



What Makes Transformed Living a Discipleship Experience?

The Focus

- **Worldview Realignment**
 - Discovery of beliefs and assumptions that don't align with God's Word.
 - Methods to re-align core beliefs.
- **Identifying God's Design**
 - Learning to lay down what we 'know' because we don't learn new things if we believe we already know the truth, the answer, or the application.
 - Identifying the mental ruts and familiar well-worn paths that impact our thinking. They are difficult to change through logic and reasoning. Goal is to explore new territory and form new paths where needed.
- **Lasting Transformation**
 - Intentional focus on mind, body and spirit.
 - Incorporation truth, power and grace.
- **Cultivating discipleship mindset**
 - Learning to be a disciple and make disciples.
 - Provides a focus, language, and methods to disciple.
- **Community support and encouragement**
 - Designed to be multi-generational.
 - Common language and environment for doing life together.

The Approach

- **Adult Learning Methods**
 - Define and agree upon language and terms.
 - Dialogue around the truth or concept – what did you hear, what was new, what was an 'aha'?
 - Discuss the application – what might it look like for you and others?
 - What are you going to do about it?
- **Alternating weeks of video and processing**
 - We give time to identify what God wants to engage so that discussions can center around that rather than what we heard last.
 - We provide time to process, apply and then discuss and testify.
- **Intentional time for testimonies**
- **Designed to learn for both self-growth and discipleship (provide support, encouragement and accountability for others.)**

The Unique Concepts

- ABCs of Transformation
 - Aha – Revelation of truth
 - Breaking Free – Power to overcome strongholds and spiritual warfare
 - Commitment to Change – Accessing God’s grace to direct our will
- PIC Approach
 - What are principles, instructions and convictions?
 - How important is it to be able to identify a principle vs instruction vs conviction?
 - Differentiate conviction from opinions and preferences.
 - Inviting a new methodology, not theology. As we introduce specific principles, then we will invite you to consider your theology.
 - The principles provided are not all inclusive but rather examples of principles that may have been forgotten, misunderstood or misapplied. They are known to cause confusion or trouble for Christians within their relationship with God, their families and their communities.
- E.A.S.E. Model
 - Engage – Focus on what God is energizing
 - Accountability – Voluntary vulnerability with another
 - Support – Seek out people and resources
 - Encouragement – Positive reinforcement, praise and celebration

The Tactics and Methods

- Identifying Principles and Instructions separately
 - We focus first on the principle, before considering application – wrestle with it, believe it, accept it...application may create anxiety, stress or fear. Practice looking at a principle, getting agreement. Is this true? Resist dismissing because trying to apply and don’t like where this might take you or what it would mean.
- Lead Learners facilitating discussions vs. Lead Teachers passing on knowledge
 - Lasting transformation is impacted by what the participant believes, not what the leader knows or believes.
 - Emphasis on asking questions vs. providing answers.
 - Difference between closed, leading and open questions
 - Modeling effective conversation skills, talk less, listen more, more questions, less telling.
- 3 Levels of Processing – Individual, Group, 3-fold
 - Individual - Focus on processing rather than homework.
 - Group - Focus on creating a safe environment for transformational conversations.
 - It takes time, trust and wisdom to consider and discuss new ideas.
 - Give permission for people to question themselves and their beliefs.
 - 3-Fold - Focus on practicing support, accountability and encouragement with a couple of trusted friends