

# OMEGA

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



## Site Coordinator and Trainer Handbook



LifeSpring  
NETWORK

## Life Spring Network Seminar

### Facilitator and Life Coach: Jason Pankau

#### Quick Bio:



#### Jason K. Pankau

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Jason brings a multi-faceted background of leadership and wisdom to people and organizations with whom he works. God currently uses him as a life coach and consultant to executives, mentor to pastors and Christian leaders, sought-after speaker, creator of Christian training seminars and best-selling author. Jason is a former two-sport All-American athlete, serving as captain of the Brown University football team and national qualifier in the discus.

In addition to being the senior pastor of two church plants in New England, he served on the staff of Stanwich Church in Greenwich, CT for six years. During this time, he developed the Omega Course and his mentoring ministry, which Stanwich commissioned him to share with the church at large through the creation of the Life Spring Network in 2006. From 2009-2014, he worked with Trinity Church in Roselle, IL to transform their leadership and congregation into a holistic, transformational disciple-making community. In 2014, he was commissioned to lead the LUKE project which focused on revitalizing five congregations in the city of Chicago. In 2017, his family moved to the inner city of Chicago to plant Chicago Hope Church, a multi-cultural, disciple-making community on the Near West Side of Chicago. This is where they expanded their family and took in students and people from the community in need. This ministry is called the Hope House for Christian N.U.R.T.U.R.E.

As a life-long learner, Jason has earned a B.A. in Business Economics and in Organizational Behavior and Management from Brown University and a Masters of Divinity degree from Southern Theological Seminary. He is a graduate of the Arrow Leadership Program, completed course work for his Doctorate in Christian Leadership at Gordon-Conwell Theological Seminary, studied Lutheran doctrine and the Reformation at Concordia Seminary, and is currently finishing his doctorate in Christian Community Development at Northern Seminary. Jason is married and has four children.

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

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## Welcome

Welcome to the Omega Site Coordinators and Trainer Handbook. Inside you'll find everything you need to know about how to facilitate an Omega Course in your own context and according to your own needs. From a small group of 3 to a large group of 30,000...it's all inside.

First, you'll find a Site Coordinator planning guide, complete with role portraits and a full year planning checklist that addresses all of the logistical needs for successfully conducting an Omega Course.

If you are planning on utilizing a live teacher for the Omega Course (instead of the DVD's), be sure to check out the Trainer Planning Guide section of this handbook. You will find complete outlines, time frames, trainer notes and space to record God sightings that will ensure a rich and full experience for all Omega participants.

Lastly, you'll find reproducible resources that you can track, personalize and promote your Omega Course right away.

We recommend you get a copy of the Omega Course on DVD and your own personal workbook as soon as possible.

We invite you to explore the additional resources available on our website or give us a call at the Life Spring Network offices. We're here to help!



The background of the page is composed of large, solid-colored blocks in shades of green and yellow. On the right side, there is a vertical strip containing a stylized illustration of a tree with a thick trunk and many thin, dark branches. The tree is rendered in a painterly style with visible brushstrokes. The title text is centered over the green blocks on the left.

# Site Coordinator Planning Guide

# Site Coordinator Planning Guide



## OMEGA: HOW?

We have developed a comprehensive blueprint for you and your group or organization to dive into the deepest levels of discipleship the way it was meant to be experienced: together. Integrating all of Life Spring Network's Services (Speaking, Seminars, Resources, Consulting and Life Coaching/Mentoring) meets your personal and organizational needs for any season of growth.

### Stimulus

Inspirational Speaking and Seminars

### System

The Omega Experience

### Soil Preparation

Connection Culture Seminar and Sermon Series

### Strategic Foundation Building

Mentoring Connection Seminar and Mentor & Leadership Training

### Substance

The Omega Course

### Sustenance

Life Coaching, Mentoring, Follow-up Seminars and Conferences

## Partnering with Life Spring Network

Following is a five-step strategy for partnering with Life Spring Network that will maximize your group's Omega Experience.

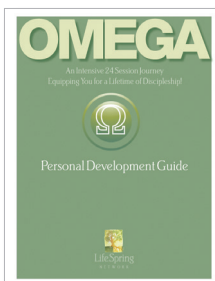
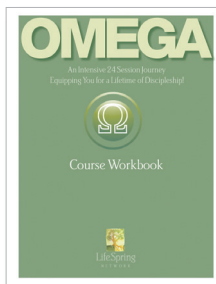
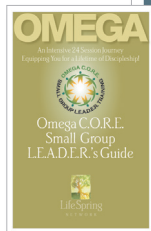
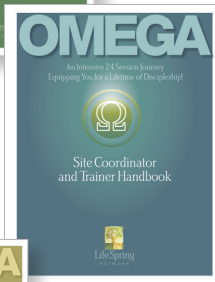
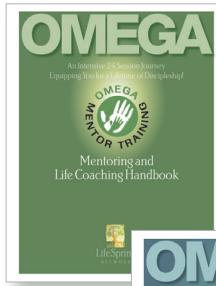
### 1. Connect with Life Spring Network

Attend a Taste of Omega presentation in your area or invite one of our staff or certified facilitators to sit down with your key staff and leadership team to explore the intricacies of the Omega Experience for your unique situation.

# Site Coordinator Planning Guide

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## 2. Train your key leaders to live it and lead others through it.

- Host or attend a **two-day Leading the Omega Experience Conference** in your area for your key leaders who will serve as the primary mentors, Small Group Leaders and ministry team coordinators during the Omega Experience. During our time together, we will:
  - Train your leaders how to effectively and efficiently lead an Omega Course, facilitate dynamic small groups and begin growing as transformational mentors.
  - Model mentoring through live mentoring experiences which will train your leaders to understand the essentials of reproductive transformational ministry through the establishment and growth of a mentoring network.
  - Equip you to understand the Omega Course content, resources and follow-up seminars and strategies to aid your people along the journey of transformation.
- Train your small group leaders with the Omega C.O.R.E. Small Group L.E.A.D.E.R. training before the Church-wide Omega Course.

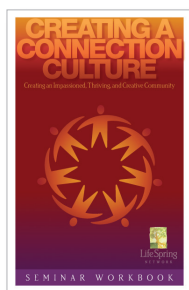
## 3. Prepare the Soil and Lay the Strategic Foundation

- Have all your key leaders take the Omega course together either live or on DVD, develop their own personal growth plans and begin mentoring one another. Omega is built to be flexible, so this can be done as fast as you feel your leaders are capable of absorbing the material.
- Teach a few sermons on the importance of disciple making.
- Do one or both of our pre-Omega Course seminars: Soil: Creating A Connection Culture, Strategy: The Mentoring Connection.

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



# Site Coordinator Planning Guide



## Soil: Creating a Connection Culture

Imagine creating an environment where members have everything they need to really thrive. In four hours, the Connection Culture seminar will teach you how to do just that. Based on the book, *Fired Up or Burned Out*, co-authored by Jason Pankau, you will explore how to develop:

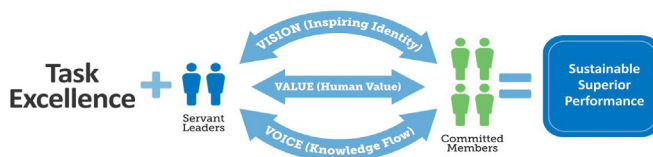
### Three Core Elements:

- Inspiring Identity
- Human Value
- Knowledge Flow

### Two Enabling Elements:

- Committed Members
- Servant Leaders

### The Connection Culture



## Strategy: The Mentoring Connection

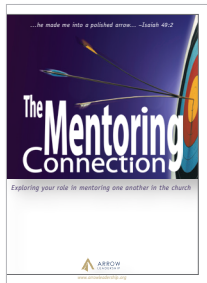
The Mentoring Connection Seminar provides a great first-step in training people to mentor one another in the church.

In four hours, the Mentoring Connection Seminar equips participants to become reproductive disciple-makers based on Jesus' model by teaching them how to combine the strategy of mentoring...



# Site Coordinator Planning Guide

OMEGA



## Carson Pue's Mentoring Matrix Adapted <sup>1</sup>



...with the substance

Sustaining:

Implementing:

Visioneering:

Freeing Up:

Awareness:



## 4. Church-wide Omega Campaign

- Take your church community through the 24 session church-wide Omega campaign. Churches have found it helpful to host Launch Omega Weekends (sign-ups generally triple) where a LSN speaker teaches the Mentoring Connection or Creating a Connection Culture seminar and speak at the weekend services. These experiences are designed to peak people's interest in reproductive disciple-making through mentoring.

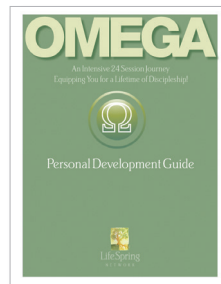
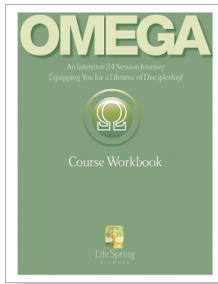


1. Pue, Carson, 2006. *Mentoring Leaders: Wisdom for Developing Character, Calling and Competency*. Grand Rapids: Baker Publishing.

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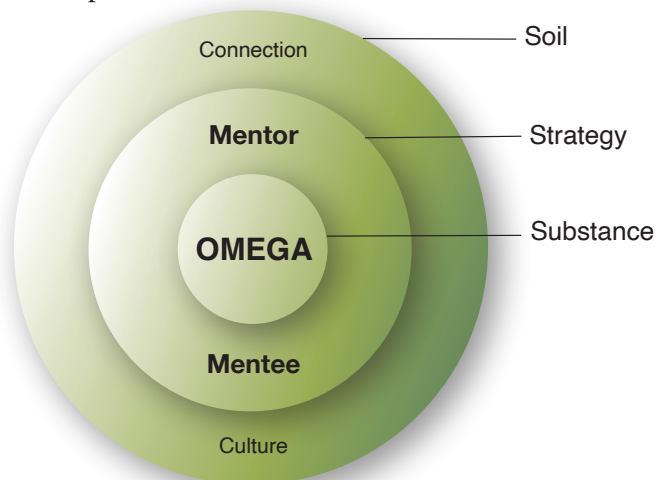


## A Typical Omega Evening

- 30 minutes dinner/light meal
  - 10 minutes worship, review previous session and announcements
  - 60-90 minutes presentation and integrated discussion time:  
DVD of session or live talk
  - 45-60 minutes group discussion of presentation  
Small group leaders are facilitators of conversation not Bible teachers!
  - Go home and do homework and devotionals all week.
- Topical preaching concurrent with the Omega Course content expands and maximizes the journey.
  - Harness the transformational power of the Omega Course by facilitating the entire Omega Experience: combining the Substance of Omega with the Strategy of Mentoring in the Soil of Connection.

## The Omega Experience: Soil, Strategy, Substance

True discipleship is a life-on-life process. The Omega Experience provides you with the ingredients you need to facilitate this on both a personal and a corporate level.



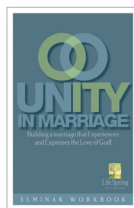
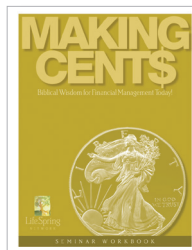
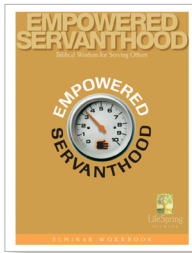
### *Substance: Omega*

The substance of the Omega Course is most effective when supported by mentoring relationships in an environment that fosters true connection.

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## 5. Growing Your Mentoring Network

Continue to grow mentoring in your church through:

- Omega Mentor and C.O.R.E. Small Group L.E.A.D.E.R. training
- More Omega Courses
- Mentor community gatherings
- Post-Omega Course follow-up seminars
- Other mentor training retreats and conferences

## The Omega Experience

The Omega Experience introduces and reinforces four vital aspects of the reproductive disciple-making process while creating a common understanding about what discipleship is and what to expect along the journey.

- It introduces them to dynamic fellowship and a covenant group experience during the Omega Course journey.
- It introduces them to Christian training through the Omega Course and other seminars in the Omega Experience.
- It leads people into a lifestyle of mentoring, utilizing the four different types of mentoring.
- It equips each person to create a personal growth plan and guides them towards resources that facilitate holistic life stewardship and reproductive disciple-making.

## Reproductive Disciple Making

People are exposed to four vital aspects of reproductive disciple-making during the Omega Experience.

### Fellowship

A Covenant Growth Group Experience organized around where people are on their journey

- Exploring Christ
- Growing in Christ
- Close to Christ
- Christ-centered

### Training

Discipleship Training through Speaking Seminars, Courses and Conferences

- Creating a Connection Culture
- Mentoring Connection
- 24 Session Omega Course
- Making Cent\$
- Empowered Servanthood
- U.N.I.T.Y. in Marriage
- Mentoring Conferences

### Mentoring

Motivation, guidance for the journey and encouragement to participate in different kinds of mentoring relationships

- Intentional
- Occasional
- Passive
- Peer

### Equipping

Resources for the journey

- Omega Experience Workbooks, Guides and Handbooks
- DVDs, CDs and MP3 downloads
- Workbooks for our other seminars
- Live trainer training and resources (PowerPoints and Video Clips)
- Free and recommended resources online to aid mentors in guiding mentees
- LSN Blog



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

# Site Coordinator Planning Guide

## Selecting Your Team

Select team members based on the number of participants.

### Small Group (3-24 Participants)

- Omega Site Coordinator
- Small Group Leader(s)
- Omega Mentor(s)

### Medium Group (25-124 Participants)

- Omega Site Coordinator
- Worship Leader and Coordinator
- Small Group Leader Coordinator
- Mentoring Coordinator
- Logistics Coordinator
- Culinary Coordinator
- Small Group Leaders
- Prayer Team

### Large Group (125 + Participants)

- Omega Site Coordinator
- Worship Leader and Coordinator
- Small Group Leader Coordinator
- Mentoring Coordinator
- Logistics Coordinator
- Culinary Coordinator
- Materials Coordinator
- Treasurer and Finances Coordinator
- Small Group Leaders
- Prayer Team Leader
- Greeters/Ushers Coordinator



# Site Coordinator Planning Guide

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## Team Role Portraits

### Site Coordinator

Responsible for the spiritual leadership and coordination of the entire Omega Experience and follow-up seminars.

#### Specific Responsibilities:

- Provides spiritual leadership for all aspects of the Omega Experience and follow-up seminars including weekly sessions, ministry times, and retreat experiences.
- Provides guidance for all practical aspects of the Omega Experience as needed.
- Determines with church staff if the site will be a LIVE or DVD site.
- Oversees the selection of all Coordinators, and in conjunction with the Small Group Coordinator oversees Small Group Leaders.
- Is sensitive to the spiritual and emotional needs of all Omega team members and is committed to them in prayer.
- Represents the Omega Experience and Life Spring Network Ministry in all necessary church committee and board meetings.
- Schedules and oversees all Omega team meetings.

### Worship Leader and Coordinator

Oversees all aspects of worship times during the weekly Omega Sessions and Retreat Experiences.

#### Specific Responsibilities:

- Selects songs for weekly Omega Sessions and Retreat Days.
- Selects a team of musicians whose lives represent the Christian faith well.
- Oversees the arrangements, set up and breakdown of all sound equipment for the weekly Omega Sessions as well as the Know Thyself Day.
- Oversees the provision of song power point slides, overheads or song sheets for weekly Omega Sessions and Know Thyself Day.



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# Site Coordinator Planning Guide

## Small Group Leader Coordinator

Recruits, oversees, and encourages Small Group Leaders.

### Specific Responsibilities:

- With the Site Coordinator, oversees the selection and training of Small Group Leaders.
- Is available to all Small Group Leaders, supports, encourages and prays for them regularly.
- Organizes and oversees the Small Group Leader training.
- Provides follow-up accountability for Small Group Leaders.

## Mentoring Coordinator

Recruits, oversees, and encourages Intensive, Occasional and Peer Mentors.

### Specific Responsibilities:

- With the Site Coordinator, oversees the selection and training of Recommended Omega Mentors.
- Is available to all Mentors for one-on-one mentoring, encouragement and prayer support.
- Organizes and oversees the Omega Mentor Training Seminars.
- Provides follow-up accountability, encouragement and training for mentors through Mentor Community Gatherings.

## Logistics Coordinator

Oversees the logistics and practicalities of the physical setting of the weekly Omega Course and Retreat Experiences.

### Specific Responsibilities:

- Ensures availability of practical participant resources including: tables, chairs, name tags, pens and markers.
- Highlights the location of the restrooms.
- Regulates room temperature and humidity.
- Oversees all A/V resources related to the Omega Course.
- Works with church leadership to ensure compliance with all insurance regulations.

# Site Coordinator Planning Guide

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## Culinary Coordinator

Assures that enough quality food and beverages (including snacks, drinks and dessert) are prepared and available for each weekly Omega Course and Retreat Experiences.

### Specific Responsibilities:

- In conjunction with the Site Coordinator, plans the menu for each weekly dinner OR works with a caterer to provide weekly meals.
- Assembles preparation, cooking, and provision crews.
- Oversees the purchase and distribution of all food, beverages and related needs (plates, silverware, napkins, hot and cold beverage containers, ice, etc.).

## Materials Coordinator

Oversees the acquisition and distribution of all Life Spring Network and Omega Course materials including promotional print and electronic media, Mentoring and Life Coaching Handbooks, C.O.R.E. Small Group L.E.A.D.E.R. Guides, Omega Course Workbooks, Personal Development Guides and DVD and CD sets of the Omega Course. Also order as many workbooks as are necessary for the pre-Omega Course church-wide seminars like Creating a Connection Culture and the Mentoring Connection.

### Specific Responsibilities:

- Works in conjunction with the Site Coordinator to order, reproduce, and distribute all promotional materials.
- Ensures the provision of adequate numbers of mentor, leader and participant resources.
- Oversees the reception and distribution of funds for all resources in conjunction with the Treasurer.
- Organizes and facilitates the sign-up, registration, and sign-in processes.



## Treasurer and Finances Coordinator

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

## Site Coordinator Planning Guide

Responsible for the handling of all budgets and finances related to the Omega Course.

### **Specific Responsibilities:**

- Prepares a budget for all aspects of the Omega Course including resources, costs of food and beverages, and any other logistical needs.
- Meets with church treasurer/business manager to comply with and integrate church policies and procedures pertaining to the handling of funds.
- Oversees payment for all Omega Course expenditures.
- Establishes a system of accountability for all Omega Course income and expenditures.
- Assists in raising scholarships for individuals in conjunction with the church leadership and Site Coordinator.
- Is responsible for the lock box at all times.

### **Greeters and Ushers Coordinator**

Responsible for the hospitable reception of and direction of Omega participants during weekly Omega Session and Retreat Experiences.

### **Specific Responsibilities:**

- Is familiar with the flow of sign-in, registration and materials distribution processes and directs participants accordingly.
- Assists the Materials Coordinator with the sign-in, registration and materials distribution processes.
- Is available to participants throughout the Sessions for personal needs and direction.



# Site Coordinator Planning Guide

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## Prayer Team Leader

Responsible to intercede for the Omega Course and all involved participants for the duration of the Course and respond to specific prayer requests as needed. The Prayer Team serves as the most essential element of the group's journey through Omega. The importance of their presence, purpose, and position cannot be overstated.

### Specific Responsibilities:

- Rotates teams to pray on-site during the weekly Omega Sessions.
- Prays during the week for all participants, volunteers and staff.
- Is available for intercession and personal prayer during the Retreat Experiences.

## The Omega Experience Planning Calendar

Here is a suggested calendar for churches to use in planning their Omega Experience, but obviously it is flexible and can easily be adapted to the specific needs of your organization.

**Early September:** Train leaders through hosting or attending a two-day Leading the Omega Experience Conference. This conference includes the Omega C.O.R.E. Small Group L.E.A.D.E.R. Training Seminar and the Omega Mentor Training Seminar. Begin building your ministry teams in preparation for the Church-wide Omega Campaign.

**Mid-September to Thanksgiving:** Leaders take the Omega Course and begin mentoring one another. While leaders are taking the Omega Course, teach the soil and strategic foundation-preparation seminars to the whole church.

Soil: *Creating a Connection Culture Seminar*

Strategy: *Mentoring Connection Seminar*

**Early January:** Train any new Small Group Leaders and mentors who were not able to go to the Leading the Omega Experience Conference.

**Mid January:** Launch the Church-wide Omega Campaign.



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

# Site Coordinator Planning Guide

## Flexibility of the Material

Omega is designed to adapt to the specific needs of your context. This flexibility exists on a number of different levels. Each church community and culture presents different scheduling challenges. We have created Omega to be able to flex with your church calendar.

The 24 sessions of the Omega Course can be structured several different ways to fit your church calendar. There is a natural break in the middle of the course. We have entitled the first 12 sessions “On Mission with God” and the last 12 sessions “Living God’s Mission.”

The course can be taught one session per week, two sessions per week (we recommend this pace for leaders only), or grouping four sessions together to create one-day retreat experiences:

Sessions 1-4: *Abundant Living Retreat Day*

Sessions 5-8: *Biblical Humanity Retreat Day*

Sessions 9-12: *Calling of Servanthood Retreat Day*

Sessions 13-16: *Committing to Transformation Retreat Day*

Sessions 17-20: *Know Thyself Retreat Day*

Sessions 21-24: *Running the Course Retreat Day*

## Session Format

The Omega materials adapt to audiences of any size. Smaller audiences easily allow for more live trainer interaction, feedback and small group discussion. With larger crowds, it will be important to facilitate more small group interaction.

## Session Grouping

As a trainer, you will be able to group sessions in a way that works for you and your group. The following table outlines a range of options that we have found to be successful.

# Site Coordinator Planning Guide

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## Sample Course Lengths

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Course Length	Participant Time Commitment per Meeting	Meeting Breakdown	Other Notes
24 Weeks	2 Hours	<ul style="list-style-type: none"> <li>• 1 Session,</li> <li>• 1 Group Discussion</li> </ul>	Integrate a shared meal whenever possible.
17 Weeks	2 Hours per Session 8 Hours per Retreat Day (8:30 a.m. - 4:30 p.m.)	Weekly Session: <ul style="list-style-type: none"> <li>• 1 Session,</li> <li>• 1 Group Discussion</li> </ul> Retreat Days: <ul style="list-style-type: none"> <li>• 4 Sessions,</li> <li>• 4 Group Discussions</li> </ul>	This seems to work into most calendars the best.
12 Weeks	3-4 Hours	<ul style="list-style-type: none"> <li>• 2 Sessions,</li> <li>• 2 Group Discussions</li> </ul>	For pastors and leaders only. This pace can prove too intense for inexperienced Christians, but may be appropriate for Christ-centered leaders.
6 weeks	8 hours (8:30 a.m. - 4:30 p.m.)	<ul style="list-style-type: none"> <li>• 4 Sessions,</li> <li>• 4 Group Discussions</li> </ul>	For pastors and leaders only.
Personal Mentoring	2 Hours	<ul style="list-style-type: none"> <li>• 1 Hour DVD,</li> <li>• 1 Hour Mentoring</li> </ul>	Recommended for Experienced Mentors only.



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

# Site Coordinator Planning Guide

## Planning Checklist

### 9-12 Months in Advance of Church-Wide Omega Campaign

- ☐ Host or Attend a two-day Leading the Omega Experience Conference.
- ☐ Pray for guidance in the selection of Omega team members and commit this journey to ongoing prayer.
- ☐ Determine what aspects of your site will be LIVE or on DVD.
- ☐ For LIVE: schedule a Certified LSN trainer or decide who the live trainer or training team will be, get them certified and have them begin preparing to teach.
- ☐ For DVD: purchase the Omega Course DVDs, and all print resources to be able to properly facilitate the course.
- ☐ Begin scheduling the aspects of the Omega Experience you would like taught by an outside trainer, your own Live Trainer and on DVD. Call or e-mail Life Spring Network and schedule the Soil and Strategy preparation Seminars with a Certified Trainer or have your own certified trainer teach these seminars.
- ☐ Start the (24 week) Leaders Omega Course. Have your leadership team take the Omega Course together and begin mentoring one another.

### 7-9 Months in Advance

- ☐ DVD sites schedule the Launch Omega Weekend with a Life Spring Network Certified Trainer.
- ☐ LIVE sites utilizing a Life Spring Network Certified Trainer sign contracts and arrange for travel and accommodations.
- ☐ Select and secure (in writing) the meeting sites for:
  - Leaders Omega Course
  - The Launch Omega Weekend
  - The Weekly Church-wide Omega Sessions
  - Retreat Experiences

- ☐ Based on anticipated size of the course begin selecting your team:

Worship Leader and Coordinator

Small Group Leader Coordinator

Mentoring Coordinator

Logistics Coordinator

Culinary Coordinator

Materials Coordinator

Treasurer and Financial Coordinator

Greeters and Ushers Coordinator

Prayer Team Coordinator

### 6 Months in Advance

- ☐ Hold your first Omega team meeting: review and adjust timeline and articulate due dates. Distribute a copy to each team member.
- ☐ Treasurer develops a budget for the Weekly Omega Sessions and Retreat Days if any.
- ☐ Site Coordinator schedules pre-Omega Course church-wide Creating a Connection Culture Seminar.
  - Live: Schedule with a Life Spring Network Certified Trainer.
- ☐ Treasurer meets with the church treasurer/business manager to learn about church policies and procedures in the handling of funds, and integrates these practices into the planning. Then develops a system of accounting for all income and expenses.
- ☐ Logistics Coordinator meet with the appropriate Church Leader to discuss insurance issues and ensure all related and necessary paperwork is completed.
- ☐ All coordinators pray for guidance in the selection of Small Group Leaders.



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## 5 Months in Advance

- ☐ Start the (12 week) Leaders Omega Course.
- ☐ Meet as an Omega team to pray and discuss progress, ask questions and make adjustments.
- ☐ Materials Coordinator orders promotional banners from Life Spring Network.
- ☐ Send letter of invitation to Small Group Leaders.

## 4 Months in Advance

- ☐ Conduct a Connection Culture Seminar.
- ☐ Meet as an Omega Team to pray and discuss progress, ask questions, and make adjustments.
- ☐ Site Coordinator meets personally with area churches to extend personal invitations to the regional Omega Course.
- ☐ Site Coordinator schedules pre-Omega Course church-wide Mentoring Connection Seminar.
- ☐ Live: Schedule with an Arrow Leadership Ministry Certified Trainer.
- ☐ Mentoring Coordinator schedules an Omega Mentor Training Seminar for additional leaders desiring to become Omega Mentors.
- ☐ Small Group Leader Coordinator schedules a C.O.R.E. Small Group L.E.A.D.E.R Training seminar for additional small group leaders.

## 3 Months in Advance

- ☐ Meet as an Omega Team to pray and discuss progress, ask questions, and make adjustments.
- ☐ Site Coordinator and Small Group Coordinator select Small Group Leaders (one for every 6-8 people).
- ☐ Site Coordinator and Small Group Coordinator schedule Small Group Leader Training.
- ☐ Materials Coordinator orders an adequate supply of resources. (Course Workbooks, Personal Development Guides, C.O.R.E. Small Group L.E.A.D.E.R.'s Guides, Mentoring and Life Coaching Handbooks, DVDs, CDs).
- ☐ Materials Coordinator posts Omega Course regional posters, local posters and banners.

## 2 Months in Advance

- ☐ Conduct a Mentoring Connection Seminar.
- ☐ Meet as an Omega Team to pray and discuss progress, ask questions and make adjustments.
- ☐ Site Coordinators work with senior church staff to announce and endorse participation in the Omega Course from the pulpit.
- ☐ Send letter of invitation to Greeters and Ushers.
- ☐ Worship Leader selects songs for both Weekly Omega Sessions and Retreat Days if any.
- ☐ Pray for guidance in selecting Prayer Team Members.
- ☐ Materials Coordinator makes Omega Course brochures available at the church during the week and for worship services.

## 4 Weeks in Advance

- ☐ Meet as an Omega Team to pray and discuss progress, ask questions, and make adjustments.
- ☐ Send letters of invitation to Prayer Team Members.
- ☐ Worship Leader begins practice with team.
- ☐ Materials Coordinator orders additional resources as needed from Life Spring Network.
- ☐ Materials Coordinator arranges for: distribution of handbills and DVD promo spot during worship services.
- ☐ Materials Coordinator arranges for Omega Course Sign-Up Sheets directly after the worship services.
- ☐ Logistics Coordinator oversees purchase of all other supplies: name tags, pens, markers, etc.
- ☐ Logistics Coordinator diagrams room set-up and selects set-up and clean-up crews.
- ☐ Culinary Coordinator selects preparation, cooking and provision crews.

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

# Site Coordinator Planning Guide

## 3 Weeks in Advance

- ☐ If kick starting the Omega Course with a Launch Omega Weekend the Site Coordinator works with a Life Spring Network Speaker and Church Teaching Team to coordinate speaking at the church worship services.
- ☐ Site Coordinator works with church staff to integrate Omega Testimonial into worship services.
- ☐ Culinary Coordinator plans weekly dinner menus or arranges for catering.

## 2 Weeks in Advance

- ☐ Prayer Team gathers together to pray for the upcoming Seminars.
- ☐ Site Coordinator and Small Group Leaders decide on a method for assigning participants to small groups.
- ☐ Worship Leader creates song power points, overheads or song sheets.

## 1 Week in Advance

- ☐ Prayer Team gathers together to pray for the upcoming Seminars.
- ☐ Logistics Coordinator confirms AV equipment, meets with set-up and clean-up crews, Greeters and Ushers.
- ☐ Culinary Coordinator confirms number of guests and meets with Culinary Team.

## Planning Checklist

(Assuming a 17 week time frame with Servanthood and Know Thyself retreat days)

### Week 1: Session 1

#### 5:30 p.m. Arrivals:

- ☐ Site Coordinator
- ☐ Culinary Coordinator and Culinary Team
- ☐ Logistics Coordinator and Set-up Team
- ☐ Materials Coordinator
- ☐ Worship Team (Sound Check)
- ☐ Small Group Coordinator

#### 6:00 p.m. Arrivals:

- ☐ Small Group Leaders
- ☐ Prayer Team

#### 6:15 p.m. Registration

#### 6:30 p.m. Site Coordinator/host prays for the meal

#### 7:00 p.m. Welcome, Introduction and Worship Highlight: Date and Location of Retreat Experiences

#### 7:15 p.m. Present Session 1: Life Stewardship

#### 8:30 p.m. Small Group Discussions/Coffee, Tea and Dessert

#### 9:15 p.m. Highlight: Homework and Devotionals in the Personal Development Guide

#### 9:30 p.m. Pray and Adjourn

# Site Coordinator Planning Guide

OMEGA

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## Week 2: Session 2

Present Session 2: *Unpacking Mission*.

Highlight: Homework.

## Week 3: Session 3

Present Session 3: *Abundant Living*.

Highlight: Homework.

## Week 4: Session 4

Present Session 4: *The Seven Values of Abundant Living*.

Highlight: Homework.

## Week 5: Session 5

Present Session 5: *Our Core Identity*.

Highlight: Homework, scheduled dates for the Empowered Servanthood Day.

## Week 6: Session 6

Present Session 6: *Being Fully Human*.

Begin sign-ups for Empowered Servanthood Day.

Post Empowered Servanthood Day posters in the presentation area and around the church.

Highlight: Homework, Empowered Servanthood Day.

## Week 7: Session 7

Present Session 7: *Essential Intimacy*.

Highlight: Homework, Empowered Servanthood Day.

## Week 8: Session 8

Present Session 8: *Contagious Community*.

Highlight: Homework, Empowered Servanthood Day.

## Pre Empowered Servanthood

### Day Meeting

Meet as an Omega Team to pray and go over the day's itinerary and site needs including:

#### Logistics:

- Parking
- Registration Procedures
- Greeters and Ushers
- Seating, Sight and Sound
- Contingency/Emergency Plans

**Worship:** Song List

**Small Groups:** Leader Roles and Responsibilities

**Culinary:** Meals, Refreshments and Distribution Stations

**Materials:** Additional Resource Table

**Prayer Team:** Location and Availability

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

# Site Coordinator Planning Guide

## Planning Checklist

### Empowered Servanthood Day

**8:00 a.m.** Omega Team Arrives:

- ☐ Site Coordinator
- ☐ Culinary Coordinator and Culinary Team
- ☐ Logistics Coordinator and Set up Team
- ☐ Worship Team (Sound Check)
- ☐ Materials Coordinator
- ☐ Small Group Coordinator and Small Group Leaders
- ☐ Prayer Team
- ☐ Greeters and Ushers

### Morning Session

**8:30 a.m.** Registration and Refreshments

**9:00 a.m.** Welcome, Introduction and Worship

**9:30 a.m.** Session 9: Called to Serve

**10:15 a.m.** Group and Individual Break-Out Sessions

**11:00 a.m.** Session 10: Stewarding Resources

**11:45 a.m.** Group and Individual Break-Out Sessions

**12:30 p.m.** Lunch

### Afternoon Session

**1:30 p.m.** Worship

**1:45 p.m.** Session 11: Empowered to Serve

**2:30 p.m.** Individual Break-Out Sessions

**3:15 p.m.** Session 12: The Freedom of Servanthood

**4:00 p.m.** Group and Individual Break-Out Sessions

**4:45 p.m.** Wrap-up and Announcements

**5:00 p.m.** Adjourn

### Week 9: Session 13

Present Session 13: *The Journey of Transformation*.

Highlight: Homework, scheduled dates for the Know Thyself Day.

### Week 10: Session 14

Present Session 14: *Choosing to Transform*.

Begin Sign ups for Know Thyself Day.

Post Know Thyself Day posters in the presentation area and around the church.

Highlight: Homework, Know Thyself Day.

### Week 11: Session 15

Present Session 15: *Resistance to Transformation*.

Highlight: Homework, Know Thyself Day.

### Week 12: Session 16

Present Session 16: *Blessings and Curses*.

Highlight: Homework, Know Thyself Day.

### Pre Know Thyself Day Meeting

Meet as an Omega Team to pray and go over the day's itinerary and site needs including:

#### Logistics:

- Parking
- Registration Procedures
- Greeters and Ushers
- Seating, Sight and Sound
- Contingency/Emergency Plans

**Worship Team:** Song List

**Small Groups:** Leader Roles and Responsibilities

**Culinary:** Meals, Refreshments and Distribution Stations

**Materials:** Additional Resource Table

**Prayer Team:** Location and Availability



# Site Coordinator Planning Guide

OMEGA

Life Spring Network

## Planning Checklist

### Know Thyself Day

**8:00 a.m.** Omega Team Arrives:

- ☐ Site Coordinator
- ☐ Culinary Coordinator and Culinary Team
- ☐ Logistics Coordinator and Set up Team
- ☐ Worship Team (Sound Check)
- ☐ Materials Coordinator
- ☐ Small Group Coordinator
- ☐ Small Group Leaders
- ☐ Prayer Team
- ☐ Greeters and Ushers

### Morning Session

**8:30 a.m.** Registration and Refreshments

**9:00 a.m.** Welcome, Introduction and Worship

**9:30 a.m.** Session 17: Realizing Life's Potential

**10:15 a.m.** Group and Individual Break-Out Sessions

**11:00 a.m.** Session 18: Pressing Into God's Purpose

**11:45 a.m.** Group and Individual Break-Out Sessions

**12:30 p.m.** Lunch

### Afternoon Session

**1:30 p.m.** Worship

**1:45 p.m.** Session 19: The Power of Believing

**2:30 p.m.** Individual Break-Out Sessions

**3:15 p.m.** Session 20: The Seven Deadly Sins

**4:00 p.m.** Group and Individual Break-Out Sessions

**4:45 p.m.** Wrap-up and Announcements

**5:00 p.m.** Adjourn

### Week 13: Session 21

Present Session 21: *The Joy of Discipline*.

Site Coordinator schedules any post-Omega Course church-wide seminars that people are interested in like Making Cent\$, Empowered Servanthood or U.N.I.T.Y. in Marriage.

Highlight: Homework, scheduled dates for the follow-up seminars.

### Week 14: Session 22

Present Session 22: *Godly Goal Setting*.

Begin Sign-ups for follow-up seminars.

Post follow-up seminar posters in the presentation area and around the church.

Highlight: Homework, follow-up seminars.

### Week 15: Session 23

Present Session 23: *Aligning with God*.

Highlight: Homework, follow-up seminars.

### Week 16: Session 24

Present Session 24: *Training for Abundant Living*.

Highlight: Homework, follow-up seminars, distribute and collect testimony and involvement forms.

### Week 17: Follow-up

Small Group Coordinator oversees Small Group Leader follow-up with each Omega participant.

Mentoring Coordinator sets up the first meeting (at least quarterly) of the trained mentors for encouragement and continual training.

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

# Site Coordinator Planning Guide

## Small Groups

Small Groups can be organized in a variety of ways through out the Omega Course journey.

- We recommend that you have people form groups within the first 2 sessions that they intend to stay with for the duration of the Course.
- As you plan your Omega Sessions and Retreat Days try to give these groups as much time together as possible.
- We also recommend that the group members be grouped together according to the stage of Spiritual Development that they find themselves in. In order to help you discover where people are in the journey we have included the Omega Self-Evaluation Questionnaire template in the resources section of this handbook to help you group people into 4 rough categories of Spiritual Development. These categories correspond to the categories of the Real Study done by the Willow Creek Association.
- They are Exploring Christ, Growing in Christ, Close to Christ and Christ-centered.
- We are trying to build Peer-Mentoring relationships through the covenant small group experience of the Omega Course. Our experience teaches us that this is done best by grouping people together according to each participant's self-evaluation of his/her spiritual maturity.

The background of the page is divided into three horizontal sections. The top and bottom sections are solid green, while the middle section is a lighter, yellowish-green. On the right side, there is a vertical strip containing an abstract illustration of a tree. The tree's trunk and branches are rendered in dark brown and black lines, with some areas filled with yellow and green. The foliage is represented by various shades of green and yellow, with some areas appearing as if they are made of brushstrokes or textured paint. The overall style is artistic and modern.

# Trainer Planning Guide



# Trainer Planning Guide

## Role of the Live Trainer

Your primary role as trainer of the Omega Course is that of facilitator. Beyond presenting the material, one of your greatest assets will be asking questions. You don't have to know all the answers. In fact, it's really better if you don't.

Allow the participants to explore the material with you as their guide. Invite people to interrupt and ask clarifying questions. Point to interesting finds along the way and help them create the space and room in their lives to be able to hear God and share their stories.

You will be sharing some of your own story along the way as well. Don't forget to share yourself! It's who you are and what God is doing in you that will help this material really come alive for the participants you work with.

## Preparing to teach each Session

**We reproduce who we are, not who we think we are.**

- It is vitally important that you first take the journey as a participant before you will be able to properly take others through it.
- Take the course on DVD (using the Omega Course Workbook), internalize its content and apply what you learn.
- Do the Devotionals and Homework in the Personal Development Guide for each session so you are intimately acquainted with what people are processing.
- Review the Power Point or Key Note slides (reading the speaker notes) for each session.
- Do your own study into all of the key Scriptures used and apply what you learn to your life so you are able to speak from an experiential knowledge base.
- Read through each Session's Objectives Chart, Follow-up Learning Experiences and Breakpoint Questions in the C.O.R.E. Small Group L.E.A.D.E.R.'s Guide.

# Trainer Planning Guide

OMEGA

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## Tips for Training

### Pre-seminar Checklist

- Use the Site Coordinator Planning Guide to cover all of the logistical bases necessary in running a successful Omega Course.

### Session Facilitation

- Open in Prayer
- Welcome/Introduction
- Block in some (brief!) time during the first session to introduce yourself to participants
- Always begin each session with a quick review of the previous session and answer any clarifying questions

## Working through the Material

### Pace Yourself

Don't stay too long on one aspect of the course so that you are forced to rush through other sessions. You can use the timeline we provide or create one yourself. It will be important for you to think through this ahead of time, allowing for adjustments for your particular setting. There is a lot of challenging material!

### Use Reflective Questions

Use the reflective Self/Buddy/Table Time questions in the Power Point/Key Note presentations. These are the same Breakpoint Questions found in the the C.O.R.E. Small Group L.E.A.D.E.R.'s Guide. As you work through each session, you might get to a point where you are sensing people are fading or just need a break. This is a good time to use one of the reflective questions to get them engaged and talking. People learn best as they process the material themselves in different ways. Here are some ways that you can do this:

- Self Time - Ask participants to take a moment to consider the question by themselves. They can use the space in the workbooks to jot down a few key thoughts.
- Buddy Time - Have them share their thoughts with the person next to them. Use groups of two and no more than three.



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



# Trainer Planning Guide

- Table Time - Elicit responses from the entire group. You can do each step in this process or just one. Using a combination of all three will help keep participants engaged in the material and connected with God and others.

## Using Video Clips

We recommend using strategically placed video clips to make a point, draw people into the concepts you are trying to communicate and to provide an entertainment break.

- You will find several video clips on your Omega Trainers Disk.
- You will have to personally insert these videos into the power point presentation.
- We have left slides as place markers in strategic locations throughout the presentation.
- It is our understanding that when using videos for educational use, it is only lawful to play them within a box on the screen and never in full screen mode. That is why you will see the video slides with a frame around them centered on the video slides.

## Using the Objectives Chart (in the C.O.R.E. Small Group L.E.A.D.E.R.'s Guide) to Prepare

Each objectives chart provides four tools:

### 1. *Objectives*

The Cognitive, Affective, Behavioral, and Existential Objectives for the session as outlined in the Omega workbook. These Objectives provide the framework for effective evaluation along the way.

### 2. *Application of Personal Story or Illustration*

Weave in real-life examples or illustrations from the material. Use the questions here to get you thinking of applications and illustrations that will help achieve the related objectives.

### 3. *Questions for Evaluation*

These questions can be used to evaluate the degree to which the participants are processing the material according to the objectives. These questions can be posed to individuals or your entire small group. You can pose them throughout your time together or in a specific time segment.

### 4. *Additional Questions for Mentoring*

Whether you are working with someone one-on-one or facilitating questions with a larger group, these questions go a step or two beyond the reflective questions found in the workbook.

# Trainer Planning Guide

OMEGA

Life Spring Network

## Using the Break Point Questions (in the C.O.R.E. Small Group L.E.A.D.E.R.'s Guide) to Prepare

- It is possible for your small group to go through the Omega Course together using the DVD's instead of a live trainer for the sessions.
- We have included the Self/Buddy/Table Time questions that you can pose to your group after each natural breaking point found on the DVD's.
- Review these Break Point Questions before facilitating the course on DVD or teaching it live.

## Check for Understanding

Look for multiple ways that you can ensure that participants are processing the material. Here are a few techniques you can use:

- Ask for and address questions directly.
- Have participants summarize what they have just heard and then communicate that to the person next to them.
- Integrate the questions for evaluation provided in the objective chart in the C.O.R.E. Small Group L.E.A.D.E.R.'s Guide. You can ask these using the same techniques listed in the prior "Use Reflective Questions" section. Utilize the Small Group Leaders to integrate the questions for evaluation and meet with the Small Group Leaders to gain feedback and insight.
- Arrange for the participants to interact through e-mail during the week. Address thoughts, questions, prayer requests, etc. Create a group contact list and distribute to all the members of the group to enable group members to contact each other directly and easily throughout the week.
- Arrange for the participants to interact with an online forum during the week. This can be done in conjunction with the Life Spring Network website so that they may interact with other participants, or you can create one for your group, specifically.

# Trainer Planning Guide

## Daily Devotionals and Homework in the Personal Development Guide

At the end of each session be sure to assign the Homework and Daily Devotionals found in the Personal Development Guide. Encourage people to complete the work in their Personal Development Guide and share what God reveals to them with members of their small group and mentors in their lives. This helps participants focus and maximize their journey through the Omega Course.

- Close in Prayer
- Adjourn

## Feedback And Evaluation

Feedback and Evaluation is an ongoing and essential element of the Omega Course.

- For Participant Success

It is critical to be aware of how participants are processing information throughout the duration of the Omega Course. If they are feeling overwhelmed or bogged down, they may easily lose interest and drift away. Use the ideas listed in the prior “Check for Understanding” section to keep an eye on any trouble spots.

- For Trainer and Course Growth

Feedback and evaluation is a great way to find areas of growth for trainers and for the Course itself. Use the Trainer and Course Evaluation forms, in the Site Coordinator and Trainer Resources section of this handbook, to gain extra insight into these areas.

# Trainer Planning Guide

OMEGA

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## Follow-Up And Extension

Omega is just the beginning of the journey that you can take with Life Spring Network. Here are some options that you have at your disposal:

- Form a Mentoring Network that will facilitate intentional application of reproductive disciple-making begun during the Omega Experience.
- Post a list of trained and approved Omega Mentors for people to invite into their lives.
- Continue to run Omega C.O.R.E. Small Group and Mentor Training Seminars in order to equip more people to function in these roles within your mentoring and small group leader network.
- Continue to run Omega Courses until everyone is trained in your church. As God leads new people into your church, introduce them to the life of discipleship and a lifestyle of mentoring through the Omega Experience.
- Run some post-Omega Course seminars to take people deeper into different topics that were introduced in the Omega Course.
- Three seminars developed by the Life Spring Network for this purpose are the Empowered Servanthood Making Cent\$ and U.N.I.T.Y. in Marriage seminars.

## Features

For each Omega Session, this Trainer's Planning Guide provides:

### Outline And Sample Time Frame

You can adjust the length of the session to fit your needs. We have included an outline of the teaching plotted along a timeline to help you plan accordingly. This outline integrates the teaching time with discussion time, which we call Self/Buddy/Table Time, over the course of 75-80 minutes. Integrating more group interaction takes more time and helps participants to more fully process the material and facilitates the creation of contagious community, but you may opt out of it depending on your time constraints.

### God Sightings

As you begin this journey, you will experience God working in others. You will also experience Him working in you. We have integrated space for you to document these "God Sightings" along the way. These become powerful testimonies that glorify God as well as tools that you can use for feedback and evaluation.



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

# Trainer Planning Guide

## Session Support

### DVDs

If there is a session or area of a session that you feel unsure or uneasy about, use the available teachings in DVD to support you. As a trainer, you always have the option of solely using the DVD teachings to cover the content and then act as a facilitator of questions and small groups.

### WEBSITE

Additionally, visit our website ([www.lifespringnetwork.org](http://www.lifespringnetwork.org)) where you can pose questions, interact with and respond to other Omega trainers and mentors.

## Site Coordinator and Trainer Resources

In the back of this handbook you will find a section entitled Site Coordinator and Trainer Resources. These resource templates are for you to copy and use as many times as is necessary. In this section of the handbook you will find the following templates:

- The Omega Self-Evaluation Questionnaire to discover where people are in their journey and track their through the different stages of the spiritual growth journey.
- The Omega Site Coordinator Planning Worksheets to plan and organize the details.
- The Omega Testimony and Involvement Forms to be used at the completion of the course in order to promote future Omega Courses and find out what seminar they are interested in next.
- The Omega Course and Omega Experience Seminars promotional posters to be used in advertising the Omega Experience in your region.
- The Omega Trainer Application and Agreement to be filled in and sent to Life Spring Network.
- The Omega Trainer and Course Evaluation forms to be completed by participants and sent into Life Spring Network for continual evaluation and growth of the Omega Course and its Trainers.



# Omega Trainer Qualifications

OMEGA

## The Omega Trainer Qualifications and Covenant Commitments

Life Spring Network

### As a Trainer of the Omega Course, I agree to:

- Use the provided power point or keynote slides and not alter the content in any way.
- Insert and use video clips that are appropriate for my audience.
- Complete the Omega Course as a participant before teaching it to others.
- E-mail or fax the Testimony and Involvement Forms to Life Spring Network upon completion of the course.
- Purchase Resources from the appropriate Life Spring Network distribution source.
- Engage in mentoring relationships as a Mentee and Mentor.

### I have:

- Attended the Leading the Omega Experience Conference.
- Been affirmed in my teaching and preaching gifts.
- Been appointed by my church leadership to function as a teacher and trainer of others.

Complete the Omega Trainer Application and Agreement form in the back of this handbook and send it to Life Spring Network.



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



The background of the slide is composed of several elements. On the left, there are three horizontal bands of solid color: a light green band at the top, a medium green band in the middle, and a darker green band at the bottom. On the right side, there is a vertical strip containing an abstract illustration of a tree. The tree's canopy is rendered in shades of yellow and light green with dark, thin lines for branches. The trunk and roots are depicted in brown and dark green, extending downwards. The overall style is artistic and modern.

# Session Outlines and Trainer Tips

## Session 1: Stewarding Life

### Outline and Sample Time Frame

20 minutes	2	<b>Introduction: Why are you here?</b>
	3	• Welcome - What to Expect
	3	• Omega Course Resources
	4	• Tools for the Journey
	3	• Not Just Another Program
	2	• Maximizing Your Journey
	3	• Making a C.O.R.E. Commitment
39 minutes	4	• <b>Optional Self/Buddy/Table Time</b>
	1	<b>Session 1: Stewarding Life</b>
	2	• Session Objectives
	2	• Stewarding Life
	10	• Law 1: The Law of Stewardship and Scriptures
		• <i>Life is a gift of time that we are responsible to steward with the decisions that we make until we die.</i>
57 minutes	4	• <b>Optional Self/Buddy/Table Time</b>
	10	• God and Man Through History
		• Creation
		• The Fall and the Flood
		• God Fathers a Nation
		• Arrival of Jesus the Son
		• God Sends His Spirit
		• Our Eternal Dwelling
	4	• <b>Optional Self/Buddy/Table Time</b>
	2	• The World's Thinking is Now
	2	• God's Guidance is for the Long Haul

	Session 1: Stewarding Life		OMEGA
80 minutes	3	<ul style="list-style-type: none"><li>Becoming a Fully Devoted Follower</li></ul>	Life Spring Network
		<ul style="list-style-type: none"><li>We must die to our desires</li></ul>	
		<ul style="list-style-type: none"><li>God begins transforming us</li></ul>	
	4	<ul style="list-style-type: none"><li>Optional Self/Buddy/Table Time</li></ul>	
	4	<ul style="list-style-type: none"><li>Experiencing the Kairos of God</li></ul>	
	2	<ul style="list-style-type: none"><li>The Issue of Control</li></ul>	
	4	<ul style="list-style-type: none"><li>Optional Self/Buddy/Table Time</li></ul>	
	2	<ul style="list-style-type: none"><li>Homework</li></ul>	
<h3>Trainer Notes</h3> <ul style="list-style-type: none"><li>This first session will be longer in order to get people properly introduced and oriented to the Omega Course.</li><li>As you see we have planned in five (four minute) Optional Self/Buddy/Table Times which stretch the timeline to 80 minutes. Without this stretch the session comes to 60 minutes (20 minutes of Introduction and 40 minutes of teaching).</li></ul> <h3>God Sightings</h3> <p>Here are some ways I saw God at work in this session:</p> <div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><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## Session 2: Unpacking Mission

### Outline and Sample Time Frame

10 minutes	5	<b>Recap/Review Homework Session 1</b>
	5	• <b>Self/Buddy/Table Time to focus on Homework</b>
28 minutes	1	<b>Session 2: Unpacking Mission</b>
	2	• Session Objectives
	5	• LFP Level 1: Clarifying God's Mission for Our Lives
	5	• Law 2: The Law of Mission
		• <i>Every life (Being and Doing) is guided by a governing mission, which is a combination of our vision, priorities, values &amp; identity roles we have learned from our life experience and chosen as a path to an abundant life.</i>
49 minutes	5	• Mission: Our Internal Compass
	4	• <b>Optional Self/Buddy/Table Time</b>
	5	• God's Mission for Our Lives
	4	• <b>Optional Self/Buddy/Table Time</b>
	1	• God's Mission for Our Lives: <i>Vision</i>
	2	• Our Vision of God
	3	• God's Vision for our Lives: To Experience and Express Love
65 minutes	2	• The Great Commandments: Luke 10:27 & Mark 12:30
	4	• <b>Optional Self/Buddy/Table Time</b>
	8	• God has a plan for our lives
	4	• <b>Optional Self/Buddy/Table Time</b>
80 minutes	1	• God's Mission for our lives: <i>Priorities</i>
	4	• Decision Making and Priorities
	2	• God's Priority Scale
	1	• Our Needs
	2	• God's Priorities are Focused on Meeting Our Needs
	4	• <b>Optional Self/Buddy/Table Time</b>
	1	• Homework

## Session 2: Unpacking Mission

**OMEGA**

## Trainer Notes

- This session begins a normal rhythm of reviewing the previous session and homework. We have allotted 10 Minutes for this exercise.
- As you can see, we have planned five (four minute) Optional Self/Buddy/Table Times within the session which stretches the overall timeline to 80 Minutes (10 minute Recap/Review, 20 Minutes of Optional Self/Buddy/Table Time and 30 minutes of teaching). Without this stretch the actual session time is 60 minutes.

## God Sightings

Here are some ways I saw God at work in this session:

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

Life Spring Network

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

## Session 3: Abundant Living

### Outline and Sample Time Frame

10 minutes	5	<b>Recap/Review Homework Session 2</b>
	5	• <b>Self/Buddy/Table Time to focus on Homework</b>
25 minutes	1	<b>Session 3: Abundant Living</b>
	2	• Session Objectives
	1	• LFP Level 1: Clarifying God's Mission for Our Lives
	11	• Law 3: The Law of Abundant Life and Scriptures
		• <i>When your life (being and doing) reflects God's governing mission for your life (Vision, Priorities, Values &amp; Identity Roles) you experience the abundant life.</i>
45 minutes	4	• <b>Optional Self/Buddy/Table Time</b>
	12	• Law 4: The Law of Perspective and Scriptures
		• <i>Having a Biblical world view and seeing life from God's perspective is essential if we are going to experience God's abundant life.</i>
	4	• <b>Optional Self/Buddy/Table Time</b>
75 minutes	3	• Living with a Biblical Worldview
	3	• The Power of Perspective
	4	• Worldview's and Cycles of Behavior
	15	• The Cycles of Grief and the Cycle of Grace
		• The Cycle of Grief
		• The Cycle of Grace
	4	• <b>Optional Self/Buddy/Table Time</b>
	1	• Homework

## Session 3: Abundant Living

**OMEGA**

## Trainer Notes

- This session continues the rhythm of reviewing the previous session and homework. We have allotted 10 minutes for this exercise.
- As you can see, we have planned three (four minute) Optional Self/Buddy/Table Times within the session which stretches the overall timeline to 75 Minutes (10 minute Recap/Review, 12 Minutes of Optional Self/Buddy/Table Time and 53 minutes of teaching). Without this stretch the actual session time is 63 minutes.

## God Sightings

Here are some ways I saw God at work in this session:

[illegible]

Life Spring Network

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## Session 4: The 7 Values of Abundant Living

### Outline and Sample Time Frame

10 minutes	5	<b>Recap/Review Homework Session 3</b>
	5	• <b>Self/Buddy/Table Time to focus on Homework</b>
	1	<b>Session 4: The Seven Values of Abundant Living</b>
33 minutes	2	• Session Objectives
	1	• LFP Level 1: Clarifying God's Mission for Our Lives
	2	• God's Mission for Our Lives: Values
	1	• The Seven Values of Abundant Living (The 7 G's)
	5	• <b>Guidance</b> is necessary in order to carry out God's will.
		• Henry Blackaby: God's Will is revealed through: Prayer, Scripture, The Church and Circumstances
		• Identity: Follower/Intercessor
	3	• <b>Optional Self/Buddy/Table Time</b>
	5	• <b>Grace</b> is God's bridge to us and our bridge to others.
		• Grace from God
		• Grace toward others
		• Identity: Child of God/Ambassador
	3	• <b>Optional Self/Buddy/Table Time</b>
54 minutes	5	• <b>Growth</b> is a process towards full maturity in Christ.
		• Identity: Learner/Mentor
	3	• <b>Optional Self/Buddy/Table Time</b>
	5	• <b>Glorification</b> of God is the goal of our lives and our Church.
		• Identity: Worshipper/Saint
	3	• <b>Optional Self/Buddy/Table Time</b>
	5	• <b>Groups</b> of Biblically functioning communities provide the optimum environment for life change.
		• It takes the Body
		• Embracing Diversity
		• Identity: Receiver of Love/Expressor of Love
	3	• <b>Optional Self/Buddy/Table Time</b>



	Session 4: The 7 Values of Abundant Living		OMEGA
80 minutes			Life Spring Network
	5	<ul style="list-style-type: none"><li>• <b>Gifts</b> are given to all believers to grow God’s church.</li></ul>	
		<ul style="list-style-type: none"><li>• Specifically: Unique</li></ul>	
		<ul style="list-style-type: none"><li>• In General: Universal</li></ul>	
		<ul style="list-style-type: none"><li>• Identity: Empowered/Servant</li></ul>	
	3	<ul style="list-style-type: none"><li>• <b>Optional Self/Buddy/Table Time</b></li></ul>	
	5	<ul style="list-style-type: none"><li>• <b>Good Stewardship</b> is the reasonable response to our gracious God.</li></ul>	
		<ul style="list-style-type: none"><li>• Time</li></ul>	
		<ul style="list-style-type: none"><li>• It all starts with little things</li></ul>	
		<ul style="list-style-type: none"><li>• Identity: Steward/Overseer</li></ul>	
	3	<ul style="list-style-type: none"><li>• <b>Optional Self/Buddy/Table Time</b></li></ul>	
	5	<ul style="list-style-type: none"><li>• Seeing the Seven Values of Abundant Living in the “Lord’s Prayer”</li></ul>	
	1	<ul style="list-style-type: none"><li>• A Summary of the Seven Values of Abundant Living</li></ul>	
	1	<ul style="list-style-type: none"><li>• Homework</li></ul>	
		<h3>Trainer Notes</h3> <ul style="list-style-type: none"><li>• This session continues the rhythm of reviewing the previous session and homework. We have allotted 10 minutes for this exercise.</li><li>• As you can see, we have planned seven (three minute) Optional Self/Buddy/Table Times within the session which stretches the overall timeline to 80 Minutes (10 minute Recap/Review, 21 Minutes of Optional Self/Buddy/Table Time and 49 minutes of teaching). Without this stretch the actual session time is 59 minutes.</li></ul> <p style="text-align: center;"><b>God Sightings</b></p> <p>Here are some ways I saw God at work in this session:</p> <div><div></div><div></div><div></div><div></div><div></div><div></div></div>	For more resources, thoughts, and discussion about this session, please visit <a href="http://www.lifespringnetwork.org">www.lifespringnetwork.org</a>
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## Session 5: Our Core Identity

### Outline and Sample Time Frame

10 minutes	5	<b>Recap/Review Homework Session 4</b>
	5	• <b>Self/Buddy/Table Time to focus on Homework</b>
28 minutes		<b>Session 5: Our Core Identity</b>
	2	• Session Objectives
	1	• LFP Level 1: Clarifying God's Mission for Our Lives
	4	• God's Mission for Our Lives: Identity
	11	• Law 5: The Law of Identity and Scriptures
		• <i>Abundant living comes from being who God created you to be and engaging in your identity in Christ.</i>
54 minutes	4	• <b>Optional Self/Buddy/Table Time</b>
	2	• Governing Mission Statement
	2	• Identity Roles: Three Categories
	2	• Roles and Vision Statements
	4	• <b>Optional Self/Buddy/Table Time</b>
	2	• Identity Roles: Three Categories
	10	• Identity Roles Category # 1: Christ Follower
		• Being Human
		• Identity Roles Diagram: Christ Follower
		• Spiritual: Heart
80 minutes	4	• <b>Optional Self/Buddy/Table Time</b>
	13	• Heart Scriptures
	2	• The Wellspring of Life
	2	• Heart - The Disciplines
	4	• <b>Optional Self/Buddy/Table Time</b>
	1	• Homework

## Trainer Notes

- This session continues the rhythm of reviewing the previous session and homework. We have allotted 10 minutes for this exercise.
- As you can see, we have planned four (four minute) Optional Self/Buddy/Table Times within the session which stretches the overall timeline to 80 Minutes (10 minute Recap/Review, 16 Minutes of Optional Self/Buddy/Table Time and 54 minutes of teaching). Without this stretch the actual session time is 64 minutes.

## God Sightings

Here are some ways I saw God at work in this session:

[illegible]

## Session 6: Being Fully Human

### Outline and Sample Time Frame

10 minutes	5	<b>Recap/Review Homework Session 5</b>
	5	• <b>Self/Buddy/Table Time to focus on Homework</b>
37 minutes		<b>Session 6: Being Fully Human</b>
	2	• Session Objectives
		• LFP Level 1: Clarifying God's Mission for Our Lives
	1	• God's Mission for Our Lives: Identity
	1	• Identity Roles Category # 1: Christ Follower
	17	• Emotional: Soul and Scriptures
	2	• Soul – The Disciplines
	4	• <b>Optional Self/Buddy/Table Time</b>
70 minutes	16	• Intellectual: Mind
	1	• Intellectual – The Disciplines
	4	• <b>Optional Self/Buddy/Table Time</b>
	7	• Physical: Strength
	1	• Physical – The Disciplines
	4	• <b>Optional Self/Buddy/Table Time</b>
80 minutes	1	• Christ Follower Roles Diagram
	4	• Disciplines for Being Human
	4	• <b>Optional Self/Buddy/Table Time</b>
	1	• Homework

## Session 6: Being Fully Human

**OMEGA**

Life Spring Network

## Trainer Notes

- This session continues the rhythm of reviewing the previous session and homework. We have allotted 10 minutes for this exercise.
- As you can see, we have planned four (four minute) Optional Self/Buddy/Table Times within the session which stretches the overall timeline to 80 Minutes (10 minute Recap/Review, 16 Minutes of Optional Self/Buddy/Table Time and 54 minutes of teaching). Without this stretch the actual session time is 64 minutes.

## God Sightings

Here are some ways I saw God at work in this session:

[illegible]

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





## Session 7: Essential Intimacy

### Outline and Sample Time Frame

10 minutes	5	<b>Recap/Review Homework Session 6</b>
	5	• <b>Self/Buddy/Table Time to focus on Homework</b>
34 minutes		<b>Session 7: Essential Intimacy</b>
	2	• Session Objectives
	1	• LFP Level 1: Clarifying God's Mission for Our Lives
	1	• God's Mission for Our Lives: Identity
	16	• Law 6: The Law of Community and Scriptures
		• <i>We need the love, fellowship, wisdom and accountability of Christ-centered covenant relationships to keep us on track and growing.</i>
	4	• <b>Optional Self/Buddy/Table Time</b>
55 minutes	1	• Identity Role Category #2: Community Member
	14	• Inner Circle
	2	• Inner Circle – The Disciplines
	4	• <b>Optional Self/Buddy/Table Time</b>
75 minutes	15	• Relative and Parent
		• Relative/Parent – The Disciplines
	4	• <b>Optional Self/Buddy/Table Time</b>
	1	• Homework

## Session 7: Essential Intimacy

**OMEGA**

Life Spring Network

## Trainer Notes

- This session continues the rhythm of reviewing the previous session and homework. We have allotted 10 minutes for this exercise.
- As you can see, we have planned three (four minute) Optional Self/Buddy/Table Times within the session which stretches the overall timeline to 75 Minutes (10 minute Recap/Review, 12 Minutes of Optional Self/Buddy/Table Time and 53 minutes of teaching). Without this stretch the actual session time is 63 minutes.

## God Sightings

Here are some ways I saw God at work in this session:

[illegible]


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



## Session 8: Contagious Community

### Outline and Sample Time Frame

10 minutes	5	<b>Recap/Review Homework Session 7</b>
	5	• <b>Self/Buddy/Table Time to focus on Homework</b>
35 minutes		<b>Session 8: Contagious Community</b>
	2	• Session Objectives
		• LFP Level 1: Clarifying God's Mission for Our Lives
	1	• God's Mission for our lives: Identity
	2	• Identity Role Category #2: Community Member
	8	• Church Member and Scriptures
	7	• The Seven Values of Abundant Living and Contagious Christian Community (Acts 2:42 – 47)
	1	• Church Member – Disciplines
	4	• <b>Optional Self/Buddy/Table Time</b>
60 minutes	2	• Mentee/Mentor
	1	• Mentoring: A Definition
	1	• What Mentoring is NOT
	1	• What Mentoring IS
	5	• The Mentoring Constellation Model
	1	• Intensive Mentor
	1	• Occasional Mentor
	1	• Passive Mentor
	1	• Peer Mentor
	1	• Those We Mentor
	4	• <b>Optional Self/Buddy/Table Time</b>
	2	• Mentee/Mentor– The Disciplines
	4	• <b>Optional Self/Buddy/Table Time</b>
	7	• Ambassador/Friend
	2	• Ambassador/Friend – The Disciplines

	Session 8: Contagious Community		OMEGA
75 minutes	1	<ul style="list-style-type: none"><li>Community Member Roles Diagram</li></ul>	Life Spring Network
	4	<ul style="list-style-type: none"><li><b>Optional Self/Buddy/Table Time</b></li></ul>	
	1	<ul style="list-style-type: none"><li>Homework</li></ul>	
	<div><h3>Trainer Notes</h3><ul style="list-style-type: none"><li>This session continues the rhythm of reviewing the previous session and homework. We have allotted 10 minutes for this exercise.</li><li>As you can see, we have planned four (four minute) Optional Self/Buddy/Table Times within the session which stretches the overall timeline to 75 Minutes (10 minute Recap/Review, 16 Minutes of Optional Self/Buddy/Table Time and 49 minutes of teaching). Without this stretch the actual session time is 59 minutes.</li></ul><div><h4>God Sightings</h4><p>Here are some ways I saw God at work in this session:</p><div></div></div></div>		For more resources, thoughts, and discussion about this session, please visit <a href="http://www.lifespringnetwork.org">www.lifespringnetwork.org</a>
<div></div>			
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## Session 9: Called to Serve

### Outline and Sample Time Frame

15 minutes	5	Recap/Review Homework Session 8
	5	• Self/Buddy/Table Time to focus on Homework
30 minutes		<b>Session 9: Called to Serve</b>
	2	• Session Objectives
	1	• LFP Level 1: Clarifying God's Mission for Our Lives
	1	• God's Mission for Our Lives: Identity
	12	• Law 7: The Law of Calling and Scriptures
		• <i>God has called and equipped each person to function interdependently with others in a concerted effort to express His love to the world.</i>
	4	• <b>Optional Self/Buddy/Table Time</b>
63 minutes	15	• Ephesians 4:1-16
	4	• <b>Optional Self/Buddy/Table Time</b>
	2	• Identity Role Category #3: Called Servant
	8	• Minister of Compassion
	4	• <b>Optional Self/Buddy/Table Time</b>
75 minutes	5	• Serving the Poor
	1	• Minister of Compassion - The Disciplines
	1	• Roles Diagram - Minister of Compassion
	4	• <b>Optional Self/Buddy/Table Time</b>
	1	• Homework



## Trainer Notes

- This session continues the rhythm of reviewing the previous session and homework. We have allotted 10 minutes for this exercise.
- As you can see, we have planned four (four minute) Optional Self/Buddy/Table Times within the session which stretches the overall timeline to 75 Minutes (10 minute Recap/Review, 16 Minutes of Optional Self/Buddy/Table Time and 49 minutes of teaching). Without this stretch the actual session time is 59 minutes.

## God Sightings

Here are some ways I saw God at work in this session:

[illegible]

## Session 10: Stewarding Resources

### Outline and Sample Time Frame

10 minutes	5	<b>Recap/Review Homework Session 9</b>
	5	• <b>Self/Buddy/Table Time to focus on Homework</b>
33 minutes		<b>Session 10: Stewarding Resources</b>
	2	• Session Objectives
		• LFP Level 1: Clarifying God's Mission for Our Lives
	1	• Identity Role Category #3: Called Servant
	5	• Steward of Resources
	4	• <b>Optional Self/Buddy/Table Time</b>
	7	• Diligent Earners
	4	• <b>Optional Self/Buddy/Table Time</b>
57 minutes	10	• Generous Givers
	4	• <b>Optional Self/Buddy/Table Time</b>
	6	• Wise Savers
	4	• <b>Optional Self/Buddy/Table Time</b>
80 minutes	6	• Cautious Debtors
	4	• <b>Optional Self/Buddy/Table Time</b>
	6	• Prudent Consumers
	4	• <b>Optional Self/Buddy/Table Time</b>
	2	• Steward of Resources - The Disciplines
	1	• Homework

## Session 10: Stewarding Resources

**OMEGA**

Life Spring Network

## Trainer Notes

- This session continues the rhythm of reviewing the previous session and homework. We have allotted 10 minutes for this exercise.
- As you can see, we have planned six (four minute) Optional Self/Buddy/Table Times within the session which stretches the overall timeline to 80 Minutes (10 minute Recap/Review, 24 Minutes of Optional Self/Buddy/Table Time and 46 minutes of teaching). Without this stretch the actual session time is 56 minutes.

## God Sightings

Here are some ways I saw God at work in this session:

This image shows a single page of white paper with horizontal blue lines, resembling notebook paper. 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](http://www.lifespringnetwork.org)

## Session 11: Empowered to Serve

### Outline and Sample Time Frame

10 minutes	5	<b>Recap/Review Homework Session 10</b>
	5	• <b>Self/Buddy/Table Time to focus on Homework</b>
35 minutes		<b>Session 11: Empowered to Serve</b>
	2	• Session Objectives
		• LFP Level 1: Clarifying God's Mission for Our Lives
		• God's Mission for Our Lives: Identity
	1	• Identity Role Category #3: Called Servant
	2	• Empowered Servant
	4	• What is a Spiritual Gift?
	12	• What are the Primary Scripture Passages for Spiritual Gifts?
	4	• <b>Optional Self/Buddy/Table Time</b>
50 minutes	3	• Do I Choose My Own Gift?
	3	• Can I Lose My Gift?
	5	• Why Did God Choose to Give Me Spiritual Gifts?
	4	• <b>Optional Self/Buddy/Table Time</b>
75 minutes	4	• What is the Difference between Spiritual Gifts and Original Abilities?
	6	• What is the Difference between Spiritual Gifts and the Fruit of the Spirit?
	2	• The Character-Gifting Balance
	4	• <b>Optional Self/Buddy/Table Time</b>
	3	• How Many Gifts Are There?
	1	• Empowered Servant: The Disciplines
	4	• <b>Optional Self/Buddy/Table Time</b>
	1	• Homework

## Trainer Notes

- This session continues the rhythm of reviewing the previous session and homework. We have allotted 10 minutes for this exercise.
- As you can see, we have planned four (four minute) Optional Self/Buddy/Table Times within the session which stretches the overall timeline to 75 Minutes (10 minute Recap/Review, 16 Minutes of Optional Self/Buddy/Table Time and 49 minutes of teaching). Without this stretch the actual session time is 59 minutes.

## God Sightings

Here are some ways I saw God at work in this 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 12: The Freedom of Servanthood

### Outline and Sample Time Frame

10 minutes	5	Recap/Review Homework Session 11
	5	• Self/Buddy/Table Time to focus on Homework
35 minutes		<b>Session 12: The Freedom of Servanthood</b>
	2	• Session Objectives
		• LFP Level 1: Clarifying God's Mission for Our Lives
	1	• God's Mission for Our Lives: Identity
	10	• Law 8: The Law of Servanthood and Scriptures
		• <i>In serving one another with our lives, we become free and express significant transforming love!</i>
	4	• <b>Optional Self/Buddy/Table Time</b>
	8	• John 13:10-17
55 minutes	4	• <b>Optional Self/Buddy/Table Time</b>
	5	• Living with an eternal perspective: From success to significance
	5	• Calling Mentee/Mentor
	2	• Calling Mentee/Mentor: The Disciplines
	4	• <b>Optional Self/Buddy/Table Time</b>
80 minutes	5	• Profession
	1	• Profession: The Disciplines
	4	• <b>Optional Self/Buddy/Table Time</b>
	5	• God's Mission for Our Lives
	4	• <b>Optional Self/Buddy/Table Time</b>
	1	• Homework
	5	• Omega Course Sessions 1-12 Evaluation and Testimonial

## Trainer Notes

- This session continues the rhythm of reviewing the previous session and homework. We have allotted 10 minutes for this exercise.
- As you can see, we have planned five (four minute) Optional Self/Buddy/Table Times within the session which stretches the overall timeline to 80 Minutes (10 minute Recap/Review, 20 Minutes of Optional Self/Buddy/Table Time and 45 minutes of teaching with a five minute Course Evaluation and Testimony time). Without this stretch the actual session time is 55 minutes.
- In this session we have planned for a special five minute course evaluation of Sessions 1-12. During this time the participants should be filling out the Omega Course Testimonial and Further Involvement Form as well as the Omega Trainer and Course Evaluation Form Sessions 1-12.

## God Sightings

Here are some ways I saw God at work in this session:

[illegible]

## Session 13: The Journey of Transformation

### Outline and Sample Time Frame

20 minutes	15	<b>12 Session Recap/Review and Homework Session 12</b>
	5	• <b>Self/Buddy/Table Time to focus on Homework</b>
45 minutes		<b>Session 13: The Journey of Transformation</b>
	2	• Session Objectives
	1	• Life Focus Process: Level 2: Commit to Transformation
	10	• Law 9: Law of Transformation and Scriptures
		• <i>We must choose to submit ourselves to God's mission and His transforming power, if we are going to experience more abundance in life.</i>
	4	• <b>Optional Self/Buddy/Table Time</b>
	2	• Transformation
	2	• Our Need for Transformation: Understanding the Gap
	4	• <b>Optional Self/Buddy/Table Time</b>
60 minutes	1	• The Road of Life
	2	• The Wide Road to Destruction
	2	• The Narrow Road to Eternal Life
	2	• The Turning Point
	2	• The New "Way"
	2	• The Role of the Church
	4	• <b>Optional Self/Buddy/Table Time</b>
	2	• The Cycle of Renewal
	1	• Revelation
	1	• Reproof
	1	• Repentance
	1	• Correction
	1	• Restitution
	1	• Trained in Righteousness
	4	• <b>Optional Self/Buddy/Table Time</b>
	1	• Put off the Old Nature...and Put on the New



## Session 14: Choosing to Transform

### Outline and Sample Time Frame

10 minutes	5	<b>Recap/Review Homework Session 13</b>
	5	• <b>Self/Buddy/Table Time to focus on Homework</b>
40 minutes		<b>Session 14: Choosing to Transform</b>
	2	• Session Objectives
		• Life Focus Process: Level 2: Commit to Transformation
	10	• Law 10: The Law of Attitude
		• <i>Choosing Godly Attitudes brings focus to the journey of transformation and prepares us to experience and express love abundantly in any situation.</i>
	4	• <b>Optional Self/Buddy/Table Time</b>
	10	• The Attitude of Jesus: Philippians 2:1-11
	4	• <b>Optional Self/Buddy/Table Time</b>
55 minutes	10	• The Beatitudes: Matthew 5:1-12
	4	• <b>Optional Self/Buddy/Table Time</b>
		• The Seven Values of Abundant Living and Godly Attitudes
	1	• Godly Attitudes are based on the Promises of God.
80 minutes	3	• Guidance
	3	• Growth
	3	• Grace
	3	• Good Stewardship
	2	• Glorification
	3	• Gifts
	3	• Group
		• The Seven Values of Abundant Living, The Promises of God, and Godly Attitudes
	4	• <b>Optional Self/Buddy/Table Time</b>
	1	• Homework



## Session 14: Choosing to Transform

**OMEGA**

Life Spring Network

## Trainer Notes

- This session continues the rhythm of reviewing the previous session and homework. We have allotted 10 minutes for this exercise.
- As you can see, we have planned four (four minute) Optional Self/Buddy/Table Times within the session which stretches the overall timeline to 80 Minutes (10 minute Recap/Review, 16 Minutes of Optional Self/Buddy/Table Time and 54 minutes of teaching). Without this stretch the actual session time is 64 minutes.

## God Sightings

Here are some ways I saw God at work in this session:

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

## Session 15: Resistance to Transformation

### Outline and Sample Time Frame

10 minutes	5	<b>Recap/Review Homework Session 14</b>
	5	• <b>Self/Buddy/Table Time to focus on Homework</b>
30 minutes		<b>Session 15: Resistance to Transformation</b>
	2	• Session Objectives
		• Life Focus Process: Level 2: Commit to Transformation
	10	• Law 11: The Law of Reality and Scriptures
		• <i>Our sinful nature combined with the influence of evil in the world co-conspire to lead us away from God, but God has provided all we need to stand against these forces and realize His abundant life.</i>
	4	• We're Spiritual People.
50 minutes	4	• <b>Optional Self/Buddy/Table Time</b>
	2	• The Reality Picture of Spiritual Warfare
	3	• The first reference has to do with the Father.
	3	• The second reference has to do with Jesus.
	4	• The third reference has to do with the Church.
	4	• The fourth reference has to do with Principalities and Powers.
80 minutes	4	• <b>Optional Self/Buddy/Table Time</b>
	4	• Satan's Weapons
	4	• <b>Optional Self/Buddy/Table Time</b>
	4	• The fifth reference has to do with the Struggle between the Church and those Principalities and Powers.
		• The Reality Picture of Spiritual Warfare Summary
	4	• Summary
	5	• The Seven Values of Abundant Living and the Full Armor of God
	4	• Prayer is the Ultimate Influence.
	4	• <b>Optional Self/Buddy/Table Time</b>
	1	• Homework

## Session 15: Resistance to Transformation

**OMEGA**

Life Spring Network

## Trainer Notes

- This session continues the rhythm of reviewing the previous session and homework. We have allotted 10 minutes for this exercise.
- As you can see, we have planned four (four minute) Optional Self/Buddy/Table Times within the session which stretches the overall timeline to 80 Minutes (10 minute Recap/Review, 16 Minutes of Optional Self/Buddy/Table Time and 54 minutes of teaching). Without this stretch the actual session time is 64 minutes.

## God Sightings

Here are some ways I saw God at work in this session:

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## Session 16: Blessings and Curses

### Outline and Sample Time Frame

10 minutes	5	<b>Recap/Review Homework Session 15</b>
	5	• <b>Self/Buddy/Table Time to focus on Homework</b>
27 minutes		<b>Session 16: Blessings and Curses</b>
	2	• Session Objectives
	1	• Life Focus Process: Level 2: Commit to Transformation
	10	• Law 12: The Law of Consequences and Scriptures
		• <i>Actions taken and words spoken have profound consequences on our journey of transformation, either blessing or cursing our lives and the lives of those we touch.</i>
	4	• <b>Optional Self/Buddy/Table Time</b>
55 minutes	10	• Blessings and Curses and Scriptures
		• Definitions
		• Causes of Curses
		• Words, Labels and Predictions
	4	• <b>Optional Self/Buddy/Table Time</b>
	10	• Dealing with Sin in the Church
	4	• <b>Optional Self/Buddy/Table Time</b>
80 minutes	5	• Disobedience – Deuteronomy 27:15-26
	4	• Pride
	4	• Religion
	4	• Unrighteous Stewardship
	3	• The Seven Values of Abundant Living and the Curses of Disobedience
	4	• <b>Optional Self/Buddy/Table Time</b>
	1	• Homework

## Trainer Notes

- This session continues the rhythm of reviewing the previous session and homework. We have allotted 10 minutes for this exercise.
- As you can see, we have planned four (four minute) Optional Self/Buddy/Table Times within the session which stretches the overall timeline to 80 Minutes (10 minute Recap/Review, 16 Minutes of Optional Self/Buddy/Table Time and 54 minutes of teaching). Without this stretch the actual session time is 64 minutes.

## God Sightings

Here are some ways I saw God at work in this session:

[illegible]



## Session 17: Realizing Life's Potential

### Outline and Sample Time Frame

10 minutes	5	<b>Recap/Review Homework Session 16</b>
	5	• <b>Self/Buddy/Table Time to focus on Homework</b>
30 minutes		<b>Session 17: Realizing Life's Potential</b>
	2	• Session Objectives
	1	• The Life Focus Process Level 3: Know Thyself
	8	• Law 13: The Law of Potential and Scriptures
		• <i>Having an objective awareness of our obedience to God's mission, character and purpose is essential to realizing life's potential.</i>
	5	• God has Designed us for Greatness
	4	• <b>Optional Self/Buddy/Table Time</b>
50 minutes	4	• Obedience to God's Mission
	1	• Strengths and Weaknesses
	1	• The Role of Assessment
	4	• <b>Optional Self/Buddy/Table Time</b>
	3	• Universal Character
	3	• The Seven Values of Abundant Living and Character Strengths
	4	• <b>Optional Self/Buddy/Table Time</b>
80 minutes	2	• Understanding Your P.U.R.P.O.S.E.
	6	• Passions
	4	• <b>Optional Self/Buddy/Table Time</b>
	5	• Upbringing – Genograms
		• Identification and Labeling
		• Additional Labeling
	2	• What to look for in a Genogram
	4	• <b>Optional Self/Buddy/Table Time</b>
	2	• Resources (Steward of Resources – Session 5)
	4	• <b>Optional Self/Buddy/Table Time</b>
	1	• Homework

## Session 17: Realizing Life's Potential

**OMEGA**

Life Spring Network

## Trainer Notes

- This session continues the rhythm of reviewing the previous session and homework. We have allotted 10 minutes for this exercise.
- As you can see, we have planned six (four minute) Optional Self/Buddy/Table Times within the session which stretches the overall timeline to 80 Minutes (10 minute Recap/Review, 24 Minutes of Optional Self/Buddy/Table Time and 46 minutes of teaching). Without this stretch the actual session time is 56 minutes.

## God Sightings

Here are some ways I saw God at work in this session:

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

## Session 18: Pressing Into God's Purpose

### Outline and Sample Time Frame

10 minutes	5	<b>Recap/Review Homework Session 17</b>
	5	• <b>Self/Buddy/Table Time to focus on Homework</b>
40 minutes	1	<b>Session 18: Pressing Into God's Purpose</b>
	2	• Session Objectives
	1	• The Life Focus Process Level 3: Know Thyself
	2	• Personality
	3	• Keep in Mind
	4	• Extrovert or Introvert
	4	• Sensing or Intuitive
	4	• Thinking or Feeling
	4	• Judging or Perceiving
	1	• MBTI + Keirsey Temperament
	4	• <b>Optional Self/Buddy/Table Time</b>
80 minutes	2	• Original Abilities
	4	• <b>Optional Self/Buddy/Table Time</b>
	2	• Spiritual Gifts
	4	• <b>Optional Self/Buddy/Table Time</b>
	1	• Experience of Love
	2	• Three Ways to Discover Your Love Language
	4	• Words of Affirmation
	4	• Quality Time
	4	• Receiving Gifts
	4	• Acts of Service
	4	• Physical Touch
	4	• <b>Optional Self/Buddy/Table Time</b>
	1	• Homework

## Session 18: Pressing Into God's Purpose

**OMEGA**

Life Spring Network

## Trainer Notes

- This session continues the rhythm of reviewing the previous session and homework. We have allotted 10 minutes for this exercise.
- As you can see, we have planned four (four minute) Optional Self/Buddy/Table Times within the session which stretches the overall timeline to 80 Minutes (10 minute Recap/Review, 16 Minutes of Optional Self/Buddy/Table Time and 54 minutes of teaching). Without this stretch the actual session time is 64 minutes.

## God Sightings

Here are some ways I saw God at work in this session:

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## Session 19: The Power of Believing

### Outline and Sample Time Frame

10 minutes	5	<b>Recap/Review Homework Session 18</b>
	5	• <b>Self/Buddy/Table Time to focus on Homework</b>
30 minutes	1	<b>Session 19: The Power of Believing</b>
	2	• Session Objectives
	1	• The Life Focus Process Level 3: Know Thyself
	12	• Law 14: The Law of Belief and Scriptures
		• <i>Your behavior is a reflection of what you truly believe (desires, feelings, thoughts and capabilities) will best meet your needs and provide you with a life of abundance.</i>
	4	• <b>Optional Self/Buddy/Table Time</b>
53 minutes	5	• The Belief Model
	1	• Our Needs
	2	• Five Rules for changing your belief window
	4	• <b>Optional Self/Buddy/Table Time</b>
	7	• Being Human and Believing
	4	• <b>Optional Self/Buddy/Table Time</b>
80 minutes	5	• Believing and Sin
	3	• John Wesley's Mother's Definition of Sin
	4	• <b>Optional Self/Buddy/Table Time</b>
	5	• The Cycle of Renewal and Believing
	5	• The Seven Values of Abundant Living and the Corresponding Belief Statements
	4	• <b>Optional Self/Buddy/Table Time</b>
	1	• Homework



## Session 19: The Power of Believing

**OMEGA**

Life Spring Network

## Trainer Notes

- This session continues the rhythm of reviewing the previous session and homework. We have allotted 10 minutes for this exercise.
- As you can see, we have planned five (four minute) Optional Self/Buddy/Table Times within the session which stretches the overall timeline to 80 Minutes (10 minute Recap/Review, 20 Minutes of Optional Self/Buddy/Table Time and 50 minutes of teaching). Without this stretch the actual session time is 60 minutes.

## God Sightings

Here are some ways I saw God at work in this session:

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

## Session 20: The 7 Deadly Sins

### Outline and Sample Time Frame

10 minutes	5	<b>Recap/Review Homework Session 19</b>
	5	• <b>Self/Buddy/Table Time to focus on Homework</b>
34 minutes	1	<b>Session 20: The 7 Deadly Sins</b>
	1	• Session Objectives
	1	• The Life Focus Process Level 3: Know Thyself
	3	• Sin Tendencies
	2	• The Seven Deadly Sins
	3	• Pride
	2	• The opposite virtue: Humility
	3	• <b>Optional Self/Buddy/Table Time</b>
	3	• Envy
	2	• The opposite virtue: Contentment
	3	• <b>Optional Self/Buddy/Table Time</b>
	3	• Wrath
66 minutes	2	• The opposite virtue: Meekness
	3	• <b>Optional Self/Buddy/Table Time</b>
	3	• Sloth
	2	• The opposite virtue: Obedience
	3	• <b>Optional Self/Buddy/Table Time</b>
	3	• Greed
	2	• The opposite virtue: Stewardship
	3	• <b>Optional Self/Buddy/Table Time</b>
	3	• Gluttony
	2	• The opposite virtue: Temperance
	3	• <b>Optional Self/Buddy/Table Time</b>
	3	• Lust
80 minutes	2	• The opposite virtue: Chastity
	3	• <b>Optional Self/Buddy/Table Time</b>
	2	• The 7 Deadly Sins, the 7 Virtues, and the 7 G's
	3	• <b>Optional Self/Buddy/Table Time</b>
	1	• Homework

## Trainer Notes

- This session continues the rhythm of reviewing the previous session and homework. We have allotted 10 minutes for this exercise.
- As you can see, we have planned eight (three minute) Optional Self/Buddy/Table Times within the session which stretches the overall timeline to 80 Minutes (10 minute Recap/Review, 24 Minutes of Optional Self/Buddy/Table Time and 46 minutes of teaching). Without this stretch the actual session time is 56 minutes.

## God Sightings

Here are some ways I saw God at work in this 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 21: The Joy of Discipline

### Outline and Sample Time Frame

10 minutes	5	<b>Recap/Review Homework Session 20</b>
	5	• <b>Self/Buddy/Table Time to focus on Homework</b>
33 minutes	1	<b>Session 21: The Joy of Discipline</b>
	1	• Session Objectives
	1	• Life Focus Process Level 4: Chart the Course
	10	• Law 15: The Law of Discipline and Scriptures
		• <i>Negative habits are overcome by changing incorrect (negative) beliefs (desires, feelings, thoughts and capabilities) and engaging in spiritually discerned disciplines.</i>
	2	• Disciplines: The Key to Unlocking Our Potential
	2	• Disciplines related to the different Role Categories
	3	• <b>Optional Self/Buddy/Table Time</b>
	3	• Disciplines: of Abstinence
55 minutes	3	• <b>Optional Self/Buddy/Table Time</b>
	2	• Disciplines: of Engagement
	3	• Disciplines of God Engagement
	3	• Disciplines of God and Community Engagement
	3	• Disciplines of Life and Wisdom Engagement
	3	• <b>Optional Self/Buddy/Table Time</b>
	5	• The Holy Spirit and Disciplines
	3	• <b>Optional Self/Buddy/Table Time</b>
	1	• Spiritual Disciplines and Spiritual Pathways
	1	• Spiritual Pathways
	1	• What is a Spiritual Pathway
	1	• Seven Spiritual Pathways
	3	• Intellectual
	3	• Relational
	3	• Serving
	3	• Worship





## Session 22: Godly Goal Setting

### Outline and Sample Time Frame

10 minutes	5	<b>Recap/Review Homework Session 21</b>
	5	• <b>Self/Buddy/Table Time to focus on Homework</b>
30 minutes		<b>Session 22: Godly Goal Setting</b>
	1	• Session Objectives
	1	• Life Focus Process Level 4: Chart the Course
	1	• Charting the Course
	4	• <b>Optional Self/Buddy/Table Time</b>
	9	• Law 16: The Law of Growth and Scripture
		• <i>Growth toward Christlikeness requires Accountability, Process, and Perseverance.</i>
62 minutes	4	• <b>Optional Self/Buddy/Table Time</b>
	2	• Accountable Goal Setting
	2	• The Role of Mentoring in Charting the Course
	4	• Carson Pue's Mentoring Matrix
	2	• Mentoring and the Life Focus Process
	4	• <b>Optional Self/Buddy/Table Time</b>
	4	• Establishing Goals
	2	• S.M.A.R.T. Goals
	8	• Using Planning Pages
	4	• <b>Optional Self/Buddy/Table Time</b>
80 minutes	5	• Honoring Seasons in your Life and Scripture
	4	• <b>Optional Self/Buddy/Table Time</b>
	8	• Perseverance and Scripture
	1	• Homework

## Trainer Notes

- This session continues the rhythm of reviewing the previous session and homework. We have allotted 10 minutes for this exercise.
- As you can see, we have planned five (four minute) Optional Self/Buddy/Table Times within the session which stretches the overall timeline to 80 Minutes (10 minute Recap/Review, 20 Minutes of Optional Self/Buddy/Table Time and 50 minutes of teaching). Without this stretch the actual session time is 60 minutes.

## God Sightings

Here are some ways I saw God at work in this 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 23: Aligning With God

### Outline and Sample Time Frame

10 minutes	5	<b>Recap/Review Homework Session 22</b>
	5	• <b>Self/Buddy/Table Time to focus on Homework</b>
25 minutes		<b>Session 23: Aligning with God</b>
	1	• Session Objectives
	1	• Life Focus Process Level 5: Stay the Course
	5	• Law 17: The Law of Alignment and Scripture
		• <i>Regular evaluation, planning and realignment with God's mission, leverages time through increased focus</i>
	4	• Planning and Tracking
	4	• <b>Optional Self/Buddy/Table Time</b>
45 minutes	10	• Big Picture Planning and Tracking and Scripture
	2	• The Monthly View
	2	• Projects
	2	• Using Planning Pages
	4	• <b>Optional Self/Buddy/Table Time</b>
64 minutes	2	• Detail Planning and Tracking
	2	• Weekly Adjustments
	2	• Using a Weekly Compass
	2	• Weekly Detail Planning and Tracking
	1	• Using Planners
	2	• Jesus and Daily Planning
	2	• Daily Planning
	2	• Daily Detail Planning and Tracking
	4	• <b>Optional Self/Buddy/Table Time</b>
80 minutes	5	• Revelations and Adjustments and Scripture
	2	• The Cycle of Renewal
	2	• Love flows out of a well-aligned and growing heart and life.
	2	• Revelation and Adjustments
	4	• <b>Optional Self/Buddy/Table Time</b>
	1	• Homework

## Trainer Notes

- This session continues the rhythm of reviewing the previous session and homework. We have allotted 10 minutes for this exercise.
- As you can see, we have planned four (four minute) Optional Self/Buddy/Table Times within the session which stretches the overall timeline to 80 Minutes (10 minute Recap/Review, 16 Minutes of Optional Self/Buddy/Table Time and 54 minutes of teaching). Without this stretch the actual session time is 64 minutes.

## God Sightings

Here are some ways I saw God at work in this 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 24: Training for Abundant Living

### Outline and Sample Time Frame

10 minutes	5	<b>Recap/Review Homework Session 22</b>
	5	• <b>Self/Buddy/Table Time to focus on Homework</b>
30 minutes	1	<b>Session 24: Training for Abundant Living</b>
	1	• Session Objectives
	1	• Life Focus Process Level 5: Stay the Course
	13	• Law 18: The Law of Alignment and Scripture
		• <i>Regular evaluation, planning and realignment with God's mission leverages time through increased focus.</i>
	4	• <b>Optional Self/Buddy/Table Time</b>
57 minutes	22	• Developing Christlikeness and Course Review
	1	• Component Categories and Characteristics of Christian Formation We Have Studied
	4	• <b>Optional Self/Buddy/Table Time</b>
80 minutes	2	• Training for Abundant Living: Developing Christlikeness
	5	• Fruit of the Spirit that Flow through Godly Character
	4	• <b>Optional Self/Buddy/Table Time</b>
	1	• The Journey Ahead
	10	• Review and Feedback
	1	• Homework



## Trainer Notes

- This session continues the rhythm of reviewing the previous session and homework. We have allotted 10 minutes for this exercise.
- As you can see, we have planned three (four minute) Optional Self/Buddy/Table Times within the session which stretches the overall timeline to 80 Minutes (10 minute Recap/Review, 12 Minutes of Optional Self/Buddy/Table Time and 48 minutes of teaching with a 10 minute Course Evaluation and Testimony time). Without this stretch the actual session time is 58 minutes.
- In this final session, we have planned for a special 10 Minute Review and Feedback for the whole course. During this time the participants should be filling out the Omega Course Testimonial and Further Involvement Form as well as the Omega Trainer and Course Evaluation Form Sessions 13-24.

## God Sightings

Here are some ways I saw God at work in this session:

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



A series of horizontal blue lines for writing, spanning the width of the page below the header.

The background of the page is divided into three main sections. On the left, there are three horizontal bands of a solid, muted green color. On the right, there is a vertical strip containing an abstract painting. The painting features a large, gnarled tree trunk with roots extending downwards into a dark green area. The upper part of the painting is a mix of yellow, orange, and green brushstrokes, suggesting foliage or a sky. The overall style is artistic and textured.

# Site Coordinator and Trainer Resources



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



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





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





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



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



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

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

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

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

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



Tally	Page Total	4	3	2	1	0
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Grand Total						
Final Score						

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0-74	Exploring Christ – Your following is very weak at present. (Perhaps you are a New Christian or have not yet really started). Are you prepared to clearly answer Jesus call and become His disciple?

# OMEGA

## Course Sign Up Sheet



Location:

Please Print Information Clearly

[illegible]

# OMEGA



Location:

**Please Print Information Clearly**[illegible]



LifeSprings  
NETWORK

# OMEGA

## Participant Sign-In Sheet

Date: \_\_\_\_\_ Site/Host: \_\_\_\_\_ Trainer(s): \_\_\_\_\_  
Please Print Information Clearly.

Name:					Occupation:									
Address:					Home Church:									
City:					Volunteer with:									
State, Zip:					Interests:									
Main Phone														
Alt. Phone					Age:	Sex:	M	F	Married:	Y	N	Kids:	Y	N
E-mail					Website:									
Would you like to receive:	Mentoring/Life Coaching:		Life Spring Networks		Life Spring Networks		Life Spring Networks							
	Y	N	E-Newsletter:	Y	N	E-Prayer Updates:	Y	N	E-Events:	Y	N			
Omega Materials	Workbooks:		PDGs:	SGLGs:	DVDs:	CDS:	Other:	Other:						
Payment	Total Due:		Payment Type:		Total Received:		Receiver:							

Name:					Occupation:									
Address:					Home Church:									
City:					Volunteer with:									
State, Zip:					Interests:									
Main Phone														
Alt. Phone					Age:	Sex:	M	F	Married:	Y	N	Kids:	Y	N
E-mail					Website:									
Would you like to receive:	Mentoring/Life Coaching:		Life Spring Networks		Life Spring Networks		Life Spring Networks							
	Y	N	E-Newsletter:	Y	N	E-Prayer Updates:	Y	N	E-Events:	Y	N			
Omega Materials	Workbooks:		PDGs:	SGLGs:	DVDs:	CDS:	Other:	Other:						
Payment	Total Due:		Payment Type:		Total Received:		Receiver:							

# OMEGA

## Weekly Attendance Sheet



Site/Host:

Trainer(s):

[illegible]

# OMEGA



Trainer(s):

[illegible]



### Seating:

\_\_\_\_ Sanctuary – Rows

\_\_\_\_ Sanctuary – Other

Details:

\_\_\_\_ Large Room – Rows

\_\_\_\_ Large Room – Tables

\_\_\_\_ Large Room – Other

Details:

\_\_\_\_ Small Room – Rows

\_\_\_\_ Small Room – Tables

\_\_\_\_ Small Room – Other

Details:

Sketch desired room layout in the area below:

### AV:

\_\_\_\_ Extension Cord(s)

\_\_\_\_ Power Strip(s) (min. 3 plugs)

\_\_\_\_ Projection

\_\_\_\_ Projector(s)

\_\_\_\_ Power Cord(s)

\_\_\_\_ Laptop connection cord

\_\_\_\_ Remote

\_\_\_\_ Audio cord

\_\_\_\_ Screen(s)

\_\_\_\_ Overhead projector

List additional needs below:

\_\_\_\_ Sound

\_\_\_\_ Microphone (hand, lapel or other)

\_\_\_\_ Table-Top (lap top compatible) speakers

\_\_\_\_ Large speakers

\_\_\_\_ Room sound system

\_\_\_\_ Audio connection for laptop

\_\_\_\_ Monitor speaker

\_\_\_\_ Podium/Lectern or Stand

\_\_\_\_ Table for LIVE speaker (laptop, projector, table top speakers)

\_\_\_\_ Digital recording of session

# OMEGA

## Logistics Checklist



### Participant Needs:

- ☐ Set Up/Break Down Crew
- ☐ Greeters and Ushers
- ☐ Name Tags
- ☐ Writing Implements
- ☐ Participant Registration Station
- ☐ Sign-in Sheets
- ☐ Resource Materials
- ☐ Payment Station
- ☐ Signs for
  - ☐ Parking
  - ☐ Directions to Meeting Location
  - ☐ Directions for Participant Flow
  - ☐ Restrooms
  - ☐ Emergency Exits
- ☐ Heating/Cooling

List additional needs below:

### Refreshments:

(in coordination with Culinary Coordinator)

- ☐ Snacks
- ☐ Meal
  - ☐ Dinner
  - ☐ Lunch
  - ☐ Breakfast
- ☐ Hot Beverages
  - ☐ Cups
  - ☐ Milk/Cream, Sweeteners
  - ☐ Stirrers
- ☐ Cold Beverages
  - ☐ Cups
- ☐ Napkins
- ☐ Plates
- ☐ Forks, Spoons, Knives
- ☐ Garbage receptacles

List additional needs below:

# OMEGA

## Testimonial



Name:	
Address:	
City, State, Zip:	
Home Phone:	
Work/Cell Phone:	
Job Title:	
E-mail:	

May we use your name and job title in conjunction with your endorsement?      Y      N  
(All other information is strictly confidential.)

1. Please use the space below to write a brief testimony about what your Omega Experience meant to you and why you would recommend it to others.

2. What one thing did God reveal to you most clearly as a result of Omega, and what are you going to do about it?

3. If you had to sum up your Omega experience in one word what would it be?

# OMEGA

## Further Involvement



The ministry of the Life Spring Network exists because of the prayer, service and financial generosity of people who believe in the need for reproductive disciple-making locally and abroad and have helped bring this experience to you!

Would you be willing to support the spread of our ministry in the following ways? Check those you feel God leading you to do:

☐ **Prayer:**

Being an active part of our intercessory prayer team!  
We are

☐ **Volunteer:**

Helping us administrate our ministry, put on seminars and spread the word to others!

☐ **Financially:**

Pay forward your ministry experience and help us to bring the Omega Experience to more people!

**I would like more information about other LSN Seminars and Services:**

☐ **Connection Culture:**

Relationship Excellence through Biblical Community

☐ **Mentoring Connection:**

Understanding Biblical Mentoring

☐ **Empowered Servanthood:**

Understanding Spiritual Gifts

☐ **Making Cent\$:**

Understanding Biblical Financial Stewardship

☐ **U.N.I.T.Y. in Marriage:**

Building a Marriage that experiences and expresses the love of God

☐ **Omega Mentor Training:**

Training to function as a Mentor of others using the Omega Course Content

☐ **Please contact me about engaging in one-on-one Mentoring/Life Coaching**

*Selecting one of the above automatically registers you to receive our monthly e-newsletter which keeps you abreast of what is happening in our ministry and keeps you updated on other Courses and Seminars in the region! We will contact you to follow up with your desire to get involved. We understand that by submitting your endorsement, we may use all or portions of it for research, donor and promotional purposes.*

# OMEGA

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

**Date:**

**Time:**

**Location:**

**Cost:**

**Contact:**



LifeSpring  
NETWORK

[www.LifeSpringNetwork.org](http://www.LifeSpringNetwork.org)

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

Equipping Key Leaders to Maximize the Journey  
for Participants and Provide the Optimum Environment  
for Continuing Life Change and Transformation

**Date:**

**Time:**

**Location:**

**Cost:**

**Contact:**



LifeSpring  
NETWORK

[www.LifeSpringNetwork.org](http://www.LifeSpringNetwork.org)



# OMEGA

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

**Date:**

**Time:**

**Location:**

**Cost:**

**Contact:**



LifeSpring  
NETWORK

[www.LifeSpringNetwork.org](http://www.LifeSpringNetwork.org)

# OMEGA

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

**Date:**

**Time:**

**Location:**

**Cost:**

**Contact:**



LifeSpring  
NETWORK

[www.LifeSpringNetwork.org](http://www.LifeSpringNetwork.org)

# OMEGA

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

**Date:**

**Time:**

**Location:**

**Cost:**

**Contact:**



LifeSpring  
NETWORK

[www.LifeSpringNetwork.org](http://www.LifeSpringNetwork.org)

# OMEGA

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

**Date:**

**Time:**

**Location:**

**Cost:**

**Contact:**



LifeSpring  
NETWORK

[www.LifeSpringNetwork.org](http://www.LifeSpringNetwork.org)

# OMEGA RETREAT DAY

A Day of Retreat, Reflection and Revitalization  
on Your Journey Through Omega

**Topic:**

**Date:**

**Time:**

**Location:**

**Cost:**

**Contact:**



LifeSpring  
NETWORK

[www.LifeSpringNetwork.org](http://www.LifeSpringNetwork.org)

# OMEGA RETREAT

Reflection and Revitalization on  
Your Journey Through Omega

**Topic:**

**Dates:**

**Time:**

**Location:**

**Cost:**

**Contact:**



LifeSpring  
NETWORK

[www.LifeSpringNetwork.org](http://www.LifeSpringNetwork.org)

# Omega Mentor Training Seminar

Equipping Leaders to Mentor others  
in Their Faith Using the Omega Mentoring  
Philosophy and Tools

**Date:**

**Time:**

**Location:**

**Cost:**

**Contact:**



LifeSpring  
NETWORK

[www.LifeSpringNetwork.org](http://www.LifeSpringNetwork.org)

# The Mentoring Connection Seminar

Exploring how Jesus mentored His disciples  
and the transformational power of  
Christ-centered Mentoring Relationships

**Date:**

**Time:**

**Location:**

**Cost:**

**Contact:**



LifeSpring  
NETWORK

[www.LifeSpringNetwork.org](http://www.LifeSpringNetwork.org)

# Creating a Connection Culture

Exploring the 5 Elements necessary to Creating the Relational Soil in which Reproductive Disciple-making can flourish and Unlock our Corporate Potential

**Date:**

**Time:**

**Location:**

**Cost:**

**Contact:**



LifeSpring  
NETWORK

[www.LifeSpringNetwork.org](http://www.LifeSpringNetwork.org)



# Empowered Servanthood Seminar

Exploring Spiritual Gifts and how God has  
Equipped His followers to Build  
His Kingdom through Servanthood

**Date:**

**Time:**

**Location:**

**Cost:**

**Contact:**



LifeSpring  
NETWORK

[www.LifeSpringNetwork.org](http://www.LifeSpringNetwork.org)

# Making Cents

Exploring Biblical Wisdom for  
Financial Management Today

**Date:**

**Time:**

**Location:**

**Cost:**

**Contact:**



LifeSpring  
NETWORK

[www.LifeSpringNetwork.org](http://www.LifeSpringNetwork.org)

# U.N.I.T.Y. In Marriage

Building a Marriage that Experiences  
and Expresses the Love of God

**Date:**

**Time:**

**Location:**

**Cost:**

**Contact:**



LifeSpring  
NETWORK

[www.LifeSpringNetwork.org](http://www.LifeSpringNetwork.org)

# Leading the Omega Experience Conference

Training, Mentoring and Equipping to Establish and Grow Mentoring Networks in Christian Communities

**Date:**

**Time:**

**Location:**

**Cost:**

**Contact:**



LifeSpring  
NETWORK

[www.LifeSpringNetwork.org](http://www.LifeSpringNetwork.org)



## Trainer Application and Agreement



### Personal Information:

Name:	
Address:	
City, State, Zip	
Phone:	
E-mail:	
Home Church:	

### References:

Please provide the name of two individuals who can provide testimony of your character and calling in ministry. One of the individuals must be a pastor or leader in the church.

<i>Pastor or Leader Name:</i>	
Address:	
City, State, Zip:	
Phone:	
Church:	
<i>Other Referral Name:</i>	
Address:	
City, State, Zip	
Phone:	
Church:	

### As a Trainer of the Omega Course, I agree to:

- Use the provided power point or keynote slides and not alter the content in any way.
- Insert and use video clips that are appropriate for my audience.
- Complete the Omega Course as a participant before teaching it to others.
- E-mail or fax the Testimony and Involvement Forms to Life Spring Network upon completion of the course.
- Purchase Resources from the appropriate Life Spring Network distribution source.
- Engage in mentoring relationships as a Mentee and Mentor.

### I have:

- Attended the Leading the Omega Experience Conference.
- Been affirmed in my Teaching and Preaching gifts.
- Been appointed by my Church leadership to function as a teacher and trainer of others.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_



## Trainer Application and Agreement



LifeSpring  
NETWORK

### Referrals:

Please provide the name of a few pastors that believe in Mentoring that you would like to recommend as Omega Course Trainers. We will contact them and invite them to connect with Life Spring Network.

Name:	
Address:	
City, State, Zip:	
Phone:	
E-mail:	
Home Church:	
Name:	
Address:	
City, State, Zip:	
Phone:	
E-mail:	
Home Church:	
Name:	
Address:	
City, State, Zip:	
Phone:	
E-mail:	
Home Church:	
Name:	
Address:	
City, State, Zip:	
Phone:	
E-mail:	
Home Church:	
Name:	
Address:	
City, State, Zip:	
Phone:	
E-mail:	
Home Church:	



Please Write Clearly

Name:	
Date:	
Site/Host:	
Home Church:	
Trainer:	

Thank you for taking the Omega journey with us. Your feedback will help us learn how to serve you and others better.

**Please answer the following questions:**

- How many of the 12 Sessions of Omega did you participate in live, by CD, or on DVD?
- How much of the homework and daily devotionals would you say that you completed?  
Circle One: 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%
- If you attended an Empowered Servanthood Day, what was the value of that experience to you?

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**How would you rate the overall effectiveness of each Session?**

**Poor High**

How would you rate Session #1 Stewarding Life	1 – 2 – 3 – 4 – 5
How would you rate Session #2 Unpacking Mission	1 – 2 – 3 – 4 – 5
How would you rate Session #3 Abundant Living	1 – 2 – 3 – 4 – 5
How would you rate Session #4 The Seven Values of Abundant Living	1 – 2 – 3 – 4 – 5
How would you rate Session #5 Our Core Identity	1 – 2 – 3 – 4 – 5
How would you rate Session #6 Being Fully Human	1 – 2 – 3 – 4 – 5
How would you rate Session #7 Essential Intimacy	1 – 2 – 3 – 4 – 5
How would you rate Session #8 Contagious Community	1 – 2 – 3 – 4 – 5
How would you rate Session #9 Called to Serve	1 – 2 – 3 – 4 – 5
How would you rate Session #10 Stewarding Resources	1 – 2 – 3 – 4 – 5
How would you rate Session #11 Empowered to Serve	1 – 2 – 3 – 4 – 5
How would you rate Session #12 The Freedom of Servanthood	1 – 2 – 3 – 4 – 5
How would you rate your Trainer	1 – 2 – 3 – 4 – 5

What could your trainer have done better? \_\_\_\_\_

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---

Which session or sessions had the most impact on you and why? \_\_\_\_\_

---



---



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Please Write Clearly

Name:	
Date:	
Site/Host:	
Home Church:	
Trainer:	

Thank you for taking the Omega journey with us. Your feedback will help us learn how to serve you and others better.

**Please answer the following questions:**

1. How many of the 12 Sessions of Omega did you participate in live, by CD, or on DVD?

2. How much of the homework and daily devotionals would you say that you completed?

Circle One: 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%

3. If you attended an Know Thyself Day, what was the value of that experience to you?

---



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---

**How would you rate the overall effectiveness of each Session?**

**Poor High**

How would you rate Session #13 The Journey of Transformation

1 - 2 - 3 - 4 - 5

How would you rate Session #14 Choosing to Transform

1 - 2 - 3 - 4 - 5

How would you rate Session #15 Resistance to Transformation

1 - 2 - 3 - 4 - 5

How would you rate Session #16 Blessings and Curses

1 - 2 - 3 - 4 - 5

How would you rate Session #17 Pressing into God's Purpose

1 - 2 - 3 - 4 - 5

How would you rate Session #18 The Power of Believing

1 - 2 - 3 - 4 - 5

How would you rate Session #19 The Seven Deadly Sins

1 - 2 - 3 - 4 - 5

How would you rate Session #20 Contagious Community

1 - 2 - 3 - 4 - 5

How would you rate Session #21 The Joy of Discipline

1 - 2 - 3 - 4 - 5

How would you rate Session #22 Godly Goal Setting

1 - 2 - 3 - 4 - 5

How would you rate Session #23 Aligning with God

1 - 2 - 3 - 4 - 5

How would you rate Session #24 Training for Abundant Living

1 - 2 - 3 - 4 - 5

How would you rate your Trainer

1 - 2 - 3 - 4 - 5

What could your trainer have done better? \_\_\_\_\_

---



---

Which session or sessions had the most impact on you and why? \_\_\_\_\_

---



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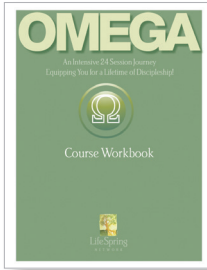


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# Omega Course Resources

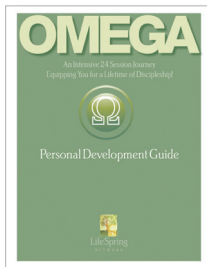
OMEGA

Life Spring Network



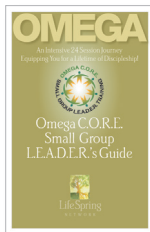
## Omega Course Workbook

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



## Omega Personal Development Guide

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



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

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



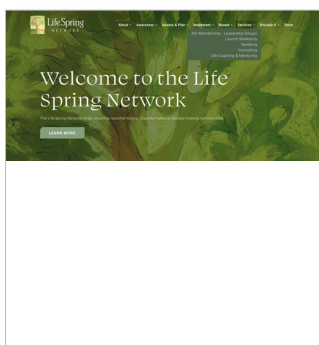
## Omega Course DVDs and Audio CDs

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



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

# Omega Course Resources



## The six-part Omega Course Workbook Series

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

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

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

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

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

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

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

### Part 4 - Committing to Transformation - Sessions 13-16

Explore what the Scriptures say concerning the Journey of Transformation, Choosing to Transform, Resistance to Transformation and Blessings and Curses.

### Part 5 - Know Thyself - Sessions 17-20

Explore what the Scriptures say concerning Realizing Life's Potential, Pressing into God's Purpose, the Power of Believing and the Seven Deadly Sins.

### Part 6 - Running the Course - Sessions 21-24

Explore what the Scriptures say concerning the Joy of Discipline, Godly Goal Setting, Aligning with God and Training for Abundant Living.

## Online Community

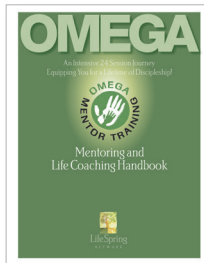
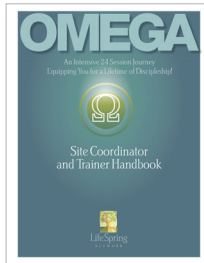
Log onto the website to take part in the Life Spring Network online community. Read through our **blog** for thoughts, insights and ideas from Omega Trainers, Mentors and the Life Spring Network (LSN) Staff. Watch training videos, testimonials and read devotional thoughts. **Visit our resources section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

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

# Omega Experience Resources

OMEGA

Life Spring Network



## Leading the Omega Experience Conference

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

## Omega Site Coordinator and Trainer Handbook

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

## Omega Mentoring and Life Coaching Handbook

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

## Omega Course Leadership Training Seminars

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

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

### Omega Mentor Training Seminar

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

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

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



## Additional Live Seminars

### Pre-Omega Course Church-wide Seminars



#### The Mentoring Connection Seminar and Workbook

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



#### Creating a Connection Culture Seminar and Workbook

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



#### Empowered Servanthood Seminar and Workbook

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



#### Making Cent\$ Seminar and Workbook

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



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

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

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