Discipleship & Accountability Resources

Material from Various Authors

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Introductory Material
“What Happened To John?”

Part 1-“What happened to John?”

By Jeremy Sensenig

(First Written by Request for Publication in the Keystone Messenger)

“Two things about life are certain,” John fumed three months ago, “It’s pointless and painful.” The promised hunting trip with his dad had taken backseat to his father’s duties at church. The memories were vivid in his mind, and he could feel the anger again as if he were fresh out of the argument.

“This won’t happen again. Dad’s going to pay,” he vowed.

That was then, and this is now. At the moment, the darkness felt so heavy. Every time he thought he found something to fill the void, it left him emptier than before. Although surrounded by his fun-loving friends, he could never quite kill the loneliness he felt inside. Music worked temporarily, but its effects were short-lived. There had to be another way. He was willing to try anything for freedom the knowing emptiness he felt inside. He was desperate.

“Tonight, I’ve found it,” he asserts. “This has to be the answer.” So, as his friends count to three, he lifts the marijuana joint to his lips and inhales.

Who is John? Is he a city-bound evangelical who’s lost his way? Sorry, he’s an average Anabaptist youth who is bitter about life...and he’s a drug user. I’m sorry to tell you, but he may be our son.

Addiction-The Blight of Modern Anabaptists

Substance abuses and addictions are no longer urban pests; they’re rural giants. They are staring us in the face, defying our ability to stop them. Drugs, alcohol, tobacco, food abuse, pornography, etc., are very widespread problems in conservative circles. In the ongoing C.A.R.E. survey of our conservative Anabaptist people, nearly 70% of men acknowledge having used pornography at some point in their lives, with nearly 20% - 25% in ongoing usage. (From other signs in the survey, actual porn addiction statistics are higher.) Substance abuse seems to be increasing at alarming rates. We are producing generations of Anabaptists ripe for addictions.
“What Happened To John?”

Why?

We ask the big question—“Why?” Is it simply the sin nature and the evil influence of the culture around us? Or, are there ways in which we, as an Anabaptist culture, have weakened ourselves to the pull of addictions? We’ll consider the following two questions: 1. **What is at the heart of the pull toward sinful addictions?** and 2. **How can we best address the issue in our conservative circles?** As we wrestle with the questions, consider 2 Timothy 3:1-5: *This know also, that in the last days perilous times shall come. For men shall be lovers of their own selves, covetous, boasters, proud, blasphemers, disobedient to parents, unthankful, unholy, Without natural affection, trucebreakers, false accusers, incontinent, fierce, despisers of those that are good, Traitors, heady, highminded, lovers of pleasures more than lovers of God; Having a form of godliness, but denying the power thereof: from such turn away.* We are undoubtedly living in the last days. As in Noah’s day, sin grows increasingly prevalent, while love for God decreases. Three areas play a big role in the vicious spiral away from God, as well as the pull of addiction.

**Spiritual Roots of Addiction**

As we observe people (myself included) in the work at Fresh Start, there seems to be an ever increasing level of pride. At the root of any addiction, you will find a plenteous supply of pride. Attitudes such as “I’m looking out for number one” or “You don’t have to agree with me, you can be wrong if you prefer” are pervasive. We tend to be a proud people. The tricky thing is that pride manifests itself in so many different forms, even in desires for pleasure or efforts to serve. Granted, some of our desires for pleasure are legitimate—from God Himself. However, when the desire for pleasure becomes the driving factor in our life choices, at the expense of our relationship with God and others, we are elevating ourselves and our desires to God’s place. That’s pride; and it seems to be the core problem in the life of nearly every addict.

Pride, in reality, precludes the possibility of love for God or others. A proud person cannot love, and a loving person will not be proud. The extent to which we experience the one will be the limiting factor in the existence of the other.

The second main spiritual root cause appears to be bitterness. Bitterness is like bad breath—it’s often easy to pick out in other people, yet amazingly difficult, no matter how bad the smell, to spot in oneself. It’s driven by pride, and it produces rebellion, destructive anger, etc. If you’re unconvinced, try asking a few bitter people “Are you bitter?” Better yet, ask those with whom you clash, “Am I bitter?” Warning: I cannot be held liable for any adverse results!
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Relational Roots of Addiction

The second key area in the pull of addictions is relationships. There seem to be four relational conditions which set an individual up for addictions.

1. **An Adversarial Relationship with God**—Many of our people “love God,” and know all about Him in their head, but are bitter at God in their heart. One simple, but sure sign of the extent of our bitterness toward God is our time spent with Him. If it is, more often than not, short or non-existent, meaningless, or simply something to check off the list so I can have a “good day,” there are likely to be some problems at a very core level of an individual’s heart. Often, our operational view of God is warped. This condition stems directly out of the spiritual problem of bitterness and affects many of our daily choices. Freedom in this area can only be found in wrestling with God, just like Jacob in Genesis 32.

2. **The Father Wound**—Proud, absent, passive, impatient (angry), materialistic, lustful, or addicted fathers propagate addictive lifestyles in the hearts of their children. Consider this: only 29% of those surveyed considered themselves to have a close relationship with their father. I am not a blame-the-parents advocate. Everyone must take responsibility for his own sin, we as fathers included. Yes, the Bible teaches that most generational curses are nullified through coming to Christ (some parts of the Adamic curse still affect believers in a real way). However, both Scriptural study and observation, teach us how sinful patterns are easily passed along from generation to generation until someone makes a clear break from them. Conversely, we all (my own children included) will need to extend forgiveness to our fathers in order for that wound to be healed.

3. **Motivational Lies We Believe** (i.e., John’s case – “life is pointless”) / **Self-Protecting Vows We Make** (i.e., John’s case – “I will never let anyone do that again”). Both are based on untruths and designed to protect from pain. Both must be addressed through repentance in order to find freedom. From my experience, this area is closely tied to bitterness toward God. When either our Lies/Vows or Bitterness toward God is truly resolved, the other will come to light and be resolved as well. Many choose to live in denial; but, we cannot repent of sins which we will not admit. It seems scary, even wrong, to write out or verbalize some of the things we’ve internalized against God, but it brings truth and healing. Two things are certain: 1. He sees it all anyway, and 2. His love is big enough to handle our honesty.

4. **Loneliness**—“I feel so alone. It’s my biggest hidden secret. It feels like there is no one out there to help me. No one has the time to keep me accountable. This has been a very dark valley for me.” The man with whom I was sitting is one of many who feel alone. For every one who exposes those deep, dark secrets, there are many more who fail to do so. We often relate no deeper than the “How are you...I am fine” stage. Being transparent, and truly caring for the hearts of people is
messy. Have we subconsciously trained ourselves to keep others at a safe distance and live alone in our hypocrisy? If so, we must expose everything to the light in order to find hope, help, and healing. Until we are willing to address the spiritual and relational factors at the root of the aloneness and emptiness, the pull of addictions will always be there.

**Life Purpose Roots of Addiction**

The third key area contributing to addictions is a lack of purpose in life. While 85% of our people know in their head that they are here to glorify God, less than 50% are aware of or are pursuing a specific calling from God. A life calling is something of which we should all be aware. God does have a plan for everyone, but few seem to be interested enough to earnestly seek it. Obviously God’s call is not only to missions or pastoral leadership; remember one calling is not more significant than another. However, our type of calling doesn’t give anyone a free pass when it comes to living a life of purpose. Furthermore, it is impossible for a purposeless generation to raise a purposeful generation. If our young people see us living lives devoid of God’s purpose, they will choose a purpose of their own as well.

In reality, few people have ever lived life with no purpose. Even the most “purposeless” people are usually only superficially purposeless. When you open the heart in even the most depressed or suicidal individuals, you’ll find a life purpose. Sure, they may not be good, but hey, they are still purposes. As Ravi Zacharias (a Christian apologist) reminds us, though, everyone longs to live for a purpose greater than themselves.

**Conclusion**

We’ve considered three key issues, pride/bitterness, lack of (meaningful) relationships, and lack of purpose. The feelings of guilt, loneliness, and shame produced by these issues are tremendous. As a result, people will use anything (even self-inflicted physical pain) to get their mind off the inner pain. The emptiness screams to be satisfied.

Three things will likely need to happen in order for the void to be filled. **First**, we need to humble ourselves and release our bitterness. **Second**, all of us need to acknowledge and rid ourselves of our own deception and bitterness toward God and others. Christ longs to replace pride with humility, deception with truth, and loneliness with relationship. If you are a leader (we as fathers included), you will need to be willing to be vulnerable with your most risky “personal” secrets, listen to where you have failed, and begin seeking to build meaningful relationships with those in your care. **Third**, we must seek to allow God to develop in us a specific calling for our lives, and help others do
the same. Relationships are hard work. Passion in life is difficult to maintain. However, accountability groups and mentoring relationships within the church are wonderful tools to accomplish both purposes. We’ve lost too many soldiers through complacency and distance. Godly passion is our only option.

So, what happened to John? Do we really care enough to find out? It may mean that we’ll need to get messy. Our attempts to care may be mocked. Likely the most difficult part of caring for someone with an addiction (especially if we have offended them) is the need humble ourselves, admit our own failures, and persevere in the face of rejection. Few people are really willing to invest in this way. Yet, Christ’s love in us never quits or keeps track of wrongs (1 Corinthians13). Many times, it is the only way to call those around us into true life.

-Part 2-

John… 20 years later!

The aroma of strong coffee hung heavily in the air, calling to John as he reached for yet another 1099 form. It was April 14, 9:30 p.m., but he and his employees had a long way to go before the clock struck midnight on Tax day. “We burn both ends of the candle this time of year” he remembered joking with a client earlier in the day.

The ringing of the phone jolted him out of his mental assessment of progress. It was his 7-year-old son, Joe.

“Dad, when are you coming home?” he queried.

“Oh, not for a while” John absent-mindedly replied.

“Dad, there was some dirty things the boys were talking about at school today, and I need to talk”, he continued, almost as if John had invited him to spill his story.

“Son, I really don’t have time right now” John said tensely “We’ll talk some other time, OK?”

“Sure, Dad, whatever”. Silence. Dial Tone.
Two weeks later...

John pulled out of the restaurant parking lot with a lot on his mind. It was his first meeting with his discipleship advisor** and he had asked John some tough questions.

“John, what are your goals in life...with your walk with God, your wife, your children, and your job? How are you doing with the moral battles you face? Tell me what you enjoy most about your relationship with Jesus. What past or present addictions have you experienced? Are you willing to be a builder like Nehemiah?”

No one ever asked him these questions before, and he certainly wasn’t prepared to answer them now. Distant memories of the marijuana joint incident flooded his mind. Then there was the time in that gas station restroom where he was caught off guard by that one magazine. Yet, what did those incidents have to do with his life now?

“After all, they’re under the blood. I’m a church member with a nice family and a successful business” “Of course, there are those times when I think about several women I know” he mused, “But I quickly get rid of those thoughts. Every man has temptations. Besides, we can’t keep a bird from flying over our heads, but we can keep it from building a nest.” Suddenly, he realized he was arguing with himself.

“What is my purpose in life? Why do I get harsh with the children? Shouldn’t marriage be more than what our marriage is? If I have so many friends, why do I feel so alone?” John’s insides churned. “Ok,...Ok,” he resolved “Wow, I’ve blown it, but I’ll be a Nehemiah. Whatever it takes, whatever the cost, I'll share everything.”

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We Can’t Do It Alone

Whether you identified more with the teenager John or with adult John, most of us wrestle with these issues in a very significant way at least once in our life time. These stories are happening all around us: in our work places, our churches, and our families. We are all fighting battles in the ultimate war. While our side will win the war, many battles are lost in the loneliness of secrecy. Many of us would like to think that we do just fine in relationships, yet few know how to productively enter another’s battles. For some, the pressure to look like we have it all together reigns as king. Maybe it’s not been safe to share, or maybe our flesh has valued
reputation over relationships. Whatever our reason, when it comes to dealing with who we really are, there is a large, silent majority in our circles trying to go it alone.

If you’re unconvinced, ask yourself and others these questions: How many people close to me do I know well enough to discuss our deepest struggles or greatest spiritual victories? Do I currently know their private battles; their wins and losses? If not, what holds us back?

**See the Need**

This is a call to action to all men, regardless of past or position: let’s lay aside who we think we are, and join our brothers in the trenches of their “private” battles. Here is where we’ve been at:

**Leaders** of the churches often tend have their lives “put together”. By and large, they appear to have overcome their personal struggles. They’ve found “purpose & calling” in leading the congregation. Question: At a core level, does an ordination really turn a purposeless life into a purposeful one? If a man was a purposeless leader before ordination, he will most likely tend to lead that way after ordination as well.

The primary concern of most of our ministers is how to balance the demands on their time. As a result of their busy schedules, relationships with those in their congregation, and sometimes their families as well, tend to be conducted on a firefighter-style: the relationships that are burning get the attention. Consequentially, many leaders feel lonely (i.e. “I can’t share with anyone in my congregation”); many live on the edge of burnout. Still, they do love the Lord and long to lead well; to impact people for Christ and eternity.

**Laity**, on the other hand, tend to be directionless. They haven’t been “called” to “ministry or missions”. As a result of this mentality, many of our men do one of three things: 1. Shrive up and die spiritually & relationally; 2. Put position, possessions, or some other preoccupation above relationships; or 3. Pick something superficial over which to fight (approximately 50% have been through at least one church split***). Lack of purpose and misdirected focus in turn, frequently open the doors to more obvious and addictive sins. Yet, most laity long to contribute in lasting and meaningful ways to the lives of others as well.

I’ve often wondered “Is this what we want? Is this what Christ want?” Or does Christ call us to something deeper and more real? Remember, the state of our relationships with our Christian brothers is our only practical gauge of our relationship with God.
Count the Costs

What is the answer to our dilemma? The Word of God clearly spells it out-- meaningful, living relationships with God and man (Matt. 22:37-40). If we are going to find the true strength of relationship, though, we all must come to the same point as John. We’ve got to admit we’ve blown it; we must commit to real relationship whatever the cost. The strength we find in relationships will mirror the extent to which we are willing to be real and vulnerable with God and those around us. Revival will never happen unless I first see a need for it to happen to me personally.

As we count the cost, keep three words in mind—risky, messy, & necessary. We will get hurt in relationships, things will even get messy; but we will find healing there as well. Sure there is risk involved in getting close to people, but it’s like a business venture—there is both great risk, as well as great potential return. So take the risk, get messy... be real. Christians really don’t have an option anyway. (Heb 3:13; 10:24-25; 1 John 4:7-8).

Reasons For a Plan

Deep relationships will inevitably require a plan. Jesus lived with his disciples day and night. Ananias and Barnabas both discipled Paul. In turn, Paul spent years discipling Timothy, Titus, and many others (2 Tim. 3:10-17, Titus). What a profound impact these types of close interpersonal relationships had on the birth of the early church.

Personally, I’ve had the privilege of being discipled by several men. I’ve also had the opportunity to disciple others, and participate in several accountability/men’s groups. Through relationship, Christ has been giving me a freedom and purpose in life; freedom from lust, anger, fear, a critical spirit, etc. He is bringing purpose through opening my eyes to the hurting lives around me. My relationships with the Lord, my wife, and my children have become my most thrilling investments. The hardness of my heart surprised and shocked me; but God has begun to soften it.

In short, I do not believe most of any of this would have happened had I stayed at a safe distance; and like Abe Knepp used to say, we are all made of the same stuff. I submit to you that organized one-on-one discipling relationships as well as accountability groups are clearly supported in scripture (1 Tim 3, Titus). I also believe they could alleviate many of the relational conflicts in our churches. Managed well, they have the potential to both significantly reduce demands on leaders (i.e. Moses in Exodus 18) and at the same time, give lay brothers a
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meaningful avenue of building the church (Acts 6:3-6; 1 Cor. 14). It’s unrealistic for our leaders to expect, or be expected, to have time to adequately build personal relationships with every member in the congregation. However, like Moses, in Exodus 18, a system can be set up for doing so.

Differences in learning styles and personality are further reasons to consider our options. While Sunday definitely has it’s place as an act of meaningful corporate worship, is it wise to limit our relational interaction to a large group setting? Personally, I don’t learn very quickly in a classroom setting, especially when it comes to relationships. I need hands-on training. It’s quite a powerful motivator when my strengths and weaknesses are exposed to a brother. It allows others to speak into my life in a personal way. Really, that’s what the sharpening process is all about (Proverbs 27:17).

Brothers and sisters, the opportunities are all around us. Many people within our churches are silently longing for someone to care enough to venture deeply into their heart. However, the enemy’s opposition to meaningful relationship is fierce. If we attempt these types of relationships without a plan, they will likely be defeated. With a plan, there’s no telling what God will do.

Develop a Plan

Here are some specifics for developing a plan. First, choose a discipleship advisor carefully. Examine his relationships. Are those under him following him with respect or resentment? Ten years from now, the state of your relationships may resemble the present state of your discipleship advisor’s relationships. What is the vision of the man you are considering for mentor? Is that the direction you want to head? As you venture into relationships, begin praying about how God would have you disciple others.

Fathers, our family is our first priority. As children grow, they are our #1 call to discipleship. Later, as they enter teenage years and begin finding their direction in life, why not help them find an additional discipleship advisor. Also, consider the possibility of leading a Bible study/accountability group within the church. Look for someone to disciple as well. If you are a minister, I encourage you to lead out in calling men into the fray. If you are a lay brother, be sure to wait for and work under the blessing of your church leadership. Remember, this is a plan to unify and build our churches, not divide them.
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However you choose to go about building deeper relationships, here are several things to consider: 1. Relating closely is not an option; and we need a plan  2. Room for improvement in relationships is the biggest room in any church. 3. Conflicts in relationship are simply opportunities in disguise. 4. Many hands in building relationships make light work- don’t try to go it alone. 5. As we grow our capacity to love others, our capacity to love God grows as well; and vice-versa 6. One will never have more intimacy than he has honesty.

Like John, God is calling us to be ‘Nehemiah’s. Remember, though, he didn’t build the wall in 52 days, everybody worked at it together. Together, we can build our relationships. As our relationships are built, the army of Christ will be strengthened as well. We can rescue the wounded brother; we can save our brother’s soul from Hell (James 5:19-20)!

Jeremy is a husband and father of five wonderful & normal children. He also serves at Fresh Start as HEART program director / counselor. His burden and calling is to serve the Anabaptist people and encourage lives of purpose and devotion to Christ. If you or your church would like to participate in the CARE survey; or if you would like to request discipleship or accountability group resources, please contact him at jsensenig.fs@gmail.com.

**Discipleship Advisor= A more mature believer assigned or asked to disciple another believer within the body of the church, preferably the local church.

***Statistics taken from the CARE survey (Conservative Anabaptist Relationship Evaluation)
Below are some statistics taken from a small survey taken from a broad spectrum of our conservative Anabaptist people. It is an ongoing project. To date (Jan. of 2013) we have had around 300 participants from churches, Bible schools, and various other groups. Surveys are filled out on a voluntary basis and results are calculated using a customized excel spreadsheet. If you and the church group you are with would like to take part in the Survey, please email Jeremy Sensenig at jsensenig.fs@gmail.com for more information. If you take part, you will be eligible to receive the spreadsheet (via email) for personal use.

- Around 25% of our men are currently involved in pornography
  - Another 40% acknowledged past use of pornography
- Approximately 25% of the women said they had been abused
- Only 37% felt they had a close with their father
- Only 30% felt they had accountability or a mentor
- Nearly 50% have been through a church split

Keep in mind, people caught in sinful habits are, in reality, least likely to be honest on a survey like this, or even fill one out in the first place. The greater majority of these surveys we have handed out, even with self-addressed stamped envelopes, never came back. I am not implying that just because a survey doesn’t come back, the person is in sin. However, what the Bible teaches about darkness and light, as well as what we’ve observed to this point in the survey, points to the possibility that the actual statistics may be worse than this. Is it possible that they are not really this bad? I would say it is possible, albeit unlikely. On the next 2 pages, you’ll find the questions asked in the Survey.
The following is a brief list of questions to cultivate further discussion and spur us on to the excitement and thrill of being the people of integrity to which God calls us. Please don’t feel intimidated. First, this is an anonymous and confidential questionnaire. Please don’t write your name, unless you so desire. Anonymous percentages will likely be compiled. Information you share will not result in you being confronted by anyone. If there is an issue in your life for which you see a need of help, it is your responsibility to take the steps to find help. Second, please read the question and instructions carefully. Third, we all have many flaws. You can rest assured, you will have company. However, if you are unwilling to answer any or all of the questions at this time, that is OK. If you choose not to answer all the questions, please do not turn in the survey. Either way, God bless as you continue in the courage HE gives.

Circle your answer:

1. My Age is: under 20 20-29 30-49 50+
2. Gender: male female
3. Marital Status: single married separated divorced

4. My relationship with my mother is/was:
   A. Very close; B. Existent but lacking; C. Distant or Non-Existent

5. My relationship with my father is/was:
   A. Very close; B. Existent but lacking; C. Distant or Non-Existent

6. Contributing factors in my father’s life which affected/affect my relationship with him:
   (circle all that apply)
   Positive
   ➢ +Took time for me, involved
   ➢ +Drew me out
   ➢ +Kind, gentle, loving
   ➢ +Financial provider
   ➢ +Open for input, correction
   ➢ +Boldness in deep relationship
   ➢ +Moral integrity
   ➢ +Spiritual interest/leadership
   ➢ +Other________________
   Negative
   ➢ -No time for me, uninvolved
   ➢ -Didn’t listen to what I had to say
   ➢ -Harsh, angry, critical
   ➢ -Financial instability
   ➢ -“Always Right”; not open
   ➢ -Fear to get close, distant
   ➢ -Moral failure
   ➢ -Spiritual apathy
   ➢ -Other___________________

7. Contributing factors in my life which affected/affect my relationship with my father:
   Positive
   ➢ +Obedience, Submission
   ➢ +Humility
   ➢ +Love, Serving attitude
   ➢ +Relationship with Christ
   ➢ +Forgiveness
   ➢ +Loyalty, Trust
   ➢ +Moral Victory
   Negative
   ➢ -Resistance, Rebellion
   ➢ -Pride
   ➢ -Anger, Selfish spirit
   ➢ -Lack / Weakness thereof
   ➢ -Bitterness
   ➢ -Disloyalty, contentious
   ➢ -Moral Failure

8. Do you have any accountability structure in place? Yes / No How often? ____
9. Do you have a mentoring relationship in place with a more mature believer? Yes / No
   Because…
10. To whom do you confide with the struggles and decisions of life? (circle all that apply) Father, Mother, Pastor, Mentor, Spouse, Other________, No one
    Why confide in that individual: ____________________________
11. Describe your relationship with authorities ____________________________
12. Do currently have relationship conflicts? Yes / No—With whom? ____________
   (If yes for question 12, answer only with type of relation; do not use specific name)

13. Is your conscience clear before God? Yes / No If no, Explain ________________

14. Have you made restitution, to the best of your ability, with everyone you have wronged? Yes / No If
   No, Will you commit to do so? ________________________________

15. Rate your walk with the Lord (circle one) -- Worst 1 2 3 4 7 8 9 10 Best

16. How much time do you spend on average in prayer _____ and meditation ____?

17. What is your life purpose (why were you born)? ________________________________

18. What is your specific life calling from God for the immediate future; how does God want you to use
   you to impact others? ________________________________

19. To what extent do your purpose and calling impact your decisions and relationships?
   A. Greatly  B. Somewhat  C. Not Much

20. Are you presently a member of a church? Yes / No

21. Have you ever gone through a church split? Yes / No – What was the key reason for the split as you
   see it? ________________________________ Were/are you ordained? Yes / No

22. What past or present moral struggles apply to you? (circle present struggles, cross out past struggles)
   pornography [soft core, hard core, catalogs, dictionaries, encyclopedia] ; masturbation;
   bestiality; promiscuity, improper physical contact, lustful thoughts; homosexual activity;
   other__________________________________________ How often? __________ Last involvement?

23. Have you used any of the following-- (circle present struggles, cross out past struggles) illegal drugs,
   performance-enhancing drugs, alcohol, tobacco, high-inducing inhalants
   How often? __________________________ Last use? __________

24. Have you abused any of the following (circle present struggles, cross out past struggles) food,
   prescription drugs, household cleaners, caffeine / energy drinks,

25. Have you experienced any of the following abuses? (circle present issues; cross out past) verbal,
   physical, sexual (fondling, inappropriate physical contact, exposure, or sexually abusive talk, etc.),
   spiritual, emotional—Have you worked through it with anyone? __________

26. Please double check your answers in 22-25—cross out past issues, circle present ones. If you have
   indicated a past issue, please be sure to give at least your best guess on the length of time free.

27. What would you consider to be your greatest weakness? __________________________

28. What would you consider to be your greatest strength? ___________________________

29. Would you consider yourself to be victorious? Yes / No How long? __________

30. Rate your level of victory (circle one) defeat 1 2 3 4 7 8 9 10 complete

31. Were you 100% honest before God in this survey? Yes / No

32. Did you choose to ignore or skip any questions? Yes / No

33. Was this survey difficult for you to fill out? Yes / No
   Because… ________________________________________________________________

34. Comments ________________________________

________________________________________________________________________________

________________________________________________________________________________
Seven Principles of Biblical Discipleship

By Dr. David A. DeWitt

- What is and what is not biblical discipleship?
- What must I do in order to disciple someone?
- What must I become if I am to be a discipler?

Biblical discipleship is the act of one person intentionally impacting the life of some other person in the direction of Christlikeness (2 Timothy 2:2).

So biblical discipleship is:

Intentional —Discipleship is not simply someone learning about Christ. It is not accidental. It’s intentional. It is not a function of the learning of the learner but of the teaching of the teacher. Someone must intend to do it.

Impacting —Discipleship has not happened because a student is excited about or impressed by a teacher. Discipleship brings about a change in virtues, values, beliefs, and lifestyle.

Personal —Discipleship is not covering material. Neither is it being part of a group (a class, congregation, family, etc.). Discipleship is one person dealing with another person personally.

Christlike —Discipleship is not just a mentee modeling a mentor. The modeling must be moving in the direction of Christlikeness.

Seven Principles

(1) Biblical discipleship is incarnational.
Incarnational means in-the-flesh. (“Carnation” means “flesh.” For example, chile-con-carne means chile with flesh. “Carnal” desires are fleshly desires, etc.) In-the-fleshness is what God used to reveal Himself to us in the person of Jesus Christ (John 1:14 and 1 John 1:1). Christ’s apostles continued the incarnational approach. Paul reviews his ministry with the Thessalonians by comparing himself to a nursing mother tenderly caring for her own children, and giving them not only the Gospel but his own life (1 Thessalonians 2:7-8). So biblical discipleship is done in the flesh. It cannot be done via books or tapes or TV or speakers in auditoriums. All of these things may be useful, but discipleship is being there.

(2) Biblical discipleship is reproductive.
Being reproductive is not a goal of biblical discipleship. Businessmen, sportsmen, professionals, even pastors and evangelists, are usually considered reproductive when they accomplish a quantitative goal. Biblical discipleship, however, emphasizes:

(a) multiplication, not addition
(b) quality, not quantity
(c) the potential people have, not the positions they hold

(See Matthew 28:18-20; 1 Corinthians 1:11; 1 Thessalonians 1:6-8.)

Consider the impact of a lifestyle of discipleship:

In one year, an evangelist reaching 1000 people a day would reach 365,000 people. Someone discipling one person a year, who reproduces that with one other person a year, would reach two people.

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In ten years, an evangelist reaching 1000 people a day would reach 3,650,000 people. Someone discipling one person a year, who reproduces that with one other person a year, would reach 1,024 people.

In 25 years, an evangelist reaching 1000 people a day would reach 9,125,000 people. Someone discipling one person a year, who reproduces that with one other person a year, would reach 33,554,423 people.

(3) Biblical discipleship invites personal discovery.
A disciple has to discover truth for himself. The discipler’s job, then, is to present truth that must be self-discovered. Jesus often presented things in such a way that people had to look beyond the obvious and make the effort to discover what He meant.

- In John 2 He threw the money changers out of the Temple. When challenged about it, He said, destroy this Temple and in three days I will raise it up (verse 19). He was referring to His own bodily resurrection, but understanding that was not easy.
- In John 3 Jesus required Nicodemus to discover what it meant to be born again (verse 7).
- In John 4 the woman at the well had to discover what He meant by living water (verse 10).
- In John 6 the disciples had to discover what it meant to eat His flesh and drink His blood (verse 53).
Discipleship was never simply a matter of parroting back answers or learning a program. It required a faith and focus that led to self-discovery.

(4) Biblical discipleship reasons, persuades, and gives evidence.
- Discipleship is not based on mysticism, emotions, or blind faith.
- Through Isaiah God told Israel, Come now, and let us reason together (Isaiah 1:18).
- Concerning Paul’s discipleship, we read that he was reasoning in the synagogue every Sabbath and trying to persuade Jews and Greeks (Acts 18:4).
- We also read that Paul reasoned with them from the Scriptures, explaining and giving evidence that the Christ had to suffer and rise again from the dead (Acts 17:2-4). (See also Acts 19:8-10; 28:23-24.)

(5) Biblical discipleship counts the cost.
One of the differences between discipleship and mentoring is the cost involved. Jesus said, if anyone comes to Me: first sit down and calculate the cost (Luke 14:26-28). In this passage Jesus gave us two costs to count:

- The first is the cost concerning others. He said we must “hate” our family and those close to us. Hate is not the opposite of love: apathy is. Rather, it is a choice which prioritizes one over the other (Malachi 1:2-4).
- The second cost has to do with ourselves. Jesus said we must hate our own lives (Luke 14:26) and lose ourselves for His sake (Matthew 10:39; see also Ephesians 5:29).

(6) Biblical discipleship is giving.
God loves extravagance and hates stinginess (Luke 6:38). Discipleship is extravagant giving, which involves laying down our lives for others (John 15:13). It is an act of love, and love always results in giving of the sort that expects nothing in return (John 3:16; Ephesians 5:25). One of the greatest challenges for maturity in life is to learn how to become a giver (of time, talent, resources, etc., not just money).

(7) Biblical discipleship has an eternal perspective.
Let’s look at the example of Jesus Christ again (1 Corinthians 11:1), this time from John 5:

- He pointed people toward God (verse 19).
- He did only what God was doing (verse 20).
- He sought only God’s will (verse 30).
- He judged only with God’s judgment (verse 30).

Questions and Answers

Q: What is and what is not biblical discipleship?
A: Biblical discipleship is intentional, impacting, personal, and Christlike. So instruction—even good instruction—which is by chance, just academic, without personal involvement, and not related to Jesus Christ, is not biblical discipleship.
Q: What must I do in order to disciple someone?
A: I must (1) physically be with them, (2) lead them to reproduce themselves in others, (3) help them discover the truths of God’s Word for themselves, and (4) reason, persuade, and give evidence.

Q: What must I become if I am to be a disciplemaker?
A: I need to (5) become someone who counts the cost, (6) become a giver who expects nothing in return, and (7) develop an eternal perspective.
A Plan For Relating God’s Way

From the book: As Iron Sharpens Barnebas Wilby

(From the book: As Iron Sharpens Barnebas Wilby)
Discipleship Plan Worksheets

Group Assessment

• What are our greatest assets as a church group?

• What are our greatest liabilities as a group?

• In what area do we most need to grow?

• In what areas are we doing well?

• What are our goals as a church group?

• What is our level of transparency? None 1 2 3 4 5 6 7 8 9 10 Excellent

• How strong are our relationships? None 1 2 3 4 5 6 7 8 9 10 Excellent

• In 10 years, what would I envision a discipleship plan in our church to look like?

• What are 5 areas I would hope to see impacted by a discipleship plan?

1. 
2. 
3. 
4. 
5.
Count the Cost

**The goal of this discipleship plan:** To aid in establishing a strategy whereby we can accomplish practical discipleship within the context of our local congregations. We will likely not parallel the level of discipleship intensity of New Testament times, but we can move in that direction if we have a plan. But first things first, there is something we must consider. Christ told us that a man who begins to build a building, and does not first sit down and count the cost will be shamed. He implied that that man is not very wise. I believe we need to count the cost as well – we need to sit down and count the cost of building discipleship into our Western lifestyle. It will likely mean some sacrifice in other areas. Yet we all know the days are still 24 hours, just as in Christ’s day. And we all know the truth that we do what is really important to us. Simply put, if we see this as a nice idea, we won’t get too far. If we see this as something essential to passing on a living faith to future generations in a corrupt culture, I believe God will do some amazing works in our lifetime. The two main questions are: Do we see the need? & What are we willing to sacrifice? (If you would like a more practical description of what is meant by a discipleship plan, read the Article “What Happened To John”, pages 4-13) Remember, it is very important to work under the authority of church leaders or work with fellow church leaders in establishment of such a plan.

- What are some enemies (not people) in our congregation / lifestyle, of true discipleship? __________

- What are some things I will need to sacrifice personally in order to accomplish a discipleship plan?

**Overall objective of a discipleship plan:** Many have taken the approach of accountability and discipleship being optional. I would like to submit to you that neither one is an optional part of Christianity. Christ said very clearly that unless we are willing to take up our cross daily, we cannot be his disciple. Taking up the cross of discipleship in discipleship living is not an option. Being a “Christian” is simply a term given to those of us who have chosen to be disciples of Christ. Therefore, being a disciple of Christ is not an option for any believer. Have we done as well in making applications toward purposeful discipleship as we have done in other areas? I would venture to say if we could make some applications in discipleship efforts, we would have much greater effect on overall holiness and spiritual fervency of our congregations. Further questions: Do I see discipleship as an option? What principles are there to support a discipleship Plan? (See Pages 17-19) I’m suggesting that the goal of the discipleship program should be that every person is involved both as a receiver of discipleship and a giver of discipleship.

I am willing to personally pay the price of discipleship – signed: ________________________________

Our discipleship objective: _______________________________________________________________
Discipleship Plan Worksheets

For practical purposes, this plan is divided into two stages, the INFANT plan and the MATURE plan. Please do not try to start the plan on the mature level. Even if there is a broad-based support for it in the congregation, it is better to grow slowly. The message I want to pass along is this: it will take time, persistence, and vision to move the plan to a mature level.

Stage 1: INFANT DISCIPLESHIP PLAN STAGE

- What are the visions of our church leaders (or fellow church leaders) for our congregation? ____________________________________________________________

What is my vision? ____________________________________________________________

- Who can I ask to disciple me (even if I am a minister)? __________________________________

Mentors or discipleship advisors: These men must possess a living relationship with Christ, clear honesty and integrity, and a passion for people. Look for those who have walked through hard times and have processed their hard times well. They should be loyal, both to the church leadership, but also as a friend. Consider utilizing men you have observed seeking out integrity and openness as your own mentors – even if their situation has been somewhat messy. Challenge: if you are a heart man, pick a manager to mentor you. If you are a manager, pick a heart man to mentor you. In other words, pick your mentor not as much because you admire or agree with him, but rather for their relationship with Christ and others, as well as their willingness to challenge you. Question to Consider: In ten years, do I want my relationships to be in the same shape as my mentor’s current relationships?

- Who are some further prospective discipleship leaders in our congregation? ________________________________________________

- Who are some prospects for discipleship in our congregation? ______________________________________________________________

- Is there anyone with whom I could build a relationship in an effort to lead them into greater discipleship of Jesus Christ? _________________________________________________________________

- Prayerfully Consider: What would the Lord have our discipleship program to look like in 1 year?

___________________________________________________________________________________

___________________________________________________________________________________

___________________________________________________________________________________

___________________________________________________________________________________

___________________________________________________________________________________
**Discipleship Plan Worksheets**

**Stage II: MATURE DISCIPLESHIP PLAN STAGE (Approximately the 2 year point)**

- From whom am I feeling the most resistance to discipleship plan: ______________________
  
  o What are the deeper causes for their resistance?  In My Own Life: ______________________
  
  In Their Life: ______________________
  
  o What are 3 ways in which I can move toward relationship with those people: _________

- Who are the most promising Discipleship Coordinators for our group?  ______________________

  Discipleship Coordinators: At this point, it may be wise to tap one or two other men, to help in coordinating the discipleship. Again, this plan should only be conducted under the blessing of one’s authorities. If schedules permit, one of the ministers/deacon could be involved in this committee. Some of the early mentors would be primary candidates for discipleship coordinators. Choose this committee carefully. They should be men with insight into relationships – having the ability to spot relational hotspots early on in the conflict. They need to be willing to make decisions based on God’s Word rather than their own reactions. They must be men of integrity – not only moral integrity, but also relational integrity, showing a willingness to avoid the path of least resistance when handling sticky situations.

- How can we help to train them and provide more input to move our church group forward? _________

- Are the ministers (other ministers) feeling supported by this discipleship plan? Have you discussed it with them? Yes / No  Explain: ______________________

- Are we at a stage where we can begin requiring new church members to adopt discipleship?  Yes / No  Explain: ______________________

- How is the plan impacting the 5 areas (page 2) that I wanted to see impacted? _____________

- Who are the next individuals to target as discipleship advisors? ____________________________

- Who are the next individuals to target for discipleship? ____________________________

  o Are there any men who are now being discipled who could now begin discipling others?
Discipleship & Accountability Resources

Discipleship Tools
I am a child of God. I John 1:4
I am a new creation. 2 Corinthians 5:17
I am at peace with Christ. Romans 5:1
I am new (reborn) in Christ. Titus 2:14
I am not what I used to be! 2 Corinthians 5:17
I am a new creation. I Corinthians 5:17
I am sown into earth. Luke 12:32
I am the Lord’s good servant and the Lord’s chosen one, to do his work. Isaiah 42:1
I have eternal life. John 11:25
I am a branch of the true vine. John 15:5
I have authority over the enemy. Colossians 2:9
I am complete in Christ. Colossians 1:28
I am washed. Ephesians 5:26
I am a priest of the King. Ephesians 2:19
I am justified by faith. Not by sight. Galatians 5:6
I am dead with Christ. Ephesians 2:6
I am made alive with Christ. Ephesians 2:5
I am partaker of his divine nature. II Peter 1:4
I am his workmanship. Ephesians 2:10
I am in Christ. Colossians 1:30
I am in the body of Christ. I Corinthians 12:12 - 14
I am dead in Christ. Ephesians 2:20
I am crucified with Christ. Galatians 2:20
I am in Christ Jesus. Galatians 2:20
I am in Christ and Christ in me. Romans 8:30
I have peace with Christ in me. Romans 5:1
I have eternal life. Matthew 5:33
I am the salt of the earth. Matthew 5:13
I am the light of the world. Matthew 5:14
I am his sheep and he is my shepherd. Psalm 23:1
I am his beloved and he is mine. Song of Solomon 6:3
I am my brother’s keeper. Genesis 4:9
I am the vine. John 15:5
I am the head of the body. Ephesians 1:22
I am the church of Christ. Ephesians 2:19
I am the body of Christ. I Corinthians 12:12 - 14
I am the temple of God. 1 Corinthians 3:16
I am the temple of the Holy Spirit. I Corinthians 6:19
I am his workmanship. Ephesians 2:10
I am a new creation. 2 Corinthians 5:17
I am a sinner. Hebrews 10:31
I am holy. I Peter 1:2
I am a child of God. I John 1:4
I am risen with Christ. Ephesians 2:6
I am cleansed with Christ’s blood. Ephesians 2:13
I am in the body of Christ. Ephesians 2:19
I am not what I used to be! 2 Corinthians 5:17
I am a new creation. I Corinthians 5:17
I am a child of God. I John 1:4
I am cleansed with Christ’s blood. Ephesians 2:13
I am in Christ. Colossians 1:27
| When I became a Christian...
Who I Am In Christ

Biblical Truths to “Practice Believing”

I AM GOD’S…
• possession Genesis 17:8/ 1Cor 6:20
• child John 1:12
• workmanship Ephesians 2:10
• friend James 2:23
• temple 1 Cor 3:16/ 6:16
• vessel 2 Timothy 2:2
• co-laborer 1 Timothy 5:18
• witness Acts 1:8
• soldier 2 Timothy 2:3
• ambassador 2 Cor 5:20
• building 1 Cor 3:9
• husbandry 1 Cor 3:9
• minister/instrument Acts 26:16/ 1 Tim 4:6
• chosen Ephesians 1:4
• beloved Romans 1:7/ 2 Thess 2:13
• precious jewel Malachi 3:17
• heritage 1 Peter 5:3
• light in the darkness Matthew 5:14
• candle in a dark place Matthew 5:15
• city set on a hill Matthew 5:14
• salt of the earth Matthew 5:13
• his sheep Ps 23 / Psalms 100:3/ John 10:14
• a citizen of heaven 1 Peter 2:11
• hidden with Christ in God Psalms 32:7
• protected from the evil one 1 John 5:18
• kept by the power of God 1 Peter 1:5
• secure in Christ Jn 10:28-29
• set on a Rock Psalms 40:2
• more-than-a-conqueror Romans 8:37
• born again 1 Peter 1:23
• a victor 1 John 5:4
• healed by his stripes Is 53:6
• covered by blood of Jesus Rev 12:11, 1 Pet 1:19
• sheltered under his wing Psalms 91:4
• hidden in secret place of the Almighty Ps 91:1

I HAVE BEEN…
• redeemed by the blood Rev 5:9
• set free from sin/condemnation Rom 8:1-2
• set free from Satan’s control Col 1:13
• set free from Satan’s kingdom Eph 2
• chosen before foundation of world Eph 1:4
• predestined to be like Jesus Ephesians 1:11
• forgiven of all my trespasses Col 2:13
• washed in the blood of the Lamb Rev 1:5
• given a sound mind 2 Timothy 1:7
• given the Holy Spirit 2 Cor 1:22
• adopted into God’s family Romans 8:15
• justified freely by his grace Romans 3:24
• given all things pertaining to life 2 Pet 1:3
• given great and precious promises 2 Pet 1:4
• given ministry of reconciliation 2 Cor 1:22
• authority over the power of enemy Lk 10:19
• access to God Ephesians 3:12
• been given wisdom Ephesians 1:8

I AM…
• complete in him Colossians 2:10
• free forever from sin’s power Romans 6:14
• sanctified 1 Cor 6:11
• meet for the Master’s use 2 Timothy 2:21
• loved eternally 1 Peter 1:5
• eternally kept in the palm of his hand Jn 10:29
• kept from falling Jude 1:24
• kept by the power of God 1 Peter 1:5
• not condemned Romans 8:1-2
• one with the Lord 1 Cor 6:17
• on my way to heaven John 14:6
• quickened by his mighty power Eph 2:1
• seated in heavenly places Eph 2:1
• the head and not the tail Deut 28:13

I HAVE…
• access to the Father Romans 5:2
• a home in heaven waiting for me Jn 14:1-2
• all things in Christ 2 Cor 5:17
• a living hope 1 Peter 1:3
• an anchor to my soul Hebrews 6:19
• a hope that is sure and steadfast Heb 6:19
• authority to tread on serpents Luke 10:19
• power to witness Acts 1:8
• the tongue of the learned Isaiah 50:4
• the mind of Christ 1 Cor 2:16
• boldness and access Hebrews 10:19
• peace with God Romans 5:1
• faith as a grain of mustard seed Luke 17:6

I CAN…
• do all things through Christ Philp 4:13
• find mercy and grace to help Heb 4:16
• come boldly to the throne of grace Heb 4:16
• quench all the fiery darts Eph 6:16
• tread on the serpent Luke 10:19
• declare liberty to captives Isaiah 61:1
• pray always and everywhere Luke 21:36
• chase a thousand Joshua 23:10
• defeat (overcome) the enemy Rev 12:11
• tread Satan under foot Rom 16:20

I CANNOT…
• be separated from God’s love Rom 8:35-39
• be moved Psalms 16:8
• be taken out of my Father’s hand John 10:29
• be charged or accused Romans 8:33
• be condemned 1 Cor 11:32
The Benefit of Using This List

Satan is a liar and the father of it. He deceives the nations and deceives Christians into thinking his lies are true. He is the accuser of the brethren, who accuses us before the throne of God. Zechariah 3 depicts the scene before the throne of God where the saint stands in tattered garments and Satan at his right hand making incessant accusations against him. The Lord steps in by commanding the angel of the Lord to clothe him in new garments clean and white, to put on him a turban. And the Lord declared:

“I have caused your iniquity to pass from you, and I will clothe you with change of raiment.”

The Revelation of Jesus Christ declares (Revelation 3:5, Revelation 3:18, Revelation 4:4) that the saints are clothed in white raiment that the shame of their nakedness does not appear.

- Revelation 3:5 He that overcometh, the same shall be clothed in white raiment; and I will not blot out his name out of the book of life, but I will confess his name before my Father, and before his angels.
- Revelation 3:18 I counsel thee to buy of me gold tried in the fire, that thou mayest be rich; and white raiment, that thou mayest be clothed, and that the shame of thy nakedness do not appear; and anoint thine eyes with eyesalve, that thou mayest see.
- Revelation 4:4 And round about the throne were four and twenty seats: and upon the seats I saw four and twenty elders sitting, clothed in white raiment; and they had on their heads crowns of gold.

Revelation 12:10 declares that “the accuser of our brothers is cast down, who accused them before the throne day and night.”

Romans 8 is even more emphatic when it says, “Who shall lay anything to the charge of God’s elect? It is God that justifies. Who is he that condemns? It is Christ who died, rose again, and sits at the right hand of God making intercession for us.”

Too often believers believe the lies and accusations of the enemy. They either are ignorant of what God has said or they willingly disbelieve it based on their “feelings.” We do not need to feel anything! God’s truth is God’s truth. “Let God be true and every man a liar.” (Romans 3:4)

We need to learn who we are in Christ and confess the same out loud. I am what God says I am regardless of how I feel about myself. My feelings cannot change the absolute truth of God’s word. We need to see ourselves in the light of God’s word. Once we have heard and seen God’s truth we are to RECKON it to be so. “Likewise reckon ye also yourselves to be dead indeed unto sin, but alive unto God through Jesus Christ our Lord.” – Romans 6:11 The word reckon is “logizomai” in Greek, which means to calculate, count it up, logically sum it up as so. Sum up what God says as true and leave the rest.
Personal Questionnaire

Name ________________________________  Date_____________________________

Please Note: If you need more space to answer any of the following questions, you may use additional paper. Simply write to the number of the corresponding question with your answer. If any questions are not applicable to your life, please write “N/A”.

1. Describe your relationship with God.
_________________________________________________

2. What does Jesus Christ mean to you?
_________________________________________________

3. Describe your relationship with your father.
_________________________________________________

4. Describe your relationship with your mother.
_________________________________________________

5. Describe your favorite sibling and your relationship with him/her.
_________________________________________________

6. Describe your least favorite sibling and your relationship with him/her.
_________________________________________________

7. Describe your earliest memory.
_________________________________________________

8. Describe the discipline during your childhood.
_________________________________________________

9. Describe your thought patterns during the day. What do you think about the most?
_________________________________________________

10. What brings the most fear to your heart?
_________________________________________________

11. Describe other fears.
_________________________________________________

12. List any people with whom you have a hard time getting along?
_________________________________________________
13. Describe any grudges or bitterness you feel you may have.

________________________________________________________________________

14. List any involvement in the occult, satanic or demonic powers, use of Ouija board, or any item you consider possibly involved with higher powers.

________________________________________________________________________

15. Describe your financial situation.

________________________________________________________________________

16. Describe your spending habits.

________________________________________________________________________

17. Describe your eating habits.

________________________________________________________________________

18. Describe your exercise habits.

________________________________________________________________________

19. Describe your sleeping patterns.

________________________________________________________________________

20. Describe any poor sexual habits, for example—masturbation, pornography, or any inappropriate or questionable sexual involvement (past or present).

________________________________________________________________________

21. What incident brings you the most guilt?

________________________________________________________________________

22. What other incidents bring guilt to your mind?

________________________________________________________________________

23. Describe your level of the anger, impatience, or frustration.

________________________________________________________________________

24. Describe any incidents of depression.

________________________________________________________________________

25. Describe your hobbies.

________________________________________________________________________

26. How would you describe yourself? (Circle any that apply)
Kind—loving—truthful — gentle -- caring—submissive -- content -- morally upright
Lustful, immoral, discontent-- rebellious --bitter, angry, --dishonest --harsh --selfish
Other ____________________________________________
27. How would your spouse describe you? (Circle any that apply)
Kind—loving—truthful – gentle -- caring—submissive -- content -- morally upright
Lustful, immoral, discontent-- rebellious --bitter, angry, --dishonest --harsh --selfish
Other________________________________________________________

28. How would your children describe you?
Kind—loving—truthful – gentle -- caring—submissive -- content -- morally upright
Lustful, immoral, discontent-- rebellious --bitter, angry, --dishonest --harsh --selfish
Other________________________________________________________

29. What is the hardest thing about life for you?
__________________________________________________________________________________________________________

30. What do you enjoy most about life?
__________________________________________________________________________________________________________

31. Describe your greatest success.
__________________________________________________________________________________________________________

32. What gives you the most hope?
__________________________________________________________________________________________________________

33. Describing a meaningful way for others to encourage or relate to you.
__________________________________________________________________________________________________________

34. What is your purpose for life? ____________________________________
__________________________________________________________________________________________________________

35. Have you ever considered suicide/homicide? ____ Do you presently consider suicide/homicide? ____
If you have suicidal/homicidal thoughts, would you be willing to commit to immediately finding a someone with whom you can talk, whatever the time? ______ If you agree to the prior commitment, please sign your name. ______________________________________

36. What do you most wish would be different about your life?
__________________________________________________________________________________________________________

37. Lists some goals to work towards during your time at Fresh Start. What would you like to see changed?
__________________________________________________________________________________________________________

38. For our time to be the most productive, we are going to need to see each other as allies and work together. What can we do to build your confidence that we desire the best for you?
__________________________________________________________________________________________________________
Forgiving My Offenders

(Walking Out of My Prison of Pain through Forgiveness)

List the Ways / Incidents in which __________ has wounded you, and how it impacted you. Please try to separate their actions from your sins, emotions, and reactions. They are not responsible for your actions, and you are not responsible for theirs.

1. 

2. 

3. 

4. 

5. 

6. 

Lord, I choose to forgive __________ for wounding me in/by ______________, causing me to feel __________ . I choose to forgive __________ , and I choose to pay the price of their actions through forgiveness, just as you forgave me. I ask you to bring healing to my heart and give me a love for __________.
My Responses To Offenses

(Ways You Sin Back To One Who Offends You)

List The Way that _________ Has Offended You...

List each way that you have sinfully reacted to the above offense...

1.

2.

3.

4.

5.

6.

Lord, I was wrong in my response of __________, to __________, and also to You God. Would You forgive Me? I choose to love __________ as I would want You, God, to love me. I take back the ground given to Satan through my evil Reactions and yield that ground to the control of Jesus Christ.
GUIDELINES FOR HAVING A COURAGEOUS CONVERSATION

By Chris Hogan  noblecall.org

Speaker Guidelines (the one answering the questions):

- Speak the truth in love.
- Provide a safe environment for listening.
- State the facts you are basing your feelings on instead of making your feelings the facts.
- Allow the listener to summarize the meaning of your statements.
- Clarify the statement until the listener has understood the message to your satisfaction.

Listener Guidelines (the one asking the questions & listening):

- Listen to the speaker’s perspective.
- Show respect by staying in the conversation.
- Do not complain, explain, or blame.
- Restate the meaning of the message to the speaker’s satisfaction.
- Gain wisdom and develop understanding to establish relationships of trust, and use knowledge to resolve issues.

COURAGEOUS CONVERSATION QUESTIONS

Pressing Issue

1. What is your most pressing issue?
2. What I hear you saying is… in addition to this, is there something else?

Painful Consequences

3. How is this affecting you? Others?
4. What will the future be like if nothing changes?

Personal Responsibility

5. What do you see as my responsibility for this issue?
6. What do you see as your responsibility for this issue?

Noble Calling

7. What does the preferable future look like to you?
8. What is the most powerful thing we can agree to ask God to do?

Noble Plans & Deeds

9. Based on the above, what is the one thing we cannot fail to do?
10. What practical steps do we need to take to make this happen?
It is our desire to help make the Discipleship Program as productive as possible for the trainee and their future life work. In order to do so, please evaluate the trainee, and return the completed evaluation to your Discipleship Coordinator. The trainee will receive a copy of the evaluation with your permission. Thank you, and God bless.

<table>
<thead>
<tr>
<th>Study Habits</th>
<th>Poor</th>
<th>Excellent</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Diligence in work habits &amp; homework completion</td>
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<td>2. Understands the material taught</td>
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<td>3. Applies the material taught</td>
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<td>4. Time use</td>
<td>1 2 3 4 5 6 7 8 9 10</td>
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<tr>
<th>Discipleship Traits</th>
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<td>5. Desire for the Word</td>
<td>1 2 3 4 5 6 7 8 9 10</td>
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<td>6. Personal prayer / journal</td>
<td>1 2 3 4 5 6 7 8 9 10</td>
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<td>7. Willingness to hear instruction / correction</td>
<td>1 2 3 4 5 6 7 8 9 10</td>
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<td>8. Ability to relate to others</td>
<td>1 2 3 4 5 6 7 8 9 10</td>
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<td>9. Identifies and works through key issues</td>
<td>1 2 3 4 5 6 7 8 9 10</td>
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<td>10. Overall walk with God</td>
<td>1 2 3 4 5 6 7 8 9 10</td>
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<th>Relational Patterns</th>
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<td>11. Able to forgive</td>
<td>1 2 3 4 5 6 7 8 9 10</td>
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<tr>
<td>12. Extends love to others</td>
<td>1 2 3 4 5 6 7 8 9 10</td>
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<td>13. Shows respect to others</td>
<td>1 2 3 4 5 6 7 8 9 10</td>
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<td>14. Illustrates servant spirit</td>
<td>1 2 3 4 5 6 7 8 9 10</td>
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- Greatest strength: 
- Greatest weakness: 
- Area of greatest growth: 
- Spiritual gift: 
- Additional comments: 

Trainee: 
Filled out by Mentor: 
Date: 

Trainee Evaluation
15. Rate the relationship between you and the trainee .............. 1 2 3 4 5 6 7 8 9 10
16. Rate the level of conflict between you and the trainee ...... No Conflict 1 2 3 4 5 Much Conflict
17. Is it a good or bad conflict (or lack of conflict)? Describe: _________________________________________

18. Trainee’s Contribution: ________________________________________________________________
19. My Contribution: ___________________________________________________________________
20. Rate the conflict between trainee and other relationships .... No Conflict 1 2 3 4 5 Conflict
21. With whom does the trainee clash the most? ____________________________________________
   Why? ______________________________________________________________________________
22. Have you discussed the above 7 questions with the trainee?
   • If yes, what was the result? ___________________________________________________________________
   • If no, why not? __________________________________________________________________________
23. What is the trainee’s life goal or purpose? ___________________________________________________________________
24. Describe counselee’s level of fulfillment with life? ___________________________________________________________________
25. How could the church further develop and utilize the trainee’s gifts? ___________________________________________________________________
26. Where do you feel the trainee is at on the diagram below?

![Diagram of the 4-Stage - 3 Shift Model for Counselling Intervention]

27. Are you willing for this paper to be shared with the trainee? YES / NO
   • If no, Explain: _______________________________________________________________________
28. Additional Comment: ___________________________________________________________________
Discipleship Program

Discipleship Evaluation
Mentor __________________
Filled out Trainee ________________
Date ________________

It is our desire to help make the Discipleship Program as productive as possible for you, the trainee and your future life work. In order to do so, please evaluate the discipleship, and return the completed evaluation to your Discipleship Coordinator. Your mentor will receive a copy of the evaluation with your permission. Thank you, and God bless.

<table>
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<tr>
<th>Poor</th>
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- Greatest strength of the mentor: __________________________
- Greatest weakness of the mentor: __________________________
- Greatest strength of the Discipleship Program: __________________________
- Greatest weakness of the Discipleship Program: __________________________
- Suggested changes: __________________________
- Additional comments: __________________________
15. Rate the relationship between you and your Mentor ............ 1 2 3 4 5 6 7 8 9 10
16. Rate the level of conflict between you and your mentor ............ No Conflict 1 2 3 4 5 Conflict
17. Is it a good or bad conflict (or lack of conflict)? Describe: __________________________________________
18. Mentor’s Contribution: ________________________________________________
19. My Contribution: ____________________________________________________
20. Rate the conflict between you and others .......... No Conflict 1 2 3 4 5 Much Conflict
21. In which relationships do you clash the most? ____________________________
   Why? ___________________________________________________________________
22. Have you discussed the above 7 questions with your mentor?
   • If yes, what was the result? ____________________________
   • If no, why not? _______________________________________
23. What is your life goal or purpose? ____________________________
24. Describe your level of fulfillment in life? ____________________________
25. How could the Church further develop and utilize your gifts? ________________
26. Where do you feel you are at on the diagram below?

![Diagram](image)

27. Are you willing for this paper to be shared with the Mentor? YES / NO
   • If no, Explain: _______________________________________________________
28. Additional Comment: ________________________________________________
Discipleship & Accountability Resources

Accountability Tools
Accountability Group Structure

Questions to Consider

1. Have I dealt in integrity with all my work and business relationships?
2. Have I harbored a spirit of unforgiveness or grudge bearing against anyone? Do my actions agree with the answer I just gave?
3. Is there any unconfessed sin in my life that I am not willing to deal with?
4. Have I maintained purity with the opposite sex in all areas of my life?
5. Have I viewed any immoral material, or fallen to lust?
6. Have I sinned this past week, especially in any besetting or habitual way?
7. Have I faithfully met my financial responsibility before God?
8. Has my devotional/prayer life been consistent and meaningful?
9. Have I invested time and energy in my family in recreation, conversation, and spiritual instruction?
10. Have I lied or misrepresented the truth in any way which I have not confessed and made right?
11. Has my thought life honored God?
12. Is my conversation sound? Have my talk, jokes, opinions, and expressions been consistent with a Christ-like commitment?
13. Do I seek opportunities to share my faith in Christ? Did I share out of love or out of guilt?
14. Do I have a purpose for living life? What have I been doing to find/fulfill it?
15. What are my specific, practical weekly / monthly goals?
16. Have I just lied in any of these areas?

Misconceptions about accountability:

- It is punishment for those who can't quite make it on their own.
- That it is something to be feared.
- Those who need accountability are somehow less Godly than I am. (You see, we are all accountable. Accountability to God is unavoidable. Furthermore, accountability to our brothers is not only a fact, it is a command. To the extent that we acknowledge it and avail ourselves of its benefits is the extent to which we desire God's blessing. See list of Scriptures, Goals/point 3, advocating accountability and mutual exhortation)

Suggested accountability group setup:

1. This is a program comprised of any member of the congregation that desires to be part of a group for the purpose of spiritual growth. Groups are not to be mixed genders.
2. Groups should be set up by a church leader or loyal lay member. I might suggest that a leader be assigned for each group simply to help things flow more smoothly. Thought should be taken in regards to personalities, family ties, and any other factors so as to maximize openness and stability among the groups.
3. Groups are to be reassigned once every year or so, with a goal to avoid a tendency towards cliques. This is a voluntary program. For those who choose to join, please don't look down on those who do not. For those who don't join, please don't feel threatened by those who do. Each person is responsible for a mature and Christ-like response within themselves.
4. Each group of three or four finds a mutually acceptable time and place to meet with the other members of their group. All groups need not meet on the same day or time.
Structure of the meeting:

The Group Leader arranges for each member to take a turn leading out.

1. The Meeting Leader asks the Questions and each one answers the question in turn. It's up to each group whether the whole list of questions is asked every single meeting. It can get pretty grueling if you use the whole list every time.
2. Share about victories as well as defeats. Share the exciting things the Lord is doing in your life.
3. You may also use the Topical Memory System published by NAVPRESS. This meeting was also a time to check up on how our Bible memorization was progressing.
4. Prayer is an important element of these times together. Pray for your families, the others in the group, pastors, brothers and sisters in the church, etc.
5. Laugh Together. If we're always serious when we get together, it can turn into something we dread, almost like a physical exam.
6. There is much value in planning a general assembly of all the men involved in the accountability groups at regular intervals for a Bible or book study, outside speaker, or some sort of group encouragement. Have coffee and donuts if possible. Start with fellowship. Follow that with an address to the whole group. Then break up into small groups (with leaders assigned for each small group) for discussion of the material shared and prayer time.

Make the Groups successful:

1. Develop the commitment to Agape Love. That no matter what happens, you are able to choose to love your brother, in action and motive, as well as word.
2. Be humble enough to expose your weakest areas; don’t defend yourself in the group. Then accept the reproof that follows.
3. **BE CONFIDENTIAL**-- Why bother adding the sin of gossip and pride to the list of things we need to confess. Note: please do not repeat anything personal or anything that would hurt another person, to anyone outside your group in any form whatsoever. (i.e. Prayer request, concern, etc.) If you feel someone needs to know, please encourage that person who has the struggle to share his struggle with the person that needs to know. A general overview of the meeting as well as one's own personal struggles may be shared with your own spouse, but not the struggles of another individual in the group.

Goals of the Group

1. Set up Spiritual Goals for yourself, your family, and the church. Keep your eyes on them. Review the goals frequently.
2. Encourage each group member find a way to minister to others in a spiritual outlet.
3. Realize the purpose of the group is simply to develop and encourage openness in my own life with the rest of the church. Our goal needs to be that the focus of conversations would shift from the things of this world to the things of the Lord. It assists in fulfilling the commands to exhort, care for, and share with each other (Hebrews 3:13, James 5:16, 1 Thess. 5:11-14, Gal 6:1-3, Hebrews 10:24-25, Romans 12:1-2, 1 Cor. 4:16, 2 Cor 1:4, 2 Cor. 2:7-8, 1 Thess. 4:17-18, 2 Thess 2:17, 2 Tim 4:2, Titus 2:6, Romans 12:9-16, and many more).
4. **Many, many of our people are very lonely. Here is a structured way to address that issue and begin building meaningful relationships within the congregation.**
## Budget Worksheet

<table>
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<tr>
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<th>Deposit</th>
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Category ____________________
If you would like the full DMI Booklet, with explanations, descriptions, and Scriptures, you may download it free of charge from www.freshstarttrainingcenter.org.

### DAILY MORAL INVENTORY

| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 |
|---|---|---|---|---|---|---|---|---|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
| Forgiveness |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Truthfulness |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Obedience |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Honor |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Punctuality |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Gratefulness |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Gentleness |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Sincerity |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Self-control |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Discernment |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Contentment |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Joyfulness |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Humility |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Security |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Meekness |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Self Acceptance |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Virtue (thot life) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Accepting Responsibility |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Alertness |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Flexibility |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Patience |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Diligence |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
Sexual Purity Covenant

- I will never open any program for sexual stimulation.
  
  1 Corinthians 6:13b “Yet the body is not for immorality, but for the Lord; and the Lord is for the body”
  
  2 Timothy 2:22 "Flee youthful lusts; but pursue righteousness, faith, love, peace with those who call on the Lord out of a pure heart."

- I will never purchase or download anything pornographic.

- I will not sit and watch television programs that are sexually stimulating
  
  Eph. 5:5 “For this you know with certainty, that no immoral or impure person or covetous man, who is an idolater, has an inheritance in the kingdom of Christ and God.”
  
  Ps. 101:3 “I will set no worthless thing before my eyes.”

- I will guard my eyes and abstain and avoid always any stimulating material of any type.

- I will not watch sexually stimulating videos of any kind… regardless of the rating (PG, PG-13, R or X)
  
  Ps. 39:1a “I will guard my ways”
  
  Matt. 6:22-23 “The lamp of the body is the eye; if therefore your eye is clear, your whole body will be full of light. But if your eye is bad, your whole body will be full of darkness. If therefore, the light that is in you is darkness, how great is the darkness!”
  
  Job 31:1 "I have made a covenant with my eyes; why then should I look upon a young woman?"

- I will not participate in computer chat rooms… developing relationships with other women through the internet.
  
  Matt. 12:36-37a “And I say to you, that every careless word that men shall speak, they shall render account for it in the day of judgment. For by your words you shall be justified”

- I will not cultivate any emotionally intimate one-on-one relationship other than with my spouse.
  
  Ex. 20:14 “You shall not commit adultery”; Ex. 20:17b “You shall not covet your neighbor’s wife.”
  
  Prov. 5:15-20 "Drink water from your own cistern, and running water from your own well... rejoice with the wife of your youth. As a loving deer and a graceful doe, let her breasts satisfy you at all times; and always be enraptured with her love."

- I will not replace the risk of personal relationships with the impersonal safety of my computer. I will not retreat to it and out of life. I will limit my time to use the computer for recreational activities.
  
  Matt. 22:37-39 "You shall love the Lord your God with all your heart, with all your soul, and with all your mind... and the you shall love your neighbor as yourself."
Sexual Purity Covenant (Continued)

Our first priorities are relationships! Not things. Working on our relationship with God and other people should take precedence over time on the computer.

• I will spend my constructive creative energy not with the television or in the unreality of virtual reality on the computer, but in the reality of the real world.

• I will never use the internet to satisfy my own selfish, self-centered desires wanting to stimulate my fleshly passions.
  Romans 13:14 "But put on the Lord Jesus Christ, and make no provision for the flesh, to fulfill its lusts."

• When doing research on the internet I will work only to find the information needed and get off, no idle surfing.

• I will strictly limit my experimental time on the computer and devote myself more to truth than to technique.
  John 8:32 "You shall know the truth and the truth shall set you free."

I _____________________________ (sign your name), on this day __________, 20______, pledge by God’s grace at work in me, to fight to honor these vows before God and men.
Computer Purity Covenant

- I will never open any program for sexual stimulation.
  1 Corinthians 6:13b Yet the body is not for immorality, but for the Lord; and the Lord is for the body"
  2 Timothy 2:22 "Flee youthful lusts; but pursue righteousness, faith, love, peace with those who call on the Lord out of a pure heart."
- I will never purchase or download anything pornographic.
  Eph. 5:5 For this you know with certainty, that no immoral or impure person or covetous man, who is an idolater, has an inheritance in the kingdom of Christ and God.”
  Ps. 101:3 I will set no worthless thing before my eyes"
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  Ps. 39:1a “I will guard my ways”
  Matt. 6:22-23 “The lamp of the body is the eye; if therefore your eye is clear, your whole body will be full of light. But if your eye is bad, your whole body will be full of darkness. If therefore, the light that is in you is darkness, how great is the darkness!”
  Job 31:1 "I have made a covenant with my eyes; why then should I look upon a young woman?"
- I will not participate in chat rooms.
  Matt. 12:36-37a And I say to you, that every careless word that men shall speak, they shall render account for it in the day of judgement. For by your words you shall be justified”
- I will not cultivate any emotionally intimate one-on-one relationship other than with my spouse.
  Ex. 20:14 You shall not commit adultery”; Ex. 20:17b you shall not covet your neighbor’s wife”
  Prov. 5:15-20 "Drink water from your own cistern, and running water from your own well... rejoice with the wife of your youth. As a loving deer and a graceful doe, let her breasts satisfy you at all times; and always be enraptured with her love."
- I will not replace the risk of personal relationships with the impersonal safety of my computer. I will not retreat to it and out of life. I will limit my time to use the computer only for work and will avoid all recreational activities.
  Matt. 22:37-39 "You shall love the Lord your God with all your heart, with all your soul, and with all your mind... and the you shall love your neighbor as yourself."
Computer Purity Covenant (Continued)

Our first priorities are relationships! Not things. Working on our relationship with God and other people should take precedence over time on the computer.

- I will spend my constructive creative energy not in the unreality of virtual reality but in the reality of the real world.
- I will never use the internet to satisfy my own selfish, self-centered desires wanting to stimulate my fleshly passions.
  
  Romans 13:14 "But put on the Lord Jesus Christ, and make no provision for the flesh, to fulfill its lusts."

- When doing research on the internet I will work only to find the information needed and get off, no idle surfing.
- I will strictly limit my experimental time on the computer and devote myself more to truth than to technique.
  
  John 8:32 "You shall know the truth and the truth shall set you free"

- I have implemented a software blocking system on my computer and have given controlling access to my accountability partner. I will never try to override this system or bypass it in anyway.
  
  Eccles. 4:9-10 "Two are better than one, because they have a good reward for their labor, for if they fall, one will lift up his companion. But woe to him who is alone when he falls, for he has no one to help him up."
  
  Matt. 5:29-30 "If your right eye causes you to sin pluck it out... if your right hand causes you to sin cut it off."

I ________________________________ (sign your name), on this day _____________, 20___, pledge by God’s grace at work in me, to fight to honor these vows before God and men.
Business Travel Plan for Avoiding Sexual Temptation

- Begin praying for purity days before the trip.
- If possible do not ride in a car alone with someone of the opposite sex.
- Do not confide in someone of the opposite sex about any struggles in your marriage, nor listen to someone else tell you about their own struggles in their marriage.
- When traveling, avoid the newsstand; bring your own magazine or newspaper.
- Avoid staying in hotels with in room porn / adult movies.
- Make reservations in hotels with a workout room.
- As soon as you enter the room pray Psalm 101 and commit your stay to God; repeat every morning.
- Bring and set out a picture of your spouse and children.
- Exercise every day.
- Call your spouse every evening.
- Ask your spouse to pray for you before you leave and during your stay.
- Maintain a routine. Discipline yourself to get up early each morning. Don’t just lie in bed.
- Have a time with the Lord (Bible reading and prayer) every day for at least 20 minutes.
- Go to bed by 11:30 p.m. at the latest.
- Bring at least one interesting book to read, both business related and personal related.
- If back at hotel prior to dinner, get a meal at a restaurant or take out.
- If back at hotel after dinner do work till finished.
- Ask spouse to specifically ask you as to whether you followed your plan and avoided sin. Have them specifically ask you if you failed in any area, and have them ask if you lied.
- Meet only in public places if absolutely necessary to meet with someone of the opposite sex.
5:30 a.m.
What I thought

5:45 a.m.
What I thought

6:00 a.m.
What I thought

6:15 a.m.
What I thought

6:30 a.m.
What I thought

6:45 a.m.
What I thought

7:00 a.m.
What I thought

7:15 a.m.
What I thought

7:30 a.m.
What I thought

7:45 a.m.
What I thought

8:00 a.m.
What I thought

8:15 a.m.
What I thought

8:30 a.m.
What I thought

8:45 a.m.
What I thought

9:00 a.m.
What I thought

9:15 a.m.
What I thought

9:30 a.m.
What I thought

9:45 a.m.
What I thought

10:00 a.m.
What I thought

10:15 a.m.
What I thought

10:30 a.m.
What I thought

10:45 a.m.
What I thought

11:00 a.m.
What I thought

11:15 a.m.
What I thought

11:30 a.m.
What I thought

11:45 a.m.
What I thought

12:00 p.m.
What I thought

2Co 10:5 Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ,

Php 4:8 Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things.
MY THOUGHTS?!
The Heart God Revives

“The sacrifices of God are a broken spirit; a broken and a contrite heart, O God, thou wilt not despise.” Psalm 51:1

Proud People...

➢ focus on the failures of others.

➢ have a critical, fault-finding spirit; look at everyone else’s faults with a microscope, but their own with a telescope.

➢ are self-righteous, look down on others.

➢ have an independent, self-sufficient spirit.

➢ have to prove they are right.

➢ claim rights; have a demanding spirit.

➢ are self-protective of their time, their rights, and their reputation.

➢ desire to be served.

➢ desire to be a success.

➢ desire self-advancement.

➢ have a drive to be recognized and appreciated.

➢ are wounded when others are promoted and they are overlooked.

➢ have a subconscious feeling, “This ministry/church is privileged to have me and my gifts; think of what I can do for God.”

➢ feel confident in how much they know.

➢ are self-conscious.

➢ keep others at arms’ length.

Broken People...

➢ are overwhelmed with a sense of their own spiritual need.

➢ are compassionate; can forgive much because they know how much they have been forgiven.

➢ esteem all others better than themselves.

➢ have a dependent spirit; recognize their need for others.

➢ are willing to yield the right to be right.

➢ yield their rights; have a meek spirit.

➢ are self-denying.

➢ are motivated to serve others.

➢ are motivated to be faithful and to make others a success.

➢ desire to promote others.

➢ have a sense of their own unworthiness; are thrilled that God would use them at all.

➢ are eager for others to get the credit and rejoice when others are lifted up.

➢ have a heart attitude that says, “I don’t deserve to have a part in any ministry”; know that they have nothing to offer God except the life of Jesus flowing through their broken lives.

➢ are humbled by how very much they have to learn.

➢ are not concerned with self at all.

➢ are willing to risk getting close to others and to take risks of loving intimately.
Proud People...(cont.)

➤ are quick to blame others.

➤ are unapproachable or defensive when criticized.

➤ are concerned with being respectable, with what others think; work to protect their own image and reputation.

➤ find it difficult to share their spiritual need with others.

➤ want to be sure that no one finds out when they have sinned; their instinct is to cover up.

➤ have a hard time saying, “I was wrong; will you please forgive me?”

➤ tend to deal in generalities when confessing sin.

➤ are concerned about the consequences of their sin.

➤ are remorseful over their sin, sorry they got found out or caught.

➤ wait for the other to come and ask forgiveness when there is a misunderstanding or conflict in a relationship.

➤ compare themselves with others and feel worthy of honor.

➤ are blind to their true heart condition.

➤ don’t think they have anything to repent of.

➤ don’t think they need revival, but are sure that everyone else does.

Broken People...(cont.)

➤ accept personal responsibility and can see where they are wrong in a situation.

➤ receive criticism with a humble, open spirit.

➤ are concerned with being real; what matters to them is not what others think but what God knows; are willing to die to their own reputation.

➤ are willing to be open and transparent with others as God directs.

➤ once broken, don’t care who knows or who finds out; are willing to be exposed because they have nothing to lose.

➤ are quick to admit failure and to seek forgiveness when necessary.

➤ are able to acknowledge specifics when confessing their sin.

➤ are grieved over the cause, the root of their sin.

➤ are truly, genuinely repentant over their sin, evidenced in the fact that they forsake that sin.

➤ take the initiative to be reconciled when there is a misunderstanding or conflict in relationships; they race to the cross; they see if they can get there first, no matter how wrong the other may have been.

➤ compare themselves to the holiness of God and feel a desperate need for His mercy.

➤ walk in the light.

➤ realize they have need of a continual heart attitude of repentance.

➤ continually sense their need for a fresh encounter with God and for a fresh filling of His Holy Spirit.

Nancy DeMoss
Life Action Ministries