

OMEGA

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



Personal Development Guide



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Author and primary trainer of The Omega Course

Quick Bio:



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Jason brings a diverse background of athletics, finance, Christian studies, executive life coaching, wisdom and leadership to people and organizations with whom he works. He is a sought-after speaker, seminar leader, life coach, and consultant. He has experience in Church planting, serving as the lead pastor in two church plants, and mentoring and consulting with church planters. In addition to this, 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 also holds the school record in the discus.

Jason is a co-founder and partner of E Pluribus Partners, a Greenwich, CT based think tank and consulting firm focused on helping organizations create 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 Seminar: An Intensive 24 Session Journey
Equipping You for a Lifetime of Discipleship!

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Introduction

Introduction

Welcome!

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

Part I: Personal Devotion and Reflection

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

Context:

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

Preparation:

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

Meditation:

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

Revelation:

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

Application:

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

Reflection:

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

Part II: Personal Development Plan

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!



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The background of the slide is composed of several elements. On the left, there are three horizontal bands of different shades of green. On the right, there is a vertical strip containing an abstract painting. The painting features a large, rounded, light-colored shape in the center, possibly representing a head or a torso, with dark, thin lines radiating from it. Below this shape, there are dark, branching lines that resemble roots or a tree trunk. The colors in the painting are primarily yellow, green, and brown.

Personal Devotion and Reflection

Session 1: Stewarding Life

Day 1

Context:

The Law of Stewardship

Preparation:

Jesus as Judge

Meditation:

1 Peter 4:1-5

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

Psalm 90:12

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

Revelation:

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

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

Day 1

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

Application:

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

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

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

Reflection:

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

Session 1: Stewarding Life

Day 2

Context:

The World's Thinking is Now!

Preparation:

God as Provider

Meditation:

Matthew 6:19-21

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

Revelation:

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

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

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

Application:

-

[illegible]

Session 1: Stewarding Life

Day 3

Context:

God's Advice is for the Long Haul

Preparation:

The Lord as Righteous King

Meditation:

Matthew 6:33-34

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

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

Revelation:

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

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

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

Application:

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Session 2: Unpacking Mission

Day 1

Context:

Living as a Devoted Follower/The Law of Mission

Preparation:

Christ as Life-Giver

Meditation:

2 Corinthians 5:17

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

Deuteronomy 30:19

“This day I call heaven and earth as witnesses against you that I have set before you life and death, blessings and curses. Now choose life, so that you and your children may live.”

Revelation:

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

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

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

Day 1

Application:

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

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

Reflection:

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

Session 2: Unpacking Mission

Day 2

Context:

God's Mission for Our Lives: Vision

Preparation:

God as Love

Meditation:

Luke 10:27

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

Revelation:

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

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

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

Day 2

Application:

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

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

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

Reflection:

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

Session 2: Unpacking Mission

Day 3

Context:

God has a Plan for our Lives

Preparation:

The Lord as Master Planner

Meditation:

Jeremiah 29:11-13

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

Revelation:

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

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

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

Application:

[illegible]

Session 3: Abundant Living

Day 1

Context:

The Law of Abundant Life

Preparation:

The Lord as Watchman

Meditation:

Psalm 1:1-6

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

John 10:10

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

Revelation:

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

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

Day 1

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

Application:

1. Spend 15 minutes today meditating on that which you most find unfathomable about God.
What is He saying to you about this?

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

Reflection:

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

Session 3: Abundant Living

Day 2

Context:

The Cycle of Grace²: Perspective on Acceptance

Preparation:

Jesus as The Beloved

Meditation:

Luke 3:21-22

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

Revelation:

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

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

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

Application:

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Session 3: Abundant Living

Day 3

Context:

The Cycle of Grace²: Perspective on Sustenance

Preparation:

Jesus as Intercessor

Meditation:

Mark 1:35

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

Revelation:

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

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

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

Application:

[illegible]

Session 4: The 7 Values of Abundant Living

Day 1

Context:

The Seven Values of Abundant Living: Growth

Preparation:

Jesus as the Goal

Meditation:

Philippians 3:12

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

Revelation:

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

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

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

Application:

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Session 4: The 7 Values of Abundant Living

Day 2

Context:

The Seven Values of Abundant Living: Glorification

Preparation:

Jesus as the Unfathomable

Meditation:

Ecclesiastes 3:9-14

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

Revelation:

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

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

3. How would you explain verse 14 to another?

Application:

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

Session 4: The 7 Values of Abundant Living

Day 3

Context:

The Seven Values of Abundant Living: Group

Preparation:

Jesus as the High Priest

Meditation:

1 Peter 2:9

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

Revelation:

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

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

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

Application:

Journal your impressions.

“Lord, you said, ‘you may declare the praises of him who called you out of darkness into his wonderful light.’ Help me to declare your praises today.”

[illegible]

Session 5: Our Core Identity

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.”

Psalms 139:13-16

“For you created my inmost being; you knit me together in my mother’s womb. ¹⁴ I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well. ¹⁵ 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, ¹⁶ 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

3. How does Psalm 139:13-16 speak to your innate worth, value and purpose as a human being?
What does the tone of the text convey?

Application:

1. Carry a sense of respect for your fellow human beings today (no matter how annoying or difficult they may be). 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?

Reflection:

“Lord, you said, ‘For you created my inmost being; you knit me together in my mother’s womb.’ Help me praise you today for being fearfully and wonderfully made.”

Session 5: Our Core Identity

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 forefront 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?

Application:

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Session 5: Our Core Identity

Day 3

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?”

Application:

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Session 6: Being Fully Human

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. ²⁵ For whoever wants to save his life will lose it, but whoever loses his life for me will find it. ²⁶ 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?

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?

1. Think of someone who could use some pleasant words from you today. Write a short note or make a phone call to this person.

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

“Lord, you said, ‘If anyone would come after me, he must deny himself and take up his cross and follow me.’ Help me deny myself, take up my cross and follow you.”

[illegible]

Session 6: Being Fully Human

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. ¹⁹ 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 things 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 your own words? In what way would living this way put someone in the position of being an enemy of the cross of Christ?

Day 2

3. How do you see the renewing of your mind facilitating your transformation in the Kingdom of God?

Application:

1. Select one heavenly thing to focus your mind on today. When you drift and focus on earthly things, use this to help bring back your perspective.

2. If there were one thing that God would like you to no longer be conformed to the pattern of the world with, what would it be? Spend some time with God talking to Him about this and listening for how He would like to transform you. What new thinking would he like you to incorporate to accomplish this?

Reflection:

“Lord, you said, ‘Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind.’ Help me not conform to the pattern of this world but be transformed by the renewing of my mind.”

Session 6: Being Fully Human

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

3. To what degree do you treat your body as the temple of the Holy Spirit? What do you do well? What could you use some more encouragement in?

Application:

1. As you serve others today, arm yourself with 1 Peter 4:11 to remind you to serve with the strength God provides. Be cognizant of how it influences the way you serve and how God is glorified by seeing it through this perspective.

2. Think of a way to care for your body as a temple of the Holy Spirit today. Spend a few minutes journaling your reflections this evening.

Reflection:

“Lord, you said that we should serve others in your strength. Help me praise you by serving with the strength you provide.”

Session 7: Essential Intimacy

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. ² Carry each other’s burdens, and in this way you will fulfill the law of Christ. ³ If anyone thinks he is something when he is nothing, he deceives himself. ⁴ Each one should test his own actions. Then he can take pride in himself, without comparing himself to somebody else, ⁵ for each one should carry his own load. ⁶ Anyone who receives instruction in the word must share all good things with his instructor. ⁷ Do not be deceived: God cannot be mocked. A man reaps what he sows. ⁸ 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. ⁹ Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up. ¹⁰ 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

2. How does sowing to please our sinful natures affect not just ourselves but the community around us?

3. Through what process can we test our own actions? How can the community of faith help us in this process?

Application:

1. Who comes to mind when you think of someone who is carrying a burden that you could help with?
Find one practical way to lend your support to that person today, even if it is only a first step.

2. Think of someone you trust that you can establish a relationship of accountability with. Have a conversation with this person addressing the area that you would like accountability in and giving them permission to speak into your life as they see fit.

Reflection:

“Lord, you said, ‘the one who sows to please the Spirit, from the Spirit will reap eternal life.’ Help me sow to please you today, so that from your Spirit, I might reap eternal life.”

Session 7: Essential Intimacy

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. ² There he was transfigured before them. His face shone like the sun, and his clothes became as white as the light. ³ 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?

Application:

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Session 7: Essential Intimacy

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.”

Ephesians 6:4

“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?

Application:

[illegible]

Session 8: Contagious Community

Day 1

Context:

Church Member

Preparation:

Jesus as Brother

Meditation:

Matthew 12:46-50

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

Revelation:

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 sister strengthen relationships with respect? What implications could this have in conflict resolution, gossip, or issues of sexual integrity?

Session 8: Contagious Community

OMEGA

Life Spring Network

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.”

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

Session 8: Contagious Community

Day 2

Context:

Mentee/Mentor

Preparation:

The Lord as Mentor

Meditation:

Proverbs 15:22

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

Revelation:

1. What types of plans do you think this verse is addressing? All plans? Spiritual plans?

2. Do the advisers (mentors) need to be people in your immediate world or could they come from someone you have never met before?

3. What is a Biblical definition of success?

Application:

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Session 8: Contagious Community

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. ¹⁷Therefore, if anyone is in Christ, he is a new creation; the old has gone, the new has come! ¹⁸All this is from God, who reconciled us to himself through Christ and gave us the ministry of reconciliation: ¹⁹that 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. ²⁰We 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. ²¹God made him who had no sin to be sin for us, so that in him we might become the righteousness of God.”

Revelation:

1. What does it mean to regard someone from a “worldly point of view?”

2. How do you see yourself as part of the “ministry of reconciliation” on a daily basis?

Session 8: Contagious Community

OMEGA

Life Spring Network

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.”

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

Session 9: Called to Serve

Day 1

Context:

The Law of Calling

Preparation:

The Lord as Fulfiller of Purpose

Meditation:

2 Thessalonians 1:11-12

“With this in mind, we constantly pray for you, that our God may count you worthy of his calling, and that by his power he may fulfill every good purpose of yours and every act prompted by your faith.

¹² We pray this so that the name of our Lord Jesus may be glorified in you, and you in him, according to the grace of our God and the Lord Jesus Christ.”

Revelation:

1. To what degree are you able to rely on God’s power? What factors add to or subtract from your tendency to rely upon Him to work through you?

2. Do you have a group of people who are committed to praying for you? For whom are you committed to pray?

3. How is verse 12 a reminder of the ultimate purpose of our calling? How do you see this playing out in your life?

Application:

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Session 9: Called to Serve

Day 2

Context:

The Law of Calling

Preparation:

God as Justice

Meditation:

Ephesians 4:1-6

“As a prisoner for the Lord, then, I urge you to live a life worthy of the calling you have received.

² Be completely humble and gentle; be patient, bearing with one another in love. ³ Make every effort to keep the unity of the Spirit through the bond of peace. ⁴ There is one body and one Spirit – just as you were called to one hope when you were called – ⁵ one Lord, one faith, one baptism; ⁶ one God and Father of all, who is over all and through all and in all.”

Revelation:

1. How do you think Paul would describe the importance of being a prisoner for the Lord?

What difference does this make in the life of a believer?

2. What does it mean to live a life worthy of the calling you have received? How do you know when you have achieved this?

3. How close have you come to experiencing unity of the Spirit through the bond of peace?

What was it like?

Day 2

Application:

1. Today, be cognizant of the qualities found in verse 2. Try to exercise these qualities. Then journal your reflections at the end of the day.

2. Identify one person with whom you have found it difficult to keep the unity of the Spirit through the bond of peace. Spend 15 minutes lifting the surrounding situation to the Lord in prayer.

Reflection:

“Lord, you said, ‘There is one body and one Spirit.’ Help me look to be unified with you and others through your Spirit today.”

[illegible]

Session 9: Called to Serve

Day 3

Context:

Minister of Compassion

Preparation:

God as Justice

Meditation:

James 1:27

“Religion that God our Father accepts as pure and faultless is this: to look after orphans and widows in their distress and to keep oneself from being polluted by the world.”

Zechariah 7:9-10

“This is what the Lord Almighty says: ‘Administer true justice; show mercy and compassion to one another. ¹⁰ Do not oppress the widow or the fatherless, the alien or the poor. In your hearts do not think evil of each other.’”

Revelation:

1. What people or group of people would you consider as our modern day equivalent to “orphans and widows?”

2. When have you experienced justice, mercy or compassion from others in your own life? What were the effects of what you have experienced? How has this influenced the way you show justice, mercy or compassion to others?

Day 3

3. Consider Zechariah 7:9-10. In what ways might we oppress others, even unintentionally? What do you see as being the root causes of this? What part does our Western culture play in this?

Application:

1. Think of one small, practical act of compassion that you can have on the people or group of people you identified in Revelation: Question 1. Carry that out today.

2. Identify one person that previously has shown you justice, mercy or compassion. If possible, contact that person and thank them. If not, say a short prayer of thanksgiving to God for that person and that time in your life.

Reflection:

“Lord, you said, ‘look after orphans and widows in their distress.’ Help me look after those who are in need around me today.”

Session 10: Stewarding Resources

Day 1

Context:

Steward of Resources³ – Diligent Earners

Preparation:

God as Ability-Giver

Meditation:

Colossians 3:23

“Whatever you do, work at it with all your heart, as working for the Lord, not for men,”

Deuteronomy 8:17-18

“You may say to yourself, ‘My power and the strength of my hands have produced this wealth for me.’”

¹⁸ But remember the Lord your God, for it is he who gives you the ability to produce wealth, and so confirms his covenant, which he swore to your forefathers, as it is today.”

Revelation:

1. How does Colossians 3:23 influence the way you do your work? What difference does it make on a day-to-day basis?

2. Why do you think the attitude in Colossians 3:23 is important to God? In what ways might it impact His Kingdom?

Day 1

3. In what ways do you see these two verses working together to help maintain a proper perspective as a Diligent Earner?

Application:

1. Which part of your job is your least favorite? Offer this aspect up to God as you go about your day. Dedicate your efforts and service to Him. This evening, journal your reflections.

2. Make a quick list of some of the abilities, strengths, and skills that God has given you. Spend some time recognizing and giving thanks for these gifts.

Reflection:

“Lord, help me remember that it is you who gives me the ability to produce wealth.”

Session 10: Stewarding Resources

Day 2

Context:

Steward of Resources – Wise Savers

Preparation:

God as Manager

Meditation:

Luke 12:18-20

“Then he said, “This is what I’ll do. I will tear down my barns and build bigger ones, and there I will store all my grain and my goods. ¹⁹And I’ll say to myself, “You have plenty of good things laid up for many years. Take life easy; eat, drink and be merry.”” ²⁰ “But God said to him, ‘You fool! This very night your life will be demanded from you. Then who will get what you have prepared for yourself?’”

Revelation:

1. Do you find yourself more often tempted to hoard money or spend it? What do you see as a root cause or motivation for hoarding?

2. What does your current savings plan look like? At what point do you think we cross the line from saving to hoarding? Where is that line in your financial life?

3. What point do you see God emphasizing in this verse? Besides money, to what other aspects of our lives might this verse apply?

Application:

“Lord, help me seek you as you guide me in my saving that I might not hoard and focus on myself.”

[illegible]

Session 10: Stewarding Resources

Day 3

Context:

Steward of Resources – Cautious Debtors

Preparation:

God as Eternal

Meditation:

James 4:14

“Why, you do not even know what will happen tomorrow. What is your life? You are a mist that appears for a little while and then vanishes.”

Luke 12:15

Then he said to them, “Watch out! Be on your guard against all kinds of greed; a man’s life does not consist in the abundance of his possessions.”

Revelation:

1. To what degree are you counting on tomorrow? Are there any currently unresolved issues that you would like to resolve?

2. In what areas are you most susceptible to greed? Is there any correlation to circumstances or seasons of life for you?

3. What helps you guard against greed in areas where you are most susceptible? How does this transfer into helping you to make strategic decisions about financial issues?

Application:

[illegible]

Session 11: Empowered to Serve

Day 1

Context:

Scripture Passages for Spiritual Gifts

Preparation:

The Holy Spirit as Empowerer

Meditation:

Romans 12:3-8

“For by the grace given me I say to every one of you: Do not think of yourself more highly than you ought, but rather think of yourself with sober judgment, in accordance with the measure of faith God has given you. ⁴ Just as each of us has one body with many members, and these members do not all have the same function, ⁵ so in Christ we who are many form one body, and each member belongs to all the others. ⁶ We have different gifts, according to the grace given us. If a man’s gift is prophesying, let him use it in proportion to his faith. ⁷ If it is serving, let him serve; if it is teaching, let him teach; ⁸ if it is encouraging, let him encourage; if it is contributing to the needs of others, let him give generously; if it is leadership, let him govern diligently; if it is showing mercy, let him do it cheerfully.”

Revelation:

1. What connections do you see in this text with the idea of servanthood?

2. How do you think creating a body where the different members have different functions magnifies our impact for God’s Kingdom?

3. What does it mean that “each member belongs to all the others?”

Application:

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Session 11: Empowered to Serve

Day 2

Context:

Scripture Passages for Spiritual Gifts

Preparation:

God as Administer of Grace

Meditation:

1 Peter 4:7-11

“The end of all things is near. Therefore be clear minded and self-controlled so that you can pray.

⁸ Above all, love each other deeply, because love covers over a multitude of sins. ⁹ Offer hospitality to one another without grumbling. ¹⁰ Each one should use whatever gift he has received to serve others, faithfully administering God’s grace in its various forms. 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.”

Revelation:

1. How could being clear minded and self-controlled influence the way we pray?

2. How is exercising your giftings an extension of God’s grace?

3. What sort of attitude about the use of the gifts do you hear God promoting in this passage?

Application:

[illegible]

Session 11: Empowered to Serve

Day 3

Context:

Why Did God Choose to Give Me Spiritual Gifts?

Preparation:

God as Developer

Meditation:

Ephesians 4:11-16

“It was he who gave some to be apostles, some to be prophets, some to be evangelists, and some to be pastors and teachers, ¹² to prepare God’s people for works of service, so that the body of Christ may be built up ¹³ until we all reach unity in the faith and in the knowledge of the Son of God and become mature, attaining to the whole measure of the fullness of Christ. ¹⁴ Then we will no longer be infants, tossed back and forth by the waves, and blown here and there by every wind of teaching and by the cunning and craftiness of men in their deceitful scheming. ¹⁵ Instead, speaking the truth in love, we will in all things grow up into him who is the Head, that is, Christ. ¹⁶ From him the whole body, joined and held together by every supporting ligament, grows and builds itself up in love, as each part does its work.

Revelation:

1. How do you see spiritual gifts promoting maturity in the Body of Christ?

2. If spiritual gifts are given differently to different people, how does this work to help us “reach unity in the faith?”

Day 3

3. How do you see love being an integral part of the process of “the Body” exercising its gifts?
When is it an ingredient, and when is it a by-product?

Application:

1. Speaking the truth in love sometimes means addressing an area that someone would rather not hear about. Sometimes those people are us. How do you like to receive the truth in love? Communicate this with the people you have given permission to speak into your life. Ask them to give you feedback and accountability in the way you are comfortable hearing it.

2. How well do you do at communicating the truth in love? Be intentional about communicating in this way today.

Reflection:

“Lord, the Bible says, ‘It was he who gave some to be apostles, some to be prophets, some to be evangelists, and some to be pastors and teachers, to prepare God’s people for works of service, so that the body of Christ may be built up.’ Help me use my gift(s) to build up the Body of Christ today.”

Session 12: The Freedom of Servanthood

Day 1

Context:

The Law of Servanthood

Preparation:

Jesus as Servant

Meditation:

John 13:1-17

“It was just before the Passover Feast. Jesus knew that the time had come for him to leave this world and go to the Father. Having loved his own who were in the world, he now showed them the full extent of his love. ² The evening meal was being served, and the devil had already prompted Judas Iscariot, son of Simon, to betray Jesus. ³ Jesus knew that the Father had put all things under his power, and that he had come from God and was returning to God; ⁴ so he got up from the meal, took off his outer clothing, and wrapped a towel around his waist. ⁵ After that, he poured water into a basin and began to wash his disciples’ feet, drying them with the towel that was wrapped around him. ⁶ He came to Simon Peter, who said to him, “Lord, are you going to wash my feet?” ⁷ Jesus replied, “You do not realize now what I am doing, but later you will understand.” ⁸ “No,” said Peter, “you shall never wash my feet.” Jesus answered, “Unless I wash you, you have no part with me.” ⁹ “Then, Lord,” Simon Peter replied, “not just my feet but my hands and my head as well!” ¹⁰ Jesus answered, “A person who has had a bath needs only to wash his feet; his whole body is clean. And you are clean, though not every one of you.” ¹¹ For he knew who was going to betray him, and that was why he said not every one was clean. ¹² When he had finished washing their feet, he put on his clothes and returned to his place. “Do you understand what I have done for you?” he asked them. ¹³ “You call me ‘Teacher’ and ‘Lord,’ and rightly so, for that is what I am. ¹⁴ Now that I, your Lord and Teacher, have washed your feet, you also should wash one another’s feet. ¹⁵ I have set you an example that you should do as I have done for you. ¹⁶ I tell you the truth, no servant is greater than his master, nor is a messenger greater than the one who sent him. ¹⁷ Now that you know these things, you will be blessed if you do them.””

Revelation:

1. What is the significance of the setting in Jesus’ example? Why do you think He chose this setting to illustrate this principle for the disciples?

Day 1

2. We may be familiar with this Biblical scene. Imagine how striking this moment was for the disciples. Do you see remnants of Jesus' example in the way the disciples lived their lives after His resurrection and ascension into heaven?

3. In what ways are we able to maintain a posture of servanthood while maintaining a healthy respect for ourselves and our innate God-given value?

Application:

1. Who could most use an expression of servanthood from you today? What are you hoping to communicate to them through this? How will you know if you have communicated this idea effectively?

2. Try a small experiment of servanthood in a way that would be outside of your comfort zone so that you need to rely on a manifestation of God's spiritual giftings to carry it out. How does this compare with other instances where you have served in ways with which you are more familiar? What do you sense God saying to you about this?

Reflection:

"Lord, you said, 'Now that I, your Lord and Teacher, have washed your feet, you also should wash one another's feet.' Help me serve others today as you have shown me by your example."

Session 12: The Freedom of Servanthood

Day 2

Context:

Profession

Preparation:

The Lord as Supervisor

Meditation:

2 Thessalonians 3:6-15

“In the name of the Lord Jesus Christ, we command you, brothers, to keep away from every brother who is idle and does not live according to the teaching you received from us. ⁷ For you yourselves know how you ought to follow our example. We were not idle when we were with you, ⁸ nor did we eat anyone’s food without paying for it. On the contrary, we worked night and day, laboring and toiling so that we would not be a burden to any of you. ⁹ We did this, not because we do not have the right to such help, but in order to make ourselves a model for you to follow. ¹⁰ For even when we were with you, we gave you this rule: “If a man will not work, he shall not eat.” ¹¹ We hear that some among you are idle. They are not busy; they are busybodies. ¹² Such people we command and urge in the Lord Jesus Christ to settle down and earn the bread they eat. ¹³ And as for you, brothers, never tire of doing what is right. ¹⁴ If anyone does not obey our instruction in this letter, take special note of him. Do not associate with him, in order that he may feel ashamed. ¹⁵ Yet do not regard him as an enemy, but warn him as a brother.”

Revelation:

1. How could the idleness of others adversely affect us?

2. What impact do you think Paul’s model had on those who observed it?

Day 2

3. Why do you think the aspect of work and industry is such an important aspect of our journey of faith?

Application:

1. What does your model of work/industry look like? Too much? Too little? Fitting for your season of life? Be cognizant of the model of effort others will see in you today.

2. Consider the roles of your profession. Is there a role in which you are more idle than the others? Take a moment to consider the possible causes. Is it a poor fit for your abilities and gifts and better suited for another individual? Is there a latent fear that is causing you to be resistant to action? Are you overworked in another area? Would you benefit from reallocating some of your time and resources?

Reflection:

“Lord, you said, ‘If a man will not work, he shall not eat.’ Help me be diligent with the work you have provided me with today.”

Session 12: The Freedom of Servanthood

Day 3

Context:

Calling Mentee/Mentor

Preparation:

The Lord as Provider of Counsel

Meditation:

Proverbs 15:22

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

Revelation:

1. What constitutes “counsel?” How does this integrate with advice and/or guidance?

2. When have you experienced the failure of plans for lack of counsel? What did you learn from that experience? How do you think differently or the same, now?

3. When have you provided counsel when it comes to someone’s calling? What aspects of this role have you integrated or not-integrated as a result of your interaction with advisors?

Application:

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Session 13: The Journey of Transformation

Day 1

Context:

The Law of Transformation

Preparation:

The Holy Spirit as Liberator

Meditation:

2 Corinthians 3:16-18

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

Revelation:

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

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

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

Application:

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Session 13: The Journey of Transformation

Day 2

Context:

The Road of Life⁴

Preparation:

The Lord as Life

Meditation:

Matthew 7:13-14

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

Revelation:

1. Why is the narrow road harder to find?

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

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

Application:

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Session 13: The Journey of Transformation

Day 3

Context:

The Cycle of Renewal

Preparation:

God as Author

Meditation:

2 Timothy 3:16-17

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

Revelation:

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

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

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

Application:

[illegible]

Session 14: Choosing to Transform

Day 1

Context:

The Attitude of Jesus

Preparation:

Christ as Benefactor

Meditation:

Philippians 2:1-11

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

Revelation:

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

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

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

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

2. Of the three conditions outlined by Paul in verse 1, which one would you most like to experience more fully? Spend 5-10 minutes talking to God about this. What is He saying to you?

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

[illegible]

Session 14: Choosing to Transform

Day 2

Context:

The Law of Attitude: The Beatitudes

Preparation:

The Lord as Sanctifier

Meditation:

Matthew 5:1-12

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

Revelation:

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

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

Session 14: Choosing to Transform

OMEGA

Life Spring Network

Day 2

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

Application:

1. Commit this passage of Scripture to memory.

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

Reflection:

“Lord, you said, ‘Blessed are the pure in heart, for they will see God.’ Help me be pure in heart today, that I might see you.”

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

Session 14: Choosing to Transform

Day 3

Context:

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

Preparation:

The Lord as Responder

Meditation:

Matthew 7:7-8

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

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

Revelation:

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

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

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

Application:

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

Session 15: Resistance to Transformation

Day 1

Context:

The Law of Reality

Preparation:

Jesus as Rescuer

Meditation:

Romans 7:19-25

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

Revelation:

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

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

Session 15: Resistance to Transformation

OMEGA

Life Spring Network

Day 1

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

Application:

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

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

Reflection:

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

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

Session 15: Resistance to Transformation

Day 2

Context:

The Reality Picture of Spiritual Warfare⁵: the First Reference has to do with the Father

Preparation:

God as Caretaker

Meditation:

Ephesians 1:3-6

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

Revelation:

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

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

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

Application:

[illegible]

Session 15: Resistance to Transformation

Day 3

Context:

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

Preparation:

God as Omnipotent

Meditation:

Ephesians 1:18-23

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

Revelation:

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

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

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

Application:

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Session 16: Blessings and Curses

Day 1

Context:

The Law of Consequences

Preparation:

God as Provider of Free Will

Meditation:

Deuteronomy 30:15-20

“See, I set before you today life and prosperity, death and destruction. ¹⁶For I command you today to love the LORD your God, to walk in his ways, and to keep his commands, decrees and laws; then you will live and increase, and the LORD your God will bless you in the land you are entering to possess. ¹⁷ But if your heart turns away and you are not obedient, and if you are drawn away to bow down to other gods and worship them, ¹⁸ I declare to you this day that you will certainly be destroyed. You will not live long in the land you are crossing the Jordan to enter and possess. ¹⁹ This day I call heaven and earth as witnesses against you that I have set before you life and death, blessings and curses. Now choose life, so that you and your children may live ²⁰ and that you may love the LORD your God, listen to his voice, and hold fast to him. For the LORD is your life, and he will give you many years in the land he swore to give to your fathers, Abraham, Isaac and Jacob.

Revelation:

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

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

Day 1

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

Application:

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

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

Reflection:

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

Session 16: Blessings and Curses

Day 2

Context:

Causes of Curses

Preparation:

God as Image Source

Meditation:

James 3:3-12

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

Revelation:

1. How is it that the tongue can be compared to the bridle of a horse or the rudder of a ship?
How do the great boasts that the tongue makes impact us personally?

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

Day 2

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

Application:

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

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

Reflection:

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

Session 16: Blessings and Curses

Day 3

Context:

Dealing with Sin in the Church

Preparation:

God as Peace-Maker

Meditation:

Matthew 18:15-20

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

Revelation:

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

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

Day 3

3. To what degree do you think the church equips its people to address issues in a healthy way?

What can it do better in this area? How can you be a part of this process of improvement?

Application:

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

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

Reflection:

“Lord, you said, ‘For where two or three come together in my name, there am I with them.’

Help me experience your presence in this way today.”

Session 17: Realizing Life's Potential

Day 1

Context:

The Law of Potential

Preparation:

God as Holy

Meditation:

Romans 12:1-3

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

Revelation:

1. In what ways does God ask us to be living sacrifices? How would this idea specifically impact a citizen of first century Rome?

2. How does the renewing of our minds help us to test and approve God’s will?

3. How does the measure of faith that God gives allow us to think of ourselves with sober judgment?

Application:

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

Session 17: Realizing Life's Potential

Day 2

Context:

Purpose

Preparation:

The Lord as Advocate

Meditation:

Psalm 138

"I will praise you, O LORD, with all my heart; before the "gods" I will sing your praise. ² I will bow down toward your holy temple and will praise your name for your love and your faithfulness, for you have exalted above all things your name and your word. ³ When I called, you answered me; you made me bold and stouthearted. ⁴ May all the kings of the earth praise you, O LORD, when they hear the words of your mouth. ⁵ May they sing of the ways of the LORD, for the glory of the LORD is great. ⁶ Though the LORD is on high, he looks upon the lowly, but the proud he knows from afar. ⁷ Though I walk in the midst of trouble, you preserve my life; you stretch out your hand against the anger of my foes, with your right hand you save me. ⁸ The LORD will fulfill his purpose for me; your love, O LORD, endures forever -- do not abandon the works of your hands."

Revelation:

1. What purposes do you see God fulfilling through the writer of this Psalm?

2. Who powers the fulfillment of your purpose more: your own will power, or God's Spirit?

Day 2

3. When is the last time you sang praise to the Lord all by yourself?

Application:

1. If there were one purpose that you have been trying to fulfill on your own power that God would most like you to release to Him, what would it be? Spend some time in prayer so that you may intentionally leave it at His feet. If you find this especially difficult, give yourself a time frame in which you will build the habit of leaving the outcome with Him.

2. Make a short list of some things that you feel the Lord has purposed for you. Divide them up between things that all believers are purposed for and things that you specifically have been purposed for. When you see this list on paper, what are your reactions? Journal your response.

Reflection:

“Lord, you said you will fulfill your purpose for me. Help me allow you to fulfill your purpose in me in your time.”

Session 17: Realizing Life's Potential

Day 3

Context:

Genograms

Preparation:

God as Everlasting

Meditation:

Exodus 3:14-15

“God said to Moses, “I AM WHO I AM. This is what you are to say to the Israelites: ‘I AM has sent me to you.’” ¹⁵ God also said to Moses, “Say to the Israelites, “The LORD, the God of your fathers – the God of Abraham, the God of Isaac and the God of Jacob – has sent me to you.’ This is my name forever, the name by which I am to be remembered from generation to generation.”

Revelation:

1. What does God's identity as “I AM” mean to you?

2. What weight would the names of Abraham, Isaac, and Jacob carry as a part of God's message to the Israelites? Why was it significant that He identified them?

3. In what ways is this aspect of God's identity best remembered from generation to generation?

Application:

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Session 18: Pressing Into God's Purpose

Day 1

Context:

Personality⁶

Preparation:

The Lord as Designer

Meditation:

1 Corinthians 12:19-27

"If they were all one part, where would the body be? ²⁰ As it is, there are many parts, but one body. ²¹ The eye cannot say to the hand, 'I don't need you!' And the head cannot say to the feet, 'I don't need you!' ²² On the contrary, those parts of the body that seem to be weaker are indispensable, ²³ and the parts that we think are less honorable we treat with special honor. And the parts that are unpresentable are treated with special modesty, ²⁴ while our presentable parts need no special treatment. But God has combined the members of the body and has given greater honor to the parts that lacked it, ²⁵ so that there should be no division in the body, but that its parts should have equal concern for each other. ²⁶ If one part suffers, every part suffers with it; if one part is honored, every part rejoices with it. ²⁷ Now you are the body of Christ, and each one of you is a part of it."

Revelation:

1. To what degree are you aware of differences in relationships that may just be due to personality makeup?

2. How could we do things differently so that division in the Body would dissipate, according to this text?

Session 18: Pressing Into God's Purpose

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Day 1

3. Do you see verse 26 reflected in the larger Body of Christ? How?

Application:

1. Think of one person in your life that you can rejoice with today.

2. Take a step towards removing division in the Body in some way today. It may be between you and a specific individual or you and another denomination. Let God's light shine on areas where you may have been resistant to honoring another. Is there a common ground that you can step into that will allow healing and connection to begin? Journal your reflections on your thoughts and actions pertaining to this today.

Reflection:

"Lord, you see us as one Body working together. Help me recognize and appreciate all parts of your Body today."

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

Session 18: Pressing Into God's Purpose

Day 2

Context:

Experience

Preparation:

God as Instructor

Meditation:

1 Timothy 4:7-10

“Have nothing to do with godless myths and old wives’ tales; rather, train yourself to be godly.

⁸ For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come. ⁹ This is a trustworthy saying that deserves full acceptance

¹⁰ (and for this we labor and strive), that we have put our hope in the living God, who is the Savior of all men, and especially of those who believe.”

Revelation:

1. If you had to describe “godliness” to a child, how would you do it?

2. How do the experiences that God allows in our lives train us to be godly?

3. What promises do we realize as a part of increasing in godliness?

Application:

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Session 18: Pressing Into God's Purpose

Day 3

Context:

Love Languages⁷

Preparation:

The Lord as Communicator

Meditation:

1 Corinthians 14:9-11

“So it is with you. Unless you speak intelligible words with your tongue, how will anyone know what you are saying? You will just be speaking into the air. ¹⁰ Undoubtedly there are all sorts of languages in the world, yet none of them is without meaning. ¹¹ If then I do not grasp the meaning of what someone is saying, I am a foreigner to the speaker, and he is a foreigner to me.”

Revelation:

1. How does this text speak to the discussion of Love Languages in this session?

2. In what way does the idea of foreigner remain in relationships when we do not understand the Love Language the other person is speaking?

3. How does 1 Corinthians 13 form the foundation for what Paul is saying in this text? Do you see any parallels with our ultimate motivation with understanding each other's Love Languages?

Application:

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Session 19: The Power of Believing

Day 1

Context:

The Law of Belief

Preparation:

The Lord as Wisdom

Meditation:

Romans 10:9-10

“That if you confess with your mouth, “Jesus is Lord,” and believe in your heart that God raised him from the dead, you will be saved. ¹⁰ For it is with your heart that you believe and are justified, and it is with your mouth that you confess and are saved.”

James 1:5-8

“If any of you lacks wisdom, he should ask God, who gives generously to all without finding fault, and it will be given to him. ⁶ But when he asks, he must believe and not doubt, because he who doubts is like a wave of the sea, blown and tossed by the wind. ⁷ That man should not think he will receive anything from the Lord; ⁸ he is a double-minded man, unstable in all he does.”

Revelation:

1. In what ways could our doubts reveal what we really think or believe? What aspect of the belief model⁸ would we have to go back to in order to experience real and lasting life change in these areas?

2. How have your doubts caused you to be blown and tossed by the wind? In which area of your faith would you most like this to stop?

Session 19: The Power of Believing

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Day 1

3. Consider Romans 10:9-10. How do you read this in light of our discussion of “heart” in Session 5?

Application:

1. What is one doubt that God would like you to deal with today? Ask God to reveal the real belief that lies beneath it.

2. Do you know someone else whose doubt or false beliefs keep them from living the abundant life in Christ? How are your experiences a possible place of connection for mutual support and encouragement?

Reflection:

“Lord, the Bible says, ‘If any of you lacks wisdom, he should ask God.’ Help me seek and believe your wisdom for my life today.”

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

Session 19: The Power of Believing

Day 2

Context:

The Law of Belief

Preparation:

The Lord as Sufficient

Meditation:

Mark 11:22-25

“Have faith in God,” Jesus answered. ²³ “I tell you the truth, if anyone says to this mountain, ‘Go, throw yourself into the sea,’ and does not doubt in his heart but believes that what he says will happen, it will be done for him. ²⁴ Therefore I tell you, whatever you ask for in prayer, believe that you have received it, and it will be yours. ²⁵ And when you stand praying, if you hold anything against anyone, forgive him, so that your Father in heaven may forgive you your sins.”

Revelation:

1. What constitutes having “faith” in God? How do faith and belief interact and impact one another? How can you evaluate the true substance of your underlying beliefs by looking at the substance of your faith?

2. Think back to our discussion of “heart” in Session 5. In light of that discussion, what does it mean to “doubt in his heart” (verse 23)?

3. Why do you think we are encouraged to engage in the process of forgiveness as a part of being able to believe and have faith in God?

1. In what areas are you most tempted to doubt in your heart when presenting your requests to God? What underlying beliefs does God desire to replace with His truth in light of this?

2. Think through the past week. Is there anyone that you need to forgive? Is there anyone from whom you need to ask forgiveness? Clear up any areas of unresolved forgiveness today.

“Lord, you said, ‘Have faith in God.’ Help me to have faith in You today.”

[illegible]

Session 19: The Power of Believing

Day 3

Context:

Believing and Sin

Preparation:

God as Rescuer

Meditation:

Romans 7:14-25

“We know that the law is spiritual; but I am unspiritual, sold as a slave to sin. ¹⁵ I do not understand what I do. For what I want to do I do not do, but what I hate I do. ¹⁶ And if I do what I do not want to do, I agree that the law is good. ¹⁷ As it is, it is no longer I myself who do it, but it is sin living in me. ¹⁸ I know that nothing good lives in me, that is, in my sinful nature. For I have the desire to do what is good, but I cannot carry it out. ¹⁹ For what I do is not the good I want to do; no, the evil I do not want to do – this I keep on doing. ²⁰ Now if I do what I do not want to do, it is no longer I who do it, but it is sin living in me that does it. ²¹ So I find this law at work: When I want to do good, evil is right there with me. ²² For in my inner being I delight in God’s law; ²³ but I see another law at work in the members of my body, waging war against the law of my mind and making me a prisoner of the law of sin at work within my members. ²⁴ What a wretched man I am! Who will rescue me from this body of death? ²⁵ Thanks be to God – through Jesus Christ our Lord!”

Revelation:

1. Consider the phrase, “the law is spiritual; but I am unspiritual.” How does this connect with the idea of being spiritual that we talked about in Session 5?

2. How do you see the power of belief influencing us when reality becomes, as Paul describes, “For what I want to do I do not do, but what I hate I do?” How do you see this at work in your own life?

Day 3

3. How have you seen God rescue you “from this body of death,” specifically as it relates to the connection of belief and sin?

Application:

1. Think of an area where you are most susceptible to the influence of sin. Use the belief model to uncover faulty beliefs that may be causing you to stay “stuck” in this area. Get together with a close friend or accountability partner to discuss your thoughts and pray for a replacement of faulty beliefs with the truth that is found in God’s Word.

2. Can you think of someone else whose behavior reveals a faulty belief? If possible, get together with this person to talk about your own journey and experience and what you are learning through your exploration of the belief model. If this is not possible, spend some time lifting this person up in prayer.

Reflection:

“Lord, the Bible says, ‘that nothing good lives in me, that is, in my sinful nature.’ Give me clarity on this point in my life so that I might depend more on your Spirit.”

Session 20: The Seven Deadly Sins

Day 1

Context:

Sin Tendencies

Preparation:

The Lord as Virtue

Meditation:

1 John 2:15-17

“Do not love the world or anything in the world. If anyone loves the world, the love of the Father is not in him. ¹⁶ For everything in the world – the cravings of sinful man, the lust of his eyes and the boasting of what he has and does – comes not from the Father but from the world. ¹⁷ The world and its desires pass away, but the man who does the will of God lives forever.”

Revelation:

1. What does it look like to “love the world?”

2. Why is loving the world and loving the Father incompatible?

3. How do you see the Seven Deadly Sins rooted in the world?

Day 1

Application:

1. What is one love of the world that God would like you to release and exchange for a deeper love of the Father?

2. What do cravings look like in your life? Are they small, temporary, able to be dealt with and realigned? Or are there cravings that are more difficult to surmount-repeatedly showing up, almost nagging at your soul? It doesn't have to be necessarily for the "things" of the world, but it might also be the "quick fixes" the world offers to meet your God-given needs: false intimacy, worldly power, fleeting prestige, etc. Spend some time with God asking Him to shine His light of truth on areas where these might be and how He desires to meet your needs.

Reflection:

"Lord, you said, 'The world and its desires pass away, but the man who does the will of God lives forever.' Help me do your will today and live."

Session 20: The Seven Deadly Sins

Day 2

Context:

The Seven Deadly Sins - Envy

Preparation:

The Lord as Satisfaction

Meditation:

1 Corinthians 13:4

“Love is patient, love is kind. It does not envy, it does not boast, it is not proud.”

Galatians 5:21

“and envy; drunkenness, orgies, and the like. I warn you, as I did before, that those who live like this will not inherit the kingdom of God.”

James 3:14-16

“But if you harbor bitter envy and selfish ambition in your hearts, do not boast about it or deny the truth. ¹⁵ Such “wisdom” does not come down from heaven but is earthly, unspiritual, of the devil.

¹⁶ For where you have envy and selfish ambition, there you find disorder and every evil practice.”

Revelation:

1. When are you most susceptible to the sin of envy? How do you see boasting and pride being related to this sin?

2. How do you see envy and selfish ambition causing disorder of the soul?

Day 2

3. Where do you see envy raising its head in the community of faith? How is this causing disorder in that context?

Application:

1. Spend some time in solitude and silence before God asking Him to reveal any areas where you may be harboring envy, even subconsciously. Is there a false “wisdom” that you have brought into the situation that may have caused this?

2. Intercede for someone else you know who is struggling with this sin right now. Use 1 Corinthians 13:4 as a prayer for this person.

Reflection:

“Lord, you said, ‘Love is patient, love is kind.’ Help me exude that kind of love today.”

Session 20: The Seven Deadly Sins

Day 3

Context:

The Seven Deadly Sins – Envy (Contentment)

Preparation:

God as Perfection of Love

Meditation:

1 Corinthians 13

“If I speak in the tongues of men and of angels, but have not love, I am only a resounding gong or a clanging cymbal. ² If I have the gift of prophecy and can fathom all mysteries and all knowledge, and if I have a faith that can move mountains, but have not love, I am nothing. ³ If I give all I possess to the poor and surrender my body to the flames, but have not love, I gain nothing. ⁴ Love is patient, love is kind. It does not envy, it does not boast, it is not proud. ⁵ It is not rude, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. ⁶ Love does not delight in evil but rejoices with the truth. ⁷ It always protects, always trusts, always hopes, always perseveres. ⁸ Love never fails. But where there are prophecies, they will cease; where there are tongues, they will be stilled; where there is knowledge, it will pass away. ⁹ For we know in part and we prophesy in part, ¹⁰ but when perfection comes, the imperfect disappears. ¹¹ When I was a child, I talked like a child, I thought like a child, I reasoned like a child. When I became a man, I put childish ways behind me. ¹² Now we see but a poor reflection as in a mirror; then we shall see face to face. Now I know in part; then I shall know fully, even as I am fully known. ¹³ And now these three remain: faith, hope and love. But the greatest of these is love.”

Revelation:

1. How do you see this text being a fitting solution for the sin of envy?

2. Which aspect of love do you most connect with as you read this passage?

3. How do you see faith, hope, and love working together? Why do you think love is the greatest of these?

1. Pick one aspect of this passage to meditate upon for five minutes. What is God saying to you through it?

Carry it out and journal your reflections this evening.

“Lord, you said, ‘For we know in part and we prophesy in part, but when perfection comes, the imperfect disappears.’ Help me be more loving.”

[illegible]

Session 21: The Joy of Discipline

Day 1

Context:

The Law of Discipline

Preparation:

The Lord as Authority

Meditation:

Hebrews 12:1-13

“Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles, and let us run with perseverance the race marked out for us. ² Let us fix our eyes on Jesus, the author and perfecter of our faith, who for the joy set before him endured the cross, scorning its shame, and sat down at the right hand of the throne of God. ³ Consider him who endured such opposition from sinful men, so that you will not grow weary and lose heart. ⁴ In your struggle against sin, you have not yet resisted to the point of shedding your blood. ⁵ And you have forgotten that word of encouragement that addresses you as sons: “My son, do not make light of the Lord’s discipline, and do not lose heart when he rebukes you, ⁶ because the Lord disciplines those he loves, and he punishes everyone he accepts as a son.” ⁷ Endure hardship as discipline; God is treating you as sons. For what son is not disciplined by his father? ⁸ If you are not disciplined (and everyone undergoes discipline), then you are illegitimate children and not true sons. ⁹ Moreover, we have all had human fathers who disciplined us and we respected them for it. How much more should we submit to the Father of our spirits and live! ¹⁰ Our fathers disciplined us for a little while as they thought best; but God disciplines us for our good, that we may share in his holiness. ¹¹ No discipline seems pleasant at the time, but painful. Later on, however, it produces a harvest of righteousness and peace for those who have been trained by it. ¹² Therefore, strengthen your feeble arms and weak knees. ¹³ “Make level paths for your feet,” so that the lame may not be disabled, but rather healed.”

Revelation:

1. If there were one thing that the Lord would like you to “throw off” in your life, what would it be?

Session 21: The Joy of Discipline

OMEGA

Life Spring Network

Day 1

2. How does the example of Christ inspire you, especially in the light of the task and role of discipline in the spiritual life?

3. How do you see discipline facilitating holiness in your life?

Application:

1. Think about the joy set before Jesus. What is the source of this joy for Him? What is a source of true joy for you? Integrate something that brings you joy into your day today.

2. Use an image of Jesus to literally fix your eyes on today. Place it somewhere where you will see it multiple times today and prayerfully strive to discern any areas in which your life is out of alignment.

Reflection:

“Lord, you said, ‘Let us fix our eyes on Jesus, the author and perfecter of our faith.’ Help me fix my eyes upon you and trust in your authority today.”

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

Session 21: The Joy of Discipline

Day 2

Context:

Disciplines of Abstinence

Preparation:

The Lord as Deliverer

Meditation:

1 Corinthians 6:12 (King James Version)

“All things are lawful unto me, but all things are not expedient: all things are lawful for me, but I will not be brought under the power of any.”

1 Peter 2:11 (Phillips Version)

“I beg you, as those whom I love, to live in this world as strangers, and “temporary residents”, to keep clear of the desires of your lower natures, for they are always at war with your souls.”

Revelation:

1. How would you explain 1 Corinthians 6:12 in your own words?

2. Practically speaking, how is it possible for us to be a part of “all things” but not to be brought under their power?

3. What difference does it make on a daily basis for you to take hold of the perspective found in 1 Peter 2:11?

Application:

[illegible]

Session 21: The Joy of Discipline

Day 3

Context:

Disciplines of Engagement

Preparation:

The Lord as Purifier

Meditation:

Galatians 5:16-17 (Phillips Version)

“Here is my advice: Live your whole life in the Spirit and you will not satisfy the desires of your lower nature. For the whole energy of the lower nature is set against the Spirit, while the whole power of the Spirit is contrary to the lower nature. Here is the conflict, and that is why you are not able to do what you want to do...”

Romans 8:12-13 (Phillips Version)

“So then, my brothers, you can see that we owe no duty to our sensual nature, or to live life on the level of instincts. Indeed that way of living leads to certain spiritual death. But if on the other hand you cut the nerve of your instinctive actions by obeying the Spirit, you will live.”

Revelation:

1. How do you see the Disciplines of Engagement as a means to counter the struggle seen in these two passages?

2. How would you describe living “your whole life in the Spirit?” What are some of the things that we need as believers, to do this? How achievable do you think this is?

3. How would you describe spiritual death? What are the possible warning signs that signal its approach?

1. Engage in one or more of the Disciplines of Engagement today to help you “live your whole life in the Spirit.”

2. Think of someone you know who may be experiencing or moving toward “spiritual death.” Commit to lifting this person up in prayer throughout the day. If possible, reach out to this person in some way.

“Lord, you said, ‘Live your whole life in the Spirit.’ Help me to live my whole life in your Spirit today.”

[illegible]

Session 22: Godly Goal Setting

Day 1

Context:

The Law of Growth

Preparation:

God as Steadfast

Meditation:

Philippians 3:12-17

“Not that I have already obtained all this, or have already been made perfect, but I press on to take hold of that for which Christ Jesus took hold of me. ¹³ Brothers, I do not consider myself yet to have taken hold of it. But one thing I do: Forgetting what is behind and straining toward what is ahead, ¹⁴ I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus. ¹⁵ All of us who are mature should take such a view of things. And if on some point you think differently, that too God will make clear to you. ¹⁶ Only let us live up to what we have already attained. ¹⁷ Join with others in following my example, brothers, and take note of those who live according to the pattern we gave you.”

Revelation:

1. What is it that Paul presses on to take hold of? What does that mean to you?

2. What area of your past continues to sneak up on you and bog you down? How does it affect you? Is this an area for counseling, mentoring, or healing prayer?

Day 1

3. How does this Scripture tie into the idea that “growth toward Christ-likeness requires accountability, process and perseverance?”

Application:

1. Make a short list of things that Paul would say that “we have already attained.” What do these things look like in your life? Spend some time in reflection and thanksgiving for these things.

2. Do a case study or read a biography of an individual from history who lived according to the pattern demonstrated by Paul.

Reflection:

“Lord, you said that we should press on toward the goal to win the prize for which you have called us heavenward in Christ Jesus. Help me press on today in you.”

Session 22: Godly Goal Setting

Day 2

Context:

Honoring the Seasons of Your Life

Preparation:

God as Judicious

Meditation:

Ecclesiastes 3:1-14

“There is a time for everything, and a season for every activity under heaven: ² a time to be born and a time to die, a time to plant and a time to uproot, ³ a time to kill and a time to heal, a time to tear down and a time to build, ⁴ a time to weep and a time to laugh, a time to mourn and a time to dance, ⁵ a time to scatter stones and a time to gather them, a time to embrace and a time to refrain, ⁶ a time to search and a time to give up, a time to keep and a time to throw away, ⁷ a time to tear and a time to mend, a time to be silent and a time to speak, ⁸ a time to love and a time to hate, a time for war and a time for peace. ⁹ What does the worker gain from his toil? ¹⁰ I have seen the burden God has laid on men. ¹¹ He has made everything beautiful in its time. He has also set eternity in the hearts of men; yet they cannot fathom what God has done from beginning to end. ¹² I know that there is nothing better for men than to be happy and do good while they live. ¹³ That everyone may eat and drink, and find satisfaction in all his toil – this is the gift of God. ¹⁴ I know that everything God does will endure forever; nothing can be added to it and nothing taken from it. God does it so that men will revere him.”

Revelation:

1. What season of life are you in now? What is receiving the majority of attention from you right now? Is this in line with your season of life? Consider again the list of our needs and God’s priorities from Session 2. What new thinking or revelations have you received about this since that session?

Day 2

2. If you had to pick one aspect of this verse that you most connect with today, what would it be?

3. Which aspect would you like to experience more of today?

Application:

1. Make a list of each of the appointed times indicated in this verse. Next to each one, indicate the last time you participated in or experienced it and in what way. What insights do you have from looking at this list?

2. Take some time to be aware of and contemplate the beauty you see around you today...in people...in nature...in art. Take your journal with you and write down some of the things where God reveals His beauty to you.

Reflection:

“Lord, you said, ‘There is a time for everything, and a season for every activity under heaven.’ Help me appreciate the season of life you have me in today.”

Session 22: Godly Goal Setting

Day 3

Context:

Goal Setting and Perseverance

Preparation:

The Lord as Persistent

Meditation:

Hebrews 10:36-39

“You need to persevere so that when you have done the will of God, you will receive what he has promised. ³⁷ For in just a very little while, “He who is coming will come and will not delay. ³⁸ But my righteous one will live by faith. And if he shrinks back, I will not be pleased with him.” ³⁹ But we are not of those who shrink back and are destroyed, but of those who believe and are saved.”

Revelation:

1. What are the promises of God that await you?

2. If you had to explain how to live “by faith” to an atheist, how would you do it?

3. If you lived with the reality that God is coming back sooner rather than later, how would it change your day? How would it affect your desire and ability to persevere?

Day 3

Application:

1. Meditate for 5-10 minutes on your identity as one who is a believer and is saved. Write these two words on an index card where you will see them throughout the day.

2. When are you most susceptible to shrinking back? Jot down a few thoughts on your trouble spots and share them with an accountability partner. How can he or she encourage you best during these times?

Reflection:

“Lord, you said that we need to persevere so that when we have done your will, we will receive what you have promised. Help me persevere and do your will today.”

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Session 23: Aligning with God

Day 1

Context:

The Law of Alignment

Preparation:

The Lord as Present

Meditation:

Jeremiah 29:13

“You will seek me and find me when you seek me with all your heart.”

Revelation:

1. What does seeking God look like in your life...daily...weekly...monthly?

2. What added dimension does seeking God with our hearts bring to this Scripture, especially in light of our discussion of “heart” in Session 5?

3. If you were to identify three different ways that we “find” God, what would they be?

Application:

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Session 23: Aligning with God

Day 2

Context:

Planning and Tracking: Projects

Preparation:

The Lord as Counsel

Meditation:

Luke 14:28-35

“Suppose one of you wants to build a tower. Will he not first sit down and estimate the cost to see if he has enough money to complete it? ²⁹ For if he lays the foundation and is not able to finish it, everyone who sees it will ridicule him, ³⁰ saying, ‘This fellow began to build and was not able to finish.’ ³¹ “Or suppose a king is about to go to war against another king. Will he not first sit down and consider whether he is able with ten thousand men to oppose the one coming against him with twenty thousand? ³² If he is not able, he will send a delegation while the other is still a long way off and will ask for terms of peace. ³³ In the same way, any of you who does not give up everything he has cannot be my disciple. ³⁴ “Salt is good, but if it loses its saltiness, how can it be made salty again? ³⁵ It is fit neither for the soil nor for the manure pile; it is thrown out. “He who has ears to hear, let him hear.”

Revelation:

1. What concepts and insights on planning and tracking can we glean from this Scripture?

2. How do these ideas apply to our spiritual journey with the Lord? How does this impact our attitude for a long-term walk with Christ?

Day 2

3. How “salty” are you today?

Application:

1. Make a list of the projects you have in process right now. Use this Scripture as a checkpoint for tracking your alignment with the will of God concerning these things. What is He saying to you?

2. Is there a project that you need to think through more thoroughly and plan a realistic process for completion before proceeding? If so, take some time today to use the planning pages and the concepts found in this Scripture to do so.

Reflection:

“Lord, you said, ‘He who has ears to hear, let him hear.’ Help me hear what you are saying to me today.”

Session 23: Aligning with God

Day 3

Context:

Revelations and Adjustments

Preparation:

God as Dependable

Meditation:

Hebrews 3:12-15

“See to it, brothers, that none of you has a sinful, unbelieving heart that turns away from the living God. ¹³ But encourage one another daily, as long as it is called Today, so that none of you may be hardened by sin’s deceitfulness. ¹⁴ We have come to share in Christ if we hold firmly till the end the confidence we had at first. ¹⁵ As has just been said: “Today, if you hear his voice, do not harden your hearts as you did in the rebellion.””

Revelation:

1. How does encouragement from others keep us from becoming hardened by sin’s deceitfulness?

2. In light of our discussion in Session 5, what does it mean to “harden your heart?” What impact does this have upon Revelations and Adjustments?

3. What does “the confidence we had at first” look like in your life? How is this affected by sin’s deceitfulness?

Application:

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Session 24: Training for Abundant Living

Day 1

Context:

The Law of Training

Preparation:

The Lord as Trainer

Meditation:

1 Corinthians 9:24-27

²⁴Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize. ²⁵Everyone who competes in the games goes into strict training. They do it to get a crown that will not last; but we do it to get a crown that will last forever. ²⁶Therefore I do not run like a man running aimlessly; I do not fight like a man beating the air. ²⁷No, I beat my body and make it my slave so that after I have preached to others, I myself will not be disqualified for the prize.

Revelation:

1. In considering the various types of races, would you say that the life of faith is more of a sprint or a marathon? How does your response integrate with the Law of Training?

2. What does it mean to run “aimlessly?” How does this manifest itself as a temptation for believers?

3. What do you think Paul is trying to convey when he says, “I beat my body and make it my slave?”

Application:

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Session 24: Training for Abundant Living

Day 2

Context:

Stay the Course

Preparation:

God as Sustainer

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. ² Carry each other’s burdens, and in this way you will fulfill the law of Christ. ³ If anyone thinks he is something when he is nothing, he deceives himself. ⁴ Each one should test his own actions. Then he can take pride in himself, without comparing himself to somebody else, ⁵ for each one should carry his own load. ⁶ Anyone who receives instruction in the word must share all good things with his instructor. ⁷ Do not be deceived: God cannot be mocked. A man reaps what he sows. ⁸ 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. ⁹ Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up. ¹⁰ Therefore, as we have opportunity, let us do good to all people, especially to those who belong to the family of believers.”

Revelation:

1. What does restoring a brother “gently” look like? What doesn’t it look like?

2. How does comparing ourselves to others affect us? How might it affect others to whom we are comparing ourselves?

3. How would one become weary from doing good?

1. Is there someone in your life that has suffered from NOT being restored gently? Lift up this person in prayer today. If possible, reach out and encourage that person in some way today.

2. Intentionally “do good” to a fellow believer today. Journal your reflections on this circumstance tonight.”

“Lord, you said, ‘for at the proper time we will reap a harvest if we do not give up.’ Help me not give up today and remain hopeful of the harvest yet to come.”

[illegible]

Session 24: Training for Abundant Living

Day 3

Context:

Stay the Course

Preparation:

God as Sustainer

Meditation:

Psalm 51:10-12

“Create in me a pure heart, O God, and renew a steadfast spirit within me. ¹¹ Do not cast me from your presence or take your Holy Spirit from me. ¹² Restore to me the joy of your salvation and grant me a willing spirit, to sustain me.”

Revelation:

1. How could having a pure heart facilitate our ability to “Stay the Course?”

2. Which aspect of these verses stands out to you the most and why?

3. If there were one area where God would like you to have a more willing spirit, where would it be?

Application:

[illegible]



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The background of the page is composed of several rectangular blocks of color. On the left, there are three stacked blocks of varying shades of green. On the right, there are blocks of yellow and orange. Overlaid on these blocks is a stylized illustration of a tree. The tree's trunk and roots are rendered in dark brown and black lines, with some areas filled with yellow and orange. The foliage is represented by numerous thin, dark lines radiating from the top of the trunk, set against a background of yellow and orange washes.

Personal Development Plan

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

Discussion and reflection questions journal:

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Session 1: Stewarding Life

Session 1: Stewarding Life

Homework Session 1

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

Week: _____ Year: _____

Time	Sunday /	Monday /	Tuesday /	Wed /	Thursday /	Friday /	Saturday /
1:00							
2:00							
3:00							
4:00							
5:00							
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Session 1: Stewarding Life

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Homework Session 1

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

Connecting with Christ

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

Connecting with Community

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

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

Session 1: Stewarding Life

Homework Session 1

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

Connecting with your Calling of Servanthood

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

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

	Hours
Role:	
Role:	
Role:	
Role:	
Role:	

Homework Journal - question #3

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

Session 2: Unpacking Mission

Homework Session 2

1. Journal through the discussion and reflection questions in your workbook.
2. Complete the priorities worksheet to get a better sense of your current priority scale.
3. Reflect on how you are spending your time and on how well your needs are being met through your current allocation of time. What are the changes that you sense you need to make to get in better alignment with God's Vision and Priorities for you?

Discussion and reflection questions journal:

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[illegible]

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1. Journal through the discussion and reflection questions in your workbook.
2. Spend time journaling this week about how much you desire God's governing mission for your life. Think about how you actively seek out His Mission for your life and the perspectives and desires that hinder you from wanting to do the will of our Father in Heaven.
3. Think about how your life resembles the Cycle of Grace or the Cycle of Grief. Spend time this week journaling and reflecting on the cycle of Grace and how you can apply it to your understanding of your relationship with God.

Discussion and reflection questions journal:

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Session 3: Abundant Living

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Homework Journal - question #2

Homework Journal - question #3

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1. Journal through the discussion and reflection questions in your workbook thinking through the application of each value to your life and whether or not you are living in and through the identities that promote these values.
2. Journal and pray through the Lord's Prayer and the Seven Values of Abundant Living every day this week, seeking to find a deeper connection with the true meaning of how to apply these values to your life.

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Session 5: Our Core Identity

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 and reflection questions journal:

Homework Journal - question #2

Identity Role Vision Statements

Heart (Spiritual, Will, Desires, Lover/Prayer Warrior, Whom do I worship?) – Vision Statement:

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

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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?

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

Identity Role Vision Statements

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

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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?

[illegible]

Identity Role Vision Statements

Inner Circle - Vision Statement:

[illegible]

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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?

[illegible]

Identity Role Vision Statements

Church Member - Vision Statement:

[illegible]

Session 9: Called to Serve

Homework Session 9

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

Discussion and reflection questions journal:

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

Identity Role Vision Statements

Minister of Compassion - Vision Statement:

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

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

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1. Journal through the discussion and reflection questions in your workbook.
2. Write out your vision statements for the identity role of Steward of Resources.
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?
4. Fill out the financial worksheets in order to gain an understanding of what God has placed under your stewardship, how you are currently allocating your resources, and take the money motivation quiz.

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

Homework Session 10

Identity Role Vision Statements

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

Aspects of the Role of Steward of Resources

Diligent Earner	One who works with commitment, purpose and a grateful attitude
Generous Giver	One who gives with an obedient will, a joyful attitude and a compassionate heart
Wise Saver	One who builds, preserves, and invests with discernment
Cautious Debtor	One who avoids entering into debt, is careful and strategic when incurring debt, and always repays debt
Prudent Consumer	One who enjoys the fruit of one's labor yet guards against materialism

Steward of Resources - Vision Statement:

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

Session 10: Stewarding Resources

Goals to Achieve This Year

Please allow adequate time to give serious consideration to your goals. Carefully considered, realistic goals – that flow out of what’s really important to you – are powerful motivators. That motivation will be very helpful to you in following through on the steps necessary to achieve your goals.

Overall Goals

My overall financial goals for this year are:

Specific Goals to Achieve

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

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

Net Worth Calculation Worksheet

What I Own (Assets)	Amount
Checking Account	
Savings Account	
Other Savings	
Insurance (cash value)	
Retirement	
Home (market value)	
Auto (market value)	
Second Auto (market value)	
Other Possessions (estimate)	
Money Owed to Me	
Other	
Other	
Other	
Total of All I Own:	

What I Owe (Liabilities)	Amount	Minimum Monthly Payment	Interest Percentage
Mortgage (current balance)			
Home Equity Loans			
Credit Cards			
Car Loans			
Education Loans			
Family/Friends			
Other			
Total of All I Owe:			

Net Worth

(Total of All I Own – Total of All I Owe = Net Worth (in earthly terms, not God's!)*

_____ – _____ = _____

*Never confuse your self-worth with your net worth. In God's eyes each one of us is of infinite worth.

Session 10: Stewarding Resources

Gift List

List the names of those for whom you buy gifts and the amounts you typically spend on each occasion.*

Name	Birthday	Christmas	Anniversary	Other
1.				
2.				
3.				
4.				
5.				
6.				
7.				
8.				
9.				
10.				
11.				
12.				
13.				
14.				
15.				
16.				
17.				
18.				
19.				
20.				
21.				
22.				
23.				
24.				
25.				
26.				
27.				
28.				
29.				
30.				

GRAND TOTAL (of all columns) \$_____

*You may wish to also include the cost of holiday decorations, entertaining, etc.

Session 10: Stewarding Resources

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Session 10: Stewarding Resources

Spending Worksheet A

Category	Annually	Category	Annually
Income		Food and Beverage	
Work #1		Total	
Work #2		Housing	
Rent		Mortgage/ Rent	
Tips		Property Insurance	
Dividends		Electricity	
Interest		Heating	
Total		Water	
Taxes		Sanitation Sewage	
Federal		Telephone	
State		Cleaning	
Social Security		Repairs/ Maintenance	
Local		Supplies	
Total		Furnishing	
Business Expenses		Total	
Auto		Transportation	
Travel		Car Payments	
Meals		Car Insurance	
Office		Gas & Oil	
Total		Maintenance/ Repairs	
Giving		Parking	
Tithe		Tolls	
Missions		License Fees	
Charities		Total	
Other		Clothing	
Total		Husband	
Saving		Wife	
Savings Account		Children	
Mutual Fund		Total	
Investments			
Stocks			
Total			

Session 10: Stewarding Resources

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Spending Worksheet B

Category	Annually	Category	Annually
Personal Care		Gifts	
Toiletries		Christmas	
Beauty/Barber		Birthdays	
Total		Anniversaries	
Medical		Weddings	
Doctor		Total	
Dentist		Children	
Drugs and Pharmaceuticals		Baby-Sitters	
Total		School Lunches	
Insurance		Allowances	
Life		Lessons	
Health		Dues/Fees	
Liability		Day Care	
Disability		Total	
Long-Term Health Care		Pet Care	
Total		Total	
Education/ Self-Improvement		Installment Payments (Debt)	
Tuition		School Loans	
School Books		Bank Cards	
Room & Board		Personal Loans	
Total		Store Cards	
Entertainment		Gas Cards	
Eating Out		Total	
Magazines/ Newspapers		Other	
Clubs/Fees			
Recreation/ Hobbies			
Total			
Vacation			
Total			

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Session 10: Stewarding Resources

Your Annual Totals

Transfer the information from the previous pages here to see the whole year in perspective.

1.	Income	
2.	Giving	
3.	Taxes	
4.	Total Taxes and Giving (2+3)	
5.	Net Spendable Income (1-4)	
6.	Food	
7.	Housing	
8.	Transportation	
9.	Clothing	
10.	Personal Care	
11.	Medical	
12.	Insurance	
13.	Education	
14.	Entertainment	
15.	Vacation	
16.	Gifts	
17.	Children	
18.	Miscellaneous	
19.	Debt [-]	
20.	Business Expenses	
21.	Total Expenses (Sum 6 to 20)	
22.	Margin (5-21)	
23.	Savings	
24.	Uncommitted Margin (22-23)	

Session 10: Stewarding Resources

Goals to Achieve

Transfer the information from your *Goals to Achieve This Year* page and put dollar amounts on your goals in light of your annual totals.

Category/Description	Amount		
Income			
Total			
Business Expenses			
Total			
Giving			
Total			
Savings			
Retirement			
College			
Long-Range Giving			
Life Style Desires			
New Car			
Start Own Business			
Other:			
Other:			
Other:			
Other:			
Total			
Debt Reduction			
		Reduce by:	
		Reduce by:	
		Reduce by:	
		Reduce by:	
Total			

Session 10: Stewarding Resources

Money Motivation Quiz³

This is adapted from the *Good Sense Ministry* pre-work handouts. Directions: For each of the fourteen questions below, circle the letter that best describes your response.

1. Money is important because it allows me to...

- a. Do what I want to do.
- b. Feel secure.
- c. Get ahead in life.
- d. Buy things for others.

2. I feel that money...

- a. Frees up my time.
- b. Can solve my problems.
- c. Is a means to an end.
- d. Helps make relationships smoother.

3. When it comes to saving money, I...

- a. Don't have a plan and rarely save.
- b. Have a plan and stick to it.
- c. Don't have a plan but manage to save anyway.
- d. Don't make enough money to save.

4. If someone asks about my personal finances, I...

- a. Feel defensive.
- b. Realize I need more education and information.
- c. Feel comfortable and competent.
- d. Would rather talk about something else.

5. When I make a major purchase, I...

- a. Go with what my intuition tells me.
- b. Research a great deal before buying.
- c. Feel I'm in charge-it's my/our money.
- d. Ask friends/family first.

6. If I have money left over at the end of the month, I...

- a. Go out and have a good time.
- b. Put the money into savings.
- c. Look for a good investment.
- d. Buy a gift for someone.

7. If I discover I paid more for something than a friend did I...

- a. Couldn't care less.
- b. Feel it's okay because I also find bargains at times.
- c. Assume they spent more time shopping, and time is money.
- d. Feel upset and angry at myself.

8. When paying bills, I...

- a. Put it off and sometimes forget.
- b. Pay them when due, but no sooner.
- c. Pay when I get to it, but don't want to be hassled.
- d. Worry that my credit will suffer if I miss a payment.

9. When it comes to borrowing money I...

- a. Simply won't-don't like to feel indebted.
- b. Only borrow as a last resort.
- c. Tend to borrow from banks or other business sources.
- d. Ask friends and family because they know I'll pay.

10. When eating out with friends I prefer to...

- a. Divide the bill proportionately.
- b. Ask for separate checks.
- c. Charge the bill to my bankcard and have others pay me.
- d. Pay the entire bill because I like to treat my friends.

11. When it comes to tipping I...

- a. Sometimes do and sometimes don't.
- b. Just call me Scrooge.
- c. Resent it, but always tip the right amount.
- d. Tip generously because I like to be well thought of.

12. If I suddenly came into a lot of money, I...

- a. Wouldn't have to work.
- b. Wouldn't have to worry about the future.
- c. Could really build up my business.
- d. Would spend a lot on family and friends and enjoy time with them more.

13. When indecisive about a purchase I often tell myself...

- a. It's only money.
- b. It's a bargain.
- c. It's a good investment.
- d. He/she will love it.

14. In our family...

- a. I do/will handle all the money and pay all the bills.
- b. My partner does/will take care of the finances.
- c. I do/will pay my bills and my partner will do the same.
- d. We do/will sit down together to pay bills.

Score: Tally your answers to questions one through fourteen by the letter of your answer:

- a. _____ c. _____
- b. _____ d. _____

[illegible]

Session 10: Stewarding Resources

Commitment Page

Your Giving

Organization	Monthly	Other than Monthly	Total

Your Tax Summary

Deductions, Withholdings and Estimates	Monthly Withholdings	Quarterly Estimates	Total Paid Annually
Federal Income Tax			
State and City Income Tax			
Social Security Tax			
Total Tax			

Scheduled Automatic Payments

(This is for payments that get automatically withdrawn from your checking account.)

Company	Amount	Date of the Month

Debt Repayment

Creditor	Balance Due	Interest Rate	Payment Schedule per Month	Until

Session 10: Stewarding Resources

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

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Identity Role Vision Statements

Empowered Servant - Vision Statement:

[illegible]

Session 11: Empowered to Serve

Spiritual Gifts Assessment

Look through the definitions of Spiritual Gifts found in Appendix F of your workbook.

With the definitions of the Spiritual Gifts in mind, rate your current functioning in each gift according to the following scale.

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

Category	Spiritual Gift	Values (1-5)
Get It Done	Administration	
	Helps/Service	
	Giving	
	Craftsmanship	
	Stewardship	
Nurture/Fellowship	Hospitality	
	Mercy	
	Community Builder	
Intervention	Healing	
	Miracles	
	Deliverance/Exorcism	
	Intercession	
Guidance	Exhortation/Disciple Maker	
	Encouragement	
	Wisdom	
	Knowledge	
	Prophecy	
	Discernment	
Communication	Teaching	
	Evangelism	
	Music/Worship Leader	
	Tongues	
	Interpretation of Tongues	
Authority	Leadership	
	Apostleship	
	Missionary	
	Pastor/Shepherd	
Life Focus	Faith	
	Martyrdom	
	Celibacy	
	Voluntary Poverty	

Session 11: Empowered to Serve

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Homework Journal - question #4

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1. Journal through the discussion and reflection questions in your workbook.
2. Write out your vision statements for the identity roles of being a Mentee/Mentor in your Calling and Profession. Remember to categorize your profession individually and fill in your Roles Diagram.
3. Write a paragraph or two in your journal comparing your life now to the vision statements that you believe God revealed to you. What changes do you need to make in these areas of your life.
4. Complete your Personal Mission Statement and the Life Focus Questions.

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

Homework Session 12

Identity Role Vision Statements

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

Calling Mentee/Mentor - Vision Statement:

Professional roles () – Vision Statement

Professional roles () – Vision Statement

Professional roles () – Vision Statement

Professional roles () – Vision Statement

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

Session 12: The Freedom of Servanthood

Homework Session 12

Your Personal Mission Statement

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

Life Focus Questions

Out of the fourteen identity roles that we have studied in the past four sessions, what are the three roles in your life that need the most attention over the next three months? What, specifically, do you intend to do to address these?

ROLE:

ROLE:

ROLE:

Session 12: The Freedom of Servanthood

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1. Journal through the discussion and reflection questions in your workbook.
2. Write out your testimony of your experience with God highlighting the different markers on the Road of Life that you encountered and how you made decisions which led you toward a transformational experience and expression of His love in your life?
3. Journal about your experience with the Cycle of Renewal and where the cycle gets short-circuited in your life. Share these findings with a mentor and ask him/her to help you invite God's guidance and power into this area of your life.

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Session 13: The Journey of Transformation

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My Testimony

The Wide Road to Destruction

The Narrow Road to Eternal Life

The Turning Point

The “New Way”

The Role of the Church

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Session 13: The Journey of Transformation

Homework Journal - question #3

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Session 13: The Journey of Transformation

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

[illegible]

Session 14: Choosing to Transform

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Homework Journal - question #2

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1. Journal through the discussion and reflection questions in your workbook reflecting on the Law of Reality and what this teaches us about our nature and the influence of evil in our lives.
2. Spend time journaling and reflecting this week about your experiences with spiritual warfare. Take special note of times when you have experienced friction with other believers and what you did about that friction to maintain your unity.
3. Study the Seven Values of Abundant Living and the Full Armor of God. Spend some time thinking about each aspect of the spiritual armor and how you apply these truths more proactively to your life.

Discussion and reflection questions journal:

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Session 15: Resistance to Transformation

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Homework Journal - question #2

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Homework Journal - question #3

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Homework Journal - question #3

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1. Journal through the discussion and reflection questions in your workbook.
2. Complete the On Mission with God Assessment, seeking to identify areas in your life that you are over focusing on and areas that you are neglecting in your identity in Christ.
3. Complete the 24 Character Strengths and Virtues Assessment by looking at the definitions of the character strengths in the Appendix H of your workbook and rating yourself according to each character strength.
4. Ask a member of your Inner Circle to rate you as well and make suggestions to you about how you might improve in the areas of identified weakness. Journal about what your Inner Circle friend reveals to you.
5. Spend time journaling and reflecting this week on identifying your passions and what you think contributes to that being such a strong area of passion for you.
6. Build a Genogram of your family tree that we will look at deeper in the following session.

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

Session 17: Realizing Life's Potential

On Mission with God Assessment

This instrument has been developed to help you assess your obedience to God's Mission for your life by looking at the four areas that we discuss in the Omega Course. The component parts which make up God's mission for our lives are His Vision, Priorities, Values and Identity Roles.

Vision

Using your Vision Statements for the various roles in your life, rate your growth towards your vision statement using the rating scale described below.

Use this rating system for assessing your Vision Statements in each area.

- 1 = Neglecting this area of my life because of confusion, lack of desire, or fear of change.
- 2 = Good intention but no follow through.
- 3 = Functioning but not growing in this role/area.
- 4 = Obediently functioning and growing in this role/area of my life.

Priorities

Use this rating system for assessing the balance of your priorities in each area.

- 1 = Not high enough on my priority scale.
- 2 = Properly prioritized.
- 3 = Too high on my priority scale.

Below we have listed the 14 Identity Roles that we covered in the Omega Course in priority order.

Please assess how you are doing in terms of functioning and growing in these areas of your life and how you are doing keeping them in the proper priority in your life.

Area	Role	Vision (1-4)	Priorities (1-3)
Christ	Heart		
	Soul		
	Mind		
	Strength		
Community	Inner Circle		
	Relative/Parent		
	Church Member		
	Mentee/Mentor		
Calling	Ambassador/Friend		
	Minister of Compassion		
	Steward of Resources		
	Empowered Servant		
	Calling Mentee/Mentor		
	Professional		

Session 17: Realizing Life's Potential

The Seven Values of Abundant Living and the 24 Character Strengths

In order to assess our functioning and growth in the Seven Values of Abundant Living, we have created a paradigm using the definitions of the 24 character strengths re-organized according to the Seven Values of Abundant Living. With the definitions of these character strengths in mind (Appendix H of your workbook), rate your current functioning and growth in each character strength according to the following scale.

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

7 Values of Abundant Living	Character Strength	Rating (1-5)
Grace	Forgiveness/Mercy	
	Hope/Optimism	
	Humor	
Group	Love of People	
	Kindness	
	Social Intelligence	
	Citizenship	
Growth	Love of Learning	
	Persistence	
	Integrity	
	Self-Regulation	
Gifts	Creativity	
	Bravery	
	Vitality	
Glorification	Humility/Modesty	
	Appreciation of Beauty and Excellence	
	Spirituality/Purpose	
Guidance	Curiosity	
	Open Mindedness	
	Perspective/Wisdom	
	Leadership	
Good Stewardship	Fairness	
	Prudence	
	Gratitude	

Session 17: Realizing Life's Potential

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Homework Journal - question #4

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Session 17: Realizing Life's Potential

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My Genogram

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1. Journal through the discussion and reflection questions in your workbook.
2. Complete the following assessment tests and summarize your results on the appropriate page:
 - Personality Assessment: Keirsey Temperament Sorter at www.keirsey.com or self evaluate by reflecting on the descriptions in your workbook.
 - Original Abilities Assessment.
 - Love Language Assessment: see www.fivelovelanguages.com or self evaluate by reflecting on the descriptions in your workbook.
 - Empowered Servanthood Spiritual Gifts Test.

Discussion and reflection questions journal:

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

Homework Session 18

Personality (Temperament)

	Score		Score	
E Extrovert		Social Preference		Introvert I
S Sensing		Information Gathering		Intuitive N
T Thinking		Decision Making		Feeling F
J Judging		Life Style		Perceiving P

Other Insights:

Original Abilities

Love Languages

(Rank on a scale: 1 = Poor, 5 = Prefer)

	How Good are you at:	What do you Prefer:
	Giving	Receiving
Word of Affirmation		
Quality Time		
Gift Giving		
Acts of Service		
Physical Touch		

Other Insights:

Session 18: Pressing Into God's Purpose

Empowered Servanthood Spiritual Gifts Test

God has blessed each believer with Spiritual Gifts. Do you know what Spiritual Gifts God has given you? This Spiritual Gifts Test will help you determine what Spiritual Gift(s) and/or Special Talent(s) God has given you. The test evaluates 32 Gifts and Talents. Do NOT look ahead to see what these Gifts and Talents are because that will influence your results!

Instructions:

This Spiritual Gifts Test consists of 160 statements that you are to respond to by entering in a number for each on the Analysis Sheet. Depending on how you feel about each statement, enter a number between 1 and 10. (1 means that the statement does not describe you at all and 10 means that the statement describes you perfectly).

This test is designed for Christians. If you have been a Christian for at least a few years, you should use your personal experiences as the basis for your responses. If you consider yourself to be a new Christian, then your responses should be based on how well each statement describes the desire of your heart (even if you have not yet done what the statement talks about).

Please keep in mind that this test was written by people, not by God, and as such it is certainly imperfect. It should be used as a starting place to begin to discover how God has gifted you, but not as an absolute indicator. The test may not always indicate your true Spiritual Gift(s). It is just one tool in what should be a life-long search for how God has blessed you so you can bless others.

Read this VERY CAREFULLY!

1. Before you start the test, find the Analysis Sheet and fold it along the gray line that runs down the middle of the sheet. Fold it so that you can see the 160 numbered boxes, but cannot see the names of the Spiritual Gifts and Talents, or at least discipline yourself not to look.
2. As you take the test, enter a response (number from 1 to 10 indicating how well the statement describes you) in each of the pre-numbered boxes.
3. Continue this process for all five test pages. The test will take about a half-hour to complete.
4. Respond to each statement quickly with your first feeling. Don't be too modest, however, unless you can walk on water, you will probably have many more low number responses than high number responses.
5. Are you ready to start? Take a deep breath and begin . . .
6. When you are done, read the Analysis Instructions.

This spiritual gifts test has been influenced from several sources and modified and adapted to work with the Empowered Servanthood Course offered by the Life Spring Network. These sources include: Dr. Dan Reiland's "Spiritual Gifts" course, David Posthuma's "Grace Gifts" inventory, Ken Ellis' Spiritual Gifts Inventory, Your Spiritual Gifts Can Help Your Church Grow by C. Peter Wagner, Jesus on Leadership: Becoming a Servant Leader by C. Gene Wilkes and Tom Wells' Spiritual Gifts Course.

Session 18: Pressing Into God's Purpose

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1. I naturally organize goals into steps and enjoy coordinating their accomplishment.
2. I do what I can to help around the church, whether I have special skills or not.
3. I cheerfully give considerably more than 10% of my income to the Lord's work.
4. I enjoy using my skills and artistic talents to make things that bring glory to God.
5. I have the ability to analyze and discern the "cost" required to make plans succeed and be properly resourced.
6. Our home is always open to whomever God brings to us.
7. I have patiently supported people going through painful experiences, and I found it satisfying and rewarding.
8. I enjoy gathering people together to facilitate getting to know God and one another better.
9. I feel strongly that my prayers for a sick person effect wholeness for that person.
10. People have pointed to specific instances where my prayers have resulted in visible miracles.
11. I have successfully prayed for other people, a family, or a church to be released from a curse.
12. I often receive leadings from the Holy Spirit as to what God wants me to pray for.
13. I have urged others to seek Biblical solutions to their affliction or suffering.
14. I have spoken words of hope that God confirmed in others by the Holy Spirit.
15. I have felt an unusual presence of God and personal confidence when important decisions needed to be made.
16. I have had insights of spiritual truth that others have said helped bring them closer to God.
17. I sometimes feel that I know exactly what God wants to do in a ministry at a specific point in time.
18. It is easy to me to perceive whether a person is honest or dishonest.
19. Studying the Bible and sharing my insights with others is very satisfying for me.
20. I am attracted to non-believers because of my desire to win them to Christ.
21. Good Christian music always lifts my spirit and makes me want to praise and worship God.
22. Sometimes when I pray, it seems as if the Spirit steps in and prays in words I cannot understand.
23. I have interpreted tongues so as to help others worship God without confusion.
24. Sometimes, I express my love for God by writing poems, songs, prayers, or devotionals.
25. Others seem to allow me to influence them and to follow my guidance in accomplishing tasks for the Kingdom.
26. I feel empowered to break ground and lay Kingdom building foundations for Christ in challenging environments.
27. I am able to relate well to people of different cultures.
28. I have enjoyed relating to a particular group of people over a long period of time, sharing personally in their successes and their failures.
29. I hold fast to my personal belief in the truth even in the presence of ridicule, apparent failure, or pain.
30. I have felt led and empowered by God to radically abandon my old life and stand for His Kingdom.
31. I readily identify with Paul's desire for others to be single as he was.
32. I choose to live a simple lifestyle so I will have more time and money to devote to God's service.

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Session 18: Pressing Into God's Purpose

33. I have been able to make effective and efficient plans for accomplishing the goals of a group or team.
34. The Spirit sometimes leads me to do a simple thing for someone that touches him or her deeply.
35. I am so confident that God will meet my needs that I give to Him sacrificially and consistently.
36. I like to make gifts for others that will remind them of God or Jesus.
37. I am sought out for my ability to effectively and efficiently manage resources.
38. I like to create an environment where people feel that they are not alone and can get to know others.
39. I empathize with people who are hurting, lonely, or in trouble; it doesn't matter why they came to be that way.
40. I regularly network the body of Christ together and help people meet one another who can help each other grow.
41. When I pray for the sick, either they or I feel sensations of tingling or warmth.
42. Others can point to specific instances where my prayers have resulted in what seems impossible happening.
43. Other people have been instantly delivered from demonic possession when I have prayed.
44. I seem to recognize prayer needs before others.
45. I can challenge others without making them feel condemned.
46. It is a joy to speak uplifting words to people who are discouraged.
47. Sometimes God gives me an insight into the proper course of action others should take.
48. Sometimes I know a person's need for prayer or healing, without anyone having told me.
49. I sometimes have a strong sense of what God wants to say to people in response to particular situations.
50. I can sense whether a person is moved by the Holy Spirit, an evil spirit, or by their own flesh.
51. People have told me that I have helped them gain new insights and understanding of how to apply God's word in their lives.
52. I have led others to a decision for salvation through faith in Christ.
53. God seems to use me to orchestrate worship experiences that inspire and comfort people through worshiping God's presence.
54. I can pray to God in a language I have never learned.
55. Sometimes when a person speaks in tongues, I get an idea about what God is saying.
56. I am able to take complex spiritual matters and communicate them through writing, drama, speaking, humor, parables, pictures and/or visual mediums in a way that others can understand more easily.
57. I have influenced and challenged others to accept a vision and then work successfully to achieve it.
58. The thought of beginning a new church in a new community is exciting to me.
59. I would be willing to leave comfortable surroundings if it would enable me to share Christ with more people.
60. I have enjoyed assuming responsibility for the spiritual wellbeing of a group of Christians over time.
61. Once I have heard from God, I am totally convinced he will fulfill his word and I persevere even if He is not doing so yet.
62. When others ridicule me for my faith I am able to stand against their malicious slander and love them.
63. I am single and enjoy it.
64. I have found that by living in the same poor conditions as other people I am better able to minister to them.

Session 18: Pressing Into God's Purpose

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65. It is easy for me to organize ideas, people, and projects to achieve a specific ministry goal.
66. I have enjoyed doing routine tasks that have led to more effective ministry by others.
67. I have been led by God to regularly maintain a lower standard of living in order to resource the Kingdom of God.
68. I enjoy working creatively with wood, cloth, paints, metal, glass or other raw materials.
69. I believe God is calling me to help individuals, families and other organizations learn how to budget and manage their God-given resources in a God-honoring way.
70. I try to make everyone feel welcome and comfortable at church suppers or social events.
71. I like to visit people in hospitals, nursing homes and assisted living facilities, and God uses me to help them feel better.
72. I am driven and enabled to love and bear with difficult people, and I work to include them in community.
73. Others have told me that God healed them of an emotional problem when I ministered to them.
74. God has used me personally to perform supernatural signs and wonders.
75. Others call on me when they suspect that someone is demonized.
76. When I hear a prayer request, I pray for that need for several days at least.
77. People will take correction from me because they know I am on their side.
78. I can effectively motivate people to get involved in ministry.
79. People tell me that I can perceive and apply Biblical truth to the specific needs of fellow believers.
80. Through study or experience I have discerned major strategies God seems to use in furthering His kingdom.
81. Sometimes I have a burning desire to speak God's word even if I know it will not be well received.
82. I can readily distinguish between truth and error, good and evil.
83. Teaching a Bible Class is one of the most enjoyable things I do (or could do).
84. Non-Christians say they feel comfortable when they are around me, and that God uses me to develop their faith in Christ.
85. People have said they see the love of Jesus on my face when I sing, lead worship or play music.
86. Praying in tongues has been meaningful to me in my personal prayer life.
87. When others have prayed in tongues, I felt that I understood the meaning of their prayer.
88. I love to study God's Word and think of creative ways that I can communicate biblical truth.
89. I have been able to identify and attract the right people to accomplish kingdom projects.
90. I have the ability to understand what makes people and ministries grow reproductively.
91. I feel God has called me to go forth to establish new churches where people have never heard the gospel.
92. I feel that I am responsible to help protect weak Christians from dangerous influences.
93. My hope in God's ability to advance His plans, against all odds, seems to be inspiring to others.
94. I have been led and have followed God's lead to minister in dangerous parts of the world joyfully.
95. I am glad I have more time to serve the Lord because I am single.
96. I could live more comfortably, but I choose not to in order to live with poor people.

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Session 18: Pressing Into God's Purpose

97. I can recognize talents and gifts in others, and find ways of using these for God.
98. I would rather work in secret than have my work recognized publicly.
99. I give liberally and joyfully to people in financial need or to kingdom projects requiring support.
100. I experience joy when I design and make things that help the church and enhance its ministry.
101. I believe God has used my training, experience and abilities to prepare me to serve as CFO (or to support the CFO's duties) within the ministry.
102. I do NOT feel uncomfortable when people drop in unexpectedly.
103. I enjoy visiting in hospitals and retirement homes, and feel I do well in such a ministry.
104. People tell me that I am gifted in how I appropriately and winsomely relate to people.
105. Sometimes I have a strong sense that God wants to heal someone through my prayers or words.
106. The Holy Spirit leads me to pray for impossible things that really come true.
107. I have actually heard a demon speak in a loud voice.
108. Praying for others is one of my favorite ways of spending time.
109. It is enjoyable to motivate people to a higher spiritual commitment.
110. I have verbally given confidence to the wavering, the troubled, or the discouraged.
111. I can quickly anticipate the practical and spiritual consequences of a decision or action.
112. I sometimes find I know things that I have never learned, which are confirmed by mature believers.
113. People have told me that I have communicated timely messages that must have come directly from the Lord.
114. I can judge well between the truthfulness and error of a given theological statement.
115. I devote considerable time to learning new Biblical truths in order to communicate them to others.
116. I minister better to the spiritually unborn than to believers.
117. People have told me they were moved by the Holy Spirit through my singing or playing music.
118. I have been led to give a public message in tongues which was interpreted.
119. When I hear others speak in tongues, I am compelled to explain the meaning.
120. People have been touched spiritually by things I have either written, created, spoken in creative ways, (master of ceremonies, radio host, television personality), performed (drama, dance) or produced (lighting, sound, video).
121. I am able to cast a vision that inspires others to greater involvement in church work, and enjoy the process.
122. I am sought out for mentoring by growing church and ministry leaders.
123. More than most, I have had a strong desire to see people of other countries won to the Lord.
124. I feel a call from God to be the spiritual leader of a group of Christians.
125. I am ready to try the impossible if I am convinced it is God's will because I have a great trust in God.
126. My friends would describe me as a forceful person for the Kingdom of God.
127. I am single and have little difficulty controlling my sexual desires.
128. Living a simple lifestyle is an exciting challenge for me.

Session 18: Pressing Into God's Purpose

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129. People sometimes look to me for guidance in coordination, organization, and ministry opportunities.
130. If someone is facing a serious crisis, I enjoy the opportunity to help them.
131. I strive to find ways to give to others without calling attention to myself.
132. I feel compelled to use my hands to craft things that show the beauty of God's creation.
133. I see wasted resources everywhere I go, and strive to help people and organizations maximize their resources.
134. The comfort of a visitor is one of my highest priorities.
135. Sometimes I am overcome with emotion for the person I am praying for.
136. People seem to come to the gatherings that I plan and facilitate, and openly share their lives in my presence.
137. In the name of the Lord, I have prayed for others and physical healing has actually occurred.
138. People have told me that I was God's instrument to bring supernatural change in lives or circumstances.
139. I have spoken to evil spirits and they have obeyed me.
140. Others have told me that my prayers for them have been answered in tangible ways.
141. I can identify with weakness and temptation so as to encourage people to repent and believe.
142. People who are feeling perplexed sometimes come to me for comfort.
143. People with spiritual problems seem to come to me for advice and counsel.
144. God has given me words to say in witnessing situations that surprised even me.
145. Through God I have revealed specific things that will happen in the future.
146. I can quickly recognize whether or not a person's teaching is consistent with God's word.
147. I feel I can communicate Biblical truths to others and see resulting changes in knowledge, values, or conduct.
148. I'm troubled when people and churches are not reaching out and calling the lost toward salvation in Christ.
149. I sense the presence of God when I use my musical talents to sing or play Christian music.
150. When I speak in tongues, I believe it is edifying to the group I am with.
151. My interpretation of tongues has been confirmed by mature believers.
152. I sometimes prefer to write down, draw or create images of my thoughts about God rather than speaking them out loud.
153. God motivates others to obey Christ by the living testimony of my life.
154. God has used me to establish new ministries and churches that meet vital Kingdom growth needs.
155. People of a different race or culture have been attracted to me, and we have related well.
156. God has given me the ability to teach and preach spiritual truth.
157. I have believed God for the seemingly impossible and seen it happen in a tangible way.
158. I have felt God's strength empowering me to stand against persecution and serve my enemies.
159. I am single and feel indifferent toward being married.
160. I feel that I can best fulfill God's calling on my life by living simply.

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Session 18: Pressing Into God's Purpose

Response 129-160 Enter 1 - 10	Response 97-128 Enter 1 - 10	Response 65-96 Enter 1 -10	Response 33-64 Enter 1 - 10	Response 1-32 Enter 1 - 10		Sum of first 5 columns	Rank in order highest to lowest	Name of Spiritual Gift / Talent
129	97	65	33	1				Administration
130	98	66	34	2				Helps/Service
131	99	67	35	3				Giving
132	100	68	36	4				Craftsmanship
133	101	69	37	5				Stewardship
134	102	70	38	6				Hospitality
135	103	71	39	7				Mercy/Compassion
136	104	72	40	8				Community Builder
137	105	73	41	9				Healing
138	106	74	42	10				Miracles
139	107	75	43	11				Deliverance/Exorcism/ Ekbballism
140	108	76	44	12				Intercession/Prayer
141	109	77	45	13				Exhortation/Disciple Maker
142	110	78	46	14				Encouragement
143	111	79	47	15				Wisdom
144	112	80	48	16				Knowledge
145	113	81	49	17				Prophecy
146	114	82	50	18				Discernment/Distinguishing Spirits
147	115	83	51	19				Teaching
148	116	84	52	20				Evangelism/Evangelist
149	117	85	53	21				Music/Worship Leader
150	118	86	54	22				Tongues
151	119	87	55	23				Interpretation of Tongues
152	120	88	56	24				Creative Communication
153	121	89	57	25				Leadership
154	122	90	58	26				Apostleship/New Ministry Developer
155	123	91	59	27				Missionary
156	124	92	60	28				Pastor/Shepherd
157	125	93	61	29				Faith
158	126	94	62	30				Martyrdom
159	127	95	63	31				Celibacy
160	128	96	64	32				Voluntary Poverty

Analysis Instructions Spiritual Gifts Test - Analysis Sheet

Analysis:

1. First, look over the Analysis Sheet to make sure you have entered a number from 1 to 10 in each of the 160 pre-numbered Response Boxes. If you left any of the boxes empty, go back to the corresponding question(s) and enter your response.
2. Now, unfold the Analysis Sheet. Calculate the sum of the 5 responses in each horizontal row and enter it in the Sum column. You need to do this for each of the 28 rows of responses. Each sum should be a number between 5 and 50.
3. Next, look over the 32 numbers you have just entered in the vertical Sum column. Look for the highest number you can find (for example 47). Now, place an "A" in the Rank column for the row with the highest Sum. If there is more than one row with this same high number, place an "A" in the Rank column for each.
4. (If you placed an "A" in 3 or more Rank boxes, then skip this step) - Look for the second highest number (for example 43). Place a "B" in the Rank column for each row with this number.
5. (If you placed an "A" or "B" in 3 or more Rank boxes, then skip this step) - Look for the third highest number and place a "C" in the Rank column for each row with this number.
6. Now look at the Name of the Spiritual Gift/Talent beside the Rank boxes where you entered "A," "B," or "C." These are the Spiritual Gifts and Talents that it seems God has given to you.
7. You can find out more about your Spiritual Gifts and Talents by reading the Spiritual Gifts Definitions in Appendix F of your workbook.
8. A reminder about Spiritual Gifts and Original Abilities: Some of these "gifts" are obviously Spiritual Gifts. Others are debatable. However, it is not particularly important whether a certain ability is a Spiritual Gift, a blessing from God, a God-given talent, an inherited trait, a natural human ability, or something learned. The thing that is important is that we discover what Gifts are more pronounced in us and to learn how to use them to serve God. God is just as pleased when we use a learned ability to serve Him as He is when we use a Spiritual Gift to serve Him. The key is to discover our capabilities (Spiritual Gifts and Original Abilities) and learn to use them to love, worship, and serve God and others.

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Discussion and reflection questions journal:

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

Session 19: The Power of Believing

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Homework Journal - question #2

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1. Journal through the discussion and reflection questions in your workbook and using the Cycle of Renewal and the Belief Model process any strong areas of sin in your life.
2. Spend time journaling and reflecting this week using your Genogram to think through the Generational Sin and Virtue patterns by answering the question, “what comes to mind as you think through the Seven Deadly Sins and Seven Life Giving Virtues and your family?”

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

Session 20: The Seven Deadly Sins

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

Homework Journal - question #2

[illegible]

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1. Journal through the discussion and reflection questions in your workbook.
2. Spend time journaling and reflecting upon the disciplines of abstinence and engagement, and the Holy Spirit's role in guiding you towards the right disciplines for your growth.
3. Spend time journaling about your spiritual pathways and how you can better connect with God by understanding your Characteristics, Strengths, Cautions and Ways to Stretch.
4. Using the definitions of the Spiritual Disciplines (Appendix I of your workbook) and your Weekly Compass, prayerfully strive to discern which spiritual disciplines God is challenging you to engage in by filling in the disciplines section of your weekly compass for each role.
5. Share these findings with a mentor and a member of your Inner Circle and ask them to help you apply what you are learning.

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

Session 21: The Joy of Discipline

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Homework Journal - question #2

Homework Journal - question #3

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Session 21: The Joy of Discipline

Weekly Planning Compass

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

Connecting to God in Your Being

Role	Key Disciplines	Tasks/Appointments
Heart		
Soul		
Mind		
Strength		

Contagious Community

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

Calling

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

Session 21: The Joy of Discipline

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Disciplines for Being Human:

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

Disciplines for Contagious Community:

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

Disciplines for Calling of Servanthood:

Role	Discipline
Minister of Compassion	Secrecy, Service and Sacrifice while serving the “poor in our world” and compassionately loving them as led by God. This includes but is not limited to visiting the sick and prisoners, and clothing and feeding those in need
Steward of Resources	Simplicity, Frugality, Saving, Sacrifice and Giving/Tithing while stewarding God’s resources
Empowered Servant	Teaching, Service, Sacrifice and Fellowship through the regular exercising of your spiritual gifts while serving on ministry teams
Calling Mentee/Mentor	Guidance, Study and Submission while meeting regularly with mentors; studying books, tapes, videos and classes which help us grow in our task and relationship excellence. Also to meet regularly with others who seek us out for mentoring
Professional	Diligent Earner through faithful accomplishment of tasks; Friendship Evangelism through relationship excellence while serving as unto the Lord

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1. Journal through the discussion and reflection questions in your workbook and reflect upon the Law of Growth and its implications for your life. Specifically consider your current life experience with Accountability, Process and Perseverance.
2. Complete the planning sheets in your homework by thinking through three roles in your life using the Role Planning Worksheets.
3. Briefly complete the Long and Short Range Goal Planning Worksheets in order to create the big picture of your Growth Plan.
4. Once you have completed these worksheets, share your findings with a mentor and a member of your Inner Circle asking them for their wisdom and feedback into your new spiritually discerned Growth Plan for your life.

[illegible]

Session 22: Godly Goal Setting

Session 22: Godly Goal Setting

Homework Session 22

Role Planning Worksheets

Role: _____

Thinking about this role

Milestones: (What milestones have I accomplished in this area of my life? What am I proud of doing that has helped me grow toward God's will for my life?)

Ideas: (What are some of the ideas for growth or opportunities that I thought would be good to try?)

Roadblocks: (What are the obstacles in my way that discourage me from trying ideas that I have for growth?)

Resources: (What are the resources that I have at my disposal that I could leverage to help me grow in this role?)

Homework Session 22

Role Planning Worksheets

Planning for this role

Five Year Goals: (In general and specific, what would I like my life to look like in regard to this area/role of my life five years from today?)

Two Year Goals: (In general and specific, what would I like my life to look like in regard to this area/role of my life two years from today?)

One Year Goals: (In general and specific, what would I like my life to look like in regard to this area/role of my life one year from today?)

Three Month Goals: (In general and specific, what would I like my life to look like in regard to this area/role of my life three months from today?)

Daily/Weekly Disciplines: (What are the Spirit-discerned daily or weekly disciplines that I feel God prompting me to engage in at this time?)

Projects: (What are some of the projects that I feel led to do for the next three months that will strategically grow me in this area/role of my life?)

Session 22: Godly Goal Setting

Homework Session 22

Role Planning Worksheets

Role: _____

Thinking about this role

Milestones: (What Milestones have I accomplished in this area of my life? What am I proud of doing that has helped me grow toward God's will for my life?)

Ideas: (What are some of the ideas for growth or opportunities that I thought would be good to try?)

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Three Month Goals: (In general and specific, what would I like my life to look like in regard to this area/role of my life three months from today?)

Daily/Weekly Disciplines: (What are the Spirit-discerned daily or weekly disciplines that I feel God prompting me to engage in at this time?)

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Session 22: Godly Goal Setting

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One Year Goals: (In general and specific, what would I like my life to look like in regard to this area/role of my life one year from today?)

Three Month Goals: (In general and specific, what would I like my life to look like in regard to this area/role of my life three months from today?)

Daily/Weekly Disciplines: (What are the Spirit-discerned daily or weekly disciplines that I feel God prompting me to engage in at this time?)

Projects: (What are some of the projects that I feel led to do for the next three months that will strategically grow me in this area/role of my life?)

Session 22: Godly Goal Setting

Category	Identity Role	Weekly/Daily Disciplines	3 Month Goals	1 Year Mega Goals
Christ Follower				
	Heart			
	Soul			
	Mind			
	Strength			
Community Member				
	Inner Circle			
	Relative/ Parent			
	Member (Worship/ Small Group)			
	Mentee/ Mentor (Personal)			
	Ambassador/ Friend			

Session 22: Godly Goal Setting

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Category	Role	Weekly/Daily Disciplines	3 Month Goals	1 Year Mega Goals
Called Servant				
	Steward of Resources			
	Minister of Compassion			
	Empowered Servant			
	Mentee/ Mentor (Professional)			
	Professional Role:			
	Professional Role:			
	Professional Role:			
	Professional Role:			

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Session 22: Godly Goal Setting

Category	Identity Role	Milestones	Ideas	Roadblocks
Christ Follower				
	Heart			
	Soul			
	Mind			
	Strength			

Session 22: Godly Goal Setting

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Resources	1 Year Goals	2 Year Goals	5 Year Goals

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Session 22: Godly Goal Setting

Category	Identity Role	Milestones	Ideas	Roadblocks
Community Member				
	Inner Circle			
	Relative/ Parent			
	Church Member			
	Mentee/ Mentor			
	Ambassador			

Session 22: Godly Goal Setting

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Resources	1 Year Goals	2 Year Goals	5 Year Goals

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Session 22: Godly Goal Setting

Category	Identity Role	Milestones	Ideas	Roadblocks
Called Servant				
	Steward of Resources			
	Empowered Servant			
	Minister of Compassion			
	Mentee/ Mentor (Professional)			
	Profession Role:			
	Profession Role:			
	Profession Role:			
	Profession Role:			

Session 22: Godly Goal Setting

OMEGA

Life Spring Network

Resources	1 Year Goals	2 Year Goals	5 Year Goals

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

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1. Journal through the discussion and reflection questions in your workbook by reflecting upon your current life experience with planning and using a time management system.
2. Complete the Weekly Compass you began in Session 21 by adding in the Key Tasks and Appointments that you discerned.
3. Using the blank calendar pages provided or a day timer, plan your life for the next month.
4. Once you have completed these worksheets, share your findings with a mentor and a member of your Inner Circle asking for their wisdom and feedback into your new spiritually discerned Growth Plan for your life.

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

Homework Session 23

Weekly Planning Compass

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

Connecting to God in Your Being

Role	Key Disciplines	Tasks/Appointments
Heart		
Soul		
Mind		
Strength		

Contagious Community

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

Calling

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

Session 23: Aligning with God

Homework Session 23

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

Week: _____ Year: _____

Time	Sunday /	Monday /	Tuesday /	Wed /	Thursday /	Friday /	Saturday /
1:00							
2:00							
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Session 23: Aligning with God

OMEGA

Homework Session 23

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

Week: _____ Year: _____

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

Life Spring Network

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

Session 23: Aligning with God

Homework Session 23

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

Week: _____ Year: _____

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

Session 23: Aligning with God

OMEGA

Life Spring Network

Homework Session 23

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

Week: _____ Year: _____

Time	Sunday /	Monday /	Tuesday /	Wed /	Thursday /	Friday /	Saturday /
1:00							
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10:00							
11:00							
12:00							

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

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1. Journal through the discussion and reflection questions in your workbook by reflecting upon who you are becoming and your current life experience with training.
2. Look at the Fruit of the Spirit and reflect on your current experience with fruit bearing. Listen for the factors God brings to mind that inhibit Him from bearing fruit in and through your life. Using the tools contained in Omega, try to discover the root cause of this sin or negative belief and the path to God's abundant life.
3. If you haven't already, find a mentor or multiple mentors and process your Omega experience with them.

Discussion and reflection questions journal:

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

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

Session 24: Training for Abundant Living

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

References

1. Adapted from Willow Creek Community Church. *New Member Seminar*. [http://www.willowcreek.org/spiritual formation/membership/5gs.asp](http://www.willowcreek.org/spiritual%20formation/membership/5gs.asp) (Accessed 7 June 2007).
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4. Frost, Jim. 1998. Interview by author, 8 March, Cumberland, RI. Personal Communication.
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