

FREEDOM COMMUNITY TRAINING – WEEK 3

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 2 of *FREEDOM: How Grace Transforms Your Life Now*. Also, watch the two Freedom Video selections for Week 3.

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 the unhealthy emotion is the easiest way to start:

Unhealthy Thought (T): _____

Unhealthy Emotion (E): _____ (start here)

Unhealthy Action (A): _____

Scripture: What actually took place is this: I tried keeping rules and working my head off to please God, and it didn't work. So I quit being a "law man" so that I could be God's man. Christ's life showed me how, and enabled me to do it. I identified myself completely with him. Indeed, I have been crucified with Christ. My ego is no longer central. It is no longer important that I appear righteous before you or have your good opinion, and I am no longer driven to impress God. Christ lives in me. The life you see me living is not "mine," but it is lived by faith in the Son of God, who loved me and gave himself for me. I am not going to go back on that. Is it not clear to you that to go back to that old rule-keeping, peer-pleasing religion would be an abandonment of everything personal and free in my relationship with God? I refuse to do that, to repudiate God's grace. If a living relationship with God could come by rule-keeping, then Christ died unnecessarily. – **Galatians 2:19-21 (The Message)**

Write about a time when you connected your value or worth with your performance. 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. (Support, Assess Willingness, Facilitate Discovery & Evaluate Effectiveness) discipleship. Week 3 focuses on the third step in supporting those who are being discipled. These skills are very valuable when facilitating a Freedom Community!

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

Step #3: ASK Questions: After learning to disarm by finding some truth (step 1), getting into their world by extending Empathy by reflecting and rephrasing thoughts & feelings (step 2), you must learn to Ask questions (step 3). ASK uses gentle, probing questions to learn more about what the other person is thinking and feeling.

Assignment 3: This week each day write down the questions you asked after reflecting back what they thought and were feeling that you learned last week. Again, this is simple. (Of course, don't forget...if someone attacks you then first disarm before extending empathy or asking questions).

Comment #1: _____ Comment#4: _____

Empathy #1: _____ Empathy #4: _____

Inquiry#1: _____ Inquiry #4: _____

Comment #2: _____ Comment#5: _____

Empathy #2: _____ Empathy #5: _____

Inquiry#2: _____ Inquiry #5: _____

Comment #3: _____ Comment#6: _____

Empathy #3: _____ Empathy #6: _____

Inquiry#3: _____ Inquiry #6: _____

Notice How Jesus responded to the religious scholars question regarding how to get eternal life...

Scripture: Just then a religion scholar stood up with a question to test Jesus. "Teacher, what do I need to do to get eternal life?" He answered, "What's written in God's Law? How do you interpret it?" - **Luke 10:23 (The Message)**

SHARE AND SERVE

Assignment 4: Each day spend “10 Minutes Listening to God” (See Week 1 Training)

Assignment 5: Each day spend “5 Minutes Talking to God” (See Week 2 Training)

“Watching for God”

“If we function according to our ability alone, we get the glory; if we function according to the power of the Spirit within us, God gets the glory. He wants to reveal Himself to a watching world.” – Henry T. Blackaby.

God does not want to join you in your ministry. God wants you to join Him in His ministry!

Assignment 6: This week each day you will be looking for God at work. For the last two weeks you have been spending time listening to God and last week you started spending time talking with God and asking God to start working in the individuals who you will SHARE with and SERVE. God keeps His promises, so He is ALREADY working! Your job this week is to notice where God is working and document below where you see His activity.

Scripture: “Surely the Sovereign Lord does nothing without revealing His plan to His servants the prophets.” – Amos 3:7 (NIV)

A few examples of what it might look like to see God in action this week...

1. You receive a phone call from someone you were not expecting to hear from.
2. You unexpectedly sense a prompting to initiate a conversation or visit someone.
3. You share what God is doing in your life with a friend and the friend wants to know more.
4. You receive an email from someone who mentions hardships, difficult circumstances, or spiritual issues.
5. You see a Facebook post where it is evident God is working in the life of one of your friends.
6. You recognize a difficult circumstance that someone is experiencing and you feel prompted to respond.
7. Someone initiates an unexpected conversation with you about the church, God, difficult circumstances or relationships.

These are just a few examples of a million different ways that God works. Keep your eyes open for God this week and write down where you see Him working below...

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Coming Soon: Next week we will start connecting the dots. When you see God at work, you will utilize the skills of disarming, empathy, and inquiry to join God in the work He is doing!