

FREEDOM COMMUNITY TRAINING – WEEK 6

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 5 of *FREEDOM: How Grace Transforms Your Life Now*. Also, watch the two Freedom Video selections for Week 6.

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: “Come now, you who say, “Today or tomorrow we will go to such and such a city, and spend a year there and engage in business and make a profit.” Yet you do not know what your life will be like tomorrow.” – **James 4:13 (MSG)**

Write about a time when past or future thinking caused you to experience unhealthy emotions. 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 practice using the Freedom Pyramid again. The Freedom Pyramid can be downloaded at:

<http://www.livestransforming.com/download/Pyramid.pdf> On the left side of the pyramid write down your unhealthy actions, emotions, thoughts, and then the underlying belief (use assignment #2 to start). On the right side of the pyramid, you will move the belief towards truth and then write the resulting thoughts, emotions, and actions. Be prepared to discuss with your mentor. This process will be used when you start “Facilitating Discovery in your Freedom Community.”

FACILITATION Training

Over these 8 weeks you will discover how to facilitate Freedom Community discussions using S.A.F.E. Week 6 focuses on the second step in SAFE (Remember “Support” uses the TEACH acronym). This is likely the most important step!

SAFE: (1) **S**upport (Using TEACH) (2) **A**ssess Willingness (3) **F**acilitate Discovery (4) **E**valuate Effectiveness

Assess Willingness: Assessing Willingness moves beyond “SUPPORT” into the facilitation phase. We determine if the person is willing to move towards what is true or want to stay unhealthy (usually blaming & defending). If a person is not ready, DO NOT move to the “Facilitate Discovery” until receiving permission.

Assignment 4: Now that you’ve learned the Support phase of S.A.F.E. discipleship, we move into Assess Willingness. This week you will use what you have learned in TEACH, and then before continuing the conversation you will simply ask permission to continue.

Simple Examples of “Assessing Willingness Questions” used after you use TEACH:

1. Your daughter asks for advice on homework. You ask, “Are you sure you want me to help you?”
2. A friend tells about a difficulty with his wife. You ask, “Do you want to talk about the situation with me?”
3. Your wife explains she is mad at her mom. You ask, “Do you want to discuss how to overcome the anger?”

Write down three examples of you assessing willingness this week:

1. _____
2. _____
3. _____

Jesus knows that until a person is ready to die to selfish desires, nothing will change in their life.

Scripture: “Listen carefully: Unless a grain of wheat is buried in the ground, dead to the world, it is never any more than a grain of wheat. But if it is buried, it sprouts and reproduces itself many times over.” - **John 12:24 – The Message**

Jesus knew that blind Bartimaeus was blind, but Jesus “Assesses Willingness” by asking him what he wants!

Scripture: Jesus said, “What do you want Me to do for you?” And the blind man said to Him, “Rabboni, *I want to regain my sight!*” And Jesus said to him, “Go; your faith has made you well.” – **Mark 10:50-52 – NASB**

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)

Assignment 6: Each day practice writing and drawing out the SHARE process and document below people who God led to you this week, or that God prompted you to ask BRIDGE questions or SHARE with along with a brief explanation:

1. _____
2. _____
3. _____

“Joining God through Serving”

Scripture: Jesus explained to His disciples: “But I’ve taken my place among you as the one who *serves*. And you’ve stuck with me through thick and thin.” - **Luke 22:28 (Message)**

Quick Summary: You have been praying for God to bring people into your life and ministry to share with and serve. Last week you focused on SHARING. This week you will focus on SERVING. There are two huge benefits to serving. First, serving teaches you humility and selflessness that leads to healthy thoughts and emotions. Second, serving, as noted in Jesus’ words in the Luke 22 passage above, serving gives you the opportunity to extend significant influence with others. In other words, Freedom Communities CANNOT occur unless you are serving! As you SHARE & SERVE, your Freedom Community will flourish!

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

Assignment 7: There are two primary areas where you can serve another person. First, you can serve someone emotionally and spiritually. Second, you can serve someone practically and physically. This week you will look for God to be working in the lives of people around you and join Him by serving them emotionally and spiritually. Here is how you do it: As God reveals to you people to serve use the SAFE and TEACH techniques you have been learning in order to SERVE people that God brings into your life this week. It’s important to note that these are the people that God is bringing into your Freedom Community!

Examples of opening up the discussion to begin SERVING:

See: You receive an email from someone who mentions hardships, difficult circumstances, or spiritual issues.

Join: Instead of telling them you will pray for them, you invite them to lunch and personally pray for them.

See: You see a Facebook post where it is evident God is working in the life of one of your friends.

Join: You send them an encouraging message celebrating what God is doing.

See: You share what God is doing in your life with a friend and he/she engages in the discussion.

Join: Instead of trying to get your friend to join your ministry, you ask how you can serve him.

Write down the names of the people God brings to you to SERVE this week and provide a brief explanation of how you served them:

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

IMPORTANT NOTE: This is not about *getting* someone to join a Freedom Community! This is about joining God at work and allowing God to bring people into your community.