

FREEDOM COMMUNITY TRAINING – WEEK 1

Each week during our one hour phone conversation we will be focusing on three areas of training: Grow, Share and Serve.

GROW

MESSAGE Training

Assignment 1: Read “Minds on Fire.” This short booklet can be downloaded for 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 2: Write down 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:

Unhealthy Thought (T): _____

Unhealthy Emotion (E): _____ (start here)

Unhealthy Action (A): _____

Scripture: “He made Him who knew no sin to be sin on our behalf, so that we might become the righteousness of God in Him.” - **2 Corinthians 5:21 (NASB)**

Write down how knowing that your righteousness (goodness, value, and worth) comes from God in you and not from your performance, other people’s opinions, or other external factors help move the unhealthy thoughts, emotions, and actions above to healthy thoughts, emotions, and actions:

FACILITATION Training

Over the next 8 weeks you will discover how to facilitate a Freedom Community discussions using S.A.F.E. discipling. Week 1 focuses on the first step in supporting those who are being discipled.

SUPPORT: **TEACH: TRUTH (Step 1)** Empathy (Step 2) Ask (Step 3) Communicate (Step 4) Hope (Step 5)

ASSESS: Assesses Willingness (Step 6)

FACILITATE: Moving to Discovery (Step 7)

EVALUATE: Evaluating Effectiveness (Step 8)

Step #1: Disarm with TRUTH

It is not uncommon to have an individual criticize or verbally attack the facilitator by arguing. In response, the facilitator has a tendency to defend or blame, which causes more problems. When this situation occurs the facilitator needs to learn how to disarm the person. In order to disarm you must find “some genuine” truth in what the other person is saying, even if it seems totally unreasonable or unfair.

Assignment 3: This week you need to practice disarming every day. This is simple and takes only about 3 minutes. You have someone intentionally criticize you (it can be fiction or nonfiction) and then respond to them by finding some truth in what they are saying. Then record the criticism and the truth below and be prepared to share them with your mentor during your weekly phone call:

Criticism #1: _____

Response #1: _____

Criticism #4: _____

Response #4: _____

Criticism #2: _____

Response #2: _____

Criticism #5: _____

Response #5: _____

Criticism #3: _____

Response #3: _____

Criticism #6: _____

Response #6: _____

Scripture: “Welcome with open arms fellow believers who don’t see things the way you do. And don’t jump all over them every time they do or say something you don’t agree with—even when it seems that they are strong on opinions but weak in the faith department. Remember, they have their own history to deal with. Treat them gently.” – **Rom. 14:1 (MSG)**

SHARE AND SERVE

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, which will be crucial in the coming weeks.

Assignment 4: 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** on these verses or other 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]
3. Based on steps 1 & 2 above write what God reveals to you below. What did you learn, what revelation came to your mind, what did God say to you, 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
Walvoord*	Eph. 1:1-2	1:3	1:4-6	1:7-12	1:13-14	1:15-18a	1:18b-23

Day 1: _____

Day 2: _____

Day 3: _____

Day 4: _____

Day 5: _____

Day 6: _____

Day 7: _____

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