

FREEDOM GUIDE TRAINING – WEEK 7

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 6 of *FREEDOM: How Grace Transforms Your Life Now*. Also, watch the two Freedom Video selections for Week 7.

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: “Consider it a sheer gift, friends, when tests and challenges come at you from all sides. You know that under pressure, your faith-life is forced into the open and shows its true colors. So don’t try to get out of anything prematurely. Let it do its work so you become mature and well-developed, not deficient in any way.” **James 1:2-4 (MSG)**

Write about a time when a difficult circumstance 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 continue practicing using the Freedom Pyramid. After practicing for the last few weeks, this should be getting easier.

FACILITATION Training

Over these 8 weeks you will discover how to facilitate Freedom Community discussions using S.A.F.E. Week 7 focuses on the third step in SAFE (Remember “Support” uses the TEACH acronym) called “Facilitate Discovery”

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

Paul realized that individuals try to find their value, worth, and identity in performing (rule keeping) and other people’s opinions (peer-pleasing) as opposed to finding their identity in Christ.

Scripture: “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 (or peer-pleasing)*, then Christ died unnecessarily. – **Gal. 2:21 – MSG**

Scripture: “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.*” – **Galatians 2:19 – MSG**

Facilitate Discovery: Once we provide Support (TEACH acronym) and Assess Willingness, then it is time to facilitate discovery once they are willing. **The way you do this is by asking, “What does that mean to you?” or “Why does that bother you?” You keep asking the question until you get to the underlying belief.** Once you get to the underlying belief (where the person is attaching their value) you take the person through the pyramid to help him find the Truth (value comes from Christ) and allow the Truth to set the person free from the unhealthy emotions and actions.

Assignment 4: This week apply all you have learned (TEACH, Assess Willingness) and then ask the “Facilitate Discovery” questions to uncover the unhealthy beliefs. Then take the person around the Freedom pyramid. Below, write down two situations where you facilitated discovery this week:

1. _____

2. _____

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: “As each one has received a special gift, employ it in *serv*ing one another as good stewards of the manifold grace of God.” – **1 Peter 4:10 (NASB)**

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

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 SERVING emotionally and spiritually. This week you will focus on SERVING practically and physically. Remember: There are two huge benefits to serving. First, serving teaches you humility and selflessness that leads to healthy thoughts and emotions. Second, serving, gives you the opportunity to extend significant influence with others. As you SHARE & SERVE, your Freedom Community will flourish! Notice how Jesus SERVED practically and physically and encouraged us to do the same:

Jesus met the physical need of food: John 6:8-13: One of His disciples, Andrew, Simon Peter’s brother, said to Him, “**There’s a boy here who has five barley loaves and two fish**—but what are they for so many?” Then Jesus said, “Have the people sit down.” There was plenty of grass in that place, so they sat down. The men numbered about 5,000. Then Jesus took the loaves, and after giving thanks **He distributed them to those who were seated**—so also with the fish, as much as they wanted. When they were full, He told His disciples, “**Collect the leftovers** so that nothing is wasted.” So they collected them and **filled 12 baskets** with the pieces from the five barley loaves that were left over by those who had eaten.

Jesus encourages us to serve: Mark 10:42-45: Jesus called them over and said to them, “You know that those who are regarded as rulers of the Gentiles dominate them, and their men of high positions exercise power over them. But it must not be like that among you. On the contrary, **whoever wants to become great among you must be your servant**, and whoever wants to be first among you must be a **slave** to all. For even the Son of Man did not come to be served, but to **serve**...”

Assignment 7: This week God will bring to you areas where you can practically and physically serve people if your eyes remain open and your job is to join God at work as He leads. Below is a number of examples of practically and physically serving others. **IMPORTANT:** Only SERVE as God prompts and do not draw attention to yourself.

Examples: Open the door for someone, covering elderly with an umbrella, paying for a meal, helping a family member, volunteering for a non-profit, sending flowers, helping a friend or neighbor with the yard or other projects, home repair, visiting shut in, return empty trash can from the street, helping with cleaning, baking cookies etc. for a neighbor etc.

Write down the names of the situations God brings to you and how you SERVED by joining Him:

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.