

OMEGA

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



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



LifeSpring
NETWORK

Life Spring Network
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Group L.E.A.D.E.R. Seminar

Quick Bio:



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

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

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

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

Omega C.O.R.E. Small Group L.E.A.D.E.R.'s Guide for the
OMEGA Course: An Intensive 24 Session Journey
Equipping You for a Lifetime of Discipleship!

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Published by Life Spring Network
Itasca, Illinois

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P.O. Box 782
Itasca, IL 60143

ISBN: 978-0-9797141-1-5

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Life Focus Process, The Road of Life Diagram, Cycle of Renewal,
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Welcome and Table of Contents

Welcome!

Welcome to the Omega C.O.R.E. Small Group L.E.A.D.E.R.'s Guide! We're glad that you have decided to join us in developing reproductive disciples of Christ. This manual is designed to help you lead a small group discussion for each Omega session.

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Before You Begin

The following are some items to think through before you begin your Omega experience with your small group.

Support for Small Group Leaders

Whether this is your first time leading a small group or you've been doing it for years, we have arranged for you to have plenty of help and support as you begin this journey of leading your Omega Small Group.

This Guide

Use this guide as a reference in setting up and leading your small group. In it, you'll find everything you need to keep your group productive and on track with the Omega material. It will be helpful to review each session of this guide before each Omega session.

Your Omega Trainer/Site Coordinator

If you are hosting the Omega Course live, your Omega Trainer is available to you to discuss material content, provide guidance for the facilitation of your small group, and to listen and give you feedback on any questions or concerns you may have. If you are watching the Seminar on DVD, please seek out your pastor or the Omega Site Coordinator for further assistance.

Our Website

Visit our web site (www.lifespringnetwork.org) to pose questions, interact with and respond to other Omega Small Group Leaders. You will also be able to find other resources for leading small groups from our recommended resources page.

Fellow Small Group Leaders

If you are one of many Small Group Leaders for the Omega Course, use the other Small Group Leaders to bounce thoughts off of, ask for suggestions or just brainstorm ideas. Most importantly, spend time in prayer together, praying for one another and the members of your group.

The Life Spring Network

If you sense an issue has arisen in your group for an individual that may require professional help, let your Omega Trainer/Site Coordinator know as soon as possible. If you can't find help, contact the Life Spring Network. We may be able to recommend a variety of trained counselors, pastors, and mentors who are available for individual assistance in your area.



Getting Acquainted

Omega: A Brief History

- Developed from 1998-2008 from the ministry and life coaching experience of Jason Pankau.
- As a formal course, Omega debuted six years ago at Stanwich as a discipleship training course, teaching people how to steward their lives from God's perspective.
- The course experience has been modeled after the Alpha Course format:

In 2006 the Life Spring Network was commissioned:

- After teaching the Omega Course in ten locations with over 550 people both live and on DVD we went back to the drawing board and created the entire Omega Experience.
- The Omega Experience launched in January of 2009.

Omega's Mission:

1. Preach the living Gospel of Jesus Christ and equip people to live the abundant life to which Jesus calls us.
2. Bless the local church in its mission to make reproductive disciples of Jesus.
3. Provide a holistic pathway to seeking Christ-likeness and facilitating mentoring relationships.

Leading the Omega Experience Conference:

During our time together, we will:

Train your leaders how to effectively and efficiently lead The Omega Experience, 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, pre-Omega and post-Omega seminars, and strategies to aid your people along the journey of transformation.

Getting Acquainted

Omega: Why?

Why Make Disciples?

The Great Commission - Matthew 28:16-20 ¹⁶Then the eleven disciples went to Galilee, to the mountain where Jesus had told them to go. ¹⁷When they saw him, they worshiped him; but some doubted. ¹⁸Then Jesus came to them and said, "All authority in heaven and on earth has been given to me. ¹⁹Therefore **go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit,** ²⁰and **teaching them to obey everything I have commanded you.** And surely I am with you always, to the very end of the age.

A Disciple is:

1. Someone who is a baptized believer in the Trinitarian God (Father, Son and Holy Spirit) and is seeking connection with the Father
through the Son
in the Power of the Holy Spirit.
2. Someone who lives under the authority of Jesus as His servant and purposes himself or herself to obey Him as their Lord.

The Church:

Therefore, a church is made up of disciples who have collectively bonded themselves together as a community to lead people to a saving faith in God and grow one another to full maturity in Christ!

And it is to the church that purposes itself to carry out this commission that Jesus said He would be with always, to the very end of the age.

How are we doing?

In a recent discipleship survey (2001) conducted by the Barna Group, "discipleship and spiritual development" were listed as the number one church priority of a sample set of 614 senior pastors.¹

But there is a disconnect...

"When Christian adults were asked to identify their most important goal for their lives,

- Not a single person said it was to be a committed follower of Jesus Christ, or to make disciples of Christ.
- Less than one out of every five born-again adults had any specific and measurable goals related to their personal spiritual development.
- Less than one out of every ten believers possesses a Biblical worldview as the basis for his/her decision-making or behavior.
- The bottom line remains unchanged: most Christians are simply not making progress in their personal spiritual development.”

Bruce Dreisbach, in his research (Reaching Beyond the Church, 1997) discovered: 90% of Christians are “sterile” and therefore don’t reproduce (they are unable to lead another to faith or disciple them to maturity).

Dallas Willard in discussing the current state of discipleship states: “Christians today do not decide to do the things Jesus did and said. And this in turn is, today, largely due to the fact that they have not been given a vision of life in God’s kingdom within which such a dimension and intention would make sense.”

Barna research also identified nine substantial obstacles that seem to prevent individuals and churches from having a more satisfying discipleship experience.

Among the barriers to spiritual growth are:

- The tendency to focus on Bible knowledge but not character development;
- The lack of a clear and specific idea of what meaningful discipleship is;
- Unrealistic expectations regarding the role of small groups in the disciple-making process.

“Few believers said that their church lacked programs, but most Christians complained that little is done to effectively motivate and facilitate their development as genuine, fervent followers of Christ....”

“Offering programs is not the issue. We discovered that surprisingly few churches have a well-conceived model of discipleship that they implement....”



Getting Acquainted

“The result is that churches feel they have fulfilled their obligation if they provide a broad menu of courses, events and other experiences....”

These findings are echoed in the Reveal Study conducted by the Willow Creek Association, whose findings were published in the book, *Follow Me*, in 2008. After looking at over 200 churches and 80,000 people, they identify four groups of people:

1. Exploring Christ
2. Growing in Christ
3. Close to Christ
4. Christ-centered

As a bottom line, the Reveal Study found that, “The church is not doing a good job of growing Christ-centered people.”

The need for mentors and coaches is beginning to be recognized...

“When people were asked which type of spiritual community is most important to advancing their growth, everyone chose spiritual friendships [mentors].”

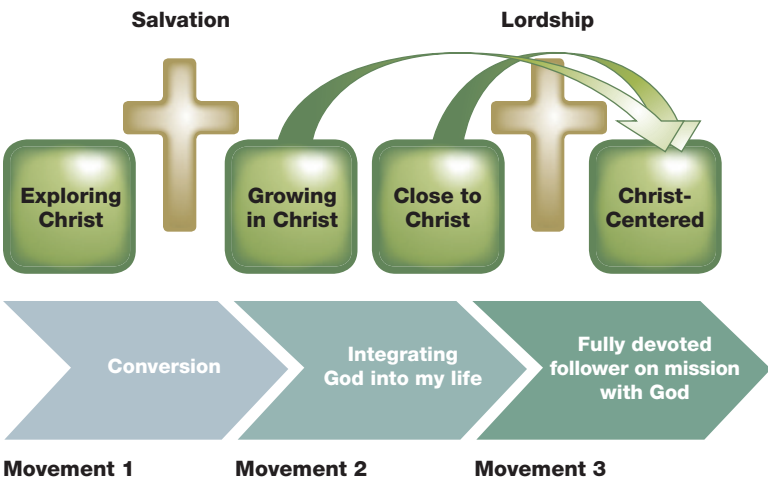
Spiritual Friendships are what we call Peer Mentors

“In a nutshell that is the opportunity for the church – to become a coach for the Christ-centered people. Coaches are most effective when they help players see what they can’t see themselves – those big and small shifts that have the greatest potential to change momentum. The church can inspire and engage committed Christ-followers and hold them accountable for closing the gap between where they are and 100 percent devotion to Christ.”

“As we reflect back over four years of gathering, studying and analyzing data on spiritual growth and the breakthroughs we’ve discovered, we believe that perhaps the church’s greatest role is that of spiritual motivator or spiritual coach. The church can hold up a mirror to our souls that helps us see what we can’t see for ourselves – all those big and small shifts that have the greatest potential to change our spiritual momentum. Like a coach, the church can help us create a spiritual workout plan. It can nudge us to run a little faster, or lift a few more weights. But mostly, the church’s job – and its greatest joy – is to step back and cheer us on as the Holy Spirit captivates our hearts and uses us to do His mighty work.”

**Closing the gap between where people are
and 100% devotion to Christ is exactly what the
Omega Experience is designed to do.**

The Omega Experience was created to facilitate Christ-centered living by training those who are growing in Christ and close to Christ how to live and grow to be more fully devoted and Christ-centered.



This paradigm and research is adapted from the Reveal Study by Willow Creek Association.

Getting Acquainted

10 Reasons Why Personal Discipleship is the Exception in Most Christian Churches!

From www.disciplers.org

1. The generally accepted definition of “discipleship” is distorted.
2. To influence many people simultaneously is generally considered the method of choice. Personal one-on-one discipleship appears to be too time-consuming, energy-consuming, and inefficient.
3. There is an attempt to develop “teachers” rather than “disciplers.”
4. Most Christians consider themselves inadequately trained, or ungifted – leaders are presumed to be trained but lack the time for personal discipleship; while many followers have the time but don’t feel they are adequately trained.
5. The church community typically focuses on making converts rather than making disciples.
6. The practice of mentoring, or spiritual parenting, is not being modeled by many older Christians.
7. “Personal discipleship” (“spiritual parenting”) is not promoted and modeled from the leadership in many churches.
8. Biblical truth is often presented in isolated (topical) form without a good understanding of how it fits into the Christian life as a whole, promoting the compartmentalizing of the Christian’s life.
9. There is a reluctance by many Christians to make a commitment that they perceive may interfere or limit their lifestyle or plans.
10. There is an assumption that the appropriation of Biblical knowledge by itself will lead to spiritual maturity.

The Life Spring Network:

Helping Churches to reverse this trend and live out the great commission is the focus of the Life Spring Network!

Our Mission:

“Training, Mentoring and Equipping communities of Christians to steward their lives from God’s perspective and realize their potential in Christ as reproductive disciple-makers.”

Our Strategy:

First to Train

We train people through seminars and courses, like Creating a Connection Culture and Omega, to understand the life of discipleship, get on a personal growth plan, live their faith and train others to do the same!

Then to Mentor

We engage in personal life coaching and mentoring with people who desire to realize life's potential and train others as life coaches/mentors so they can help others.

Then to Equip

We equip Christians with the resources they need to help facilitate this journey. The dream is to help churches establish and grow Mentoring Networks which make disciples for Christ.

OMEGA: HOW? Big Picture

Omega's Balanced Discipleship Model

Omega's discipleship model was created to facilitate the establishment and growth of holistic reproductive disciples through unleashing the power of Mentoring Networks.

Omega's Balanced Discipleship Model

This model was inspired by and is adapted from Discipeler Training International's Balanced Discipleship Model - www.disciplers.org

Personal Discipleship

(Vitality needed, but largely neglected)

Corporate Discipleship

(Most prevalent and needed, but typically insufficient by itself to produce the best results)



Getting Acquainted

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 people to dynamic fellowship and a covenant group experience during the Omega Course journey.
- It introduces people 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

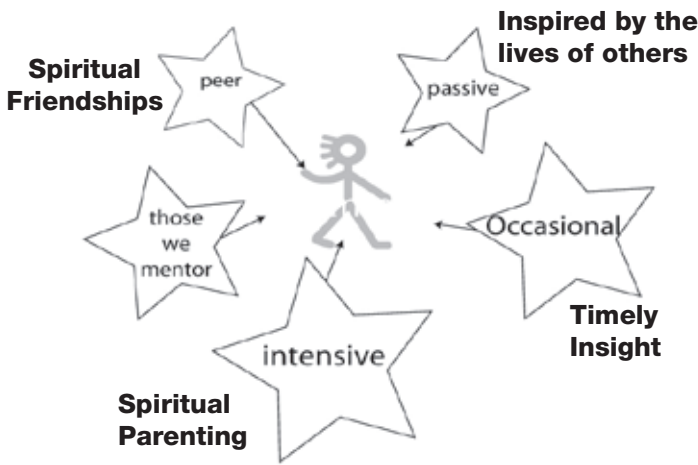
- Intentional
- Occasional
- Passive
- Peer

Equipping

Resources for the journey

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

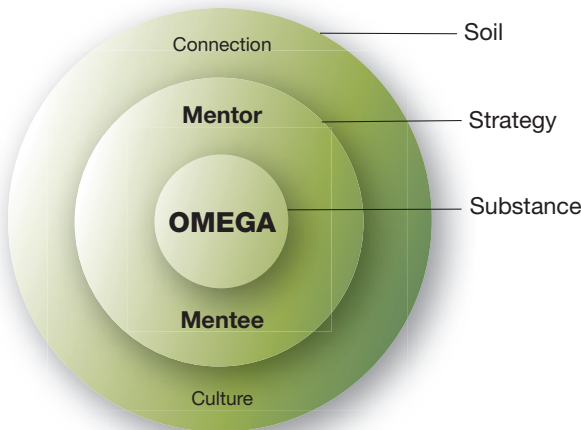
Four Different Types of Mentoring²



The Omega Experience: Soil, Strategy, Substance

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.

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.



Getting Acquainted

OMEGA: HOW? Implementation

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.

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.



- 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.

Getting Acquainted

Soil: Creating a Connection Culture

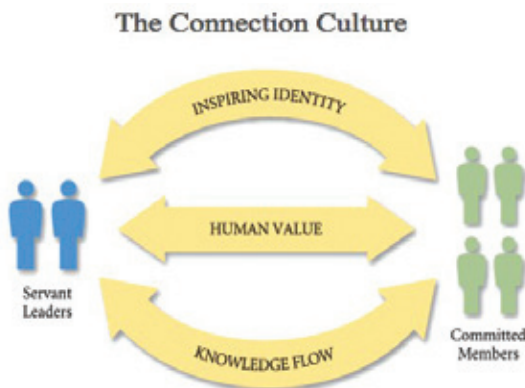
Imagine creating an environment where members have everything they need to really thrive. In four hours, the Connection Culture seminar will teach you how to do just that. Based on the book, *Fired Up or Burned Out*, co-authored by Jason Pankau, you will explore how to develop:

Three Core Elements:

- Inspiring Identity
- Human Value
- Knowledge Flow

Two Enabling Elements:

- Committed Members
- Servant Leaders

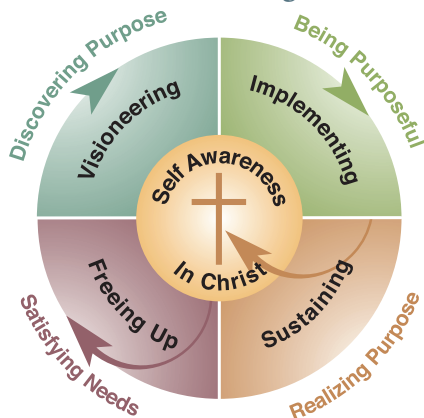


Strategy: The Mentoring Connection

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...

Carson Pue's Mentoring Matrix Adapted ¹



...with the substance of Omega...

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.

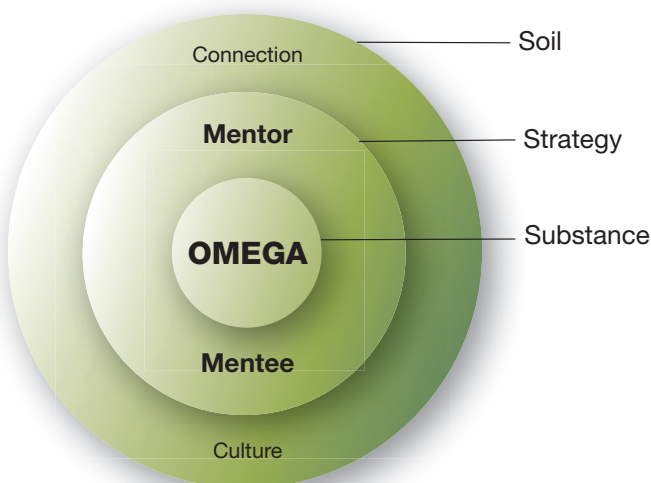
Getting Acquainted

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.



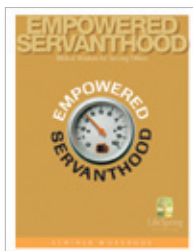
Substance: Omega

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

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 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*

Getting Acquainted

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.

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.

Getting Acquainted

Course Length	Participant Time Commitment per Meeting	Meeting Breakdown	Other Notes
24 Weeks	2 Hours	<ul style="list-style-type: none"> • 1 Session, • 1 Group Discussion 	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"> • 1 Session, • 1 Group Discussion Retreat Days: <ul style="list-style-type: none"> • 4 Sessions, • 4 Group Discussions 	This seems to work into most calendars the best.
12 Weeks	3-4 Hours	<ul style="list-style-type: none"> • 2 Sessions, • 2 Group Discussions 	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"> • 4 Sessions, • 4 Group Discussions 	For pastors and leaders only.
Personal Mentoring	2 Hours	<ul style="list-style-type: none"> • 1 Hour DVD, • 1 Hour Mentoring 	Recommended for Experienced Mentors only.

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

Life Spring Network

OMEGA

Getting Acquainted

What is an Omega Course?

*“An Intensive 24 Session Journey
Equipping You for a Lifetime of Discipleship.”*

Let’s take a look at what that means:

“An Intensive...”

Omega is just that: intensive. Designed to be basic training in discipleship, you will be exposed to a big picture view of the life of discipleship and invited to be trained in righteousness.

“...24 Sessions...”

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

A Breakdown of the 24 Sessions:

12 Getting On Mission With God

Life Stewardship
Unpacking Mission
Abundant Living
The Seven Values of Abundant Living
Our Core Identity
Being Fully Human
Essential Intimacy
Contagious Community
Called to Serve
Stewarding Resources
Empowered to Serve
The Freedom of Servanthood

12 Living Out God’s Mission

The Journey of Transformation
Choosing to Transform
Resistance to Transformation
Blessings and Curses
Realizing Life’s Potential
Pressing into God’s Purpose
The Power of Believing
The Seven Deadly Sins
The Joy of Discipline
Godly Goal Setting
Aligning with God
Training for Abundant Living

“...Journey...”

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

“...Equipping you...”

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

Tools for the Journey

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

The Life Focus Process[™]

The Life Focus Process reveals the nature of your journey through Omega. You will spend twelve sessions at the most foundational level where you will clarify God’s Mission for your life by looking at His Vision, Priorities, Values and Identity Roles. By the end of these twelve sessions you will have articulated your very own personal mission statement.

The next four sessions will help you learn how to get in sync with God’s transformational process. Making a true commitment to transformation and understanding the different aspects of that commitment are essential to living in and through God’s guidance and power, and experiencing the abundant life.

After you “Commit to Transformation” you will enter into four sessions designed to give you a comprehensive view of the “nature” and “nurture” elements that have helped to shape who you are as you “Know Thyself.”

Getting Acquainted

The next four sessions provide the tools and strategy for you to “Chart the Course” of your life by developing your personal growth plan and discerning spiritual disciplines to engage in which will train you in righteousness in each area of your life.

The next two sessions provide tools, clarity, and motivational perspective to the journey of reproductive discipleship which encourages people to pursue God’s training.

Clarify God’s Mission: 12 Sessions
Commit to Transformation: 4 Sessions
Know Thyself: 4 Sessions
Chart the Course: 2 Sessions
Stay the Course: 2 Sessions



By journeying through Life Spring Network’s *Life Focus Process*[™] participants will:

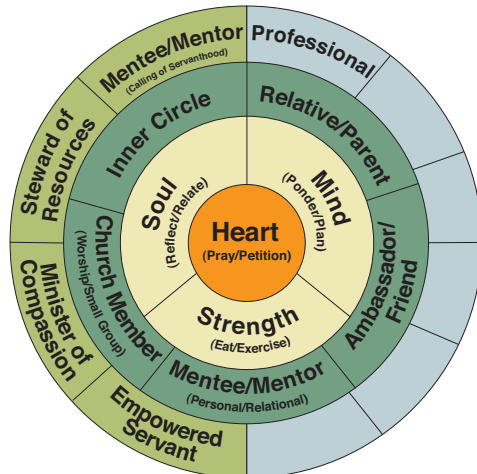
- Get a “Big Picture” view of the life of discipleship.
- Have the opportunity to develop deeper relationships (first with Christ, then with others).
- Identify growth steps for their journey.
- Remove obstacles that keep them stagnant in their spiritual lives.
- Walk away with a personalized development plan that can be re-visited and revised year after year.

The 18 Natural Laws of Life Stewardship™



Natural Laws are fundamental patterns of nature and life that revelation, human experience and testing have shown to be valid. They describe things as they really are, as opposed to how we think they are or how we wish they were. A natural law is a law that cannot be repealed. There is a list of the 18 Natural Laws of Life Stewardship in the Appendix of your Omega Course Workbook.

Identity Roles Diagram™



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



Getting Acquainted

“... For A Lifetime of Discipleship.”

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

What to Expect

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

What is an Omega Course?

Opening up the Scriptures together to discover the abundant life Christ destined all of us to live!

Mentoring one another towards Christ-likeness in a fun, supportive and engaging environment.

Eating a meal together as an opportunity to get to know one another and share the journey together.

Growing towards Christ-likeness through an intentional discipleship process.

Ask anything. Omega is a place where no question is considered too simple or too hostile.

Where Can Omega Be Done?

- Homes
- Colleges
- Prisons
- Workplaces
- Nursing Homes
- Restaurants
- Anyplace where 2-3 people can share faith in a quiet hospitable fashion

What are people saying about Omega?

Leading discipleship thinkers and pastors from different denominations have endorsed the Omega Course. They agree that Omega's teachings are Biblically sound.

**Read or watch testimonials at
www.lifespringnetwork.org**

The background of the page is a large, abstract artwork. It features a vertical composition with a dark green background on the left and a lighter, yellowish-green background on the right. On the right side, there is a stylized, abstract representation of a tree or a plant with many thin, dark lines radiating from a central point, suggesting branches or roots. The overall color palette is dominated by various shades of green and yellow, with some darker brownish-green tones in the lower right.

Omega C.O.R.E. Groups

What is a Small Group?

“A Christian small group is an intentional, face-to-face gathering of 3 to 12 people, meeting on a regular time schedule with a common purpose of discovering and growing in the possibilities of the abundant life in Christ.”

– Roberta Hestenes

Five Types or Styles of Small Groups: One Guiding Paradigm - C.O.R.E.

1. Support and Recovery Groups

These groups are formed to address special needs, such as addictions, support and recovery from the effects of loss (divorce, death) and other intense needs. Typically, support and recovery groups are lead by trained professionals.

- Support Groups – twelve-step groups
- Self-Help Groups – mutual support groups to cope with any kind of life-disrupting challenge.

2. Study Groups

When our unconnected friends begin engaging us in spiritual conversations and as they are comfortable, we will encourage them to participate in appropriate Study Group Bible Studies. Study Groups are investigative Bible Studies where people can examine the Christian faith, meet other Christians and grow in their understanding of the Christian life. The primary emphasis is on acquiring Biblical knowledge and growing spiritually. Groups can range from groups geared to new believers to those who wish to pursue seminary level studies on a particular topic. A qualified instructor would conduct such seminary level studies. Some homework should be expected in Study Groups.

3. Gathering Groups

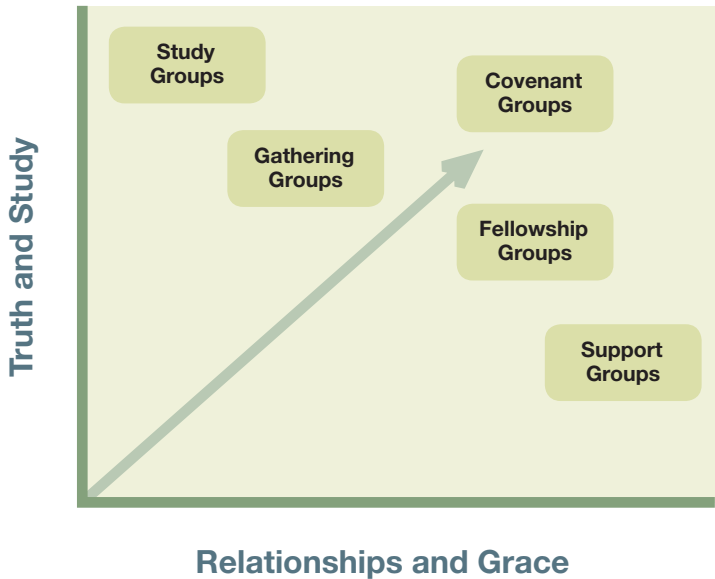
Gathering Groups offer an ongoing open invitation to everyone to gather in a large group before breaking out into small groups. Gathering Groups are designed for people who want to participate in small groups but may not be able to commit to a weekly schedule.

4. Fellowship Groups

The primary emphasis in Fellowship Groups is on building Christian relationships through “caring for one another.” The group activity is selected for its ability to enhance relationships among the group members. Fellowship Groups create ongoing opportunities for people to feel connected to the church family through affinity groups, based on interests or similar life situations. Book clubs, quilting groups, singles’ groups, couples’ groups, men’s and women’s groups, regional home groups, recreational and leisure groups are examples of these.

5. Covenant Groups

Covenant Groups are designed for those who want to commit more time to developing relationships and sharing their spiritual lives together. These groups are usually more committed groups who have given each other the right to disciple one another. They are usually single sex because of the intimate nature and depth of the dialogue.



Omega C.O.R.E. Small Group Paradigm

Omega C.O.R.E. Small Groups are designed to function like Covenant Groups.

C: COMMITTED

O: OPEN TO GROWTH

R: RELATING TO THE GROUP

E: ENTERING SCRIPTURE

C: Committed

Each of the members of a C.O.R.E. Group knows that they are a member of the group. They belong as members and agree to the disciplines and stipulations of the group. There is a covenant that is either written out formally, or verbally agreed to and made explicit. **To covenant means to define relational expectations.**

One of the main jobs of the leader, particularly in initiating and focusing the group, is leading the group to define its commitment. As new members of the group are added, the commitment is articulated to them and they are asked to commit as well.

Included in the commitment are elements such as:

1. The purpose of the group
2. The composition of the group (who's in it?)
3. The regular time and meeting of the group
4. The level of interaction of the group
5. The expectations of the group
 - a. attend all meetings if at all possible
 - b. do the assignments between meetings
 - c. pray regularly for each member of the group
 - d. uphold confidences within the group

O: Open To Growth

“Not that I have already obtained all this, or have already been made perfect, but I press on to take hold of that for which Christ Jesus took hold of me. Brothers, I do not consider myself yet to have taken hold of it. But one thing I do; Forgetting what is behind and straining toward what is ahead, I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus.” (Philippians 3:12-14)

A key element and expectation of the group and each members is a willingness to grow both spiritually and toward maturity as individuals and by reaching out to bring others into the fellowship. Healthy groups (and individuals) refuse to remain stale or stuck, but are in a process of growth. They are constantly open to stretching themselves through new and challenging material, new experiences and by inviting new members into their group. It is our belief that growth, reproduction and multiplication must happen at every level. Groups and people that are not growing are dying.

Key questions for leaders to be asking of themselves and asking their group members are

1. What is our next step for our group to grow?

- grow spiritually (in faith and action)
- grow emotionally (in wholeness and healing)
- grow mentally (in having the mind of Christ)
- grow physically (in overall life health)
- grow socially (in love and healthy relationships)
- grow in servanthood (in God’s calling of downward mobility)

2. What is your next step of growth toward full devotion as a follower of Jesus Christ?

A regular question to ask each group member either in or between group time.

3. Who are we reaching out to in order to grow God’s Kingdom and build the number and quality of the group fellowship?

Though groups must grow at a healthy pace, groups that do not reach out in this way will become stale and ingrown and eventually die over time (just a fact of life).

Omega C.O.R.E. Groups

4. Who needs to be mentored or challenged to step out and start/lead a new group? Who needs to step up to the plate to become an apprentice and which apprentices are ready to take their own group?

R: Relating To The Group

“As iron sharpens iron, so one man sharpens another.” (Proverbs 27:17)

As coals burn brightly when in connection with other coals, so do small group members ignite spiritually as they relate to one another. Since no one person in the group has all the insight or the Spiritual Gifts, group members grow in different aspects as they relate to other members of the group, both inside and outside of the group. Therefore, though the leader is responsible and accountable for the discipleship of the group, s/he is not the resident expert or the one who has insight on everything. Though the leader is in charge of the overall teaching and direction of the group, s/he may do this by facilitating and drawing out the gifts and insights of others in the group. Group time, though it may include some direct teaching or prophetic words, is primarily a shared time of growth as the body “builds itself up.”

Healthy groups also have a continued interaction of group members in relationship outside of formal group time. This may involve times of service, outreach, social time as a group or participation in church or other events (e.g. Promise Keepers, conferences, weekend retreats, etc...)

Therefore some questions a leader may ask are...

1. How can I creatively draw out those in my group?

(through questions, participation, prayer times, etc.)

2. What special things can we do between group meetings to build our relationship?

(retreats, parties, service projects, outreach together, learning opportunities, prayer partnerships with one another, travel, encouragement, topic discussions, etc.)

3. How can I help facilitate or encourage connection among group members outside of regular meeting times?

(sharing life together, midweek emails, helping one another grow through functioning as peer, occasional or intensive mentors, etc.)

4. Would this individual be better relating to those in another group because of geography, affinity, special needs, or other issues?

(Is your group the best place and group for them to grow in?)

E: Entering Scripture

“For the word of God is living and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart.” (Hebrews 4:12)

“All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, so that the man of God may be thoroughly equipped for every good work.” (2 Timothy 3:16)

The foundation of truth and of study of the group is God’s Word. Though other books, curriculum and topical discussions may supplement the Bible, the power of the group comes from the Bible. With this in mind, the leader and apprentice(s) must work to ensure that the Bible is constantly opened, studied, applied and memorized both inside and outside of the group.

The continual growth of Bible knowledge, Bible study skills and the ability to “feed oneself” from God’s Word is vital to the goal of the group.

Therefore some questions a leader may ask are...

1. Do people know how to study Scripture on their own?

(Feed themselves?)

2. Do members have regular time of personal prayer and Bible study?

3. Are we as a group digging into Scripture together?

4. Are we considering other opportunities (e.g. seminars, conferences) outside of the group to further our understanding of Scripture and its application to our lives?

Objectives of C.O.R.E. Groups

Teaching and Modeling “Full Connectedness”

The Mission Statement that we promote through the Omega Course as God’s Mission for our lives is:

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

Fully Connected to Jesus

Our goal as leaders is to help the group members develop intense intimacy with Jesus. It should be our plan, not to bring members of our group to dependence upon us, but to full dependence upon God. It is their relationship with God, and they need to grow and steward that relationship on their own. We are just encouragers and models. We want them to learn to hear God’s voice and discern their next steps in following Him. It is our desire to nurture and teach them to feed themselves. In doing this, it should be our plan to work with them to create their own time of solitude, prayer and study of God’s Word. We must work with them to know to be with God outside of group time as well as inside of group time. Therefore, we seek to nurture the spiritual disciplines in their lives.

1. Solitude (Regular “Being” with God)

We help those in our groups discover how to have daily time with God as well as extended times to be in His presence. We encourage them to learn a spirit of “being before doing.” We model and encourage “monastic” disciplines such as silence, solitude and fasting and we teach them to “practice the presence of God.” We encourage those in our group as they learn how to hear God’s “gentle whisper” as well as enjoy His comforting and challenging presence.

2. Scripture (Regular Studying of God’s Word)

We equip group members in the discipline of regular Bible study. We teach them to feed themselves daily on God’s Word and learn to discern truth, correct doctrine and make applications for life from Scripture. For those with teaching gifts and deeper desires to learn, we encourage and point them in the direction of avenues of higher learning and Biblical pursuits through books, tapes, seminars, classes, conference, etc.

3. Prayer (Regular Speaking with God)

We teach those in our groups how to connect with God in prayer, how to regularly intercede on behalf of themselves, their families, our Church community, our leaders, our nation, and our world. We encourage the keeping of journals for prayer and for reflection. We teach patterns of prayer, such as ACTS&L (Adoration, Confession, Thanksgiving, Supplication and Listening). We promote the gathering together for group prayer times.

4. Fasting (Regular Spiritual Cleansing)

We also model and encourage the discipline of regular fasting (as Jesus did) in order to seek God on a deeper level. We challenge our groups to fast and pray on behalf of certain needs and desire and encourage regular times of spiritual cleansing and confession. (2 Chronicles 7:14)

Other disciplines to be practiced and fostered, and their definitions, can be found in the appendix of your Omega Course Workbook.

Fully Connected to Community

The Church of Jesus Christ has been and is to be known by the full devotion of its members to one another in loving community. “Love one another” is the oft-repeated phrase of the New Testament. It accompanies significantly many more “one anothers.” Therefore, it is our desire to lead our group members into full commitment in community with one another and with the Church. It is our goal for each of our members to fully engage in meaningful membership with their local fellowship. Modeling our church’s membership after the early church’s church lifestyle (found in Acts 2:42-47), we make church membership not an added “to do” or meeting among many others, but an integral and integrated component of our lives. We also balance “doing” and “being” and promote healthy activity without drivenness and “striving.”

We define community (adapted from a sermon by Bill Hybels) as:

1. Loving and Being Loved (1 John 3:11)

The full expression of truly loving God and one another in and through our groups is the vision. The message and lifestyle of God is most loudly articulated and expressed through His building a community that truly loves one another. Since the small group is the “cell” of the larger Church, its genetic code is one of “agape” love. Each group member experiences the love of God as it is expressed in fully loving one another in word and deed. The willingness to “lay down our lives for one another” is the goal. Jesus told His followers, “By this all men will know you are my disciples, if you love one another.”

2. Knowing and Being Known (Acts 2:46, Ephesians 4:15)

Those in our groups come out of isolation as individuals and enter into an environment of healthy vulnerability and grace. We accept those in our groups, wherever and whoever they currently are, even if we recognize that they aren’t where they could be, or where they know they should be.

But the group and the church is called to be a safe place to be fully “us,” warts, sin and all. Mature members are “real” with one another. They “speak the truth in love” with one another (Ephesians 4:15) and even “confess their sins” to one another. This is done in an atmosphere of both truth and grace.

3. Celebrating and Being Celebrated (Romans 12:10)

We uphold a standard of celebrating growth, uniqueness and diversity. Group members actively encourage one another and build one another up. They recognize growth and pay special attention to one another. We honor one another above ourselves.

4. Serving and Being Served (Galatians 6:2, 9-10)

As a servant community, we seek to build servants and a servant culture in our group. Washing feet is the most appropriate analogy (John 13:1-17). We provide opportunities for serving and encourage service within and outside of the community. Group members are involved in regular servant activities and are especially engaged in activities fitting their passions, gifts and calling. Group members also learn the grace to accept service from others in humility and gratitude while benefiting from the activities.

5. Forgiving and Being Forgiven (Colossians 3:13, Matthew 5:23-24)

Mature members know how to forgive when wronged and seek forgiveness when they wrong. We continually encourage reconciliation and hold up a standard that calls for quick reconciliation (not letting the sun go down on anger), both between members and those outside. We also discourage “pseudo-community” and believe that mature members should work through, understand and accept differences between people. We actively discourage the “breaking of fellowship” because of unresolved conflict or differences.

Omega C.O.R.E. Groups

Fully Connected to Calling

“Make disciples of all nations, baptizing them in the name of the Father, and of the Son and of the Holy Spirit and teaching them to observe all I have commanded you.” (Matthew 28:19-20)

Group members must recognize that they play an important role in God’s plan for redeeming humankind and are actively engaging their calling in this endeavor. They see their lives as a part of God’s plan for building His kingdom. They are fully connected to the general call for all Christians to the Great Commission (Matthew 28:18-20) and the Great Commandments (Mark 12:30-31). They understand that God has given them gifts, passions, abilities and resources to use for His kingdom purposes and are stewarding those “talents” in building His kingdom. They let others build them up with their gifts toward maturity (Ephesians 4:11-13) and cooperate with them in reaching their sphere of influence for Christ.

Believing that every individual who is added to the Church Body is given a spiritual gifting and a calling of servanthood, we encourage people to discover their gifts and engage their calling. Scripture states, “For we are God’s workmanship, created in Christ Jesus to do good works, which God prepared in advance for us to do” (Ephesians 2:10).

Therefore, one of the goals of the Small Group Leader is to actively ensure that those in their group are discovering their own unique P.U.R.P.O.S.E.

P: Passions
U: Upbringing
R: Resources
P: Personality
O: Original Abilities
S: Spiritual Gifts
E: Experience of Love

Recommended Qualifications of C.O.R.E. Small Group L.E.A.D.E.R.s

(Ideas adapted from Willow Creek Community Church's *Leading Life-changing Small Groups*)

1. Christ Follower

The leader is first and foremost a Christ follower with the goal of becoming complete in Christ (Colossians 1:28). Though not expected to be perfect, a leader has maturity in Christ as a primary goal in life (Ephesians 4:13). They invite others to follow them as they follow Christ.

2. Character of a Deacon

Scripture places a high value on character as a primary prerequisite for leadership. We believe Small Group Leaders should strive to exhibit the character of deacons (1 Timothy 3:8-13):

“be worthy of respect”

“be sincere”

“not indulging in much wine”

“not pursuing dishonest gain”

“keeping hold of the deep truths of the faith with a clear conscience”

“be tested before serving”

“husband of but one wife” (faithful spouses if married)

“managing their children (if applicable) and household well”

3. Calling to Shepherd

The Small Group Leadership call is one of care-giving. Leaders function as pastor/shepherds by seeing others with compassion and have a desire to protect, nurture and guide (Matthew 9:36-38).

Omega C.O.R.E. Groups

4. Connected to a Fellowship (a member)

A Small Group Leader has entered the covenant of membership in a local fellowship. Reflecting God's covenantal modeling with His people (Hebrews 10:16, Jeremiah 31:31-34), we place a high value on membership and believe that Small Group Leaders should model this commitment. Apprentice leaders should be encouraged to join in membership before leading their own group.

5. Competence (Equipped)

Small Group Leaders are able to lead and guide. They have and are continually growing the necessary skills and disciplines required for group leadership.

6. Committed to a Leadership Community

Small Group Leaders are not isolated as leaders, but are active within a leadership community. They are connected to a coach/mentor (with whom they are in regular contact for accountability and input), and they attend and actively participate in a leadership community.

7. Capacity to Serve

Small Group Leaders have the resources to do whatever it takes to carry out their ministry. They have the necessary time, energy and other resources at their disposal. Leaders must free themselves from unnecessary commitments and distractions so that they are spiritually, intellectually, emotionally and physically able to serve.

The Vital Role of Small Groups in the Omega Course

Small Groups play a vital role in the journey through the Omega Course. Your primary role as a Small Group Leader in the Omega Course is that of **engager**. The Omega Course contains quite a bit of material. Some of this material can bring up issues for people that they may have never dealt with before. For some, this can feel scary or at the very least uncomfortable. It may be a temptation for them to tune out and perhaps even stop coming at some point during the seminar.

Small Groups are an integral piece of the Omega Course in that they help **ensure** that drop-outs are minimal. If participants find themselves engaged in a small group that provides a safe place for them to ask questions, pose concerns and connect with others, they will be much less likely to fall through the cracks. Additionally, your connection will allow them to continue to process the material and the issues that God is bringing to the surface in a healthy and productive way.

Small Groups provide the perfect launching pad for **extending and expanding** the Omega Experience. In a very real sense you will be creating a pocket of contagious community that the Omega Course details as a key component of realizing life’s potential. As a Small Group Leader in this type of community, you can help provide insight, direction, and accountability for next-step ministry opportunities, follow-up learning experiences, mentoring connections, and continued strengthening of community ties.

Lastly, 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 the Omega Trainer and you as their guides. 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. Remember to just be yourself. It’s who you are and what God is doing in you that will help this material really come alive for the participants in your group.

Suggestions for Leading an Omega C.O.R.E. Small Group

Small Group Agenda Options

There are several ways you can integrate Small Groups into the Omega Course. Collaborate with your Omega Site Coordinator and/or Trainer to decide which format best fits the needs of your members. Your Trainer may decide to have Small Group time within the Omega Session, or you may also decide to meet for Small Group discussion at another designated time or day during the week between sessions to further develop ideas from the session.

Small Group Size

Groups of 6-8 members are ideal. This gives everyone a chance to interact and participate on a regular basis. Larger groups are possible but we suggest that groups larger than 12 members create a new group. Each small group should have one leader and one assistant/apprentice. If possible, the apprentice will become a leader of a small group in the next Omega Course.

Selecting Small Group Members

You can choose different strategies for selecting group members each time you run the Omega Course. Work with your Trainer to decide the best fit for your group. For example you might:

- Allow members to sign up for the group they want at the first session of the Omega Course
- Assign members to groups randomly
- Assign members to groups intentionally based on where they are in their walk with God. (Use the Omega Self-Evaluation Questionnaire to help you discern where people are in their journey with God.)

Pre-Omega Course Checklist

- Begin praying NOW

- Secure meeting site dates and location if you are meeting at a time that is different from the designated Omega Course
 - Fill out and submit any paperwork or waivers necessary for using the selected meeting site(s)
 - Pay any meeting site fees, if applicable
- Obtain Omega Course Resources from your Omega Site Coordinator and/or Trainer
 - C.O.R.E. Small Group L.E.A.D.E.R.'s Guide
 - Omega Personal Development Guide for all participants
 - Omega Course Workbook for all participants
- Coordinate a Set-Up and Clean-Up crew for each session meeting if necessary
- Plan refreshments for each session

Day of Meeting Checklist

- Arrive early
- Pray on site, over the site
- Set up room including tables, chairs and refreshment table
- Set up media (if using CD for music or DVD clips)
- Arrange Materials:
 - Omega Personal Development Guides
 - Name Tags
 - Pens, Paper
- Check temperature, lighting and location of restrooms, fire exits, etc.

Asking Probing Questions

There are three places to find probing questions that facilitate small group discussion.

- Discussion and Reflection Questions are located at the end of each session in the Omega Course Workbook
- Questions in the Objective Charts begin each chapter of this Guide
- Break-Point Questions are at the end of each session in this Guide

Omega C.O.R.E. Groups

Feedback and Evaluation

Feedback and Evaluation are 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 begin to lose interest and drift away. Feedback and Evaluation Questions contained in this guide help uncover areas where this may be beginning to occur so you can deal with it before it becomes an issue.

For Small Group Leaders and Course Growth

Feedback and Evaluation are also a great way to find areas of growth for Small Group Leaders and for the Omega Course itself. We are always looking for ways to make the Course more usable and effective. Use the Feedback and Evaluation forms in the Site Coordinators and Trainers Guide to gain extra insight into these areas.

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 C.O.R.E. Small Group network that will be an intentional application of reproductive disciple-making and will allow participants to experience and integrate the principles learned in the Omega Course.
- Each session of the Omega Course opens individuals to topics which you can study deeper.
- Gather together regularly with other leaders for prayer, encouragement, training and accountability.

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

For each Omega Session the C.O.R.E. Small Group L.E.A.D.E.R.'s Guide provides:

An Objectives Chart

Each Objectives Chart provides four tools for you to review yourself and also to ask your group as you see fit:

Objectives

The Cognitive, Affective, Behavioral, and Existential Objectives for the Sessions as outlined in the Omega Workbook. These Objectives provide the framework for effective evaluation along the way and include the main points of each session.

Application of Personal Story or Illustration

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

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.

Additional Questions for Mentoring

Whether you are working with someone one-on-one or facilitating questions with a small group or even a larger group, these questions go a step or two beyond the Reflective Questions found in the Omega Workbook.

Omega C.O.R.E. Groups

Follow Up Learning Experiences

These experiences are designed to extend the Omega experience past the session meetings. Additionally, they often provide participants with the opportunity to share some of the material with others while fostering deep, meaningful relationships. These experiences can be done as a group or on an individual basis.

God Sightings (Epiphanies)

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, encourage your faith and tools for feedback and evaluation.

Break-Point Questions

It is possible for your small group to go through the Omega Course together using the DVDs instead of a live trainer for the sessions. We have included questions that you can pose to your group after each natural breaking point found on the DVDs.

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L.E.A.D.E.R. Paradigm

Small Group L.E.A.D.E.R. Paradigm

L: Listens

E: Engages

A: Accountability Provider

D: Demonstrates

E: Empowers

R: Relates with Excellence

L: Listens

- To God
- To Others
- To Self

Listening is one of the most powerful skills that we can develop as Small Group Leaders. As we assume this posture of listening, we intentionally lean back from our agenda and allow God's agenda to set the stage for what He wants to accomplish in our time together. We do this by:

First, listening **to God** and what He is saying to us individually.

Second, listening **to others** and as Cloud and Townsend have said, "enter their reality." Gain a fuller understanding of what their world is like. In a sense, walk around in it a while and understand the root of their perspectives.

Third, we listen **to ourselves**. Pay attention to how we innately seem to be responding to what someone is saying. Are we comfortable? Uncomfortable? Is this something to address or perhaps note for later?

Henri Nouwen on Listening

“Let us not underestimate how hard it is to listen and to be compassionate. Compassion is hard because it requires the inner disposition to go with others to the place where they are weak, vulnerable, lonely and broken. But ... our spontaneous response ... is to do away with suffering by fleeing from it or finding a quick cure for it. As busy, active, relevant people we want to [make] a real contribution. This means first and foremost doing something to show that our presence makes a difference. And so we ignore our greatest gift, which is our ability to be there, to listen and to enter into solidarity with those who suffer.”

Here, Nouwen points out our tendency: we really do want to help people in meaningful and tangible ways. The key is to do this in tandem with the work of God’s Spirit. It can be uncomfortable for us to just “be” with someone who is hurting and we risk prematurely ending the conversation or the experience in our own power if we are not keenly aware of God’s timing and movement in the situation. Sometimes people just need us to be with them for a while.

Persuasive Listening³

Statistics tell us:

- 85% of what we know is learned by listening.
- We spend 45% of our day listening.
- 75% of that time we are preoccupied, distracted, or forgetful.
- Only 2% of people have had any formal training in effective listening.
- We hear approximately 125-250 words per minute.
- We can think at 1000-3000 words per minute.

Small Group L.E.A.D.E.R. Paradigm

Proverbs 18:13

“He who answers before listening – that is his folly and his shame.”

James 1:19

“My dear brothers, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry.”

Proverbs 18:2

“A fool finds no pleasure in understanding but delights in airing his own opinions.”

Reflective Listening Techniques

Give back to the speaker your perception of what their problem is with an attitude that this is your perception, which is open to correction using:

- Repeating
 - Rephrasing
 - Reflecting
-
-
-

Basic Reflective Listening Formula:

Tentative Opening + Feeling + About/Because/When+ Thought

It sounds like ... you feel mad ... about ... paying higher taxes.

I hear you saying ... you feel sad ... because of ... what she said to you.

If I hear you correctly ... you feel glad ... when ... your sister succeeds.

You seem to be saying ... you feel afraid ... about ... your father's ill health.

I think I hear you saying ... you feel confused ... because of ... all the different options.

I'm not sure I'm following ... you feel ashamed ... about ... wanting to leave home?

Am I hearing you say ... you feel lonely ... when ... you remember your wife?

E: Engages Participants

- Provides a “safe space”
- Invites participation
- Responds

Small Group Leaders engage participants by:

- **Providing a “safe space”** for participants to come where they know that what they say is both confidential and not judged. There is a difference between judging and discerning. Our groups will be focused on the latter.
- **Inviting participation** from ALL group members. Each group is likely to have members who either talk too much or don’t talk at all. Sometimes just a simple shift in questioning can maintain a healthy balance. “That’s interesting Bob...Sally, what do you think?”
- **Responding** appropriately to what group members share and to their willingness to be open and vulnerable with the group.

5 Keys to Communicating Acceptance³

Servant Attitude - An advanced decision to serve.

Eye Contact - Focusing your attention.

Relaxed Posture - Open and accepting body language.

Valuing Differences - Open to others’ uniqueness.

Embody Jesus’ Love - Focused on experiencing and expressing love.

Small Group L.E.A.D.E.R. Paradigm

A: Accountability Provider

- Grace-filled “truth in love”
- Timely challenge
- Movement from the current to the desired state

Accountability is provided by the Small Group Leader in a way that is **truthful yet grace-filled**. Shame and blame have no place in this process. Certainly, we all have areas in our lives that need transformation and challenges that need to be overcome. Striking the right balance of grace and truth in your leadership will be key to a healthy growth experience.

When a sinful pattern emerges, however, addressing it with a **timely challenge** is key. People will be paying attention to the level of accountability you set for the group and the timeliness of your challenges to the group. If there is very little accountability, personal investment will be kept to a minimum. If members know that there is an expectation that they wrestle with the material, homework and reflection questions during the week, they are much more likely to show up better prepared.

Your time journeying together through the Omega Course is a short and important season together, so encouraging and celebrating **movement** towards Christ-likeness is important. While leading your small group you will have the opportunity to create a sense of “normal” for people engaged in a covenant group. Encourage them to fully dive into it! Remember to recognize any amount of movement toward the desired state. Celebrate baby steps!

D: Demonstrates

- Sets the tone for the group
- “Goes First” by personally applying the Omega content
- Is appropriately vulnerable

You **set the tone** for the group. The flip side of the accountability coin is that you are also providing a living picture of the “desired state” through your own presence and actions.

It is important that you “**Go First**” by personally applying the Omega content to your life. If you, as a Small Group Leader, are not wrestling with the material, homework and reflection questions yourself, it’s extremely difficult (and even hypocritical) to expect others to do it.

One of the most important ways that you can “Go First” is to be **appropriately vulnerable** about your journey with God. If you are desiring to get to deeper levels of discussion and interaction, you will often need to be the one willing to “Go First.”

E: Empowers

- Equip
- Support
- Encourage

Small Group Leaders empower group members by:

Equipping them for their journey. If a participant is not able to make a week, you can help them get a hold of supplemental resources (CDs, DVDs, etc.) that will help keep them up to speed. Do they need help arranging for a baby-sitter for a week or even personally need a ride? As a Small Group Leader, facilitating the “practicals” can be just as important as facilitating the actual group discussions.

Supporting each participant through prayer. This is our greatest work. To see true transformation taking place in the lives of the members of our small group, God’s Spirit must be at work. Each person will experience spiritual static during the week or during the session because the enemy of our souls will do anything to distract us. It is imperative that you as a Small Group Leader are covering each one of your members in prayer.

Small Group L.E.A.D.E.R. Paradigm

Encouraging in and out of the weekly sessions. In-session encouragement is crucial but during the week your encouragement will be just as vital. Consider giving each member a quick phone call or email during the week to see how they are progressing. This is also an excellent opportunity for prayer and relationship-building.

R: Relates with Excellence

- Respect for differences: cultural, personal, etc.
- Allows the Holy Spirit and Scripture to bring truth, revelation and conviction and not primarily personal opinion
- Understands the basic psychological needs of people

Respecting people's differences is vital to establishing trusting relationships. Relating with excellence requires us to develop discernment between something that might be a character issue that needs to be addressed and less weighty matters of cultural and personal preference. Additionally, being aware of cultural differences can help to facilitate interaction and understanding of different perspectives among group members.

Relating with excellence also requires us (and our personal opinions) to take the back seat to **God's Spirit and Scripture** to **bring truth, revelation** and **conviction** to people and conversations.

Lastly, relating with excellence requires us to understand and relate with an awareness of the hard-wired universal human **"needs"** people bring to the group each week. If the relational dynamics of your group are not honoring the universal needs of people, they will become dysfunctional. When you relate to people with these needs in mind you cultivate the relational soil in which people are willing to embrace God and one another.

Small Group L.E.A.D.E.R. Paradigm

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Universal human needs in Work Groups discussed in the
Creating a Connection Culture Seminar:

1. Meaning
2. Respect
3. Recognition
4. Belonging
5. Autonomy (Freedom)
6. Personal Growth

Universal Human Needs discussed in Session 2 of the Omega Course:

1. To Live
 2. To Love and Be Loved
 3. To Experience Variety
 4. To Feel Important
- Dr. Murray Banks

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

Group Member List

List the members of your small group below:

Name:	
Phone 1:	
Phone 2:	
Address:	
City, State, Zip	
Email:	

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Group Member List

OMEGA

Life Spring Network

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Name:	
Phone 1:	
Phone 2:	
Address:	
City, State, Zip	
Email:	

An abstract artwork featuring a stylized tree. The tree's trunk and branches are rendered in warm, earthy tones of yellow, orange, and brown, with dark, thin lines defining the structure. The foliage is depicted with soft, textured brushstrokes in shades of green and yellow. The background is a solid, muted green, which is divided into three horizontal bands by thin white lines. The overall composition is vertical and balanced.

Session 1: Stewarding Life

Objectives Chart

	Application of Personal Story or Illustration	Questions for Evaluation	Additional Questions for Mentoring
Cognitive (Knowing Objectives)			
Gain a more complete understanding of the Biblical Principle of Stewardship.	How has taking the Omega Course impacted how you steward your own life? What practices have you either integrated or left behind that pertain to this?	Define “stewardship” in your own words.	In what ways do you think the Biblical Principle of Stewardship will give you a new sense of freedom? How do you see this affecting your impact in God’s Kingdom?
Affective (Feeling Objectives)			
Be assured of God’s perfect provision for our lives.	Think about the time when you first felt assured of God’s perfect provision for your life. What were the circumstances leading up to this? What has happened as a result of that assurance?	What difference do you sense between knowing God’s perfect provision and feeling the assurance of God’s perfect provision?	On a scale of 1 to 10, how assured do you feel of God’s perfect provision? At what time in your life have you felt most assured about His perfect provision for you?
Behavioral (Doing Objectives)			
Spend time this week tracking our time and reflecting on the concept of Life Stewardship.	When you tracked your time as you took the Omega Course, did God reveal areas where you were using your time well? Did He have you reallocate time to different categories? What were these reallocations?	What were the top two revelations you had from tracking your time this week?	What insights have you gleaned from tracking your time this week? Are there any adjustments you feel prompted to make as a result of these insights? How will you know if you have been successful in making these adjustments?
Existential (Lifelong Objectives)			
Learn how to live as a Steward in God’s Kingdom by becoming a Fully Devoted Follower of Christ.	What areas of your life did you have to hand over to God in order to become a Fully Devoted Follower of Christ?	How would someone who doesn’t know you recognize you as a Fully Devoted Follower of Christ who lives as a Steward in God’s Kingdom?	Do you sense any area that is holding you back from being a Fully Devoted Follower of Christ? What would it take to give these areas fully to Him?

Follow-Up Learning Experiences

1. Is there something in your life that you have worked hard at being an “owner” of that God would like you to open your grip on and become a manager of? Think of a way that you can modify this particular thing – either by decreasing or increasing your involvement with some aspect of it over the next week.
2. Find the Mission Statement of a company or organization that you respect. Which aspects of it speak to you? Bring a copy of it or notes about it to next week’s session.

God Sightings

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

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

Weekly Prayer Requests

Session 1

Date:

Name:

Requests/Praises:

Name:

Requests/Praises:

Name:

Requests/Praises:

Name:

Requests/Praises:

Weekly Prayer Requests

OMEGA

Session 1

Date:

Name:

Requests/Praises:

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Name:

Requests/Praises:

Life Spring Network

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

Session 1: Stewarding Life

Break-Point Questions

Introduction	At the start of this session we talked about the reasons people come to the Omega Course. Which one do you identify with most? Why are <i>you</i> here? Are you ready to make a C.O.R.E. commitment to the journey through the Omega Course with your small group?
Chapter 1: The Law of Stewardship	If you had to define “stewarding life” in your own words, how would you do it?
Chapter 2: God and Man through History	We live during a very unique and important time in history. With the possibility of connection to God the Father, through Jesus the Son in the Power of the Holy Spirit, we have access to greatness. How are you stewarding that opportunity in your life?
Chapter 3: The Battle for our Devotion	What is the battle between your desires and God’s desires for you like in your life? What are three ways of thinking or perspectives on life that influence you to do your will instead of God’s?
Chapter 4: Kairos vs. Chronos	Are you living in Kairos or Chronos these days? Do you want God to guide and empower your life? If so, what is holding you back?

The background of the slide is a composite image. On the right side, there is a vertical strip featuring a stylized tree with a thick, textured trunk and a canopy of leaves. The colors are muted greens, yellows, and browns, giving it a painterly or watercolor-like appearance. The left side of the slide is dominated by three large, solid green rectangular blocks stacked vertically, which serve as a backdrop for the title text.

Session 2: Unpacking Mission

Objectives Chart

	Application of Personal Story or Illustration	Questions for Evaluation	Additional Questions for Mentoring
Cognitive (Knowing Objectives)			
Become familiar with the components of God's Mission for Our Lives and how God's Priorities meet our human needs perfectly.	Which one of God's Priorities did God speak to you most loudly about when you first saw them linked with our human needs? What adjustments made the most difference in your life as a result of this revelation?	If we are moving consciously toward getting "On Mission with God" which four components that we discussed in this session are we focusing on in order to do that?	Which one of the components of God's Mission stood out to you most and why?
Affective (Feeling Objectives)			
Be encouraged to get "On Mission" with God.	Describe the process by which your life became more "On Mission with God."	What do you find most encouraging when you consider getting "On Mission" with God?	What gives you valuable feedback about your progress in getting more "On Mission with God?" How can you tell when your life is more closely aligned with Him?
Behavioral (Doing Objectives)			
Evaluate our current allocation of time and make adjustments according to God's Vision and Priorities for our lives.	When you tracked your time as you took the Omega Course, did God reveal areas where you were using your time well? Did He have you reallocate time to different categories? What were these reallocations?	What were the top two revelations you had from tracking your time this week?	What insights have you gleaned from tracking your time this week? Are there any adjustments you feel prompted to make as a result of these insights? How will you know if you have been successful in making these adjustments?
Existential (Lifelong Objectives)			
Be cognizant of God's promptings and make changes to re-align our lives with His Vision and Priorities.	Talk about how you begin to become aware that God is prompting you in your daily life.	How do you plan to remain open to God's promptings as you go through life? What strategies can you employ that will keep you tuned to the sound of His voice?	Which aspects of this session do you think would be most helpful to impart to someone whom you are mentoring? How could you do this?

Follow-Up Learning Experiences

1. Write a brief paragraph describing how your life would look different if you were “On Mission with God.” What difference would this make personally, professionally, and spiritually? Share this description with another person or triad in your small group.
2. Think of a person in your life whose priorities seem to be rightly ordered according to the list we covered in this session. How does this influence how he or she lives life? What aspects of this most encourage you? If possible, write a note or contact this person in some way this week to let them know how they have encouraged you. If it is not possible, offer up a prayer of thanksgiving for this person.

God Sightings

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

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

Weekly Prayer Requests

Session 2

Date:

Name:

Requests/Praises:

Name:

Requests/Praises:

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Weekly Prayer Requests

OMEGA

Session 2

Date:

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Requests/Praises:

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Session 2: Unpacking Mission

Break-Point Questions

Introduction and Recap	As you reflected upon your struggle with desire, control and living as a steward or owner of your life: What do you feel best about? Are there any adjustments you feel prompted to make? If so, what are they?
Chapter 1: The Law of Mission	To what degree have you considered having a Mission Statement for your life? If you had to articulate your life mission up to this point, what would it be?
Chapter 2: God's Mission	How well aligned with God's Mission for our lives are you? In what ways could you be more on mission with God?
Chapter 3: God's Vision	How do you respond to this view of God's vision for your life? How would you rate your experience and expression of God's love?
Chapter 4: God's Plan for our lives	Do you believe that God's plan for our lives is to prosper us and not to harm us? How do you think God defines prosper?
Chapter 5: God's Priorities	How in line with God's priority scale are you? How is your alignment, or lack of alignment, with God's Priorities building a life that is meeting your needs?



Session 3: Abundant Living

Objectives Chart

	Application of Personal Story or Illustration	Questions for Evaluation	Additional Questions for Mentoring
Cognitive (Knowing Objectives)			
Understand the power of perspective in experiencing God's Abundant Life.	When did you most acutely see how the power of perspective is related to your experience of the abundant life? What were the circumstances surrounding this revelation?	How would you describe the abundant life, from God's perspective, to someone who is not a believer?	Is there a perspective that you've been holding that God might be asking you to abandon? What perspective is He asking you to adopt that would replace it?
Affective (Feeling Objectives)			
Experience peace in the light of God's grace.	What about God's grace has given you the most peace over the course of your life?	If you were to describe what it is like to experience true peace, how would you do it? On a scale of one (low) to ten (high), how close are you to experiencing that peace right now?	What indicators tell you that you have moved out of a place of peace? How would this correlate to your existence within the Cycle of Grief or the Cycle of Grace?
Behavioral (Doing Objectives)			
Articulate obstacles that hinder us from more fully doing the will of the Father.	Have you ever been blind to the obstacles that have hindered you from more fully doing the will of the Father? What difference has it made to have an awareness of what those obstacles were for you?	Name two obstacles that have hindered you from more fully doing the will of the Father.	Take a closer look at the things that are holding you back. What patterns emerge as you do so? What could be the source of these obstacles? What actions could you take this week that would more fully address these areas?
Existential (Lifelong Objectives)			
Enter into the Abundant Life based on the Cycle of Grace.	How has the Cycle of Grace allowed you to more fully enter into the Abundant Life?	What indicators help you recognize when you are NOT living the Abundant Life based on the Cycle of Grace? How can you use these to help you stay on track?	Describe your most profound moment of experiencing God's grace. How could this experience be related to a non-believer in a way that would communicate the Gospel?

Follow-Up Learning Experiences

1. Plan a mini-retreat some time this week when you take an hour or two and get alone with God. Journal about some of the obstacles that come to your awareness that hinder you from more fully doing the will of the Father. Spend time in God's presence praying through the history of those obstacles. When did they first begin? What fears might be underlying some of the tendencies that keep you away from God's will. Choose a Scripture verse of God's truth to memorize that will directly contradict those fears.
2. Teach the Cycle of Grief/The Cycle of Grace to a member of your family or close friend. Talk with them about how you are seeing God at work with you as a result of exploring this model.

God Sightings

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

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

Weekly Prayer Requests

Session 3

Date:

Name:

Requests/Praises:

Name:

Requests/Praises:

Name:

Requests/Praises:

Name:

Requests/Praises:

Weekly Prayer Requests

OMEGA

Session 3

Date:

Name:

Requests/Praises:

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Requests/Praises:

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Session 3: Abundant Living

Break-Point Questions

Introduction and Recap	As you reflected upon the Law of Mission, God's Vision, God's Priorities and how you allocated your time this week: What do you feel best about? Are there any adjustments you feel prompted to make? If so, what are they?
Chapter 1: The Law of Abundant Life	What does "abundant" mean from God's perspective? Looking back on your life, where do you see evidence of the enemy attempting to disconnect you from the abundant life? Do you detect any patterns in the way that this happens?
Chapter 2: The Law of Perspective	Which of the four Godly Perspectives mentioned in these Scriptures (Acceptance, Sustenance, Identity, Fruitfulness) do you struggle to live in and through? Why?
Chapter 3: Living With a Biblical World View - The Cycles of Grief and Grace	What are the sources that inform your perspective? Which Cycle is currently most active in your life?



Session 4: The Seven Values of Abundant Living

Objectives Chart

	Application of Personal Story or Illustration	Questions for Evaluation	Additional Questions for Mentoring
Cognitive (Knowing Objectives)			
Learn the Seven Values of Abundant Living and the corresponding Identities.	Which one of the Seven Values of Abundant living grabs your attention most? Why? Describe an event that comes to your mind that illustrates this value.	From memory, list as many of the Seven Values of Abundant living as you can. Create an acrostic or other word tool to help you remember the seven values and their identities.	Think of a person in your life who could use a living illustration of one of the Seven Values of Abundant Living. How can you be a part of that person's encountering this value in real life?
Affective (Feeling Objectives)			
Rekindle the hope of Abundant Living that Christ offers those who believe.	Think of a time when you had very little hope of living abundantly in Christ. How has He worked in your life to turn this around?	If you have one new hope that has resulted from this session, what would it be?	What aspect of the Cycle of Grace most sparks hope in you for living the abundant life in Christ? What life circumstances have you gone through that prompt this answer?
Behavioral (Doing Objectives)			
Pray the "Lord's Prayer" through the lens of the Seven Values of Abundant Living.	What did praying the "Lord's Prayer" through the lens of the Seven Values of Abundant Living do for you when you took the Omega Course?	Share a thought or two from your journal reflections from this session.	If God were drawing you to meditate on one aspect of the "Lord's Prayer," seen through the lens of the Seven Values of Abundant Living, what would it be?
Existential (Lifelong Objectives)			
Become a believer whose identity promotes the Values of Abundant Living in Christ.	How has your life begun to be more abundant, from God's perspective? In what, specifically, have you seen change and how has that impacted you and those closest to you?	What would living the abundant life look like for you in 5 years? 10? 20?	Which word or phrase in this objective seems the most achievable for you? Which seems the hardest to achieve?

Follow-Up Learning Experiences

1. Identify the Value of Abundant Living that stood out the most to you this session. Find a real life example of this value from the media this week (newspaper, magazine, internet, TV, etc.). It can be a picture or a story. Bring it or an explanation of it with you to the next session
2. Choose a point of action that you can take this week for the value that most stood out to you. For example, if Group stood out most to you, you might reach out to someone you know who is new in the faith. You could also reach out to one of the senior saints and ask them to tell you their story of faith. Report to the group about your experience at your next meeting.

God Sightings

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

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

Weekly Prayer Requests

Session 4

Date:

Name:

Requests/Praises:

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Weekly Prayer Requests

OMEGA

Session 4

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Session 4: The 7 Values of Abundant Living

Break-Point Questions

Introduction and Recap	As you reflected upon the Law of Abundant Life, the Law of Perspective and the Cycles of Grief and Grace: What do you feel best about? Are there any adjustments you feel prompted to make? If so, what are they?
Chapter 1: The Seven Values of Abundant Living - Guidance	How do you seek out God's guidance in your life?
Chapter 2: Grace	What would it look like if someone REALLY believed in this value with God and with others?
Chapter 3: Growth	How do you live out the value of Growth in your life?
Chapter 4: Glorification	How do you focus your life toward the goal of bringing Glory to God?
Chapter 5: Group	How do you live out the value of Group in your life?
Chapter 6: Gifts	What has your experience of serving in and through God's power been like?
Chapter 7: Good Stewardship	How could you function better as a Good Steward of your life?

The background of the slide is an abstract composition. On the right side, there is a vertical strip containing a stylized, painterly illustration of a tree. The tree's canopy is at the top, rendered in light yellow and green with dark, thin lines for branches. The trunk is a solid, warm brownish-orange. The roots are exposed at the bottom, spreading out in a dark green field. The left two-thirds of the slide are filled with a solid, muted sage green color. The title text is centered horizontally, overlapping the green background and the tree illustration.

Session 5: Our Core Identity

Objectives Chart

	Application of Personal Story or Illustration	Questions for Evaluation	Additional Questions for Mentoring
Cognitive (Knowing Objectives)			
Grasp how engaging in our identity in Christ allows us to enter into the Abundant Life.	What are some ways that engaging in your identity allowed you to enter into the Abundant Life? How did the characteristics of the Abundant Life that you experienced correlate with the aspects of your identity in Christ?	In your own words, how would you explain the link between engaging in our identity in Christ and experiencing the Abundant Life?	On a scale of 1 (low) to 10 (high), how completely do you see yourself engaging in your identity in Christ? What is missing that could help you increase that number?
Affective (Feeling Objectives)			
Feel empowered to align our wills with the will of the Father.	Think of a time when you were empowered to align your will with the will of the Father. How did you come to the realization that this was needed? What was the outcome of the situation?	What does it mean to you to feel “empowered?” What sense do you have of that from this session, particularly as it pertains to aligning our wills with the will of the Father?	What is it about this session that you feel most “empowered” by? How does this correlate with ways that you sense the Father has empowered you in the past?
Behavioral (Doing Objectives)			
Give God space to speak to us about who He has created us to be.	What is your favorite way of giving God space? Specifically, what do you need to do so that this is a regular occurrence?	What does it look like for you to “give God space?” How do you plan to integrate this to achieve this objective this week?	What is your usual method of giving God space? Think of another method that might stretch you in this area and allow God to speak to you in new and different ways. Who could coach you in this?
Existential (Lifelong Objectives)			
Be able to more fully experience and express love with all of our Heart.	How have you seen yourself being able to more fully experience and express love with all of your heart since you took the Omega Course? How do you see this playing out for the rest of your life?	What life-long habits or strategies would most help you keep your heart aligned so that you are able to more fully experience and express love with all of your heart? Who in your life can help you make sure that you do this?	Paint a picture of what life is like when this objective is a reality of your life in the next 10, 20 or 30 years.

Follow-Up Learning Experiences

1. This week, find a time and a place when you can be by yourself and take a walk with God. Share with your group where you went, how long you spent, and what God revealed to you during this time.
2. Who in your life could use some empowerment to align their will with the will of the Father? How could you minister to that person in some way this week? How can your experience of doing the same encourage and empower them? Think of a way to reach out to this person and offer some encouragement this week.

God Sightings

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

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

Weekly Prayer Requests

Session 5

Date:

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Weekly Prayer Requests

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Session 5

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Session 5: Our Core Identity

Break-Point Questions

Introduction and Recap	As you reflected upon the Seven Values of Abundant Living and the Identities that promote these values: What do you feel best about? Are there any adjustments you feel prompted to make? If so, what are they?
Chapter 1: The Law of Identity	What do these verses have to do with our identity in Christ?
Chapter 2: Understanding our Identity	What are some of the roles you play in your own life?
Chapter 3: Heart	How would you describe the current desires of your Heart (Will, Spirit)?
Chapter 4: Heart Discipline	What one discipline can you build into your life today that would help you daily realign your heart with God?

An abstract painting of a tree. The foliage is rendered in various shades of green and yellow, with dark, expressive lines for the leaves. The trunk and roots are depicted in dark, earthy tones, with some lighter, textured areas. The background is a solid dark color, making the tree stand out.

Session 6: Being Fully Human

Objectives Chart

	Application of Personal Story or Illustration	Questions for Evaluation	Additional Questions for Mentoring
Cognitive (Knowing Objectives)			
Learn the roles of Being Human and how God desires to breathe life into our being.	Which role has God most breathed life into you since taking Omega? What does this look like, day-to-day?	From memory, list the four roles of Being Human.	If there were one way that God could best breathe life into your being, what would it be? To which role does it pertain? Which discipline can you engage in that will help this come to fruition?
Affective (Feeling Objectives)			
Experience new variety through activating under-used roles of our identity in Christ.	Which under-used role has God most activated for you since taking Omega? What does this look like day-to-day?	Which under-used role do you sense God wanting to “activate” for you to experience new variety? Specifically, what is coming to mind that you feel He is asking you to do ... or not do?	To what degree do you like to experience variety? Do you like to try new things or go deeper with what you already know?
Behavioral (Doing Objectives)			
Create vision statements for each aspect of the role category of Christ Follower.	Talk about one of your vision statements for this category of your identity in Christ. How have you participated with God to see this vision realized?	Share one vision statement that you created from this role category. Why did you choose this particular one?	Pick what you consider to be the most important vision statement for you from this role category. Who could help hold you accountable to realize this? What steps do you need to break it down into to help you gain momentum?
Existential (Lifelong Objectives)			
Be able to experience and express love with all of our Soul, Mind, and Strength.	Think of how you have experienced love from someone who was fully engaging their identity in Christ in one of these roles. How did that impact your life? What long-term difference did it make?	What disciplines do you do already or plan to build into your life that will move you intentionally toward realizing this objective in the long run?	How will you know if you have “finished well” with experiencing and expressing love through your Soul, Mind, and Strength?

Follow-Up Learning Experiences

1. Choose one of the following to do this week:
 - a. Soul: Journal a bit on the following: “Right now I am most:
 - i. Mad about...”
 - ii. Disappointed about...”
 - iii. Happy about...”
 - iv. Hopeful about...”
 - b. Mind: Pick a Bible verse to commit to memory
 - c. Strength: Block out a day this week to truly engage in a Sabbath
2. Document everything you eat this week. (That means EVERYTHING!...No Cheating!) Get a reality check on your current picture of nutrition. What do you see?

God Sightings

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

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

Weekly Prayer Requests

Session 6

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Weekly Prayer Requests

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Session 6

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Session 6: Being Fully Human

Break-Point Questions

Introduction and Recap	As you reflected upon the Law of Identity and your vision statement for the Identity Role of Heart (Spirit, Will): What do you feel best about? Are there any adjustments you feel prompted to make? If so, what are they?
Chapter 1: Soul	What aspect of the soul makes the most sense to you? How in touch with your feelings are you these days and how has it changed throughout your life?
Chapter 2: Mind	Have you ever experienced God bringing the Scriptures alive for you? What was/is it like?
Chapter 3: Strength	How do you currently participate in the Sabbath?
Chapter 4: Disciplines - P.R.E.P. ²	Which disciplines do you think you will implement right away, so that you are P.R.E.P.ed for each day?

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Session 7: Essential Intimacy

Objectives Chart

	Application of Personal Story or Illustration	Questions for Evaluation	Additional Questions for Mentoring
Cognitive (Knowing Objectives)			
Recognize the importance of community as a tool God uses to keep us on-track and growing.	Think about a time when God used community to help you through a difficult time. How did the ministering that they provided make a difference for you?	How do you see the power of the community around you being a tool that God can use to keep you on-track and growing? On a scale of 1 (low) to 10 (high), how open are you to their involvement?	In what ways has God asked you to participate in your community to minister to others? How might He be desiring to grow you in this role in the coming year?
Affective (Feeling Objectives)			
Experience a renewed sense of connection with others in your Inner Circle and Relative/Parent relationships.	In what ways have you seen God increase the connection in these two roles? Which connection point has been the most significant for you?	What would it mean for you to experience a renewed sense of connection? Write the key words of your response down in your journal. Pick one to focus on fostering in these roles this week. How do you plan to do this?	What obstacles do you foresee when you consider experiencing a renewed sense of connection in these roles? How can this be a point of prayer for you in the coming week?
Behavioral (Doing Objectives)			
Articulate your vision for the roles of Inner Circle, Relative/Parent of the Community Member Role Category.	Consider the vision statements you articulated for these two roles. Which aspects of them have you seen become a reality so far? What aspects are you close to realizing in the near future?	Discuss a vision statement you articulated for one of these roles this week. Why did you choose to articulate it in the way you did? Which aspects of it are most important to you?	If you could pick one aspect of your vision statements for these roles that you would most like to see come to fruition, what would it be? Why?
Existential (Lifelong Objectives)			
Facilitate and foster deep, meaningful relationships with the people in our Inner Circle and Relative/Parent relationships.	How have the deep meaningful relationships you have developed in these two roles spilled over to positively impact the other relationships in your life? To what do you contribute this?	In the long-term, how do you see God wanting to work through you to minister to others in these roles in your life?	How will you know if the people in these roles of your life are experiencing a deeper meaningful relationship with you? What strategies can you employ that will keep you apprised of how they are feeling?

Follow-Up Learning Experiences

1. Write a brief note to a parent/child or member of your inner circle this week telling him/her how much he/she means to you.
2. Create a strategy to intentionally build into your parent/child relationships over the next month. If you do not have biological parent/child relationships, consider other individuals who have been a part of this role for you already. Share this strategy with your group the next time you meet.

God Sightings

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

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

Weekly Prayer Requests

Session 7

Date:

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Weekly Prayer Requests

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Session 7

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Session 7: Essential Intimacy

Break-Point Questions

Introduction and Recap	As you reflected upon the Law of Identity and your vision statements for the Identity Roles of Soul, Mind and Strength: What do you feel best about? Are there any adjustments you feel prompted to make? If so, what are they?
Chapter 1: The Law of Community	How do you engage this law in your life today? In what ways could you engage it more?
Chapter 2: Inner Circle	What does your inner circle look like? How do these people function in your life? If there was one thing that would help this area of your life to become more “alive,” what would it be?
Chapter 3: Relative/Parent	What one thing can you intentionally build into your life to help these relationships experience and express more love?

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Session 8: Contagious Community

Objectives Chart

	Application of Personal Story or Illustration	Questions for Evaluation	Additional Questions for Mentoring
Cognitive (Knowing Objectives)			
Identify each of the five aspects of the Community Member Role Category.	Which one role of being in Contagious Community has God been at work most in you since you started the Omega Course? Describe a scenario that captures what He has been doing.	Recreate, from memory, the identity roles diagram (with role names) that we have discussed so far.	Which role of the Community Member Identity Category could significantly impact the Kingdom in your particular culture/context if more people were to engage in it?
Affective (Feeling Objectives)			
Experience a renewed sense of connection with others in your Church Member, Mentee/Mentor, Ambassador/Friend relationships.	Through which of these roles do you most enjoy connecting with others in community? What does this look like, specifically, in your life?	When you think of connecting with others through these identity roles, which person/people come to mind? Which role and respective disciplines would facilitate this connection for you?	Through which of these roles would you most like to experience new connection with others? What has kept you from experiencing connection in this way before?
Behavioral (Doing Objectives)			
Articulate a vision for the roles of Church Member, Mentee/Mentor, Ambassador/Friend of the Community Member Role Category.	During this season of your life, which role is God bringing to the surface for you? What vision are you seeing take shape in light of this revelation?	Identify the role that God was bringing to the forefront the most during this session. Share the vision statement you articulated for that role.	Do you sense any reluctance in articulating a particular vision statement? If so, where?
Existential (Lifelong Objectives)			
Facilitate and foster deep, meaningful relationships with the people in our Church Member, Mentee/Mentor, Ambassador/Friend relationships.	Think of a time in your life when a relationship in one of these roles helped you more fully celebrate a season or event in life. What impact did this have on you at that time? What impact has it had on you since then?	What will a deep and meaningful relationship in these roles look like for you in the years to come? Which one are you most looking forward to experiencing this in?	In which role are you most comfortable connecting with others in real, meaningful relationship? In which role are you the least comfortable? What is God saying to you about this?

Follow-Up Learning Experiences

1. Establish contact with a person or group of people that you would like to mentor you in some area. By the end of the week, have at least one person set up to mentor you and outline a timetable for how often these mentoring sessions will take place, through what kind of format (in person, webcam, etc.) and where. Share your progress with your group.
2. Identify one person in your life that you can intentionally invest in this week as an Ambassador/Friend. Make contact and set up an opportunity to spend some time together. It can be in person, via the internet or over the phone.

God Sightings

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

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

Weekly Prayer Requests

Session 8

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Weekly Prayer Requests

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Session 8

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Session 8: Contagious Community

Break-Point Questions

Introduction and Recap	As you reflected upon the Law of Community and your vision statements for the Identity Roles of Inner Circle and Relative/Parent: What do you feel best about? Are there any adjustments you feel prompted to make? If so, what are they?
Chapter 1: Church Member	Which of the “One Anothers” listed in your workbook appendix would you like to see become more active in your relationships with your community of faith?
Chapter 2: Mentee/Mentor	What is your experience with mentoring like? What mentoring relationships currently exist in your life?
Chapter 3: Ambassador/Friend	Identify one person already in your life who God might want you to reach out and befriend.

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Session 9: Called to Serve

Objectives Chart

	Application of Personal Story or Illustration	Questions for Evaluation	Additional Questions for Mentoring
Cognitive (Knowing Objectives)			
Grasp how God desires to utilize your calling to express His love to the world.	Think of a person whom you have seen God use to express His love to the world by utilizing their unique calling? How have you seen God use you in this same way?	What do you do that prevents God from utilizing your calling to express His love to the world? What are the ramifications of this?	Talk about the degree to which you feel you are aware of God's calling in your life. How would you most like Him to utilize who you are to express His love to the world?
Affective (Feeling Objectives)			
Be inspired to make strategic decisions about compassion issues.	What strategic decisions did you make about compassion issues since you took the Omega Course and how have you carried these out?	What inspires you most about making strategic decisions about compassion issues from this session?	What is your history of involvement with compassion issues? If God were asking you to take this to the next level, what would He most want you to do?
Behavioral (Doing Objectives)			
Reflect on how you can align yourself more closely with God's calling for your life and create a vision statement for the identity role of Minister of Compassion.	When did you first have a sense of God's calling for your life? What was the process by which He refined and honed this? How does He continue to do this today?	What most excites you about your vision statement for the identity role of Minister of Compassion?	In what ways can you intentionally involve others in your vision statement as a Minister of Compassion?
Existential (Lifelong Objectives)			
Magnify your impact as a Called Servant by living as a Minister of Compassion.	How have you seen God magnify your impact as a Called Servant through the role of Minister of Compassion in your life?	How do you see yourself living this objective out in the next 3-5 years?	If there were a movement of compassion that God might want to use you to spearhead over your lifetime, what would it be? How could this come to fruition?

Follow-Up Learning Experiences

1. Take some time to consider your calling. Jot down some ideas or keywords that represent your thoughts. At your next group meeting, take some time to give feedback to each group member. What feedback about your calling does the group give to you?
2. Plan a trip to your local food bank or soup kitchen. Volunteer opportunities help you get in touch with those in need right in your own backyard. You can do this with family, friends, or as an outreach project for your small group or ministry.

God Sightings

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

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

Weekly Prayer Requests

Session 9

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Weekly Prayer Requests

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Session 9

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Life Spring Network

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Session 9: Called to Serve

Break-Point Questions

Introduction and Recap	During your journaling time this week, what role did you sense God asking you to give more attention to? What do you feel He's asking you to do about it?
Chapter 1: The Law of Calling 2 Thessalonians 1:11-12	What do you think it means for someone to be considered worthy of God's Calling? What do you do to maintain your status of worth?
Chapter 2: The Law of Calling Ephesians 4:1-16	What would it look like if after first submitting ourselves to God, we then focus on learning from each other as God leads through our different gifting? Have you ever experienced this kind of servanthood?
Chapter 3: Minister of Compassion	How has God comforted you in your times of trouble? How have you let this comfort from God overflow into others' lives through you?
Chapter 4: Minister of Compassion	How do you respond when someone on the street approaches and asks you for money? What strategy could you employ to deal with this in the future? How could you intentionally increase your interaction with the "poor" or minister to those in need around you?

The background of the page is composed of large, semi-transparent rectangular blocks in shades of green and yellow. Overlaid on the right side is a stylized illustration of a tree with a thick, textured trunk and a dense canopy of leaves. The tree's roots are visible at the bottom, spreading out across the lower half of the page. The overall aesthetic is artistic and naturalistic.

Session 10: Stewarding Resources

Objectives Chart

	Application of Personal Story or Illustration	Questions for Evaluation	Additional Questions for Mentoring
Cognitive (Knowing Objectives)			
Learn the identity role of Steward of Resources of the Called Servant Identity Category.	What difference did the awareness of the aspects of the roles of Steward of Resources and Minister of Compassion make for you?	Create a simple diagram, from memory, of the aspects of the Steward of Resources.	Paint a picture of your current reality as a Steward of Resources and a Minister of Compassion.
Affective (Feeling Objectives)			
Be inspired to make strategic decisions about financial issues which lead to contentment and peace.	What strategic decisions did you make about financial and compassion issues? How has this played out in your life? To what degree have you followed through on those decisions?	What has been freed up in you that results in the inspiration to make strategic decisions about financial and compassion issues?	On what strategic decisions pertaining to these two roles could you most use an objective perspective?
Behavioral (Doing Objectives)			
Form a snapshot of your current financial picture and create a vision statement for the identity role of Steward of Resources.	From your experience, what additional information or awareness would help participants in creating vision statements in this role?	Between being a Steward of Resources and a Minister of Compassion, which role comes most naturally to you? What additional things did God prompt in you through the writing of your vision statement to further your development in this role?	In what ways can you intentionally involve others in your vision statement as a Minister of Compassion?
Existential (Lifelong Objectives)			
Magnify your impact as a Called Servant by living as a Steward of Resources.	In what particular ways has intentional development in these roles magnified the impact God has through you as a Called Servant?	How will you measure your “impact” as a Called Servant in the days to come? How will you know if you are developing in this role category?	How would you most like to see the impact God can have through you magnified specifically as it pertains to these two roles? Are there any character issues that could get in the way of this?

Follow-Up Learning Experiences

1. Conduct a casual, mini-financial seminar for a member of your family or a close friend. Briefly outline and explain the five aspects of being a Steward of Resources. If you have children, run a mini-seminar for them. Not only will it instill great teaching in them at a younger age, but it will also force you to communicate the concepts in ways that they can understand and everyone can enjoy: simple and to the point!
2. Make an appointment to sit down with a financial advisor. You may be able to sit down with someone from your own bank. Think through next steps of your financial life. How can you make the goals you articulated from this session a reality?

God Sightings

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

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

Weekly Prayer Requests

Session 10

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Weekly Prayer Requests

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Session 10

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Session 10: Stewarding Resources

Break-Point Questions

Introduction and Recap	During your journaling time this week, what role did you sense God asking you to give more attention to? What do you feel He's asking you to do about it?
Chapter 1: Steward of Resources	On a scale of 1-10, what is your awareness of your financial picture? What do you do in your life to maintain awareness?
Chapter 2: Diligent Earner	In general, how able are you to "whatever you do, work at it with all your heart, as working for the Lord..." (Colossians 3:23)?
Chapter 3: Generous Giver	How have you experienced life change as a result of your own giving?
Chapter 4: Wise Saver	How do you distinguish between hoarding and saving in your life? What does the process of discerning what this means to you look like?
Chapter 5: Cautious Debtor	What is the difference between wants and needs? When does the line between the two become most blurry for you? How does this impact your level of debt?
Chapter 6: Prudent Consumer	What guidelines do you use in being a Prudent Consumer? How do you guard against materialism?

The background of the page is composed of large, semi-transparent rectangular blocks in shades of olive green and mustard yellow. Overlaid on the right side is a stylized illustration of a tree. The tree's trunk and roots are rendered in dark, expressive lines, with the roots spreading out at the bottom. The foliage is depicted with lighter, more textured strokes in yellow and green, giving it a painterly or sketchy appearance. The overall aesthetic is modern and artistic.

Session 11: Empowered to Serve

Objectives Chart

	Application of Personal Story or Illustration	Questions for Evaluation	Additional Questions for Mentoring
Cognitive (Knowing Objectives)			
Learn the identity role of Empowered Servant of the Called Servant Identity Category.	What aspect of this identity role most intrigued you as you went through the Omega Course? Is this still the same aspect that intrigues you most today?	How would you describe the identity role of Empowered Servant to someone from another people group?	How could activating others around you in this identity role make the most difference in your own life context? What would be the most efficient way of bringing this about?
Affective (Feeling Objectives)			
Be encouraged to rely on the Holy Spirit as the “True Gift” that will never leave us or forsake us.	Describe a time when you really experienced God working through you as the “True Gift.” How was God glorified through this experience? How did it influence others to become more connected to Christ?	In what ways is God asking you to rely on His Holy Spirit as the “True Gift” that you have not previously done? On a scale of 1 (low) to 10 (high), to what degree do you feel encouraged that He will never leave us or forsake us? Why?	In what areas do you refrain from truly relying on the Spirit as the “True Gift?” Are you more apt to rely on yourself or move toward inaction in this area? What do you think God wants you to do about this?
Behavioral (Doing Objectives)			
Articulate a vision statement for the identity role of Empowered Servant.	How significant has it been for you to have an articulated vision statement for this identity role in your life? What did this area of your life look like prior to having a vision statement for it?	Share your vision statement for the identity role of Empowered Servant. In reading through it again, is there anything else you would now like to add to or subtract from it?	Does your vision statement for this role cause you to feel stretched to some degree? In what ways could this be a good area of growth for you? How would you know if what you have articulated would cause you to be stretched too far?
Existential (Lifelong Objectives)			
Participate in the manifestation of God’s divine empowerment of the Church through the exercising of spiritual giftings for the building of His Kingdom.	What are your own personal goals or visions for continuing to grow in the manifestation of God’s spiritual giftings for the building of His Kingdom and the Church? What is your plan for addressing areas where you might be hindered from doing this?	How have others confirmed God’s spiritual giftings for the building of His Kingdom and the Church in your life up to this point? How do you see this occurring in the years to come?	What sorts of things are “non-negotiables” that you would need to build into your life to see this objective become a reality over the long-run?

Follow-Up Learning Experiences

1. Think of an experience that would allow you to step out in faith in an area of your gifting. Choose an experience that is challenging, yet realistic and includes the support, encouragement, and feedback of others along the way. You are looking for something that would facilitate your real reliance upon the Holy Spirit in an environment where it is okay to fail. Experiment, have fun, and take a risk for the sake of the Kingdom!
2. Create a chart that will be a spiritual giftings map of everyone in your group. Identify those in the group with giftings similar to you and those who have giftings quite different than yours. How can you spend time with each person in the group in ways that will help to support and develop you?

God Sightings

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

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

Weekly Prayer Requests

Session 11

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Weekly Prayer Requests

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Session 11: Empowered to Serve

Break-Point Questions

Introduction and Recap	As you reflected upon the Law of Calling and your vision statement for the Identity role of Steward of Resources: What do you feel best about? Are there any adjustments you feel prompted to make? If so, what are they?
Chapter 1: Empowered Servant	How do you see Spiritual Gifts being used to build up the Church? What could we do that would activate more of our potential as a Church through Spiritual Gifts?
Chapter 2: Spiritual Gifts - Why	Based on this text, if you had to sum up the purpose of the gifts into one word, what would it be? How do you see the evil one coming against the expression of Spiritual Gifting in the Church?
Chapter 3: Character/Gifting Balance	Do you understand the differences between Spiritual Gifts and both Original Abilities and the Fruit of the Spirit? How do you strive to maintain the character/gifting balance in your life?
Chapter 4: Spiritual Gifts and You	If you have ever taken a Spiritual Gifts inventory, what gifts did this inventory reveal that you have? If you haven't taken an inventory, which gifts would you guess that God has imparted to you?

The background of the slide is composed of large, semi-transparent rectangular blocks in shades of green and yellow. Overlaid on the right side is a stylized illustration of a tree with a thick, brown trunk and dark, branching roots extending into a green area at the bottom. The foliage is represented by dark, curved lines against a yellow and green background.

Session 12: The Freedom of Servanthood

Objectives Chart

	Application of Personal Story or Illustration	Questions for Evaluation	Additional Questions for Mentoring
Cognitive (Knowing Objectives)			
Learn the aspects of Calling Mentee/Mentor and Profession of the Called Servant Identity Role.	How has your awareness of these two roles opened up your view of how others operate in the Kingdom of God?	Create a quick sketch of all three levels of the roles diagram with roles of each Identity Category filled in. Which one is hardest for you to remember?	Which one of these roles provided the most new insight for you? Why?
Affective (Feeling Objectives)			
Feel the freedom and joy of expressing significant transforming love through servanthood.	Think of an experience where you felt the freedom and joy of expressing significant transforming love through servanthood. What was it like? How did your attitude or perspective on servanthood change as a result of that experience?	How have your attitudes/ perspectives on servanthood changed as a result of this session? How do you see this playing out in the days ahead?	What do you think “significant, transforming love” looks like? How have you seen God minister through you to others in this way? How would you like to see Him do this in the future?
Behavioral (Doing Objectives)			
Articulate vision statements for the identity roles of Calling Mentee/Mentor and Profession.	Out of these two roles, which vision statement have you seen the most improvement in since you articulated them? What does this look like in your life?	Share the vision statement for one of your roles in your profession.	For this identity category, which role do you currently enjoy the most? How does your vision statement for this role capture that joy?
Existential (Lifelong Objectives)			
Magnify your impact as a Called Servant by living as a Calling Mentee/Mentor and Professional.	Describe your experiences as a Calling Mentee/Mentor so far. How have the stages of life/life changes that you have experienced contributed to this? How do you see this ministry continuing to grow through you in the future?	If there were a profession that was a true expression of who God made you to be, what would it be? To what degree do you see the characteristics of this profession in your life now? What aspects of that profession could be incorporated into your life where you are right now?	In what ways do you see these roles overlapping and working together for the building of His Kingdom and the Church in the future?

Follow-Up Learning Experiences

1. When it comes to Calling Mentee/Mentor, identify and set up a pre-determined number of mentoring sessions (formal or informal) with someone who:
 - a. Could mentor you “from above”
 - b. You could mentor
 - c. Could be a peer mentor

2. As you think through the roles in your profession, which role would you most like to grow in over the next year. Research ways that you might easily build in some training and growth opportunities sooner rather than later.

God Sightings

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

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

Weekly Prayer Requests

Session 12

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Weekly Prayer Requests

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Life Spring Network

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Session 12: The Freedom of Servanthood

Break-Point Questions

Introduction and Recap	As you reflected upon Spiritual Gifts and your vision statement for the Identity Role of Empowered Servant: What do you feel best about? Were you able to identify any Spiritual Gifts that you feel God pours forth through your life by reflecting on the definitions of the various Spiritual Gifts? If so, what are they?
Chapter 1: The Law of Servanthood - John 13:1-9	Through whom does God serve you? What aspects of Servanthood do you see portrayed in John 13:1-9?
Chapter 2: The Law of Servanthood - John 13:1-17	On a scale of 1-10, how well are you able to receive from others? In what ways is your life currently out of alignment with the servant leader example of Jesus?
Chapter 3: Calling Mentor/Mentee	What is your experience with this role? Who came to mind that could function in your life as a Calling Mentor and Mentee?
Chapter 4: Profession	Which roles do you play in your profession that you will enter for your profession in your roles diagram?
Chapter 5: Mission Statement	Out of the fourteen identity roles that we have studied, what are the three roles in your life that need the most attention? What will you do in the next 48 hours to begin?

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Session 13: The Journey of Transformation

Objectives Chart

	Application of Personal Story or Illustration	Questions for Evaluation	Additional Questions for Mentoring
Cognitive (Knowing Objectives)			
Understand the principles of the Road of Life and the Cycle of Renewal.	Talk about a time when you've taken an "off ramp" from the Narrow Road to Eternal Life. How did the Cycle of Renewal come into play with this set of circumstances? How did you see the role of the church at work in this process?	Draw a quick picture of the Road of Life that you could use to teach someone else. Include pertinent information covered in this session. Do the same for the Cycle of Renewal.	If there were one question that someone could ask you about the Cycle of Renewal that would get to the heart of something God would like you to address, what would it be?
Affective (Feeling Objectives)			
Feel empowered to pursue God's transformational training in righteousness.	When you think of being trained in righteousness, which aspect of it excites you the most? How does this motivate you to pursue this training as a disciple of Christ?	In what ways do you experience a sense of empowerment as a result of this session? How does this result in transformation and not just inspiration in your life?	How do these models better facilitate your training in righteousness? How will this translate into your closest relationships?
Behavioral (Doing Objectives)			
Fully engage in the Cycle of Renewal as a means to spiritual maturity.	Think of a time when you saw someone else experience (knowingly or unknowingly) this Cycle of Renewal. How did it breathe new life into that individual and community of faith surrounding him or her?	Which area of the Cycle of Renewal is currently most active in your life? Which is the least active? What can you do to activate this area so that you can more fully engage the entire Cycle of Renewal?	If there is one area of the Cycle of Renewal which more Biblical study would benefit you, which one would it be? Which Biblical character comes to mind first when you consider this?
Existential (Lifelong Objectives)			
Commit to pursuing God's "narrow way" on the Road of Life with an awareness of the obstacles and resources available to us through God and His church.	What do you see as being one of the most underused resources in the community of faith? How do you participate in working to alleviate that?	What obstacles and resources do you perceive you will experience through your community of faith in the years ahead?	Who in your community of faith helps identify "blind spots" or areas where you experience obstacles within your own life? How can you connect with this person for a fresh perspective in the next month?

Follow-Up Learning Experiences

1. Teach the Cycle of Renewal to a close friend or relative. How can you be a part of the cycle for that particular person? How can he/she be a part of the Cycle for you? Create a covenant agreement to help hold each other accountable in these areas.
2. Did God bring someone to mind during this session with whom you need to be reconciled? Think of one or two people who could both support and facilitate this in some way. If you've tried to reconcile with someone one on one and it's been rebuffed, follow in the spirit of Matthew 18. Discuss with your support people how best to proceed if God continues to lead in this way.

God Sightings

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

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

Weekly Prayer Requests

Session 13

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Session 13: The Journey of Transformation

Break-Point Questions

Introduction and Recap	As you journaled about being an empowered servant this week, what stood out to you most?
Chapter 1: The Law of Transformation	What does it mean to you to offer your body as a living sacrifice to God? What kind of influence would you say the world has over your life conforming you to its image these days? Where do you go to find sober judgment for your life?
Chapter 2: The Law of Transformation	How is God taking the veil away from your life and transforming you? Is there anything that is keeping you from being willing to become like a lump of clay on the potter's wheel, letting God transform you?
Chapter 3: The Road of Life	Where do you find yourself on the Road of Life these days? How is the Church helping you to walk the Road of Life?
Chapter 4: The Cycle of Renewal	What aspect of the Cycle of Renewal do you find most challenging right now and why?



Session 14: Choosing To Transform

Objectives Chart

	Application of Personal Story or Illustration	Questions for Evaluation	Additional Questions for Mentoring
Cognitive (Knowing Objectives)			
Recognize how attitudes based on the Promises of God bring focus to the journey of transformation.	What attitude shifts have made the most difference for you since you started the Omega Course? How did this impact the degree of focus to your journey of transformation?	How would you describe the power of attitude in bringing focus to the journey of transformation?	What differentiates attitudes based on the Promises of God from other attitudes? What kind of spiritual power might be made manifest through attitudes based on the Promises of God?
Affective (Feeling Objectives)			
Be assured of the Promises of God.	Describe a time when your feelings of assurance in the Promises of God made all the difference.	What Promises of God are bringing you a sense of assurance in your life?	How do you think God feels about this objective? What does this mean for you?
Behavioral (Doing Objectives)			
Study the Promises of God and Godly Attitudes, then compare and contrast your attitudes with Godly attitudes.	How has studying the Promises of God and Godly Attitudes most impacted your daily journey of faith? What significance does this bring to bear on your ability to “choose” to transform?	What distinctions did you most notice as you compared and contrasted your attitudes with Godly attitudes? What is God asking you to address pertaining to this?	What signs illuminate the contrast between an attitude that you hold and a Godly attitude? What feelings or thoughts occurred to you as the contrast came to the surface?
Existential (Lifelong Objectives)			
Adopt Godly attitudes that line up with the attitudes seen in and encouraged by Christ.	How has the life of Christ and the attitudes He exudes and encourages served as a model to follow for you? How do you plan to incorporate the power of this as you move forward?	If there were one Godly attitude that you could adopt that would make the most difference over the next five years, what would it be?	As you consider this lifelong objective, what sorts of support and accountability structures can you build into your life that would help you achieve this?

Follow-Up Learning Experiences

1. Create a visualization of one of the attitudes that you felt God calling you to adopt through this session. You could use a photograph from a magazine or article, or one of your own. If you don't find it captured in a single photograph, you can create a montage to more completely represent the idea.
2. Which one of the Promises of God most stood out to you during this session? Copy this down onto a 3x5 card and keep it where you can see it during the week. Create a personal Bible study out of the Scriptures that accompany that promise and read the surrounding chapters to grasp more fully the context of the verse - what was happening, who was involved? How do you see the profoundness of the promise emerge out of these considerations?

God Sightings

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

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

Weekly Prayer Requests

Session 14

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Life Spring Network

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Session 14: Choosing to Transform

Break-Point Questions

Introduction and Recap	As you reflected upon the Law of Transformation, the Road of Life and the Cycle of Renewal: What do you feel best about? Are there any adjustments you feel prompted to make? If so, what are they?
Chapter 1: The Law of Attitude	How do your attitudes (advanced decisions) bring focus to your life and prepare you for real living?
Chapter 2: Jesus' Attitude	Which of Christ's attitudes have you already chosen to live out? Which are you feeling challenged to incorporate into your life now?
Chapter 3: The Beatitudes	Which of the Beatitudes do you most resonate with and which ones do you feel you need to grow in?
Chapter 4: Godly Attitudes and the Promises of God	What promises stood out to you the most and why? What new attitudes will you choose that God has promised to bless?

An abstract artwork featuring a stylized tree with roots and branches. The tree is rendered in shades of green, yellow, and brown, with dark outlines. It is set against a background of a green grid. The text "Session 15: Resistance To Transformation" is overlaid on the grid in a white serif font.

Session 15: Resistance To Transformation

Objectives Chart

	Application of Personal Story or Illustration	Questions for Evaluation	Additional Questions for Mentoring
Cognitive (Knowing Objectives)			
Grasp the reality picture of spiritual warfare.	Describe a time where you saw these principles at work in a very clear way. What was the influence of prayer and intercession? What happened in this situation as a result of those two things?	Draw a diagram that represents the five references that Ed Silvoso identified in the book of Ephesians.	What has been your experience with spiritual warfare? Do you have a group of people that is committed to praying for you? If not, identify 5-6 people who you think might be willing to do this.
Affective (Feeling Objectives)			
Be encouraged by the abundance of spiritual authority and blessings that are rightfully ours as children of God.	What assurances have you experienced about your roles and rights as a child of God? How do you stay in a place of righteous humility as an heir of Christ?	What helps remind you of your spiritual authority in Christ when you are feeling most discouraged or down? Pick a Scripture verse that you can memorize to help you remember.	Is there an area of your life where you feel the enemy holds you in defeat? Who can you seek out to bring prayer and healing in this area?
Behavioral (Doing Objectives)			
Submit yourself to God's guidance and power while maintaining unity in the Church through forgiveness and reconciliation.	Think of a time when someone was forgiving toward you and extended his/her hand in reconciliation. What was the result of this interaction for you? What was the result in the degree of unity you experienced within that body or context?	If there were one way that you could most effectively and efficiently promote unity in the body or context that you are in, what would it be? What would it take to move you to action?	Think of one person with whom you have successfully promoted unity and one with whom you haven't. What holds you back from finding this reconciliation?
Existential (Lifelong Objectives)			
Overcome the entrapments and pitfalls of the enemy through prayer, surrender, unity and corporate alignment with God's provision.	How do you participate in overcoming these entrapments in your life today? What prayer habits are you cultivating in this season of your life?	How can you plan to maintain a healthy awareness of spiritual realities over time? Which is more representative of where you are: do you need to let some things go... or do you need to pay more attention?	Could you use more knowledge or experience in the area of spiritual realities? Establish a measurable set of learning experiences based on your needs in this area.

Follow-Up Learning Experiences

1. Re-teach the reality picture of spiritual warfare to a close friend or family member. Which aspects of it most intrigue them? Use Ephesians chapter 6 as a point of additional Scripture reading or meditation this week and discuss your reflections with these same people at the end of the week.
2. If you were to walk around in the spiritual authority that is rightfully yours, what would it look like? Pick one day this week to practice this no matter what circumstances come your way that day. Journal your thoughts and share your experience with the group the next time that you meet.

God Sightings

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

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

Weekly Prayer Requests

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Session 15: Resistance to Transformation

Break-Point Questions

Introduction and Recap	As you reflected upon the Law of Attitude, the Promises of God and Godly Attitudes: What do you feel best about? Are there any adjustments you feel prompted to make? If so, what are they?
Chapter 1: The Law of Reality	Do you believe that there is an active agent of evil in the world? Have you experienced this influence discouraging your pursuit of God?
Chapter 2: The Reality Picture of Spiritual Warfare	What new insights have you gained so far as a result of considering the Reality Picture of Spiritual Warfare? In looking at Ephesians 3:10-12, how has your understanding of God's purpose for the Church changed?
Chapter 3: Satan's Weapons	Which of Satan's weapons do you see most active in your life? Is there any anger or unforgiveness taking root in your life that you need to confess to God and others in order to maintain the Unity of the Church?
Chapter 4: Full Armor of God	How have you been able to apply the Full Armor of God practically in your daily walk? What does Ephesians 6:13-18 prompt you to implement more proactively as you stand for God? Who are you being prompted to pray for?

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Session 16: Blessings and Curses

Objectives Chart

	Application of Personal Story or Illustration	Questions for Evaluation	Additional Questions for Mentoring
Cognitive (Knowing Objectives)			
Grasp the consequences of blessings and curses on the journey of transformation and learn how to deal with sin in the church.	Describe a consequence of blessing that you have experienced in your own life. Similarly, describe a consequence of curses.	What new revelations have you had about blessings and curses or dealing with sin in the church as a result of this session? Which consequence stood out most?	What has been your experience in dealing with sin in the church? If there is one step that the church can take to become better at this, what would it be? How can you be a part of this transition?
Affective (Feeling Objectives)			
Feel free as you receive God's guidance and power healing you from the impact of curses in your life.	What areas of healing has God guided you into as a result of what you learned in this session? How did this come about? Are there individuals who you know and trust who might be able to help others in dealing with the impact of curses in their lives?	What has been your experience with talking or learning about blessings and curses prior to this session of Omega? Do you feel free to receive God's guidance and power to heal you from the impact of curses in your life?	In what ways has God guided you to healing from the impact of curses in your life up to this date? How often does this seem to occur in your life?
Behavioral (Doing Objectives)			
Identify curses that have been spoken over you or that you have brought upon yourself through disobedience and break them in the power of God.	What is the process by which you break curses in the power of God? When did you first become familiar with this process? Did someone model it for you? How have you modeled it for others?	Select a curse that you feel has been either spoken over you or brought upon yourself that is appropriate to discuss in the group context. How has this been made manifest in your life and what brings you to the conclusion that the root cause might be a curse?	How can you be a part of helping others to become aware of the Law of Consequences and the impact of blessings and curses in their lives?
Existential (Lifelong Objectives)			
Firmly root yourself in the journey of transformation by regularly confessing sin and obediently following God's plan for your life.	What does "regularly confessing sin" look like in your life? What role does the church play in this?	What plan do you have to help you regularly confess sin? Who can help to keep you on track and obediently following God's blessed plan for your life?	How do you plan to become a part of the church being a "safe" place for people to confess sin? How will this practically play itself out over the course of your life?

Follow-Up Learning Experiences

1. Do a case study of the transmission of blessing in the Old Testament. Identify some common key elements and jot them down on a piece of paper. Bring your findings with you to the next session.
2. Who in your life could you speak a blessing over? Children, friends, spouse? Would you like it to be formal or informal? Plan a time in the next month when you can impart this blessing to the person or people who are coming to your mind.

God Sightings

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

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

Weekly Prayer Requests

Session 16

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Session 16: Blessings and Curses

Break-Point Questions

Introduction and Recap	As you reflected upon the Law of Reality and the Resistance to Transformation: What do you feel best about? Are there any adjustments you feel prompted to make? If so, what are they?
Chapter 1: The Law of Consequences	In Deuteronomy 30:15-20, God presents us with His covenantal promise of Blessings and Curses which clarifies how we can expect life to work. How do you understand the relationship that God is defining functioning in your life? God says that our choices will have an impact on our life and on our children. How have you experienced this in your life?
Chapter 2: Blessings and Curses	Think of the last time you experienced a verbal blessing or curse from someone. What was it like?
Chapter 3: Dealing with Sin in the Church	Matthew 18:15-20 assumes a depth of covenant community that is rare these days. What has your experience with church discipline been like? Why do you think we all need this kind of accountability and discipline?
Chapter 4: Curses of Disobedience	Which of the curses of disobedience stand out to you the most and why?

The background of the page is composed of large, semi-transparent rectangular blocks in shades of green and yellow. Overlaid on the right side is a stylized illustration of a tree. The tree's trunk is a thick, vertical brown line. Its branches are depicted with thin, dark, curved lines. The foliage is represented by numerous small, dark, curved strokes. The roots of the tree are shown as thick, gnarled, and branching out horizontally at the bottom, rendered in shades of green and brown.

Session 17: Realizing Life's Potential

Objectives Chart

	Application of Personal Story or Illustration	Questions for Evaluation	Additional Questions for Mentoring
Cognitive (Knowing Objectives)			
Become more self-aware by learning the importance of having an objective awareness of your obedience to God's Mission, Character and Purpose.	How has having an objective awareness about yourself helped you develop a deeper awareness of others? How does this impact your relationship with these individuals?	List three ways that having an objective awareness of ourselves is important. How do you see the role of feedback from others working in this?	How do you most like to receive feedback from others? (Written? Oral?) What helps you open up to receive feedback that is less than positive? What is your strategy for filtering but utilizing unrequested or negative feedback?
Affective (Feeling Objectives)			
Be inspired to discover and utilize assets that you have in the areas of passion, upbringing and resources for realizing your life's potential.	What was your biggest "find" when you went through this session?	Which assets of your life have been most under-utilized up until this point? What does God seem to be saying to you about this? What is your level of inspiration to take action in this area?	Which assets of your passions are currently being under-utilized? How would you like to see this situation change? What would it take to get there?
Behavioral (Doing Objectives)			
Assess your Obedience to God's mission and your character while beginning to discover your purpose by examining your Passion, Upbringing and Resources.	What aspect of your story could most encourage one of your group members to assess their own obedience to God's mission?	What aspect of your Genogram was most valuable in assessing your obedience to God's mission and your character?	What one area is God putting His finger on when it comes to being in a place of obedience to His mission? What is He asking you to do with this?
Existential (Lifelong Objectives)			
Experience and express love in deeper and more meaningful ways by living more obediently on mission with God, developing Christ-like character and living into your passions, upbringing and resources.	How do you intend to continue cultivating Christ-like character as you continue in your journey? How will you know when you have "arrived" when it comes to this?	Which one aspect of your character do you think God would most like to develop over the next ten years so that you are able to experience and express love in deeper and more meaningful ways?	Who in your life could most use a more deep and meaningful experience and expression of God's love through you? How do you see the content of this session facilitating that over the long-term?

Follow-Up Learning Experiences

1. Spend some more time in prayer and reflection considering the area of passion. Think back to some passions you may have had earlier in your life. What were they? Have they faded out or changed over time? To what do you attribute these changes? Do they need to be more redefined or more resurrected?
2. Bring your Genogram to meet with a spiritual advisor. Create an approach to either develop or deal with some of the larger issues that you found there.

God Sightings

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

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

Weekly Prayer Requests

Session 17

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Session 17: Realizing Life's Potential

Break-Point Questions

Introduction and Recap	As you reflected upon the Law of Consequences, Blessings and Curses and Dealing with Sin in the Church: What do you feel best about? Are there any adjustments you feel prompted to make? If so, what are they?
Chapter 1: The Law of Potential	Do you believe that you are designed for greatness? Why is having an objective awareness of your Obedience to God's Mission, Character and Purpose essential to realizing life's potential?
Chapter 2: Assessing Obedience to God's Mission	What is your experience of having people help you get an accurate assessment of yourself been like?
Chapter 3: Character Strengths	Which of the 24 Character Strengths stand out to you and why?
Chapter 4: Passions	If you had to identify two areas of passion in your life, what would they be and why?
Chapter 5: Upbringing	What is one aspect of your upbringing that most influences who you are today?
Chapter 6: Resources	Do you adhere to a written budget?

The background of the page is composed of large, semi-transparent rectangular blocks in shades of green and yellow. Overlaid on the right side is a stylized illustration of a tree with a thick, brown trunk and a dense canopy of green and yellow leaves. The tree's roots are visible at the bottom, spreading out in a similar green and yellow color palette.

Session 18: Pressing into God's Purpose

Objectives Chart

	Application of Personal Story or Illustration	Questions for Evaluation	Additional Questions for Mentoring
Cognitive (Knowing Objectives)			
Identify and understand the various personality types, original abilities, spiritual gifts and love languages in order to understand yourself and people in your life better.	Which area of this session did you enjoy most and why?	Discuss how one of the following allows you to understand yourself and the people in your life: Personality, Original Abilities, Love Languages.	How can you use your new understanding of personality in your work or church environment? How do you see God working with our personalities in the things that He asks us to do?
Affective (Feeling Objectives)			
Experience new levels of love through an awareness of personality, original abilities, spiritual gifts and love languages.	What does it look like for you to “experience new levels of love?” How has this most affected you?	What dialects of your love languages have you detected? How can you communicate this with those closest to you so that you are able to experience new levels of love? How do you perceive this in your relationship with the Lord?	What is one dialect or language that if you intentionally practiced it more, could most strengthen your relationship with those in your inner circle?
Behavioral (Doing Objectives)			
Reach higher levels of your potential through assessing your personality, original abilities, spiritual gifts and experience of love.	Think of an area where you have reached a higher level of potential than you previously expected to through exploring your unique P.U.R.P.O.S.E. What was the key to this transformation?	In what area of your P.U.R.P.O.S.E. have you received new awareness that you feel will translate into reaching higher levels of your potential?	If you could describe your unique P.U.R.P.O.S.E. in one word, what would it be?
Existential (Lifelong Objectives)			
Experience and express love in deeper and more meaningful ways by understanding and pressing into each person's unique P.U.R.P.O.S.E.	Think of a specific example when you were able to express love to another person more deeply and meaningfully because of your awareness of their unique P.U.R.P.O.S.E. How did this strengthen the other individual? How did it strengthen the relationship?	How can you intentionally facilitate an awareness of someone else's P.U.R.P.O.S.E. in the future so that you might be able to express love in deeper and more meaningful ways?	Are there specific temperaments in others that turn you off? What triggers these feelings? Explore with your mentor influences from your past that might be contributing to this.

Follow-Up Learning Experiences

1. Make a list of the following people in your life: parents, children, and members of your Inner Circle. Over the next month, make a chart listing each person's love language and personality type.
2. Choose one of the following:
 - a. Meet with a spiritual advisor or leader to talk about and pray through your Genogram.
 - b. Meet with a mentor to explore how your P.U.R.P.O.S.E. better clarifies your calling in life.
 - c. Take a Spiritual Gifts Course.
 - d. Sit down with people who have known you for over ten years and ask them what your true abilities are.

God Sightings

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

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

Weekly Prayer Requests

Session 18

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Weekly Prayer Requests

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Session 18

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Life Spring Network

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

Session 18: Pressing Into God's Purpose

Break-Point Questions

Introduction and Recap	As you reflect upon your Obedience to God's Mission, Character Strengths, Passions, Upbringing and Resources: What do you feel best about? Are there any adjustments you feel prompted to make? If so, what are they?
Chapter 1: Personality	Into which personality type do you fit? In which aspect of your personality are you the most extreme?
Chapter 2: Original Abilities and Spiritual Gifts	What are the original abilities (things you have always been able to do) that you have been given by God to steward and develop?
Chapter 3: Spiritual Gifts	What are some of the gifts that you have identified in yourself and that people in your church have affirmed as the Holy Spirit serving through you?
Chapter 4: Experience of Love	Which love languages do you and the inner circle members of your life resonate with the most?
Chapter 5: The Seven Values of Abundant Living and Your P.U.R.P.O.S.E.	How will understanding these seven areas of your life (and the lives of those you love) help you live the abundant life?

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Session 19: The Power of Believing

Objectives Chart

	Application of Personal Story or Illustration	Questions for Evaluation	Additional Questions for Mentoring
Cognitive (Knowing Objectives)			
Grasp the power of believing in God with your whole being, the components of the belief model and the process of changing incorrect beliefs.	Think of an illustration of the workings of the belief model from your own life.	Make a quick sketch, from memory, of the belief model.	How do you see the belief model as a tool you can use to help others?
Affective (Feeling Objectives)			
Experience new levels of freedom by understanding and eliminating beliefs contrary to abundant living.	Which beliefs have you eliminated as a result of applying Biblical truth to the belief model?	What kind of new freedom are you sensing as a result of exploring the belief model in this session?	Find a Scripture to memorize which speaks directly to a belief which you have held that is contrary to Biblical truth.
Behavioral (Doing Objectives)			
Re-examine your upbringing to identify belief patterns related to the Seven Values of Abundant Living.	How do you address issues that arise as a result of this objective? What strategies would you suggest to your group that would enable them to deal with this area to the fullest extent at any particular time?	What findings came to the surface as you re-examined your genogram to identify patterns related to the Seven Values of Abundant Living.	What is your experience in praying through generational sin patterns? Who in your life could serve as a spiritual mentor or coach for you to help take you to the next level in this area?
Existential (Lifelong Objectives)			
Experience positive and lasting life change by examining damaging beliefs and not just damaging behaviors.	How has examining damaging beliefs and not just damaging behaviors facilitated positive and lasting life change for you?	What "trigger question" can you ask yourself in the future that would help you come back to this objective when dealing with areas of damaging behaviors?	Journal a brief "history" of a damaging belief that you have been susceptible to believing. Share this with your mentor.

Follow-Up Learning Experiences

1. Recreate the Belief Model using a different visual representation but maintaining the same elements and flow.
2. Using your genogram as a starting point, document your family's story of faith. Interview available family members to round out your portrait. Share your family's story of faith with the group the next time you meet.

God Sightings

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

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

Weekly Prayer Requests

Session 19

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Life Spring Network

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

Session 19: The Power of Believing

Break-Point Questions

Introduction and Recap	As you reflected upon your Personality, Original Abilities, Spiritual Gifts and Experience of Love: What do you feel best about? Are there any adjustments you feel prompted to make? If so, what are they?
Chapter 1: The Law of Belief	Using the Biblical understanding of belief, what does it mean to believe that God raised Jesus from the dead?
Chapter 2: The Belief Model	What new insights does The Belief Model give you about how your beliefs drive your behavior?
Chapter 3: Being Human and Believing	What is a belief that has changed in your life over time? Why did you change your belief and how is your life different?
Chapter 4: Believing and Sin	If you had to define sin and how it affects our lives in your own words, how would you do it?
Chapter 5: The Cycle of Renewal and Believing	What is something that you are struggling with right now in your life that needs holistic repentance? How have you either not begun or short-circuited this process in your life?

The background of the slide is composed of large, semi-transparent rectangular blocks in shades of olive green and mustard yellow. Overlaid on the right side is a stylized illustration of a tree. The tree's trunk and branches are rendered in dark, thin lines, while the foliage is depicted with broad, textured strokes in shades of yellow and green, giving it a painterly or collage-like appearance.

Session 20: The Seven Deadly Sins

Objectives Chart

	Application of Personal Story or Illustration	Questions for Evaluation	Additional Questions for Mentoring
Cognitive (Knowing Objectives)			
Understand our tendencies toward the Seven Deadly Sins and God's virtuous path towards the abundant life.	Characterize, in an appropriate way, how you see your tendencies toward the Seven Deadly Sins and God's virtuous path.	How do you see your tendencies toward the Seven Deadly Sins and God's virtuous path influencing your progress towards the abundant life?	What steps toward the virtuous life do you sense God asking you to make as a result of this session?
Affective (Feeling Objectives)			
Experience new levels of freedom by more clearly identifying your sin tendencies, confessing them and moving towards God's virtuous path.	How has your experience with confessing sin helped you to experience new levels of freedom?	What new levels of freedom do you sense as a result of this session?	In which area of your life could you most use a new level of freedom? Is this attached to an area of sin or a confession that needs to take place?
Behavioral (Doing Objectives)			
Assess your life compared to the Seven Deadly Sins, process these sin areas using the Cycle of Renewal and seek accountability to help you grow towards Godly virtues.	Pick one of the deadly sins that you see impacting our society as a whole. How does this relate back to the belief model? What impact do you see if we, as believers, do not more closely align ourselves with the will of God especially as it pertains to this area?	What is one area that God is asking you to address as a result of considering the Seven Deadly Sins? What practical and specific changes do you sense Him asking you to make?	What question could someone consistently ask you that would help hold you accountable to address the areas that God has brought up as a result of this session?
Existential (Lifelong Objectives)			
Live a more devoted, pure and virtuous life of humility, contentment, meekness, obedience, temperance, stewardship and chastity.	How have you experienced the virtues leading you to a more devoted life so far? How would you like to see this develop over the next several years?	Which one of these virtues would you most like to see develop in your life over the next 10 years and why? What outward expression of this would be most evident to others?	On a scale of 1 (low) to 10 (high), how would you score the level of purity in your life right now? How would you like to see that number increase in the coming years? What action steps would be necessary to do this? Which two people in your life could you ask to commit to helping you get there?

Follow-Up Learning Experiences

1. Create an “accountability committee” which you can use to support you in addressing your areas of temptation in your dominant “deadly” sin. Articulate clearly how this committee will function...will you send them an e-mail, make a phone call when you’re feeling tempted? How can you be used to provide accountability in their lives as well?
2. Take some time to journal through your experience with each one the Seven Deadly Sins. On which side of the “scale” do you most often find yourself?

God Sightings

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

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

Weekly Prayer Requests

Session 20

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Weekly Prayer Requests

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Life Spring Network

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Session 20: The Seven Deadly Sins

Break-Point Questions

Introduction and Recap	As you reflected upon the Law of Belief, the Belief Model, Belief and Sin, and the Cycle of Renewal and Belief: What do you feel best about? Are there any adjustments you feel prompted to make? If so, what are they?
Chapter 1: The Seven Deadly Sins	What are some sin tendencies that you struggle with in your life?
Chapter 2: Pride vs. Humility	What is the struggle between Pride and Humility like in your life?
Chapter 3: Envy vs. Contentment	What is the struggle between Envy and Contentment like in your life?
Chapter 4: Wrath vs. Meekness	What is the struggle between Wrath and Meekness like in your life?
Chapter 5: Sloth vs. Obedience	What is the struggle between Sloth and Obedience like in your life?
Chapter 6: Greed vs. Stewardship	What is the struggle between Greed and Stewardship like in your life?
Chapter 7: Gluttony vs. Temperance	What is the struggle between Gluttony and Temperance like in your life?
Chapter 8: Lust vs. Chastity	What is the struggle between Lust and Chastity like in your life?
Chapter 9: The Seven Virtues and The Seven Values of Abundant Living	How will pursuing these virtues help you to live out the 7Gs and avoid the influence of evil?

The background of the slide is a composite image. On the right side, there is a vertical strip featuring a stylized tree with a thick, textured trunk and a dense canopy of leaves. The colors are muted greens, yellows, and browns, giving it a painterly or watercolor-like appearance. This strip is overlaid on a larger background that is divided into three horizontal sections of different shades of green: a dark green at the top, a medium green in the middle, and a lighter green at the bottom. The text 'Session 21: The Joy of Discipline' is centered over the middle section.

Session 21: The Joy of Discipline

Objectives Chart

	Application of Personal Story or Illustration	Questions for Evaluation	Additional Questions for Mentoring
Cognitive (Knowing Objectives)			
Learn the importance of engaging in spiritually discerned disciplines and walking in your preferred spiritual pathways.	What disciplines have you built into your life that you have found to be most helpful?	How would you describe the role of disciplines and pathways to a child?	What obstacles do you sense that would prevent you from more fully engaging in the disciplines and pathways?
Affective (Feeling Objectives)			
Feel vitalized by the power of God and the Fruit of the Spirit flowing in and through your life as you grow more mature through engaging in spiritually discerned disciplines.	How would you explain what it is like to “feel vitalized by the power of God?” Talk about some instances when you have felt this.	What sense of vitalization do you feel as a result of this session? How do you see this growing as you engage in spiritually discerned disciplines?	How would you describe someone who is spiritually “mature?”
Behavioral (Doing Objectives)			
Reflect on the Disciplines of Abstinence and Engagement and the Spiritual Pathways to better discern God’s training plan.	Pick one of the disciplines of abstinence and one of the disciplines of engagements to illustrate how to integrate disciplines into your daily life. Do the same for one of the Spiritual Pathways.	How do you see the disciplines and pathways helping us to discern God’s training plan?	Describe how you have previously discerned God’s training plan for your life? How do you see the disciplines and pathways adding to this?
Existential (Lifelong Objectives)			
Engage in practices and disciplines that stretch you and cause you to grow closer to God.	What do you see as the purposes of spiritual disciplines “stretching us?” How does this cause us to grow closer to God?	What disciplines do you sense God wanting you to add (or subtract) to your life that will help you move forward and persevere with this process?	When do you find yourself most susceptible to giving up? What safeguards can you put in place to help you when you find yourself there?

Follow-Up Learning Experiences

1. Create a 7- or 14-week plan to engage in each of the Spiritual Pathways as a group.
2. Create a Bible study or Sunday School class that your group could offer for your church on the Spiritual Disciplines using the material in your Omega Course Workbook.

God Sightings

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

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

Weekly Prayer Requests

Session 21

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Weekly Prayer Requests

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Life Spring Network

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Session 21: The Joy of Discipline

Break-Point Questions

Introduction and Recap	As you journaled about the Seven Deadly Sins and Godly virtues, what stood out to you most?
Chapter 1: The Law of Discipline	What disciplines already exist in your life? What strategies do you use to overcome negative habits?
Chapter 2: Disciplines of Abstinence	How has God used your experiences with some of the disciplines of abstinence to transform you towards Christ-likeness?
Chapter 3: Disciplines of Engagement	How has God used your experiences with some of the disciplines of engagement to transform you towards Christ-likeness?
Chapter 4: The Holy Spirit and Disciplines	How are you being guided by the Spirit into the disciplines that are training you in righteousness?
Chapter 5: Disciplines and Spiritual Pathways	Which spiritual pathways have you pursued in your life which have resulted in deep and rich times of connection with God and others? With what new disciplines and spiritual pathways are you feeling led to experiment?

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Session 22: Godly Goal Setting

Objectives Chart

	Application of Personal Story or Illustration	Questions for Evaluation	Additional Questions for Mentoring
Cognitive (Knowing Objectives)			
Learn the role of accountability, process and perseverance in setting and realizing God-discerned goals.	What has your experience been with goal setting? Are you more oriented towards problem-solving or goal-setting? What does this look like in your life today?	Why are accountability, process, perseverance, and discipline important aspects of the goal-setting process?	As you look at understanding and implementing accountability, process, perseverance and discipline, which area feels like the strongest for you? Which area feels the weakest? Why?
Affective (Feeling Objectives)			
Be motivated and not overwhelmed by having a workable plan by which to gain momentum towards God's goals for your life.	What motivates you the most about this session? Why? How do you see this working in the lives of the small group as well?	Identify moments when you begin to feel overwhelmed. What do you sense triggering these feelings? How can you eliminate or manage the elements so that you either move away or are less likely to enter into these feelings of being overwhelmed?	To what degree do you already feel momentum toward your goal in life? What has helped or sustained this already? How do you see this in light of what has been covered in this session?
Behavioral (Doing Objectives)			
Create detailed goals for three identity roles that need the most attention in your life and mega goals for all the other areas in order to see the big picture of your life-growth plan.	Use your experience with the planning pages as an example for the rest of the small group. Address any questions that you had in going through the process as points of clarification for them.	Choose one role that God has brought to the forefront for you during your time in Omega and share your planning pages for that role.	What new insights or revelations have you had as a result of completing the planning pages for these roles? How could a mentor help you work through any perceived obstacles you have highlighted?
Existential (Lifelong Objectives)			
Continue to grow as a disciple of Christ through the appropriate use of goal-setting, planning and mentoring.	How could you, as a small group, help hold each other accountable when it comes to the appropriate use of goal-setting, planning and mentoring?	How can you keep the planning you have done as a result of this session from getting dusty on the shelf? How can you revisit and revise your goals on a regular basis?	How can you be a part of starting a movement of mentoring in the community of faith around you - either in your church or small group?

Follow-Up Learning Experiences

1. Identify a project that you can do with others that will require using a form of planning pages and setting S.M.A.R.T. goals. It might be an outreach or compassion project with a small group, a home project, or a weekend getaway with friends. Practice being intentional and S.M.A.R.T. about the outcomes. If possible, teach others these strategies as well (again, kids are great participants!).
2. What is one way that you can really honor this season in your life that you have previously been neglecting or rushing through? Integrate this into your planning pages for this session.

God Sightings

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

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



Weekly Prayer Requests

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Life Spring Network

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

Session 22: Godly Goal Setting

Break-Point Questions

Introduction and Recap	As you reflected upon the Law of Discipline, the Disciplines of Abstinence and Engagement and the Seven Spiritual Pathways: What do you feel best about? Are there any adjustments you feel prompted to make? If so, what are they?
Chapter 1: Charting the Course	Why is it important to begin with the end in mind in goal-setting or problem-solving? How do you do this in your life?
Chapter 2: The Law of Growth	Is Accountability, Process or Perseverance most prevalent in your growth? Which one would you like to see become more prevalent?
Chapter 3: Accountable Goal Setting	What is your experience like with being held accountable to growing towards God-discerned goals?
Chapter 4: Establishing Goals	What helpful strategies and tools have you used to establish God-discerned goals for your life? How do you plan to seek out God's wisdom in establishing your goals?
Chapter 5: Honoring Seasons in Your Life	What are the key roles and goals that God is asking you to grow during this season of your life?
Chapter 6: Perseverance	How have you been challenged to persevere in your life? How would you rate your overall ability to strive and persevere toward goals in your life?



Session 23: Aligning with God

Objectives Chart

	Application of Personal Story or Illustration	Questions for Evaluation	Additional Questions for Mentoring
Cognitive (Knowing Objectives)			
Grasp the necessity and process of alignment in the life of discipleship.	Over the past month, which area of your life has God moved you to be more in alignment with Him?	How have you experienced the tendency to drift away from God's will in your life? How do you see the process of alignment helping you with this?	What are the consequences of not engaging in the process of alignment? What difference does it make if this is done sporadically or consistently? How can you gain the most momentum?
Affective (Feeling Objectives)			
Feel confident and competent to make in-course adjustments along the journey of discipleship.	How have you utilized the Omega materials to help you make in-course adjustments along the way?	What will be your signal that an in-course adjustment is necessary? What kind of adjustments do you anticipate having to make, if any?	Who will you use in your life to help highlight when you might need to make an in-course adjustment?
Behavioral (Doing Objectives)			
Use the weekly compass and a daytimer to plan your life for the next month.	What was your experience like filling out your daytimer for the next month? How well were you able to stick to it? What did you learn as a result of this that would be helpful to the individuals doing this now?	Talk with your group about your experience in using your daytimer to plan out your next month.	To what degree do you see yourself utilizing the weekly compass on a consistent basis? Is there another tool that would help you plan better?
Existential (Lifelong Objectives)			
Regularly plan, evaluate and adjust your life in order to stay in alignment with God's Mission for your life.	Talk about the way you regularly plan, evaluate and adjust your life in order to stay in alignment with God's Mission for your life. In addition to the Omega materials, what tools or strategies have you found helpful?	What can you do that will help make regular planning, evaluating and adjusting a practical reality as you move forward?	What other methods of evaluation can you use to help you stay in alignment with God's Mission for your Life?

Follow-Up Learning Experiences

1. Think of a project that your group could do together that would give you some experience in project planning together.
2. Share your Weekly Compass plan for the next month with your close friends and/or family. Together, plan out one month for your Inner Circle and/or Parent/Child relationships.

God Sightings

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

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



Weekly Prayer Requests

Session 23

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Life Spring Network

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

Session 23: Aligning With God

Break-Point Questions

Introduction and Recap	As you reflected upon the Law of Growth and your experience with Accountability, Process and Perseverance: What do you feel best about? Are there any adjustments you feel prompted to make? If so, what are they?
Chapter 1: The Law of Alignment	How have you experienced the lack of disciplined alignment leading you toward death? How do you seek God, process His Revelation and align with His wisdom for your life?
Chapter 2: “Big Picture” Planning and Tracking	How often do you spend time evaluating life, synthesizing what you are hearing from God into your personal growth plan and adjusting your schedule? How do you plan to grow this discipline in the future?
Chapter 3: “Detail” Planning and Tracking	Do you currently use a planner for tracking your life? What kind of tool or system do you think will work best with your life?
Chapter 4: Revelation and Adjustments	Are you regularly seeking out God’s revelation and willingly applying it to your life through the Cycle of Renewal? How can you be more aware of where you are in the Cycle of Renewal at any point in time?



Session 24: Training for Abundant Living

Objectives Chart

	Application of Personal Story or Illustration	Questions for Evaluation	Additional Questions for Mentoring
Cognitive (Knowing Objectives)			
Understand the necessity and process of training in the life of a reproductive disciple of Christ.	How does training play a part in your journey of discipleship? What stopping points have you encountered that your small group should be aware of?	How do you see daily alignment and training playing a part in helping you “Stay the Course?”	Who in your life has been a great example of alignment in the life of discipleship? Have you integrated any of their practices into your own life? If so, what are they?
Affective (Feeling Objectives)			
Be hopeful and encouraged to embrace God’s training in righteousness and live the Abundant Life in Christ.	In what ways do you feel empowered to live the abundant life in Christ and how has this changed for you since you first started Omega?	How, specifically, do you experience empowerment to live the Abundant Life in Christ?	Which one element of the Omega Course stirs the most feelings of empowerment for you? How would you like to explore this area further?
Behavioral (Doing Objectives)			
Commit to training towards Christ-likeness, pursuing personal growth plans and evaluating the flow of the fruit of the Spirit in and through your life.	How do you involve others in your journey of faith so that you are an intentional disciple-maker for His kingdom? What have you learned through your experience in doing this?	In what new ways do you perceive intentional disciple-making becoming more evident in your faith walk?	Make a list of people that you have already touched in some way and in some aspect of the disciple-making process. You can name individuals or groups of people. What patterns do you see emerging from this list?
Existential (Lifelong Objectives)			
Be faithful and diligent God-fearing and God-seeking people who embrace His training and are equipped to Realize Life’s Potential as reproductive disciple-makers for His Kingdom.	What aspects of Omega most capture God’s perspective of realizing Life’s Potential? What are your long range plans and for working with Omega and Life Spring Network to engage in reproductive disciple-making?	What three things from the Omega Course do you feel have most equipped you to realize Life’s Potential?	What is one thing that would most help you sustain the momentum you have generated from experiencing the Omega Course? What can you do in the next 48 hours that would most ensure that this comes to pass?

Follow-Up Learning Experiences

1. Think of three individuals who you could intentionally invest time in, and take them through the Omega materials on your own. You might want to form a small group, or meet with them individually. A formal or informal arrangement and setting is up to you. You can use the Omega DVDs to supplement any areas that you feel unsure about.
2. Spend an afternoon with God and your Omega Workbook. As you flip back through the sessions, journal about the major revelations that God has brought to you over the duration of the course. What do you sense is next for you? Share these thoughts with your mentor.

God Sightings

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

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



Weekly Prayer Requests

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Life Spring Network

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

Session 24: Training for Abundant Living

Break-Point Questions

Introduction and Recap	As you reflected upon the Law of Alignment, your experience using a Time Management System, Revelation and Adjustments and How Love Flows from a Well-Aligned Heart and Life: What do you feel best about? Are there any adjustments you feel prompted to make? If so, what are they?
Chapter 1: The Law of Training	How would you explain the Law of Training to someone you were mentoring?
Chapter 2: Developing Christ-likeness and the Omega Course	How have you been challenged to develop in Christ-likeness through the Omega Course? What questions do you still have about any content we have covered?
Chapter 3: Training for Abundant Living	Do you believe that without intentional training in righteousness we drift away from abundant living? If so, how do you plan to engage God's training for you?
Chapter 4: Review and Feedback	Please spend five minutes filling out the Omega Feedback and Evaluation form and the Next Steps Survey in your Omega Course Workbook.

The background of the page is composed of large, semi-transparent rectangular blocks in shades of green and yellow. Overlaid on the right side is a stylized illustration of a tree. The tree's canopy is rendered with dark, thin, curved lines on a yellowish-green background. The trunk is a solid, vertical orange-brown shape. The roots are depicted as dark, branching lines extending into a dark green area at the bottom. The overall aesthetic is modern and artistic.

Additional Resources

Omega Course Resources

Omega Course Workbook

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



Omega Personal Development Guide

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



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

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



Omega Course DVDs and Audio CDs

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



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.



Omega Course Resources

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.



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.



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

Omega Experience Resources and Seminars

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.



Online Community

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

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

Pre-Omega Course Church-wide Seminars

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.



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.



Additional Live Seminars

Post-Omega Course Church-wide Seminars

Empowered Servanthood Seminar and Workbook

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



Making Cent\$ Seminar and Workbook

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



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

This seminar is designed to help you build a marriage that experiences and expresses the love of God.

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



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

References and Acknowledgments

OMEGA

Life Spring Network

1. Barna, George, 2001. Growing True Disciples: new strategies for producing genuine followers of Christ. Colorado Springs, CO: WaterBrook Press.
2. Pue, Carson, 2006. Mentoring Leaders: Wisdom for Developing Character, Calling and Competency. Grand Rapids, MI: Baker Publishing.
3. Ruhl, Lynnne. 2006. *Persuasive Listening*. New York: Alpha New York

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



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