

# THE CHURCH TRAINING – SESSION 1 - GROW

## 10 Minutes Listening to God

In order to help another person grow we first must grow ☺. God’s Truth is a very important impetus for growth. However, in addition to information from Scripture, we must learn to **listen** to what God is saying in order to **identify where to share and serve**. This lesson moves us toward listening to God, crucial in the coming weeks.

**ASSIGNMENT 1:** This week each day:

1. Get into a quiet un-interrupted space and read approximately 2-3 verses (only) of **Scripture** using a translation like the NASB. As you read them slowly circle or underline any words or phrases that seem important as they pertain to grace and identity or are meaningful to you. (Approx. 2 minutes) [keeps you focused on the Word]
2. Read the Woolvard and Zuck’s **Commentary** (<http://bit.ly/BibleCommentary>) for these verses or use another reputable commentary. Read slowly and methodically. Circle or underline any words or phrases that appear important as they pertain to grace and identity, the gospel, or seems meaningful to you. (Approx. 4 minutes) [keeps you orthodox]. Also, here is a link to a FREE commentary available online for many of the New Testament books: <http://www.biblegateway.com/resources/ivp-nt/toc/>
3. From steps 1 & 2 above write what God reveals to you below. What did you learn, what revelation came to your mind, what questions occurred? (Approx. 4 Minutes) [keeps you listening]

This process should last approximately **10 minutes**. Do not get bogged down in analysis, but **listen** to God what God wants to say to you.

### Sample Verses

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<b>Walvoord*</b>	Eph. 1:1-2	1:3	1:4-6	1:7-12	1:13-14	1:15-18a	1:18b-23

\***Walvoord, John F., and Roy B. Zuck.** *The Bible Knowledge Commentary: An Exposition of the Scriptures*. Wheaton, Ill: Victor Books, 1983.

## “5 Minutes Talking to God”

Believe it or not YOU CANNOT make others grow and you cannot make a Freedom Community grow! Only God can do that. In other words, you can water and plant, but only God can cause growth (see 1 Corinthians 3:6). Many people do ministry, but leave God out. For instance, they start a ministry program and then ask God to bless it. Alternatively, our goal is to **join God in His work, not ask God to join us in our work**. God can do things better, faster, and more efficiently than we can. He can do more in a day in an individual’s life and circumstances than we can do in years. Accordingly, to leave Him out of the equation is a recipe for disaster!

This week you will simply add 5 minutes talking with God each day after we spend 10 minutes listening. However, each time you talk with God you will also specifically **ask Him to reveal to you people and circumstances that He is currently working in**. These areas will be where you join Him in by SHARING His message and SERVING, which we will teach you how to do in the next two weeks. In addition, you will **pray for God to be working in the lives of people He brings into your life** preparing you for future SHARING and SERVING of those people. Only God can do these things, which is why it is critical that you ask – without God’s involvement, NOTHING happens!

**ASSIGNMENT 2:** This week each day talk with God using the following outline patterned after the Lord’s prayer in Matthew 6:9-13 (A.C.T.S). It is often helpful to write your prayers in a journal, booklet, or piece of paper to stay focused.

**A: Adoration:** Open each prayer with praise just as Jesus did in Matthew 6. Sometimes this is difficult. If you get stuck you can write this prayer using the language of the Scripture you read today or one of the Psalms. (Approx. 1 minute)

**C: Confession:** In this section, do not focus on how bad you are...because you are a righteous child of God! Simply take personal responsibility for the thoughts, feelings, or actions that you know are unhealthy and write them down. Remember, your sins are already forgiven – confession is for you and your growth toward Christ-likeness, not because God needs it. (Approx. 1 minute)

**T: Thanksgiving:** Now write down a couple of things you are thankful for. These will include everything from nature to relationships. Don't forget to thank God for the challenges you are facing – this takes focus off self. (Approx. 1 minute)

**S: Supplication:** Write 3-5 specific requests. Focus specifically on spiritual requests that you know align with what God wants. Example: Pray every day for God to work in the lives of the specific individuals you are going to meet in the next few weeks in ministry (Notice how Jesus commanded us to pray for ministry in Matt. 9:37-38 – MSG). Second, pray every day for God to reveal to you areas that He wants you to join Him in by SHARING and SERVING. Third, don't hesitate to also focus on personal requests that may or may not align with what God wants – God wants to know your heart even if it doesn't yet align with Him. (Approx. 2 minutes)

### **“3 Minutes Applying what God Told You”**

**ASSIGNMENT 3:** Read “Minds on Fire.” This short booklet can be downloaded FREE by going to the following web page: <http://livestransforming.com/minds-on-fire-download>. Also, watch the Freedom Video selection for Week 1.

**ASSIGNMENT 4:** Each day write down on a pad of paper or journal an example of an unhealthy Thought (T) that led to an Emotion (E) that led to an Action (A) this week and be prepared to share with your mentor. Note that sometimes starting with the unhealthy emotion is the easiest way to start: (See 2 Cor. 10:5-6 below)

Unhealthy Thought (T): \_\_\_\_\_  
Unhealthy Emotion (E): \_\_\_\_\_ (start here)  
Unhealthy Action (A): \_\_\_\_\_

Based on your listening and talking with God, write down what God revealed to you about an area He wants you to grow. What thought or belief does He want you to change? What area of life is He prompting you to address? What person is He prompting you to reach out to? What emotion is He asking you to address? What action is He nudging you to change?

\*2 Cor. 10:5-6 (MSG): “We use our powerful God-tools (**the Bible and prayer**) for smashing warped philosophies, tearing down barriers erected against the truth of God, fitting every loose thought and emotion and impulse (action) into the structure of life shaped by Christ. Our tools are ready at hand for clearing the ground of every obstruction and building lives of obedience into maturity.”

### **SAMPLE DAILY FRAMEWORK FOR GROWTH**

(Write the following answers on a pad of paper, journal etc.)

**Date: Monday, January 6<sup>th</sup>**

1. **Listening:** Document did God reveal to me while I was listening to Him today? What did I learn? What questions came to my mind as I was listening to God for 10 minutes?

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2. **Talking:** List the specific items I praised God for, I confessed, I thanks God for, and I asked God for today when talking with God for 5 minutes.

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3. **Applying:** Write down an unhealthy emotion you experienced over the last 24 hours and its related thought and action. What thought or belief does He want you to change? What is the new thought or belief? What action or emotion is He prompting you to address? What person is He prompting you to reach out to?

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