

## FREEDOM COMMUNITY TRAINING – WEEK 8

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 7 of *FREEDOM: How Grace Transforms Your Life Now*. Also, watch the two Freedom Video selections for Week 8.

**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: Trying to Fix People is Dangerous.** Consider these paraphrased verses out of **Romans 14 (MSG)**:

**Verse 4:** If there are corrections to be made or manners to be learned, *God can handle that without your help.*

**Verse 8-9:** *It's God we are answerable to—all the way from life to death and everything in -between—not each other.* That's why Jesus lived and died and then lived again: so that he could be our Master across the entire range of life and death, and free us from the petty tyrannies of each other.

**Verse 13:** *Forget about deciding what's right for each other.* Here's what you need to be concerned about: that you don't get in the way of someone else, making life more difficult than it already is.

**Verse 22:** *Cultivate your own relationship with God, but don't impose it on others.*

Write about a time when you tried to fix someone and it backfired to assist in identifying underlying unhealthy beliefs:

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**Assignment 3: “The Pyramid” John 17:17** “Sanctify them in the truth; Your word is truth.” (NASB)

This week we practice 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 8 focuses on the fourth and final step in SAFE (Remember “Support” uses the TEACH acronym) called “Evaluate Effectiveness”

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

**Scripture:** Fools are headstrong and do what they like; *wise people take advice.* - **Proverbs 12:15 (MSG)**

**Scripture:** If you *listen to constructive criticism*, you will be at home among the wise. If you reject discipline, you only harm yourself; but if you listen to correction, you grow in understanding. - **Proverbs 15:31-32 (NLT)**

**Evaluate Effectiveness:** The final step to SAFE discipleship is to evaluate effectiveness. Once you take the person through the pyramid to help him find the Truth (value comes from Christ) the final step is to evaluate effectiveness. Another way of saying this is to “beg for criticism!” This is very powerful and important part of your growth.

**Simple Examples of “Evaluating Effectiveness Questions” used after you go through the pyramid:**

1. You say, “I’ve enjoyed talking with you. Is there anything that I said that might have offended you?”
2. You say, “Thank you for sharing. Can you share what might have been the most productive or least productive about our discussion?”
3. You say, “It felt like God was working during our discussion. Was there anything in particular that you noticed that God revealed to you? Was there anything I did or said that might have made you uncomfortable?”

**Assignment 4:** This week apply all you have learned (All of SAFE & TEACH) to take a person around the pyramid and then at the end, ask the “Evaluate Effectiveness.” Write down two conversations deploying all parts of SAFE discipleship:

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

# SHARE AND SERVE

## “Putting it All Together”

**Scripture:** Jesus, undeterred, went right ahead and gave his charge: “God authorized and commanded me to commission you: Go out and *train everyone you meet*, far and near, in this way of life, marking them by baptism in the threefold name: Father, Son, and Holy Spirit. Then instruct them in the practice of all I have commanded you. *I’ll be with you* as you do this, day after day after day, right up to the end of the age.” – **Matthew 28:18-20 (MSG)**

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

### Assignment 4 - GROW

1. Each day spend “10 Minutes Listening to God” (See Week 1 Training)
2. Each day spend “5 Minutes Talking to God” (See Week 2 Training)

**Assignment 5 - SHARE:** Practice writing and drawing out the SHARE process 2-3 times this week and document below people who God leads you to or prompts you to ask BRIDGE questions or SHARE with a brief explanation:

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

**Assignment 6 – SERVE:** This week God will bring to you areas where you can emotionally and spiritually or practically and physically serve people if your eyes remain open. Remember: Only SERVE as God prompts and write down the names of the situations God brings to you and how you SERVED by joining Him:

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

**Scripture:** So let’s *do* it—full of belief, confident that we’re presentable inside and out. Let’s keep a firm grip on the promises that keep us going. He always keeps his word. Let’s see how inventive we can be in encouraging love and helping out, not avoiding worshipping together as some do but spurring each other on, especially as we see the big Day approaching. – **Hebrews 10:22-25 (MSG)**

**Assignment 7:** God has brought many people into your life to share and serve during the last couple of months. God has ordained every step bringing these individuals to you, to be a part of your community – a Freedom Community. This week you will continue to engage with the individuals you have been sharing with and serving as you look to cast a vision to meet together and tell stories of how each of you are joining God on His journey.

**Write down the individuals God has led to join you in His Freedom Community.**

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

**Assignment 8:** Your Freedom Community meeting will last approximately 90 minutes with the following format:

1. **15 Min.:** Cast a Vision for and/or Share the Grow/Share/Serve concepts you have experienced in your training.
2. **15 Min.:** Briefly SHARE the Gospel based on your practice during the last month.
3. **60 Min.:** Use SAFE Discipleship to engage participants and facilitate the discussion regarding how each individual participated in GROWING, SERVING, AND SHARING during the previous week or plan to participate in GROWING, SERVING, AND SHARING in the upcoming week.
4. **NOTE:** After each participant shares, the facilitator uses summarizes and emphasizes what the participant said integrating Scripture as appropriate.

**Document the Location, Time, and Date of your first Freedom Community Below:**

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