# OMEGA

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



# Biblical Humanity

Sessions 5-8



COURSE WORKBOOK - PART II

# **Life Spring Network Author and Primary Trainer of The Omega Course**

#### Quick Bio:





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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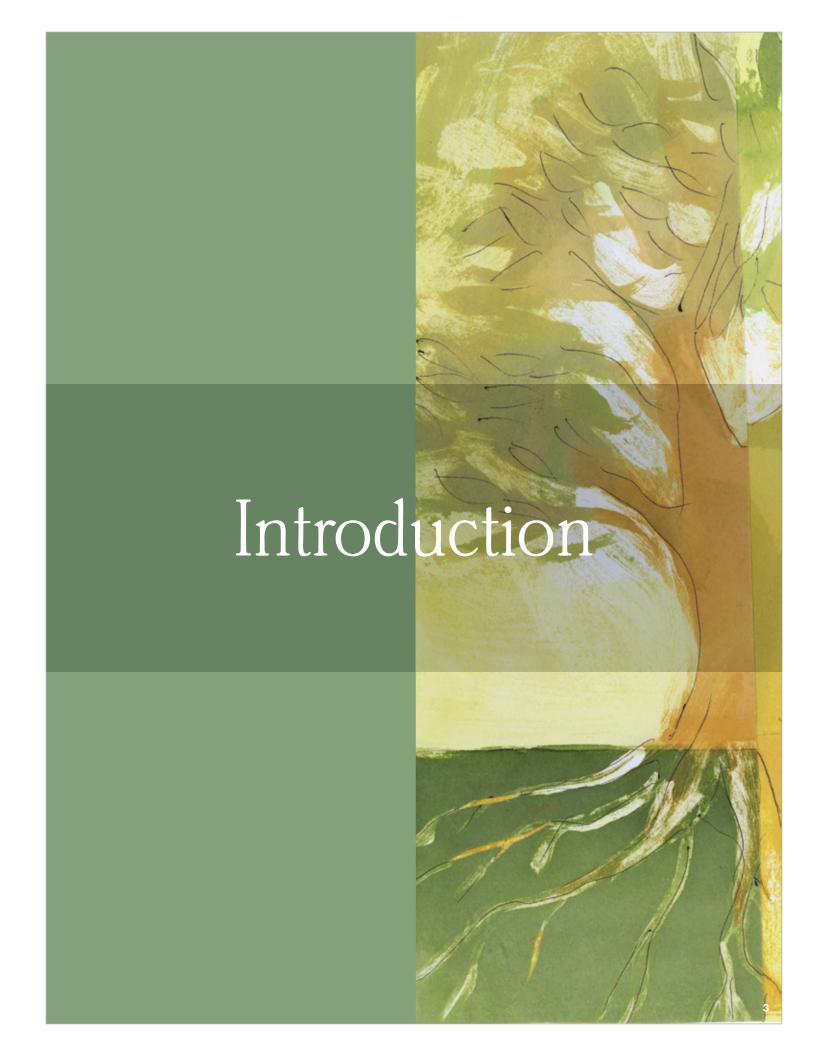
The 18 Natural Laws, Identity Roles Paradigm, P.R.E.P.<sup>2</sup>, Life Focus Process, 7 G's © 2008, Life Spring Network, Inc.

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# 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  $(\Omega)$ !

#### 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 Two - Sessions 5-8**

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

#### **Section I: Omega Course Content**

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

#### **Section II: Discussion and Reflection Questions**

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

#### The Personal Development Plan

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

#### **Section III: Daily Devotional**

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

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

#### **Context:**

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

#### Preparation:

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

#### **Meditation:**

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



# Introduction

#### **Revelation:**

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

#### **Application:**

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

#### Reflection:

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

#### **Section IV: Personal Development Plan - Homework**

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

You get out what you put in.

You reap what you sow.

Do the work and you will grow.

# Maximizing Your Journey

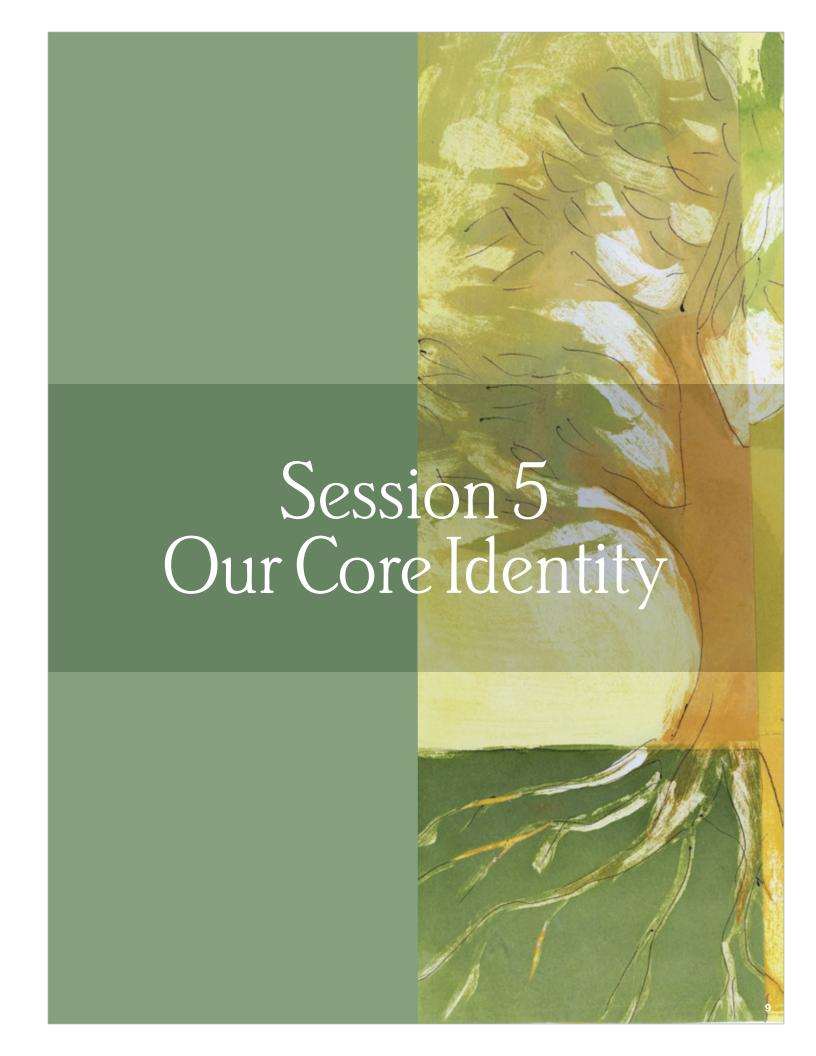
In order to maximize your Omega Experience, we recommend that you immerse yourself in the experience in the following ways:

- 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:
<ol> <li>Commit to the journey and my group by staying current with the weekly session, including:         <ul> <li>Attending each of the live sessions at my Omega site, or</li> <li>Watching the course on DVD, by myself or with my small group, or</li> <li>Listening to the teachings on CD, or</li> <li>Watching the course on-line at www.lifespringnetwork.org</li> <li>If applicable, attend the retreat days in my region or watch these sessions on DVD and work through the exercises on my own</li> </ul> </li> </ol>
<ul> <li>2. Be Open to grow by:</li> <li>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</li> <li>b. Taking notes in my workbook and completing the homework for each session in my Omega Personal Development Guide</li> </ul>
<ul> <li>3. Relate to the group by:</li> <li>a. Participating in the small and large group discussions and interacting with one another outside of the course</li> <li>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</li> </ul>
<ul> <li>4. Enter into Scripture by:</li> <li>a. Working back through the Scriptures and paradigms in each session</li> <li>b. Processing each session deeper by working through the three daily devotionals for each session in the Omega Personal Development Guide</li> </ul>
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.



# In this session participants will:

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

• Grasp how engaging in our identity in Christ allows us to enter into the Abundant Life.

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

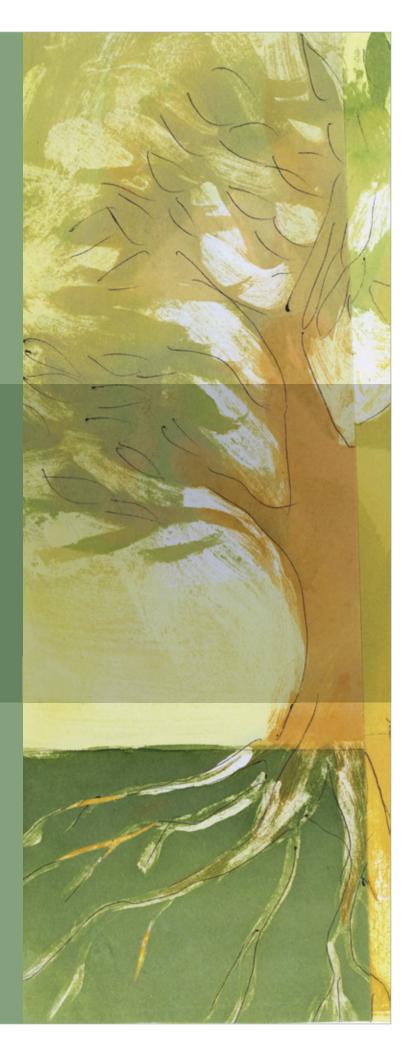
 Feel empowered to align our wills with the will of the Father.

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

 Give God space to speak to us about who He has created us to be.

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

 Be able to more fully experience and express love with all of our Heart.



### Review

In Session 4 we discussed:

- LFP Level 1: God's Mission for Our Lives
- God's Mission for Our Lives
   Values

# 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: IDENTITY

# Law 5: The Law of Identity

Abundant living comes from being who God created you to be and engaging in your identity in Christ. [Genesis 1:27, Psalm 139:13-16; Ephesians 2:8-10]



# Genesis 1:27

"So God created man in his own image, in the image of God he created him; male and female he created them."

# Psalm 139:13-16

"For you created my inmost being; you knit me together in my mother's womb. <sup>14</sup> I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well. <sup>15</sup> My frame was not hidden from you when I was made in the secret place. When I was woven together in the depths of the earth, <sup>16</sup> your eyes saw my unformed body. All the days ordained for me were written in your book before one of them came to be."

# Ephesians 2:8-10

"For it is by grace you have been saved, through faith – and this not from yourselves, it is the gift of God – <sup>9</sup> not by works, so that no one can boast. <sup>10</sup> For we are God's workmanship, created in Christ Jesus to do good works, which God prepared in advance for us to do."

#### **Governing Mission Statement**

Writing a mission statement helps us define who we are and what we desire to strive toward in our lives. In a sense, it defines the target. To write a meaningful mission statement we must first understand our identity in Christ and write our vision statements for each role.

#### Reflective Question:

Take a minute to think through your typical day and jot down some of the roles that you play in your own life.

#### **Identity Role Categories**

- Christ Follower
- Community Member
- Called Servant



#### **Roles and Vision Statements**

- By defining each role (identity in Christ) in our lives we gain a holistic perspective of our new lives in Christ.
- A Vision Statement is a description of your understanding of who
  you would like to become in each role. It is your expression of what
  you believe to be ideal and worthy of striving toward.
- This is answering the question, "What does it look like to experience and express love in this role of my life?"
- Each role is accompanied by suggested disciplines that will help you to develop that identity role in your life.

# Habakkuk 2:2

"Then the Lord replied: 'Write down the revelation and make it plain on tablets so that a herald may run with it.'"

#### **Understanding Our Identity**

Our identity in Christ gets expressed through the various roles we play in life. Take a look at your life on an average day to assess the roles that you play.

#### **Identity Roles: Three Categories**

Over the next few sessions we will be taking an in-depth look at three categories of our identity in Christ:

- Christ Follower
- Community Member
- Called Servant

# Identity Role Category #1: Christ Follower

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

Here we meet the needs we discussed in Session 1:

- To Live
- To Love and Be Loved
- To Experience Variety
- To Feel Important

# Luke 10:27 (& Mark 12:30-31)

"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.'"

#### **Roles of the Category:**

Christ Follower:

- Heart
- Soul
- Mind
- Strength

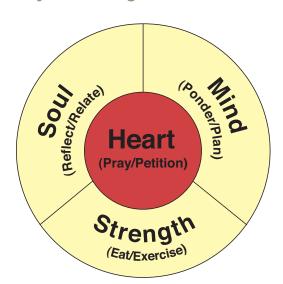
#### **Reflective Question:**

What do you think it means to be "spiritual?"

#### **Being Human**

Understanding the four aspects that make us human beings holds the keys to understanding both our sinful human nature and the God-guided and empowered lives that He has destined each and every one of us to live!

#### **Identity Roles Diagram: Christ Follower™**



#### **Heart (Will, Spirit)**

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

# Genesis 6:5-6

"The LORD saw how great man's wickedness on the earth had become, and that every inclination of the thoughts of his heart was only evil all the time." <sup>6</sup> The LORD was grieved that he had made man on the earth, and his heart was filled with pain."

"In the end, Pharaoh got what he wanted. In the end...so do we." – Jason Pankau

# Genesis 8:21

"The LORD smelled the pleasing aroma and said in his heart: 'Never again will I curse the ground because of man, even though every inclination of his heart is evil from childhood. And never again will I destroy all living creatures, as I have done."

# Exodus 7:3-4a

"But I will harden Pharaoh's heart, and though I multiply my miraculous signs and wonders in Egypt, <sup>4</sup>he will not listen to you."

# Proverbs 4:23

"Above all else, guard your heart, for it is the wellspring of life."

# Proverbs 27:19

"As water reflects a face, so a man's heart reflects the man."



# Ecclesiastes 6:1-2

"I have seen another evil under the sun, and it weighs heavily on men:

<sup>2</sup> God gives a man wealth, possessions and honor, so that he lacks
nothing his heart desires, but God does not enable him to enjoy them,
and a stranger enjoys them instead. This is meaningless, a grievous evil."

# Luke 8:15

"But the seed on good soil stands for those with a noble and good heart, who hear the word, retain it, and by persevering produce a crop."

# Ezekiel 36:26-27

"I will give you a new heart and put a new spirit in you; I will remove from you your heart of stone and give you a heart of flesh. <sup>27</sup> And I will put my Spirit in you and move you to follow my decrees and be careful to keep my laws."

### 1 Peter 1:22

"Now that you have purified yourselves by obeying the truth so that you have sincere love for your brothers, love one another deeply, from the heart."

# James 1:13-15

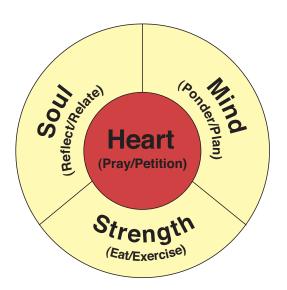
"When tempted, no one should say, 'God is tempting me.' For God cannot be tempted by evil, nor does he tempt anyone; <sup>14</sup> but each one is tempted when, by his own evil desire, he is dragged away and enticed. <sup>15</sup> Then, after desire has conceived, it gives birth to sin; and sin, when it is full-grown, gives birth to death."

### Revelation 1:3

"Blessed is the one who reads the words of this prophecy, and blessed are those who hear it and take to heart what is written in it, because the time is near."

#### **Remember:**

Love is a choice...an act of the will.



#### **Heart - The Wellspring of Life**

The Heart is the Wellspring of Life! It is the center of our being and our decision-making center. It takes in all of the input from our Soul, Mind and Strength and decides what it will.

When our heart is not submitted to God and His will for our lives, we lead ourselves toward destruction, but when we are submitted, God guides and empowers us to live the abundant life in our entire being!

#### **Heart - The Disciplines**

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

# Summary

In this session we discussed:

- Law 5: The Law of Identity
- The LFP Level 1: Clarifying God's Mission for Our Lives
- God's Mission for Our Lives

**Identity Roles** 

Christ Follower

Heart



# Session 5: Discussion and Reflection

Discussion and Reflection Questions
1. The Law of Identity: What are the implications of this law to your life?
2. What kind of practices do you engage in to more clearly understand your identity in Christ?
3. Is it a scary idea for you to cry out to God and ask Him to tell you who you are? Why or why not?
4. Have you ever considered the central role that our hearts (will, dreams, desires and our spiritual center) play in our lives? Does it make sense to you that everything begins in the heart?
5. Do you find it difficult to believe that our sinful nature fights against us in the process of desiring God's will for our lives? Why or why not?
6. Which Scriptures stood out to you and why?

Day	1
-----	---

#### **Context:**

The Law of Identity

#### **Preparation:**

God as Creator

#### **Meditation:**

#### Genesis 1:27

"So God created man in his own image, in the image of God he created him; male and female he created them."

#### Psalm 139:13-16

"For you created my inmost being; you knit me together in my mother's womb. <sup>14</sup> I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well. <sup>15</sup> My frame was not hidden from you when I was made in the secret place. When I was woven together in the depths of the earth, <sup>16</sup> your eyes saw my unformed body. All the days ordained for me were written in your book before one of them came to be."

#### **Revelation:**

1. What does it mean to be created in the image of God? What characteristics that reflect Him do you see
God imparting to us that He has not imparted to other living things?
2. If we are all created in the image of God, what impact do you think this has on how we treat and respect others?

# Day 1

	oes Psalm 139:13-16 speak to your innate worth, value and purpose as a human being? es the tone of the text convey?
Applicat	on:
	a sense of respect for your fellow human beings today (no matter how annoying or difficable). Does it affect your interaction with them? How so?
2. Spend	some time reflecting on Psalm 139:13-16. What is God saying to you about this?
Reflectio	n:
	u said, 'For you created my inmost being; you knit me together in my mother's womb.' you today for being fearfully and wonderfully made."

# Day 2

#### **Context:**

The Law of Identity

#### Preparation:

God as Master Craftsman

#### **Meditation:**

#### Ephesians 2:8-10

"For it is by grace you have been saved, through faith – and this not from yourselves, it is the gift of  $God - {}^{9}$ not by works, so that no one can boast. 10 For we are God's workmanship, created in Christ Jesus to do good works, which God prepared in advance for us to do."

#### **Revelation:**

1. How does God "breathe life" into your being through this verse? Which aspects of it come to the forefron for you?
2. Although it is not "works" that has saved us, we were created in Christ Jesus to "do good works." How do you see the relationship between grace and works? What does this look like in your own life?
3. Consider the phrase, "which God prepared in advance for us to do." How does this phrase add to the thought in the text?

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

# Day 2

Application:
1. Talk to God about what good works He has prepared in advance for you to you today. How can move in His grace as you do this? Use this verse today to remind you of the truth of your position :
Christ.
2. Spend some time today in thanksgiving for the gift of salvation by grace through faith.
Reflection:
"Lord, you said that we have been saved by grace through faith. Help me accept your gift of salvation grace through faith today."

Day	3
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#### **Context:**

Christ Follower: Heart

#### Preparation:

The Lord as Heart-Changer

#### **Meditation:**

#### **Proverbs 4:23**

"Above all else, guard your heart, for it is the wellspring of life."

#### **Ezekiel 36:26**

"I will give you a new heart and put a new spirit in you; I will remove from you your heart of stone and give you a heart of flesh."

#### **Revelation:**

1. What are some ways that we can healthily guard our hearts without shutting them off from the outside world?
2. Think of some of the ways that God has transformed your heart and spirit. How are you different now than before?
3. In light of our discussion in Session 5, in what ways do you see the heart functioning as the "wellspring of life?"

# Day 3

Applicati	on:
	were one way that the Lord would want you to guard your heart today, what would it bout intentionally throughout the day and journal your reflections this evening.
	know someone whose heart has been hardened by the circumstances of life. Spend some ssion on behalf of this person. Use Ezekiel 36:26 as a prayer to God for this person.
Reflection	1:
	u said that you would give a new heart and a new spirit and remove hearts of stone.  heart of flesh today."

# Session 5: Personal Development Plan - Homework

#### **Homework Session 5**

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

Discussion an	d reflection	questions	journal:		
lomework Jo	ournal - que	estion #2			
lomework Jo	ournal - que	estion #2			
lomework Jo	ournal - que	estion #2			
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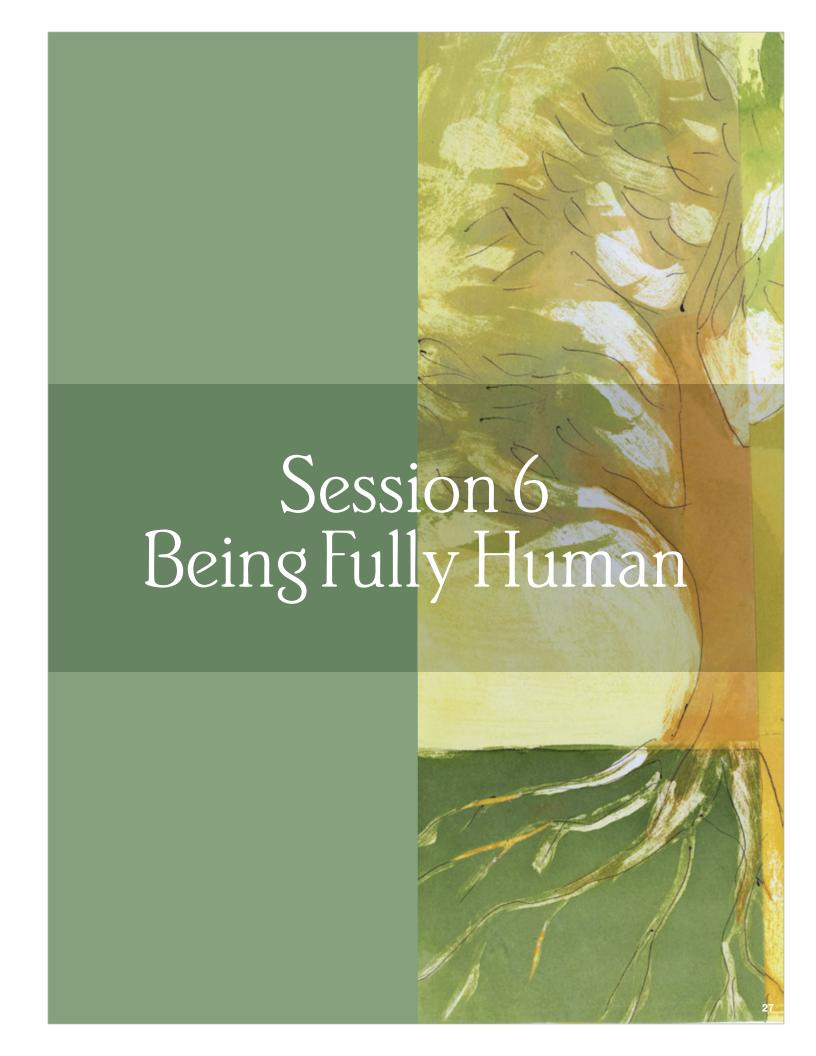
# Session 5: Personal Development Plan - Homework

### **Homework Session 5**

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

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

-	Will, Desires, Lover/Prayer Warrior, Whom do I worship?) – Vision Statement:
	omparing your life now to the vision statement that you believe God ou including what changes you need to make in this area of your life



# In this session participants will:

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

• Learn the roles of Being Human and how God desires to breathe life into our being.

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

• Experience new variety through activating under-used roles of our identity in Christ.

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

 Create Vision Statements for each aspect of the Role Category of Christ Follower.

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

• Be able to experience and express love with all of our Soul, Mind, and Strength.



# Review

In Session 5 we discussed:

- Law 5: The Law of Identity
- The LFP Level 1: Clarifying God's Mission for Our Lives
- God's Mission for Our Lives

**Identity Roles** 

Christ Follower

Heart

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



# God's Mission for Our Lives: IDENTITY

# Identity Role Category #1: Christ Follower

#### **Soul (Feelings, Personality, Conscience, Intuition)**

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

#### **Identity Role Categories**

- Christ Follower
- Community Member
- Called Servant



#### **Reflective Question:**

What does your current prayer life look like? How readily do you spend time in solitude with Him?

#### Remember:

Soul is God's thumbprint on your life...the part of you that is "hard-wired" to be like God.

#### **Reflective Question:**

Have you ever experienced just "being" with someone in their grief?

### Hebrews 4:12

"For the word of God is living and active. Sharper than any doubleedged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart."

# Matthew 16:24-26

"Then Jesus said to his disciples, "If anyone would come after me, he must deny himself and take up his cross and follow me. <sup>25</sup> For whoever wants to save his life will lose it, but whoever loses his life for me will find it. <sup>26</sup> What good will it be for a man if he gains the whole world, yet forfeits his soul? Or what can a man give in exchange for his soul?"

#### **Our Divine Connection**

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

Without a Holy Spirit-empowered Soul we lose connection to our true selves, the people God Created us to be.

#### The Soul's Role in our Being

The Soul is the most profound dimension of our being. As we live our lives and interact with people and events in our lives, our Soul regulates and processes what is happening in our Heart, Mind and Strength, and guides our response.

"Soul is that aspect of our being that correlates, integrates, and enlivens everything going on in the various dimensions of the self. It is the life center of the human being." (Dallas Willard)

The Soul is often understood to refer to the whole person because, without it functioning according to God's intended purpose, we are truly lost and cut off from really living.

# Proverbs 16:24

"Pleasant words are a honeycomb, sweet to the soul and healing to the bones."

# Proverbs 19:8

"He who gets wisdom loves his own soul; he who cherishes understanding prospers."

# 1 Peter 2:11

"Dear friends, I urge you, as aliens and strangers in the world, to abstain from sinful desires, which war against your soul."

#### The Soul's Role in Abundant Living

In the person with a well-aligned and growing Heart, the Soul will be properly ordered under God and in harmony with His "life that is really life." (1 Timothy 6:19)

The result of a surrendered Heart is a Holy Spirit-empowered Soul which is empowered to process and respond to life in ways that are good and right. Our Soul is constantly working to bring about God's life in and through our entire being. Guiding us to submit our Heart to God, which brings our Soul into submission to a God-empowered Heart, our Mind into submission to a God-empowered Soul, and our Strength into submission to a God-empowered Mind.

This brings about God's perfect rule in and through our entire being!

#### **Roles of the Category:**

Christ Follower:

A Definition

Enthusiasm:

"En Theos"

"In God"

- Heart
- Soul
- Mind
- Strength



# Matthew 26:38

"Then he said to them, "My soul is overwhelmed with sorrow to the point of death. Stay here and keep watch with me."

# Luke 2:34-35

"Then Simeon blessed them and said to Mary, his mother: "This child is destined to cause the falling and rising of many in Israel, and to be a sign that will be spoken against, <sup>35</sup> so that the thoughts of many hearts will be revealed. And a sword will pierce your own soul too."

#### The Power of Feeling and the Soul

A Holy Spirit-empowered Soul is enabled to process and feel life the way God feels. We need to consciously cooperate with God in this, because it is not our natural reaction to rejoice with those who rejoice or mourn with those who mourn. (Romans 12:15)

When we turn off our emotions through a decision of our will (Heart), and choose not to feel the challenges of life (sadness, hurts, and disappointments), we turn our Soul off. When we do this we train ourselves not to feel and so miss out on the exhilaration of life as well. We process our Soul through sensing God's promptings and reflecting on our feelings and impressions about ourselves, people and circumstances in our lives – allowing God and His understanding of who we are to be expressed. When we cultivate the habit of repressing God's feelings we can sear our souls to the point that they become less responsive to both the ups and downs, the good and bad of life.

#### **Soul - The Disciplines**

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

#### "When you shut yourself off emotionally, you shut yourself off." – Jason Pankau

#### **Reflective Question:**

How does this text tie in with the idea of "mind?"

#### Mind

Our minds enable us to process *ideas*, *images* and *information* with our *ability to think*. With this ability we discern what is true and organize our world view to accomplish a mission in life. All truth is God's truth! Plans are the strategies we formulate in our Minds. We also use our minds to set goals for our lives that move us towards our mission and evaluate its efficacy.

### Romans 12:2

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

# Philippians 3:18-19

"For, as I have often told you before and now say again even with tears, many live as enemies of the cross of Christ. <sup>19</sup> Their destiny is destruction, their god is their stomach, and their glory is in their shame. Their mind is on earthly things."

#### The Realm of the Intellect: Mind

The realm of the Intellect – Mind involves four main factors: Ideas, Images, Information and Our Ability to Think, as originally described in Dallas Willard's *Renovation of the Heart*.<sup>6</sup>

"Ideas are very general models of, or assumptions about, reality.

They are patterns of interpretations, historically developed and socially shared." Some examples include freedom, education, happiness, 'the American Dream,' and the Kingdom of God.

"Spiritual formation is inescapably a matter of recognizing in ourselves the ideas system (or systems) of evil that governs the present age and the respective culture (or various cultures) that constitutes life away from God. The needed transformation is very largely a matter of replacing in ourselves those idea systems of evil (and their corresponding cultures) with the idea system that Jesus Christ embodied and taught..." [which brings about] "the culture of the Kingdom of God. This is truly a passage from darkness to light."

"To change governing ideas, whether in the individual or the group, is one of the most difficult and painful things in human life. Genuine conversion is a wrenching experience. It rarely happens to the individual or group except in the form of divine intervention, revolution, or something very like a mental breakdown."

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

"Theology is just what you really think about God, and if you're going to do that, you'd better use your mind and not just let it be a receptacle - a catch-all for whatever beliefs happen to be passing by."

- Dallas Willard



What images come to mind when you think of Jesus?

"Two laws that govern my life:
The law of cognition: I am what
I think. The law of exposure:
My mind will think most about
what it is most exposed to."

– John Ortberg

"Jesus of course understood the great significance of images and has, indeed, become one himself." The cross also functions as the most powerful symbol of all time.

#### **Deliverance from Destructive Ideas and Images**

"The person and Gospel of Jesus Christ – building on simple 'Jesus loves me, this I know, for the Bible tells me so' – is the only complete answer to the false and destructive images and ideas that control the life of those away from God. The process of spiritual formation in Christ is one of progressively replacing those destructive images and ideas with the images and ideas that filled the mind of Jesus Himself."

We thereby come increasingly to see "the light of the gospel of the glory of Christ, who is the image of God" (2 Corinthians 4:4, NRSV).

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

"Without correct information, our ability to think" is restricted.

"Without the requisite information, we may be afraid of thinking at all, or simply be incapable of thinking straight."

Our Ability to Think: "The Gospel of Jesus directly repudiates all false information about God and, therewith, about the meaning of human life; and it works to undermine the power of those ideas and images that structure life away from God. But for it to have this effect we must use our ability to think." Thinking is "the activity of searching out what must be true, or cannot be true, in the light of given facts or assumptions. It extends the information we have and enables us to see the 'larger picture'--to see it clearly and to see it wholly." Empowered by the Holy Spirit, "it undermines false or misleading ideas and images as well."

# 1 Corinthians 2:6-16

"We do, however, speak a message of wisdom among the mature, but not the wisdom of this age or of the rulers of this age, who are coming to nothing. <sup>7</sup> No, we speak of God's secret wisdom, a wisdom that has been hidden and that God destined for our glory before time began.

"The prosperity of God's cause on Earth depends upon his people thinking well."

– Dallas Willard

"Divine knowledge is the truth that the Spirit of God teaches us and puts into our minds. It is the knowledge and truth that is Spiritually discerned."

– Jason Pankau

## Session 6: Being Fully Human

<sup>8</sup> None of the rulers of this age understood it, for if they had, they would not have crucified the Lord of glory. 9 However, as it is written: "No eye has seen, no ear has heard, no mind has conceived what God has prepared for those who love him" - 10 but God has revealed it to us by his Spirit. The Spirit searches all things, even the deep things of God. 11 For who among men knows the thoughts of a man except the man's spirit within him? In the same way no one knows the thoughts of God except the Spirit of God. <sup>12</sup>We have not received the spirit of the world but the Spirit who is from God, that we may understand what God has freely given us. 13 This is what we speak, not in words taught us by human wisdom but in words taught by the Spirit, expressing spiritual truths in spiritual words. 14 The man without the Spirit does not accept the things that come from the Spirit of God, for they are foolishness to him, and he cannot understand them, because they are spiritually discerned. <sup>15</sup> The spiritual man makes judgments about all things, but he himself is not subject to any man's judgment: <sup>16</sup> For who has known the mind of the Lord that he may instruct him? But we have the mind of Christ."

## **Mind - The Disciplines**

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

## Strength

This is our Energy and Abilities. We need to find the right balance or rhythm for the pace of our lives, which helps us to grow physically while remaining surrendered to living in and through God's Strength.

## 1 Corinthians 1:25

"For the foolishness of God is wiser than man's wisdom, and the weakness of God is stronger than man's strength."

#### **Roles of the Category:**

Christ Follower:

- Heart
- Soul
- Mind
- Strength



## Session 6: Being Fully Human

## 1 Peter 4:11

"If anyone speaks, he should do it as one speaking the very words of God. If anyone serves, he should do it with the strength God provides, so that in all things God may be praised through Jesus Christ. To him be the glory and the power for ever and ever. Amen."

## Philippians 4:12-13

"I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want.

13 I can do everything through him who gives me strength."

## 1 Corinthians 6:19-20

"Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; <sup>20</sup> you were bought at a price. Therefore honor God with your body."

## **Strength - The Disciplines**

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

#### **Reflective Question:**

What does your "Sabbath" time look like? How do you best experience times of true rest?

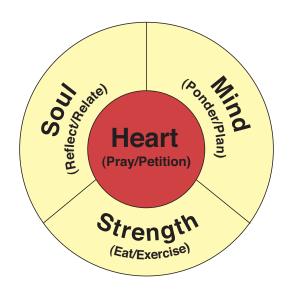
The Disciplines: P.R.E.P.<sup>2</sup>

Set up time: the time it takes to put things in order, or arrange things so that you can start on a specific task or start each day properly! Take time to set up your being for each day using P.R.E.P.<sup>2</sup>

P.R.E.P. <sup>2</sup>
Pray & Petition
Reflect & Relate
Eat & Exercise
Ponder & Plan

## Session 6: Being Fully Human

## **Identity Roles Diagram: Christ Follower**™



## **Disciplines for Being Human**

Heart Pray (Prayer, Solitude and Silence) &

Petition (Intercession and Watching)

Soul Reflect (Journaling and Meditation) &

Relate (Confession, Counseling, Retreats)

Mind Ponder (Study of Scripture, Journaling and Life Studies) &

Plan (Planning your Life, Life Coaching)

Strength Eat (Diet, Fasting) &

Exercise (Exercise, Sabbath, Surrender)

## Summary

In this session we discussed:

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

**Identity Roles** 

Christ Follower

Heart

Soul

Mind

Strength



## Session 6: Discussion and Reflection

# **Discussion and Reflection Questions**

1. Which primary area of your being (Heart, Soul, Mind and Strength) did you find the most intriguing and why?
2. In what ways have you sought to gain something from the world at the expense of your own Soul?
3. How do you see having the mind of Christ as an essential aspect of stewarding life from His perspective
5. Flow do you see having the filling of Christ as an essential aspect of stewarding life from this perspective
4. Do you desire to do life in and through God's strength? If so, what are some of the practices that you engage in to keep yourself in that surrendered place?
5. What are some of the key disciplines that you want to implement right away? Do you think you w P.R.E.P. <sup>2</sup>
6. What Scripture verses stood out to you most and why?

## Day 1

#### **Context:**

Christ Follower: Soul

#### **Preparation:**

Jesus as Worthy

#### **Meditation:**

#### Matthew 16:24-26

"Then Jesus said to his disciples, "If anyone would come after me, he must deny himself and take up his cross and follow me. <sup>25</sup> For whoever wants to save his life will lose it, but whoever loses his life for me will find it. <sup>26</sup> What good will it be for a man if he gains the whole world, yet forfeits his soul? Or what can a man give in exchange for his soul?"

#### Proverbs 16:24

"Pleasant words are a honeycomb, sweet to the soul and healing to the bones."

#### **Revelation:**

1. Jesus illustrated many paradoxes of the Christian life. Matthew 16:24-26 illustrates one of these.
In what ways do you see losing our lives as a way to find life in Christ? Why is this sometimes difficult for
us?
2. How do you see Matthew 16:24-26 illustrated in the context of our culture in our particular region of the
world? Who do you see finding life and who do you see possibly forfeiting their souls?

## Day 1

3. What kinds of things help you remain in Him as you go throughout your day? How do you know when you are struggling with this?			
Application:			
1. Think of someone who could use some pleasant words fror phone call to this person.	n you today. Write a short note or make a		
2. Think of a "cross" that you will be required to carry today. Christ's suffering? Commit this commission to God as you go			
Reflection:			
"Lord, you said, 'If anyone would come after me, he must der follow me.' Help me deny myself, take up my cross and follow			

## Day 2

#### **Context:**

Christ Follower: Mind

#### **Preparation:**

The Lord as Renewer of Minds

#### **Meditation:**

#### Philippians 3:18-19

"For, as I have often told you before and now say again even with tears, many live as enemies of the cross of Christ. <sup>19</sup> Their destiny is destruction, their god is their stomach, and their glory is in their shame. Their mind is on earthly things."

#### **Romans 12:2**

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

#### **Revelation:**

1. In what ways do you find your mind focusing on earthly things? Specifically, what are the t	chings
that you are focusing on in this way recently? In what way do you see God wanting to renew	your
mind in this area?	
2. Consider each of the aspects of Philippians 3:19. How would you describe this verse in you	ır
own words? In what way would living this way put someone in the position of being an enem	ıy of
the cross of Christ?	

3. How do yo	ou see the renewing of your mind facilitating your transformation in the Kingdom o
A	
Application:	
	heavenly thing to focus your mind on today. When you drift and focus on earthly to bring back your perspective.
2 If there was	
	re one thing that God would like you to no longer be conformed to the pattern of t what would it be? Spend some time with God talking to Him about this and listenit
world with, v	what would it be? Spend some time with God talking to Him about this and listening d like to transform you. What new thinking would he like you to incorporate to
world with, v how He wou	what would it be? Spend some time with God talking to Him about this and listening d like to transform you. What new thinking would he like you to incorporate to
world with, v how He wou accomplish tl	what would it be? Spend some time with God talking to Him about this and listening d like to transform you. What new thinking would he like you to incorporate to
world with, whow He wou accomplish the	what would it be? Spend some time with God talking to Him about this and listening d like to transform you. What new thinking would he like you to incorporate to
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## Day 3

#### **Context:**

Christ Follower: Strength

#### **Preparation:**

The Lord as Fortifier

#### **Meditation:**

#### 1 Peter 4:11

"If anyone speaks, he should do it as one speaking the very words of God. If anyone serves, he should do it with the strength God provides, so that in all things God may be praised through Jesus Christ.

To him be the glory and the power for ever and ever. Amen."

#### 1 Corinthians 6:19

"Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own."

#### **Revelation:**

1. In what times of your life have you most relied on the strength that God provides? How does this shape
the way you see what you perceive God calling you to in the future?
2. How do you see the ideas in these two verses promoting the glorification of God? How does this relate to you personally?

## Day 3

Appl	ication:
God	you serve others today, arm yourself with 1 Peter 4:11 to remind you to serve with the streng provides. Be cognizant of how it influences the way you serve and how God is glorified by seeingh this perspective.
	ink of a way to care for your body as a temple of the Holy Spirit today. Spend a few minutes aling your reflections this evening.
Refle	ection:
	d, you said that we should serve others in your strength. Help me praise you by serving with t gth you provide."

## Session 6: Personal Development Plan - Homework

## **Homework Session 6**

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

Discussion and reflection questions journal:				

## Session 6: Personal Development Plan - Homework

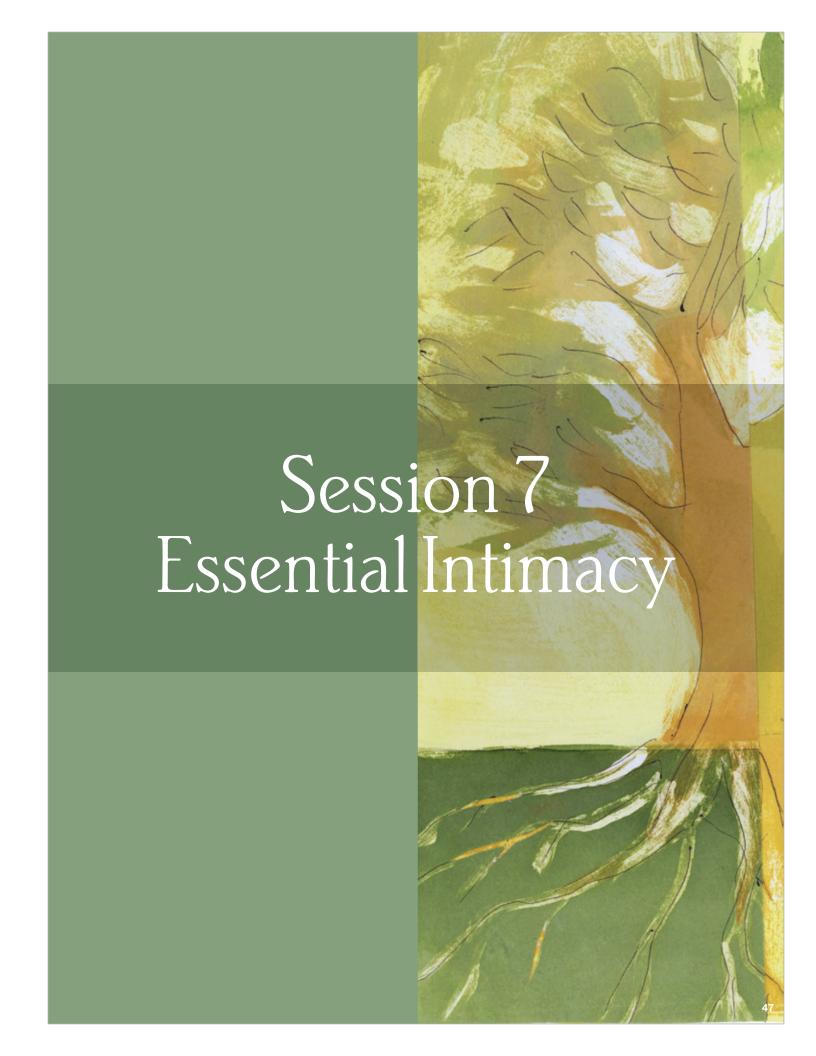
## **Homework Session 6**

## **Identity Role Vision Statements**

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

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

Ind (Intellectua	, Attitude, Truth	, Learner/Plan	ner) – Vision S	tatement:		
trength (Physical	, Temple/Recreat	or, Rest, Exerc	ise/Nutrition)	– Vision Stat	ement:	
Reflections cor	nparing your	life now to 1	he vision sta	atement th	at you believ	e God
					•	
					•	
					•	
Reflections con					•	



# In this session participants will:

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

 Recognize the importance of community as a tool God uses to keep us on-track and growing.

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

 Experience a renewed sense of connection with others in our Inner Circle and Relative/Parent relationships.

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

 Articulate a vision for the role of Inner Circle, Relative/Parent of the Community Member Role Category.

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

 Facilitate and foster deep, meaningful relationships with the people in our Inner Circle and Relative/Parent relationships.



## Review

In Session 6 we discussed:

• The LFP Level 1: Clarifying God's Mission for Our Lives God's Mission for Our Lives

**Identity Roles** 

Christ Follower

Soul

Mind

Strength

## God's Mission for

Vision

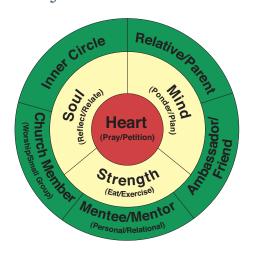
**Our Lives:** 

- Priorities
- Values
- Identity Roles

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



## God's Mission for Our Lives: IDENTITY







#### **A Definition**

Covenantal Relationship:

One where relational expectations
are defined and agreed upon.

#### **Reflective Question:**

To what degree do you define relational expectations in your life?

"As we mature in our faith, our focus in relationships shifts from what I'm going to get...to what I'm going to give."

- Jason Pankau

#### **Identity Role Categories**

- Christ Follower
- Community Member
- Called Servant

## 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]

## Galatians 6:1-10

"Brothers, if someone is caught in a sin, you who are spiritual should restore him gently. But watch yourself, or you also may be tempted. <sup>2</sup> Carry each other's burdens, and in this way you will fulfill the law of Christ. <sup>3</sup> If anyone thinks he is something when he is nothing, he deceives himself. <sup>4</sup> Each one should test his own actions. Then he can take pride in himself, without comparing himself to somebody else, <sup>5</sup> for each one should carry his own load. <sup>6</sup> Anyone who receives instruction in the word must share all good things with his instructor. <sup>7</sup> Do not be deceived: God cannot be mocked. A man reaps what he sows. <sup>8</sup> The one who sows to please his sinful nature, from that nature will reap destruction; the one who sows to please the Spirit, from the Spirit will reap eternal life. <sup>9</sup> Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up. <sup>10</sup> Therefore, as we have opportunity, let us do good to all people, especially to those who belong to the family of believers."

# Identity Role Category #2: Community Member

The next three needs,

- To love and be loved
- To experience variety
- To feel important

are met and experienced in the context of community.

#### **Roles of the Category:**

Community Member:

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

#### **Reflective Question:**

How do your soulmates/friends function in your life?

"Make it a rock... You can't cancel, only reschedule."

– Jason Pankau

"When we honestly ask ourselves which person in our lives means the most to us, we often find that it is those who, instead of giving advice, solutions, or cures, have chosen rather to share our pain and touch our wounds with a warm and tender hand."

– Henri Nouwen



We will explore five aspects of the role of Community Member:

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

#### **Inner Circle**

For those of us who are married, our first role is that of being a spouse or having relational oneness. For those of us who are single, it is being single and relating to our great friends. These are our most trusted and intimate relationships outside of our relationship with God. Some would call them soulmates, for they desire to see God's best for us and from us.

Because the people in our inner circle are the most trusted and feel the most secure, they unfortunately are the first relationships that we are most likely to neglect when life gets too busy. Second only to our time with God, these relationships need to be the next biggest rock in our life. Like the "Big Rocks" illustration we used when talking about priorities, these relationships are "big rocks" in our lives.

## Genesis 2:24

"For this reason a man will leave his father and mother and be united to his wife, and they will become one flesh."

## Ephesians 5:31-33

"For this reason a man will leave his father and mother and be united to his wife, and the two will become one flesh." <sup>32</sup> This is a profound mystery – but I am talking about Christ and the church. <sup>33</sup> However, each one of you also must love his wife as he loves himself, and the wife must respect her husband."

#### **Roles of the Category:**

Community Member:

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

## Matthew 17:1-3

"After six days Jesus took with him Peter, James and John the brother of James, and led them up a high mountain by themselves. <sup>2</sup> There he was transfigured before them. His face shone like the sun, and his clothes became as white as the light. <sup>3</sup> Just then there appeared before them Moses and Elijah, talking with Jesus."

## **Inner Circle: The Disciplines**

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

#### **Relative/Parent**

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

## Proverbs 22:6

"Train a child in the way he should go, and when he is old he will not turn from it."

## Ephesians 6:4

"Fathers, do not exasperate your children; instead, bring them up in the training and instruction of the Lord."

## 1 Timothy 3:4

"He must manage his own family well and see that his children obey him with proper respect."

## 3 John 1:4

"I have no greater joy than to hear that my children are walking in the truth."

#### Remember:

Relative/Parent is more of a vertical relationship, whereas Inner Circle is more horizontal.

## Ephesians 6:1

"Children, obey your parents in the Lord, for this is right."

## Mark 6:4-5

"Jesus said to them, 'Only in his hometown, among his relatives and in his own house is a prophet without honor.' <sup>5</sup> He could not do any miracles there, except lay his hands on a few sick people and heal them."

## **Relative/Parent: The Disciplines**

We grow through Fellowship, Sacrifice, Celebration, Hospitality and Submission while consistently praying for and connecting with our parents, relatives and children if appropriate.

## Summary

In this session we discussed:

- Law 6: The Law of Community
- The LFP Level 1: Clarifying God's Mission for Our Lives
- God's Mission for Our Lives

**Identity Roles** 

Community Member
Inner Circle
Relative/Parent



## Session 7: Discussion and Reflection

# **Discussion and Reflection** 1. The Law of Community: What are the implications of this law for your life? 2. Who are you accountable to in your life and what are those relationships like? 3. What has your experience living in covenant relationships been like in your life? How do you think it can get better? 4. What is your plan for building into and investing in the inner circle of your life? 5. How do you build into the Relative/Parent relationships in your life? 6. What Scripture verses stood out to you most and why?

## Day 1

#### **Context:**

The Law of Community

#### **Preparation:**

God as Good

#### **Meditation:**

#### Galatians 6:1-10

"Brothers, if someone is caught in a sin, you who are spiritual should restore him gently. But watch yourself, or you also may be tempted. <sup>2</sup> Carry each other's burdens, and in this way you will fulfill the law of Christ. <sup>3</sup> If anyone thinks he is something when he is nothing, he deceives himself. <sup>4</sup> Each one should test his own actions. Then he can take pride in himself, without comparing himself to somebody else, <sup>5</sup> for each one should carry his own load. <sup>6</sup> Anyone who receives instruction in the word must share all good things with his instructor. <sup>7</sup> Do not be deceived:God cannot be mocked. A man reaps what he sows. <sup>8</sup> The one who sows to please his sinful nature, from that nature will reap destruction; the one who sows to please the Spirit, from the Spirit will reap eternal life. <sup>9</sup> Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up. <sup>10</sup> Therefore, as we have opportunity, let us do good to all people, especially to those who belong to the family of believers."

#### **Revelation:**

1. Here, the text encourages us to "carry each other's burdens" as well as admonishing that "each one should carry his own load." Where do you see a differentiation in these two terms? At what point does a load
become a burden that we need to share with others?

## Day 1

3. Through	what process can we test our own actions? How can the community of faith help us in t
Applicatio	n:
	mes to mind when you think of someone who is carrying a burden that you could help ractical way to lend your support to that person today, even if it is only a first step.
conversatio	F someone you trust that you can establish a relationship of accountability with. Have a on with this person addressing the area that you would like accountability in and giving a dission to speak into your life as they see fit.
Reflection	:

## Day 2

#### **Context:**

Inner Circle

## Preparation:

Jesus as Connector

#### **Meditation:**

#### Matthew 17:1-3

"After six days Jesus took with him Peter, James and John the brother of James, and led them up a high mountain by themselves. <sup>2</sup> There he was transfigured before them. His face shone like the sun, and his clothes became as white as the light. <sup>3</sup> Just then there appeared before them Moses and Elijah, talking with Jesus."

#### **Revelation:**

1. Why do you think Jesus included His inner circle in his journey up the mountain? What benefits did this experience have on the disciples? What benefits did having His inner circle present have for Jesus?
2. Do you see Jesus involving His inner circle elsewhere in the Scriptures? Was this just a one-time event or do you think involving others was more of a way of life for Jesus?
3. What kind of discussions do you think this experience prompted in the days to follow between the disciples? How about between Jesus and the disciples?

## Day 2

	Application:
/	1. Sometimes those in our inner circle can be taken for granted since they are the ones closest to us. Take some time today to acknowledge and thank the members of your inner circle for their role in your life. In what ways does this enable you to experience a renewed sense of connection with your inner circle?
()()	
W. M.	2. Spend time in prayer on behalf of your inner circle, specifically lifting each one of them up to God and interceding according to their needs.
	Reflection:
	"Lord, you connected with your inner circle and connected them with God, the Father. Help me do the same today."
•	

Day 3
Context: Relative/Parent
Preparation: The Lord as Guardian
Meditation:  Ephesians 6:1  "Children, obey your parents in the Lord, for this is right."
<b>Ephesians 6:4</b> "Fathers, do not exasperate your children; instead, bring them up in the training and instruction of the Lord."
Revelation:
1. How do you see these verses working together to strengthen the parent-child relationship?
2. Both of these verses make a point to teach children God's ways. What are the implications of this, relative to the context of the verse?
3. Certainly, parents of the early church didn't have to deal with the influence of the internet, television or video games. What challenges do you think they were facing? Are there any underlying similarities about the parent-child relationship that link our experiences to theirs?

## Day 3

A	plication:		
	. You don't have to be a parent to reach out and encourage a child. Think of a child near you (family otherwise) that you can reach out to and encourage today.		
to n p	The mark our parents leave on us is indelible. All parents make mistakes but more often than not the each us some great things along the way. What is one thing that your parent(s) taught you that has nade a great difference in your life in a positive way? If possible, make a phone call and thank your parent(s) for their influence. If not, spend a moment in thanksgiving to God for their positive role our life.		
_ _ R	Reflection:		
ti	Lord, you said, 'do not exasperate your children; instead, bring them up in the training and instruction of the Lord.' Help me not exasperate the children around me, but rather to bring them up in yraining and instruction."		
- - -			

## Session 7: Personal Development Plan - Homework

## **Homework Session 7**

- 1. Journal through the discussion and reflection questions in your workbook, thinking through the Law of Community. How in line is your life with this law and how could it grow and become a more rich and full experience for you?
- 2. Write out your vision statements for the identity roles of Inner Circle and Relative/Parent.
- 3. Write a paragraph or two comparing your life now to the vision statements that you believe God revealed to you. What changes do you need to make in these areas of your life?

Discussion and reflection questions journal:						

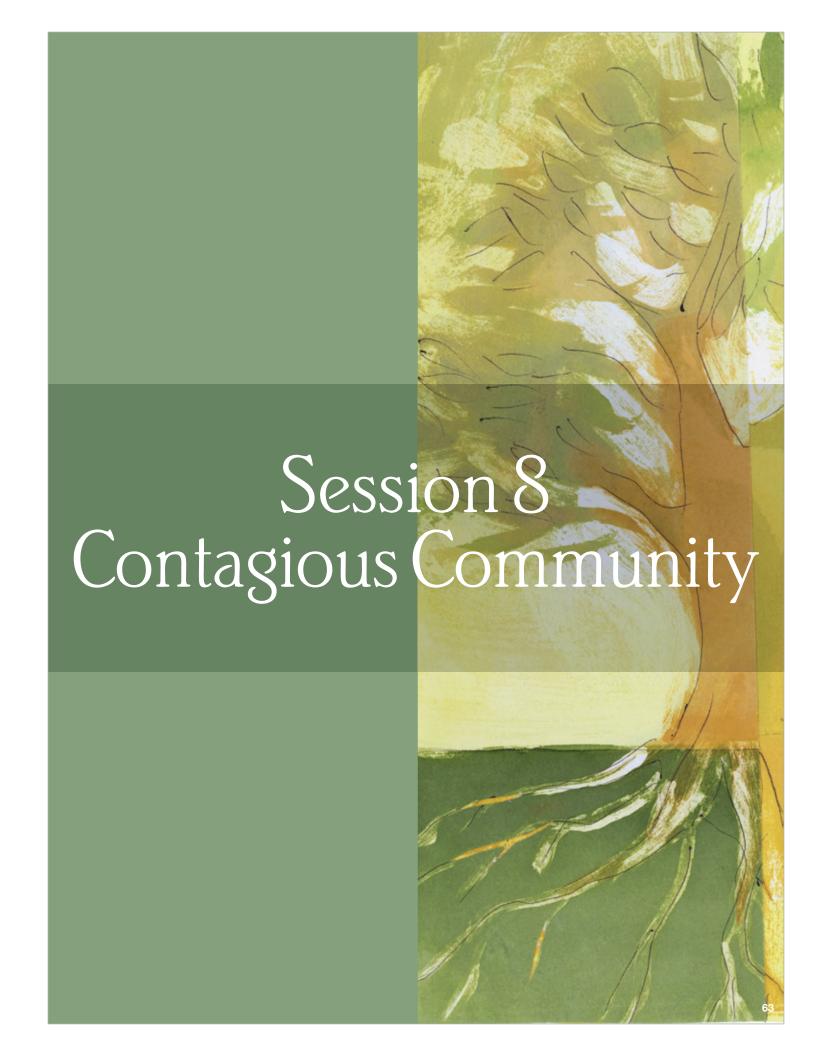
## Session 7: Personal Development Plan - Homework

## **Homework Session 7**

## **Identity Role Vision Statements**

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

nner Circle - Vision State	ment:			
Relative/Parent - Vision St	Vision Statement:			
		vision statements that you believe Go need to make in this area of your life		



# In this session participants will:

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

 Identify each of the five aspects of the Community Member Role Category.

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

 Experience a renewed sense of connection with others in your Church Member, Mentee/ Mentor, Ambassador/Friend relationships.

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

 Articulate a vision for the roles of Church Member, Mentee/Mentor, Ambassador/Friend of the Community Member Role Category.

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

 Facilitate and foster deep, meaningful relationships with the people in our Church Member, Mentee/Mentor, Ambassador/Friend relationships.



## Review

In Session 7 we discussed:

- Law 6: The Law of Community
- The LFP Level 1: Clarifying God's Mission for Our Lives
- God's Mission for Our Lives

**Identity Roles** 

Community Member

Inner Circle

Relative/Parent

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



## God's Mission for Our Lives: IDENTITY

# **Identity Role Category #2: Community Member**

#### **Church Member**

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

#### **Roles of the Category:**

Community Member:

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



"In our day heaven and earth are on tiptoe waiting for the emerging of a Spirit-led, Spirit-intoxicated, Spirit-empowered people. All of creation watches expectantly for the springing up of a disciplined, freely gathered, martyr people who know in this life the life and power of the kingdom of God. It has happened before. It can happen again...

Such a people will not emerge until there is among us a deeper, more profound experience of an Emmanuel of the Spirit – God with us, a knowledge that in the power of the Spirit Jesus has come to guide His people Himself, an experience of His leading that is as definite and as immediate as the cloud by day and fire by night."

- Richard Foster

#### **Reflective Question:**

How does this picture of the early church compare with the churches that you are familiar with today?

## Matthew 12:46-50

"While Jesus was still talking to the crowd, his mother and brothers stood outside, wanting to speak to him. <sup>47</sup> Someone told him, "Your mother and brothers are standing outside, wanting to speak to you." <sup>48</sup> He replied, "Who is my mother, and who are my brothers?" <sup>49</sup> Pointing to his disciples, he said, "Here are my mother and my brothers. <sup>50</sup> For whoever does the will of my Father in heaven is my brother and sister and mother."

## The "One Anothers" of Scripture

The "One Anothers" of Scripture define God's desire for how we should intentionally relate to one another. Don't assume this will happen naturally. We get the privilege of inviting others to join this life-giving community. There is nothing like a Biblically functioning community when it is functioning well. (See Appendix E for a full listing of the "One Anothers" of Scripture.)

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

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

#### **Church Member: The Disciplines**

We grow through Worship, Fellowship, Confession, Assembling, Celebration, Singing, Hospitality and Communion while consistently praying for and relating to our church family and engaging in small group and local fellowship gatherings.

#### **Roles of the Category:**

Community Member:

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

"Statistics tell us that 90% of what is said in a sermon is forgotten in 24 hours. So if you are basing your faith life on hearing sermons, your growth will be anemic at best."

- Jason Pankau



#### **Mentee/Mentor**

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

## Proverbs 15:22

"Plans fail for lack of counsel, but with many advisers they succeed."

#### Mentoring: A Definition

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

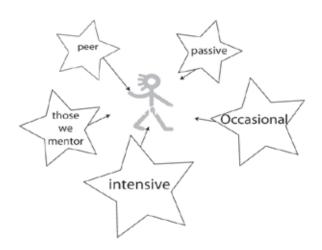
#### What Mentoring is NOT:

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

## What Mentoring IS:

• It is its own discipline a kind of hybrid from the other disciplines, but nonetheless unique. It includes a good mentor, is intentional and draws from the example of Jesus.

The Mentoring Constellation Model 7



#### **Intensive Mentor**

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

Intensive mentors function like Christian Life Coaches.

 Establishing the basics of following Christ Key: Implementing a personal growth plan

2. Moving toward spiritual maturity Key: Relying on the Holy Spirit

Moving toward personal maturityKey: Actively improving performance

#### **Occasional Mentor**

An individual who provides timely advice and correct perspectives – helping us rightly view ourself, others, circumstances and ministry when needed.

Occasional Mentors can be a:

- Sounding Board
- Resource Mentor
- Counselor
- Skill Coach
- Career Coach
- Discipler

"A helpful indicator of the type of leader you are comes from the observations and comments of those who know you best. None of us has the ability to objectively assess who we are or how we perform. If you doubt this, sit in on a dozen or so job interviews or employee performance reviews. The disconnect between self-perception and reality is frequently alarming."

— George Barna

"Mentoring is a brain to pick, an ear to listen, and a push in the right direction."

– John Crosby

Key: Learning to listen to God

#### **Passive Mentor**

A passive mentor is an individual who may not realize you view him/her as a mentor, but nonetheless you are watching him/her and modifying your beliefs and behavior accordingly.

There are many heros in biographies we've read or the authors and speakers whose lives inspire us to make dynamic changes on our own.

Key: A value-led, Christlike life

# "Successful people turn everyone who can help them into sometime

**Reflective Question:** 

with being a Mentee/Mentor?

What has your previous experience been

mentors."

- John Crosby

"Nobody gets great at anything without a coach."

– Jason Pankau

#### **Peer Mentor**

These are friends and colleagues who play an important role of support, perspective, collaboration and networking.

Peer mentors are at a similar stage of life journey and are learning similar lessons to what you are currently learning.

Key: A peer perspective and companionship

#### **Those We Mentor**

Mentoring is a dialogue and God will challenge us through the interaction of those we mentor.

## 1 Thessalonians 5:11-13

"Therefore encourage one another and build each other up, just as in fact you are doing. Now we ask you, brothers, to respect those who work hard among you, who are over you in the Lord and who admonish you. Hold them in the highest regard in love because of their work. Live in peace with each other."



#### **Mentee/Mentor: The Disciplines**

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

#### **Ambassador/Friend**

As God's ambassadors we are commissioned to reach out and share God's love with the people we come into contact with.

## 2 Corinthians 5:16-21

"So from now on we regard no one from a worldly point of view. Though we once regarded Christ in this way, we do so no longer.

17 Therefore, if anyone is in Christ, he is a new creation; the old has gone, the new has come! 18 All this is from God, who reconciled us to himself through Christ and gave us the ministry of reconciliation: 19 that God was reconciling the world to himself in Christ, not counting men's sins against them. And he has committed to us the message of reconciliation.

20 We are therefore Christ's ambassadors, as though God were making his appeal through us. We implore you on Christ's behalf: Be reconciled to God. 21 God made him who had no sin to be sin for us, so that in him we might become the righteousness of God."

**Turning our world of relationships upside down**. We are called to show the world God's design for relationships: not based on what we can get from one another but rather on loving people for who they are and sharing with them God's grace and truth.

#### **Roles of the Category:**

Community Member:

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

"You don't have to beat them over the head with the Gospel, you can just live your life in the power of the Holy Spirit and let Him love people through you."

— Jason Pankau

# Session 8: Contagious Community

"The friend who can be silent with us in a moment of despair or confusion, who can stay with us in an hour of grief and bereavement, who can tolerate not knowing...not healing, not curing... that is a friend who cares."

– Henri Nouwen

**Reflective Question:** 

What does representing Christ "well" look like?

## 1 Peter 3:13-16

"Who is going to harm you if you are eager to do good? <sup>14</sup> But even if you should suffer for what is right, you are blessed. Do not fear what they fear; do not be frightened. <sup>15</sup> But in your hearts set apart Christ as Lord. Always be prepared to give an answer to everyone who asks you to give the reason for the hope that you have. But do this with gentleness and respect, <sup>16</sup> keeping a clear conscience, so that those who speak maliciously against your good behavior in Christ may be ashamed of their slander."

## 1 Thessalonians 4:11-12

"Make it your ambition to lead a quiet life, to mind your own business and to work with your hands, just as we told you, <sup>12</sup> so that your daily life may win the respect of outsiders and so that you will not be dependent on anybody."

## **Ambassador/Friend: The Disciplines**

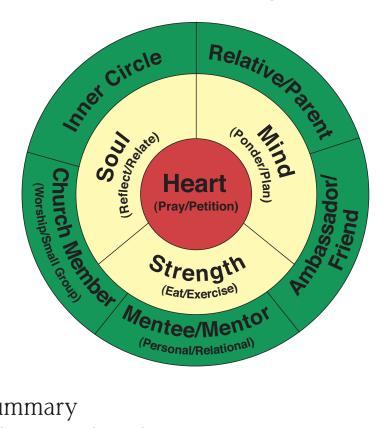
We grow through Friendship Evangelism, Hospitality, regular prayer for and connection with friends, and sharing the Gospel with them in word and deed.

Regular involvement in our local community and civic organizations. Sharing the love of God with them in word and deed.



# Session 8: Contagious Community

## **Identity Roles Diagram: Christ Follower & Community Member™**



## Summary

In this session we discussed:

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

**Identity Roles** 

Community Member

Church Member

Mentee/Mentor

Ambassador/Friend

# Session 8: Discussion and Reflection

Discussion and Reflection Questions				
1. Which of the core community identities (Church Member, Mentee/Mentor, Ambassador/Friend) do you				
feel like you need to pay more attention to, and why?				
2. Are you living in covenant community with others in God's family? If so, describe the difference that				
being a member of God's family has made in your life. If not, what has your experience with Christian community been like in your life?				
3. Do you have spiritual and relational mentors in your life who you meet with regularly in order to seek out God's wisdom and training for your growth?				
5. Do you take seriously the commission to be Christ's Ambassador in this world to the people you come into contact with? What is your plan for growing as a connector?				
6. Which Scriptures stood out to you and why?				

	Session 6. Daily Devolional
4	
	Dov. 4
	Day 1
00	
1	Context:
	Church Member
1	Church Member
/	
	Preparation:
	Jesus as Brother
	Meditation:
-	
-	Matthew 12:46-50
1	"While Jesus was still talking to the crowd, his mother and brothers stood outside, wanting to speak to
	him. <sup>47</sup> Someone told him, "Your mother and brothers are standing outside, wanting to speak to you."
	<sup>48</sup> He replied to him, "Who is my mother, and who are my brothers?" <sup>49</sup> Pointing to his disciples, he
1	
	said, "Here are my mother and my brothers. <sup>50</sup> For whoever does the will of my Father in heaven is my
3	brother and sister and mother."
-	
	Revelation:
į	Revelation:
ĝ	
Š	1. For some, the community of faith offers more connection than a biological family can. What is the
	role of the community of faith in your life?
	2. How could seeing those (sometimes wacky!) members of the community of faith as a brother or
3	sister strengthen relationships with respect? What implications could this have in conflict resolution,
6	gossip, or issues of sexual integrity?

Day 1
3. Today in the community of faith, it is relatively common to refer to others as "brother" or "sister" in Christ. What impact do you think Jesus' words had on the original hearers of this concept?
Application:
1. Is there someone today that you have treated as less than a brother or sister in Christ? Spend some time talking to God about the situation. What steps can you take toward an appropriate restoration of the relationship?
2. Consider your role in your specific community of faith. How do you contribute to its edification? Is there a way that you can become more (or less!) involved according to your season in life? Spend some time listening for God's guidance today.
Reflection:
"Lord, you said, 'For whoever does the will of my Father in heaven is my brother and sister and mother.' Help me do your will today, that I might be a brother or sister to another believer."

	•
Da	y 2
Con	text:
Men	tee/Mentor
Prep	paration:
	Lord as Mentor
Med	itation:
	Proverbs 15:22
"Pla	ns fail for lack of counsel, but with many advisers they succeed."
Rev	elation:
1. W	That types of plans do you think this verse is addressing? All plans? Spiritual plans?
2. D	o the advisers (mentors) need to be people in your immediate world or could they come from
som	eone you have never met before?
2 W	That is a Biblical definition of success?
<i>J</i> . W	nat is a Dioneal definition of success;

Day 2
-------

<b>Application:</b>	
---------------------	--

1. In what three major areas could you most use a mentor or group of mentors? Jot down a list. Make it a point to get a recommendation for someone to serve as a mentor for you in one of these areas.
2. Think of the people in your life that you either formally or informally mentor. Spend some time lifting them up in prayer today.
Reflection:
"Lord, you advocate a life full of advisors. Help me seek wise counsel and advisers today that my plans migh succeed according to your will."

## Day 3

#### **Context:**

Ambassador/Friend

### Preparation:

The Lord as Exhorter

#### **Meditation:**

#### 2 Corinthians 5:16-21

"So from now on we regard no one from a worldly point of view. Though we once regarded Christ in this way, we do so no longer. <sup>17</sup> Therefore, if anyone is in Christ, he is a new creation; the old has gone, the new has come! <sup>18</sup> All this is from God, who reconciled us to himself through Christ and gave us the ministry of reconciliation: <sup>19</sup> that God was reconciling the world to himself in Christ, not counting men's sins against them. And he has committed to us the message of reconciliation. <sup>20</sup> We are therefore Christ's ambassadors, as though God were making his appeal through us. We implore you on Christ's behalf: Be reconciled to God. <sup>21</sup> God made him who had no sin to be sin for us, so that in him we might become the righteousness of God."

#### **Revelation:**

inistry of reconciliation" on a daily basis?
inistry of reconciliation" on a daily basis?
inistry of reconciliation" on a daily basis?
inistry of reconciliation" on a daily basis?

Day 3
3. What are the qualities of being an ambassador to another nation that apply to our identities of being an ambassador of Christ?
Application:
1. Think of one person that you may have been regarding from "worldly point of view." Spend time with God reviewing what has led you to this place. How is He leading you to view this person differently?
2. Who in your life could God be calling you to engage in friendship with as an ambassador of Christ?  Spend 10 minutes praying for this person and reach out to them in some way today.
Reflection:
"Lord, you said, 'Be reconciled to God.' Help me be reconciled to you in all that I say and do today."

# Session 8: Personal Development Plan - Homework

## **Homework Session 8**

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

Discussion and reflection questions journal:				

# Session 8: Personal Development Plan - Homework

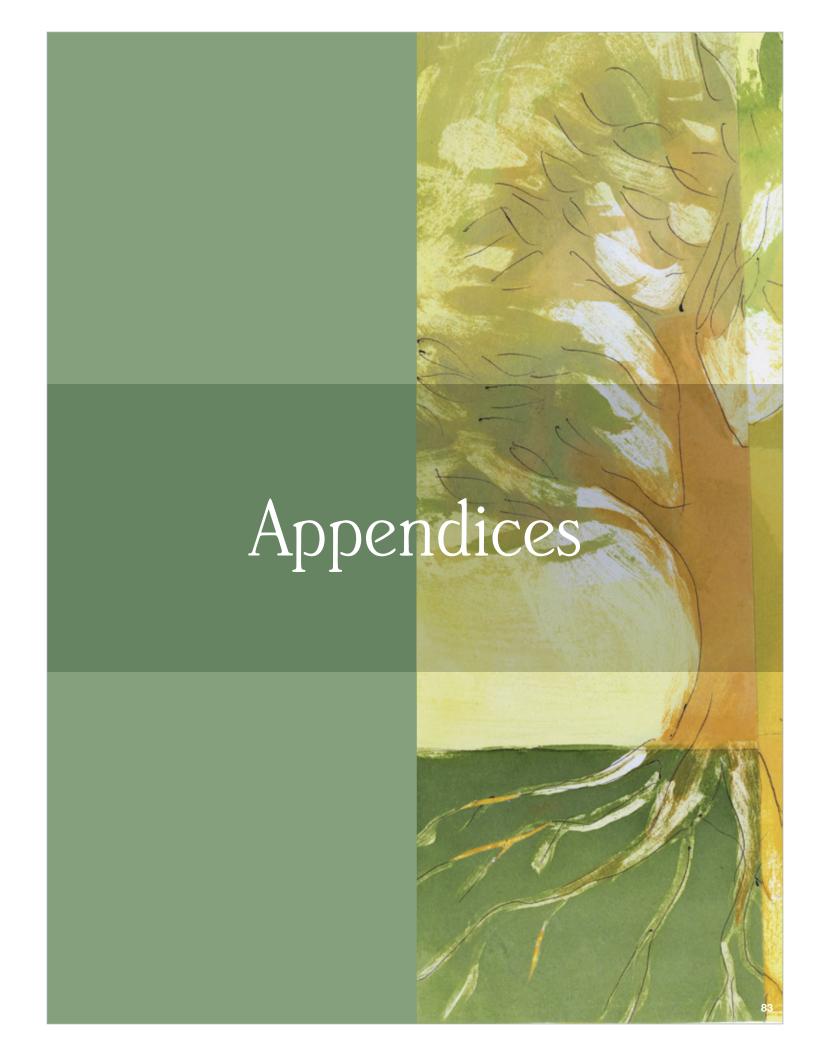
## **Homework Session 8**

## **Identity Role Vision Statements**

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

hurch Member - Vision Statement		
Mentee/Mentor- Vision Statement:		
mbassador/Friend - Vision Statem	nt:	
	fe now to the vision statements th t changes you need to make in th	





# Appendix A: The 18 Natural Laws of Life Stewardship<sup>™</sup>

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]

Life Spring Network

# Appendix A: The 18 Natural Laws of Life Stewardship<sup>™</sup>

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

# Appendix B: The Seven Values of Abundant Living

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.

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# Appendix C: 7 G's Summary Chart

7 G's	The Lord's Prayer	Acts 2	Promises	Attitudes
Glorification	"Our Father in heaven, hallowed be thy name,	46 "Every day they continued to meet together in the temple courts. They broke bread in their homes and ate together with glad and sincere hearts, 47 praising God"	God promises to glorify himself through reverent worshippers who serve His purposes!	I have decided to live as a worshipper and glorify God in every aspect of my life.
Group	Your kingdom come,	42b "and to the fellowship"	God promises His love, peace and presence to members of His Family.	I have decided to live in covenant community as a member of God's family and welcome in all who desire to join.
Growth	Your will be done	<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.	43 "Everyone was filled with awe, and many wonders and miraculous signs were done by the apostles."	God promises His empowerment and protection to those who surrender to Him and serve through His Strength.	I have decided to live every day as an empowered servant allowing God to express His love through me.
Good Stewardship	Give us today our daily bread.	44 "All believers were together and had everything in common. 45 Selling their possessions and goods they gave to anyone as he had need."	God promises His provision to those who depend on Him and steward life wisely.	I have decided that life is a gift of time, talents and treasure that I will gratefully steward as God leads.
Grace	Forgive us our debts as we also have forgiven our debtors.	of bread" 476 " and enjoying the favor of all of the people. And the Lord added to their number daily those who were being saved."	God promises His forgiveness to those who repent and live as His ambassadors in the world.	I have decided that I will receive God's grace for my life and live as His ambassador of reconciliation in the world.
Guidance	And lead us not into temptation but deliver us from the evil one."	42d and to prayer."	God Promises His Guidance to those who submit themselves to His Lordship and follow Him.	I have decided that I need God's guidance in every aspect of my life and will live as His follower!

# Appendix C: 7 G's Summary Chart

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

# Appendix C: 7 G's Summary Chart

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

# Appendix 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)

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# 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).

# Spiritual Disciplines

Very few disciplines can be regarded as absolutely indispensable for a healthy life and work, though some are obviously more important than others. Practicing a range of activities that have proven track records across the centuries will help keep us from erring. Here is such a list grouped into Disciplines of Abstinence, God Engagement, God and Community Engagement, and Life and Wisdom Engagement:

### Disciplines of Abstinence

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

# Disciplines of God and Community Engagement

- 17. Teaching
- 18. Celebration
- 19. Service
- 20. Fellowship
- 21. Confession
- 22. Submission
- 23. Friendship Evangelism
- 24. Assembling
- 25. Hospitality
- 26. Intercessory Prayer

### Disciplines of God Engagement

- 9. Worship
- 10. Prayer
- 11. Meditation
- 12. Singing
- 13. Surrender
- 14. Study
- 15. Pilgrimage
- 16. Sabbath

# Disciplines of Life and Wisdom Engagement

- 27. Journaling
- 28. Earning
- 29. Saving
- 30. Giving (including Tithe)
- 31. Frugality
- 32. Guidance
- 33. Retreat
- 34. Temperance
- 35. Planning
- 36. Exercise

### **Disciplines of Abstinence:**

To refrain voluntarily to some degree and for some time from the satisfaction of what we generally regard as normal and legitimate desires, including not only our basic drives or motivations, but also our desires for convenience, comfort, material security, reputation or fame. It is the best course for dealing with any habit or pursuit, harmless in itself, that is keeping us from God and sinking us deeper into the things of earth. According to Bishop Wilson of the Isle of Man, "Those who deny themselves will be sure to find their strength increased, their affections raised, and their inward peace continually augmented."

### 1. Solitude or "Quiet Time"

Solitude is the practice of being absent from other people and other things so that you can be present with God. It involves purposely abstaining from interaction with other human beings, denying ourselves companionship and all that comes from our conscious interaction with others; closing ourselves away by going to the ocean, desert, wilderness, or anonymity of the urban crowd; not just rest or refreshment from nature, but choosing to be alone and to dwell on our experience of isolation from other human beings.

It frees us, thus explaining its primacy and priority among the disciplines. It provides psychic distance, the perspective from which we can see, in the light of eternity, the created things that trap, worry, and oppress us. It is the gateway to fasting, prayer, service, giving, and celebration. It is, as a desert or closet, the primary place of strength for the beginners, as it was for Christ and for Paul. As Thomas a' Kempis states, "The great holy men, where they might, fled men's fellowship and chose to live to God in secret places."

But be warned that it carries the risk of cracking open and bursting apart the shell of our superficial securities. And it can pain and threaten our family and friends who need us to keep their lives in place and who may not understand why we retreat.

 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."

### 2. Silence

Silence is shutting out sounds so we can hear God's voice and get to know Him better. It involves closing off our souls from "sound;" it goes beyond solitude and without it solitude has little effect; it is the way to make solitude a reality. But it can be frightening because it strips us as nothing else does, throwing us upon the stark realities of our life. In some cases it requires learning to rise for a time in the middle of the night. It also includes the practice of not speaking, providing us with a certain inner distance to consider our words fully and to control what we say and when we say it. It helps us to listen, to observe, and to pay attention to people. It helps us to live with a quiet, inner confidence.

### 3. Fasting

Fasting is purposely depriving yourself of things that can keep us from depending on God to meet our needs. It involves abstaining in some significant way from food and possibly from drink as well. Those who practice it have a clear and constant sense of their resources in God. It helps them endure deprivations of all kinds, even to the point of coping with them easily and cheerfully. It teaches temperance or self-control, moderation and restraint with regard to all our fundamental drives. It requires practice to be effective, since as beginners it consumes all our attention. Systematic fasting is used effectively as part of direct service to God, as in special times of prayer or other service.

- Esther 4:16 "...Do not eat or drink for three days, night or day. I and my maids will fast as you do. When this is done, I will go to the king..."
- Luke 5:35 "But the time will come when the bridegroom will be taken from them, in those days they will fast."

- Matthew 6:16-17 "And when you fast, do not look dismal, like the hypocrites, for they disfigure their faces that their fasting may be seen by men. Truly, I say to you, they have received their reward."
- Acts 13:3 "So after they had fasted and prayed, they placed their hands on them and sent them off."

## 4. Simplicity

Simplicity is characterized by three attitudes (adapted from Foster in Celebration of Discipline): everything I have is a gift from God, everything I have will be taken care of by God, everything I have is available to others. Believing that God is the real owner of everything means that we have to share our goods with those God loves. Martin Luther once said, "If our goods are not available to the community, they are stolen goods" [quoted by Foster, p. 78]. The heart of simplicity is to have one goal, to be about one thing. What should that be? Jesus made it clear when he spoke in the Sermon on the Mount about our attitude toward food, clothes, and money. He said, "But seek first His Kingdom and His righteousness and all these things will be given to you as well" (Matthew 6:33). The one thing you need to desire is God's reign in your life and in the world, and all the small stuff like food and clothes will take care of themselves. Can we believe that? The book of Hebrews 13:5 says, "Keep your lives free from the love of money and be content with what you have." That is the simple life of contentment with whatever you have. But the verse goes on. Why should you be content? "Because God has said, 'Never will I leave you; never will I forsake you." God can be trusted. God will take care of you. You don't have to trust in uncertain riches. You don't have to trust in your own efforts, as if you were in this rat race all on your own. You don't have to fill your house with clutter or your accounts with cash in order to feel secure.

## 5. Chastity

Chastity means purposely turning away from dwelling upon or engaging in the sexual dimension of our relationships to others – even our husbands or wives. It is each of us learning how "to control his own body in a way that is holy and honorable" (1 Thessalonians. 4:4). It involves the practice of abstaining from sex and from indulging in sexual feelings and thoughts, and thus learning how not to be governed by them. Contrary to much modem thought, it is absolutely vital to the health of any marriage that sexual gratification not be placed at the center.

Although Chastity has an important part to play within marriage, its main effect is the proper disposal of sexual acts, feelings, thoughts, and attitudes within our life as a whole, inside of marriage and out. Sexuality cannot be allowed to permeate our lives if we are to live as children of God and brothers and sisters of Jesus Christ.

It does not mean non-sexuality, and any pose to that effect will certainly do great harm. The suffering that comes from sexuality does come in large part from improper indulgence in sexual thoughts, feelings, attitudes and relations. But much also comes from improper abstinence.

Paul's admonition that it is "better to marry than to burn with passion" (I Corinthians 7:9) is not just a trivial "inward" matter. It extends out into human life in many ways: severe distortion of thought and emotion, inability to engage in normal and appropriate sexual relations, disgust and hatred between frustrated men and women, even abuse of children and sexual perversion. Chastity rightly practiced as a part of an overall rich walk with God can draw the poison from sexual abstinence and prevent the sickness of heart and mind that now runs amok in the sexual dimension of life in today's world. As Bonhoeffer observed, "The essence of chastity is not the suppression of lust but the total orientation of one's life toward a goal."

Healthy abstention in chastity can only be supported by loving, positive involvement with members of the opposite sex. Alienation from them makes room for harmful lusts, and so this discipline must be underscored with compassion, association and helpfulness.

### 6. Secrecy

Secrecy means abstaining from causing our good deeds and qualities to be known; it is even taking steps to prevent them from being known; it helps us lose or tame the hunger for fame, justification, or just the mere attention of others. It is learning to love to be unknown and even accepting misunderstanding without the loss of our peace, joy, or purpose. It involves experiencing a continuing relationship with God that is independent of the opinions of others. It enables the tranquility of rising above "praisings and blamings." It is the opposite of thinking that our virtues need to be advertised to be known.

In one sense genuine faith and works cannot be hidden. Secrecy enables us to place our public relations department entirely in the hands of God. It encourages us to see our associates in the best possible light, even to the point of our hoping they will do better and appear better than we do. If you want to experience the flow of love as never before, the next time you are in a competitive situation, pray that the others around you will be more outstanding, more praised, and more used of God than yourself. Really pull for them and rejoice in their successes.

#### 7. Sacrifice

Sacrifice is giving until it hurts and offering our life as a gift to God. It involves abstaining from the possession or enjoyment of what is necessary for our living; it is contrasted with frugality, which gives up things that in some degree are superfluous anyway, in that it forsakes the security of meeting our needs with what is in our hands; it is total abandonment to God, a stepping into the darkened abyss, in the faith and hope that God will bear us up.

### 8. Watching (Vigil)

Watching means abstinence from sleep while seeking to watch and wait upon the Lord obediently in prayer and intercession for God's will to be done.

- Luke 6:12 "One of those days Jesus went out into the hills to pray, and spent the night praying to God."
- Psalm 130:6 "My soul waits for the Lord, more than watchmen wait for the morning..."
- Psalm 27:14 "Wait for the Lord; be strong and take heart and wait for the Lord."
- Luke 22:45-46 "When he rose from prayer and went back to the disciples, he found them asleep, exhausted from sorrow. 'Why are you sleeping?' he asked them. 'Get up and pray so that you will not fall into temptation.'"
- Colossians 4:2 "Be persevering in your prayers and be thankful as you stay awake to pray."
- Luke 12:37 "It will be good for those servants whose master finds them watching when he comes..." [watching here, and in the next verse, is used figuratively.]
- Mark 13:36-37 "If he comes suddenly, don't let him find you sleeping. What I say to you, I say to everyone: 'Watch!'"

## **Engagement of God Disciplines**

These disciplines balance the disciplines of abstinence (the outbreathing and inbreathing of our spiritual lives) by entering into action. Abstinence counteracts tendencies to sins of commission, while engagement counteracts tendencies to sins of omission. Abstinence makes way for engagement. These disciplines focus on helping us to engage God in relationship.

### 9. Worship

Worship is finding ways to tell God all that He is worth to you. It is more than music. It is a life-style. It means engaging ourselves with, dwelling upon, and expressing the greatness, beauty, and

goodness of God through thought and the use of words, rituals, and symbols. It is doing this alone as well as in union with God's people. It is seeing God as worthy, ascribing great worth to Him. Worship is the engagement of one's entire being with the greatness of the God Who Is. Worship is a life of conversation with God. God speaks, we respond, God responds, we respond again. Worship involves listening, looking, tasting, feeling, and smelling. We breathe in the presence of God wherever we are. We inhale the memories of His faithful acts in the past. Just as we suffocate for lack of air, worship suffocates for lack of attentiveness to God's presence and faithfulness. Worship is our response to who God is. As we meditate on God's nature and character through prayer and study, the Holy Spirit reveals who God is more and more fully. As we experience who God is and what He is like, we give Him more worth in our lives. This is what the worshippers in Revelation 4-5 are doing. The more we come to understand who God is, the more we desire to open our lives up to the change that He desires in us. Paul wrote, "Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind." It is in this way that true worship is transformational (Romans 12:2).

### 10. Prayer

Prayer is communicating with God to help us know God, hear from God, express dependence on God and engage with Him in accomplishing His purposes in the world. It is engaging by conversing or communicating with God. It has its greatest force in strengthening the spiritual life only as we learn to pray without ceasing. It will not be established in our lives, as it must be for us to flourish, unless we are practicing other disciplines such as solitude and fasting. Very few people actually succeed in attaining spiritual richness through prayer alone and indeed often find it to be intolerably burdensome. Examples of Charles Finney and others who are especially effective at prayer are often held up without presenting their commitments to a blend of spiritual disciplines. It is the combination of experiences that give the greatest power.

- 1 Peter 4:7 "The end of all things is near.
   Therefore be clear-minded and self-controlled so that you can pray."
- Ephesians 6:18 "Pray all the time, asking for what you need, praying in the Spirit on every possible occasion. Never get tired of staying awake to pray for all the saints."
- Acts 1:14 "By common consent these...devoted themselves to prayer."
- Deuteronomy 4:7 "...The Lord our God is near us whenever we pray to him..."
- 1 Thessalonians 5:17,19 "Never stop praying... Never dampen the fire of the Spirit."

#### 11. Meditation

Christian meditation is listening, sensing, and heeding the life and light of Jesus Christ. Richard Foster puts it this way: "In the discipline of meditation we are not so much acting as we are opening ourselves to be acted upon. We invite the Holy Spirit to come and work within us – teaching, cleansing, comforting and rebuking. We also surround ourselves with the strong light of Christ to protect us from any influences not of God." Meditation gives us the wondrous and glorious opportunity to dwell completely on the goodness and perfection of our Lord. He wants you and me to be in communion with Him so that we can learn His will, realize His purpose, believe His promises, see His work and imitate His way for us.

- Psalm 1:1-2 "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. But His delight is in the law of the Lord, and on his law he meditates day and night."
- Psalm 119:97 "Oh, how I love your law! I meditate on it all day long."
- Psalm 48:9 "Within your temple, O God, we meditate on your unfailing love."
- Psalm 145:5 "...I will meditate on your wonderful works."
- Psalm 46:10 "Be still and know that I am God..."

### 12. Singing

Through Singing one can praise God and be edified.

- Psalm 71:23 "My lips will shout for joy when I sing praise to you – I, whom you have redeemed."
- Acts 16:25 "About midnight Paul and Silas were praying and singing hymns to God, and the other prisoners were listening to them."

Singing scripture, hymns and other songs helps to fill the mind with God's word. In Ephesians 5:18-19, Paul says that this is one way the Spirit fills us. When people sing, they're involved, even if in just reading lyrics or hearing accompaniment. One can't sing without taking part, so automatically the person is engaged in the act of praise or mourning. It then connects with the feelings, the thoughts, the history, the subconscious. It ingrains the lyric in the mind, so it is remembered when it's needed. It can be done anywhere at just about any time. Clap, sway, even air guitar. Do it alone; do it with close friends.

#### 13. Surrender

Surrendering oneself to God means living in and through His strength in all we do. It involves trusting God's wisdom in giving us our lot in life and surrendering to His Guidance and power for living. It means trusting that His will will be done as we surrender, and that as we abide in the vine we will bear much fruit. Surrender is not something we do once and it's a done deal. It's a daily discipline we must practice. Our prideful self can rear its ugly head on the spur of the moment. We don't have to work at being self-righteous, but we have to be vigilant about being self-less. Humility doesn't come naturally to us, but it's essential if our lives are to be ones that aren't opposed to God. Surrendering to God daily makes our hearts available to be vessels for God's abundant life to live through us.

### 14. Study

Study is using any tools available to learn all we can about the truth of God's Word, engaging ourselves, above all, with the written and spoken Word of God. It is the chief positive counterpart of solitude, and the primary discipline of engagement. As Calvin Miller remarks: "Mystics without study are only spiritual romantics who want relationship without effort." It is devoting long periods of time to chewing over the assurances and promises in the Bible. It is not only reading, hearing and inquiring, but also meditating on what comes before us. The scriptures are the comprehensive equipment of the man of God, and fit him fully for all branches of his work.

- Acts 17:11 "...They searched the Scriptures day by day to check up on Paul and Silas' statements to see if they were really so."
- 1 Thessalonians 5:21 "But test everything that is said to be sure it is true, and if it is, then accept it."
- Matthew 7:7 "Ask and it will be given to you; seek and you will find; knock and the door will be opened to you."
- Hebrews 11:6 "...The man who approaches God must have faith in two things, first that God exists and secondly that God rewards those who search for him."
- 2 Timothy 3:16-17 "All scripture is inspired by God and is useful for teaching the faith and correcting error, for resetting the direction of a man's life and training him in good living."

### 15. Pilgrimage and Sabbatical

The idea of sacred motion or travel runs deep in human religion, dating back to when early humans would climb hilltops to be closer to God or the sky, or go to a specific spot to dance around in circles. One of the many great spiritual discoveries of Judaism is that we are all pilgrims, strangers seeking God. Even God's chosen had to wander the wilderness to get their souls right. Spiritual talk is full of the language of travel: walking the walk,

leaving behind and stepping forward, processing and recessing (that is, moving in and out) from worship services, the way of Christ and wandering from that way, or following God's paths on our spiritual journey of life. And overall, we still haven't truly found what we're looking for or moving toward. Pilgrimage is a way God gives us to answer that yearning to travel physically to discover God and the truth about ourselves. By going to a place where God and God's own have moved mightily in the past, it sinks in that God really does exist and really is at work among us. Trusting that, we can search for (and be eager for) what God is doing within us right now. The pilgrimage, done out of devotion and true eagerness, lets us answer a yearning to be intimate with God and sends wisdom to soul and mind. It helps set aside our doubts and make our surrender to God more whole-hearted. In that way, it turns us into truer disciples of Christ and gives us a purer sense of mission and purpose. The most common effect of a pilgrimage is that it solidifies something that is growing within you. Perhaps you're doubting what you're doing now with your life: the pilgrimage may end that doubt, or may give it shape so that you can change course with confidence.

#### 16. Sabbath

"Remember the Sabbath day, to keep it holy", says one of the Ten Commandments. The sabbath is one day every week, a time set aside for not working, but resting, and for attending to one's faith in God. In our daily living in this world, we can get tricked into measuring our own value and those around us by what we accomplish, either in quality or quantity. But neither quality nor quantity are the measure of a person. We are evaluated by a different measure, the one a loving God uses on God's children. Sabbath is not a time for running away, but for regaining perspective, and taking the time for worship of the One on whom our value depends, and being with others who are doing the same thing.

# Engagement of God and Community Disciplines

The purpose of these disciplines is to balance the disciplines of abstinence (the outbreathing and inbreathing of our spiritual lives) by entering into action. Abstinence counteracts tendencies to sins of commission, while engagement counteracts tendencies to sins of omission. Abstinence makes way for engagement. These disciplines focus on helping us to engage in our relationship with God and building contagious Christian community.

### 17. Teaching

We are called to teach and admonish one another with all wisdom. Engaging in the discipline of teaching usually benefits the teacher more than the student. Christianity is a reproductive faith and we are all called as the priesthood of all believers to engage in the teaching and instruction of other believers. God's plan is to create discipleship chains where we are linked together and called to instruct one another in godliness. The more mature are to teach the younger in the power of the Holy Spirit. This is where you regularly move out in the guidance and power of the Spirit to teach others how to live their faith.

• Hebrews 5:12-14 "You have been believers so long now that you ought to be teaching others. Instead, you need someone to teach you again the basic things about God's word. You are like babies who need milk and cannot eat solid food. For someone who lives on milk is still an infant and doesn't know how to do what is right. Solid food is for those who are mature, who through training have the skill to recognize the difference between right and wrong."

### 18. Celebration

Celebration is focusing on God's work in the world and in your life. You draw joy and strength as you recognize God's faithfulness in your life. Celebration helps us concentrate on our life and world as God's work and as God's gift to us. It typically means that we gather with others who know God to eat and drink, to sing and dance, and to relate stories of God's action for our lives

and our people. It involves holy delight and joy as the great antidote to despair and a wellspring of genuine gratitude. It is a discipline of faith to seize the season of enjoyment and embrace it for what it is, just as there are also times to weep. We dishonor God as much by fearing and avoiding pleasure as we do by dependence upon it or living for it. It sometimes involves a delirious joy coursing through our bodily being, when we really see how great and lovely God is and how good he has been to us. Celebration heartily done makes our deprivations and sorrows seem small, and we find in it great strength to do the will of our God because His goodness becomes so real to us. Richard Foster put it this way: "Celebration is central to all the Spiritual Disciplines. Without a joyful spirit of festivity the Disciplines become dull, death-breathing tools in the hands of modern Pharisees.'

#### 19. Service

Service is humbly giving of yourself and expecting nothing in return. It is engaging our goods and strength in the active promotion of the good of others and the cause of God in our world. Not all acts of service are done as disciplines. We do them without regard to how it may enhance our abilities to follow Christ. But we may also serve another to train ourselves away from arrogance, possessiveness, envy, resentment or covetousness. Paradoxically, perhaps, service is the high road to freedom from bondage to other people. In it, as Paul realized, we cease to be "people pleasers" and "eye servants," for we are acting unto God in our lowliest deeds. This includes the discipline of working hard to accomplish physical tasks that serve others' needs and maintain the resources that God has put under our stewardship. This could be anything from household chores to landscaping or service projects like Habitat for Humanity. Service is even more important for Christians who find themselves in positions of influence, power and leadership than for those who out of necessity must serve. Matthew 20:25-28 is not an instruction on how to become great, but a statement on how those who are great are to behave. It is striving to

meet all persons who cross our path with openness to service for them – not, of course, in any anxious, overly solicitous manner, but with ease and confidence born of our vision of our lives together in the hands of God.

### 20. Fellowship

Fellowship is being with others in ways that help us grow in our faith. It is engaging in common activities of worship, study, prayer, celebration, and service with other disciples, either in a large group or with only a few. It is living out the "one anothers" of Scripture in Covenant Community with other brothers and sisters in Christ. 1 Corinthians 12:12 states, "The body is a unit, though it is made up of many parts; and though all its parts are many, they form one body." Why do we need other people? Because we don't have everything we need. I can't be a whole person without you. In His wisdom, God has not given any of us everything we need; instead, He chose to give us one another. I have gaps, you have gaps - we fill each other's gaps. I know Jesus loves me because you love me. We are indispensable parts of one another. Together, we make up the whole.

#### 21. Confession

Confession is telling the truth about what we've done and admitting our responsibility so we can experience true forgiveness. It is letting trusted others, within the related discipline of fellowship, know our deepest weaknesses and failures. We lay down the burden of hiding and pretending, which normally takes up such a dreadful amount of human energy. Unconfessed sin is a special kind of burden or obstruction in the psychological as well as the physical realities of the believer's life. Confession removes that burden. It helps us avoid sin. Closeness and confession force out evildoing. The awesome God we worship is eager to forgive us, as is revealed in the words of Psalm 103:12 "As far as the east is from the west, so far does God remove my sin." With these words, He offers us a guilt-free existence. But without acknowledging our sins before God and depending on His mercy to help us change, guilt and shame can constantly plague us. Confession and forgiveness are realities

that transform us, and they are a means of healing and transformation for the inner spirit.

#### 22. Submission

Submission is giving up our way in favor of someone else's. It means engaging at the highest level of fellowship in acts of humility, complete honesty, transparency, and at times confession and restitution. Redemptive communities do not promote iron hierarchies in which unwilling souls are crushed and driven. Submission is engaging the experience of those in our fellowship who are qualified to direct our efforts in growth, and who then support us with the added weight of their wise authority. These "wise" people do not look at themselves primarily as leaders but as examples of servanthood. It is a case of true leadership, not the drivership that so often prevails in secular society and in some church groups where those "in control" do not know an alternative. It is important to realize that submission is something, perhaps the only thing, that can strengthen us to overcome the sin of pride, which is the worst of all sins and the source of all others. Submission means the freedom to give way to others. Submission is the opposite of self-indulgence. Paradoxically, though, self-denial has the effect of leading to self-fulfillment. "If anyone would be first, he must be last of all and servant of all." Submission is an ethical imperative for all Christians: men as well as women, fathers as well as children, masters as well as slaves. The duty of submission, however, has its limits. Sometimes, those limits are clear (such as Peter's refusal to stop preaching the risen Christ). Usually, the limits are not clear (such as the extent to which one should submit to a corrupt and wicked government). Submission is in some ways the concurrent motivation for the discipline of service.

## 23. Friendship Evangelism

This is the discipline of relationship excellence. It involves relating to people with God's grace and truth. This is especially important for those who are not walking in relationship with God and do not have a perspective of what God's love looks like. We become living examples of God's love to them as we learn from the Lord and allow God's Spirit to live

and love others through us. It has been said that our lives are the only Bible most people will ever read, so how we build friendships with people far from God is important if they are going to understand the great love that the Father has for them. The apostle Paul believed that the greatest privilege is to be chosen by God for salvation, and the second greatest privilege is to help someone else experience the same salvation. Paul believed that all people need a Savior and that there is no way to heaven except through Jesus Christ. If you want to have an effective discipline of evangelism, believe what Paul believes. Evangelism is taking people as far as they want to go toward Jesus. Although all Christians are not expected to use the same methods of evangelism, all Christians are expected to evangelize. Godliness requires that we discipline ourselves in the practice of evangelism. The reason many of us don't witness in effective ways is our lack of discipline.

### 24. Assembling

When we meet together as the body of Christ we can exhort one another. "I rejoiced with those who said to me, 'Let us go to the house of the Lord." (Psalm 122:1) "And let us consider how we may spur one another on toward love and good deeds. Let us not give up meeting together, as some are in the habit of doing, but let us encourage one another and all the more as you see the Day approaching" (Hebrews 10:24-25). This is where we commit to gathering with the covenant community and making the gathering of God's family a priority in our lives. God moves in and through community, and we are better able to discern God's will for our community and move out together when the family is called together. This is an important discipline because the priesthood of all believers comes alive only when we gather under the Lordship of Christ in the power of the Holy Spirit and seek the will of the Father together.

### 25. Hospitality

Hospitality means showing kindness to friends and strangers, which often results in blessing. "Do not forget to entertain strangers, for by so doing some people have entertained angels without knowing it" (Hebrews 13:2). Sharing meals or drinks, particularly with people who are different, can be a deeply communal experience. Just as Jesus ate and drank with tax collectors and sinners, we develop community when we are open to our neighbors, wherever they live. Hospitality can be shared at home or in other places, and it can also be important to accept the hospitality of others. At the heart of hospitality is mutuality in learning to give and receive. When sharing together we have opportunity to engage others, to hear their stories and their life experiences, to discover the holiness of the others, and to know ourselves gifted by God's presence in the sharing. Hospitality – from simple acts of kindness to challenges to our nation's immigration and refugee policies by churches offering sanctuary - involves faithful acts in response to God's hospitality freely offered to us. Working to ensure shelter, employment, education, and health care for all God's people is part of the work of hospitality. Offering hospitality is a moral imperative. The expectation is that God's people are people who will welcome strangers and treat them justly.

### 26. Intercessory Prayer

Intercessory prayer is not the same as prayers for yourself, or for 'enlightenment', or for spiritual gifts, or for guidance, or any personal matter, or any glittering generality. Intercession is not just praying for someone else's needs. Intercession is praying with the real hope and real intent that God would step in and act for the positive advancement of some specific other person(s) or other entity. It is trusting God to act, even if it's not in the manner or timing we seek. God wants us to ask, even urgently. It is casting our weakness before God's strength, and (at its best) having a bit of God's passion burn in us. "I commend intercessory prayer, because it opens man's soul, gives a healthy play to his sympathies,

constrains him to feel that he is not everybody, and that this wide world and this great universe were not after all made that he might be its petty lord, that everything might bend to his will, and all creatures crouch at his feet" (Charles Spurgeon).

# **Engagement of Life and Wisdom Disciplines**

These disciplines balance the disciplines of abstinence (the outbreathing and inbreathing of our spiritual lives) by entering into action. Abstinence counteracts tendencies to sins of commission, while engagement counteracts tendencies to sins of omission. Abstinence makes way for engagement. These disciplines focus on helping us to engage in our relationship with God and live wise, fruitful lives.

## 27. Journaling

This discipline involves keeping a spiritual diary where you write out your prayers and thoughts, and record what you hear God saying to you. Devotional journals have been everything from a child writing down her daily thoughts about God in a notebook, to complex systematic projects with structured Bible passages and discipline exercises and such. Dan Phillips calls it simply "a written record of personal reactions to spiritual matters." The key thing about a journal is that it's a place to share yourself spiritually with God and with yourself. You're pouring your thoughts out to God, but you're also part of the audience, because you go back to it to see how you've spiritually grown – or perhaps shrunk. Journaling, although not commanded in Scripture, is certainly modeled there. God has blessed the use of journals since biblical times. The Spiritual Discipline of Journaling has a fascinating appeal to many people. It not only promotes spiritual growth but is a valuable aid to many other aspects of the spiritual life. Although there are no rules for keeping a journal and journaling can be fruitful at any level of involvement, journaling requires persistence through the dry times. Its value can be experienced only through doing it.

Life Spring Network

# Appendix I: Spiritual Disciplines

### 28. Earning

A diligent Earner is someone who works with commitment, purpose, and a grateful attitude. Earning is working purposefully to earn resources that can support your family and others financially. The Scriptures constantly speak of the importance of working to earn a wage and support our immediate relatives and beyond as we have the ability to do so "Whatever you do, work at it with all your heart, as working for the Lord, not for men" (Colossians 3:23). "If anyone does not provide for his relatives, and especially for his immediate family, he has denied the faith and is worse than an unbeliever" (1 Timothy 5:8). "You may say to yourself, 'My power and the strength of my hands have produced this wealth for me.' But remember the Lord your God, for it is He who gives you the ability to produce wealth" (Deuteronomy 8:17-18).

### 29. Saving

The wise saver is one who builds, preserves, and invests with discernment. This is purposefully living on less than you earn in order to save for future needs. It is wise to save for an unexpected hardship but foolish to stockpile things for beyond our need. So there is a difference between saving and hoarding. Saving must be guided by God in order to learn the principle of "enoughness.

#### **30. Giving (Including Tithing)**

A generous giver is someone who gives with an obedient will, a joyful attitude, and a compassionate heart. Giving in this fashion pleases God and enters us into His blessing. "And do not forget to do good and to share with others, for with such sacrifices God is pleased" (Hebrews 13:16). "In everything I did, I showed you that by this kind of hard work we must help the weak, remembering the words the Lord Jesus himself said: 'It is more blessed to give than to receive'" (Acts 20:35). This is also known as the discipline of money, or the tithe, in which we obediently give a definite portion of our annual income to the promotion

of Christ's cause in the world. The tithe is used as the minimum training discipline for giving, but moves beyond ten percent as God guides us as to what we should give as a regular discipline from our income to His work in the world.

### 31. Frugality

Frugality is abstaining from using money or goods at our disposal in ways that merely gratify our desires or our hunger for status, glamour or luxury. It means that we stay within the bounds of what general good judgment would designate as necessary for the kind of life to which God has led us. It is the opposite of frivolous consumption which corrupts the soul away from trust in, worship of, and service to God, and which injures our neighbors as well. It is freedom from the spiritual bondage caused by financial debt, which in turn diminishes our sense of worth, dims our hope for the future and eliminates our sensitivity to the needs of others. This includes the importance of cleaning and maintaining the resources God has put under our stewardship in order to gain the maximum use out of them.

### 32. Guidance (Counseling, Life Coaching)

This is the discipline of seeking and giving guidance to others in and through counseling and mentoring relationships. In these roles you are seeking to discern God's wisdom for life. The discipline of seeking guidance goes to the heart of walking with God. Guidance involves our hearing God's voice and obeying Him. Seeking guidance is not only trying to find His will in a specific matter, but it is a constant way of life. God provides guidance to His people in two ways. One is individual guidance, where God gives each of His children divine instruction through Scripture, reason, circumstances, and the prompting of the Spirit in the individual's heart. In corporate guidance, God guides groups of people who gather in fellowship to seek the will of God. Both means of guidance are important to submit to as we seek to live in response to the voice of God.

#### 33. Retreat

If 'quiet time' is a daily spiritual need, then there may be times when a longer stretch of solitude may be needed. For that, there is the 'retreat'. This is done by going to a specific place away from where you live and work, away from hobbies and duties, families and habits, media and pressures. It can be done totally alone, with just a spiritual director or sponsor, or with a small group of people who have a common purpose or bond. It works because it involves thorough separation from life as you know it for more than just a few minutes a day. This gives you a chance to step outside of your entire way of life for a little while and see it from a different angle. The retreat time can help you get back in touch with parts of yourself that have been bypassed in daily life for the sake of efficiency or to avoid pain. It can be a time of extended discussion with God, of throwing forth thoughts and feelings, working things out, being still and waiting on the Lord. A retreat may well refresh us with rest, but if that's all the 'retreat' is, then it's just another vacation. The spiritual retreat is time spent with God.

### 34. Temperance

Temperance" is mentioned four times in the King James Version of the New Testament. Each time it translates the Greek egkrateia, which means self-control, the virtue of one who masters his desires, his passions, and especially his sensual appetites. Egkrateia comes from the Greek root egkrates which is translated "temperate" and means to have power over, to master, to control, to restrain. The dictionary broadens our perspective on the subject of "temperance" by defining it as the avoidance of extremes of opinion, feeling or personal conduct. It stresses control and restraint not only over our behavior and personal conduct but also over the expression of our opinions in words and actions. Galatians 5:22-23 lists the nine fruit of the Spirit and verse 23 lists the final two, "Meekness, temperance (egkrateia); against such there is no law." The Amplified Bible says,

"...self-control (self-restraint, continence). Against such things there is no law...." Temperance or the control of self depends upon the believer's resolve to establish boundaries for his behavior, actions, and thought processes; it is centered in the decision to exert his will over the desires, drives, and emotions of the body and the mind. This resolve must be accompanied with surrender to the power of God's Spirit to enable temperance, for temperance is a Fruit of the Spirit. Becoming successful in the fruit of temperance depends upon the strength of will to carry out one's decisions, wishes, or plans in the power of the Holy Spirit. Exercising the fruit of temperance enables us to live our lives purposefully and resolutely in agreement with the Word of God. In I Corinthians 10:23 (Amplified translation) the Apostle Paul wrote, "All things are legitimate [permissible – and we are free to do anything we please], but not all things are helpful (expedient, profitable, and wholesome). All things are legitimate, but not all things are constructive [to character] and edifying [to spiritual life]." Each one of us must define the boundaries of our life, what is and is not acceptable behavior. A boundary is a statement that defines a border or limit, a line that we discipline ourselves in the power of the Spirit not to cross. The most profitable place to ascertain wholesome boundaries for our life is the Word of God. The Word instructs the believer in the qualities that promote a sound and healthy character. And temperance, or self control, is a necessary ingredient for successful character building. Paul wrote in I Corinthians 6:12 (Amplified), "... Everything is lawful for me, but I will not become the slave of anything or be brought under its power." Temperance includes moderation in the enjoyment of food and drink. Sobriety is moderation in the use of intoxicating drink. Eating disorders such as Anorexia and Bulimia are very common in our time, causing cycles of starving or binging and purging, and swinging between food related anxiety, depression, and guilt and the pursuit of sensory pleasure in food "addiction." It is important to build the disciplines of temperance in eating and drinking wisely according to a plan for your physical health.

### 35. Planning (Life Stewardship)

Life is a gift that we are responsible to steward with the decisions that we make until we die. This involves spending time seeking wisdom as to how we should steward your life from God's perspective by discerning and synthesizing how you sense God leading you to invest your life strategically. This is best done according to a personal-growth and life-investment plan. This plan is not intended to be inflexible, but rather flexible as you sense the Holy Spirit leading and guiding you. This God-discerned plan gives you a structure within which God can continue to speak and guide you toward His preferred future.

### 36. Exercise (Physical Activity)

This is the discipline of exercising and engaging in physical activity or exertion in order to grow and maintain a healthy body. God in His wisdom made us fleshly creatures and gave us bones, muscles, and metabolic systems with which to serve Him. According to 1 Corinthians 6:19-20, our physical bodies are the very temple of God; we are not our own possession. Our body is God's creation and God's possession. We need to take care of His possession through good physical disciplines - exercise, diet, sleep and medical care. Exercise is a physical release that helps to cleanse us of toxins and stress that get built up in our bodies. Having a regular plan for exercise and changing it from time to time is a good discipline that brings health and other benefits to our lives.

#### Conclusion

Remember, the disciplines that must be central to our lives will be determined by the chief sins of commission and omission that entice or threaten us from day to day. Pride, envy, wrath, sloth, greed, gluttony, and lust – the seven "deadly" sins of theological and literary history – along with many others, are not phantoms or jokes but hard-bitten realities whose dreadful effects can be viewed hour by hour. They call for a comparably hard-nosed, tough response on our part, supported by infinite grace.

These definitions have been adapted and compiled from a variety of sources including the books listed below.

# Here are some books on the spiritual disciplines that you may find helpful.

Foster, Richard, Celebration of Discipline
Ortberg, John, The Life You've Always Wanted
Peterson, Eugene, A Long Obedience in the
Same Direction

Whitney, Donald, Spiritual Disciplines for the Christian Life

Willard, Dallas, The Spirit of the Disciplines

# Here are some classic books on spiritual disciplines.

Murray, Andrew, *The Inner Chamber*Lewis, C.S., *Mere Christianity*Bonhoeffer, Dietrich, *The Cost of Discipleship*Bunyan, John, *The Pilgrim's Progress*Chambers, Oswald, *My Utmost for His Highest*St. Ignatius, *The Spiritual Exercises of St. Ignatius* 

# 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.

- 6. Willard, Dallas, 2002. *Renovation of the Heart: Putting on the Character of Christ*, Colorado Springs, CO: NavPress.
- 7. Pue, Carson, 2006. *Mentoring Leaders: Wisdom for Developing Character, Calling and Competency.* Grand Rapids: Baker Publishing.

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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 LE.A.D.E.R.'s Guide

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

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

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

# Omega Course Resources



### 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 to get these and additional free resources which are designed to supplement and support your Omega Experience.



# Omega Experience Resources











### **Leading the Omega Experience Conference**

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

### **Omega Site Coordinator and Trainer Handbook**

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

### **Omega Mentoring and Life Coaching Handbook**

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

## Omega Course Leadership Training Seminars

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

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

## **Omega Mentor Training Seminar**

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

Visit www.lifespringnetwork.org to get these and additional free resources which are designed to supplement and support your Omega Experience.

## Additional Live Seminars











## Pre-Omega Course Church-wide Seminars

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

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

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

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

## Post-Omega Course Church-wide Seminars

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

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

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

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

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

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

Visit www.lifespringnetwork.org for more information or to schedule a live seminar for your church, organization or group today.