

the ■ ultimate Journey

Phase 2

Abandoning Self-Reliance

Leaders Guide

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Part 1: Leader Instructions

This guide offers essential information to help facilitators and group members to cooperate with God in the process.

THE TRANSITION FROM PHASE 1 TO PHASE 2

Review the *Where Do I Go from Here* introduction for the Phase 2 book to remind you of the big picture. You will find the following segment in Lesson 1 of your first group meeting as well. This is important for you to go through with your group.

Coming out of Phase One

As you begin Phase Two, you may still feel some of the pain that surfaced during Phase One. This is OK. Pain is normal whenever we're dealing with loss and grief. The good news is you don't have to continue living in pain. Use the skills you developed through the "The Adult Ally" concept in Phase 1 to live each day in the new freedom God is bringing into your life.

Keep going back, telling yourself you are OK just as you are at this very moment. Remind yourself that because God loves you, and because his abiding love never changes, you are free to love yourself just as God loves you. You are no longer bound by the constraints that once held you captive—thoughts and feelings that caused you to respond from beliefs built upon lies about yourself. You are done with old thinking patterns that for years dictated what you thought and felt about yourself. You are *free*.

Listen instead to yourself, your Adult Ally, who sides with God for you, who comes alongside you, and who tells you to continue thinking, believing, and responding to life's issues from God's point of view rather than from your own viewpoint or the distorted viewpoint of the world.

Practice "patting your heart" by telling yourself, "Everything is OK." By affirming yourself in this manner, you produce positive physiological changes in your body that promote a sense of well-being. Get in the habit of telling yourself you're OK. Practice this affirmation whenever you're stressed, overwhelmed, anxious, or angry. Feel the calming effect as you affirm aloud God's truth about you.

As you learned during Phase 1, continue writing letters back and forth from your hurting adult self to your healthy adult self (the ally). And continue to have your healthy adult self talk back and forth with your hurting inner self talk.

Transitioning from Phase 1 to Phase 2

Phase 1 began to dismantle the negative beliefs about yourself that you accepted from those around you and from the world. You had accepted these harmful beliefs about yourself—lies, in fact—as though they were true, so you responded and lived your life accordingly, both inwardly and in relation to others.

But as your old belief system began to crumble during Phase 1, God's grace and love for you became more real. You came to see that what you'd believed about yourself was untrue and highly destructive. Phase 1 began to reveal all the possibilities inherent in the real you, the person God made you to be. You began to see how truly pleased God is with you because he fashioned and formed you as a special, unique individual in his own image.

What will I experience during Phase 2?

Phase 2 provides the setting and opportunity for God to continue transforming you into his likeness. Old thought patterns will disappear as you continue seeing yourself as God sees you. You'll experience more and more of God's boundless love as you practice the gardening skills in relation to yourself and others that you learned during Phase One.

Remember that we *all* begin Phase 1 as hurting adult children. Each of us must face our pain before we can move forward. But you also learned we don't have to stay there. A primary goal of Phase 1 is to help you acknowledge, process, and replace the destructive thoughts and feelings that brought so much pain, guilt, and grief into your life. As you continue growing in truth and developing new life skills grounded in God's truth, you'll see yourself blossoming and becoming the healthy, fulfilled, and productive adult God had intended all along for you to become.

In Phase 2 you continue practicing the healthy adult skills you learned in Phase 1. You begin taking responsibility for yourself, focusing on your healthy adult life as you leave behind the hurts of the past. You take responsibility for what you think about yourself and others and the choices you make as you grow in your relationship with God.

Phase 2 is a deeper, more mature level of discipleship. During this phase you become an active participant in God's rescue mission and eternal plan. You'll grow through increasing responsibility and expectations in relation to yourself, to God, to those in your group, to other believers, and to the world beyond.

Phase 2 functions like a bible study discussion in a group setting. You will still have weekly reading, some questions to answer, journaling, group discussion and affirmations. You will be with people from other Phase 1 groups. Your family will become larger, and you will have lots of opportunity to practice healthy family skills in and out of the group meeting.

Phase 1 exemplified Egypt. Phase 2 exemplifies the Desert. The Israelites ate a lot of manna and wandered the Desert for 40 years until they were truly ready for the Promised Land. Some folks love Phase 2. Some don't prefer it. Learn to love it. You are learning about your King of Kings, your Lord and Creator.

In Phase 1 we learned that repetition is how we develop new patterns of thinking and believing. Phase 2 is repetitious to help us learn new belief patterns about how we think about God. It corrects false beliefs or false paradigms we've had about God. We are all taught religious things. Phase 2 will cause you to have questions, and will reveal to you your religious viewpoint and what you really think about God.

Phase 2 is meant to teach you who the true God is, the relationship he has with you, and the relationship he wants you to learn to have with him. Phase 2 is meant to show you who God really is, and give you his perception of himself. We need to hear the truth about God over and over in order to believe the new truth.

Some of you will experience voltage when your religious viewpoint about God is challenged. That's ok, even good. Phase 2 confronts religion. We've often been trained in religion but not the gospel, the good news of Jesus Christ. The gospel of Jesus Christ transcends all religions. God wants to blow apart manmade religious rules so that he can get to the heart of the matter, living in Covenant relationship with you. God wants you to understand the Blood Covenant relationship he has with you. He gave his life for you. He lives in Covenant with you now,

giving you life to the fullest. Western world culture does not understand covenant. We understand contracts. Contracts are for a specified time and are often broken. Covenants are for life.

God is a Covenant God, and he does not break his covenant with you. It's for life, made before the beginning of time. The children of Israel wandered the desert until they discovered who God really was. Do you need to keep walking this desert? No. God wants to show you the Promise Land. God offers us everything. In and of ourselves we don't really have anything to offer him, but we think we do. That's called self-life. Now learn about God and all that he offers you, Christ-Life living and breathing in you, and through you.

When you were saved, you were born again, adopted into the Kingdom of God. When we were born into this world, we learned everything from adults in the world. It's the same way when we are born again spiritually. We are brand new babies, brand new creations in Christ. But, we really don't know how to live our lives from God's perspective, and point of view. So we must be taught. We have to learn to understand. We cannot go back any longer to living life from our old ways. We are adopted children of God. An adopted child's parents must tell the child repeatedly how much they are loved and that they are a member of their new family, where they are cared for and protected. The child must keep choosing to stop thinking about the old dysfunctional family they came from, and must choose, repeatedly, over and over again, to start thinking about their new life, their new family, so they can begin to accept and believe the changes in their life that are actually true and good.

You are continuing on a journey toward your real and true Father, who loves you, and is teaching you about your real and true self. You are now a new creation in Christ, adopted into the family of God.

This is discipleship training

The Ultimate Journey is discipleship training. Phase Two is discipleship training at a deeper level, with increased commitment, responsibility, and expectations. You are moving from a hurting adult to a healthy adult, who begins to take responsibility for themselves, their own beliefs and actions. And also moving from being part of a dysfunctional family to becoming part of a healthy family. In Phase Two you will be expected to take responsibility for your involvement and attendance. You will get out of it what you put into it.

Your facilitators do not have all the answers. A disciple asks questions and explores the bible for themselves. It's healthy to have group discussion, and it's ok to have disagreements with each other and the material. Believers in the world since the beginning of time have never agreed on everything in the Bible. And the highest calling for the disciple continues to be love. Love for God and self, love for others. Relationship with God, self, and others is one of God's highest priorities. So there will be differences of opinion and that's ok. Your leaders won't have all the answers and that's ok. You will be expected to explore further, and that's what disciples do. When you keep choosing to seek God with all your heart, mind, and strength, you will find him. Not only will you find him, but you will come to know him deeper. And when the waves of crises crash around you, nothing can keep you from your deep and abiding relationship with the Lord of Lords, who will give you His Peace in the midst of your storms of life.

Overall, we want to prepare you to become fully devoted disciples of our Master, Jesus Christ.

WHAT A FACILITATOR NEEDS TO KNOW

It is not about you! Facilitating Phase 2 is not about you teaching or accomplishing anything. It is about you trusting your Heavenly Father. He has called you to the “Watch Me, Now You” lifestyle. You are here to rest in his arms while watching and listening to him and allowing him to work and speak through you. It is not about you and what you can do. It is all about his provision for every single person in Phase 2. The work has already been finished by Christ. Now you get to sit back, relax, and watch him in action, applying his finished work to the life of every Phase 2 participant who will open themselves to him!

| What You Are Not: | What You Are: |
|--|---|
| The one with all the answers. Be able to say, “I don’t know.” “Good question.” “What do you think?” “I’ll look into that.” | Questioner - to clarify understanding, to invite the difficult questions. A good listener. |
| The “spiritual” one, offering cliches, verses, or pat answers to people with deep questions who are searching for truth. | Affirming of their feelings, needs and questions they ask. You trust the Holy Spirit to lead them into truth. |
| The “fixer” of the problem, feeling responsible to resolve tension and make others feel comfortable. | Validator of feelings and thoughts. You are comfortable with differences of opinion and conflict. |
| Responsible for an individual’s spiritual growth. | The Holy Spirit is responsible for a person’s growth and development. |
| Perfect - that’s God’s role. | Imperfect and open to learning from the group and growing personally. Okay to share your struggles too. You can be yourself. |
| The Holy Spirit - all-knowing (trying to discern other’s motives). | Servant/Leader - putting your motives/objectives aside. |
| An evangelist - pushing God on people. | Lover - sharing the love of your indwelling Lord as he continually fills you to overflowing so he is seen in you and through you. |
| A follower of the flesh - relying on your own power, judgment, and knowledge. | A follower of the Holy Spirit - relying on the Holy Spirit for guidance and direction. |

EXPECTATIONS OF PHASE 2 LEADERS

Phase 2 Leaders will have ordinarily completed all three phases, either in the weekly or turbo format.

Order books and study guides. Make sure your order is placed early so the appropriate number of books can be in the hands of group members 1 to 2 weeks before the first meeting. This gives the group members a chance to read the first chapter before group sessions begin.

Assign group members to a small group. Keep people who have been through Phase 1 together whenever possible. When this is not possible, ask the Holy Spirit to guide you in placing people in a group.

Be responsible. Attend each meeting. Have a willing Co-Facilitator on standby to fill in for you if you have to miss a meeting. If you know of conflicts that will require you to miss more than one meeting during the 13-week term, consider changing the starting date of the session.

Set up the meeting area. Set up for the large group first, or delegate others to do it. Group members can take their chairs with them when they break into small groups. If you have enough room and chairs, small group circles can be set up in advance.

Maintain supplies. You may not have as much need for facial tissues in Phase 2, yet group members always have new raw material they are dealing with that may trigger stuffed emotional voltage. For that reason you will want to have a box of tissues available.

Make announcements, bring up 'housekeeping' issues, deal with scheduling conflicts, and open the meetings in prayer. It is up to the Leader's discretion to delegate one or several of these duties to other qualified people from time to time.

Demonstrate discipleship. Stick to the format. Stay focused on the material. You are a living demonstration of Christ-Life and the way Jesus touches one person through another. Demonstrate that this process is not about you, but about Christ being able to disciple the others through you. Future Facilitators in the group will be 'videotaping' your example for future reference. Let them see you faithfully interact with, depend on, and embody your indwelling Lord at all times. Then they will learn the right way of leading from observing you.

Stay on schedule. Adhere to the schedule as closely as possible; yet be willing to give the Holy Spirit the freedom He requires. The suggested time segments are guidelines. Always be attuned to the Lord so that He can do as He wishes during meetings. Guard against being too rigid or too lax with the schedule, and teach the small groups to do the same. It is important to keep a healthy balance between the Lord's spontaneity and good order in the meetings. Faithfulness to order and Spirit-led flexibility can coexist.

Large Group Time. Promote good class interaction on the assigned material at each meeting utilizing the Discussion Questions provided in this Guide. '

Small Group Time: Do not slack on doing the affirmations or giving opportunity for group members to share the answers to their personal reflection questions.

Encourage corporate prayer. Just as it is important for every person to have air-time in group sharing, it is good for group members to have air-time in prayer. This encourages the Body of Christ to function together as One. This can be done simultaneously in a few moments of silent prayer. Or, you (or another group member) can open the prayer session and then allow the Spirit to spontaneously lead others to pray. Group members should not be pressured into praying or feel like they have to pray every time. Encourage them to share whatever the Lord lays on their heart, with no pressure to speak with eloquent words. Be aware of time constraints, as corporate prayer often takes more group time. If time is an issue, corporate prayer can easily be included in Small Group Time.

EXPECTATIONS OF GROUP MEMBERS

Be faithful to attend all scheduled meetings.

Help make the group a safe place to share by being open and transparent yourself. That will greatly help others to be able to follow suit. And allow others to be where they are, without shaming, blaming or rejecting them. That will enhance the safety and freedom of all.

Be a responsible student. This includes doing all the reading as well as completing the assigned content and personal reflection questions. Keep Confidentiality.

Be respectful of the Group Leader. Learn from them so the Lord can groom you to take your place alongside them in the future.

GROUP SIZE

This Guide will help you accommodate any size group the Lord brings together. Phase 2 can be done in groups as small as 2 and larger than 100. It depends on the space you have to work.

It is important that each person receives equal 'air time' to share and participate. Small groups help to develop interactive, contributing disciples. When groups are too large, people tend to stay in their comfort zones. Those who lack confidence and fear to speak out will tend to hide in the background. Those who like to dominate will do so if others passively allow it. *The Ultimate Journey* is about wiring in new Christ-in-us patterns. Don't encourage the repetition of old, codependent self-life patterns!

Group members must learn to assume their God-given responsibility to participate equally as mature, functional members of Christ's Body. In Christ-Life there is no man-made clergy vs. laity dichotomy. Christ is our only Head, and the Holy Spirit makes us one in Christ Jesus. All are equally responsible for owning their faith and relationship with the Living God. Smaller, more intimate groups help participants get used to this new Kingdom-of-Heaven way of operating.

The ideal size for a Phase 2 Small Group is 4 to 6 people. You can ask someone in the small group to be in charge of seeing that the questions are discussed and the affirmations are shared, or you can have previously assigned facilitators that have already been through Phase 2 that you have selected.

If you have 7 to 20 people, stay together for the Large Group Time and then break into smaller groups for Small Group Time. You can facilitate great group discussion and closeness with as

many as 20 in a group, but equal 'air time' and safe, balanced group dynamics are vitally important and must be maintained for the more intimate sharing exercises during Small Group Time as well.

If you have over 30 people, let the Holy Spirit guide you as to whether you need to divide the group for Large Group Time. If you have an available person who has completed Phase 2 and can serve as another Group Leader, you may want to create two groups for Large Group Time. If no one else has gone through Phase 2, you may want to stay together if you have the space.

In the interest of time, during Small Group time it is often helpful to divide the groups even further for affirmations and closing prayer at the end of each session. Groups of 3 are best, but even a group of 2 will work. This helps speed the affirmation process, and allows everyone to gain the enormous impact and benefit that they bestow. This group ministry is vital to the transmission of God's love and power in the rewiring process. Group members should not miss out on affirmations because of time constraints.

SCHEDULING MEETINGS

There are 13 meeting sessions in Phase 2. It is suggested that you allow 2 hours for your weekly meeting. The first hour will be spent in large group discussion. During large group you will review the lesson by going through the Illustrations and the Content Questions. It is okay to bring in some of the Personal Reflection questions during this time if you choose to do so. The second hour will be spent in small group. During the small group time, the answer to the Personal Reflection questions will be shared and the group affirmations will be given to each other. Please make sure you allow time for the affirmations. They are a very important part of this process. If running out of time seems to be an issue, then have the affirmations read first in the group meeting. Because your group is already a small number of people or because of space issues, you may need to keep your group together the entire time.

Some groups are ready to discuss the first chapter at meeting one as the group members have previously received their books. If you are using the first meeting to distribute books and get acquainted, you will need to add a 14th meeting.

The Title Deed Ceremony is scheduled for the last meeting, or it can be scheduled at another time at the discretion of group members. The ceremony takes approximately 2 hours to complete (time will vary according to group size), and many choose to incorporate a shared meal afterwards.

Make sure the meeting area will be free from outside noise and distractions. This is a challenge if you have multiple small groups. The meeting area must be big enough to allow ample space between the small groups.

The Group Director or facilitator, or other designated person will make a printed schedule and meeting syllabus once everything is finalized. Distribute copies to everyone in the group.

Out of respect for all group members, make sure the groups begin and end on time.

PREPARING TO FACILITATE A WEEKLY GROUP MEETING

Remember that facilitating Phase 2 is not about you teaching or accomplishing anything. It is about you trusting your heavenly Father and resting in his arms while you watch him and allow him to work and speak through you. It is not about you and what you can do. It is all about him and his provision for every single person in Phase 2. The work has already been finished by him. Now you get to sit back, relax, and watch him in action applying his finished work to the life of each group member!

1. Pray for...

God's Spirit to be present in abundance.
God to keep you crucified to self-life so he is free to show you whatever he wants.
Your group and the conversation that will take place there.
The other group facilitators and small group facilitators.
Christ to guide you in everything and to facilitate this group through you.

2. Make sure you are taking time focusing on the Lord and his Word.

3. Read the entire lesson yourself.

4. Make notes in the margins and highlight or underline as needed.

5. Complete all of the weekly Study Guide exercises.

6. In the Leader's Guide familiarize yourself with the plan for each session.

- a) The Lesson Theme and Review Points.
- b) The Key Scripture for each lesson are in the Leader's Guide only. These Scriptures are just a few select portions of God's Word that support the material. If you have another passage you would like to share, please do. Feel free to interject these Scriptures during the chapter discussion at your discretion.
 - Ask other group members to read the scripture verses whenever possible. This helps keep the attention of everyone in the group. You can also invite group discussion on how a particular Scripture supports the topic at hand. Or ask group members to share what the Scripture used to mean to them, as compared to what it means now.
 - Bring your Bible, and get group members in the habit of bringing their Bibles to Phase 3. Do not make an issue of the variety in translations. Instead, after hearing a verse in one translation you may want to say, "Does anyone else have another translation of that verse?" and allow them to read it.
- c) Illustrations and Teaching Aids are teaching helps which do not appear in the Phase 3 book, and are for explaining and clarifying lesson concepts more fully in group.
- d) The Content Questions engage the mind of the participant more fully with the material. As the familiarity between the participant and the material increases, so does the opportunity for them to address more issues and to learn more of God's truth within the group meeting time. These questionnaire completed at home by all the group members. They become the basis of your discussion in the large group

each week. **The answers for the content questions are provided in your Leader's Guide for each weekly session.**

- e) The Personal Reflection questions challenge the participant to allow the truths they are hearing and reading each week to sink into their hearts and minds, so they may be transformed into who their Creator always intended them to be. They are answered at home by the group members. Participants share their answers to these questions during the small group time.
 - f) The Group Affirmations are also shared during the small group time. You can do these at the very beginning of the meeting or at the very end. The affirmations are given by laying a hand on the person receiving them.
 - There will not be enough time to have each group member be mirrored. If someone in the group is led to say something like, "Number 5 seemed really difficult for you to say," that is okay. It is not necessary for the group to delve into what caused the reaction, as most people are aware of the reasons by this point. And it is perfectly okay to offer no comments at all. Just allow these affirmations of God's Truth to soak in.
 - Please review the introduction to the Affirmation booklet for additional information on the giving and receiving of affirmations.
 - PLEASE DO NOT OVERLOOK AFFIRMATIONS. THEY ARE VERY IMPORTANT. There are also personal affirmations that are read at home to help group members take the concepts deeper into their hearts and minds.
 - g) Staying on the Path is an opportunity for group members to do some journaling and continue applying the tools they learned from Phase 1. These writings are not shared with the group unless it would seem important to do so on some occasion.
 - h) Illustrations and Teaching Aids are teaching aids which do not appear in the Phase 2 book, and are for explaining and clarifying lesson concepts more fully in group.
7. If there is one, attend the weekly facilitator meeting and bring up whatever questions or concerns you may have regarding the week's lesson or an aspect of facilitating a group. The other facilitators and the Phase 2 leader are here to help you, ally you, affirm you, and pray for you. You can't facilitate on your own. That's why you are a facilitator!
 8. Show up at the group meeting location early enough to have it set up and any illustrations prepared before it is time for your group to begin. Also, end on time. This demonstrates that you value and respect the time of the group members. If more time is needed, ask the group members if they are able to stay a little longer.
 9. Arrange the seating in a circle so that each person in the group can see every other person.
 10. Make the room as comfortable as possible. Check ventilation and lighting.

11. With large groups it can be very difficult to remember details about more than two or three people. Have a pen/pencil and paper ready so that you can record key things that the group members share from their study guide work to help you remember their story from week to week. With large groups it can be very difficult to remember details about more than two or three people.
12. Prepare to sit back and watch the Lord at work.

THE BASIC STRUCTURE OF THE WEEKLY MEETING

Below is a basic structure for you to follow as you facilitate weekly meetings. Realize that you are free and encouraged to build on this structure and to organize the main teaching time as you feel directed by God. You may find it beneficial to intermix the discussion of content questions with sharing of responses to personal reflection questions, especially if your group is small enough that it doesn't separate into smaller groups.

- Prayer
- You can do group affirmation time at the beginning or you can save it to do at the end during small group time. Experiment and see what works best for your group.
- Review prior lesson.
- Share any illustrations or teaching aids to go with the lesson to help clarify what is being taught
- Discuss content questions as well as participant's questions about this week's reading. It is okay to also discuss some of the personal reflection questions during the large group discussion as you see fit.
- Give practical examples from your own life how you walk out the concepts being taught.
- Move into small groups for discussion of personal reflections and reading of group affirmations.
- Close with prayer in small group.

LEADER CHARACTERISTICS

| Leader Characteristics | |
|--|---|
| Don't | Do |
| Monotone / irritating voice or laugh | Good inflection |
| No visual contact | Good visual contact |
| Doesn't know material , disorganized, unprepared | Organized and prepared |
| Critical | Listener, Understanding and attentive |
| Know-it-all | Willing to share knowledge and a willingness to say "I don't know, but I will check into that." |
| Apathetic (indifferent, uninterested, unconcerned) | Enthusiastic - excited about topic |
| Dwells on personal life / experiences | Authenticates material with experiences and practical applications |
| Defensive, intolerant | Receptive to questions; listens to the whole question before answering |
| Says things in the same way, repeatedly | Flexible; willing to stop and find a new approach |
| Too proper. No sense of humor. | Has a sense of humor and enjoys the class time |

GENERATING HEALTHY DISCUSSION

FOLLOW HIM. Don't become rigid in the outline you create as the Holy Spirit may have a different plan. Be free to follow His lead. Someone may ask a question or bring up a topic that is coming up later in the Discussion Questions. Be free to skip over to that section. You can always go back to the next question later. If you sense the Spirit wants you to wait on this new topic, you can say something like, "That is a good question (point), and we are going to be talking about that in a few minutes. Would you hold onto that and share it when we get there?"

AVOID ANSWERING YOUR OWN QUESTIONS. A group can quickly become passive and silent if they think the leader will do most of the talking. If necessary, repeat or rephrase the question. Do not be afraid of silence. People may just be formulating their responses.

NO RIGHT ANSWERS. Some answers from the group will be better than others. The questions are written for discussion purposes. If the group arrives at some great answers, feel free to move on to the next question without adding anything.

You do not have to have all the answers, even if you are the leader. If you are unsure of something, say so and let them know that you will find out. It is okay to let your group members think about something and to wrestle with God on certain issues.

MEET YOUR GROUP MEMBERS WHERE THEY ARE. Do not assume everyone is at the same place in their knowledge of the truths of the bible.

USE YOUR OWN WORDS. Encourage the group to verbalize answers in their own words before turning to the material. It can benefit others to hear answers verbalized in a different way. In addition, the practice they have in verbalizing their faith will be valuable preparation for the future as they become disciples, facilitators and leaders. If someone really wants to share something out of the book that impacted them that wasn't a question, that's okay.

ENCOURAGE SHARING FROM EVERYONE. Some in the group will be quick to share answers, and others will hold back. Without forcing, try to promote participation from everyone at some time in the hour of discussion. You can say things like:

"Let's hear from someone who hasn't answered a question yet."

"Does anyone have a different answer for this question?"

"What are some other ideas (examples, options)?"

"Does anyone else have something to share on this one?"

INVOLVE OTHERS IN LEADERSHIP. Ask others to pray or read references from Scripture or the material. This helps keep everyone focused and involved. It also encourages group members to mature and grow into facilitators and leaders.

BE TRANSPARENT. Let the group know when you are struggling with certain things when it is appropriate.

CONFUSION OR STRUGGLING. Do not be afraid of controversy. The discussion reveals what group members are retaining and how it is impacting their life. It also exposes the current paradigms they are operating with. Sometimes they will struggle to understand or decide if they agree with the material, and that is okay. It is a good time for people to ask questions for clarification purposes. Do not shame group members for struggling or disagreeing. This means the Spirit is working and they are beginning to understand the material and how it differs from their current paradigms.

CONFLICTS. Each person has a unique background and set of paradigms. When someone speaks, each listener filters everything through their own paradigms and may misconstrue the speaker's intended message or find something in the message that conflicts with their own beliefs. This can sometimes cause misunderstanding and conflict amongst group members. These cases require gentle, patient, ongoing communication, good listening skills and a willingness to work together through various issues. Group members do not need to agree on everything, but can agree to disagree and respect the feelings and beliefs of other brothers and sisters in Christ. As growing, maturing disciples, each one of us is in a different place in our exodus journey. It is good to accept and learn from all others with this understanding. With

teamwork the group can arrive at true wisdom, harmony, accurate understanding and healthy bonding as the Body of Christ.

USE MIRRORING. Discussion is a great opportunity for mirroring, especially if someone is struggling with the material and the personal application of it to their own life. Mirror to others what you hear them say—even if it conflicts with your own understanding. Feedback helps them clarify what they see, think and believe at this point.

NO ADVISING OR FIXING. Avoid trying to force people to come to your understanding of the material. Everyone is in a different place in their exodus journey, and God Himself is responsible for all results. Don't put yourself in place of the Holy Spirit and try to force someone to 'see' something. Only the Spirit can reveal God and His Truth. Remember to use mirroring, rather than teaching, preaching, giving advice, or fixing. If you feel someone's eyes need to be opened or their paradigm needs to be changed, God will take care of it.

KEEP TRACK OF TIME. Time keeping will be very important. You will have to listen to the Holy Spirit in order to know when to move on to the next question. Listen to Him for leadings like: "This discussion is vital— then allow it to continue a little longer."
"Enough on this topic—then move on."
"This discussion is getting off track—then refer back to the material or to scripture."

KEEP THE DISCUSSION FOCUSED ON THE MATERIAL. Sometimes people get off of the material and topic of discussion. The group will not receive the full benefit of the chapter discussion if you allow them to continually get off track. You must set expectations from the very beginning that discussions are to stay focused on the material. The group will grow to respect those boundaries and stay on track.

OFF TRACK. If the group gets stuck on something in the discussion, or someone steers the group onto a personal 'bunny trail', you can interject something like:
"In light of the time we have left, let's move on to the next question."
"Let's look at the 3rd paragraph in the left column on page __. Would someone please read that for us?"
"Let's take a moment to pray for _____ before we move on."
"This is really good discussion and I hate to interrupt, but we need to move on for the sake of time."

DOMINATING. Often you will have someone in the group who has an uncontrollable desire to be heard. They continually bring up personal issues during the Large Group Time and seem to dominate the conversation. It is a good idea in these situations to say, "*We can sense that this is an important issue for you and it deserves more time and focus than we have here. Why don't you write a letter about that for next week and share it with your small group?*" The Small Group members can then be listening for the Holy Spirit's leading in identifying unfinished business that may be causing this tendency to dominate.

DRAW THE GROUP'S ATTENTION TO CHRIST. While it is good to share a personal experience or two, don't fall into the trap of dominating and drawing the group's attention to yourself. That would be self-life! Spur fellow group members to develop and deepen their own dependency on the true leader of the group--Christ. Don't focus on being a great teacher, focus on the 'Perfect Teacher' who lives in you. Depend on Him for everything. If you do, you will draw the attention of your group to Him too.

AVOID GETTING STUCK. Don't spend too much time on one question. If the group loves to share, it's easy to spend too much time on one thing.

INCLUDE PRAYER. You may feel led to pray for someone in the group after something very painful has been shared. In that case, allow God to minister to that person through the entire group.

EXCESSIVE CRITICISM OR ARGUING. Beware of someone that continually criticizes the material or the process. It is okay to differ or ask for clarification, but consistent arguing or criticism makes the group unsafe and should not be tolerated. The Group Leader should privately meet with this person. If the person chooses not to cooperate, they should be dismissed from the group in private.

RELAX AND REST IN HIM. By now you know *the most important part of leading is following—following God's Holy Spirit!* This takes a willing heart, open ears, and lots of practice. We are all allowing Him to teach us this skill, but remember that this doesn't depend on our performance, it depends on Him! There will be times when we listen better than others, and some discussions will go better than others, and that is okay. He will use it all as raw material to reveal more of Himself to us, in us, and through us. We are all learning together. Just remember to ally yourself: "It's okay!" "It's okay to make mistakes. They are just opportunities to grow." "It's okay if it all doesn't go the way I planned, God is in control."

GROUP DYNAMICS

This is some advice and guidance on how to work with a few particular types of people you may encounter in group. The ultimate advice is to pray and allow the Holy Spirit to live through you and work in the lives of each of these people.

THE DOMINANT MEMBER

Affirm them, yet at the same time encourage others to share.

Do not sit across from them or make eye contact. Rather, sit next to them.

Say, "Thank you for sharing. Let's hear from others as well." Or, "What do the rest of you think?"

Look directly at and gesture toward the other group members.

If necessary, talk to them privately. Remind them that we are all here to travel this journey with God and ask them to help you give everyone a chance to share what is happening along their journey.

THE "HEAD KNOWLEDGE" CHRISTIAN

This member may have lots of knowledge but may not have real spiritual connection.

Do not be satisfied with pat answers.

Always ask why.

If necessary, talk to them privately. Remind them that we are all here to travel this journey with God and that while the Bible is the source of Truth, it is important that they identify what it is they are really believing that is determining how they live and interpret reality.

THE QUIET MEMBER

Take notes when this member shares. Refer back to their earlier comments to help draw them into the group.

Affirm them and their contributions.

Ask them to elaborate their question or comment further.
If necessary, remind them that this group is a completely safe place to share everything in their heart and mind.

THE CONSTANT CRISIS MEMBER

This person is in perpetual crisis and dumps it all in group every week. The group is not a dumpster and the group time cannot revolve around this person.
Affirm this person. Be interested in what they are sharing and pray for them out-loud right at that moment as it can calm them and allow you to continue on with the meeting.
Limit the time members have to share and when that time is up, move on to the next person.
If necessary, talk with them privately. Discuss allying and find out if this person is being their own adult ally throughout the week. Possibly ask them to journal their feelings, thoughts and emotions about themselves every day. Then, have them read affirmations aloud to themselves as well. As you know, it can take awhile for affirmations to really sink in and to believe they are true. This person is often in desperate need of affirmation by him/herself. To move beyond their crises, members *must* ally themselves constantly.

THE QUIET GROUP

Do not be afraid of the silence. Someone will respond when there is silence. That someone does not need to be you.
Ask if your questions make sense.

THE CHAOTIC GROUP

Keep just one conversation going at once.
Address topics that are raised, but do not stay off the topic too long.
Know what topics are coming up later in Phase 2 so that you can let members know if something will be covered later on.
Do not clamp down on the group too much.
Ask yourself, "Is this discussion helping people to connect with Christ?" If it is, then let it go.

THE MEMBER WHO BECOMES A GROUP "PROJECT"

If they are not doing so, reflect this person's possible reactions: "Lisa, you must think we're all out to get you."
Affirm his/her contributions. Do not let them always be "corrected" or "straightened out".
Direct questions to other people.
Remind the group that we are not here to "teach, preach or fix" anyone. We are here to ally, affirm, and grow along this journey with our Heavenly Father.
Privately, ask the person how you, as the facilitator, might be able to help them in group.

ISSUES THAT MAY ARISE

The following sections address issues that occasionally arise within groups. It is important that you and the other group facilitators demonstrate the oneness of the body of Christ whenever you encounter any issues. On this Ultimate Journey issues and situations are never avoided or magnified. They are always dealt with in Christ's love, truth and grace. If you are in doubt about any issue, consult your group director, your overseeing pastor, or Christ-Life Ministries. Remember, they are here to help you.

BREAKING CONFIDENTIALITY

Address the covenant with the person.

The person may need to ask for forgiveness from the other group members. Depending on how damaging this was to the group, it may be necessary for the offender to stop participating in the group.

MISSING MEETINGS

It is helpful for the Facilitator to give them a phone call letting them know they were missed. Group members are encouraged to let their Facilitator or Group Leader know if they are going to be gone.

They are also responsible to keep up with the reading and the life application questions for the week they missed. However, they must be prepared for the next lesson with everyone else at the next meeting.

It is not unusual if group members have a time conflict or two during Phase 2. Each group member should take his commitment to the other group members seriously and avoid missing if at all possible. If someone misses too many meetings it harms the continuity and interaction of the whole group. In that case you may want to encourage them to drop out and start over when they have more time to commit. Frequent absence gives a demeaning message to the group. 'Group trust' is not enhanced when people bounce in and out as they please. This does not apply if someone is absent due to unforeseen sickness or job requirements or family situations etc. Prior warning of an unavoidable absence is always called for.

NOT COMPLETING WEEKLY STUDY GUIDE MATERIAL

Say something like, "Can you share with me what is preventing you from doing your study guide work?" If they are too busy, you may want to suggest that they wait until they have the time to come and participate by doing their assignments. Or, they may need further explanation of the assignments due to lack of understanding and fear to ask. Or, they may not want to face something that is coming up. Listen for the response. You may say, "I'm confused. You've invested a lot of time in this journey and yet, you aren't doing your study guide material." Journaling is key to continual gardening of truths that were learned in Phase 1.

EMOTIONALLY OVERWHELMED

It is important for people to be able to cry. If it happens, the Facilitator needs to prayerfully decide when it's time to break the silence and how to keep things moving.

If the person is out of control, touch them on the arm and change the subject to help get their mind out of the overwhelm cycle and onto something unrelated. 'Out of control' would be if they began to lose touch with current reality.

ANGER AND RAGE

It is okay to express it. (Be angry but do not sin.) It's what you do with the anger that can become damaging or sinful.)

Anger has words. You may ask the person, "What do you need to say to whatever or whoever you are angry with?"

You may suggest they write a letter to the person/s they are angry at, expressing those feelings. Then they can share what they wrote with the group, in safety and confidentiality.

The letter is not to be mailed. It is for the personal use of the group members— to process and discharge the emotional buildup that is still not processed and remains trapped within.

PREACHING, EVANGELIZING, TEACHING, GIVING ADVICE, TRYING TO FIX

There are benefits to these things in other venues. But they are not the purpose of an *Ultimate Journey* group. Group time is not the time for these activities. That makes the group unsafe, and that is a

breach of the covenant. If a group member is pushy, say, "I appreciate what you are trying to say but that's not the purpose of this group, and it goes counter to the support group covenant. It's okay for people be where they are at."
Stop it before damage is done.

TAKING TOO MUCH TIME

Have such people share last in the group each week.
Don't give them too much eye contact. That encourages them to keep it up.
Talk to them in private. Remind them there's only so much time and everyone needs an equal share.

INTERRUPTING

Say, "We need to let her finish. You'll get a turn."
If they yank the focus to their own issues when someone else is sharing, say, "We want to hear more, but let's do it when it's your turn to share."

ARGUMENTATIVE

You might say, "We don't all have to agree or see things the same way. Let's keep it safe for people to be where they're at."

MONOPOLIZING THE TIME

Maybe say, "I know you have a lot to share, and I hate to interrupt, but we need to move on for the sake of time."

PERSONALITY CLASHES AND IN-GROUP FRICTION

If people clash, it may be that one reminds the other of someone from the past. If that's the case, explore the root source. It is important for people to know that God has His hand in how the groups are formed and He has good reasons for placing people together. He doesn't necessarily give us what we want, He gives what we really need. If your explanation fails, then address the clash directly with the people involved. Say, "There's obviously something between you and Mary. Do you know what that's all about?" The Facilitator needs to prayerfully decide if this needs to be done inside or outside the group. Let sensitivity and time restraints guide you deciding which way and at what time to address this. Ask the group director for input.

HOLDING BACK AND UNWILLING TO SHARE

We don't force or pressure people to share.
If they are quiet, say, "What can we do to make it safer for you to be able to open up and work with us as a member of the team?"
If they are belligerent, say, "I'm confused. You're investing all this time in the group but neither you, nor the others in the group will be able to benefit, unless you join the others in sharing."

ON PSYCHIATRIC MEDICATION

Do not tell people to stop taking their medication. That is between them and their doctor. But explain that medication is designed to numb or dull our ability to feel what we're feeling. It may be like trying to row across a lake in a boat while dragging your anchor in the water. Such activity is self-defeating.
This also applies to any other kinds of numbing outs like drinking, etc.

SUICIDAL

There is a difference between saying you don't want to live and saying you want to commit suicide. Some people don't want to live, but they also don't want to die. That's not suicidal. If a group member says they don't want to live, ask them to explain what they mean. If they say they want to kill themselves, urge them to check themselves into a hospital. Ask for permission to bring it to the attention of the group director so that perhaps a phone call could be made to a relative or friend to take them to the hospital.

If there is a pastor on duty, you might refer them there. If the group member does not want you to tell the Group Leader, then you need to ask them to call someone. If they are really not serious about suicide, and you take their threat seriously and hold them to accountability, there is a good chance they will back off and stop using such threats to control or manipulate other people. But if there's a real doubt, play it safe for the good of all concerned, report suicide threats to the person's family and, if there is no time for that, report the threat and distress of the person to the police. In such cases, the rule of thumb is, 'Better safe than sorry.'

CRIMINAL BEHAVIOR

If a group member admits to being currently involved in criminal behavior regarding a minor, it is necessary for you to tell them you will have to report that to the proper authorities unless they are willing to report it themselves. The Support Group Covenant Point 6 addresses this. If group members inquire about your responsibility to report certain crimes, let them know that if they tell you something that, by law, requires you to report it, you must do it. In that way, they can decide what they will or will not divulge.

SEEMS TO BE MENTALLY UNSTABLE

Make sure the Participation Notification Form is signed by the appropriate person and is turned in, when applicable.

Group Leader may suggest they see a professional counselor.

The safety and effectiveness of each member of the group, including the person in question, must be protected and maintained. If a person gives good evidence of posing a threat to anyone in the group, including himself, either relocate certain people in different groups, or see that the person gets the proper help, and, when necessary, dismiss the person that presents the problem from further participation in the group.

PART 2: LESSON MATERIAL

Overview

Lesson Theme

This section captures the theme of the lesson you read in your book to remind you of the overall message.

Review Points

This section summarizes the main points of the lesson you read.

Content Questions

Be sure to answer each of these questions for the lesson. By doing this, you will have a better comprehension of the material. In addition, your group leader will be addressing these questions in your class and you will want to be prepared to discuss with the rest of your group members.

To aid you, each of the questions are worded in such a way that you will find the same or nearly the same wording of the question in a sentence in your book. For example:

Question: By his death on the cross, what was it that Jesus "finished"?

What the book says: "Before he died, the crucified Lamb of God proclaimed to his Heavenly Father in the presence of all creation: "It is finished!" God's provision for us was completed through Jesus' death on the cross.

Personal Affirmations

When you get to this section you are to go to the affirmation side of this book and read the personal affirmations for the accompanying lesson. Read the affirmations out loud to yourself while you place your hand over your heart. You will be amazed at the power of the words as you speak them to yourself.

The more you read the affirmations, the more they are going to sink in to your heart and mind. So, read them frequently to yourself during the week. It may take some time for you to believe them, but they are true so keep affirming!

There are also group affirmations that will be read in class each week

Personal Reflection

You need to go beyond just understanding the material. It needs to make sense in your own life and experience. So, answer each of these questions. There is no right or wrong answer. You will have an opportunity to share these with your group members and hear how they are processing what they are learning as well.

Staying On The Path

Don't lose ground! During Phase 1 you learned the importance of becoming your Adult Ally. How well you were able to do that is a big part of your healing and growth. Don't stop now! Continue on the path you have begun by gardening your heart on a regular basis. This section will guide and encourage you so you can continue to process what you are experiencing. Just as you shower regularly, you need to keep your soul clean. This is soul hygiene!

LESSON 1: PREPARE YOUR HEART FOR A JOURNEY

OPEN IN PRAYER

WELCOME & GETTING ACQUAINTED

It is likely that not everyone in your Phase 2 group was in Phase 1 together. In that case, it is important to bring some connectedness to the group. A great way to do this is for each person to share briefly what the Phase 1 process meant to them. The facilitator should start first by sharing what their experience on *The Ultimate Journey* has been like. Then go around the room and have each person share. The guidelines below will help

1. Make it short. Aim for 5 minutes.
2. Make it personal, using “I” and “we”, not “you”.
3. Keep Christ central. People need to follow him, not you.
4. Share a little about your life prior to Phase 1.
5. Share your Phase 1 experience and what happened to you there.
6. Share what has happened since and what has led you to facilitating this group.

REVIEW THE ULTIMATE JOURNEY SUPPORT GROUP COVENANT

Because this is the first meeting of Phase 2 and it may have been months or years since the group participants completed Phase 1, take time to review the covenant which all participants signed at the beginning of Phase 1. They won't have it so you can make copies for them and take turns reading it together or just read it yourself to them. Stress that this covenant is still just as much in effect today as it was the day they signed it, however long ago that may have been.

SUPPORT GROUP COVENANT

1. I realize that *The Ultimate Journey* support group is a Christ-centered tool for studying and applying biblical principles to my own personal life. I understand that it is purely voluntary, and that all who agree to follow this covenant and cooperate with the appointed leaders and group members are welcome, regardless of race, gender, or religion.
2. I assume full responsibility for my own future reactions and choices. I acknowledge that they are and will be entirely my own, and in no way will they be the responsibility of the church, pastor, or group leaders under which this group will operate. I am responsible for anything I choose to do.
3. I acknowledge that my group director and facilitators are responsible for the proper running of this support group process according to the guidelines provided to them. I acknowledge that they have the authority to see that others abide by them for the good of the whole group.
4. I promise to cooperate with the group director and facilitators and to follow their instructions, accept their correction and abide by their final decisions. If I cannot do that, I reserve the right to resign from further participation in the group. I acknowledge that the group leader has authority to excuse anyone from participation in this group that they believe is not ready or is incapable of participating safely and profitably.
5. I understand that Phase 1 is designed to help me learn to deal more effectively with unfinished, emotional business from the past. I realize this means learning to face my fears and weaknesses instead of continuing to avoid or deny them. I understand I will learn to

6. admit what happened to me, what I learned to do as a result, and that I will be encouraged to express my true feelings, count my losses, and grieve them. I understand that to do my grief work effectively, I will have to suspend use of any numb-out techniques to the best of my ability. Therefore, I promise to refrain from indulging in excessive, counter-productive use of potentially addictive things. These include, but are not limited to:
 - a) illegal drugs, alcohol, misuse of prescription drugs
 - b) eating disorders (bulimia, anorexia, overeating)
 - c) pornography and other forms of sexual addiction
 - d) using religion as a means to avoid facing reality
 - e) abuse of self or others
 - f) TV, video/computer games/internet or other forms of entertainment that I use to escape
 - g) Relationships that merely distract and kill time
 - h) Anything else that I realize I use to escape and disconnect from my true feelings and emotions.
7. I plan to attend the group meetings fully prepared to get in touch with my memories, unhealed wounds, trapped emotional voltage, and truth-twisting techniques.
8. I promise to work to create and maintain a family of God atmosphere for my group, where it is safe to be who, what and where we really are. I understand that none of us, including me is perfect. We all need to learn to grow. Therefore, I promise to do my part to maintain a safe, learning, growing environment for everyone involved.
9. I promise to keep strict confidentiality concerning what is said and done in our group meetings. I will not relate or discuss anything personal about another to anyone apart from my small group, including my own family members and friends, or anyone from any other small group. I promise to protect the names and reputations of all group members at all times.
10. I understand that my group director and/or facilitator may be considered a mandatory reporter, and will be obligated to report anything the law requires of them.
11. I promise to attend the meetings faithfully, so my group can count on my attendance and promptness. I promise to cooperate and strive to learn whatever skills the process is trying to instill. I promise to follow whatever the exercises require, to the best of my ability.
12. I promise to be open and honest with my fellow group members when it is time for me, during an exercise, to share my life and myself with them. I promise to be attentive and truly listen when it is time for each person in my group to do the same. I promise to assist, encourage and allow them in gentle, non-threatening, non-abusive ways, to freely, thoroughly, express and vent their feelings, so that they can reconnect with their unfinished issues, unhealed wounds, and unprocessed emotions.
13. I promise to refrain from trying to fix, give advice to, teach or counsel any fellow group member. I acknowledge that therapy is not the purpose of our group work, that I am not participating for that purpose nor is anyone intending to do that with me.
14. I promise to refrain from trying to alter the curriculum or steer the group process in a direction different from the one required by the course. I promise to refrain from imposing my own agendas, arguing or criticizing others in areas such as religion, politics, etc.
15. I promise to refrain from making romantic, sexually-motivated advances to any group member during the course of this support group cycle. I acknowledge that this would interfere with our group work. I also promise to refrain from encouraging or accepting any romantic, sexual advances made to me by another.
16. I promise to refrain from discussing my issues with my fellow group members outside of the group time. I understand that this could result in relationships that become, co-dependent, damaging, or divisive, and undermine the group process.
17. I agree to gently and lovingly confront any group member with compassion, equality, firmness, and kindness when I detect a possible group covenant violation. I will say so to the

18. appropriate person. This includes such things as denial, abuse, getting off the subject, or any other behavior that would harm group integrity or derail the intent of the exercise.
19. I agree to allow my group members to share with me what they observe. I will gratefully listen when they point out any attitudes or behavior in me that would help me grow in this process. I acknowledge that we must learn this healthy family communication skill to benefit from our group work.
20. I promise to comply fully with the requirements of *The Ultimate Journey* process. I will cooperate to make our work together as smooth, safe and beneficial as I possibly can for all concerned.
21. I acknowledge that this group is intended for our mutual help. I acknowledge that its purpose is to supplement but not to replace professional therapy, counseling, or any allied services. Thus, I promise to admit and acknowledge any therapy or professional help I have recently received to the group director and return the completed Participation Notification form.
22. I acknowledge that the material made available to me is for my information and voluntary consideration only, and that I am not at all obligated to accept or carry out any suggestions, explicit or implied in it. Therefore, whatever interpretation and response I come up with will be purely my own.

GO OVER THE EXPECTATIONS OF GROUP MEMBERS

- Be faithful to attend all scheduled meetings.
- Help make the group a safe place to share by being open and transparent yourself. That will greatly help others to be able to follow suit. And allow others to be where they are, without shaming, blaming or rejecting them. That will enhance the safety and freedom of all.
- Be a responsible student. This includes doing all the reading as well as completing the assigned content and personal reflection questions.
- Keep Confidentiality.
- Respect the Group Leader and Facilitators. Learn from them so the Lord can groom you to take your place alongside of them in the future.

DISCUSS THE TRANSITION FROM PHASE 1 TO PHASE 2

Coming out of Phase One

As you begin Phase Two, you may still feel some of the pain that surfaced during Phase One. This is OK. Pain is normal whenever we're dealing with loss and grief. The good news is you don't have to continue living in pain. Use the skills you developed through the "The Adult Ally" concept in Phase 1 to live each day in the new freedom God is bringing into your life.

Keep going back, telling yourself you are OK just as you are at this very moment. Remind yourself that because God loves you, and because his abiding love never changes, you are free to love yourself just as God loves you. You are no longer bound by the constraints that once held you captive—thoughts and feelings that caused you to respond from beliefs built upon lies about yourself. You are done with old thinking patterns that for years dictated what you thought felt about yourself. You are *free*.

Listen instead to yourself, your Adult Ally, who sides with God for you, who comes alongside you, and who tells you to continue thinking, believing, and responding to life's issues from God's point of view rather than from your own viewpoint or the distorted viewpoint of the world.

Practice “patting your heart” by telling yourself, “Everything is OK.” By affirming yourself in this manner, you produce positive physiological changes in your body that promote a sense of well-being. Get in the habit of telling yourself you’re OK. Practice this affirmation whenever you’re stressed, overwhelmed, anxious, or angry. Feel the calming effect as you affirm aloud God’s truth about you.

As you learned during Phase 1, continue writing letters back and forth from your hurting adult self to your healthy adult self. And continue to have your healthy adult self talk back and forth with your hurting inner self talk.

Transitioning from Phase 1 to Phase 2

Phase 1 began to dismantle the negative beliefs about yourself that you accepted from those around you and from the world. You had accepted these harmful beliefs about yourself—lies, in fact—as though they were true, so you responded and lived your life accordingly, both inwardly and in relation to others.

But as your old belief system began to crumble during Phase 1, God’s grace and love for you became more real. You came to see that what you’d believed about yourself was untrue and highly destructive. Phase 1 began to reveal all the possibilities inherent in the real you, the person God made you to be. You began to see how truly pleased God is with you because he fashioned and formed you as a special, unique individual in his own image.

What will I experience during Phase 2?

Phase 2 provides the setting and opportunity for God to continue transforming you into his likeness. Old thought patterns will disappear as you continue seeing yourself as God sees you. You’ll experience more and more of God’s boundless love as you practice the gardening skills in relation to yourself and others that you learned during Phase One.

Remember that we *all* begin Phase 1 as hurting adult children. Each of us must face our pain before we can move forward. But you also learned we don’t have to stay there. A primary goal of Phase 1 is to help you acknowledge, process, and replace the destructive thoughts and feelings that brought so much pain, guilt, and grief into your life. As you continue growing in truth and developing new life skills grounded in God’s truth, you’ll see yourself blossoming and becoming the healthy, fulfilled, and productive adult God had intended all along for you to become.

In Phase 2 you continue practicing the healthy adult skills you learned in Phase 1. You begin taking responsibility for yourself, focusing on your healthy adult life as you leave behind the hurts of the past. You take responsibility for what you think about yourself and others and the choices you make as you grow in your relationship with God.

Phase 2 is a deeper, more mature level of discipleship. During this phase you become an active participant in God’s rescue mission and eternal plan. You’ll grow through increasing responsibility and expectations in relation to yourself, to God, to those in your group, to other believers, and to the world beyond.

Phase 2 functions like a bible study discussion in a group setting. You will still have weekly reading, some questions to answer, journaling, group discussion and affirmations. You will be with people from other phase 1 groups. Your family will become larger, and you will have lots of opportunity to practice healthy family skills in and out of the group meeting.

Phase 1 explained Egypt. Phase 2 explains the Desert. The Israelites ate a lot of manna and wandered the Desert for 40 years until they were truly ready for the Promised Land. Some folks love Phase 2. Some don't prefer it. Learn to love it. You are learning about your King of Kings, your Lord and Creator.

In Phase 1 we learned that repetition is how we develop new patterns of thinking and believing. Phase 2 is repetitious to help us learn new belief patterns about how we think about God. Phase 2 changes the way you think about God. It corrects false beliefs or false paradigms we've had about God. We are all taught religious things. It challenges your religious viewpoint. Phase 2 will cause you to have questions, and will reveal to you what you really think about God.

Phase 2 is meant to teach you who the true God is, the relationship he has with you, and the relationship he wants you to learn to have with him. Phase 2 is meant to show you who God really is, and give you His Perception of Him. We need to hear the truth about the true God over and over in order to believe the new truth.

Some of you will experience voltage when your religious viewpoint about God is challenged. That's ok, even good. Phase 2 confronts religion. We've often been trained in religion but not the gospel, the good news of Jesus Christ. The gospel of Jesus Christ transcends all religions. God wants to blow apart manmade religious rules so that he can get to the heart of the matter, living in Covenant Relationship with you. God wants you to understand the Blood Covenant relationship he has with you. He gave his life for you. He lives in Covenant with you now,

giving you life to the fullest. Western world culture does not understand covenant. We understand contracts. Contracts are for until they end or are broken. Covenants are for life.

God is a Covenant God, and he does not break his covenant with you. It's for life, made before the beginning of time. The children of Israel wandered the desert until they discovered who God really was. Do you, do we need to keep walking this desert? No. God wants to show you the Promise Land. God offers us everything. In and of ourselves we don't really have anything to offer him, but we think we do. That's called self-life. Now learn about God and all that he offers you, Christ-Life living and breathing in you, and through you.

When you were saved, you were born again, adopted into the Kingdom of God. When we were born into this world, we learned everything from adults in the world. It's the same way when we are born again spiritually. We are brand new babies, brand new creations in Christ. But, we really don't know how to live our lives from God's perspective, and point of view. So we must be taught. And, this we must learn to understand. We cannot go back any longer to living life from our old ways. We are adopted children of God. An adopted child's parents must tell the child repeatedly how much they are loved and that they are a member of a new family, where they are cared for and protected. The child must keep choosing to stop thinking about the old dysfunctional family they came from, and must choose, repeatedly, over and over again, to start thinking about their new life, their new family, so they can begin to accept and believe the changes in their life that is actually true and good.

You are continuing on a journey toward your real and true Father, who loves you, and is teaching you about your real and true self, a new creation in Christ, adopted into the family of God.

This is discipleship training

The Ultimate Journey is discipleship training. Phase Two is discipleship training at deeper level with increased commitment, responsibility, and expectations. You are moving from hurting adult to healthy adult, who begins to take responsibility for themselves, their own beliefs and actions. And also moving from being part of a dysfunctional family to becoming part of a healthy family. In Phase Two you will be expected to take responsibility for your involvement and attendance. You will get out of it what you put into it.

Your facilitators do not have all the answers. A disciple asks questions and explores the bible for themselves. It's healthy to have group discussion, and it's ok to have disagreements with each other and the material. Believers in the world since the beginning of time have never agreed on everything in the Bible. And the highest calling for the disciple continues to be love. Love for God and self, love for others. Relationship with God, self, and others is one of God's highest priorities. So there will be differences of opinion and that's ok. Your leaders or won't have all the answers and that's ok. You will be expected to explore further, and that's what disciples do. When you keep choosing to seek God with all your heart, mind, and strength, you will find him. Not only will you find, him, but you will know him deeper. And when the waves of crises crash around you, nothing can keep you from your deep and abiding relationship with the Lord of Lords, who will give you His Peace in the midst of your storms of life.

Overall, we want to prepare you to become fully devoted disciples of our Master, Jesus Christ.

GO OVER THE FORMAT OF THE STUDY GUIDE

Lesson Theme

This section captures the theme of the lesson you read in your book to remind you of the overall message.

Review Points

This section summarizes the main points of the lesson you read.

Content Questions

Be sure to answer each of these questions for the lesson. By doing this, you will have a better comprehension of the material. We will be going over these questions in class and you will want to be prepared to discuss with the rest of your group members.

To aid you, each of the questions are worded in such a way that you will find the same or nearly the same wording of the question in a sentence in your book. For example:

Question: By his death on the cross, what was it that Jesus "finished"?

What the book says: "Before he died, the crucified Lamb of God proclaimed to his Heavenly Father in the presence of all creation: "It is finished!" God's provision for us was completed through Jesus' death on the cross.

Personal Affirmations

When you get to this section you are to go to the affirmation side of this book and read the personal affirmations for the accompanying lesson. Read the affirmations out loud to yourself while you place your hand over your heart. You will be amazed at the power of the words as you speak them to yourself.

The more you read the affirmations, the more they are going to sink in to your heart and mind. So, read them frequently to yourself during the week. It may take some time for you to believe them, but they are true so keep affirming!

Personal Reflection

You need to go beyond just understanding the material. It needs to make sense in your own life and experience. So, answer each of these questions. There is no right or wrong answer. You will have an opportunity to share these with your group members and hear how they are processing what they are learning as well.

Staying On The Path

Don't lose ground! During Phase 1 you learned the importance of becoming your Adult Ally. How well you were able to do that is a big part of your healing and growth. Don't stop now! Continue on the path you have begun by gardening your heart on a regular basis. This section will guide and encourage you so you can continue to process what you are experiencing. Just as you shower regularly, you need to keep your soul clean. This is soul hygiene! This section of journaling is for your own personal use. You will typically not be sharing these things you write with the rest of the group

GETTING INTO THE LESSON FOR THIS WEEK

LESSON THEME

God created us in his image and likeness, but each of us has forsaken our true identity and conformed to the patterns of this world. Just as for Abraham, God calls each of us to make an exodus journey from the false identity that keeps us in bondage. In exchange we enjoy the freedom that awaits us as we learn to embrace our true identity in Christ.

REVIEW POINTS

- You can now be at one with God through the shed blood of his Son, Jesus.
- You can now look to God as source and provider for all our needs rather than living as you had in the past, trusting in ourselves.
- All you must do is acknowledge our need for God--on his terms rather than your own--and stop resisting his love.
- It's not about you and what you think you can do or accomplish. It's about the perfect, complete work God has already done through his beloved Son, Jesus.
- You are the image and likeness of God!
- You were designed to bond with and belong to the Creator of all things. That's who you really are.
- You were created to be a loving, prosperous gardener of spiritual reality just like your true Father.
- You were created to be God's regenerated, beautiful child. You are truly his, and nothing could ever change that.
- You were designed to live as a blood covenant friend of God--his loyal priest, prophet, king and ally. You were created to think, live, and breathe in oneness of heart and mind with God and his other blood covenant friends.
- Our Father God really does have everything covered!

KEY SCRIPTURES

- "Then God said, 'Let us make man in Our image and likeness. So God created man in His own image, in the image of God He created him; male and female He created them.'" (Genesis 1:26a, 27a)

- “Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is—His good, pleasing and perfect will.” (Romans 12:2)
- “Anyone who loves his father or mother more than me is not worthy of me; anyone who loves his son or daughter more than me is not worthy of me; and anyone who does not take his cross and follow me is not worthy of me. Whoever finds his life will lose it, and whoever loses his life for my sake will find it.” (Matthew 10:37-39)
- “The Lord has said to Abram, ‘Leave your country, your people and your father’s household and go to the land I will show you.’” (Genesis 12:1)

ILLUSTRATIONS AND TEACHING AIDS

THE WOLF

Find a picture of a wolf howling in the moonlight and bring it to class. Before showing the picture to the group, ask the following questions: What would have happened if the story had stopped with Grump howling in the garage? What happens to a dog that howls in the garage? (Allow your group to offer their suggestions.) What if it were your dog who woke you up in the middle of the night, and when you opened the service door to the garage, you saw him just standing there, as proud as can be, with his chest puffed out, howling? (Allow the group to offer their answers.) You would probably be angry and say something like, “Shut up! Get back in here and conform to the patterns of my world. Lay back down on your nice soft mat!”

Now that the dog has woken you up, and your adrenaline is running, you go out on the back porch to get some fresh air and cool off. While you’re standing there, you look across the horizon, and there on the top of one of the foothills you see the silhouette of a wild dog howling at the moon. (Show the wolf picture.) What would your reaction be? Maybe you would yell something like, “Honey, wake up! Come down here! Wake up the kids! You have to see this!”

Why is it that no one takes pictures of a dog howling in the garage; but everyone takes pictures of the wild dog howling at the moon? Our world says pictures of dogs playing with kids, doing cute tricks, wearing cute hats, or posing with the family are great. But why not howling in the garage, since it is an innate behavior of canines? What’s the difference?

What do you think of when you see a picture of a wild dog howling at the moon? Most likely—Freedom! The dog is in his natural habitat, doing what he was created to do. When you see a dog howling in the garage, it doesn’t ring true because the dog isn’t really free.

Metaphorically speaking, the church-of-today is full of dogs howling in the garage. They howl, “Look at me...I’m free! Don’t you want to be a good Christian like me?” But when the world looks at them, they see someone who is anything but free. What would someone see if they were looking at someone who has truly been set free? Would they see someone whose life is characterized by stress, fear, anxiety, feelings of being abandoned, rejected, or not good enough? Would they see someone who is working hard to prove to themselves and everyone around them that they are “O.K.”? I don’t think so.

What do people see when they look at you? Do they see freedom, or a dog howling in the garage?

THE DOG BOWL

Find a dog bowl and put your name on it. (Letters cut out of black electrical tape and placed on a dog bowl works well.) Allow the class to see the bowl as you read the following paragraphs:

Grump knew that he had found the life he'd always been looking for when he saw the dog bowl with his very own name on it! That bowl meant that he had arrived...he was part of the family...he had found his life.

What is your dog bowl? What are you looking to, to tell you if you belong or not—to tell you that you have arrived? Maybe it is a certain income level, a certain occupation, the neighborhood you live in, or the car you drive. Maybe it is whether or not you are married, have children, teach Sunday school, sing in the choir, or are on the board of your church.

Or maybe you are looking to another person to tell you that you belong or that you are “O.K.” Maybe it is your boss, the pastor of your church, your neighbors, your parents, the guys at the club, or the women at PTO. If we are looking for our affirmation and approval in anything or anyone other than God Himself and the fact that He created us, then we are in sin. What is your dog bowl?

Matthew 10:39 says, “Whoever finds his life will lose it, but whoever loses his life for my sake, will find it.” Can you imagine Grump breaking through the window and jumping over the fence with his dog bowl in his mouth? What good would his dog bowl be out in the wild? What good is our dog bowl when we are recklessly abandoned to God? We must give up the pursuit of ‘my life’, and abandon our dog bowl, if we are going to find true life.

CONTENT QUESTIONS

1. By his death on the cross, what was it that Jesus “finished”? (pg. 9, paragraph 2)
 - The perfectly fulfilled covenant God made with himself before creation.
2. All we must do is acknowledge our need for God—on his terms rather than our own—and stop resisting his love. (p. 10, What is “Finished”?, paragraph 2)
3. What is the key to our relationship with God? (pg. 11, paragraph 3)
 - It’s not about you and what you think you can do or accomplish. It’s about the perfect, complete work God has already done through his beloved Son, Jesus.
4. When you finally begin to hear God’s voice what can you do? (pg. 12, paragraph 2)
 - You can no longer run, get lost in the crowd, or drown yourself in busyness. You can’t get away from yourself as you once thought you could. You can no longer ignore God, pretending he isn’t real and telling yourself you’re not really hearing his voice. God is calling and wooing you. And he’s not going to stop.
5. For Grump, what was the difference between living by the Normal’s family system and living in the Wild? (pp. 12-13)
 - One held him captive and made him conform to its pattern. The other set him free to be who he was designed to be.
6. What did it take for Grump to discover his true nature? (pg. 14, paragraph 1)
 - He had to hear the call.
7. Was it okay for Grump to abandon the Normals? Why or why not? (pg. 14, paragraph 7)

Yes, it was okay because Grump was answering the call of his own. The call which his creator had placed within him, but which had been stifled by the Normal’s family system, until now.
8. What is humanity’s true nature and calling? (pg. 16, paragraph 2)
 - To be the image and likeness of God.

9. Your Heavenly Father wants to give you new spiritual eyes so that even if the rest of the world chooses to remain blind, you can now see things as they really are as you come to him in faith. (pg. 20, paragraph 2)
10. Why is your “old wiring” a problem? (pg. 20, paragraph 5)
 - It doesn’t match your new surroundings. This new way of living goes against your mental pattern, the old wiring, and you won’t understand what is happening.
11. As you embark upon your exodus journey what mistake might be easy for you to make? (pg. 22, paragraph 1)
 - You may grossly overestimate the progress you’ve made thus far and also grossly underestimate the extent of what God must yet do within you.
12. What part of you is it that God wants to crucify and bury? (pg. 23, paragraph 4)
 - It is the non-existent, delusional self, the lone ranger identity he wants to destroy. He will never destroy your true self which he created.
13. Who did God design you to be? (pg. 23, paragraph 6)
 - You were created to be a person who thinks, lives, and breathes in oneness of heart and mind with God and his other blood covenant friends.
14. What results do mature people who are living in covenant with God get to enjoy? (pg. 24, paragraph 4)
 - They enjoy living in the perfect love of God as the Holy Spirit lights their way, enabling them to see the terrain of life as it really is. They can now handle any reality because they operate in God’s Spirit through wisdom, love, and truth rather than according to man-made formulas.
15. How do you enter God’s rest and loving presence? (pg. 24, paragraph 7)
 - By trusting and drawing upon him for everything you need.

PERSONAL REFLECTION

1. Where do you see yourself in The Call of the Wild allegory?
2. How do you honestly feel about relinquishing control of your life? And, are you ready to do that?
3. Based on your past experiences, who have you believed you are? (stupid, don’t fit in, not good enough, etc.)
4. In what ways do you see that you’ve settled for less than what God intended you to be?
5. How do you feel your own life is different after experiencing Phase 1 of *The Ultimate Journey*?
6. How are you feeling about embarking on Phase 2 of this journey?
7. Do you honestly believe God has really “finished” everything?

SMALL GROUPS MEET

Personal Reflection Questions (pick select one’s to have them share)

Group Affirmations: Pray aloud that God would open the hearts and minds of all participants to receive the affirmations they are about to hear. Read the group affirmations out loud to one another. Do this in smaller groups of 3 people.

Close in Prayer.

LESSON 2: THE BLOOD COVENANT ROAD

OPEN IN PRAYER

LESSON THEME

Rather than following God's path for our journey, each of us has wandered off and followed our own course through life. We must forsake the self-life solutions we've learned to depend upon and instead follow Christ.

REVIEW POINTS

- The Living God revealed in the Bible has already done 100% of everything necessary to meet all the needs of his creation, and this includes you.
- The Holy Spirit is ready to apply all of Father God's eternal heavenly airtight provision, moment by moment throughout your life.
- God is intent on ensuring that nothing prevents you from being with him for eternity. You are his beloved child.
- If God is free to produce spiritual fruit in you, and you are willing to bear this fruit outwardly for the good of others, then you, too, will enjoy the blessings and abundance of God.
- The Christ-Life process is not about trying to replace or improve your life through temporal solutions. Rather it is about allowing God's truth to invade, penetrate, and transform your life so that you will become one with him as he so desires.

KEY SCRIPTURES

- "May the God of peace, who through the blood of the eternal covenant brought back from the dead our Lord Jesus, that great Shepherd of the sheep, equip you with everything good for doing his will, and may he work in us what is pleasing to him, through Jesus Christ, to whom be glory for ever and ever. Amen." (Hebrews 13:20-21)
- 2 Kings 6:12-23
- "So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' For the pagans run after all these things, and your heavenly Father knows that you need them. But seek first his kingdom and his righteousness, and all these things will be given to you as well." (Matthew 6:31-33)
- Ephesians 1:3-14

ILLUSTRATIONS AND TEACHING AIDS

MASKING TAPE CIRCLE

Bring a roll of masking tape and tape a circle on the floor around the group's circle of chairs. Explain that Track A exists right here, right now, all around us in a dimension that we cannot see. Then explain as Christ fills us and connects us to Track A, we now can become a 'Point of Entry' or channel for God's finished Track A Work to flood into Track B. Use a group member as an example, and tear off the portion of tape that is behind their chair showing that the barrier between realms is now taken away. Then use another person as an example, and tear off more tape. Show them how the Kingdom of Heaven is slowly taking over and coming in to restore Track B, one person at a time.

PUZZLE PIECES

Get four pieces from a jigsaw puzzle. Make a photocopy of the top of the puzzle box, that shows only a small portion of the puzzle. Then take another photocopy of the top of the puzzle box that shows the entire picture of the puzzle.

First, show only the four pieces of the puzzle to your class. Explain this is what we base our thoughts, feelings and prayers on. But what if we could see the whole picture? (Then show them

the partial picture of the puzzle.) Doesn't this change your perception? Does it change what you now think would be "best" to do with these pieces? But what if there was more that you still couldn't see? (Show the picture of the whole puzzle.)

Living in Track A is trusting God for everything, regardless of what we do or do not see. Would your loving Father really want to answer your self-life prayers based upon just four little pieces of the puzzle? He loves you so much, and He has an abundant life prepared for you. Can you really trust Him despite what it "looks like" or "feels like" to you? Do you trust that there is always a whole lot more to the picture than what you see?

CONTENT QUESTIONS

1. The Living God revealed in the Bible has already done 100% of everything necessary to meet all the needs of his creation, and this includes you. (pg. 29, paragraph 2)
2. What did Christ's death and ensuing triumph over death, provide for us? (pg. 30, paragraph 3)
 - His death provided direct access to the presence of Almighty God and full entry into the mysterious realm of his Kingdom, through which God reigns over all creation. Through his triumph over death, we can now receive everything we need to face whatever confronts us--even death itself.
3. What is the Holy Spirit ready and waiting to do? (pg. 31, paragraph 2)
 - The Holy Spirit is ready to apply all of Father God's eternal, heavenly, airtight provision, moment by moment throughout our lives.
4. What are God's conditions for enjoying his blessings? (pg. 33, paragraph 2)
 - You must repent of your independent, bankrupt ways and submit to adoption by the living God on *his* terms.
5. How does God see your "insurmountable problems"? (pg. 35, paragraph 5)
 - What you see as problems are opportunities for God--raw material he uses to garden and cultivate you as he validates his promises, fulfills his plan, and reveals his glory through your transformed life.
6. What are Tracks A and B? (pg. 36, paragraph 3)
 - Track A is the eternal Kingdom of Heaven and Track B is the temporal fallen world. Track A is Christ-Life. Track B is self-life.
7. How do we move from Track B to Track A and how do we begin to benefit from Track A? (pg. 37, paragraph 5)
 - When we confess our sins and repent and choose Christ as our Savior, we are now in Track A. We have access to all that Track A offers. However, if we continue to live as if we are still in Track B and depend on our self-life rather than Christ's life in us, we will not be able to benefit from Track A.
8. What does it mean to "believe in God"? (pg. 41, paragraph 3)
 - To believe in God means making a conscious choice, now and for eternity, to put your trust and faith in Jesus as the only way to be redeemed from your fallen, corrupt nature and be brought back into right relationship with God. To believe is to put your full faith and confidence in God, knowing you can entrust every part of your life to him because of his perfect, unflinching love for you.

9. To be indwelt and led by the Holy Spirit is to be hooked up directly to God and all his power.
10. The first task in coming to know your true destiny, of being transformed to the image of Christ, is to recognize that the eternal spiritual realm of God's Kingdom is every bit as real as the coexisting, temporal world we live in. (pg. 43, paragraph 5)
11. What happened in the real "beginning"? (pg. 45, paragraph 2)
 - There, the God who always was and always will be--the Father, Son, and Holy Spirit--made a blood covenant with himself. "He was chosen before the creation of the world, but was revealed in these last times for your sake. Through him you believe in God, who raised him from the dead and glorified him, and so your faith and hope are in God" (1 Peter 1:20–21).
12. As Creator of all things, what has God done for his creation? (pg. 46, paragraph 2)
 - He has taken on 100% of the responsibility for meeting every need that his creation will ever have.
13. What is covenant faith? (pg. 47, paragraph 1)
 - Covenant faith is the point of entry through which God reveals his abiding presence and meets our needs according to his plan and purpose.

PERSONAL REFLECTION

1. How confident are you that God will transfer everything you need for today, tomorrow and the future, from his endless resources?
2. What Track B, worldly things are you still looking to for provision, protection and security?
3. What are you thinking and believing that keeps you from trusting the Lord for everything you need?
4. What will it take for you to allow yourself to become one with God and accept him and his provision, as your only source for everything?
5. Describe a current situation that, in Track B, could look like a problem, but could in fact be a Track A opportunity.

SMALL GROUPS MEET

Personal Reflection Questions: (pick select one's to have them share)

Group Affirmations: Have a small group leader or other member pray aloud that God would open the hearts and minds of all participants to receive the affirmations they are about to hear. Read the group affirmations out loud to one another. Do this in smaller groups of 3 people. Close in prayer.

LESSON 3: SO WHAT IS A BLOOD COVENANT?

OPEN IN PRAYER

LESSON THEME

God chose blood covenants as the means through which he would relate to us. If we want to take part in God's journey, we must develop an understanding of the covenant mentality.

REVIEW POINTS

- The blood covenant pattern reveals the character, nature, and standard of God.
- The blood covenant is ultimately about a unique, loving relationship that focuses on giving rather than taking.
- You are in no position to dictate or "come to terms" with God on anything.
- As your original covenant representative, Adam broke God's covenant. And because the representative's actions affect the entire group, even the unborn, you are considered to have broken God's covenant as well.
- You must choose to die to Track B self-life so that Christ can live his Track A life in you and through you.

KEY SCRIPTURES

- "Anyone who loves his father or mother more than me is not worthy of me; anyone who loves his son or daughter more than me is not worthy of me; and anyone who does not take his cross and follow me is not worthy of me. Whoever finds his life will lose it, and whoever loses his life for my sake will find it." (Matthew 10:37-39)
- David and Jonathan—a covenant between two individuals. (1 Samuel 18:1-4 and 20)
- The Israelites and the Gibeonites—a covenant between two groups. (Joshua 9-10)
- David and Goliath--David was the covenant representative for Israel and Goliath represented the Philistines. (1 Samuel 17)
- "A man is not a Jew if he is only one outwardly, nor is circumcision merely outward and physical. No, a man is a Jew if he is one inwardly; and circumcision is circumcision of the heart, by the Spirit, not by the written code. Such a man's praise is not from men, but from God." (Romans 2:28-29)

ILLUSTRATIONS AND TEACHING AIDS

PLAY THE BLOOD COVENANT DVD TEACHING BY JIM HOBSON.

It is 2 hours long. You can play it in its entirety this meeting and discuss reading material for both lessons the following week, or you can play the first half this week and the second half next week.

ACTING OUT THE COVENANT CEREMONY

Due to the large amount of material in this chapter, it is a good idea to help your group members understand the covenant by walking them through one. You will be amazed at how much your group will remember and the impact they will receive from simply 'acting out' various parts the covenant ceremony.

Begin by drawing them a picture with your words. Have them picture a cow. How big is a cow? What would it look like if we brought a cow into this room and cut it in half right here? Make your students part of the ceremony. Divide the group in half and choose covenant representatives. You may want to prepare some promises for the representatives to read out loud that reflect the oneness and to-the-death commitment they are making. Let the group choose their own characteristics for their tribe that will benefit the other tribe once they are in covenant. Example: Farmers, fierce warriors, successful merchants, hunters, etc... Discuss how the covenant would

work if one of the tribes was being conquered and had nothing to offer. You can use names for each tribe and change the names during the ceremony. Talk about what it would mean for the representatives to cut themselves and mingle their blood.

If you want to add more to your ceremony, you can use props such as bath robes or large pieces of cloth for tunics to exchange. You may be able to find hats, costumes, or fake weapons to exchange at a theatrical supply store or in someone's costume supplies at home. You can use a potted plant or an artificial indoor tree for a covenant memorial. Explain how the memorial will be used to remind all the generations to come that they too are part of this unbreakable commitment.

As you go through each part of the covenant ceremony, it is a good idea to discuss these three key areas: how it was carried out originally, how it appears in our marriage ceremonies of today, and how it applies to our relationship with Christ.

CONTENT QUESTIONS

1. What is the essence of a covenant? (pg. 54, paragraph 2)
 - A covenant is an intensely loyal, relational bond that results in certain death if broken.
2. The blood covenant pattern reveals the character, nature, and standard of God. (pg. 54, paragraph 5)
3. What is the blood covenant ultimately about? (pg. 54, paragraph 6)
 - It is ultimately about a unique, loving relationship that focuses on giving rather than taking. What is the difference between the western mindset and the eastern mindset? (pg. 55)
 - The Western mindset is concerned primarily with the individual. The Eastern mindset is concerned primarily with the group.
4. What does the military mindset of the Far East and Middle East assume? (pg. 56, paragraph 1)
 - That mindset assumes that the day you sign up to fight for your emperor, lord, or leader is *the day you die*. On that very day, you offer up your life. From then on, the question is not whether you will die, but *when and for what purpose* your lord will see fit to expend your life, which you've already placed in his hands to serve his purposes.
5. Why did God honor the Israelites covenant with the Gibeonites even though the Gibeonites were one of the peoples he had told the Israelites to drive out of the land? (pg. 57, paragraph 2)
 - Because God was in covenant with the Israelites, he was also in covenant with anyone they made covenant with. So, despite disobeying God in making a covenant with the Gibeonites, once it was done, God was now bound by his own rules to honor it and protect the Gibeonites.
6. What is the role of the covenant substitute? (pg. 58, paragraph 3)
 - The covenant substitute's role is to fulfill what is required of another party but which that party cannot possibly achieve.
7. Who is it that the covenant representative represents? (pg. 58, paragraph 5)
 - An entire group of people; a family; a clan
8. As our covenant representative, what has Christ done for us? (pg. 59, paragraph 2)

- Christ has fulfilled every stipulation of our covenant with God. Everything that must be done in accordance with God’s perfect standards has been done by, in, and through Christ, in his three-part office as high priest, covenant sacrificial substitute, and covenant representative.
9. What was the meaning of the animal sacrifice? (pg. 60, paragraph 1)
 - The shedding of this blood and the loss of this life stand for us and those we represent. They represent the *to-the-death* commitment we are making to each other.
 10. What was the penalty for breaking a blood covenant? (pg. 60, paragraph 2)
 - If a blood covenant is broken, blood has to be shed. Death is the ultimate consequence for betraying or violating a blood covenant.
 11. In blood covenant mentality, what is the meaning of the saying, “Blood is thicker than milk”? (pg. 61, paragraph 4)
 - A blood covenant bond entered into by mutual agreement is more binding, is of higher priority, and requires more of the people in covenant than even the natural bonds between parents and siblings who nursed from the same mother’s breasts.
 12. What was significant about God changing Abram’s name to Abraham and Sarai to Sarah? (pg. 62, paragraph 2)
 - In changing their names God placed part of his name into theirs, signifying that they were in an eternal covenant with one another.
 13. What was the purpose of the covenant memorial? (pg. 63, paragraph 4)
 - It served as a lasting reminder for generations of descendants still to come of the covenant, and it demonstrated that even before their birth, descendants were considered to be present at the covenant ceremony through their representative.
 14. Is there anyway out of a blood covenant? (pg. 66, paragraph 2)
 - No, there are no back doors, no loopholes, no escape hatches. A blood covenant is airtight and permanent.

PERSONAL REFLECTION

1. What are your thoughts and feelings now that you have a deeper understanding of the blood covenant?
2. Whose life are you living, yours or Christ’s?
3. What things are you currently allowing to take priority over God?

SMALL GROUPS MEET

Personal Reflection Questions: (pick select one’s to have them share)

Group Affirmations: Have a small group leader or other member pray aloud that God would open the hearts and minds of all participants to receive the affirmations they are about to hear.

Read the group affirmations out loud to one another. Do this in smaller groups of 3 people.

Close in prayer.

LESSON 4: GOD'S ETERNAL BLOOD COVENANT

OPEN IN PRAYER

LESSON THEME

Before the creation of the world, God the Father entered an eternal blood covenant with his Son, Jesus, on our behalf. The purpose of Scripture is to reveal Christ as our blood covenant substitute and representative so we will choose him and be reconciled to God. When we choose Christ as our covenant representative, he becomes our life and our journey with him begins.

REVIEW POINTS

- God's grace, mercy, and *hesed* flow to you through God's covenant provision, bringing you salvation and sanctification.
- Jesus was the perfect covenant representative with the perfect track record.
- You are either "In" Adam or we are "In" Christ.
- The fruit of *hesed* is obedience.
- The purpose of Scripture is to reveal Jesus, the Christ, as your blood covenant substitute sacrifice and representative.
- To reveal his nature, God in effect binds himself by his covenant to save you from his own righteous justice.
- The covenant nature is undying loyalty and faithfulness, mutually exchanged from the day the covenant is officially cut and blood is shed.
- Because God's character and *hesed* never change, there is no course for him other than to continue providing for and protecting you through his covenant loyalty and faithfulness.

KEY SCRIPTURES

- "May the God of peace, who through the blood of the Eternal Covenant brought back from the dead our Lord Jesus, that great Shepherd of the sheep, equip you with everything good for doing his will, and may he work in us what is pleasing to him, through Jesus Christ, to whom be glory for ever and ever. Amen." (Hebrews 13:20-21)
- Reveals Christ was chosen to be the perfect Lamb to be sacrificed before the creation of the world. (1 Peter 1:18-20)
- Reveals God's plan to adopt us as His sons before the creation of the world. (Ephesians 1:3-6)

ILLUSTRATIONS AND TEACHING AIDS

PLAY THE SECOND HALF OF THE BLOOD COVENANT TEACHING DVD.

CONTENT QUESTIONS

1. How has God revealed his eternal plan? (pg. 71, paragraph 4)
 - Through a progression of covenants that reveal the eternal covenant entered into before the creation of the world between God the Father and his son, Jesus, on our behalf.
2. What is *hesed*? (pg. 71, paragraph 5)
 - *Hesed* is best described as loving-kindness, which means loyalty, kindness, goodness favor, and mercy motivated by a feeling of affection.
3. What is the purpose of the seven covenants which God made? (pg. 73, paragraph 2)
 - These covenants are God's loving attempts to woo man back to himself, back to where he has belonged since creation.
4. Do we measure up to God's perfect standards? (pg. 74, paragraph 1)

- No, each of us falls short of God's perfect standards.
5. What is the fruit of *hesed*? (pg. 75, paragraph 1)
 - The fruit of *hesed* is obedience.
 6. Why did animals have to be routinely sacrificed in the Old Testament times? (pg. 77, paragraph 1)
 - Because the animals could not make full atonement for sin.
 7. What is the "purpose of scripture"? (pg. 77, paragraph 4)
 - To reveal Jesus, the Messiah, as our blood covenant substitute, sacrifice, and representative.
 8. What is living in Christ according to God's way of doing things *never* about? (pg. 79, paragraph 1)
 - It is never about us trying to improve our fallen, sin-contaminated lives.
 9. On who's terms may we come to God? (pg. 79, paragraph 4)
 - We must come to God on his terms because he is the Creator, not us.
 10. What is God's solution to sin? (pg. 80, paragraph 2)
 - God's solution to sin isn't about what you can do to pay the penalty. Instead it's about Christ and what he did on your behalf.
 11. Whose performance does the keeping of the blood covenant depend on? (pg. 83, paragraph 5)
 - Blood covenant *hesed* loyalty is not about whether the person covered by the covenant is deserving of loyalty and preferential treatment. Our performance is not the issue. The pledge given and sealed in blood between the Father and the Son, the two covenant representatives, is the eternal issue.

PERSONAL REFLECTION

1. Do you believe you can allow Christ to take 100% of the responsibility for perfectly fulfilling the blood covenant with the Father?

SMALL GROUPS MEET

Personal Reflection Questions: (pick select one's to have them share)

Group Affirmations: Have a small group leader or other member pray aloud that God would open the hearts and minds of all participants to receive the affirmations they are about to hear.

Read the group affirmations out loud to one another. Do this in smaller groups of 3 people.

Close in prayer.

LESSON 5: WHAT'S THAT HOOK IN YOUR BRAIN?

OPEN IN PRAYER

LESSON THEME

Satan tries to lure each of us away from the life journey God intends for us. Just as Adam and Eve sinned and rebelled against God, we have all “swallowed” the three-pronged hook of Satan’s lie:

- 1) You’re not good enough.
- 2) You could be good enough.
- 3) You can’t trust God.

Each of us needs to examine the effect these lies have had on our lives.

REVIEW POINTS

- Before coming to Christ, you “swallowed” the three-pronged hook of Satan’s lie: 1) You’re not good enough. 2) You could be good enough if... 3) You can’t trust God.
- By his eternal covenant, God prepared and provided all that would be needed to redeem, reconcile, restore, bless, and protect you.
- God committed himself to reuniting with you and doing whatever is necessary for you to meet his standards in you, for you, through you, and as you through Christ, the second Adam.
- Once you learn to live by faith, you realize God has already supplied everything you need in Track A, through faith in Christ.

KEY SCRIPTURES

- The story of the woman and the serpent (Genesis 3:1-7)
- “I am the LORD your God, who brought you up out of Egypt. Open wide your mouth and I will fill it. But my people would not listen to me; Israel would not submit to me. So I gave them over to their stubborn hearts to follow their own devices.” (Psalm 81:10-12)
- “...For just as through the disobedience of the one man the many were made sinners, so also through the obedience of the one man the many will be made righteous...” (Romans 5:12-21)
- “...When I want to do good, evil is right there with me...” (Romans 7:21-25)
- “...The first man Adam became a living being; the last Adam, a life-giving spirit...” (1 Corinthians 15:44-50)
- “So do not worry, saying ‘What shall we eat?’...” (Matthew 6:31-33)

ILLUSTRATIONS AND TEACHING AIDS

FISH HOOK

Hold up a large lure that has 3-pronged hooks on it. Ask the group, “Why would a fish bite on something that is so dangerous? What happens once the fish goes for the bait and bites on the hook? Where is the fish going once the hook is set?”

WALK THROUGH ROMANS 5-9

Walk the class through an outline of Romans 5-9.

Romans 5 – 1st Adam vs 2nd Adam

Romans 6 – So what is my part? Can I just do whatever I want?

Romans 7 – The waging war inside (Spirit vs Soul, Track A vs Track B)

Romans 8 – Life through the Spirit

CONTENT QUESTIONS

1. Does God plan, will, or cause pain and sorrow? (pg. 89, paragraph 4)
 - No
2. What was God's desire for his creation? (pg. 90, paragraph 3)
 - God created Adam in his own image and likeness, to be the object of his love, and to live in fellowship and harmony with him in the Garden.
3. How did God prepare and provide all that would be needed to redeem, reconcile, restore, bless, and protect us? (pg. 91, paragraph 5)
 - By his eternal covenant.
4. What has God committed himself to do for us? (pg. 92, paragraph 5)
 - He has committed to reuniting with us and doing whatever is necessary for us to meet his standards in us, for us, through us, and as us through Christ, the second Adam.
5. How much of the responsibility for meeting the blood covenant requirements, as well as our own needs, relies on us? (pg. 93, paragraph 4)
 - None! Zilch! Nada!
6. How do we judge others versus ourselves? (pg. 95, paragraph 3)
 - We judge others by the way they perform, but we judge ourselves according to the self-deceptions we create.
7. As our blood covenant friend and representative, what did Christ *never* do? (pg. 97, paragraph 3)
 - Christ never missed the mark.
8. How is it that we realize God has already supplied everything we need--our daily bread? (pg. 99, paragraph 4)
 - It is through faith in Christ.
9. In whom do we find hope, restoration, reconciliation, regeneration, and eternal rejoicing? (pg. 104, paragraph 5)
 - In Christ we find all those things.

PERSONAL REFLECTION

1. Do you believe you are good enough for God? Why or why not?
2. Do you believe God is trustworthy? Why or why not?
3. Whom do you choose, Adam or Christ? Why?
4. Describe a situation in your own life where Satan has hooked you into reacting and thinking about yourself in response to the three-pronged hook (the three lies).

SMALL GROUPS MEET

Personal Reflection Questions: (pick select one's to have them share)

Group Affirmations: Have a small group leader or other member pray aloud that God would open the hearts and minds of all participants to receive the affirmations they are about to hear. Read the group affirmations out loud to one another. Do this in smaller groups of 3 people. Close in prayer.

LESSON 6: YOU'VE BEEN SET ADRIFT

OPEN IN PRAYER

LESSON THEME

Once we swallow the enemy's lies, he deceives us into pursuing our own life apart from God. This leads us farther and farther from our true journey, which depends upon Christ in us. When we're separated from God and cut off from our true source of life, the path of rebellion leaves us dead in our sin.

REVIEW POINTS

- Your shame and unwillingness to be open and honest before God makes you struggle to twist the truth and put up a convincing front.
- If you don't yet realize that the godless world you live in is the gateway to hell, then the solution, God's kingdom on earth, will pass you by.
- Do not obsess over your fallen condition. That is not the work of God's Spirit. Get in touch with how much you are loved, cherished, provided for and protected by the awesome, indescribably beautiful and holy God.
- God loves you to an incomprehensible depth, which is why he has painstakingly revealed himself and his love.

KEY SCRIPTURES

- "This is what the LORD says: 'Cursed is the one who trusts in man, who depends on flesh for his strength and whose heart turns away from the LORD. He will be like a bush in the wastelands...'" (Jeremiah 17:5-10)
- "...the things that come out of the mouth come from the heart, and these make a man 'unclean'. For out of the heart come evil thoughts, murder, adultery, sexual immorality, theft, false testimony, slander. These are what make a man 'unclean'..." (Matthew 15:18-20)
- "I know that nothing good lives in me, that is, in my sinful nature." (Romans 7:18)
- "Therefore, just as sin entered the world through one man, and death through sin, and in this way death came to all men, because all sinned—for before the law was given, sin was in the world." (Romans 5:12-14)
- The King Uzziah story (2 Chronicles 26:16-21)
- "...Woe to me!" I cried. "I am ruined! For I am a man of unclean lips, and I live among a people of unclean lips, and my eyes have seen the King, the LORD Almighty." (Isaiah 6:1-5)
- "The Lord has said to Abram, 'Leave your country, your people and your father's household and go to the land I will show you.'" (Genesis 12:1)

ILLUSTRATIONS AND TEACHING AIDS

THE COOLER

Purchase long stem roses from a discount store—one for each group member if you have available funds. You can also get water-picks at a hobby store to put on the stems of each rose to help them stay fresher. Put the roses in a cooler ahead of time. Bring the cooler to class and set it in the middle of the room with the lid closed. Let the class know that the cooler will be used for an illustration and you will open it at the end of large group time. With the process of association, many will be led to think there are maggots or rotten meat in the cooler. Allow the group to believe there is rotten meat in the cooler. You could ask, "Has anyone ever seen maggots before? Then say, "We'll be using the cooler for a demonstration at the end of class today." At the end of the class discussion, mention that you have something dead in the cooler and the cooler contents have been dead for some time. Take the cooler around and allow each

group member to reach in and take out one of the “dead” roses. Then read “The Severed Rose” paradigm out loud to your group. A copy is provided for you in the following section.

THE SEVERED ROSE

She was one of the most beautiful sights anyone had ever seen; simplicity itself, but elegant as well. She was a simple rose, but oh, what a rose she was. Her deep red hue was sublime. The texture of her vibrant leaves and dew flecked petals were beyond words. Nothing could have ever matched her for freshness, grace and visual perfection.

The exquisite, crystal vase in which she was placed was perfect. The facets caught the rays of light coming from the colored spotlights above, and sprayed the prism effect of rainbow colors in all directions.

As people entered the lobby of the massive office building, all eyes immediately went to this display area. And once drawn there, they zeroed in on the brilliant rose. She gave new meaning to the words “loveliness, elegance and beauty.”

People stared in hushed reverence, speaking in muted tones as if in a cathedral. They could not drink in enough of this visual nectar. That morning a street musician wandered in. He composed a lovely song and sang it to the rose, accompanying himself on his guitar.

But there was one, underlying, inexorable reality about that rose that no one noticed, or dared to mention. Despite her exquisite appearance and the attention she inspired—the inescapable truth about her was that SHE WAS STONE COLD DEAD!!

The very instant she was severed from her life-source, she died. She certainly did not SEEM dead. During the first few days of her display, she seemed the very epitome of life, health and bright prospects. But all along, everything about her was dead. And whatever came out of her was dead.

Nothing dead produces life. That is hard to grasp, because appearances are so deceiving. But in time, the crystal pure water in the vase stagnated and became foul. Some of the colored spotlights burned out. Her stem and leaves began to fade and turn an icky, dried-up color. Her petals wilted, folded, lost their grip and fell randomly to the floor. The water could not give her life. The artificial lights, velvet backdrop and all the praise could not bring her back. Nothing could be done for her. They tried spray paint and perfumes to prolong her appearance, but nothing could conceal the death and corruption for long, once the aging-decaying process began.

But all of this was true right from the beginning. She died the moment the scissors cut her from her source of life. And once dead, there is nothing a rose can do for itself.

When death became glaringly apparent, and the rose could no longer feign attractiveness, the illusion ceased. No one was fooled any longer into thinking she was still alive. Then, like all dead and useless things, the display was dismantled and she was thrown out as useless.
LET'S THINK ABOUT IT...

Every child born of Adam is spiritually “dead” from the very moment of conception. “Dead” meaning we are cut off and separated from intimate interaction with God, our Life Source. We cannot be filled, gratified or fulfilled by anything or anyone other than God. Without our Blood Covenant God to defend, protect and supply us, we are “dead.”

The miraculous Good News is that God cannot bear to lose you. You are His beloved, His dream and His passion. He will not turn away from you. He will do whatever it takes to rescue you, even if it kills Him. That is how much you mean to God.

Only when you turn to God with all of your heart, soul and strength, admitting your bankruptcy and helplessness, can He truly work His Salvation and Sanctification into you. When you are emptied of that independent, rebellious self, the Father will reveal His Son TO you, IN you, and THROUGH you!

PARADIGM REVIEW

Review the Phase 1 paradigms “The Beast in the Basement” and “The Beach Ball of Truth.”

CONTENT QUESTIONS

1. What is it that drives us to maintain the false front we present to the world? (pg. 108, paragraph 5)
 - Our shame-based compulsion to hide who we really think we are because of the toxic shame that drives us.
2. Above all, what is God and what is he doing to get your attention? (pg. 111, paragraph 6)
 - God *above all* is love, mercy, and justice. He’s not going to let you be destroyed without first doing everything possible to reveal his love for you by doing whatever is necessary to get your attention.
3. How does God feel about sin? (pg. 120, paragraph 3)
 - God absolutely, eternally hates sin and will never abide it.
4. How does God feel about you? (pg. 121, paragraph 2)
 - God absolutely, eternally loves you and will never forsake you. He loves, likes, and accepts you just the way you are!
5. In light of sin and how God feels about you, what do you need to do and what don’t you need to do, everyday? (pg. 121, paragraph 3)
 - You need to confess and repent (turn from) of your sins each day as God brings conviction through the Holy Spirit. You don’t need to obsess over your fallen condition. That is not the work of God’s Spirit. You need to get in touch with how much you are loved, cherished, provided for and protected by this awesome, indescribably beautiful and holy God of ours.

PERSONAL REFLECTION

1. What is your reaction to The Cooler allegory?
2. Do you see yourself as being in the cooler? Do you see others as being in the cooler, in the same fallen-flesh predicament as you?
3. What lesson can you learn from this allegory about comparing yourself to other people?
4. Why is it necessary for God to open your eyes to your fallen condition?
5. Do you believe you can truly be God’s image and likeness while still living here on earth? If so, what will it take to do so?

SMALL GROUPS MEET

Personal Reflection Questions: (pick select one’s to have them share)

Group Affirmations: Have a small group leader or other member pray aloud that God would open the hearts and minds of all participants to receive the affirmations they are about to hear. Read the group affirmations out loud to one another. Close in prayer.

LESSON 7: YOUR BLOOD BROTHER TO THE RESCUE

OPEN IN PRAYER

LESSON THEME

God isn't mad at us—he is mad at the one who stole us from him. God sent his Son to rescue us from certain death so we could be brought back into right relationship with him. We've all been deceived into thinking we don't need to be saved, or even worse, that we can save ourselves. Jesus died on the cross on our behalf to prove God loves us and can be trusted. He came not only to rescue us from the enemy, but to take this journey with us and provide everything we will need along the way.

REVIEW POINTS

- The Lord has singled and called you out. You must heed God's call and drop everything to follow his lead.
- The spiritual entities of darkness are intent on leading you farther and farther from your Creator and closer and closer to destruction.
- The eternal Living God made a quantum leap downward to your human level so he could tell you of his love and warn you of the eternal consequences of refusing his love.
- God is overwhelmingly Christ-centered to protect you!
- Jesus, the Christ, the Son of God, is everything. Apart from him you can be, do, and have, nothing.
- Christ is the Living God. God's love and provision for you are unshakable and unchanging. Therefore you can put all your faith and confidence in him!
- Christ is here to rescue you, to cleanse and purify you, and to atone and cover for you perfectly, totally, and eternally.
- God is here to save and deliver you--on his terms, not yours. He is always on your side. He loves you. He can be trusted.

KEY SCRIPTURES

- "Trust in the Lord forever, for the Lord, the Lord, is the Rock eternal. (Isaiah 26:4)
- "I am the Vine; you are the branches. If a man remains in me and I in him, he will bear much fruit; apart from me you can do nothing!" (John 15:5-8)
- "I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. I can do everything through Him who gives me strength." (Philippians 4:12-13)
- "Seek first His kingdom and His righteousness, and all these things will be given to you as well. (Matthew 6:31-33)
- "And we know that in all things God works for the good of those who love Him, who have been called according to His purpose...Who shall separate us from the love of Christ?...No, in all these things we are more than conquerors through Him who loved us..." (Romans 8:28-38)

ILLUSTRATIONS AND TEACHING AIDS

EXPLORING THE EMOTIONS

People tend to emotionally connect with the idea of their child being kidnapped. Ask your group members to get in touch with how they would feel and what they would do if their child were kidnapped. Help them to see how God must feel.

CONTENT QUESTIONS

1. What does self-life and the spiritual blindness it creates lead people to believe? (pg. 125, paragraph 4)
 - This leads people to believe that either the God of the Bible doesn't exist or, if he does exist, that he cannot be trusted.
2. Why did the eternal Living God make a quantum leap *downward*? (pg. 127, paragraph 3)
 - So that he could tell us of and show us his love and warn us of the eternal consequences of refusing his love.
3. What is the message of Isaiah 53? (pg. 128, paragraph 3)
 - The eternal blood covenant God made with himself before the foundation of the world required an infinite atonement to save us. Every bit of the perfect performance that Christ turned in as scapegoat for the human race was necessary. There was no other way for God's perfect justice to have been satisfied, for his perfect standards to be met, and his infinite mercy and faithfulness to be consummated except through the suffering and death of his beloved Son, Jesus.
4. What did God's justice require that Christ do? (pg. 129, paragraph 1)
 - God's justice required that Christ become 100% human to legally serve as blood covenant representative for all of humanity before the throne of God. And that meant Christ was required to put 100% of his faith in God and demonstrate total obedience at all times as he was empowered by the Holy Spirit. God's justice required Jesus to do what Adam and the rest of us refused to do and weren't even capable of achieving—to live as the perfect, obedient image and likeness of God.
5. What is God's call to us? (pg. 131, paragraph 1)
 - His call is to drop everything and follow me!
6. What has already been covered, paid for, and freely given to us in the eternal Kingdom of Heaven? (pg. 134, paragraph 3)
 - Everything!
7. Who is God mad at? (pg. 141, paragraph 1)
 - He is mad at Satan, the one who stole and abused you!
8. Why does God love you? (pg. 142, paragraph 2)
 - He loves you because you are his!

PERSONAL REFLECTION

1. Do you see yourself as kidnapped away from your Heavenly Father who loves you?
2. Did the girl in the allegory choose to be a prostitute? Why or why not?
3. How do you feel about the father in the story getting matches so that his daughter can smoke?
4. What activities, habits, or behaviors in your current life do you think Father God would find detestable in his Track A kingdom? Why do you think he would object to these behaviors?
5. Where do you see yourself in this story? Still lost? Still trying to make it on your own? On the doorstep of the house? Inside the house? If you are in the house, are you still keeping God at a distance or are you able to receive his love?
6. How do you feel hearing that God is not mad at you?
7. What will it take for you to feel safe and for you to trust God?

SMALL GROUPS MEET

Personal Reflection Questions: (pick select one's to have them share)

Group Affirmations: Have a small group leader or other member pray aloud that God would open the hearts and minds of all participants to receive the affirmations they are about to hear.

Read the group affirmations out loud to one another. Do this in smaller groups of 3 people.

Close in prayer.

LESSON 8: THE SOURCE WITHIN

OPEN IN PRAYER

LESSON THEME

God said, “I will sprinkle clean water on you, and you will be clean; I will cleanse you from all your impurities and from all your idols. I will give you a new heart and put a new spirit in you; I will remove from you your heart of stone and give you a heart of flesh...And I will put my Spirit in you and move you to follow my decrees and be careful to keep my laws” (Ezekiel 36:25–27). His Spirit now lives in us so we can draw everything we need from him for this incredible journey.

REVIEW POINTS

- God has already provided a perfect, complete solution to every circumstance you face in life.
- God’s eternal covenant required that the Son of God be fully human in order to qualify as the blood covenant representative for fallen humanity.
- Jesus proved to the world that God provides 100% of whatever you need, and therefore can be trusted with 100% of your faith. You have no need for any Track B source, only the real, Track A, Living God.

KEY SCRIPTURES

- “In Him was Life, and that Life was the Light of men. The Light shines in the darkness, but the darkness has not understood it.” (John 1:1-5)
- “He was in the world, and through the world was made through Him, the world did not recognize Him. He came to that which was His own, but His own did not receive Him. Yet to all who received Him, to those who believed in His Name, He gave the right to become children of God—children born not of natural descent, nor of human decision or a husband’s will, but born of God.” (John 1:10)
- “My food,’ said Jesus, ‘is to do the will of Him who sent me and to finish His work.’” (John 4:31-34)
- “Not by might nor by power, but by my Spirit,’ says the Lord Almighty.” (Zechariah 4:6)
- “Then Jesus was led by the Spirit into the desert to be tempted by the devil.” (Matthew 4:1)
- “My Father if it is possible, may this cup be taken from me. Yet not as I will, but as you will.” (Matthew 26:39)
- “If anyone is thirsty, let him come to me and drink. Whoever believes in me, as the Scripture has said, streams of living water will flow from within him.” (John 7:37-38)

ILLUSTRATIONS AND TEACHING AIDS

THE EMPTY WATER BOTTLE

Drill holes in the bottom of an empty water bottle. Bring the empty water bottle along with 6 other water bottles filled to various levels to class. Label the empty water bottle “Me” and name each of the others “Family,” “Work,” “Material Possessions,” “Status,” “Church,” and “Other.” Without letting the class know about the holes in the bottom of the empty water bottle, hold it up and let them guess how much water they think it will take to fill it up (12oz, 16oz, 32oz, etc.) While holding the empty bottle over a bucket, explain how the empty bottle is like us in the way we look to other things to fill us up. At this point start pouring water from each of the other bottles into the empty one. As the water continues to pour out of the bottom of the “Me” bottle, explain that the holes represent the wounds in our lives and that we must allow God to heal them before we can be fulfilled. Explain how God doesn’t want us to look to or become dependent on any source of fulfillment other than Him; He wants to become the permanent source within us to fill us to overflowing.

JESUS' CHOICES

Discuss Jesus' focus, will, choices and actions during the time He was led into the desert to be tempted. Apply the same criteria to His time in the Garden of Gethsemane.

CONTENT QUESTIONS

1. When was it that God took responsibility to make sure that everything his creation would ever need was provided for? (pg. 145, paragraph 3)
 - He did this before the foundation of the world.
2. When we look to Track B people and things to fill and fulfill us, in essence what are we telling God? (pg. 146, paragraph 2)
 - We are telling him that we don't trust him and we don't really need him.
3. Who is the only source who can truly fill you? (pg. 149, paragraph 2)
 - Jesus
4. How did Jesus receive the daily bread God had already provided? (pg. 151, paragraph 4)
 - He received it through ongoing, moment-by-moment fellowship with his Father.
5. To what does self-life appeal to within us, and what does it cause us to do? (pg. 154, paragraph 1)
 - Self-life appeals to fear, which causes us to doubt and mistrust God's love and provision.
6. Did Jesus need anything from this fallen world? Why or why not? (pg. 157, paragraph 3)
 - Jesus needed nothing from this fallen world because he was fully endowed with all that comes from God's kingdom.
7. What is the exodus pattern God uses to bring you to himself? (pg. 159, paragraph 5)
 - He picks you up, calls you to himself, and draws you into the all-consuming fire of his holy, eternal covenant presence, to be transformed and abide with him forever.

PERSONAL REFLECTION

1. What source(s) are your intake tubes drawing from?
2. Are you finding satisfaction and fulfillment in those things or people?
3. What will it take for you to abandon self-reliance and trust God to be your complete provider?

SMALL GROUPS MEET

Personal Reflection Questions: (pick select one's to have them share)

Group Affirmations: Have a small group leader or other member pray aloud that God would open the hearts and minds of all participants to receive the affirmations they are about to hear.

Read the group affirmations out loud to one another. Do this in smaller groups of 3 people.

Close in prayer.

LESSON 9: GOD'S WAYS VS. OUR WAYS

OPEN IN PRAYER

LESSON THEME

The gospel forces us to choose whether we will continue running our own lives, navigating our journey apart from God, or submit to the life of Christ in us and follow the journey he has for us.

REVIEW POINTS

- You must repent of your independence from God and declare spiritual bankruptcy so he can regenerate and save you from eternal destruction.
- Without spiritual eyes and ears you can't see or comprehend the kingdom of heaven.
- Apart from God you can produce only sin.
- When you allow God to work in you through Christ, he transports you to a higher level of being--the kingdom of heaven on earth--through the authority and power of the Holy Spirit.
- Everything is already done, provided for, and covered by God's eternal covenant in the kingdom of heaven.
- Your spirit is born again the moment you accept Christ, but submission to him is a slow, often excruciating death process.

KEY SCRIPTURES

- "Let the wicked forsake his way and the evil man his thoughts. Let him turn to the Lord and He will have mercy on him, and to our God, for He will freely pardon. 'For My thoughts are not your thoughts, neither are your ways My ways,' declares the Lord. 'As the heavens are higher than the earth, so are My ways higher than your ways and My thoughts than your thoughts.'" (Isaiah 55:7-9)
- "...all our righteous acts are like filthy (menstrual) rags." (Isaiah 64:5-7)
- "...Woe to you, teachers of the law and Pharisees, you hypocrites! You are like whitewashed tombs, which look beautiful on the outside but on the inside are full of dead men's bones and everything unclean..." (Matthew 23:24-28)
- "I will destroy the wisdom of the wise; the intelligence of the intelligent I will frustrate..." (1 Corinthians 1:18-25)
- "I tell you the truth, whoever hears My word and believes Him Who sent Me has eternal Life and will not be condemned; he has crossed over from death to Life..." (John 5:24-30)

ILLUSTRATIONS AND TEACHING AIDS

FIGHTING THE 'NOT GOOD ENOUGH' FEELING

Sometimes at this point certain participants will begin to feel 'not good enough'. Remind them of the following things:

God is not mad at us, He is mad at the one who has stolen us away.

God knew everything about us when He chose to forgive us and make provision for our sin.

We are the object of God's infinite love and His faithful love endures forever!

Satan would love nothing better than to use his 3-pronged lie to hook us and pull us away from the fellowship God wants to have with us.

RESCUING MAGGOTS

Imagine that you saw a garbage can brimming with trash, and the contents were about to be incinerated. Amidst the decaying refuse, you discovered there were millions of maggots about to go to their eternal destruction. Since you wanted to save the maggots from death, you began yelling into the garbage can—warning them of their impending doom. But they wouldn't listen to you as they were on a totally different level of existence and awareness.

What would be the best way to communicate with them?

How could you get them to leave their dangerous situation and follow you into safety?

If you could set aside your humanity and become a maggot in order to show them the reality of another life and the way to get there, would you do it?

Can you imagine how it must have felt for Jesus to give up His divinity to come to earth as one of us—the infinite God confined in human flesh?

Can you imagine what it must have been like to subject Himself to the abominable things of this world while being ridiculed, rejected and persecuted by His own rebellious creation? Now that's selfless love!

CONTENT QUESTIONS

1. What did Jesus come to earth to do as our eternal covenant representative? (pg. 165, paragraph 2)
 - He came to lead us into his own death and then out the other side into his resurrection.
2. What does it mean to be holy? What does it mean when God declares that you are holy? (pg. 166, paragraph 1)
 - To be holy means to be set apart. When God declares we are holy it means that he has set us apart for his service. "I have set you apart; now, live like you are set apart."
3. When it comes to the blood covenant, what is it that God is expecting us to pull off? (pg. 170, paragraph 1)
 - Nothing! He knows we can't pull anything off. All he is expecting us to do is to let Jesus live his life through us, while we remain crucified to our own ways.
4. What was certain about those who had been in the presence of Jesus? (pg. 172, paragraph 6)
 - They could no longer remain neutral. You either fell face down and repented before the Son of God, or you feared, despised and resisted him.
5. What is the Kingdom of Heaven here to do and not do? (pg. 175, paragraph 3)
 - The Kingdom of Heaven is here to kill your radical independence from God and bring you under the lordship of Christ. It is not here to help you out, to be your copilot, or to be our butler or masseuse.
6. What are you doing if you try to achieve spiritual, eternal results on your own? (pg. 176, paragraph 2)

- You're still buying into the lie: that what God has done through his Son isn't really sufficient to meet your needs and make you "good enough".

PERSONAL REFLECTION

1. What are your thoughts on the tremendous gap between you and God which the Beelzebub, The Lord of the Flies allegory illustrates?
2. Do you recognize your desperate need for Christ? Explain why or why not?
3. How do you feel about the Gospel's demand that self-life must be abandoned so that Christ can live his life from within you?
4. In what areas are you most resistant to giving up control to God?

SMALL GROUPS MEET

Personal Reflection Questions: (pick select one's to have them share)

Group Affirmations: Have a small group leader or other member pray aloud that God would open the hearts and minds of all participants to receive the affirmations they are about to hear. Read the group affirmations out loud to one another. Do this in smaller groups of 3 people. Close in prayer.

LESSON 10: FOLLOW ME

OPEN IN PRAYER

LESSON THEME

Jesus called each of his disciples to drop everything and follow him. If we want to be one of Christ's disciples and take this journey with him, we must do the same.

REVIEW POINTS

- Jesus' plan wasn't focused on this world or on what the disciples would do for God, but rather on what God had already done for humanity.
- The more God reveals himself to you, the more you are drawn to him by his love.
- True disciples are no longer led by their wits, but have learned to trust and obey God as he leads and directs them through his Spirit and by his word. For anyone who would be a disciple, self-life must die.
- Rather than seeking those considered "wise," Jesus instead called ordinary men who would repent of their ways and follow him.
- When you cooperate in removing distractions, God reveals himself and empowers you with his strength rather than your own.
- Because of God's faithfulness, you can put airtight trust in him at all times and in all circumstances to provide everything you will ever need.
- God can be trusted completely at all times with airtight, blood-covenant faith and rest. He does much better for you than you could ever do for yourself!

KEY SCRIPTURES

- "The Son can do nothing by Himself. He can do only what He sees His Father doing..." (John 5:19-20)
- "Brothers, think of what you were when you were called. Not many of you were wise by human standards..." (1 Corinthians 1:26-29)
- "When I came to you, brothers, I did not come with eloquence or superior wisdom as I proclaimed to you the testimony about God. For I resolved to know nothing while I was with you except Jesus Christ and Him crucified. I came to you in weakness and ..." (1 Corinthians 2:1-8)
- "By their fruit you will recognize them...but only he who does the will of My Father" (Matthew 7:15-23)
- "When they saw the courage of Peter and John and realized that they were unschooled, ordinary men, they were astonished and they took note that these men had been with Jesus." (Acts 4:13)

ILLUSTRATIONS AND TEACHING AIDS

THE VALUE OF WEANING PENS

Often times some participants will have difficulty with the "Weaning Pen" paradigm because they project the abusive control they have experienced from others in this world onto God. We can help these individuals by:

Reassuring them that God loves us unconditionally and has only our best interest in mind. His Divine Nature is Good, Holy, Righteous and Just. Therefore, it is impossible for Him to be abusive or cruel. (Fruits of the Spirit, Galatians 5:22-23 and Characteristics of Love 1 Corinthians 13:4-8)

Comparing the weaning process that God takes us through to healthy parenting. What would happen to a child if its parents never set boundaries or trained and disciplined that child against destructive behavior?

Helping them see that their hesitancy or fear of the weaning pen stems from belief in 'The Lie' that God cannot be trusted.

SUNGLASSES AND EARPLUGS

Take a pair of sunglasses and tape dark colored paper over the lenses. Find a pair of earplugs or a set of earphones. Put on the sunglasses and earplugs and ask the group for suggestions on what kinds of things can be seen and heard with these 'barriers' on. Explain that this is a picture of how we've been living in Track B. We thought what we saw with this dark, very small range of view, was all there was to see. And we thought the muffled, distorted sounds we heard was all there was to hear. (If you have headphones you could use the example of only being able to hear ONE radio station and no other sounds.) But now ... (remove the sunglasses and earplugs) we can see that THIS is the real world—Track A.

CONTENT QUESTIONS

1. Instead of focusing his plan on his world and what the disciples would do for God, what did Jesus focus on? (pg. 180, paragraph 1)
 - He focused on what God had already done for humanity.
2. How do we grow and develop into the spiritual maturity God has intended for us? (pg. 185, paragraph 3)
 - We do this by learning to trust God as our sole provider and embracing the weaning process.
3. What was the specific task the Holy Spirit accomplished, through Christ, on earth? (pg. 187, paragraph 4)
 - Through Christ, the Holy Spirit announced and ushered in the finished reality of the Kingdom of Heaven and the death and burial of self-life through baptism into his death.
4. What characterizes a true disciple? (pg. 187, paragraph 7)
 - True disciples are no longer led by their wits, but have learned to trust and obey God as he leads and directs them through his Spirit and by his Word.
5. What was it that Paul had to be weaned from and trained to do? (pg. 188, paragraph 3)
 - Paul had to be weaned from relying on education, prestige, power, and even religion. He had to be trained to spread the good news through the power of the Holy Spirit rather than using clever words and man's wisdom.
6. What kind of men did the Spirit direct Jesus to choose as his disciples? (pg. 189, paragraph 2)
 - Jesus was directed to choose men who were considered unfit and unacceptable by the world's standards. Rather than seeking those considered "wise," Jesus instead called ordinary men who would repent of their ways and follow him.
7. When people living apart from Christ see transformed disciples standing with Christ in the arena of life, what happens? (pg. 189, paragraph 4)
 - When they see such spectacular results as the transformed disciples standing with Christ in the arena of life, everyone else "in the bleachers" knows a greater power is at work. The

bystanders realize God is present in the person of his Son. They recognize the Son is creating these amazing results, and thus can be trusted and relied upon with total faith.

8. Time after time, what did Jesus demonstrate to the disciples? (pg. 193, paragraph 4)
 - He demonstrated what happens when self-life is crucified: God responds every time out of his eternal covenant promises.
9. How often and how completely can God be trusted? (pg. 195, paragraph 4)
 - God can be trusted completely at all times with airtight, blood-covenant faith and rest. He does much better for us than we could ever do for ourselves!

PERSONAL REFLECTION

1. What is your reaction to the Weaning Pen allegory? Do you feel that you are in a weaning pen right now? If so, why?
2. As you look back on your life, describe a weaning pen experience. What do you think God was weaning you from at that time?
3. What do you feel your responsibility will be as you go through future weaning pens?
4. How much do you trust God? Is there anything you know you are still withholding from him? If so, what will it take for you to trust him completely?

SMALL GROUPS MEET

Personal Reflection Questions: (pick select one's to have them share)

Group Affirmations: Have a small group leader or other member pray aloud that God would open the hearts and minds of all participants to receive the affirmations they are about to hear. Read the group affirmations out loud to one another. Do this in smaller groups of 3 people. Close in prayer.

LESSON 11: WATCH ME

OPEN IN PRAYER

LESSON THEME

Jesus invited his disciples to live with him 24/7 so they could watch and learn from him as he demonstrated total obedience, placing 100% trust in his Father and 0% trust in himself. The crucifixion was the final lesson Jesus taught his disciples about this journey on earth.

REVIEW POINTS

- Before Christ can live through you, you must first be crucified to self-life.
- God doesn't possess or dominate anyone against their will. Rather, God wants your trust and cooperation.
- To become a disciple you must connect spiritually, mentally, and emotionally with Christ himself.
- True disciples have been crucified. They have no other life to return to. Christ is their life.
- Your Heavenly Father has already performed and provided everything necessary on your behalf for all creation.

KEY SCRIPTURES

- "Then Jesus came to them and said, 'All authority in heaven and on earth has been given to Me. Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age.'" (Matthew 28:18-20)
- "I will put my Spirit in you and move you to follow my decrees...You will be my people, and I will be your God..." (Ezekiel 36:23-29)
- "For it is God who works in you to will and to act according to His good purpose." (Philippians 2:12-13)
- "Since then, you have been raised with Christ, set your hearts on things above, where Christ is seated at the right hand of God. Set your minds on things above, not on earthly things. For you died, and your life is now hidden with Christ in God. When Christ, who is your life, appears, then you also will appear with Him in Glory." (Colossians 3:1-4)
- "I tell you the truth, unless you eat the flesh of the Son of Man and drink his blood, you have no life in you'...On hearing it, many of his disciples said, 'This is a hard teaching. Who can accept it.'...From this time many of his disciples turned back and no longer followed Him. 'You do not want to leave too, do you?' Jesus asked the Twelve. Simon Peter answered him, 'Lord to whom shall we go? You have the words of eternal life. We believe and know that you are the Holy One of God.'" (John 6:53-69)
- "Anyone who loves his father or mother more than me is not worthy of me; anyone who loves his son or daughter more than me is not worthy of me; and anyone who does not take his cross and follow me is not worthy of me. Whoever finds his life will lose it, and whoever loses his life for my sake will find it." (Matthew 10:37-39)

ILLUSTRATIONS AND TEACHING AIDS

WHOSE WORDS AND ACTIONS?

Have you ever experienced your parent's familiar phrases or actions coming out of you without any conscious thought on your part? We know this is because those old phrases and behaviors were videotaped and stored in our brains at an earlier age. But what about the familiar phrases and actions of Jesus? Now that we have started to rewire our minds and brains with God's Truth—that Christ is now living in us—we will hopefully begin to experience Jesus coming through our words and behaviors. Not just because we have prepared a neurological pathway

by putting pictures of Him into our minds and brains, but because His Presence lives in our flesh by the Power of the Holy Spirit.

SUPER-CONDUCTIVE GOD-BRINGERS

Absolute zero is the temperature at which all materials stop any motion; even at the atomic level. This temperature is -459 degrees Fahrenheit. Scientists have begun reaching this temperature with certain types of matter. The findings of this research states that when you get atoms at this low of temperature, they start behaving in ways scientists have never seen. The first is that they exhibit no resistance to conducting electricity. This is called a “superconductor”. The second is the atoms seem to lose their identity. Instead of acting like individual particles, they start acting like waves. Then these waves start overlapping with each other and the atoms stop acting like individual particles but act like they are a single atom that is everywhere. The individual atoms cannot tell which atom they are. They all think they are each other and they all do the same thing, rest. They are all in one big quantum state of resting together. Can you see any analogies with a Christ-centered life? When we reach our absolute zero, when we die 100% to ourselves, we no longer have any resistance to what God wants to conduct through us. We are God’s Super-Conductive God-Bringers! Also, when we reach our absolute zero, we will not see ourselves as individuals but as one, Christ-centered being. We will have no beginning or end. We will have complete rest in Christ.

CONTENT QUESTIONS

1. Who is the equivalent of the tennis master for your life and what does this “master” want to do within you? (pg. 205, paragraph 1)
 - Your “tennis master” is the Holy Spirit, and he will empower you to obey God’s directives as you surrender yourself to Christ within you!
2. Through the indwelling of the Spirit in Christ’s followers, what does Christ have? (pg. 206, paragraph 3)
 - Christ gains an ongoing, eternal body through which to reveal himself to the world.
3. If you’re going to convert a concrete parking lot into a high-yield wheat field, what must first be done? How is this picture similar to us? (pg. 207, paragraph 4)
 - If you’re going to convert a concrete parking lot into a high-yield wheat field, the concrete must first be broken up and hauled away. Then the ground can be plowed and made receptive to seed. We’re the same way. When our mental “concrete” is being broken up, the process is laborious and excruciating at times, which is why you have probably felt the distress of this process throughout your journey.
4. When the original disciples watched Jesus what did they see? (pg. 208, paragraph 2)
 - They watched a man with absolutely no self-life that actually loved and obeyed the God of Abraham, Isaac, and Jacob in all things, at all times, with ALL of his heart, ALL of his soul, and ALL of his strength, just as Deuteronomy 6 required.
5. The moment we take up our cross and follow the example of Christ, what happens? (pg. 209, paragraph 3)
 - From then on we are crucified to our self-life ways.
6. What is the difference between the multitudes and the true disciples of Jesus? (pg. 211, paragraph 1)
 - To the multitudes, Jesus was a miracle-working curiosity. After they got what they needed from him, the crowd would go back to the same old “my life” pattern. But true disciples have been crucified. They have no other life to return to. Christ is their life. The multitudes

come and go, but disciples remain with the master because that's where their hearts and souls abide—in Christ.

7. As you learn to take God at his Word and live according to his ways what will happen? (pg. 212, paragraph 6)
 - As we learn to take God at his Word and live according to his ways, we can confidently settle into the Promised Land of his covenant provision. We will never have cause to be anxious or to feel insecure or abandoned. Our Heavenly Father has already performed and provided everything necessary on our behalf for all of creation.
8. By revealing the eternal covenant, what did Jesus accomplish? (pg. 213, paragraph 3)
 - By revealing the eternal covenant, Jesus proved beyond question that God is faithful and can be trusted. To an infinite degree, we already have everything we will ever need.
9. What is the essence of self-life? (pg. 214, paragraph 5)
 - This is the essence of self-life: Instead of turning to God, self-life takes matters into its own hands. Self life prompts us to think up solutions to our problems. We then act according to what seems to make sense, which cuts us off from knowing all the reasons we could afford to rest in the arms of our loving Creator.
10. Did Jesus see problems or opportunities? (pg. 216, paragraph 3)
 - Everything in life became an opportunity for Jesus to teach his disciples how God protects and provides for his people at all times, in all situations.
11. What does of the death of self-life look like in *your* life? (pg. 218, paragraph 2)
 - When you surrender your self-life comfort zones, attitudes, and actions as living sacrifices on the altar, Christ replaces what you have given up with all that comes from the Kingdom of Heaven. He penetrates to the core of your being with his covenant life and love. He transforms you through consistency and repetition, like a piece of iron thrust into a roaring blast furnace. As the iron abides in the furnace, the purifying fire penetrates, saturates, and marinates the metal until it becomes white-hot and free of slag.

PERSONAL REFLECTION

1. What “mental concrete” in your life still needs broken up and hauled away?
2. Are you ready to drop everything, allow your self-life to be crucified, and follow Christ? How do you feel about stepping out of the bleachers to become a true disciple of Jesus Christ? What fears or reservations do you have?
3. Ask God to reveal to you areas in your life where you have not completely trusted him. Express your repentance to him and ask him to take control of those areas.

SMALL GROUPS MEET

Personal Reflection Questions: (pick select one's to have them share)

Group Affirmations: Have a small group leader or other member pray aloud that God would open the hearts and minds of all participants to receive the affirmations they are about to hear. Read the group affirmations out loud to one another. Do this in smaller groups of 3 people.

Close in prayer.

LESSON 12: NOW YOU

OPEN IN PRAYER

DONATION FOR CHRIST-LIFE MINISTRIES (Only do this if you feel it is appropriate)

Tell the group members that if they have benefited from their Phase 2 experience to consider giving a donation to Christ-Life ministries to “pay it forward” for others to be able to experience the healing and growth that they have. The Ultimate Journey books they purchase cover less than 50% of the necessary funds to operate. At next week’s meeting we will be giving you the opportunity to contribute to this ministry by making a financial donation.

PHASE 2 EVALUATION

Remind them to log on to the Christ-Life Ministries website to fill out an evaluation for Phase 2. Let them know how much you appreciate their feedback. (Note: Christ-Life Ministries will forward the evaluations to your Group Director and they will pass on the information to you, the Phase 2 facilitator). There is a copy of a Phase 2 Evaluation Form at the end of the Leader’s Guide or on the website if you need to make hard copies for people in your group that do not have online access.

PHASE 3 SIGN UP

Have a way for people to sign up for Phase 3. Given them the meeting dates and times or make sure you have their contact information so you can let them know when this information is available.

THE TITLE DEED CEREMONY

Briefly go over what will happen next week at the Title Deed service. Let the group know that this will be a solemn and serious event, as they are about to enter a covenant with God. But let them know that this is not solemn as in sad, but as in life-changing, like a wedding. Assure them that though this is a covenant ceremony; no blood will be shed—as that has already been done by our Covenant Representative. Allow them to ask questions concerning anything they are unsure or uncomfortable about. It may be necessary to meet privately with a group member regarding their concerns about going through the Title Deed Ceremony.

LESSON THEME

While Jesus isn’t physically among us as he was with his first disciples, his Spirit now lives in us so we can draw everything we need from him. If we are serious about taking this journey, it is now our turn to place 100 percent trust in Christ, pick up our cross, and follow him as living sacrifices.

REVIEW POINTS

- You are being commissioned to follow the “Watch me, now you” pattern of discipleship.
- You need to repent of believing the lie that God can’t be trusted. And You need to repent of depending on created things rather than putting our hope and trust in our Lord and Creator.
- After Pentecost, the disciples were no longer merely with Jesus. Now he was in them and they were in him!
- Satan can’t get to your soul once it is submitted to God and focused on Christ-in-you, drawing upon his life through the Holy Spirit.
- With Christ in you, you are on new, eternal, Track A heavenly ground that is off-limits to rebellious, fallen, defeated Track B angels.

KEY SCRIPTURES

- “His disciples remembered that it is written: ‘Zeal for Your House will consume Me.’ Then the Jews demanded of Him, ‘What miraculous sign can you show us to prove Your authority to do all this? Jesus answered them, ‘Destroy this temple, and I will raise it again in three days’ The Jews replied, ‘It has taken forty-six years to build this temple, and You are going to raise it in three days?’ But the temple He had spoken of was His Body. After he was raised from the dead, His disciples recalled what He had said. Then they believed the Scripture and the words that Jesus had spoken.” (John 2:17-22)
- “For we are the temple of the living God. As God has said: ‘I will live with them and walk among them, and I will be their God, and they will be my people.’” (2 Corinthians 6:16)
- “Again Jesus said, ‘Peace be with you! As the Father has sent me, I am sending you.’ And with that He breathed on them and said, ‘Receive the Holy Spirit.’” (John 20:21-22)
- “I tell you the truth, unless a kernel of wheat falls to the ground and dies, it remains only a single seed. But if it dies, it produces many seeds. The man who loves his life will lose it, while the man who hates his life in this world will keep it for eternal life. Whoever serves Me must follow Me; and where I am, my servant also will be. My Father will honor the one who serves me.” (John 12:24-26)

ILLUSTRATIONS AND TEACHING AIDS

PARADIGM REVIEW

Briefly recount “The Incredible Switchover” paradigm.

BECOMING A TEMPLE OF THE HOLY SPIRIT

Read John 20 and review the following points:

Jesus had just risen from the dead and the first thing He did was “breathe” on them.

They received the Holy Spirit—New Birth.

They became temples of the Holy Spirit

Read Luke 23:44 (Jesus final moments of His crucifixion)

They had lived with Him for 3 years but it wasn’t until this moment that the Holy Spirit could take up residence within them. The Temple had to be purified by the blood of the sacrifice. It was with Jesus’ Blood shed on the cross that we were purified. Now that we are made holy, righteous, and just IN our Covenant Representative, the Holy Spirit can take His rightful place in His Temple—you and I.

The Living God, Creator of the Universe, lives in you!

CONTENT QUESTIONS

1. What does it mean to repent? (pg. 230, paragraph 1)
 - To repent is to change your mind--to do an about-face.
2. Who is the only one qualified to *make* disciples? (pg. 232, paragraph 1)
 - Jesus, of course.
3. To whom will Christ-Life not make any sense? (pg. 233, paragraph 1)
 - It will not make any sense to anyone whose intent is to maintain his or her own opinions, agenda, life and liberty while pursuing happiness.

4. What is the identical purpose, motive, and destiny that all who choose Christ as their covenant representative share? (pg. 234, paragraph 3)
 - That Christ may appear over all the earth to take back all that is his. That's how united they are to be with him and how much they are to unite and identify with one another. That is the essence of the New Covenant Family of God.
5. How is it possible for the fallen souls of regenerated believers to still be hammered and pinned to the ground by the Track B powers of this world? (pg. 236, paragraph 1)
 - It is possible if you continue to believe the lies of the enemy.
6. What is Jesus ready to do for you and what are you free to choose? (pg. 239, paragraph 5)
 - Jesus is real, risen, and here among us. He's ready to make the great life exchange—your life for his. You get to choose whether you will accept his offer of Track A salvation and sanctification or whether you will continue to reject his life and go after something of your own choosing, something created and temporary from Track B.

PERSONAL REFLECTION

1. What do you think a life completely taken over by Christ will look like? What will Christ produce in and through that life?
2. How will you respond to Christ's call asking you to choose him, his life, and his provision for yourself?

SMALL GROUPS MEET

Personal Reflection Questions: (pick select one's to have them share)

Group Affirmations: Have a small group leader or other member pray aloud that God would open the hearts and minds of all participants to receive the affirmations they are about to hear. Read the group affirmations out loud to one another. Do this in smaller groups of 3 people. Close in prayer.

LESSON 13: WHAT'S NEXT?

OPEN IN PRAYER

DONATION FOR CHRIST-LIFE MINISTRIES

If you have decided to receive a donation for Christ-Life Ministries, this would be a good time to do that. If they want to write a check make it payable to Christ-Life Ministries. They can also go online and use a credit card for a one time gift or an automatic monthly donation.

PHASE 3 SIGN UP

Have a way for people to sign up for Phase 3. Give them the meeting dates and times or make sure you have their contact information so you can let them know when this information is available.

LESSON THEME

If we choose Christ as our covenant representative and let his perfect track record represent us, we must exchange lives with him. A title deed denotes ownership with all of the associated rights and privileges. God has been calling us to become one with him and join him on this journey. The time has come to sign over the title deed of our lives to God.

REVIEW POINTS

- You can only begin to fulfill your God-given responsibility when you stop trying to “give the message” and instead become responsible and sufficiently genuine in your words and actions to be the message!
- You become the message when you leave the bleachers of life and enter the arena of testimony to join your risen Lord in combating the powers of darkness and your own Track B self-life.
- Because of the eternal blood covenant, you and Christ can become and remain one forever.
- With your submission and consent, Christ does 100% of all that is necessary within you because he knows that apart from him, sin has rendered you bankrupt and incapable of doing anything acceptable to God. That's why he does everything--100%.
- God has given himself to you wholeheartedly without reservation. He has held nothing back. Now you must choose whether you will reciprocate in kind--by giving all of yourself to him unconditionally.

KEY SCRIPTURES

- “I will bless those who bless you, and whoever curses you I will curse; and all peoples of the earth will be blessed through you.” (Genesis 12:3)
- “But I tell you the truth; It is for your good that I am going away. Unless I go away, the Counselor will not come to you; but if I go, I will send Him to you...But when He, the Spirit of truth comes, He will guide you into all truth.” (John 16:7 and 13)
- “Do not leave Jerusalem, but wait for The Gift My Father promised, which you have heard Me speak about. For John baptized with water, but in a few days you will be baptized with the Holy Spirit.’ So when they met together, they asked him, ‘Lord, are You at this time going to restore the kingdom to Israel?’ He said to them: ‘It is not for you to know the times or dates the Father has set by His own authority. But you will receive Power when the Holy Spirit comes on you; and you will be My witnesses in Jerusalem, and in all Judea and Samaria, and to the ends of the earth.’” (Acts 1:4-8)

- “Yet a time is coming and has now come when the true worshippers will worship the Father in spirit and truth, for they are the kind of worshippers the Father seeks. God is Spirit and His worshippers must worship in spirit and in truth!” (John 4:19-24)
- “...and about three thousand were added to their number that day. They devoted themselves to the apostles’ teaching and to the fellowship, to the breaking of bread and to prayer. Everyone was filled with awe, and many wonders and miraculous signs were done by the apostles. All the believers were together and had everything in common. Selling their possessions and goods, they gave to anyone as he had need. Every day they continued to meet together in the temple courts. They broke bread in their homes and ate together with glad and sincere hearts, praising God and enjoying the favor of all the people. And the Lord added to their number daily those who were being saved.” (Acts 2:38-47)
- Luke 10:1-3 “...The harvest is plentiful, but the workers are few. Ask the Lord of the harvest, therefore, to send out workers into His harvest field. Go! I am sending you out like lambs among wolves.”
- “I will make you into a great Nation and I will bless you; I will make your name great, and you will be a blessing. I will bless those who bless you, and whoever curses you I will curse; and all the peoples of the earth will be blessed through you!” (Genesis 12:2-3)
- “Anyone who loves his father or mother more than me is not worthy of me; anyone who loves his son or daughter more than me is not worthy of me; and anyone who does not take his cross and follow me is not worthy of me. Whoever finds his life will lose it, and whoever loses his life for my sake will find it.” (Matthew 10:37-39)
- “If you confess with your mouth, ‘Jesus is Lord,’ and believe in your heart that God raised Him from the dead, you will be saved. For it is with your heart that you believe and are justified, and it is with your mouth that you confess and are saved. As the Scripture says, ‘Anyone who trusts in Him will never be put to shame.’” (Romans 10:9-11)

CONTENT QUESTIONS

1. What responsibility has God entrusted you with if you decide to follow him? (pg. 243, paragraph 3)
 - For those who would follow, God is entrusting us with the responsibility of continuing to explore and transmit the nature and truth of his eternal covenant to the generations that follow, just as he has intended throughout history. We begin to fulfill this God-given responsibility, however, only when we stop trying to “give the message” and instead become responsible and sufficiently genuine in our words and actions to be the message! Not until we are willing to trust and obey God 100 percent, to the exclusion of anything or anyone else competing for our affections, will we become the true message.
2. What is the intent and goal of *The Ultimate Journey*? (pg. 245, paragraph 1-2)
 - The Ultimate Journey is not a new religious organization or denomination. Rather we’re here to connect with Christ himself so together we can become one world-wide body as we meet and connect in him. We come together to make ourselves available to Christ so that he can teach and guide us as individuals and collectively as his body. We have no intent or desire to further divide the Body of Christ by creating a new organization for people to join or follow. We have simply come to love and serve Christ as we love and serve each other—to be one in him.
3. What did the covering of the nakedness of Adam and Eve with animal skins signify? (pg. 245, paragraph 7)

- This act by God signified the covenant substitute covering that prefigured the sacrifice of Christ, the Lamb of God. By providing this covering, God created a way for Adam and Eve and all their descendants to be pre-connected to the new covenant he had in mind. After that it was up to Adam and Eve, and likewise to their descendants, to choose to believe and continue following God's covenant pattern.
4. What is the meaning of the Greek word, *hamartia*, and what does it mean for you? (pg. 247, paragraph 3)
 - The Greek word *hamartia*, "missing the mark," points to the absolute inability of man to measure up to God's standard. The target is the commands of God. The commands are his holy standards, and because you fall short, you are guilty on all accounts.
 5. What is it that God invites you to and wants to have with you? (pg. 247, paragraph 5)
 - God invites you to the most intimate, loving relationship imaginable—discipleship! Betrothal and marriage in the biblical sense is the only example that comes close to describing the relationship God wants to have with you—the relationship he intended all along. You are called by God to marry into all that he is and has.
 6. What is the only possible way for you to succeed in traveling *The Ultimate Journey*? (pg. 248, paragraph 6)
 - You must learn to do everything with God, in God, and from the indwelling love, power, and wisdom of God. From now on you don't live by your own Track B self-life; you live by the Holy Spirit's Track A power. Christ is your life and agenda from now on. Self-life must be dead and gone. God's rescue mission is based upon Christ being the life that operates and acts from within you.
 7. It is better to outwardly reject Christ than to pretend to serve him while betraying him in your heart. (pg. 249, paragraph 3)
 8. If you are still uncertain about moving forward in total commitment to Christ, what is it okay for you to do at this point? (pg. 250, paragraph 5)
 - If this is where you are, understand that it is safe for you to express such feelings and discuss them with your group leader. You can only be where you are; no one is going to try to force you to do anything. Please, discuss your feelings with your facilitator before the final meeting.
 9. If you are concerned that you will not be able to keep this type of commitment what is it that you need to remember? (pg. 251, paragraph 4-5)
 - This is precisely *why* we need Christ as our covenant representative? *None of us* can live the perfect, sinless life no matter how hard we try. We cannot please God apart from Christ. *You may still be expecting too much of yourself*—depending on self-life. The truth is we can't do it, and never could. This is why we need such a radical transformation. We must exchange the fatally flawed self-life, through which could never meet God's standard, for the flawless performance of Christ in us and the peace and rest he bestows once we cease striving and recognize and accept all he has done on our behalf.

PERSONAL REFLECTION

1. Write a letter explaining what God has done in your life to bring you to this point.
2. If you are ready to abandon your "self-life ship," write a letter saying good-bye to your independent self-life.
3. Write a letter to God sharing why you want to enter into covenant with him and exchange your self-life for Christ's life in you.

SMALL GROUPS MEET

Personal Reflection Questions: (pick select one's to have them share)

Group Affirmations: Have a small group leader or other member pray aloud that God would open the hearts and minds of all participants to receive the affirmations they are about to hear.

Read the group affirmations out loud to one another. Do this in smaller groups of 3 people.

Close in prayer.

The Title Deed Ceremony

THE PURPOSE

- **Vital to mind renewal.** Participation in the Title Deed Ceremony is vital to the mind-rewiring process. This event gives our brain a tangible anchor in time and space that marks the end of our independent life and the beginning of our life of Christ-in-us.
- **This is not Salvation.** This event is not intended to mark the point of Salvation. Some people may have given their life to Christ many years before this.
- **Marks a deepening in understanding.** For some it will mark a deepening of their understanding as to what Salvation really means—death to self and alive in Christ. Or, in other words, death to self-life and alive to Christ-Life. Participation in this ceremony will create a moment in time for their brains to remember and refer back to when their self-life tempts and tries them, or the lies of the enemy come.
- **Publicly accept your God-given identity.** This is also a point in time when group members publicly accept their true, God-given identity as a child of God, indwelt by the Life of His Son. Even if they feel they have done this before, repetition never hurts and only helps in the rewiring process.
- **Rest assured** that participation in this Ceremony is not a prerequisite for Salvation or Sanctification. God has managed to save and transform people for many centuries without a Title Deed Ceremony. And this Ceremony is not performed to meet a religious or ritual requirement of *The Ultimate Journey*. Participation is done voluntarily out of love for Christ!
- **No pressure.** Group members should not be pressured to participate in the Ceremony. However, if a group member feels they cannot support the idea of giving the Title Deed of ‘their life’ to Christ and allowing Him to live in them, then there is no point in that person moving on to Phase 3. Phase 3 is all about rewiring our minds with God’s Truth that Christ lives in us!

CONCERNS AND CONFLICTS

- **Fear of public speaking.** You may have a group member who is very intimidated by the thought of sharing or speaking in public. Assure them that this will be a relaxed and love-filled gathering. Remind them that this is a good time to practice the ‘Now You’, by allowing Christ-in-them to take over. Also, since the letters they are going to share are already written out, they just need to focus on reading them.
- **Fear of rituals.** You may have a group member who is concerned about participating in a ritual that is not in the Bible. Assure them that this is not a requirement, but we participate voluntarily out of love for Christ. You can also share some of the information in “The Purpose” section listed above.
- **Shedding Blood.** With the concept of the blood covenant, someone may draw the conclusion that they are going to need to cut themselves at the Ceremony. Please let the group know that there will be no cutting involved. The Blood was already shed by Christ!
- **Scheduling conflicts.** If you have someone who cannot attend the Ceremony due to an unavoidable scheduling issue, you, as well as some other group members who are willing,

may even schedule a special shortened session just to allow this person to share their letters and pray over them. Or, you may try to locate another group who will be holding a Title Deed in the future. Encourage this person to participate in a Ceremony at some time in the future, even if it has to be in six months or a year.

- **Search for underlying issues.** Sometimes group members have fears and concerns that will not allow them to participate in the Ceremony. Though group members should not be pressured to participate, it is still good for the Leader to try to uncover the underlying issues behind their feelings. The Group Leader should visit privately with this person, and often these fears and hesitations can be alleviated.
- **Refusing to participate.** If a group member feels they are just not ready to participate, they can attend the Ceremony as an observer. This may help alleviate fears they have for a future Ceremony. Then they should consider revisiting Phase 1 or Phase 2. As stated above, if a group member feels they cannot support the idea of giving the Title Deed of 'their life' to Christ and allowing Him to live in them, then there is no point in that person moving on to Phase 3. Phase 3 is all about rewiring our minds with God's Truth that Christ lives in us!

PLANNING

- **Schedule the Title Deed Ceremony.** Discuss with the group whether they want to have the Title Deed Ceremony at the end of the 13th meeting, or at another time. If you decide on another date and time, make sure it agrees with the schedules of all group members. Also, make sure the facility where you are currently meeting is available. Many groups choose to have the Ceremony at someone's home.
- **Write letters to share.** Make sure group members understand they are responsible to write the three items that appear in the Personal Reflection section of Chapter 13 in their Workbooks. They will need to bring them to share during the Ceremony.
- **Baptism.** Some group members may want to be baptized. At some point, if they have not already done so, group members should obey the commands of Scripture and submit themselves through the local Church Body of their choice, to the public rite of water baptism. Sometimes participants desire to be baptized again to acknowledge their new understanding of the death of their old life and the beginning of their new life in Christ. If there are several in your group who want to be baptized, you could arrange to make it part of your group's Title

- **Deed Ceremony.** Baptisms can be done in public or private swimming pools, safe swimming areas of nearby bodies of water, or local church baptisteries.
- **Laying Track B Self-Life at the cross.** Some groups leading up to the ceremony are asked to think of specific Track B things they need to leave behind. Each group member writes those things on a piece of paper. If they have a cross in their sanctuary or another place to do it, they each put their paper in a fire proof container. It is a solemn occasion. Afterwards they go outside and light a match to the contents. Of course, the match lighting part would need to be something that is approved by the church or city and safety precautions used. It is just another symbol of leaving the self-life behind as it is being exchanged for Christ-Life.
- **Decide on a meal.** Many groups enjoy sharing a meal together at the end of the Ceremony, in following the covenant ceremony traditions of the past. This is optional. Allow your group to have input if they want to do it or not. Some groups choose to do a pot-luck style meal; that way everyone can share in the task of preparing food. Others prefer to go out to a restaurant. Be considerate of all group members, as going out may be cost prohibitive for some people.
- **Wedding Cake.** Some groups have opted to have cake for dessert, as you would in a wedding ceremony. Some have decorated the room like a wedding. This is just a fun symbol of our marriage union with Christ.

PREPARATION

- **Pray for participants.** Be diligent in praying for each of the group members in the days before the Ceremony. Often there will be many Spiritual struggles going on inside group members during this time. Satan knows the value of people who are submitted to Christ, and the Power released when they publicly testify their faith in Him. He will do everything he can to put doubts in peoples' minds and roadblocks in their schedules!
- **Pray for the Ceremony.** Make the Title Deed Ceremony a matter of prayer. Be open to whatever God wants to do or speak through you. Pray that Christ would be lifted up and glorified through the Ceremony. Pray that God would prepare the hearts of all the participants, and speak through each one as He desires.
- **Communion.** You will need to gather the materials for communion. You will need grape juice, small cups, wafers or bread, and something to serve the bread in. You can usually find communion cups and wafers at a Christian Book and Supply store. Otherwise, you can improvise with other things. Most grocery stores have very small bathroom disposable cups. Traditionally unleavened bread or wafers are served, because yeast, as found in other breads, is symbolic for sin in the Bible. You can find unleavened matzo in the Jewish food section of most large grocery chains. You can find recipes for unleavened bread on-line. You may want to try out the recipe before serving it to your group!
- **Title Deed Certificates.** You will need to make copies of the Title Deed certificate for all of your group members. It is nice to have them printed on special paper so that they can be framed after signing. A master Title Deed document is provided on the website in the facilitator section of handouts for Phase 2. There is also a copy of The Title Deed at the very end of this Leader's Guide. Each participant has a copy in their book to read through in preparation for the ceremony.

- **Organize your materials.** You will need your Bible and the notes in the following section entitled, “The Ceremony.” Make sure to find and mark the Scripture verses you intend to use in your Bible ahead of time, or print them out on another sheet. There won’t be extra time to locate Scripture passages.

THE CEREMONY

The following information explains the steps of the Title Deed Ceremony, and provides an optional narration that you can use to guide your group through the steps. The narration is in bold print and it follows each step. Feel free to add or use your own comments and Scripture selections. Just as no two individuals are alike, no two Title Deed Ceremonies will be the same.

- **STEP 1:** The group gathers together in chairs in a circle. The Leader should welcome the group and congratulate group members on the accomplishment of completing Phase 2. The Leader can then share any other thoughts on the purpose and importance of the Title Deed Ceremony. They can also share any portions of Scripture they have selected. Finally, the Group Leader should begin the Ceremony with prayer.

“I would like to welcome you all to our Title Deed Ceremony. I congratulate you on your determination and dedication in completing Phase 2. I know that Father God is pleased to have you sitting here, ready to enter a covenant with His Son. For the past 26 weeks of group meetings, God has been revealing to you the mystery of His will, the secret plan He has had since the creation of the world.” (Read Ephesians 1:3-14)

“And it is in a spirit of celebration that we come to the Title Deed Ceremony. God predestined us to be adopted as His Sons! As we become One with Christ, He becomes the firstborn of many brothers! This is a special occasion, much like a wedding. It is a solemn event, but a joyful one as well. It is a joining of two lives that become One Life. It is our self-life exchanged for Christ-Life. It is death to self and alive to Christ.”

“Before we have a time of personal sharing, I would like to read one more Scripture passage that gives us just a small glimpse of the One we are being joined to. This is just one of the pictures the Bible offers of the Bridegroom in all of His Glory.” (Read Colossians 1:15-20)

- **STEP 2:** Each group member will take a turn to share the three items they have prepared. They should read what they wrote concerning what God has done to bring them up to this point first, then the goodbye letter to their old life, and finally why they want to enter a covenant relationship with God. It is good to allow group members the freedom to speak voluntarily as the Spirit leads them, rather than assigning an arbitrary speaking order.

“Now each person will have an opportunity to share what you brought to read. Take this time to bless your covenant brothers and sisters by testifying to what God has been doing in you. Who wants to share first?” (After the first person shares, proceed clockwise to the next. Or if time permits, you may just wait until the next person volunteers to share.)

- **STEP 3:** It is often effective to connect the group with the following paradigm at this point. Read the paradigm out loud to your group.

WILL YOU TAKE ME?

--

Before we read and sign the Title Deed, I want you to think about what you are saying “yes” to. Today Jesus is saying to each one of you:

“So, will you take Me? Will you, (insert the first name of everyone in group), take me. Don’t focus on your past. Don’t worry about what to do or say. Don’t try to be impressive or effective. Focus on Me, as I live in you and fill you with Myself. Focus on My ability, and on how I know what to do and how to do it. All you will have to do is rest in Me. I will move and act from within you.

Will you let Me save and heal others from within your spirit, soul, and body? Will you let Me operate through you and as you? Will you be My body—My eyes, voice, and hands? Can I express My love and release My salvation to others through you?

I want to show them what real love is—Father’s love, Body love. If I do that through you, no one we encounter will ever be the same. Will you let My Holy Spirit flow out from within you so that others can begin to fall in love with Me?”

And today Father God is saying to you:

“Now you know the truth. Now you have two covenant representatives. You were born into the covenant of Adam which has become contaminated with sin, and you had no control over that. But now I give you the choice. Who will be your covenant representative from now on? Whose covenant will you belong to?

Whose mirror and living embodiment will you be? Will you embody your own independent life? A life apart from me, filled with self and motivated by self. Or will you embody the Life of My Son? The only Life that is righteous, holy, and wholly pleasing to Me.

From now on, one life must hang on the cross? Will it be you? Will you lay down your independent life for the sake of My Son? Or will you put Him back up on the cross again, so you can live out your self-life?”

“Will you trust your own ability to control your experiences, or will you trust in My ability and covenant hesed to do it? If you trust Me, everything My Son does from within you, I will credit to you as part of your eternal reward. Not because you did it, but because you obeyed My covenant pattern. You put 100% of your faith in My Son, and 0% in yourself.”

“I ask you to stay on your cross from now on. Reckon yourself dead and let My Son live from within you. The world doesn’t need your independent life. You can’t save the world. It needs My Son. So I’m asking you to embrace the cross this time, and every time. Lay down your life for His sake, so He can be free to live His risen Life, in you, through you, and as you.”

“Remember, You have two lives to choose from—self-life, or Christ-Life. But when you choose one, you must crucify the other. You cannot live both.”

And this is the choice you are testifying to today. You are professing your choice to live Christ-Life. You are publicly declaring your desire to become One with Him. You are confirming your choice to exchange lives with Him—giving up your track record, and saying “I accept” to the perfect, sinless record He offers in return.

STEP 4: Play the song, Crucified With Christ by Phillips, Craig and Dean or other song choice

- **STEP 5** The group stands to read the text of *The Title Deed to My Life* out loud, in unison. At a given signal from the group director, each person takes their turn to say “I” along with their full name until everyone in the circle has done so. Then the entire group reads through the rest of the text in unison.

“All those who have made a decision to choose Jesus Christ as their Covenant Representative are now going to read the Title Deed together in unison. Would you take your Title Deed and stand please. As we begin, I will say, “I (insert your name)”, and I ask you to continue around the circle and insert you name as well before we begin reading the rest.”

- **STEP 6:** When the reading is over, each person prints his or her name in the blank space at the beginning of the text. Next, they fill in the date and add their signature at the bottom in the place indicated. Then small group members, or anyone else they choose, signs the Title Deed of each person in their group as a witness to the fact they have officially entered into the New Covenant of Christ.

“Now I would ask everyone to sign and date their own Title Deed, and then allow others in the group to sign as witnesses.”

- **STEP 7:** When all the Title Deeds have been dated, signed and witnessed, the group will ratify the covenant union with a Blood Covenant Meal (communion service). Groups in the past have used the small, plastic communion cups available in Christian book/supply stores, or small paper cups. Grape juice is used rather than wine to avoid complications for people who have alcoholic tendencies. Unleavened Matzo wafers or bread is broken into small pieces and distributed. The Group Leader or another designated person may lead the communion service.

“In the ratification of our Covenant Union, we are now going to share in the Covenant Meal of Communion. In Bible times, people literally believed that the life was in the blood. As we drink the cup representing His Blood, let us remember that the two lives are becoming One. We are becoming one with Christ. He created us to be His Temple, and now His Life flows within us. As we eat of His flesh, and drink of His Blood, we not only become One with Him, but we become One with each other.”

(Read: Luke 22:19.) **“In Bible times the words, ‘In remembrance of me’ had an entirely different meaning. For us, remembering is a mental activity. It moves us to *think* about something that has happened. For them, it meant an actual reenactment that connected them with all the powers and effects of the original event. It meant actively participating in a historical reality of the past and realizing the same Spiritual impact that was released to the original participants. Let us partake of this meal in that sense, as it connects that original event to us in the present, and let us share in all that Christ gave of Himself.”**

(Read: Luke 22:19 & 20) Now pass around the bread and juice and share it together.

STEP 8: After communion, group members sit quietly in a prayerful frame of mind, allowing God to take His rightful place on the throne of their heart and life. They focus on receiving

and embracing almighty God Himself into their inner being, as they give themselves entirely over

- to Him. They meditate on the spiritual reality that they are now One with Christ and have become a Temple of His Holy Spirit. Participants should not be made to expect to feel, see, hear, or sense anything in the physical realm. Many Christians have doubted their salvation because, though they once made a heartfelt life exchange with Christ, they did not have an *experience* in the physical sense. We are saved by faith! We must believe it has happened because God has spoken it would be so, and His Word is Truth!

“Let’s sit quietly and allow God to take His rightful place in us. Psalms 46:10 says, “Be still, and know that I am God.” You are now each a Temple of His Holy Spirit. The Holy Spirit has sealed you into the New, Eternal Covenant of Christ. This Covenant doesn’t depend on your performance, it depends on your Covenant Representative, Jesus Christ. You are now One with the Living God, Creator of the Universe Who Lives In You through His Spirit.”

- **STEP 9:** When you feel the Spirit’s leading to move on, a time of prayer for each group member can begin. Everyone remains seated in a circle as you and/or the Facilitators move around the circle to lay hands on one group member at a time, dedicating each one to Christ and commissioning them to take their place in God’s Royal Priesthood. Bless each one to carry His Presence wherever they go, minister to God, and pronounce blessings in His Name. (Deuteronomy 10:8) But ultimately, pray as God leads you for each individual. Often the Group Leader along with a Small Group Facilitator (if you have them) will lay hands on and pray over each person.

“We are now going to go around the circle and pray over each person, one at a time. The rest of you are invited to continue to pray silently.”

- **STEP 10:** (Optional) After the laying on of hands, the group may pray, sing, share, or do whatever the Holy Spirit is prompting them to do.
- **STEP 11:** When it is obvious that the Holy Spirit is finished with the ceremony, the Group Leader should close in prayer and invite everyone to share in the celebration festivities if your group has arranged them.

(Often groups choose to have a time of food and fellowship immediately following the ceremony similar to a reception after a wedding.)

- **STEP 12:** In the days to follow, it is a good idea for each participant to plan to spend some time alone with God. Just as it is customary for a couple to go on a honeymoon following their wedding, it is good for them to allow some time to focus on getting to know God in a more intimate way. Their single days are over. They and God, through Christ, are forever One.

“In the coming days, it is a good idea for each of you to plan to spend some time alone with God. Just as it is customary for a couple to go on a honeymoon following their wedding, it is good to allow yourself some time to focus on getting to know God in a more intimate way. Your single days are over. You and God, through Christ, are forever One!”

TITLE DEED TO MY LIFE

I, _____, being in full possession of all faculties, in the presence of witnesses, do publicly declare that you, Lord Jesus Christ, are my absolute Lord and Master. You are sole owner of my spirit, soul, and body; my past, present, and future, from this time forward, and on into eternity.

You are the One promised by God to redeem all creation. I ask you, Lord Jesus, to redeem, and make me your sole possession. I was born into a sinful, fallen race, and have lived as an enemy of God. Today, I renounce forever, all ties to Satan, to The Lie, the powers of darkness, and to sin. Lord, destroy all their power over me. Cleanse me of all guilt and condemnation by the authority of your blood covenant atonement.

I am sorry that I have lived as if my life were my own. I sinned against you, my true God and Creator. I cannot control, improve, or save myself. Therefore, I surrender to your eternal ownership over me. Exchange lives with me. Take my sinful, self-centered life to the cross. Let it be executed and buried with you as it deserves.

In exchange, Lord Jesus, breathe your Holy Spirit into me so that by his power, your perfect, risen life and love nature may constantly be transmitted into me and revealed through me. Lord, be my new life. Be who you are. Do what only you can do in me, through me, and as me. Let your holiness, wisdom, love, and character be revealed in all of my reactions, thoughts, feelings, words, and deeds.

Let your strength overwhelm my temptations and your wisdom emerge in my choices. By your love, permanently brand each person I encounter. Let your power and wealth override my weakness and bankruptcy. Make me one with you and with the Father and the Holy Spirit. From now on, I consider myself to be a regenerated child of God, dead to the slavery of sin and to self-life independence, dead to all connections with your enemies. I live only to my covenant God, through you, Lord Jesus.

You are my shepherd, responsible for protecting, maintaining, and supplying me in all things. You have every right to change, correct, command and dispose of me in any way your wisdom sees fit. Father, Son and Holy Spirit, I entrust myself entirely to you. Only you are loving-kindness. You alone are good, true, and worthy of absolute, airtight, infinite, blood covenant-level trust.

Fulfill your New Covenant promises in me. Keep me aware of your presence within me. Teach me to obey your inner voice always. Make me into your perfect image and likeness. And with deep gratitude and joy, I gladly sign myself over to you now.

Signature _____
Witnessed by:

Date: _____