

FREEDOM COMMUNITY TRAINING – WEEK 2

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 Chapter 1 of *FREEDOM: How Grace Transforms Your Life Now*. Also, watch the two Freedom Video selections for Week 2.

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: “There’s trouble ahead when you live only for the approval of others, saying what flatters them, doing what indulges them. *Popularity contests are not truth contests*—look how many scoundrel preachers were approved by your ancestors! Your task is to be true, not popular.” – **Luke 6:26 *The Message***

Write about a time when you connected your value or worth with what someone else thought about you. This assists in identifying potential underlying unhealthy beliefs:

FACILITATION Training

Over these 8 weeks you will discover how to facilitate Freedom Community discussions using **S.A.F.E.** discipleship. Week 2 focuses on the second step in supporting individuals who are being discipled.

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

Step #2: Extend EMPATHY

After learning to disarm by finding some truth (step 1) you must learn to extend Empathy (step 2). Empathy is repeating and rephrasing the thoughts that a person says so they know you are listening and then repeat back how they are feeling.

Assignment 3: This week each day write down how you repeated a thought and reflected a feeling back to a person you talked with. That’s it...very simple. (Of course, don’t forget...if someone attacks you then first disarm before extending empathy).

What They Said #1: _____ What They Said #4: _____

Rephrased Thought #1: _____ Rephrased Thought #4: _____

Reflected Feeling #1: _____ Response Feeling #4: _____

What They Said #2: _____ What They Said #5: _____

Rephrased Thought #2: _____ Rephrased Thought #5: _____

Reflected Feeling #2: _____ Response Feeling #5: _____

What They Said #3: _____ What They Said #6: _____

Rephrased Thought #3: _____ Rephrased Thought #6: _____

Reflected Feeling #3: _____ Response Feeling #6: _____

Scripture: “Even though I am free of the demands and expectations of everyone, I have voluntarily become a servant to any and all in order to reach a wide range of people: religious, nonreligious, meticulous moralists, loose-living immoralists, the defeated, the demoralized—whoever. I didn’t take on their way of life. I kept my bearings in Christ—but ***I entered their world and tried to experience things from their point of view.*** I’ve become just about every sort of servant there is in my attempts to lead those I meet into a God-saved life. – **1 Corinthians 9:19-23**

SHARE AND SERVE

Assignment 4: Each day spend “*10 Minutes Listening to God*”

“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 provide the growth. In **1 Corinthians 3:6** Paul states, “I planted, Apollos watered, but God was causing the growth.” Many people do ministry, but leave God out. For instance, they start a ministry program and then ask God to bless it. This is not biblical. 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 the life of an individuals 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 to your time with God. 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, which are the areas you want to join Him in by SHARING His message and SERVING those people. 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.

Assignment 5: This week each day talk with God using the following outline patterned after the Lord’s prayer in Matthew 6:9-13. It is often helpful to write your prayers in a journal, booklet, or piece of paper to stay focused. Without God, no growth occurs!

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 individuals you are going to meet in the next few weeks in ministry. * 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)

* **Scripture:** “When he looked out over the crowds, his heart broke. So confused and aimless they were, like sheep with no shepherd. “What a huge harvest!” he said to his disciples. “How few workers! **On your knees and pray for harvest hands!**” Matthew 9:37-38 (the Message)