

## FREEDOM COMMUNITY TRAINING – WEEK 4

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 3 of *FREEDOM: How Grace Transforms Your Life Now*. Also, watch the two Freedom Video selections for Week 4.

**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:** “Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you’ll recover your life. I’ll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won’t lay anything heavy or ill-fitting on you. Keep company with me and you’ll learn to live freely and lightly.” – **Matthew 11:28-30 (The Message)**

Write about a time when you connected your value or worth with being used by God. 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 4 focuses on the fourth step in supporting individuals who are being discipled. These skills are very valuable when facilitating Freedom Communities!

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

**Step #4: COMMUNICATE:** 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), after Asking questions to understand what their thinking and feeling (step 3), we now move to Communication/Assertiveness (Step 4). Communication integrates “**I Feel**” Statements, expressing your own ideas & feelings in a direct, tactful manner. This means eliminating “you” and sticking to “I” after disarming, empathizing, and inquiring. (NOTE: I feel statements are only necessary if you feel a need to clarify, not excuse, or defend your position.). Helpful Hint – It is often helpful to ask permission prior to an “I feel” statement and to remind the listener that you may be wrong.

**Assignment 3:** This week each day write down what Communication (I Feel) statements you responded with after walking through steps 1-3. 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#3: \_\_\_\_\_

Empathy #1: \_\_\_\_\_ Empathy #3: \_\_\_\_\_

Inquiry#1: \_\_\_\_\_ Inquiry #3: \_\_\_\_\_

I Feel #1 \_\_\_\_\_ I Feel #3: \_\_\_\_\_

Comment #2: \_\_\_\_\_ Comment#4: \_\_\_\_\_

Empathy #2: \_\_\_\_\_ Empathy #4: \_\_\_\_\_

Inquiry#2: \_\_\_\_\_ Inquiry #4: \_\_\_\_\_

I Feel #2 \_\_\_\_\_ I Feel #4: \_\_\_\_\_

#### Look at how Jesus encourages us to engage with open and honest communication

**Scripture:** “Keep open house; be generous with your lives. By opening up to others, you’ll prompt people to open up with God, this generous Father in heaven.” – **Matthew 5:16 (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)

### **“Joining God through Sharing”**

**Scripture:** “Therefore Jesus answered and was saying to them, “Truly, truly, I say to you, the *Son can do nothing of Himself, unless it is something He sees the Father doing*; for whatever the Father does, these things the Son also does in like manner.” – **John 5:19 (NASB)**

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

**Assignment 6 (ENGAGE):** The next two weeks we will discuss sharing. The following two weeks will pertain to serving. Last week you reviewed a few examples of what it might look like to *see* God in action. This week we have provided examples of what it might look like to join God in His work this week. All you do is use the first three letters of TEACH (Find Truth, Empathize, and Ask Questions) to respond to individuals that God brings to you!

#### **Examples of opening up the discussion to begin SHARING:**

**See:** You unexpectedly sense a prompting to initiate a conversation or visit someone in person or via email.

**Join:** Instead of trying to force a conversation, you use ask *questions*.

**See:** You receive a phone call from someone you were not expecting to hear from.

**Join:** Instead of giving advice, you use *empathy*.

**See:** Someone initiates an unexpected conversation with you about church, God, difficulties or relationships.

**Join:** You *listen without judging*, and use empathy to get into their world without injecting your own opinions.

These are just a few examples of a million different ways you can join God at work. Keep your eyes open for God this week and write down where you SEE and JOIN Him by SHARING and list them below...

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

**Assignment 7 (BRIDGE):** Once you join God using TEACH, look to ask one of these Bridge questions, which normally occur while someone is sharing about a difficult circumstance or situation. Regardless of the answer simply nod.

#### **Sample Bridge Questions:**

1. What is most important in your life? OR Is \_\_\_\_\_ the most important thing in your life?
2. Where do you find your meaning or significance? OR Is \_\_\_\_\_ where you find your meaning?
3. Are there risks in finding your meaning in \_\_\_\_\_?
4. How does your faith relate to the circumstance you are going through...or does it?
5. If \_\_\_\_\_ was not the center of your life, do you think it would help you or hurt more?

These are a few examples of how to safely Bridge a conversation toward faith. Document any Bridge questions:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**NOTE:** Once you ask the Bridge question(s) the final question is, “Do you mind if I share my experience regarding how I tried to find my meaning in life? Next week we will show you how to share how you found meaning in a simple way.