

FREEDOM COMMUNITY TRAINING – WEEK 5

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 4 of *FREEDOM: How Grace Transforms Your Life Now*. Also, watch the two Freedom Video selections for Week 5.

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: “You’re blessed when you’re content with just who you are—no more, no less.” – **1 Peter 4:1 (The Message)**

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

Assignment 3: “The Pyramid” John 17:17 “Sanctify them in the truth; Your word is truth.” (NASB). This week we will implement the Freedom Pyramid which can be downloaded at: <http://www.livestransforming.com/download/Pyramid.pdf> On the left side of the pyramid, you will write down your unhealthy actions, emotions, thoughts, and then the underlying belief (you can use assignment #2 to start the process). On the right side of the pyramid, you will move the belief towards truth and then write the resulting thoughts, emotions, and actions. This process allows a visual of how God’s Truth transforms (or sanctifies) you. Your mentor will help you with this until you get the hang of it.

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 5 focuses on the fifth step in supporting those 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 #5: HOPE: 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), and using Communication/Assertiveness when necessary (Step 4), we move the conversation to HOPE (step 5). Hope is using encouragement to convey an attitude of respect and finding something genuinely positive to say to the other person, which gives them courage!

Assignment 4: This week write down what Hope you provided 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: _____
Encouragement #1: _____ Encouragement #3: _____

Comment #2: _____ Comment#4: _____
Empathy #2: _____ Empathy #4: _____
Inquiry#2: _____ Inquiry #4: _____
I Feel #2: _____ I Feel #4: _____
Encouragement #2: _____ Encouragement #4: _____

Jesus knows the power of words. Look at how he brings hope and encouragement into Peter’s world in Matthew 16:18 (The Message) “And now I’m going to tell you who you are, *really* are. You are Peter, a rock. This is the rock on which I will put together my church, a church so expansive with energy that not even the gates of hell will be able to keep it out.”

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: “I planted, Apollos watered, but God was causing the growth. So then neither the one who plants nor the one who waters is anything, but God who causes the growth....For we are God’s fellow workers; you are God’s field, God’s building.” – **1 Corinthians 3:6-9 (NASB)**

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

Assignment 6: Before digging into the practical assignments for the week, please watch the following video that teaches the entire SHARE process: <http://www.livestransforming.com/share/>

Assignment 7: Last week you utilized TEACH to begin sharing and followed up by learning a number of BRIDGE questions. The next step is to move into SHARING. This is a very important week as each Freedom Community starts with the leader SHARING the Gospel (likely in a way the participants have never heard before). This assignment is to memorize the steps in sharing...

3 EASY STEPS TO SHARING

1. **ASK PERMISSION TO SHARE:** This is simple and is done by asking, “Do you mind if I share my experience regarding the challenges I had in finding meaning and worth in my life?”
2. **IF THE ANSWER IS YES THEN SHARE:** The following summarize the steps for sharing. It is critical that these steps are memorized. NOTE: You will use a piece of paper or board to visually show the process.
 1. **SHARE YOUR STORY:** Share your story of trying to find your value outside yourself.
 2. **ASK HOW GOOD IS GOD?** Ask on scale of 1-10 how good is God? Ask if life would be better if the person had God’s value...would they have to find it outside themselves in _____?
 3. **EXPLAIN PROBLEM:** We don’t deserve God’s goodness, so God sacrificed Himself in my place. Otherwise letting me off the hook would be like letting a murderer out of prison because we like him!
 4. **EXPLAIN HUMAN’S 3 PARTS & GOD’S 3 PERSONS:** Body, mind, spirit & God, Jesus, and Spirit.
 5. **EXPLAIN HOLY SPIRIT INTO OUR SPIRIT:** God’s Himself & His righteousness given us as a gift.
 6. **ASK ROMANS 3:21-22 TO BE READ:** Have person read these verses & ask what they mean.
3. **ASK IF THE INDIVIDUAL HAS EVER ACCEPTED GOD’S GIFT, IF NOT WOULD THEY LIKE TO?**

Assignment 8: This week SHARE three times with a friend or family member. This is just for practice! Let your friend know that you just need to practice and ask if they will “play along.” List the people you practiced with below:

1. _____
2. _____
3. _____

Assignment 9: Your final assignment for the week is to keep your eyes open for where God is prompting you to ask BRIDGE questions and possibly SHARE. The goal this week is NOT to SHARE, but instead to look for places where God is working and write the names of individuals you believe He is prompting you to connect with below:

1. _____
2. _____
3. _____
4. _____
5. _____