

WITHIN REACH

Disciplines for Real Life Change

A LIGHTHOUSE NETWORK PRODUCTION



PRESENTED BY:
Karl Benzio, MD

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Lighthouse Network is a 501c3 nonprofit ministry. We help people navigate life and attain their God-given potential. We accomplish this through our 2 service lines LighthouseLINK and LighthouseED.

LighthouseLINK has a treatment and services database and links the struggling individual to addiction and mental health resources to help their stressful situations. This LINKing service is FREE. Specialty areas are finding acute addiction services and Christian services.

LighthouseED, is our training department which conducts workshops and develops materials to help people make better daily decisions to transform their lives and produces our free Stepping Stones Daily Devotional.

Lighthouse Network seeks to be Biblically sound and scientifically cutting edge as we build people into Lighthouses which shine God’s glory to the world, stand strong in the storms of their own lives, and are Lighthouses of sanctuary and guidance to the others experiencing life’s storms.

For more information, don’t hesitate to contact us.

We pray the following DVD and workbook blesses you and helps you live the life God has for you!

Welcome to

WITHIN REACH:

Disciplines for Real Life Change

Acknowledgements from Karl Benzio, MD

My KING JESUS, who would die for a sinner like me.

My parents, Karl and Joyce Benzio, who led me to Jesus.

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Most importantly, my best friend and wife, Martine who is fantastic, has a great heart, who loves me for me, and is always there.

Special thanks to our multi-talented Jeff Miles. Without Jeff, this would never have gotten done as he truly does everything.

The many clinicians, facilities, and programs who care for the acutely struggling and make a difference in being God's hands of compassion and love. In particular, Calvary Addiction Recovery Center, Philadelphia Biblical University, and Transformations Treatment Center.

Instructions to maximize the Within Reach Workbook.

1. This is a companion workbook and is meant to be used as you watch the DVD's.
2. The more you dig inside and write down what is going on inside, the more you will get out of Within Reach and the sooner Real Life Change will occur. To help that process, the workbook has several interactive opportunities.
 - a. Fill-in-the-blanks for you that will correspond to a slide on the DVD with the correct answers. These will describe and highlight concepts and facts.
 - b. Reflections sections with lines for you to write personal answers to some important questions and concepts.
 - c. "Notes/Thoughts" sections for you to journal more about what is going on inside as you digest this unique workshop and grow.
3. Feel free to stop the DVD's to think and/or journal anywhere you want in your book.
4. This workbook could have been 400 pages to allow you ample space to reflect and dig into the material, questions, and assignments we included in this DVD and Workbook set. We would advise getting another notebook or journal with empty space to:
 - a. Journal your personal notes or reflections as you hear this life changing information being presented.
 - b. Expand on answers from workbook questions.
 - c. Use the worksheets we give you to analyze your everyday decisions.
 - d. Continue your growth process as you apply these skills and disciplines after you are done with this workshop.
 - e. Have fun journaling to learn more about yourself and God.
5. When we are asking questions, we tried to pose them in first person. Ex, "what do I want to change" to help you practice asking yourself questions and analyzing your own life. Answer these questions that way. So when we use "I" or "my", it is referring to you, the listener, not me the presenter. Do not answer them trying to think how would the presenter answer.
6. Each of the 7 sections has a table of contents with time stamps for that particular DVD. These reference points will help you navigate if you want to go back and review certain elements of the material.
7. We present Within Reach straight from our heart to yours, simply and without high tech bells and whistles, to allow you to focus on and absorb the content. As a psychiatrist and therapist, and not a professional actor, I believe in these concepts as they transformed my life, helped me and equipped others I treat to grab the life God intended for them, and they will definitely help you achieve your God-given potential.

God sent Jesus so we could have an amazing life with tremendous blessings here on Earth and eternal life with Him in Heaven.

The thief comes only to kill and destroy. I came that you may have life and have it abundantly.

John 10:10

God gave us a process to renew our mind so we can achieve the life He wants to give to us here on Earth.

Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good, acceptable, and perfect.

Romans 12:2

**The instructions for that process come from the great instruction book –
The Holy BIBLE.**

The word of God is alive and powerful, sharper than any two-edged sword, piercing to the division of soul and spirit, of joints and marrow, and discerning the thoughts and intentions of the heart.

Hebrews 4:12

Let's clear our hearts and minds from sin so we can engage directly with God, and have the Holy Spirit convicting, showing, teaching, and growing us as we take in this instruction.

If we confess our sins, He is faithful and just to forgive us our sins and cleanse us from all unrighteousness.

1 John 1:9

Within Reach Self-Evaluation: Where Are You?

Please circle your answer.

- Y N 1. Do you struggle to have an accurate perspective of yourself or your situations?
- Y N 2. Do you struggle with sadness, apathy, or despair?
- Y N 3. Do you have low motivation?
- Y N 4. Do you struggle to make meaningful relationships?
- Y N 5. Do you worry or have difficulty with change?
- Y N 6. Do your emotions often cause trouble for you or others?
- Y N 7. Do you have habits that interfere with your functioning?
- Y N 8. Do you have habits others want you to quit?
- Y N 9. Do you have physical problems that worsen with stress or are difficult to diagnose?
- Y N 10. Are you struggling to connect with God?
- Y N 11. Do you struggle applying the Bible to your daily life situations and responses?
- Y N 12. Do you dislike who you are?
- Y N 13. Do you think your life has little or no purpose, significance, or meaning?
- Y N 14. Do you struggle to forgive yourself or others?
- Y N 15. Do you have trouble being assertive without being aggressive?
- Y N 16. Do you struggle with conflict?
- Y N 17. Do you want more out of life?
- Y N 18. Do you think you aren't achieving your potential?
- Y N 19. Do you feel lost on your Journey?
- Y N 20. Are you unsatisfied with your Journey?
- Y N 21. Are you unsure of the destination of your Journey?
- Y N 22. Are you lonely on your Journey?
- Y N 23. Are you not sure why you are on your Journey?
- Y N 24. Do you want a companion on your Journey?
- Y N 25. Do you feel bogged down?
- Y N 26. Do you feel trapped and unable to change your course or patterns?
- Y N 27. Do you believe you are not free to be who God made you to be?
- Y N 28. Is the life you desire hard to reach?
- Y N 29. Is the life you desire Within Reach but you don't know how to grab it?

Your total number of "yes" answers: _____

Your total number of "no" answers: _____

WITHIN REACH

Disciplines for Real Life Change

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Disc 1:

Section 1: Getting Started

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Section 1: Getting Started

Introduction

Welcome

Our Goal for You!

Develop Disciplines for Real Life Change _____

Become a Lighthouse that

Shines God's Glory

Stands strong on a firm foundation in storms of your own life

Guides and provides sanctuary to others experiencing storms in their lives

Reflections: What are my Goals for this Within Reach seminar?

Puzzle Pieces

Psychiatrist = Puzzlemaker

Reflections:

What are the puzzle pieces that form my life?

What "picture on the box" do my puzzle pieces form right now?

Describe the picture I want my puzzle pieces to form when I live the life Within Reach?

Within Reach

1. Shows you your puzzle pieces, especially hard to find ones.
2. Shows how pieces connect/affect each other.
3. Teaches disciplines to get you from being a bunch of pieces lying on the floor to functioning like the awesome picture on the box.

5 Elements of Real Life Change

Is Real Life Change possible?

Change is _____ !

What is my Goal?

We need to have a _____.

What is my Strategy to get to that Goal?

We need to develop a _____ to reach our Goal.

What is my Starting Point?

Identifying my _____.

Understanding how _____ has specifically and specially created each one of us.

(Spirit, Mind, & Body)

Reflections:

Do I believe that change is possible?

Yes or No

What is my Goal for this seminar?

What strategy for change do I currently use?

Who am I now? (My Starting Point)

Do I think that my current wiring is working for me? Why?

Intellectual Creed (IC) vs. Behavioral Creed (BC)

Intellectual Creed – the way God wants us to live life

Behavioral Creed – the way we actually live life

IC = BC I know what is right and I do it

“Thy kingdom come, thy will be done.”

IC ≠ BC I know what is right, but I do what I want

“My kingdom come, my will be done.”

Sanctification = spiritual maturity:

When IC = BC

Reflections:

Does my IC = BC? Y N

In what areas does my IC = BC?

Name 5 areas of recent situations that IC ≠ BC

1. _____
2. _____
3. _____
4. _____
5. _____

Within Reach helps your IC = BC in all areas of your life!

Invitation

Decision Making is Key!

Life is a Decision!

Do you want to change? Would you like to overcome the things that keep you stuck? These might include bad habits, destructive moods, the way you deal with disappointment, anger, loneliness, temptation, relational stress, marriage issues, parenting challenges, the list could go on.

If you answered “yes”, this seminar is for you.

It is only by healthy decision-making that you can change. You can begin the change process right now by making a key decision that will impact the rest of your life. Won't you grab the life that is Within Reach by learning these Disciplines for Real Life Change? You can reach out to grab it by accepting our invitation.

You are invited to join us on a journey of Real Life Change.

Yes, I, _____, will accept the invitation for Real Life Change.

Signed _____

On this _____ day of _____

In the year of our Lord 20____

May God give me grace to grow and to change.

His divine power has given us everything we need for life and godliness through our knowledge of him who called us by his own glory and goodness. Through these he has given us his very great and precious promises, so that through them you may participate in the divine nature and escape the corruption in the world caused by evil desires.

2 Peter 1:3-4

Identifying Challenges to Life Change

1. Time – Change takes time. We didn't get this way overnight and we won't change overnight. Be patient! One small step at a time.

2. Money – 1. We need to invest money in our growth. 2. We need to resist pursuing things or money or unnecessarily spending it. A lot of time and energy that we spend making money is to pay for our indulgences or unnecessary material things.

3. Effort and Energy – Change takes effort so we cannot spread ourselves too thin. Watch how much is going on in your life. Get good sleep/rest.

4. Self-Awareness and Self-Assessment – Let's enjoy taking a deeper look at ourselves; getting to know ourselves better. This will be one of the most empowering things we can do to take charge of our life course.

5. Discomfort and Pain – No pain, no gain! We need to learn to tolerate some discomfort and how to soothe ourselves in healthy ways, psychologically, spiritually, and physically.

6. Fear of Unknown/Change – Let's not be afraid, but get excited about reaching the blessings God has for us.

7. Competency – We avoid areas we aren't good in. We will get better in these psychological/emotional areas.

8. Relationships – As we grow, some people might not like our changes. Let's not let their selfish reactions hinder us.

Other challenges I can think of are:

Reflections

Am I ready to change? Why?

What do I want to change?

1. _____
2. _____
3. _____
4. _____
5. _____

What has interfered with my past efforts to change?

Disc 1: (Cont)

Section 2: Can I Change?

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Section 2: Can I Change?

Introduction

- Review – Elements of Change
- Going to Show
 - ◊ Change is Possible
 - ◊ How God Wired Me

Understanding Decision Making

Bread Analogy Notes:

- We need to metabolize the Bible into small pieces, THEN
- We need to transport Bible to areas of life, BUT
- We need to break life down into smaller pieces.
- The smallest piece of life is decision-making.
- Decision-making is key core competency of all of life.

Transformational Tip:

If you are stuck in a particular arena of life and can't make any headway, you need to break down the facts or truth of the situation into smaller pieces, or break the situation down into smaller pieces...or both!

Science and the Bible

Science: The study of what God made, how it functions, and how we maximally steward (use) it to glorify God.

The human brain is one of God's greatest creations. We need to understand our brain and use it wisely for us to be able to glorify Him.

Science and the Bible really go together as we see and show here.

Karl's Story

Miraculous Story of Dramatic Real Life Change

Understanding Your Brain

Internal Hardware

SPECT Scans – www.amenclinics.com

©Thanks to Daniel Amen, MD (pioneer and expert in SPECT Imaging)

Our brains are _____ organs.

Our brains can be _____, _____, and

_____.

Are You Really Normal?

No one has _____ brain chemistry.

We all have injured brain chemistry.

Only _____ had perfect brain chemistry!

Spirit, Mind, Body Integration

Mind -

Body -

Spirit -

Internal -

External -

Trinity -

Computer Analogy

Computer Designer = God = External Spiritual

Computer Owner = Me = Internal Spiritual

Operating System (Windows, Mac OS) = Mind

Hardware (Monitor, Mouse, etc) = Body/Brain Chemistry

Instruction Manual = **BIBLE**

The Mind of Christ

Jesus = _____ brain chemistry

2 Key Elements in all of Jesus' Decisions

1. Jesus _____ everything from a _____ perspective.
2. Jesus _____ to every situation with good, healthy _____ skills and actions.

Jesus: _____ from a Godly perspective

_____ with Biblical skills

My Mind/Brain

Science proves my brain does 2 things:

_____ and _____

Skin:

How I _____ and _____ to external events, life, affects my internal organs – gut, heart, BRAIN!

Panic Disorder Study:

Teaching better ways to _____ and _____ dramatically improved brain chemistry.

Change is definitely _____!

God has given us a process to _____ our minds!

Accurate Perception and Healthy Response

Renewed Mind = Spirit, Mind, Body Integration

Renewed Mind = Science and Bible Together

B_____ I_____ B_____ L_____ E_____

The word of God is alive and powerful, sharper than any two-edged sword, piercing to the division of soul and spirit, of joints and marrow, and discerning the thoughts and intentions of the heart.

Heb 4:12

Strengthening Your Brain

Decision Making = _____ for the mind/brain

Good Decisions = _____ mind/brain

Wrong Decisions = _____ mind/brain

Trust in the LORD with all your heart and lean not on your own understanding;
Proverbs 3:5

In those days Israel had no king; everyone did as he saw fit.
Judges 21:25

Good decisions come from _____ Instruction Manual

Poor decisions come from _____ Instruction Manual

Reflections:

Think about some recent stressful or pressured situations; which instruction manual did you use? How did it work out?

How would you have lived differently knowing every decision affects your mind/brain?

Knowing every wrong decision injures your mind, brain, and therefore your life, how will this affect your future decision-making?

Realizing decisions are so powerful in determining whether you reach that ultimate life, don't you want to know more about how and why you make the decisions you make?

Y N

Describe the courses you've taken on decision-making.

Satan Attacks Our Wiring

Satan's Goals

1. Keep us out of relationship with God – spiritually dead
2. If we are in relationship with God – then make us as dysfunctional as possible.

Satan's Targets

Satan cannot attack our spirit directly, but tries to attack our spirit through our

1. _____
2. _____

Battlefield is our _____

Battle trophy is our _____

Satan's Weapons

1. _____
2. _____

Satan attacks early and often. As a child, we are gullible, our brains very sensitive and easily altered and affected. Satan is the Great Deceiver.

3. _____

Spiritual Warfare's Main Outcome

- Interferes with our relationship with God.
- Interferes with our relationship with ourselves.
- Interferes with our relationship with others.

Greatest Commandment

*Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.'*³¹ *The second is this: 'Love your neighbor as yourself. There is no commandment greater than these.'*

Mark 12:30-31

Satan's Strategy

To impact our _____ process by:

1. Distorting our ability to _____ accurately.
2. Affecting our _____.

Devil's Dogs

Examples/Notes:

Reflection:

What are some of the bell/drool reactions I have that create problems for me or others around me? Then how did these get connected/coupled together(What were the distorting steps)?

Bell/Stimulus

Drool/Response

1. When my daughter cries

I'm a terrible parent

As a kid when something went wrong, it was my fault

2.

3.

4.

5.

6.

Do you realize how easy it is to develop distorted lenses? Y N

Do you realize how early this distorting process starts? Y N

Do you see how subliminal this distorting process can be? Y N

Summary

1. Change is definitely _____!
 - a. My _____ can change.
 - b. Decision Making is the key _____ for changing the brain.
2. Understanding how _____ wired us.
 - a. 3 spheres (_____, _____, _____)
 - b. Intertwined and Dependent(_____, _____, _____)
 - c. _____ and _____
 - d. Good Brain Chemistry
 - e. Spiritual Insight
3. Goal is to have the Mind of _____
 - a. _____ from a Godly Perspective.
 - b. _____ with Biblical Skills.
4. Our strategy is built on Good _____
5. _____ Attacks
 - a. How I got to this point
6. _____ and the _____ go together
Spiritual _____ ≠ Spiritual _____.
Spiritual growth _____ on psychological growth/maturity/skills.

Reflection: What have I learned so far?

Do I believe change is possible? Y N

Do I pay attention to how I perceive life and myself? Y N

Am I a good responder to what goes on inside and around me? Y N

What is my reaction to:

“Decision-making is the Exercise of the Brain”

Do I ever analyze my decisions? Y N

If good decisions strengthen me spiritually, psychologically, and my brain, why do I willingly make wrong decisions?

Am I committed to learn more about myself, my decision-making, and how to strengthen all three spheres? Why?

Disc 2

Section 3: Unpacking Life

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Section 3: Unpacking Life

General Principles

- We all have baggage, issues from our past.
 - Some of our baggage is good and we want to keep it.
 - Some of our baggage is not good and we need to get rid of it or clean it up, but we are still carrying it dirty.
 - Even Jesus had baggage.
-
-
-
-

Understanding Your Story

- Every story has a beginning, middle, and end.
 - We can only understand the middle of a movie if we know the beginning of the movie.
 - Right now I am in a “middle” time of my story, so to understand who I am now, I need to know and explore the beginning of my story.
-
-
-
-

Identifying Your Starting Point

- One of the Essential Elements of Real Life Change is knowing who I am now—My Starting Point.
 - To figure this out, I have to look to my past.
-
-
-
-
-
-
-
-

Your Life's Story Timeline

- Events, people, situations that shape who I am and what I do.
- Pre-birth to Present
- Positive and Negative
- Your Life's Story Timeline shows how _____ and _____ impacts who you are now.

Parents are Your Interpreters of Life

- We are not bashing parents. We all make mistakes.
- I am not looking for _____, but looking for _____ of who I am now.
- Parents are my main _____ and translators of life's events.
- Take your time and really look back at your life in depth and you will learn a lot.

Interviewing Your Life's Witnesses

- The more input I have about myself, the clearer my story gets.
- Not everybody's input is accurate, but it is all important.

Cleaning Your Perception Lenses

- Satan is the Great Deceiver.
- We all have distorted lenses we use to see life.
- We need to figure out what the distortions are and how they got there, and have affected us.

Reflections:

What thoughts and feelings come to mind when I am asked to look back at the beginning of my story and Why?

Specific Areas of My Story

Home

Write ten words to describe your home as a child:

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

Emotional Elements:

Psychological Elements:

Family Strengths:

Family Deficits:

Traditions and Cultures

Holidays

Activities

Traditions

-Good

-Dreaded

Home Culture

How did these shape me?

Major Issues

What significant events?

How did they impact me then?

How do they impact me now?

Parents

	<u>Strengths</u>	<u>Weaknesses</u>	<u>Skills</u>
<u>Mom</u>			
<u>Dad</u>			

Marital Quality Observations:

Relational Role Modeling:

Impact on Me:

Wounds/Hurts:

Any Distortions:

How do I wish they were different?:

How did they interpret life for me?

Lots of Feedback

or

You had to figure it out on your own

Siblings

How Many? _____

Your Birth Order? _____

Too Many? Y or N

Not Enough? Y or N

Positive Experiences:

Negative Experiences:

Impact on Me:

Wounds/Hurts:

Any Distortions:

What would I have done differently about or with my siblings?:

Extended Family/Friends

Some other influential people in my story:

What was their influence?

Why did I gravitate to them?

What were the positive impacts (clearing my lenses)?

What were the negative impacts (distorting my lenses)?

Why did I want to avoid some of them?

What would I do differently if I could?

Cast of Characters

(Parents, Siblings, Extended Family, Friends, and Others in Your Story)

Encouragers (+)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____

Discouragers (-)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____

Roles

What was my role:

In the family:

At school:

With friends:

What did I like about my roles?

What did I resent of my role?

What role did I dream of playing? Why?

What would I do differently if I could?

Interpreters

What were the main interpretations/messages/lessons I got from early life?

What did I start believing about myself from my interpretations?

(Accurate beliefs) -

(Inaccurate beliefs) -

What other interpretations from childhood have I since learned were false or inaccurate?

What information would I have wanted to know to understand myself or life more clearly and Who would I have asked to get this information?

What inaccurate beliefs, values, or interpretations have impacted me and How?

Feedback

How frequent was:

Positive feedback: _____

From whom?: _____

Negative feedback: _____

From whom?: _____

Verbal: _____

Nonverbal: _____

How was criticism given? _____

How did I take criticism? _____

How did my parents role model taking criticism? _____

Was feedback: (Explain).

Clear? Y or N _____

Accurate? Y or N _____

Consistent? Y or N _____

What feedback was I craving? _____

What did I do to get feedback? _____

Based on my feedback (or lack of feedback), what did I believe about:

Myself? _____

Others? _____

Life? _____

Emotional Education

How were my parents emotionally? What did they role model emotionally?

Was I free to express emotions? _____

How did I express them? _____

Negative emotions? _____

Positive emotions? _____

How did my family view negative feelings?

Was it OK to talk about my feelings? Did people respect and listen to me?

How was I taught to soothe negative emotions?

What did I do to soothe/erase/escape my negative emotions?

How did I deal with my own negative emotions?

How did I deal with others' negative emotions?

Values

What did my parents value?

What did I learn that society valued?

What did I learn to value?

Materially -

Psychologically -

Relationally -

Emotionally -

What was precious to me? What did I fear losing?

How did what I valued or was precious affect my actions?

How did what I valued or was precious affect my moods?

How did what I valued or was precious affect my decisions?

Rules

What were the “written” rules in my life?

What were the “unwritten” rules in my life?

Describe:

Rules - _____

My Compliance with Rules - _____

Reinforcement of Rules - _____

Consequences of Breaking Rules - _____

Rewards for Following Rules - _____

Consistency of Rules - _____

Clarity of Rules - _____

Forgiveness for Breaking Rules - _____

Fairness of Rules - _____

Double Standards - _____

Amount of Rules - _____

How do I respond to authority now?

How do I trust others now?

What lasting impact did those childhood rules have on me?

Expectations

What did others expect of me?

What did I expect of others?

What do I expect of myself?

What do I expect from life?

What unrealistic expectations do I have?

How do I respond when expectations are not met?

Dreams

What were my dreams as a kid?

What dreams did others have for me?

Who encouraged my dreams? Who squashed my dreams? How?

How did I pursue my dreams?

What distortions do I have from failed dreams?

What are my current dreams?

Why do I deserve to have my dreams fulfilled?

Who was God to Me?

My first understanding of God:

How was God presented to me? Who was God in my childhood?

How was the Bible presented to me?

My family's spiritual culture:

Where were spiritual activities on my and my family's priority scale?

What distortions did I have about:

God -

The Bible

The Spiritual World

How did these distortions affect me:

Spiritually? -

Psychologically? -

Elementary School

What was elementary school like for me?

My friends?

My achievements?

Activities I liked?

My defeats and wounds?

My role in the peer group? Why?

What did I learn about myself?

Accurate - _____

Inaccurate - _____

My best elementary memory? Why?

My worst elementary memory? Why?

What promises did I make with myself? Why?

Middle School

What was middle school like for me?

My friends?

My achievements?

Activities I liked?

My defeats and wounds?

My role in the peer group? Why?

My peer interactions consisted of:

Explain the importance of my peer's opinions?

How much did my peers shape my identity?

How did puberty affect me?

My first crushes:

How did I function around the opposite sex?

How did I learn about dating/sex?

My first dating experiences:

What did I learn about myself?

Accurate -

Inaccurate -

My best MS memory? Why?

My worst MS memory? Why?

What promises did I make with myself? Why?

What would I have done differently?

What inaccurate beliefs shaped my later activities?

High School

What was high school like for me?

Friends?

How much did my friends shape my identity?

Achievements?

Activities I liked?

Defeats and wounds?

Role in the peer group? Why?

Peer interactions consisted of:

How important were the opinions of my peers to me?

How much did my peers shape my identity?

How did body changes affect me?

Crushes:

How did I function around the opposite sex?

Dating experiences:

How important was special companionship to me?

My academic or work interests after high school?

How much did those interests weigh on me during high school?

How did I deal with increased independence/responsibility?

Money _____

Job _____

Driving _____

Curfew/Rules _____

How did I deal with alcohol/drugs?

What did I learn about myself?

Accurate -

Inaccurate -

My best HS memory? Why?

My worst HS memory? Why?

Promises I made with myself? Why?

What would I have done differently?

What inaccurate beliefs shaped my later activities?

Young Adult Life

What was young adult life like for me?

Friends?

How much did my friends shape my identity?

Achievements?

Activities I liked?

Defeats and wounds?

Role in the peer group? Why?

My peer interactions consisted of:

Importance of peers opinions?

How much did my peers shape my identity?

How did I function around the opposite sex?

Dating experiences:

How important was special companionship to me?

Academic or work interests after high school?

How did I deal with increased independence/responsibility in:

Money/Material Things - _____

Job - _____

Sex - _____

Alcohol/Drugs - _____

Honesty - _____

What did I learn about myself?

Accurate - _____

Inaccurate - _____

Best memory of this time? Why?

Worst memory of this time? Why?

Promises I made with myself? Why?

What would I have done differently?

What inaccurate beliefs shaped my later activities?

What were some of the struggles in achieving personal independence?

What were some of the successes in achieving personal independence?

Relationships

My Relationship

Rules:

Mechanisms/Method:

Skills:

How did relationships positively affect me?

How did relationships negatively affect me?

My communication skills:

Do people enjoy their relationships with me?

What are the depths of the relationships I have?

How do I handle conflict in relationships?

How do my relationships typically end?

Why am I successful in relationships?

Why do I struggle in relationships?

What is my need for control in a relationship? Explain.

What is my ability to trust in a relationship?

What distortions about myself, others, or life came from my relationships?

Self-Esteem

What do I think about myself?

What do I think I can do?

What am I good at?

What is my confidence level in: Explain

Handling negative feelings? _____

Handling conflicts? _____

Making friends? _____

Supporting myself? _____

Encouraging myself? _____

Soothing my pain? _____

Tolerating emotional pain/discomfort? _____

Self-correction? _____

How accurate is my view of me?

What factors from childhood have influenced my self-esteem?

Positively - _____

Negatively - _____

Word Associations (Be Honest!)

- | | |
|------------------|-------------------|
| 1. Father | 16. Authority |
| 2. Mother | 17. Friends |
| 3. Brother | 18. Conflict |
| 4. Sister | 19. Pain |
| 5. God | 20. Relationships |
| 6. Bible | 21. Holidays |
| 7. Me | 22. Dreams |
| 8. Anger | 23. Work |
| 9. Love | 24. Success |
| 10. Forgiveness | 25. Failure |
| 11. Grace | 26. Spouse |
| 12. Feelings | 27. Children |
| 13. Trust | 28. Sickness |
| 14. Independence | 29. Cancer |
| 15. Control | 30. Death |

Take-Home Summary

- Childhood is a very _____ time (positive and negative events).
- Some events have _____ effects on us.
- This was the time when your _____ were starting to be formed.
- It's important to look back as far as we can remember to understand how our _____ were formed.
- _____ is at work during our childhood years.
- Childhood is when the _____ of your life is formed.
- _____ - We have pains and hurts that we will not let happen again.
- Childhood patterns or coping skills are initially acutely self-protective, but eventually are self-destructive if we continue to use them as we grow older.

New Terms

GPT – Greatest Perceived Threat

GPN – Greatest Perceived Need

LDO – Life Depends On

C - Confidence

M - Motivation

General Notes:

Reflections

As I look back at my childhood and early adult time...
What are some of my:

Greatest Perceived Threats?

Greatest Perceived Needs?

Things Life Depended On?

What gave me my confidence in situations, or what did I rely on to get by in life?

What motivated me in my pursuits, relationships, and activities?

What was I striving for?

What was I trying to avoid?

*The items you described on this page have had a dramatic influence in your decisions and therefore your life. We will show you how in section 4.

Conclusion

You just did lots of reflecting on your life! Congratulations for really digging into your past. Now you have learned about how you got here, to now.

You relived key scenes in your life, such as...

And revisited key players, like...

Remember, you are never fully done unpacking your life! You can always explore more and deeper. Just like when you watch a movie or read a book over again, you get more out of it each time. The same phenomenon occurs as you re-explore your crucial childhood years with a specific method and purpose!

Take a breather! You deserve it!

Disc 3

Section 4: Grasping Real Life

<u>Section 4: Chapters</u>	0:00:00
• The First Big Decision	0:00:06
• Developing Maturity	0:04:26
• Overcoming Obstacles	0:13:36
• SPEARS Formula	0:15:38
• SPEARS Introduction	0:17:13
• SPEARS Terms	0:19:03
• Sequence of SPEARS Terms	0:21:27
• Definition of SPEARS Terms	0:23:53
◇ Stimuli	0:23:59
◇ Perception	0:30:32
• Devil Dogs	0:38:56
• Other Important SPEARS Terms	0:41:03
◇ Emotion	0:49:35
◇ Assessment	1:05:33
◇ Response	1:10:28
◇ Summary Thought	1:15:37
◇ Pain	1:21:13

The First Big Decision

My First Big Decision is accepting _____ as my Personal Savior.

Accepting Christ as my Savior guarantees me the perfect life _____ I die no matter what I do on earth.

For my earthly life, I need a _____ to apply Jesus' victory on the cross to achieve that awesome life that God has for me _____.

Developing Maturity

Maturity is not a _____ process.

God calls us to _____!

Therefore, I urge you, brothers, in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God—this is your spiritual act of worship. ²Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.

Romans 12:1-2

¹³Therefore, prepare your minds for action; be self-controlled; set your hope fully on the grace to be given you when Jesus Christ is revealed. ¹⁴As obedient children, do not conform to the evil desires you had when you lived in ignorance.

1 Peter 1:13-14

God has a set of skills and disciplines for us to learn.

Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.' ³¹The second is this: 'Love your neighbor as yourself. There is no commandment greater than these.'

Mark 12:30-31

Above all else, guard your heart, for it is the wellspring of life.

Proverbs 4:23

²²You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; ²³to be made new in the attitude of your minds; ²⁴and to put on the new self, created to be like God in true righteousness and holiness.

Ephesians 4:22-24

Overcoming Obstacles

Knowing what to do is pretty _____.

Being able to do it on a regular basis is _____.

Obstacles are the reasons why we stumble and struggle.

Obstacles come from our _____ .

_____ from Satan are the main source of our obstacles.

The SPEARS Strategy will help us identify and overcome obstacles!

SPEARS Formula

SPEARS is a formula or strategy that we can use for every decision we make!

SPEARS helps us check whether we are perceiving and responding in a Godly way or in our me-centered way.

SPEARS Introduction

¹²For the word of God is living and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart

Hebrews 4:12

SPEARS TERMS

S= _____

P= _____

E= _____

A= _____

R= _____

S= _____

GPT= _____

GPN= _____

LDO= _____

C= _____

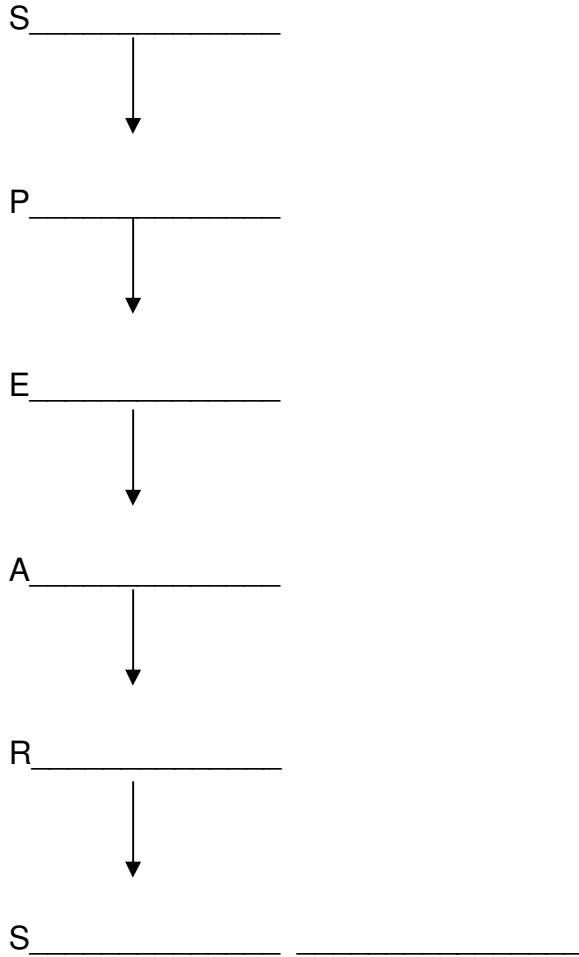
M= _____

P= _____

Sequence of SPEARS Terms

All _____ elements must be in the correct _____ to
make good _____!

CORRECT SEQUENCE!



Perception, Assessment, & Summary Thought are all thinking steps, but we are often lazy about thinking. We tend to react, or move on, rather than stop and think.

Decision making is a _____ that can be learned. The more you
_____, the better you get!

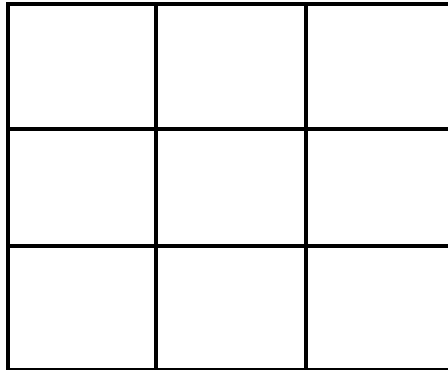
Definitions of SPEARS Terms

Stimuli

Examples:

Stimuli are inherently _____.

Perception



How many squares are there? _____

The most important question should be: _____

Is this the only way to look at this? _____

- Perception is the **most** important element of the decision-making process.
 - In court it is better to have many witnesses, and more perspectives.
 - Clear lenses give us the best chance to perceive accurately.
 - Cable TV – many past and present thoughts affect our current lenses.
 - Need to _____ thinking down and take each thought captive.
-
-

For the weapons of our warfare are not of the flesh but have divine power to destroy strongholds. We destroy arguments and every lofty opinion raised against the knowledge of God, and take every thought captive to obey Christ,

2 Corinthians 10:4-5

Devil Dogs

Key to know your stimulus and knee-jerk response Satan's strategy to distort our perspectives/lenses is to plant distortions early in our childhood.
(See Disc 1: Section 2. - Devil's Dogs)

Other Important SPEARS Terms

Terms that help us determine the quality of lenses we use to perceive life, and the criteria to assess our options to respond.

GPT= _____

- What I worry about or fear that strongly influenced my perception, assessment, response, and summary thought.

GPN= _____

- What need of mine that strongly influenced my perception, assessment, response, and summary thought.

LDO= _____

- What's the prominent issue that significantly influenced my perception, assessment, response, and summary thought.

C= _____

- What I rely on or get confidence from that strongly influenced my perception, assessment, response, and summary thought.

M= _____

- What motivation or pursuit or goal that influenced my perception, assessment, response, and summary thought.
- What was I striving for or trying to avoid that influenced my perception, assessment, response, and summary thought.

Reflections:

How accurate is my initial perception? Do I wait to get more views before I act? Explain.

What are the ways my past influences my lenses?

How do my fears, threats, worries influence my lenses? Examples/Explain.

How do my needs influence my lenses? Examples/Explain

From where do I get my confidence? Examples/Explain

What motivates me and explain how that influences my lenses?

Emotions

- God is an emotional being.
- There are both positive and negative emotions/feelings.
- God and Jesus had many _____ feelings.
- Negative feelings are not _____.
- Negative feelings are our God-given _____.
- Emotions are a _____ decision-making system.
- Emotions _____ our ability to see life clearly.
- We need emotions to warn us, but we cannot view our stimuli through emotional lenses or we will fail.
- Volume Buttons: Emotional Volume vs. Intellectual Volume

- ◇ Failing – emotional volume is high and intellectual volume is low.
- ◇ Succeeding – intellectual volume is high and emotional volume is low.

Reflections:

- Discuss my volume buttons

- Which emotions are hard for me to deal with and why?

- How do emotions affect my decisions?

Assessment

- Tiger vs. man

- We need to assess options and their pros/cons.

- We need to use GPT, GPN, LDO, C, and M.

- We need to tolerate negative feelings so we do not give into the knee jerk response that feelings generate.

- We need patience to carefully think and assess.

Response

- Responses that are Biblically consistent will always glorify God.
- WWJD bracelets helped by getting people to think and assess before they responded.

“Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.”³¹ The second is this: ‘Love your neighbor as yourself. There is no commandment greater than these.’

Mark 12:30-31

- Putting on the Armor of God will lead to righteous living.

Summary Thought

- Take time to review SPEAR.
- We are not good at reviewing or assessing our decisions very accurately.
- Are my responses really working for me to grow and live a healthy, God-honoring life?
- Is Behavioral Creed matching my Intellectual Creed?

Reflections:

Describe how I assess my options for big decisions?

How about smaller decisions?

What determines the pros and cons as I assess options? Why?

Describe my process for analyzing my responses, the summary thought step?

What criteria do I use to determine successful response?

For unsuccessful responses, how do I use that information to improve my decision-making system?

Pain

- Pain is a big driver of our decision-making process.
- Most dysfunctional responses develop to “protect” us from pain. Mild relief does come in some areas, but these responses are actually more destructive in the short-term and especially in the long-term.
- We do not have much confidence in handling or tolerating our negative feelings, so we develop reflex-like responses to make sure we avoid, escape, lessen, or self-medicate the feared pain.

Reflections:

Why do I have trouble handling psychological or emotional pain?

Explain how some of my “wrong responses” ease pain acutely?

How do they increase pain over time, though?

What does God say about pain?

What does God promise about our pain?

Do you believe that God provided salvation from eternal suffering by sending Jesus Christ to die for you?

Do you believe He will provide for your “lesser” sufferings as well? Why or why not?

Disc 4

Section 5: Applying SPEARS to Real Life

<u>Section 5: Chapters</u>	0:00:00
• Introduction	0:00:11
• SPEARS Misapplied Producing Poor Decisions	0:01:16
◇ Examples	0:05:18
• High School Peer Pressure	0:07:21
• College Party	0:15:03
• Wife and Screen Door	0:21:55
◇ Summary and Personal Reflection (Deconstruction)	0:27:52
◇ SPEARS Deconstruction Questions	0:30:59
• Goal of SPEARS	0:31:45
• SPEARS Accurately Applied for Transformation (Reconstruction)	0:32:50
◇ Accurately Applied SPEARS (Terms)	0:32:50
◇ Healthy SPEARS Process (Examples)	1:17:11
◇ SPEARS Summary Points	1:43:10
◇ SPEARS Personal Reconstruction	1:50:06

Section 5: Applying SPEARS to Real Life

Introduction

- Everyone has the same _____ in life, but certain people _____ to the same stimuli _____ than others.
- A comprehensive _____ to evaluate _____ gives you a greater opportunity for successful _____.

SPEARS Misapplied Producing Poor Decisions

- 3 Common Misapplications:
 - ◊ Not using all 6 SPEARS _____.
 - ◊ Not putting SPEARS in the correct _____.
 - ◊ Not using GPT, GPN, LDO, C, M, and P to evaluate my _____, _____, or _____ accurately.

Usual Misapplications

- Only recognizing R
- Only seeing S → R
- Only seeing S → E → R
- Most often leave out the _____ steps
 - ◊ Perception, Assessment, Summary Thought
- Only seeing E → R → ST
- Biggest mistake: using me-centered GPT, GPN, LDO, C, M instead of God -centered

Reflections:

What are your usual SPEARS misapplications?

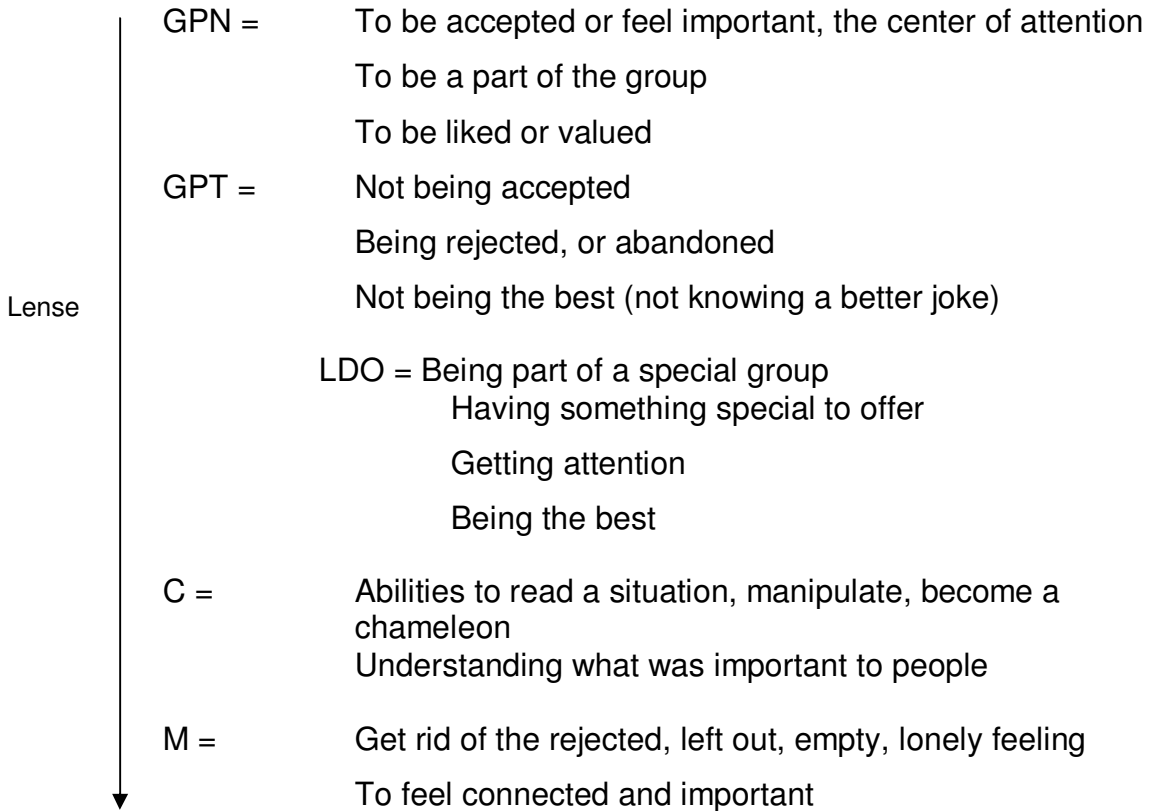
Discuss whether you mainly react or actually think in your 2000+ everyday decisions?

Examples
High School Peer Pressure

Stimuli = High School Peers telling a Dirty Joke



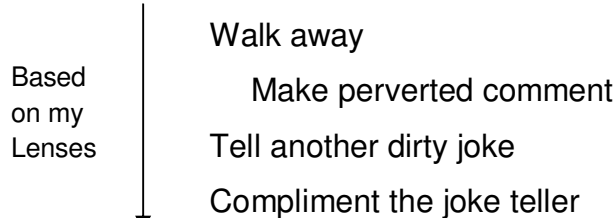
Perception = Laughter, Connection, People Being Valued by Peers



Emotion = Not feeling connected, important, or valued; Being left out or rejected; Sad and nervous



Assessment = Laugh



Response = Laugh
Tell Another Dirty Joke



Summary Thought = People liked me when I told a dirty joke. I was becoming part of the group.

This is an example of how to reflect and apply the SPEARS process to assess past decisions – we call this process “**Deconstruction**”

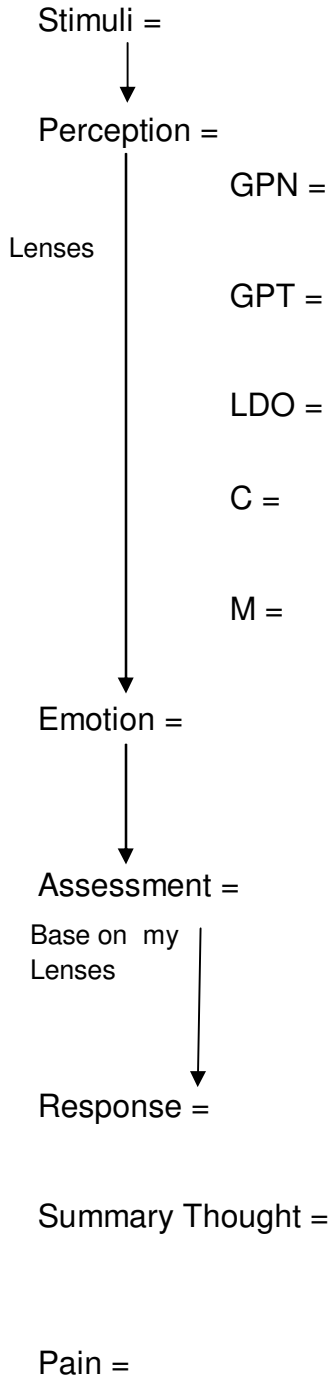
- The main motivator was PAIN.
- Based on my distorted lenses, that response seemed self-protective, but really it was self-destructive.
- Who was I looking to honor in this decision? Me
- Who was at the center of my heart? Me
- Who was I worshipping? Me
- No wonder I was so sad and disconnected!

Notes/Thoughts:

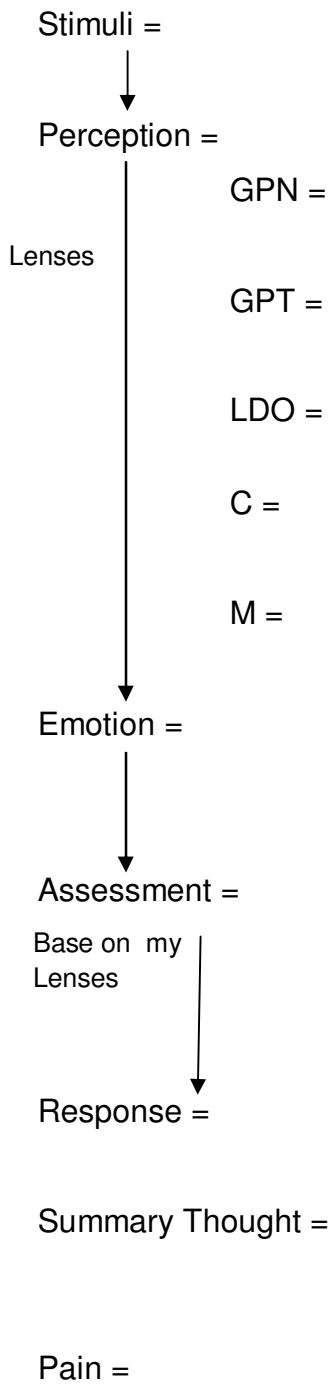
Any similar situations, themes from your past?

College Party

Practice breaking down or deconstructing this example as you listen



Wife and Screen Door



Summary and Personal Reflection /Deconstruction

We are going to breakdown –Deconstruction- our past decisions: this is a hugely important skill and then discipline to develop. Deconstructing your decisions will reveal so much information to you, you can't help doing anything else but change.

Write down a response/decision that you are unhappy with or know was wrong for each of the life areas below:

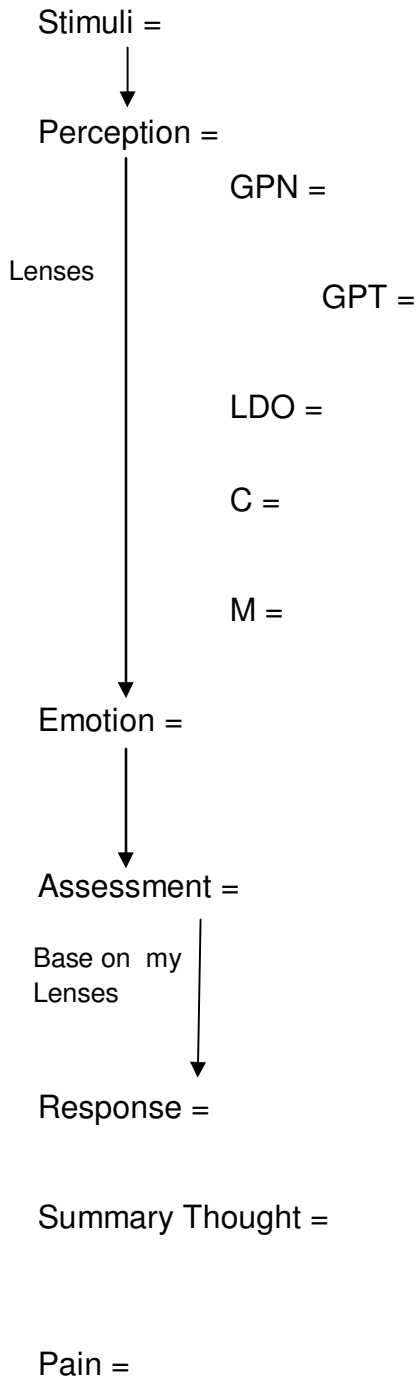
1. Work or School Decision _____
2. Relational Decision _____
3. Self Interaction Decision _____

Ideally these responses...

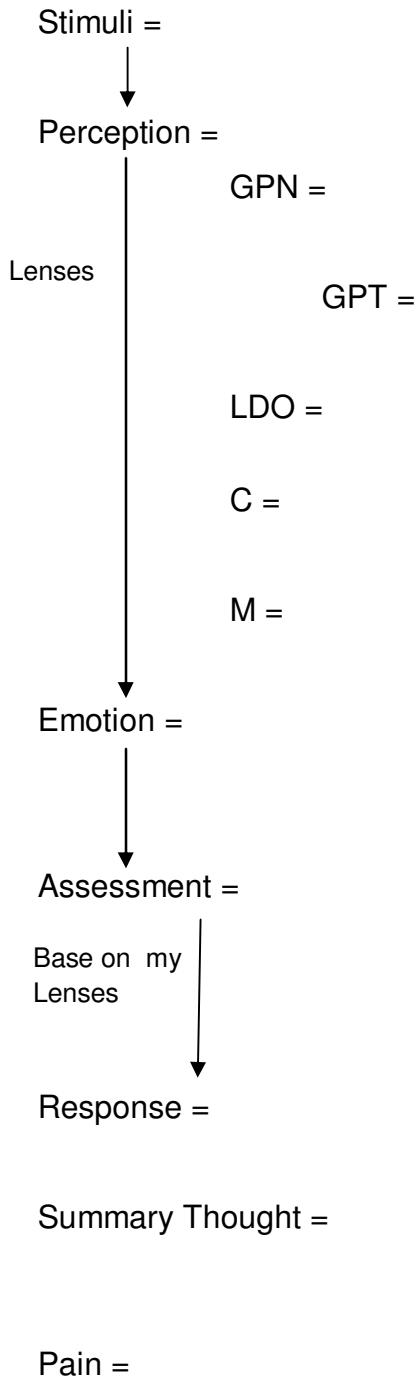
1. ...Are fairly recent so you can remember a lot of details, thoughts, and feelings. If it is farther in your past, make sure you can recall your thoughts and feelings.
2. ...Will be fairly representative of a pattern you have developed or fallen into.
3. ...Are responses that you have tried to analyze and change in the past with little success.
4. ...Have caused damage or consequences for you or others.
5. ...Are responses that you really want to improve on and correct.

Use the following worksheets to go through SPEARS with each one of these three responses/decisions you just listed. (you can make copies to use in the future also)

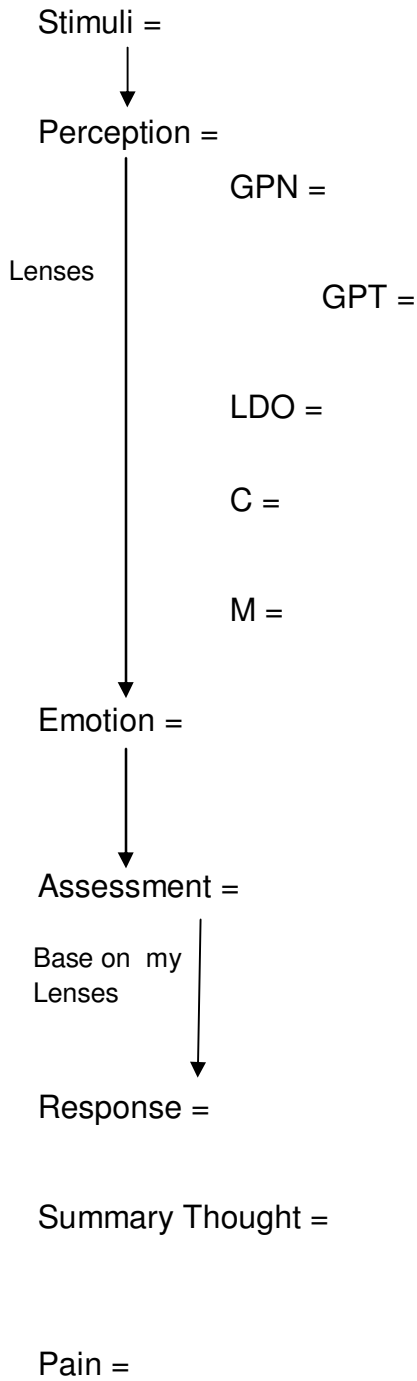
Work or School Decision



Relational Decision



Self Interaction Decision



SPEARS Deconstruction Questions

1. Was I able to apply SPEARS to evaluate my decisions? Y or N

If no, go back and watch the first part of this section as Dr Karl gives three examples. Learning deconstruction is essential.

2. What did I learn about these decisions and myself?

3. What patterns emerged?

4. Were there any consistent GPT, GPN, LDO themes?

5. What were the pains that drove my responses?

6. Describe how this helped me evaluate my situations and responses.

7. Based on my old lenses (GPT, GPN, LDO, C, M), did my wrong responses seem pretty logical to me? Explain.

Goal of SPEARS

Improving my _____ and _____ is good but the real goal and treasure of SPEARS is analyzing what is at the center of your _____, and how to put _____ at the center.

SPEARS Accurately Applied for Life Transformation - Reconstruction

Accurately Applied SPEARS Terms

Stimuli

- God _____ us.
- God _____ for us.
- God wants to _____ us to be like Christ and to develop the mind of Christ.

- God is _____ - in control and authority of everything
- God is _____ - knows everything
- God is _____ - has power over everything

- All our _____ have crossed God's desk and been approved.

- God, the perfect Coach/Teacher, has the perfect _____ for us to reach our potential.

- We need to _____ God and _____ to His strategy.

- The best _____ to grow us sometimes brings _____.

- God brings each specific _____ into our life to meet our needs; to grow us for _____, and to help us _____ the mind of Christ.

- Be excited and embrace each stimuli!

Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God.

Philippians 4:6

Give thanks in all circumstances, for this is God's will for you in Christ Jesus.

1 Thessalonians 5:18

And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him.

Colossians 3:17

And we know that in all things God works for the good of those who love him, who have been called according to his purpose.

Romans 8:28

Notes/Thoughts:

Perception – the lenses we use should be clear, and see reality.

- Greatest Perceived Need

- ◇ Spiritual GPN:

- To be in _____ relationship with God temporally.
- To have the _____ on the throne of my life/heart.

- ◇ Fruit of the Spirit

- To have discernment skills through the Holy Spirit
- Applying the Bible to my life accurately, moment by moment.
- To use the power of the Holy Spirit to resist temptation and to do the hard but right thing.
- GPN – Staying in close relationship with God, honoring God, keeping the Holy Spirit on the throne of my Heart.

- ◇ Physiological GPN

- To have healthy _____
- Good decisions _____ my brain chemistry.

- ◇ Psychological GPN

- To clear my lenses through _____ awareness and _____ understanding. Psychological maturity.

- Greatest Perceived Threat

- ◇ Spiritual GPT

- To be _____ from God.
 - ◇ _____ not on life's throne.
 - ◇ _____ on life's throne.
- Spirit-led vs. Flesh-led Life
- Flesh in Control
 - ◇ Reaping the fruit of the flesh: pride, instant gratification, insecurity, inadequacy, in competency, hopelessness, despair, fear, anxiety, and frustration.
 - ◇ Lose discernment/lenses of the Holy Spirit.
 - ◇ Lose power of the Holy Spirit.
 - ◇ Lose wisdom of the Holy Spirit.

¹⁶So I say, live by the Spirit, and you will not gratify the desires of the sinful nature.

¹⁷For the sinful nature desires what is contrary to the Spirit, and the Spirit what is contrary to the sinful nature. They are in conflict with each other, so that you do not do what you want. ¹⁸But if you are led by the Spirit, you are not under law.

¹⁹The acts of the sinful nature are obvious: sexual immorality, impurity and debauchery; ²⁰idolatry and witchcraft; hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions ²¹and envy; drunkenness, orgies, and the like. I warn you, as I did before, that those who live like this will not inherit the kingdom of God.

²²But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, ²³gentleness and self-control. Against such things there is no law. ²⁴Those who belong to Christ Jesus have crucified the sinful nature with its passions and desires.

²⁵Since we live by the Spirit, let us keep in step with the Spirit.

Galatians 5:16-25

Reflection:

Give examples of your flesh driven decisions.

Give examples of when you followed God or Holy Spirit in your decisions.

- ◇ Spiritual GPT
 - Not being a good _____ for God.
 - Not _____ and honoring God.
- ◇ Physiological GPT
 - Poor decisions _____ brain chemistry.
- ◇ Psychological GPT
 - Distorted Lenses.
 - Psychological immaturity and dysfunction.
 - Personality defects.

Flesh was on the throne of my life in the past and it always was a _____ outcome.

This is a major threat!

- Life Depends On
 - ◇ Spiritually:
 - Following God.
 - Understanding God's teachings and will.
 - Obeying God's teachings and will.
 - Having the Holy Spirit on the throne of my life.
 - Getting to know God intimately and trusting Him.
- Confidence
 - ◇ Must be in _____ .
 - God's _____ .
 - ◇ His love.
 - ◇ His omniscience.
 - ◇ His providing for our needs.
 - ◇ His omnipotence.
 - ◇ His sovereignty.

- God's _____ (He is faithful in keeping them).
- God's _____/instruction in the Bible.
- God's _____ for us.
- God pursues _____ with us.
- Jesus _____ for us because God loves us.
- God's track record:
 - ◊ Consistent through all time
 - ◊ God's principles running my life vs. me running my life

Reflections:

What are the limitations in me being the source of answers or solutions for problems?

What are the limitations of others being the source of answers or solutions?

What are the limitations of God being the source of answers or solutions?

How does God provide answers or solutions through others or me?

Explain how getting my confidence from God instead of myself takes pressure off me.

- Motivation
 - ◊ Spiritual:
 - Glorify _____ .
 - Fruit of the Spirit.
 - Power of the Holy Spirit.
 - ◊ Physiological/Psychological:
 - _____ my mind.
 - Awesome relationships with myself and others.
 - ◊ Maximizing our Potential!
 - Good choices _____ my options and potential.
 - Poor choices _____ my options and potential.
 - ◊ Life is _____ when I make good decisions.

²²But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, ²³gentleness and self-control. Against such things there is no law.

Galatians 5:22-23

Reflection:

How does my life go when the flesh is on the throne of my life? Explain.

Knowing the acute damage that occurs to all 3 spheres, how will this motivate me to make different decisions in the future? Explain

Emotion

1. Be more _____ of our feelings/emotions.
2. _____ negative feelings in ourselves and others better.
 - ◇ Tolerate means be patient and deal with, it doesn't mean condone.
 - ◇ Dysfunctional decisions are usually made to relieve negative feelings we don't tolerate well.
3. God is the great _____ of negative emotions.
 - ◇ Storm analogy
4. Practicing Self-Control
 - ◇ Self-Control over the _____ that our negative feelings generate.
5. Patience
 - ◇ Patience to wait for _____ soothing.
 - ◇ Patience to sort through _____ response options.
6. What are my emotions telling me?
 - ◇ They are my warning system!
 - ◇ Negative emotions warn that...
 - ...My _____ are not clear and are distorting reality.
 - ...My _____ are clear and there really is harm or potential danger.

These first 6 will help you control your emotional volume so your intellectual, decision-making and problem solving volume can be cranked up.

Notes/Thoughts:

Assessment

- Assessing pros and cons of the potential response options.
- Make sure GPT, GPN, LDO, C, and M are in line with glorifying _____ and maximizing our _____ and _____.
- Use _____ standard and not mine.
 - ◊ God's standard is always what is right, successful, and healthy.

Response

- If we were diligent with applying SPEARS correctly to this point, the best response is easy to see.
- Motivation to choose the right response should be strong now that we see all the benefits of the right choice and all the damage from wrong choices.

Summary Thought

- Reflect through SPEAR, GPT, GPN, LDO, C, M
- Think: "Is this response going to grow me?"
- Use God-centered criteria instead of me-centered criteria

"Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength."

³¹The second is this: "Love your neighbor as yourself. There is no commandment greater than these."

Mark 12:30-31

Pain

- Understand what _____ us pain.
- How much _____ is there really?
- Not let _____ drive our decision making
- Understand and focus on God and his promises

¹³No temptation has seized you except what is common to man. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can stand up under it.

1 Corinthians 10:13

- Need to realize the pain that we bear when we make the wrong decision, even if we don't immediately feel it.

Healthy SPEARS Process - Examples

High School Peer Pressure – You fill in the blanks.

Stimuli = High School Peers telling a Dirty Joke



Perception = Laughter, Connection, People Being Valued by Peers



Sharpening Lenses

	Unhealthy	Healthy
	OLD WAY= Me-Centered Deconstruction	NEW WAY= God-Centered Reconstruction
GPN		
GPT		
LDO		
C		
M		

- We need to use our lens correctors – GPN, GPT, LDO, C, and M – as early in the SPEARS process as possible!
- Ideally we use our lens correctors in the Perception phase. If we miss that opportunity, then we need to use them in the Assessment phase. If we do not apply them in Assessment, then we can apply them in the Summary Thought to evaluate and be ready for the next time that we are faced with similar stimuli.

Emotions -



Assessment

Options

- 1
- 2
- 3
- 4
- 5

Pros/Cons

- Spiritual – God/Holy Spirit
 - Physiological – Brain Chemistry
 - Psychological – Better Lenses/Moods/Skills
 - Relational – Positive Influence on Others
-
- Again, use Godly GPT, GPN, LOD, C, and M to evaluate options



Response

- It should be very clear which options are most in line with God's will
- We should have more motivation to respond well because the benefits are really clear and awesome (spiritual, psychological, and physiological transformation)
- REAL Life Change!



Summary Thought

- Review SPEARS
- New lenses vs. old lenses
- Impact of my response on
 - ◊ God and my Spirit
 - ◊ My Brain
 - ◊ My Mind



PAIN

- To really start making better decision, I have to believe something
_____ about pain
- I have to believe I can manage pain differently
 - ◊ I can handle my pain better by letting God soothe me
 - ◊ God can really provide comfort and peace when I'm in pain

Now I have a concrete _____, or _____ to strive for
in decision-making.

Now I have a _____ to analyze wrong decisions so I can see what
_____ was an obstacle to good, Godly decision-making.

Notes/Thoughts:

College Party Example – we have deconstructed and reconstructed for you

Stimuli = College Party



Perception =



Lenses

	OLD WAY= Me-Centered	NEW WAY= God-Centered
GPN	To be cool, liked, important	Stay in relationship with God
GPT	Being left out, not special	Lose Holy Spirit on throne, injure brain
LDO	Party and me being excellent	Me honoring God, myself, and others at the party
C	Alcohol, humor, others' opinions	God's love and valuing me. God will guide me.
M	Fun, sex, connection	Honor God, help self grow, not hurt myself or others

Emotion

Anxiety, fear, excitement, detachment, nervousness, lust, pressure, overwhelmed, confused	Excitement, hope, relaxed, fear of failing God, peace, contentment, anxiety about lack of skills
---	--

Assessment



1. Drink
2. Do not go to the party
3. Go to the party and have healthy fun
 - Not have to be the center of attention
 - Relax and be friendly, help others
 - Being quiet and just watching is OK too!

Response - # 3 is most honoring of God, me, and others



Summary Thought – Evaluate SPEAR



Pain- I tolerated not being at the center and lack of skills by taking this opportunity to practice and knowing that God is in control

Screen Door Example - we have deconstructed and reconstructed for you

Stimuli = Wife states the screen door is broken

↓
Perception

Lenses

	OLD WAY= Me-Centered	NEW WAY= God-Centered
GPN	Control, competence	Relationship with God, Holy Spirit on throne
GPT	Failure, criticism, not being an expert	Flesh in charge, Brain injured
LDO	Everything going my way	Me following God's way
C	Deflect blame, manipulate, Be aggressive	God loves me when I'm incompetent. God gives me peace in adversity
M	Soothe my insecurities, hurt feelings	Honor God, wife, and myself

↓
Emotions

Anger, insecurity, incompetence	Curiosity, Caring, Wanting to serve, nervous about failing, confused as to how it broke, uncertain about how to fix, excited to work with wife.
---------------------------------	---

↓
Assessment

1. Ignore her, Deny my fault
2. Yell, Shift Blame
3. Ask her questions about it to problem solve
4. Thank her for pointing it out
5. Work on a plan to fix it.

↓
Response - # 3, 4, & 5

↓
Summary Thought – Evaluate SPEAR – this response grows my relationship with God, my wife, and myself!

↓
Pain- I was able to realize that it is OK if it was my mistake and my incompetence. I was able to see my wife as an ally and use God-giving peace to tolerate my discomfort or short-comings.

Family Interaction Example

Stimuli = Critical comment from a family member

	<u>Deconstruction</u>	<u>Reconstruction</u>
<u>Perception</u>	OLD WAY= Me-Centered	NEW WAY= God-Centered
Lenses	GPN	Be competent, in control, valued, loved
	GPT	Not as good as others, judgmental attitudes, rejection, others anger
	LDO	Valued, important, being expert, esteemed family member
	C	My abilities, others opinions
	M	No family strife, everyone happy, protect self, I'm expert
<u>Emotions</u>		
	Fear, worry, defensive, disgusted, bitter, angry, hurt, lonely, failure, hopelessness	Sad I might be wrong, Curious to get ideas, opportunity to grow, Excitement to succeed, yearning to relate better

Assessment - the options: (there can certainly be many more, I listed 8 for example)

1. Aggressive verbally or physically
 2. Passive but anger brews inside, avoid confrontation
 3. Get angry at someone else later
 4. Alcohol, eating, spending money, cigarette to soothe
 5. Calmly ask person why and gather other info
 6. Be thankful for feedback and insights
 7. Ask person for other suggestions
 8. Have healthy dialogue about issue/comment
- Running these options thru the GPT, GPN, LDO, C, M grid to see which are Godly options.

SPEARS Summary Points

1. More healthy responses = more behavioral change
2. The real benefit is heart _____ and real heart _____. This is how lasting real life _____ occurs, by putting _____ in the center of our heart and life.
3. Elements of Change
 - SPEARS is the _____ that gets us from where we are now to the ultimate goal of Real Life Change.
 - SPEARS makes our _____ more concrete and shows us the specific **motivators** and decisions in everyday life.
 - SPEARS really helps us examine the deep core of who we are and what drives our response in everyday life.
4. SPEARS shows us how important it is for God to be at the center of our heart, and the spiritual, psychological, and physiological benefits we can reap if we make good, Godly decisions.
5. SPEARS really shows _____ role in disrupting our decision-making system and _____ us to believe our flesh is wiser and stronger than God.
6. SPEARS is a skill. The more you practice, the better you get, and the easier it becomes!

SPEARS Personal Reconstruction

- Now take the three situations I examined and deconstructed with SPEARS.
 - ◊ This was in Disc 4: Section 5 SPEARS Misapplied, Chapter Personal Reflection / Deconstruction.

- Go through them using the correct application of SPEARS to change my lenses from old to new, me-centered to God-centered, and examine my options to see what better responses would have been and why.

- As you reconstruct these decisions, you will also show yourself the _____ of the right response and the _____ of the wrong response.

- If you keep benefit/damage specifics in your head, you should be strongly motivated to choose the right response, even when it might seem hard to do in real situations, in the moment when that pain is being felt.

Please make copies of the following Deconstruction/Reconstruction.
Worksheet to apply SPEARS to those decisions you deconstructed earlier.

Stimuli =

	<u>Deconstruction</u>	<u>Reconstruction</u>
	OLD WAY= Me-Centered	NEW WAY= God-Centered
<u>Perception</u> =		
GPN		
GPT		
LDO		
C		
M		

Lenses

Emotions

--	--

Assessment - the options: (there can be more); Use GPT, GPN, LDO, C, M to assess pros/cons of each option

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

Response – Which are Godly and Biblical

Summary Thought – Evaluate SPEAR. Is that response really getting me all God has.

PAIN – old belief and new belief

Disc 5

Section 6: Living Out the Disciplines for Real Life Change!

<u>Section 6: Chapters</u>	0:00:00
1. Salvation	0:02:20
2. Confession	0:04:15
3. Intentionality	0:09:55
4. Personal Reflection and Assessment	0:16:20
5. Applying SPEARS	0:27:32
6. Examine My Heart	0:36:13
7. Pain	0:40:32
8. Holy Spirit's Role	0:49:45
9. Armor of God	0:58:58
10. Prayer	1:13:45
11. Community	1:25:48
12. Bible	1:33:05
• Summary of the 12 Disciplines for Real Life Change	1:37:54

Section 6: Living Out the Disciplines for Real Life Change!

1. Salvation: Personal Relationship with God

- Salvation is the **most** important coping mechanism of life.
- _____ only happens when we have a relationship with _____ through _____.
- Our _____, or good deeds, cannot make up for our sins.
- _____ death for us, paying our penalty, is the only acceptable payment to God.
- Belief in Christ as our _____ starts an eternal _____ with God.
- _____ can ever break that relationship and _____ else can get me into relationship with God.
- The _____ can then dwell in us and be on the throne of our life.

For all have sinned and fall short of the glory of God

Romans 3:23

For the wages of sin is death, but the gift of God is eternal life in Christ Jesus our Lord.

Romans 6:23

¹⁶For God so loved the world that he gave his one and only Son that whoever believes in him shall not perish but have eternal life. ¹⁷For God did not send his Son into the world to condemn the world, but to save the world through him.

John 3:16-17

Whoever believes in the Son has eternal life, but whoever rejects the Son will not see life, for God's wrath remains on him.

John 3:36

Therefore, since we have been justified through faith, we have peace with God through our Lord Jesus Christ

Romans 5:1

God made him who had no sin to be sin for us, so that in him we might become the righteousness of God.

2 Corinthians 5:21

⁹That if you confess with your mouth, "Jesus is Lord," and believe in your heart that God raised him from the dead, you will be saved.

¹⁰For it is with your heart that you believe and are justified, and it is with your mouth that you confess and are saved.

Romans 10:9-10

And hope does not disappoint us, because God has poured out his love into our hearts by the Holy Spirit, whom he has given us.

Romans 5:5

Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own

1 Corinthians 6:19

And you also were included in Christ when you heard the word of truth, the gospel of your salvation. Having believed, you were marked in him with a seal, the promised Holy Spirit

Ephesians 1:13

God, who knows the heart, showed that he accepted them by giving the Holy Spirit to them, just as he did to us.

Acts 15:8

If you have not accepted Christ as your personal savior, I urge you to make this key decision right now.

Go to our website: www.LighthouseNetwork.org

Click daily devotional. [Stepping Stone Daily Devotionals](#)

Please click sign up.

Enter your email address.

You will then get our Stepping Stones Devotional daily.

When you get your devotional, Click the “Spiritual Basics” link.

Please click “Salvation” and follow the directions

Please call or email and let us know of this life changing decision.

Lighthouse Network: 1.877.562.2565 or email: kbenzio@lighthousenetwork.org

*If you are a Christian, but your walk with Him hasn't been so close – like mine wasn't in MS through medical school – this is the time to make a decision to re-dedicate your life to God. Just a simple prayer and conscious intentional effort to follow Him helps you reach out grab the Life that's **WITHIN REACH**.*

I have received Christ as my Savior: Y N

(If you Answered Yes, Awesome!)

I am rededicating my life to follow Christ more closely: Y N

(If you Answered Yes, Awesome!)

2. Confession

- We must bring our sins directly to God for forgiveness.
- Confession is the **second** most important coping mechanism in life.
- Confession - _____ our sins to God and asking for his _____.
- Jesus _____ us directly to God (salvation), so that we can pray and confess _____ to God.
- Our sin can _____ break our eternal relationship with God.
- Our sin causes a _____ break in our relationship with God.
- Marriage Comparison
 - Notes:

- Sin pushes the _____ _____ off the throne and puts _____ on the throne.
- Confession - _____ purity in our relationship and communication with God, and restores the Holy Spirit to our throne.
- We need to confess _____ we sin.
- Therefore, confess _____ times per _____. This will lead to miraculous growth.

If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.

1 John 1:9

Confession is a very _____ discipline that is dramatically _____.

Reflections:

How often do I sin?

How often do I confess my sins?

Why would I want that sin interfering with my relationship with God?

Can I commit to sinning less, and when I do, to confess as immediately as I can?

3. Intentionality

- We must take deliberate steps, a conscious goal-directed effort, to strategize to make Real Life Change.
- We must use a concrete process for change.
- We need _____ to make it happen .
- Crucify the Old Self – Nail These to the Cross!

3 Old Response to Change

1. _____

2. _____

3. _____

GPT

1. _____

2. _____

GPN

1. _____

2. _____

Confidence

1. _____

2. _____

Motivations

1. _____

2. _____

“Father, if you are willing, take this cup from me; yet not my will, but yours be done.”
Luke 22:42



- My _____ has not worked for me. Crucify my will and my kingdom.
- Pray to _____.
 - ◊ To give His help and the power of the Holy Spirit
 - ◊ To crucify the Old Self.
 - ◊ Practice Disciplines regularly for Transformation.
- Empty _____ - Birth of New Self
 - ◊ Celebrate Victory Over:
 - Old self, Old Patterns, Old Lenses and Response
 - Me-Centered GPT, GPN, LDO, C, & M
 - ◊ Celebrate Birth of:
 - New Self, New Patterns, New Lenses and Responses
 - God-Centered GPT, GPN, LDO, C, & M
 - ◊ Celebrate knowing Pain has been defeated as my idol, and as my guide to making decisions.

Reflections:

Remember, just crucifying them and celebrating the empty tomb doesn't change my life, but this is a symbolic step of intentionality that I need to practice regularly to build a different attitude to help change.

Describe my feelings and thoughts about this process of crucifying my past on the cross and celebrating resurrection of a healed life with an empty tomb.

4. Personal Reflection and Assessment

- I need to take a deep look at myself and how I live life.
- Take _____ to sit and methodically dissect a couple key situations or decisions from the day.
- Journaling becomes _____ and _____.
- Journaling becomes a _____ process in the moment.
- _____ helps me get the most out of my reflections and self-assessment efforts.
- I need to be _____ with myself.
- Problems _____ go away or get fixed when you _____ them.
- Have a Personal Board of Directors to Assess Me:
 - a. Qualities
 - ◇ Need a variety of _____ on my Board.
 - ◇ Rarely do we have a Board for _____ issues.
 - ◇ Rarely do we _____ the deeper areas of our mind and heart.
 - b. Board Members should be
 - ◇ Good _____.
 - ◇ _____ to see me grow.
 - ◇ _____ with me.
 - c. Mistakes we make
 - ◇ _____ have a Board.
 - ◇ Pick all _____ people.
- Summary
 - a. Journaling
 - b. Honesty
 - c. Board of Directors

Reflections:

What do I need to do to really Journal regularly?

5. Applying SPEARS

- SPEARS is a strategy to renew my mind and transform my heart.
- It will help me take charge of my decisions, understand the decision-making process, and become a good decision-maker.
- Goal – To be a _____ decision-maker.
- Using SPEARS
 - ◇ Learn SPEARS strategy.
 - ◇ Take a couple decisions and journal about them later in the day applying SPEARS (delayed Summary Thought).
 - ◇ Over weeks, learn a lot about myself and start to improve my lenses and love for God.
 - ◇ After practicing and learning for 4-8 weeks, start applying SPEARS in situations. This will increase awareness and improve some responses.
 - ◇ Journal daily about those in-the-moment SPEARS applications
 - ◇ Start to see better SPEARS application in the Perception and Assessment phases and much better Responses.
 - ◇ Reflect in the evening to dig deeper and learn more about myself and SPEARS.
 - ◇ SPEARS then becomes an innate part of your daily lenses and functioning, and lasting Real Life Change occurs!

Reflections:

Have I seen the power of SPEARS to understand where my decisions come from? Y N
Do I understand how to use SPEARS? Y N If NO, then review Disc 4.

Explain the impact this SPEARS formula, that I can plug into every situation, will make?

What will interfere with me deconstructing and reconstructing at the end of the day?

What will interfere with me using SPEARS in the moment?

6. Examine My Heart – GPT, GPN, LDO, C, M, Pain

- _____ change only occurs when real heart change happens.
- What is at the center of my _____?
- What gets _____ over God when I am faced with a decision?
- _____ would I make a decision to put something else in the center of my heart when I know that so much _____ occurs?

Reflections:

How often is God or His instructions the major guiding factor of my decisions and attitude?

Discuss what other people, things, and issues guide my decisions when God doesn't, and why.

Describe some past heartaches, consequences, or damage I have experienced when God isn't at the center of my heart.

How can I remember these, so the next time I am tempted to not have God in the center, I will know why to put him there?

Explain what I have learned about my heart and my spiritual maturity from the deconstruction and reconstruction exercises.

7. Pain – drives our wrong decisions

- a. We need to change our views and beliefs about pain.
- b. Pain is such a significant _____ and _____ of dysfunctional responses.
- c. We need to _____, understand, and view pain differently to enact Real Life Change.
 - Pain is a part of _____. No pain, no gain!
 - God will not give us more pain than we can _____.

*No temptation has seized you except what is common to man.
 And God is faithful; he will not let you be tempted
 beyond what you can bear. But when you are tempted,
 he will also provide a way out so that
 you can stand up under it.*

1 Corinthians 10:13

- Self-protective responses from our _____ are actually _____ and cause more pain.
- _____ is a great comforter and wants to bring us _____.
- Having the _____ on our throne brings the Fruit of the Spirit.
- Journaling can help you _____ your pain and _____ it comes from.

Reflections:

What are my main pain areas and what can I do to recognize them when they are present or potentially looming in a situation.

As a result of this seminar, explain what I believe differently about my areas of pain?

8. Holy Spirit's Role in Real Life Change

- Salvation – Holy Spirit comes to _____ in us.
- Holy Spirit _____ in us.
- Holy Spirit is _____, I am _____.
- If it is only up to the _____, He must be doing something _____. Because we know He is perfect, the _____ must be somewhere else - _____!
- God has a _____ in place that we are called to take action on and be a steward of it.
- Electricity Example (Notes:)

- Our Role – get out of the Holy Spirit's way! Then the Holy Spirit can work in all the areas of our life. Stop being an _____!
- Get out of Holy Spirit's way by:
 - ◇ Making good decisions – keeps Holy Spirit on throne.
 - ◇ Taking in God's word and applying it.
 - ◇ Understanding and using God's principles.
- Then we _____ the Holy Spirit and do what we are supposed to do.
- We are working in _____ with the Holy Spirit.
 - ◇ Not me doing it all.
 - ◇ Not Holy Spirit doing it all.
- God calls on us to take some _____ and have some stewardship of our transformation.
- Holy Spirit is a pilot. I am a junior pilot. Let the Holy Spirit direct me and let me be humble and follow His commands and instructions.

Reflection:

Why at times do I under-estimate the power and activities of the Holy Spirit?

What can I do to learn more about the Holy Spirit and my Flesh?

9. Putting on the Armor of God

- Through salvation, Jesus _____ the for-all-the-marbles war.
- We, through salvation, are on the winning team.
- Everyday we have _____.
- Intentionally and daily, armor up for battle.

¹⁰Finally, be strong in the Lord and in his mighty power. ¹¹Put on the full armor of God so that you can take your stand against the devil's schemes. ¹²For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms.

¹³Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. ¹⁴Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, ¹⁵and with your feet fitted with the readiness that comes from the gospel of peace. ¹⁶In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. ¹⁷Take the helmet of salvation and the sword of the Spirit, which is the word of God. ¹⁸And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the saints.

Ephesians 6:10-18

- Armor of God – All about decisions
 - ◇ Belt of Truth – knowing the _____ of God.

 - ◇ Breastplate of Righteousness – Making good moral, Christ-like decisions.

- ◇ Shield of Faith – knowing that what God says is _____ and living it out.

- ◇ Helmet of Salvation – God is always with us and will not leave us. We are secure in Him.

- ◇ Sword of the Spirit – knowing God’s Word and applying it to everyday situations

Reflections:

Realizing I am in a battle everyday, I need armor, protection. Y N

How did I intentionally armor up for the daily battles before this seminar?

How was my past armor failing?

Did my past armor teach me anything about what was going on in the battle for my heart like SPEARS does? Explain.

SPEARS is really a process that allows me to take an intangible and conceptual armor and make it tangible and practical to put on for everyday living defense, counterattack, and success in the many battles I face daily.

Agree or disagree? Explain.

Explain how using SPEARS to strengthen my armor and use it maximally will help.

10. Prayer

- Prayer is how we communicate with God.
- All relationships need _____ to grow.
- Communication can be direct _____.
- Communication can also be through our _____ (non-verbal communication).
- The more we pray, the more we _____ ourselves to Him, then we get more _____ so that we grow closer and share more.
- Communication goes both ways. We need to _____ to God.
- God speaks to us:
 - ◇ In our _____ .
 - ◇ Through other _____ .
 - ◇ Through our _____. SPEARS helps us understand this.
 - ◇ Through His _____ .
- Prayer
 - ◇ Perspective – Understanding God’s perspective
 - ◇ Daily Habit – Constant communication with God, pray without ceasing
 - ◇ Confession, Thanksgivings, Petitions, Change for Personal Growth.
 - ◇ Listening for God’s answers.
- When we pray and ask God for things, God has two answers:
 - ◇ Yes – You did ask for the right thing to grow so I will give it.
 - ◇ No – I have something better.

Reflections:

Keep a prayer journal and document how God answers prayer.

Write down what God is teaching you with His answers.

Describe your prayer life now:

Do you listen to Him?

In your Spirit?

In the Word?

In your circumstances? Just like as parents, we manipulate our kid's environments to teach them and grow them. Do you learn who God is and what He is teaching in your daily circumstances He has you in?

Through others?

How do I handle God's "no" answers? GPT, GPN, and Pain are big reasons why we have trouble when God says NO.

11. Community – Relationships

- It is _____ to change on our own.
- Community gives us people and situations to _____ the SPEARS process.
- Community gives us _____ to grow us.
- Relationship decisions show us what is going on deep in our _____.
- Enjoy the _____ of being in community!
- We are the _____ of Christ, one big family, called to impact the world.
- Community is important because it
 - ◇ Enhances decision-making
 - ◇ Decision-making practice
 - ◇ Gives feedback
 - ◇ God commands us to work together
 - ◇ Impact the world

Reflections:

What am I doing to build my community?

How are my relationship skills?

How do I manage relational pains?

How do I take feedback?

12. BIBLE – Best Instruction Book Living Everyday

- The Bible shows us:
 - ◇ Accurate Lenses
 - ◇ Godly Perspective
 - ◇ Biblical Responses
- Important to be in Bible daily, learning God’s word/instructions!
- God speaks to us in different ways:
 - ◇ Audibly
 - ◇ To our spirit
 - ◇ Through His Word
- Being able to understand the whole body of the Word – the Big Story
 - ◇ Armor – Belt of Truth
- Being able to understand specific parts of the Word of God and apply it to everyday life.
 - ◇ Armor – Sword of the Spirit
- Stepping Stones Daily Devotional
 - ◇ www.LighthouseNetwork.org and www.SteppingStones-LN.blogspot.com
 - ◇ Free, Unique
 - ◇ 3 Basic Parts
 - ◇ Transformational Tip
 - ◇ Prayer
 - ◇ The Truth
- In His Word
 - ◇ Get His instruction
 - ◇ Learn His character and teachings
 - ◇ Hear His promises

Reflections:

Did I realize before this seminar how practical and accurate the Bible is for everyday decision-making and growth? Y N

What do I need to do to read the Bible more?

Why do I avoid going to the instruction manual that will help me so much in life, but read so many other things or watch so much media for answers instead.

Summary of the 12 Disciplines for Real Life Change

- 12 Disciplines may seem like a lot, but they integrate and overlap so much that it is really only a few!
- It is hard to use one without using the others.
- Now you see the Transformed Life that is _____ to motivate you to practice the Disciplines regularly.
- Disciplines, I love that word -training to ensure proper behavior, make yourself do something regularly, process by which one is disciplined.
- Disciplines are skills. None of us are good at them in the beginning. The more we practice, the better we get.
- You have been practicing disciplines your whole life, but just some of the wrong ones. Since you are going to be practicing disciplines everyday anyway, why not practice the right ones.
- Remember, practice doesn't make perfect. Practicing the right thing makes perfect.
- At the end of the workbook are some sheets to help you gauge your progress in developing these 12 Disciplines for Real Life Change.

Disc 5:

Section 7: Celebrating Real Life Change

<u>Section 7: Chapters</u>	1:40:56
• Celebrating Your Learning the Real Life Change Process	1:41:15
• Celebrating Your Growth	1:46:44
• Celebrating the 5 Basic Elements of Real Life Change	1:49:40
• Celebrating SPEARS	1:58:27
◇ Puzzle	
◇ Bread	
• Challenges to Real Life Change	2:01:46
• Closing Thoughts	2:07:45
• Worksheets	2:08:38
• SPEARS Grid	
◇ Disciplines	
◇ Disciplines Monitoring Form	

Section 7: Celebrating Real Life Change

Celebrating Your Learning the Real Life Change Process

Celebrating Your Growth

Celebrating the 5 Basic Elements of Real Life Change

Motivation!!!!

Celebrating SPEARS

Puzzle:

Bread:

Challenges to Real Life Change

Closing Thoughts

“The grace of the Lord Jesus Christ and the love of God and the fellowship of the Holy Spirit be with you all.”

2 Corinthians 13:14

AMEN!!

Please make copies of the following Deconstruction/Reconstruction.

Stimuli =



Perception =

Lenses



Emotions



Assessment - the options: (there can be more); Use GPT, GPN, LDO, C, M to assess pros/cons of each option



Response – WWJD



Summary Thought – Evaluate SPEAR.



PAIN –

Deconstruction

Reconstruction

	OLD WAY= Me-Centered	NEW WAY= God-Centered
GPN		
GPT		
LDO		
C		
M		

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<u>Old Beliefs</u>	<u>New Beliefs</u>

Date: _____

Disciplines regularly implemented:

More thinking about why your perceptions of people and situations were the way they were:

(Using GPT, GPN, LDO, C, M, Pain)

More assessment of your options:

What they are:

Pros and cons (using GPT, GPN, LDO, C, M, Pain)

What interferes with you doing the right response

What pains/discomforts still drive your decisions and why?

Disciplines Monitoring Form

Day	1	2	3	4	5	6	7	8	9	10	11	12
1												
2												
3												
4												
5	S											
6	A											
7	L											
8	V											
9	A											
10	T											
11	I											
12	O											
13	N											
14												
15	N											
16	E											
17	E											
18	D											
19	S											
20												
21	D											
22	O											
23	N											
24	E											
25												
26	O											
27	N											
28	C											
29	E											
30												
31												

