mind and Strength.
  - Love your neighbor as yourself.
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### *Luke 10:27*

“He answered: ‘Love the Lord your God with all your heart and with all your soul and with all your strength and with all your mind’; and, ‘Love your neighbor as yourself.’”

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### **God has a plan for our lives**

The truth is that God has a plan for our lives: to prosper us and not to harm us.

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## Session 2: Unpacking Mission

### *Jeremiah 29:11-13*

“For I know the plans I have for you,” declares the Lord, “plans to prosper you and not to harm you, plans to give you hope and a future.”<sup>12</sup> Then you will call upon me and come and pray to me, and I will listen to you.<sup>13</sup> You will seek me and find me when you seek me with all of your heart.”

### *God’s Mission for Our Lives: PRIORITIES*

#### God’s Mission for Our Lives:

Vision

Priorities

Values

Identity Roles

#### Decision-Making and Priorities

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

Franklin Covey used this illustration to address the issue of priorities:

One day an expert was speaking to a group of business students and, to drive home a point, used an illustration those students will never forget. As this man stood in front of the group of high-powered overachievers he said, “Okay, time for a quiz.” Then he pulled out a one-gallon, wide-mouthed mason jar and set it on a table in front of them. Then he produced about a dozen fist-sized rocks and carefully placed them, one at a time, into the jar. When the jar was filled to the top and no more rocks would fit inside, he asked, “Is this jar full?” Everyone in the class said, “Yes.” Then he said, “Really?” He reached under the table and pulled out a bucket of gravel. Then he dumped some gravel in and shook the jar causing pieces of gravel to work themselves down into the spaces between the big rocks. Then he asked the group once more, “Is the jar full?” By this time the class was onto him. “Probably not,” one of them answered. “Good!” he replied. He reached under the table and brought out a bucket of sand. He started dumping the sand in and it went into all the spaces left between the rocks and the gravel. Once more he asked the question, “Is this jar full?” “No!” the class shouted. Once again he said, “Good!” Then he grabbed a pitcher of water and began to pour it in



## Session 2: Unpacking Mission

until the jar was filled to the brim. Then he looked up at the class and asked, “What is the point of this illustration?” One eager beaver raised his hand and said, “The point is, no matter how full your schedule is, if you try really hard, you can always fit some more things into it!” “No,” the speaker replied, “that’s not the point. The truth this illustration teaches us is: If you don’t put the big rocks in first, you’ll never get them in at all.”<sup>2</sup>

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### God’s Priority Scale

1. Being Fully Human - Empowered by our relationship with God
2. Our Family
3. Our Community
4. Our Calling and Profession

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### Our Needs

(Distilled from the Teachings of Abraham Maslow and Dr. Murray Banks)<sup>3</sup>

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

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## Session 2: Unpacking Mission

### God's Priorities are Focused on Meeting Our Needs

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

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## Summary

In this session we discussed:

- LFP Level 1: Clarifying God's Mission for Our Lives
- Law 2: The Law of Mission
- God's Mission for Our Lives

Vision

Priorities



## Session 2: Discussion and Reflection

### Discussion and Reflection Questions

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

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2. To what degree do you believe that God's overarching purpose for our lives is to experience and express love?

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3. Look at the list of our priorities. Which one receives the majority of devotion in your life? Put the rest in your current priority order.

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4. Consider the four basic needs as presented by Dr. Murray Banks. How do you see them functioning in your own life? What do you think about God's priority order in meeting those needs?

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5. Which Scriptures stood out to you and why?

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# Session 2: Daily Devotional

## Day 1

### Context:

Living as a Devoted Follower/The Law of Mission

### Preparation:

Christ as Life-Giver

### Meditation:

#### 2 Corinthians 5:17

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

#### Deuteronomy 30:19

“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.”

### Revelation:

1. Think of a time when you first felt the reality of 2 Corinthians 5:17. What was it like?

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2. Deuteronomy 30:19 seems like a no-brainer. However, read the context of this verse to see the surrounding issue. What are some reasons we would *not* choose life and blessings, according to the context?

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3. In light of these two verses, to what area of your life do you think God wants to bring new life? What has held you back from experiencing this new life?

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## Day 1

### Application:

1. As you consider the area that God is bringing to the forefront as a result of meditating on these verses, write a letter to God, expressing to Him some of the things that you are feeling right now.

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2. Sometimes old habits die hard. We have ways of thinking and relating that seem to be part of who we are. When God brings revelation, it often means thinking and relating in new ways. This can sometimes make us feel uneasy or uncertain and it becomes easy to revert back to old habits with which we are more comfortable. Memorize 2 Corinthians 5:17 as a truth to rely on as God brings new ways of thinking and relating into your life.

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### Reflection:

“Lord, you have set before me the choice of life and death, blessings and curses. Help me choose life so that I may live.”

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# Session 2: Daily Devotional

## Day 2

### Context:

God's Mission for Our Lives: Vision

### Preparation:

God as Love

### Meditation:

#### Luke 10:27

“He answered: “Love the Lord your God with all your heart and with all your soul and with all your strength and with all your mind”; and, ‘Love your neighbor as yourself.’”

### Revelation:

1. How would you differentiate between heart, soul, mind, and strength?

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2. In which area do you find it easiest to love God? Which area is more of a stretch?

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3. What do you think it means to “Love your neighbor as yourself?” How do you see this active or inactive in your own life?

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## Day 2

### Application:

1. Think of a way that you can express love to God today in the manner that is more of a stretch for you. This evening, journal your reflections.

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2. Think of a neighbor (perhaps near or far) that could use an expression of your love in his/her life. Pick one of the following choices to do for that person today (or some scheduled time in the future):

- Write a short note or make a brief phone call to let them know you were thinking about them
- Give a hug! (even if it's virtual)
- Deliver a small, token gift
- Spend a little quality time (coffee, lunch, golf, shopping, etc.)
- Perform a small act of service (run an errand, help with a project, etc.)

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### Reflection:

“Lord, you want me to love you with all my heart and soul and strength and mind, and then to love my neighbors as myself. Help me do this seemingly insurmountable task.”

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# Session 2: Daily Devotional

## Day 3

### Context:

God has a Plan for our Lives

### Preparation:

The Lord as Master Planner

### Meditation:

#### Jeremiah 29:11-13

“For I know the plans I have for you,” declares the Lord, “plans to prosper you and not to harm you, plans to give you hope and a future. <sup>12</sup> Then you will call upon me and come and pray to me, and I will listen to you. <sup>13</sup> You will seek me and find me when you seek me with all your heart.”

### Revelation:

1. The Hebrew word translated as “prosper” in this verse is the word, “shalom,” which also means “peace” or “wholeness.” In what area of your life could you most use a sense of peace and wholeness right now?

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2. What do you think it means to “find” God? What does this look like in your journey of faith?

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3. What is hope? How have you experienced God granting you hope in the past? Do you detect any patterns in the way that He relates to you in this way? How does this affect your feelings of assurance that God has a plan for you?

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### Day 3

**Application:**

1. This is a frequently quoted passage of Scripture. Spend 5-10 minutes in meditation on it, asking God for a fresh perspective. Which words come to the forefront for you as you do this? How does this relate to the situation that you articulated earlier about God granting you hope? Present this issue to God, in prayer.

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2. Take some time to journal what God has been saying to you most “loudly” over the past week. Share this with a trusted friend or mentor.

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**Reflection:**

“Lord, you said that you would listen when I call upon your name. Help me call upon you today and know that you listen to me.”

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# Session 3: Abundant Living

## In this session participants will:

### **Cognitive (Knowing Objectives)**

- Understand the power of perspective in experiencing God's Abundant Life.

### **Affective (Feeling Objectives)**

- Experience peace in the light of God's grace.

### **Behavioral (Doing Objectives)**

- Articulate obstacles that hinder us from more fully doing the will of the Father.

### **Existential (Lifelong Objectives)**

- Enter into the abundant Life based on the Cycle of Grace.



# Session 3: Abundant Living

## Review

In Session 2 we discussed:

- LFP Level 1: Clarifying God’s Mission for Our Lives
- Law 2: The Law of Mission
- God’s Mission for Our Lives

Vision

Priorities

## Life Focus Process Level 1: Clarifying God’s Mission for Our Lives



## 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. [John 10:10; Psalm 1:1-6; Acts 20:24]*

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## Session 3: Abundant Living

### Reflective Question:

*How does the image of the tree in this verse represent the spiritual life to you? What connection does this have with living the abundant life?*

### *John 10:10*

“The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full.”

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### *Psalms 1:1-6*

“Blessed is the man who does not walk in the counsel of the wicked or stand in the way of sinners or sit in the seat of mockers. <sup>2</sup> But his delight is in the law of the LORD, and on his law he meditates day and night. <sup>3</sup> He is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither. Whatever he does prospers. <sup>4</sup> Not so the wicked! They are like chaff that the wind blows away. <sup>5</sup> Therefore the wicked will not stand in the judgment, nor sinners in the assembly of the righteous. <sup>6</sup> For the LORD watches over the way of the righteous, but the way of the wicked will perish.”

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### *Acts 20:24*

“However, I consider my life worth nothing to me, if only I may finish the race and complete the task the Lord Jesus has given me – the task of testifying to the gospel of God’s grace.”

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## Law 4: The Law of Perspective

*Having a Biblical worldview and seeing life from God’s perspective is essential if we are going to experience God’s abundant life.*

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

*If you can’t see it, you can’t do it!*

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## Session 3: Abundant Living

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*“The world trains us to function like human doings, rather than human beings. But, if you are what you do, when you don’t, you aren’t.”*

– Jason Pankau

### *Luke 3:21-22*

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

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### *Mark 1:35*

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

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### *Galatians 4:6-7*

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

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### *John 15:1-5*

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

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For more resources, thoughts, and discussion about this session, please visit [www.lifespringnetwork.org](http://www.lifespringnetwork.org)

## Session 3: Abundant Living

### **Living with a Biblical Worldview**

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

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*“For many of us the great danger is not that we will renounce our faith. It is that we will become so distracted and rushed and preoccupied that we will settle for a mediocre version of it.”*  
— John Ortberg

### **The Power of Biblical Perspective**

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

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### **Worldviews and Cycles of Behavior**

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

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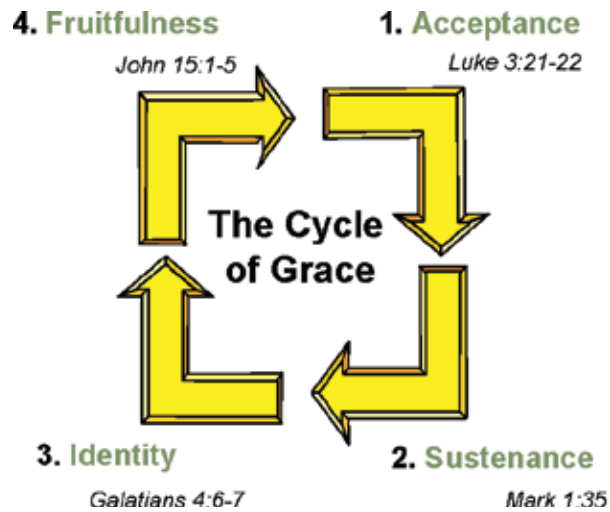


### The Cycles of Grief and Grace<sup>4</sup>

#### The Cycle of Grief



#### The Cycle of Grace



### Summary

In this session we discussed:

- LFP Level 1: God’s Mission for Our Lives
- Law 3: The Law of Abundant Living
- Law 4: The Law of Perspective
- The Cycles of Grief and Grace



## Session 3: Discussion and Reflection

### Discussion and Reflection Questions

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

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2. Are there ways that you live that mock God?

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

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4. What practices do you employ in your life in order to gain a Godly perspective on your life?

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5. Look again at the Cycle of Grace and the Cycle of Grief. What questions do they bring to mind about your life, and where you are on your journey?

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6. Which Scriptures stood out to you and why?

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# Session 3: Discussion and Reflection

# Session 3: Daily Devotional

## Day 1

### Context:

The Law of Abundant Life

### Preparation:

The Lord as Watchman

### Meditation:

#### Psalm 1:1-6

“Blessed is the man who does not walk in the counsel of the wicked or stand in the way of sinners or sit in the seat of mockers. <sup>2</sup> But his delight is in the law of the Lord, and on his law he meditates day and night. <sup>3</sup> He is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither. Whatever he does prospers. <sup>4</sup> Not so the wicked! They are like chaff that the wind blows away. <sup>5</sup> Therefore the wicked will not stand in the judgment, nor sinners in the assembly of the righteous. <sup>6</sup> For the Lord watches over the way of the righteous, but the way of the wicked will perish.”

#### John 10:10

“The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full.”

### Revelation:

1. Contrast the portrait of the wicked individual with the portrait of the blessed individual. Why do you think the blessed individual is firmly rooted, while the wicked individual is not?

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2. Consider the progression found in both Psalm 1:1 (walk, stand, sit) and John 10:10 (steal, kill, destroy). What similarities do you detect?

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## Day 1

3. How do these verses rekindle the hope of the abundant life that Christ offers you?

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### Application:

1. Spend 15 minutes today meditating on that which you most find unfathomable about God.

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2. Meditate on Psalm 1:1-6 for a few minutes in the morning and a few minutes in the evening (“day and night”) and commit it to memory. To aid in memorization: visualize the phrases. For example, the tree planted by streams of water: What kind of tree is it? Describe the surrounding landscape. What does the fruit look like that it produces?

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### Reflection:

“Lord, you said the righteous one’s ‘delight is in the law of the Lord, and on his law he meditates day and night.’ Help me delight in your law and meditate on it day and night.”

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# Session 3: Daily Devotional

## Day 2

### Context:

The Cycle of Grace<sup>4</sup>: Perspective on Acceptance

### Preparation:

Jesus as The Beloved

### Meditation:

#### Luke 3:21-22

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

### Revelation:

1. Here, Jesus is called the Beloved of God. What is your understanding of this term?  
How readily do you accept and believe that you also are the “beloved” of God?

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2. What effect do you think this event had on the person of Christ? What were its long-term implications in His ministry?

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3. What is the significance of this event happening in the context of Jesus’ baptism?

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## Day 2

### Application:

1. Spend time in silence and solitude today, meditating on the truth that you are the “beloved” of God.

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2. Do you find it easy or difficult to accept yourself? On what basis are you determining your “status” of acceptance? Take some time today to journal some thoughts about what standards of acceptance you have for yourself, both conscious and subconscious.

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### Reflection:

“Lord, you said of your Son, ‘You are my Son, whom I love; with you I am well pleased.’ Help me embrace my identity as your Beloved today.”

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# Session 3: Daily Devotional

## Day 3

### Context:

The Cycle of Grace<sup>4</sup>: Perspective on Sustenance

### Preparation:

Jesus as Intercessor

### Meditation:

#### Mark 1:35

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

### Revelation:

1. Consider the facets of the way Jesus chose to spend time with His heavenly Father. It was: early in the morning (still dark), outside of the house, and solitary. Why do you think He would integrate these facets? What difference do they make?

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2. What does your prayer life look like? To what degree do you incorporate some of the same aspects that Jesus did? What do you do differently?

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3. How does this time with the Lord provide sustenance? In what ways will an active prayer life keep you on the Cycle of Grace and off the Cycle of Grief?

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Session 4  
The Seven Values of  
Abundant Living



## In this session participants will:

### **Cognitive (Knowing Objectives)**

- Learn the Seven Values of Abundant Living and the corresponding Identities.

### **Affective (Feeling Objectives)**

- Rekindle the hope of Abundant Living that Christ offers those who believe.

### **Behavioral (Doing Objectives)**

- Pray the “Lord’s Prayer” through the lens of the Seven Values of Abundant Living.

### **Existential (Lifelong Objectives)**

- Become a believer whose identity promotes the values of Abundant Living in Christ.

## Review

In session 3 we discussed:

- LFP Level 1: God’s Mission for Our Lives
- Law 3: The Law of Abundant Living
- Law 4: The Law of Perspective
- The Cycles of Grief and Grace

## Life Focus Process Level 1: Clarifying God’s Mission for Our Lives

### God’s Mission for Our Lives:

Vision

Priorities

**Values**

Identity Roles



## *God’s Mission for Our Lives: VALUES*

### **The Seven Values of Abundant Living (The 7 G’s)<sup>5</sup>**

*For definitions and a fuller treatment of the 7 G’s see Appendices B and C.*

These seven values are seen throughout Scripture and make abundant living practical, applicable and accessible. For each value we will identify a corresponding identity which is made up of two components:

1. How I understand and relate to God (Experience His Love)
2. How I understand and relate to others (Express His Love)



## Session 4: The 7 Values of Abundant Living

### The Seven Values of Abundant Living

#### (The 7 G's)

Guidance

Grace

Growth

Glorification

Groups

Gifts

Good Stewardship

*“Not forgiving is like swallowing rat poison and waiting for the rat to die.”*

– Anne Lamott

#### A Definition

*Reconciliation:*

*The process of restoring trust over time.*

### GUIDANCE

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

We depend on God's leadership (guidance) in our lives which is available through the Holy Spirit.

**Henry Blackaby: God's Will is revealed through:**

- Prayer
- Scriptures
- Community
- Circumstances

#### Identity: Follower/Intercessor

- **Follower:** We believe we are the perfectly wrong people to be leading our own lives.
- **Intercessor:** We express love by praying for others that they might be connected to God's guidance as well.

### GRACE

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

Grace is “unmerited favor” and being able to say, “You can't stop me from loving you!”

#### Grace from God

As believers we are saved by grace through faith. There is a difference between God being disappointed *for* us and being disappointed *with* us.

#### Grace toward others

We don't have to stay in places of bitterness and resentment.

We can forgive, allow the Lord to heal our hurts and move towards reconciliation. It means we can become the kind of people who say “you can't stop me from loving you!”

#### Forgiveness and Trust

I can forgive but that doesn't mean I'm going to keep putting myself in the same position where I can be abused over and over again.

Reconciliation: the process of restoring trust over time.



## Session 4: The 7 Values of Abundant Living

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### Identity: Child of God/Ambassador

- **Child of God:** We take our place as redeemed children of God.
  - **Ambassador:** We can serve as God's bridge of grace to others... ultimately connecting them to Him.
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### GROWTH

#### is a process toward full maturity in Christ.

We recognize that faith is a process...a journey toward taking hold of all that is Christ (Philippians 3:12), and through His Spirit we move toward fullness of Christ in us (Ephesians 4:12), pleasing Him in every way (1 Thessalonians 4:1).

We become diligent students of Scripture, allowing God's truth to be impressed on the very fabric of our lives.

We work to surround ourselves with mentors and friends who will love, challenge and provide guidance to us as we grow in faith.

### Identity: Learner/Mentor

- **Learner:** We acknowledge that God desires for us to be holistically (mentally, emotionally, physically, spiritually, and socially) transformed by His Spirit.
  - **Mentor:** As we mature in faith and God entrusts people to our care, we strive to be good mentors of the people in our lives who look to us for guidance and discipleship.
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### GLORIFICATION

#### of God is the goal of our lives and our Church.

Whoever does something gets the credit. By letting God work, live and love through us He will receive the credit and the glory. As people recognize goodness in and through our lives we have the opportunity to give glory to God and testify to perfect guidance and power at work in our lives. This is how we "make God great" in our lives. We recognize that our tendency is to make ourselves great, and therefore commit to

*"If you're not being mentored you're missing the boat!"*

– Jason Pankau



For more resources, thoughts, and discussion about this session, please visit [www.lifespringnetwork.org](http://www.lifespringnetwork.org)

## Session 4: The 7 Values of Abundant Living

a daily recalibration of aligning our will with the will of the Father. We accept that if glorification is the goal of the church, then it has to happen within our own lives first.

### *Ecclesiastes 3:9-14*

“What does the worker gain from his toil? <sup>10</sup> I have seen the burden God has laid on men. <sup>11</sup> He has made everything beautiful in its time. He has also set eternity in the hearts of men; yet they cannot fathom what God has done from beginning to end. <sup>12</sup> I know that there is nothing better for men than to be happy and do good while they live. <sup>13</sup> That everyone may eat and drink, and find satisfaction in all his toil – this is the gift of God. <sup>14</sup> I know that everything God does will endure forever; nothing can be added to it and nothing taken from it. God does it so that men will revere him.”

#### **Reflective Question:**

*If someone adopted the perspective of this text, what impact would it have on his or her life?*

#### **Identity: Worshipper/Saint**

- **Worshipper:** Someone whose life is devoted to bringing glorification to God both individually and corporately.
- **Saint:** (*hagios*: set apart to be used by God). We position ourselves in such a way that we're set apart, submitted to Him so that He can work through us and receive the credit.

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#### **GROUPS**

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

#### **It takes the Body...**

If God is calling you to Guidance, Grace, Growth, and Glorification... you can't get there without the body of Christ, “doing life” and living out the “one anothers” of Scripture together as God’s family. As we enter into covenant relationship with others, we are placing ourselves in the optimal environment to experience life change.

#### **Embracing Diversity**

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

# Session 4: The 7 Values of Abundant Living

## The Seven Values of Abundant Living

### (The 7 G's)

Guidance

Grace

Growth

Glorification

Groups

Gifts

Good Stewardship

If we:

- Engage in covenant community with others
- “Do life” with people whom God ordains
- Embrace the diversity of the body
- And strive to live out the “one anothers” of Scripture as God’s family we place ourselves in the optimal environment for life change!

### Identity: Receiver of Love/Expressor of Love

- **Receiver of Love:** We are willing to receive the love of God that He pours through others in the Body of Christ and directs toward us.
- **Expressor of Love:** As a member of the Body of Christ, we are willing to let God work through us and are willing to let God love through us to embody His love toward others.

## GIFTS

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

We are called to both a Universal and Unique calling of Empowered Servanthood.

#### Specifically: Unique

Each of us has been given supernatural ability through the Holy Spirit. When everyone is embracing his or her gift, then the entire church working together becomes a picture of Christ for the world to see because the true gift is the Holy Spirit. (John 17:23).

#### In General: Universal

Just because someone might be gifted in Leadership doesn't mean he or she doesn't also take out the trash. Like God, we come not to be served but to serve and to give our lives for one another (Mark 10:45) in Love (John 15:12) and Unity.

#### The True Gift is the Holy Spirit

As we embrace our Universal and Unique giftings, we (the Church) become a living, breathing picture of the body of Jesus Christ right here on earth.

Life Spring Network has developed an intensive eight-hour course on Spiritual Gifts, called Empowered Servanthood, to help you learn more about how God desires to use your unique gifts in the Kingdom.



## Session 4: The 7 Values of Abundant Living

### Identity: Empowered/Servant

- **Empowered:** We receive a unique empowerment through the Holy Spirit.
  - **Servant:** We express our gifts through service to others.
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*“You reproduce who you are,  
not who you think you are.”*

– Jason Pankau

### GOOD STEWARDSHIP

**is the reasonable response to our gracious God.**

We act as managers (not owners) of our whole lives (time, abilities, relationships, resources, etc.) that have been entrusted to us for the time or season as He leads (Luke 16).

#### Time

One of our most valuable resources. Once it’s gone, it’s gone and we can never get it back. How many of us can say we’re going to be here tomorrow with any amount of certainty?

#### It all starts with little things.

God wants us to make sure our own households are in order before stepping out to lead others. (See Appendix D for the requirements for elders in the Church.) Remember: you reproduce who you are.

### Identity: Steward/Overseer

- **Grateful Steward:** We steward the time, talent, and treasure that has been given to us.
  - **Wise Overseer:** 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.
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## Session 4: The 7 Values of Abundant Living

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### Seeing the Seven Values of Abundant Living in the “Lord’s Prayer”

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

### A Summary of The Seven Values of Abundant Living and Their Belief Statements

In His desire for us to experience and express love, these seven values guide us toward His perspective on how to make that a practical reality and experience the abundant life.

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

**Grace** is God’s bridge to us and our bridge to others.

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

**Glorification** of God is the goal of our lives and our Church.

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

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

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

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## Summary

In this session we discussed:

- LFP Level 1: God’s Mission for Our Lives
- God’s Mission for Our Lives

Values



For more resources, thoughts, and discussion about this session, please visit [www.lifespringnetwork.org](http://www.lifespringnetwork.org)

## Session 4: Discussion and Reflection

### Discussion and Reflection Questions

1. Which of the Seven Values of Abundant Living are standing out to you the strongest right now and why?

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2. Do you seek Guidance or merely advice from God these days?

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3. Describe the journey that you have been on in your life seeking the Guidance of God.

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4. How have you encountered the Grace of God in your life?

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5. What practices have you engaged in that have facilitated Growth in Christlikeness in your life?

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6. What has your journey with Glorification looked like in your life?

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7. What has the experience of Groups of Biblically functioning community been like in your life?

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8. Do you seek to operate in the power of the Holy Spirit in everyday life? If so have you identified any Spiritual Gifts that God tends to pour out through your life?

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9. Given your current perspective on life, does Good Stewardship seem like a reasonable response? Why or why not?

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10. Which Scriptures stood out to you and why?

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# Session 4: Daily Devotional

## Day 1

### Context:

The Seven Values of Abundant Living: Growth

### Preparation:

Jesus as the Goal

### Meditation:

#### Philippians 3:12

“Not that I have already obtained all this, or have already been made perfect, but I press on to take hold of that for which Christ Jesus took hold of me.”

### Revelation:

1. How do you “press on?” What kind of obstacles do you find yourself navigating to do so? What kinds of things help to support you as you do so?

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2. What do you think Paul means by being made “perfect?” Is this the same thing that he is seeking to obtain in this verse?

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3. Read through verse 14 in the same chapter. In what ways does God’s calling make a difference in your pursuit of taking hold of that for which Christ Jesus took hold of you?

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# Session 4: Daily Devotional

## Day 2

### Context:

The Seven Values of Abundant Living: Glorification

### Preparation:

Jesus as the Unfathomable

### Meditation:

#### Ecclesiastes 3:9-14

“What does the worker gain from his toil? <sup>10</sup> I have seen the burden God has laid on men. <sup>11</sup> He has made everything beautiful in its time. He has also set eternity in the hearts of men; yet they cannot fathom what God has done from beginning to end. <sup>12</sup> I know that there is nothing better for men than to be happy and do good while they live. <sup>13</sup> That everyone may eat and drink, and find satisfaction in all his toil--this is the gift of God. <sup>14</sup> I know that everything God does will endure forever; nothing can be added to it and nothing taken from it. God does it so that men will revere him.”

### Revelation:

1. What is it that is most unfathomable to you about God?

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2. How is it a gift from God to find satisfaction in all of our toil? What toil do you find most satisfaction in?

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3. How would you explain verse 14 to another?

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# Session 4: Daily Devotional

## Day 3

### Context:

The Seven Values of Abundant Living: Group

### Preparation:

Jesus as the High Priest

### Meditation:

#### 1 Peter 2:9

“But you are a chosen people, a royal priesthood, a holy nation, a people belonging to God, that you may declare the praises of him who called you out of darkness into his wonderful light.”

### Revelation:

1. What does it mean to you to be part of a “chosen people, a royal priesthood, a holy nation, a people belonging to God?”

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2. What benefits and rights are inherent in being a member of the aforementioned group? What are the corresponding responsibilities?

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3. In what ways do your answers to the previous question most spark a desire to declare His praises?

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# 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,	<sup>46</sup> "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, <sup>47</sup> 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,	<sup>42b</sup> "...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	<sup>42a</sup> "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.	<sup>43</sup> "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.	<sup>44</sup> "All believers were together and had everything in common. <sup>45</sup> 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.	<sup>42c</sup> "... to the breaking of bread..." <sup>47b</sup> "... 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."	<sup>42d</sup> "... 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 D: Qualifications for Elders in the Church

The qualifications for office of elder are outlined in 1 Timothy 3 and Titus 1:6-9. An elder should aspire to the office (not be pushed into it). They include:

1. Being above reproach
2. Devoted spouse (if married)
3. Temperate
4. Self-controlled
5. Respectable
6. Hospitable
7. Loves what is good
8. Not given to drunkenness
9. Gentle, not violent
10. Not quarrelsome
11. Free from the love of money and dishonest gain
12. Good managers of their kids (if parents) and resources
13. Not recent converts but tested and faithful
14. Have a good reputation with outsiders
15. Not self-willed but Spirit-led, holy and disciplined
16. Not quick tempered
17. Able to teach and defend sound doctrine
18. Impartial (gives objective counsel)
19. Devoted to prayer
20. Holding to the word (Scripture is their authority)

## Appendix E: The “One-Anothers” of Scripture

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

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

## Appendix E: The “One-Anothers” of Scripture

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

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

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## Self-Evaluation Questionnaire



LifeSpring  
NETWORK

	Very Definite/ Always (4)	Sure/ Usually (3)	Think So/ Sometimes (2)	Not Sure/ Seldom (1)	No Never (0)
<b>Response to God's call to relate to and through Him by Grace:</b>					
1. I believe Jesus is the 'Son of God,' that He died for me, rose again and there is no other way to God except through Him.					
2. There is a definite time when I asked God to come into my life and relate to me as my personal Savior and Lord.					
3. I have answered Christ's call to "repent and believe." I know my sins have been forgiven and feel assured of my salvation.					
4. I have publicly acknowledged Christ through baptism.					
5. I regularly draw upon God's power-filled Grace as I forgive others in my life who sin against me.					
6. I can clearly share the Gospel with others.					
7. I intentionally share the Gospel, in word and deed, with others on a regular basis in an effort to connect them to God through Jesus in the power of the Holy Spirit.					
8. I have tried to build a friendship and reach out to at least one non-Christian person over the last month.					
<b>Page 1 Totals:</b>					

# OMEGA

## Self-Evaluation Questionnaire



LifeSpring  
NETWORK

	Very Definite/ Always (4)	Sure/ Usually (3)	Think So/ Sometimes (2)	Not Sure/ Seldom (1)	No Never (0)
<b>Response to God's call to make it my goal to Glorify God with my life:</b>					
1. I regularly attend worship services.					
2. I am willing to suffer, to lose all, or even to die for Christ.					
3. I have learned the importance of submission to God and I desire to submit to Him and His transformation process in my life so that He will be glorified in and through my life.					
4. I am committed to love and honor Christ at home, in my work, with my possessions, and in all my relationships.					
5. I consider myself to be someone who strives to experience and express love in all that I do.					
6. When encountering hardships and criticism, I am aware of the working of the Holy Spirit in my life.					
7. I am learning from my difficulties and finding rest in God's sovereignty.					
8. I understand that the purpose of the church is to accomplish the Great Commission (Matthew 28:18-20; Ephesians 3:10).					
9. I clearly show to those I live and work with my Christian commitment by my words, attitudes and actions in order to bear witness to God's glory.					
10. I am more concerned to win God's approval in what I do than to win the approval of others.					
<b>Page 2 Totals:</b>					

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## Self-Evaluation Questionnaire



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NETWORK

	Very Definite/ Always (4)	Sure/ Usually (3)	Think So/ Sometimes (2)	Not Sure/ Seldom (1)	No Never (0)
<b>Response to God's call to Grow toward Christlikeness:</b>					
1. I trust the Bible as God's Word and regularly spend time studying, meditating on and applying the truths of God's word to my life.					
2. I spend time daily seeking God through prayer including aspects of prayer like: Adoration, Confession, Thanksgiving, Praying for others, Praying for God's work in the world and Listening.					
3. I understand the need for Bible study, prayer, and attending church worship services as part of the growth process.					
4. I have prayed through and discerned goals for my personal spiritual development with the help of mentors.					
5. I have a God-discerned plan for my health and growth in most areas of my life.					
6. I have a clear understanding of "the abundant life" that Jesus desires and modeled for me.					
7. I clearly understand what it means to love God with all of my heart, soul, mind and strength, and I have a plan to grow in experiencing and expressing God's love.					
8. I have a clear understanding of the journey of transformation that God is inviting me to choose.					
9. I believe in the reality of evil in the world, and I understand how Satan resists God's work in bringing transformation in my life.					
10. I am seeking God's transformation in my life every day.					
11. I regularly practice basic Christian disciplines like prayer, Bible study, fellowship and worship, while adding new ones.					
12. I believe that the life I live trains me for the life I am going to lead, and I am committed to being trained in righteousness so that God will bear eternal fruit through my life.					
13. I am learning the importance of developing Godly inner character over the mere external observance of God's commands.					
14. I understand that growth towards Christlikeness requires accountability, process and perseverance, and I am committed toward this end.					
15. I do the daily planning, tracking, and evaluating of my time necessary to keep on track and growing.					
<b>Page 3 Totals:</b>					



	Very Definite/ Always (4)	Sure/ Usually (3)	Think So/ Sometimes (2)	Not Sure/ Seldom (1)	No Never (0)
<b>Response to God's call to serve in His Kingdom in divinely empowered ways:</b>					
1. I understand what Scripture teaches me concerning my universal calling of servanthood to be a minister of compassion.					
2. I understand my unique calling of servanthood and what Scripture teaches about the interdependent nature of serving in His kingdom.					
3. I understand what my spiritual gifts are and how God desires for me to serve Him.					
4. I model servant leadership/followership according to my giftedness.					
5. I depend upon God to meet my needs.					
6. I understand spiritual warfare and the resources that God has equipped me with to withstand the attacks of the evil one.					
7. I take an active part in serving in the life and ministries of the church.					
8. I am using the spiritual gifts and original abilities God has given me to build up others.					
9. I seek each week to encourage, help, or perform a kind deed to help those God brings my way.					
10. I am serving on ministry teams which utilize God's greatness in and through my life in concert with that of others.					
11. I am regularly experiencing how God shows up powerfully through servanthood.					
12. The Fruit of the Spirit (Love, Joy, Peace, Patience, Kindness, Goodness, Faithfulness, Gentleness and Self-control) is clearly seen in my life.					
<b>Page 4 Totals:</b>					



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## Self-Evaluation Questionnaire



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	Very Definite/ Always (4)	Sure/ Usually (3)	Think So/ Sometimes (2)	Not Sure/ Seldom (1)	No Never (0)
<b>Response to God's call to do life together in Groups of Biblically functioning community:</b>					
1. I meet regularly with other Christians for worship, fellowship, teaching, ministry, prayer and evangelizing our friends.					
2. I meet regularly with others in a small group to share our lives, pray for one another, explore the Scriptures, help each other grow and provide a safe place to be held accountable.					
3. As far as it depends on me I try to live in harmony and unity with other Christians, as God empowers me to demonstrate His love, acceptance and forgiveness.					
4. I am familiar with the "one anothers" of Scripture and strive to live them out in my relationships.					
5. I understand the Biblical concept of blessings and curses and the power that they have in my life.					
6. I regularly confess my sins to others, especially those whom I have sinned against.					
7. I am willing to lovingly confront sin in the life of another believer.					
<b>Page 5 Totals:</b>					



	Very Definite/ Always (4)	Sure/ Usually (3)	Think So/ Sometimes (2)	Not Sure/ Seldom (1)	No Never (0)
<b>Response to God's call to live as a Good Steward of my life:</b>					
1. I have a clear understanding of God's mission for my life.					
2. I understand life to be a gift from God that I am accountable to steward with the decisions that I make.					
3. I understand God's guidance as it pertains to financial stewardship and faithfully obey as a diligent earner, wise saver, generous giver, prudent consumer, and cautious debtor.					
4. I have sought out and feel like I understand God's perspective on my Passions, Upbringing, Resources, Personality, Original Abilities, Spiritual Gifts and Love Language.					
5. I understand how my beliefs are formed and how they influence my behavior.					
6. I feel like I am on a journey with God toward understanding and realizing my life's potential.					
7. I understand the seven deadly sins and the opposing virtues that God encourages me to strive towards.					
8. I understand my sin tendencies and I am intentionally pursuing God's life-giving virtues in my life.					
9. I understand the impact of my upbringing and how the ways in which I have been nurtured impact my desires, feelings, thoughts and actions.					
10. I live my daily life according to the plan that I have discerned God wants me to live out.					
11. I regularly give at least a tenth of my income towards God's work.					
12. I submit my body to Christ's control in what I eat, in self-discipline and exercise, and in keeping morally pure.					
13. I let Christ's control come over what I read, hear, watch and think about.					
<b>Page 6 Totals:</b>					

# OMEGA

## Self-Evaluation Questionnaire



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NETWORK

	Very Definite/ Always (4)	Sure/ Usually (3)	Think So/ Sometimes (2)	Not Sure/ Seldom (1)	No Never (0)
<b>Response to Christ's call to seek and share His Guidance:</b>					
1. I recognize God at work in my personal life and in the world daily guiding people to do His will.					
2. I engage in regular mentoring relationships where I seek the guidance and wisdom of God through others.					
3. I engage in regular mentoring relationships where I offer the guidance and wisdom of God to others.					
4. I understand the role that attitude plays in my daily decision making and life experience.					
5. I understand what the Bible teaches about Godly attitudes toward life, and I habitually choose them to guide my life.					
6. I believe that my sinful nature combined with the influence of evil in the world co-conspire to lead me away from God and His abundant life for me.					
7. I have been trained to mentor others and help them mature in their faith using a Biblical growth process.					
8. I am able to discern between man's version of God's teaching and God's intention behind His Word.					
9. Over the past month I have helped to influence, encourage, disciple or train at least one other person to follow Jesus more fully.					
<b>Page 7 Totals:</b>					

# OMEGA

## Self-Evaluation Questionnaire



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NETWORK

Tally	Page Total	4	3	2	1	0
Page 1 Totals - Grace - 32 Possible						
Page 2 Totals - Glorification - 40 Possible						
Page 3 Totals - Growth - 60 Possible						
Page 4 Totals - Gifts - 48 - Possible						
Page 5 Totals - Group - 28 Possible						
Page 6 Totals - Good Stewardship - 52 Possible						
Page 7 Totals - Guidance - 36 Possible						
Grand Total						
Final Score						

Score	Comments
223-296	Christ-centered – You are well on your way as a follower of Jesus, but keep on going! There are still important steps ahead of you.
149-222	Close to Christ – You have made some good progress as a follower of Jesus. But don't become a half-hearted follower. There is much more for you to do in some important areas of discipleship. The assistance of a mentor will definitely help you move towards Christ-centeredness.
75-148	Growing in Christ – You have made a beginning in some areas, but your following is still loose and distant. Jesus is calling you to follow Him more closely.
0-74	Exploring Christ – Your following is very weak at present. (Perhaps you are a New Christian or have not yet really started). Are you prepared to clearly answer Jesus call and become His disciple?

# 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.

1. Siciliano, Tom and Jeff Caliguire, 2005. *Shifting into Higher Gear: an owner's manual for uniting your calling and career*. San Francisco: Josey-Bass.
2. Covey, Franklin. 1994. *First Things First*. New York: Simon & Schuster.
3. Smith, Hyrum W., 1994. *The Ten Natural Laws of Successful Time and Life Management*. New York: Warner Books.
4. Lawrence, James, 2002. *Developing a Vision*. Arrow Leadership Training Module. Sumas, Washington.
5. Adapted from Willow Creek Community Church. *New Member Seminar*. [http://www.willowcreek.org/spiritual\\_formation/membership/5gs.asp](http://www.willowcreek.org/spiritual_formation/membership/5gs.asp) (Accessed 7 June 2007).

## ACKNOWLEDGMENTS

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# Omega Course Resources



## **Omega Course Workbook**

The Omega Workbook is a great way to follow along and take notes with the Omega sessions. You'll also find all of the graphics and descriptive charts that we use in the power point presentations. Included in this workbook is an extensive appendix filled with additional Scripture references and in-depth descriptions of various content found throughout Omega. Lastly, each session includes a set of reflective questions to help you process the information individually and with your group or mentor.



## **Omega Personal Development Guide**

This guide complements your Course Workbook, takes you deeper into the Scriptures covered in the session and contains your homework. Each session branches out into three daily devotionals using the Scriptures found within each session of the Omega Course. This helps you absorb the content as you spend time reflecting on and applying each Scripture. The homework is designed to guide you towards creating your Personal Development Plan. Used in conjunction with the Omega Course Workbook and mentoring relationships, this guide helps you process and record God's wisdom and guidance for your life.



## **Omega C.O.R.E. Small Group L.E.A.D.E.R.'s Guide**

Take your group to a deeper level with the Omega C.O.R.E. Small Group L.E.A.D.E.R.'s Guide. Built on the four objectives found in every session of Omega, the Small Group Leader's Guide provides evaluation questions for you to gauge how your members are processing the material. Additionally, we provide ideas for methods and moments for sharing your own stories, personal mentoring questions, and learning experiences that can be done individually or as a group. Together, you'll move closer to realizing life's potential. This guide complements the Omega C.O.R.E. Small Group L.E.A.D.E.R. seminar.



## **Omega Course DVDs and Audio CDs**

Watch or listen to the Omega Course at your convenience: in the kitchen, on the train, or even in the living room in your pj's (we won't tell). Supplement your live seminar experience and revisit sessions that you would like to see or hear again. You can also use these resources to run an Omega Seminar (one session) or the entire Omega Course (series of 24 sessions/seminars) for your own family, small group, church or organization.

# Omega Course Resources



## The six-part Omega Course Workbook Series

We have created bite-sized workbooks to help you to introduce the Omega Course to your community four sessions at a time. Each workbook combines the content of the Omega Course Workbook and the Personal Development Guide so that the material for each session is all in one place. You can follow along and take notes, find all of the graphics and descriptive charts that we use in the power point presentations, and reference an extensive appendix filled with additional Scripture references and in-depth descriptions of various content found throughout Omega. Additionally each session contains four sections to aid you in maximizing your transformational journey: Omega Course Content, Discussion and Reflection Questions, Daily Devotionals and a Personal Development Plan/Homework.

### Part 1 - Abundant Living - Sessions 1-4

Explore what the Scriptures say concerning Stewarding Life, Unpacking Mission, Abundant Living and the Seven Values of Abundant Living.

### Part 2 - Biblical Humanity - Sessions 5-8

Explore what the Scriptures say concerning Our Core Identity, Being Fully Human, Essential Intimacy and Contagious Community.

### Part 3 - Calling of Servanthood - Sessions 9-12

Explore what the Scriptures say concerning being Called to Serve, Stewarding Resources, Empowered to Serve and The Freedom of Servanthood.

### Part 4 - 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.

## Online Community

Log onto the website to take part in the Life Spring Network online community. Read through our **blog** for thoughts, insights and ideas from Omega Trainers, Mentors and the Life Spring Network (LSN) Staff. Watch training videos, testimonials and read devotional thoughts. **Visit our resources section for free video, audio and material resources.** It's a great place to find recommended resources to take you deeper into various aspects of the Christian faith or to recommend to others you mentor.

**Visit [www.lifespringnetwork.org](http://www.lifespringnetwork.org) to get these and additional free resources which are designed to supplement and support your Omega Experience.**



# Omega Experience Resources



## Leading the Omega Experience Conference

Over the course of this conference, you will be equipped to understand and implement the entire Omega Experience, from mentor and small group leader training, Pre-Omega and Post-Omega church-wide seminars, to facilitating the church-wide Omega Course and everything in between. This conference is a must for anyone aspiring to become a licensed Live Omega Course Trainer.



## Omega Site Coordinator and Trainer Handbook

Everything you need to know to facilitate the Omega Experience in your own context. Role portraits help you to select just the right people for your Omega team. A full year planning checklist addresses all of the logistical needs. The Trainer Planning Guide comes with complete outlines, time frames, objectives, and follow-up learning experiences that will ensure a rich and full experience for all Omega participants. This handbook includes a resource disk with all 24 sessions of the Omega Course on PowerPoint and Keynote, in addition to the reproducible resources that you can use to track, personalize and promote your Omega Course.



## Omega Mentoring and Life Coaching Handbook

This manual provides you with concepts, questions and strategies that will make your mentoring and life coaching truly transformational. Included are practical principles and coaching points for all of the major aspects of each session of the Omega Course. This guide is the distillation of our best mentoring paradigms, tools and training to aid you as a mentor and life coach of others.

## Omega Course Leadership Training Seminars

### Omega C.O.R.E. Small Group L.E.A.D.E.R. Seminar

Equip your small group leaders to help participants realize life's potential with Omega. This four-hour seminar gives your leaders a brief history and overview of Omega, shows them how to utilize the Small Group Leader's Guide for maximum effectiveness in facilitating their group and takes small group leadership to the next level with Life Spring Network's C.O.R.E. small group L.E.A.D.E.R. paradigm.



### Omega Mentor Training Seminar

Start a mentoring movement in your own church or congregation by hosting or sending your leaders to this dynamic one-day seminar/retreat. Participants will dive into the deeper aspects of mentoring that include: The Power of Transformational Ministry, Principles of Mentoring and Coaching, and Mentoring Others Using the Omega Content.



Visit [www.lifespringnetwork.org](http://www.lifespringnetwork.org) to get these and additional free resources which are designed to supplement and support your Omega Experience.



## Additional Live Seminars

OMEGA

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### Pre-Omega Course Church-wide Seminars



#### **The Mentoring Connection Seminar and Workbook**

Life Spring Network, in conjunction with Arrow Leadership, offers a dynamic four-hour training seminar designed to equip and encourage people in the local church to intentionally invest in others through mentoring. In this seminar, you will explore models of mentoring and your role in this legacy ministry. Integrated into the workbook are 23 follow-through challenges to help you keep learning when the workshop is over.



#### **Creating a Connection Culture Seminar and Workbook**

Based on the book *Fired Up or Burned Out* co-authored by Jason Pankau, the Creating a Connection Culture Seminar will teach you how to create a connection culture for your church, ministry or business. In this practical and inspiring four-hour seminar, you will learn three key elements and two core elements that can empower you to transform even a lethargic, disconnected church, ministry or business into an impassioned, innovative, and thriving environment by unlocking the potential of your corporate Heart, Soul, Mind and Strength.

### Post-Omega Course Church-wide Seminars



#### **Empowered Servanthood Seminar and Workbook**

This seminar is designed to help people better understand their unique call to servanthood, including understanding and identifying spiritual gifts and pursuing next-step ministry opportunities! More than just another Spiritual Gifts course, this one-day (eight-hour) seminar helps people understand their divine P.U.R.P.O.S.E. (Passions, Upbringing, Resources, Personality, Original Abilities, Spiritual Gifts and Experience with Love) and how we are created to serve one another. It further develops and expands the P.U.R.P.O.S.E. paradigm introduced in the Omega Course and personalizes the application. This material is perfect for weekend retreats or a multiple-session class format.



#### **Making Cent\$ Seminar and Workbook**

This seminar is designed to help people achieve financial freedom from God's perspective. This seminar examines what the Scriptures say about money and money management in the areas of earning, saving, giving, borrowing, consuming, budgeting and investing. It then translates that knowledge into wisdom and helps people develop a personal financial plan for stewarding the resources entrusted to them. This four-hour seminar can easily be taught on a Saturday morning or Sunday afternoon after regular church services.



#### **U.N.I.T.Y. in Marriage Seminar and Workbook**

This seminar is designed to help you build a marriage that experiences and expresses the love of God. This seminar examines what the Scriptures say about marriage and uses the U.N.I.T.Y. in Marriage paradigm to help couples build a Godly foundation for their marriage. This material is perfect for weekend retreats or a multiple-session class format.

Visit [www.lifespringnetwork.org](http://www.lifespringnetwork.org) for more information or to schedule a live seminar for your church, organization or group today.

For more resources, thoughts, and discussion about this session, please visit [www.lifespringnetwork.org](http://www.lifespringnetwork.org)



A large rectangular area for writing, bounded by a light green header at the top and a thin black border on the right and bottom. The writing area contains 25 horizontal blue lines, providing a guide for text entry.