



# TRAINING

## TWO

lifeonlife

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A MINISTRY OF PERIMETER CHURCH



# Welcome Letter



## Welcome to the Life on Life Training Two!

We are so glad that you are here! We are continuing to trust that the Lord will use this process to help you to make and deploy mature and equipped followers of Christ through your churches.

Our desire for this workshop is to help you continue to grow your movement of Life on Life Missional Discipleship by going deeper in relationships with the men and women in your groups. We will look at how Jesus spent time with His disciples and how He brought them towards maturity and leadership.

**THINK BIG**  
**START SMALL**   
**GO DEEP**

We look forward to walking with you through this growing movement in your churches, and we are thankful to the Lord that He has given you a passion to make and deploy mature and equipped followers of Christ in your church for your community and the world.

Remember, gospel-centered discipleship is not just passing on knowledge, it is sharing life together. As we continue this process together, we want to remind you again to think big, start small, and go deep.

We are with you and for you,

The Life on Life Staff Team



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A PDF copy of this notebook can be accessed on  
[lifeonlife.org/notebooks](http://lifeonlife.org/notebooks)



# Finding Time for Life on Life Missional Discipleship

## 1. What is Equipping?

The \_\_\_\_\_ View

The \_\_\_\_\_ View

The \_\_\_\_\_ View

## 2. Who Is to Do the Pastoring?

Owner = \_\_\_\_\_

Employer = \_\_\_\_\_

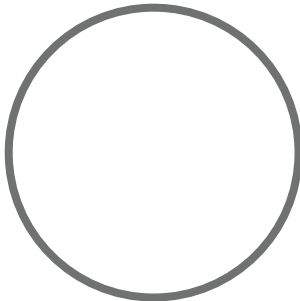
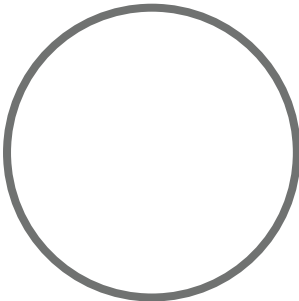
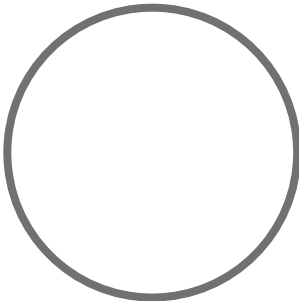
Employee = \_\_\_\_\_

Customer = \_\_\_\_\_



3. How Does One Balance Time Between Pastoring and Leading-Equipping?

Three Options





# Finding Time for Life on Life Missional Discipleship

## 4. To Whom Does the Pastor Give Care?

- 1) His Personal \_\_\_\_\_.
- 2) The \_\_\_\_\_ & \_\_\_\_\_.
- 3) \_\_\_\_\_ who has a legitimate need with no one equipped to minister to them.

## 5. What Is Required for a Pastor to be an Effective Leader-Equipper?

- 1) The pastor must be faithful to focus only on his \_\_\_\_\_ responsibilities.
- 2) The layman must be willing to be \_\_\_\_\_ and to be a \_\_\_\_\_.

### Table Discussion

In light of the what you heard, what are the implications for you as the pastor and leaders of the church?



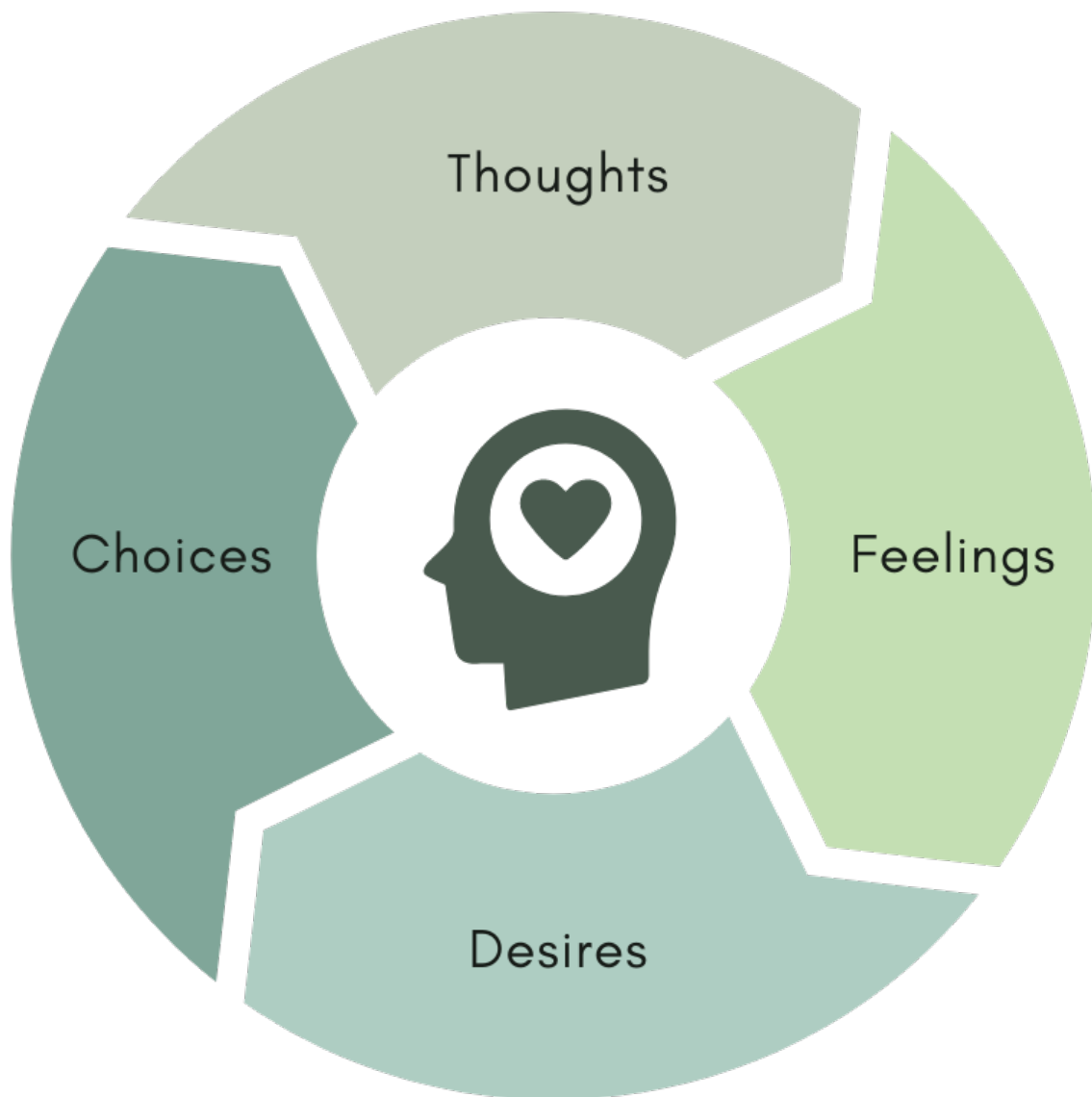
# Devotion: John 12



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## Four Aspects of the Heart



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# Four Aspects of the Heart



What are you *thinking*?

What are you *feeling*?

What *desires* are touched in you?

What *choices* do you want to make?

## Exercise

Answer the Four Questions of the Heart in the space above.



# Pursuing the Heart: HEAR

## HEAR Skills

### Holy Spirit

Trust and Believe that the Holy Spirit is speaking to them, and that He has much better things to say than you do.

### Engage the Whole Heart

Be completely attentive to them, and listen thoroughly to all four aspects of their heart (be listening to your whole heart too).

### Ask Open and Powerful Questions

Ask open-ended and powerful questions that guide the person to hear from the Holy Spirit and to make choices from their deep desires.

What are you thinking?

What are you feeling?

What desires are touched in you?

What choices do you want to make?

### Respond from Your Heart

After pursuing their heart first, share how this conversation has impacted your own whole heart (not your own story), and then rejoice in what the Holy Spirit has done.

# HEAR Exercise



Holy Spirit

Engage the Whole Heart

Ask Open and Powerful Questions

What are you *thinking*?

What are you *feeling*?

What *desires* are touched in you?

What *choices* do you want to make?

Respond from your heart

## Table Discussion

What was most significant to you about discipling from the heart?

How could these skills deepen your discipling?



# HEAR Exercise

## PLEASANT FEELINGS

Open      Alive      Unique      Optimistic      Positive  
 Confident      Happy      Free      Eager      Determined  
 Reliable      Joyous      Warm      Blown-Away      Excited  
 Fulfilled      Amazed      Fortunate      Good      Strong  
 Interested      Love      Thankful      Delighted      Brave  
 Reassured      Receptive      Important      Peaceful      Powerful      Bold      Secure  
 Satisfied      Ecstatic      Elated      Encouraged      Capable      Daring  
 Touched      Surprised      Jubilant      Safe      Content      Challenged  
 Sympathetic      Relaxed      Blessed      Awesome

## UNPLEASANT FEELINGS

Angry      Confused      Useless      Disillusioned      Sad      Annoyed  
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 Bitter      Disappointed      Hesitant      Dejected      Ashamed      Desolate      Alone  
 Depressed      Lonely      Tense      Rejected      Repugnant      Desperate      Unhappy  
 Betrayed      Doubtful      Dismayed      Indifferent      Scared      Desperate      Discouraged  
 Diminished      Powerless      Reserved      Neutral      Wronged      Tormented  
 Despair      Humiliated      Weary      Heartbroken      Alienated      Fearful      Wary  
 Worried      Disintrested      Helpless      Terrified      Agonized      Frustrated      Paralyzed  
 Anxious      Panic

*Used with permission from Wellspring Group. Engaging the Heart 5*



## Four Aspects of the Heart



It is a fluid model. It is an art not a science. Your goal is to love the other person well, not to complete the steps of HEAR. At times, you may just need to be with the other person before asking any questions, particularly when you need to empathize or mourn with the other person. Here you ask questions only to clarify the situation and to know how to be present with the other person. Once you've been present with the other person, then you can move onto other questions. Defining action steps is dependent on how many steps in the model you can authentically move through. Don't press. Listen and follow your intuition.



# Association

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MORE IS  
**CAUGHT**  
THAN   
TAUGHT

SEE EXAMPLE WITNESSES MEN CHARACTER FOLLOW WITH

SEND VISION GO MAKE OTHERS LIFE ON LIFE FAITHFUL DISCIPLES

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# Association



Formal One-on-One <i>Both have an agenda</i>	Informal Time <i>Leader may or may not have an agenda</i>

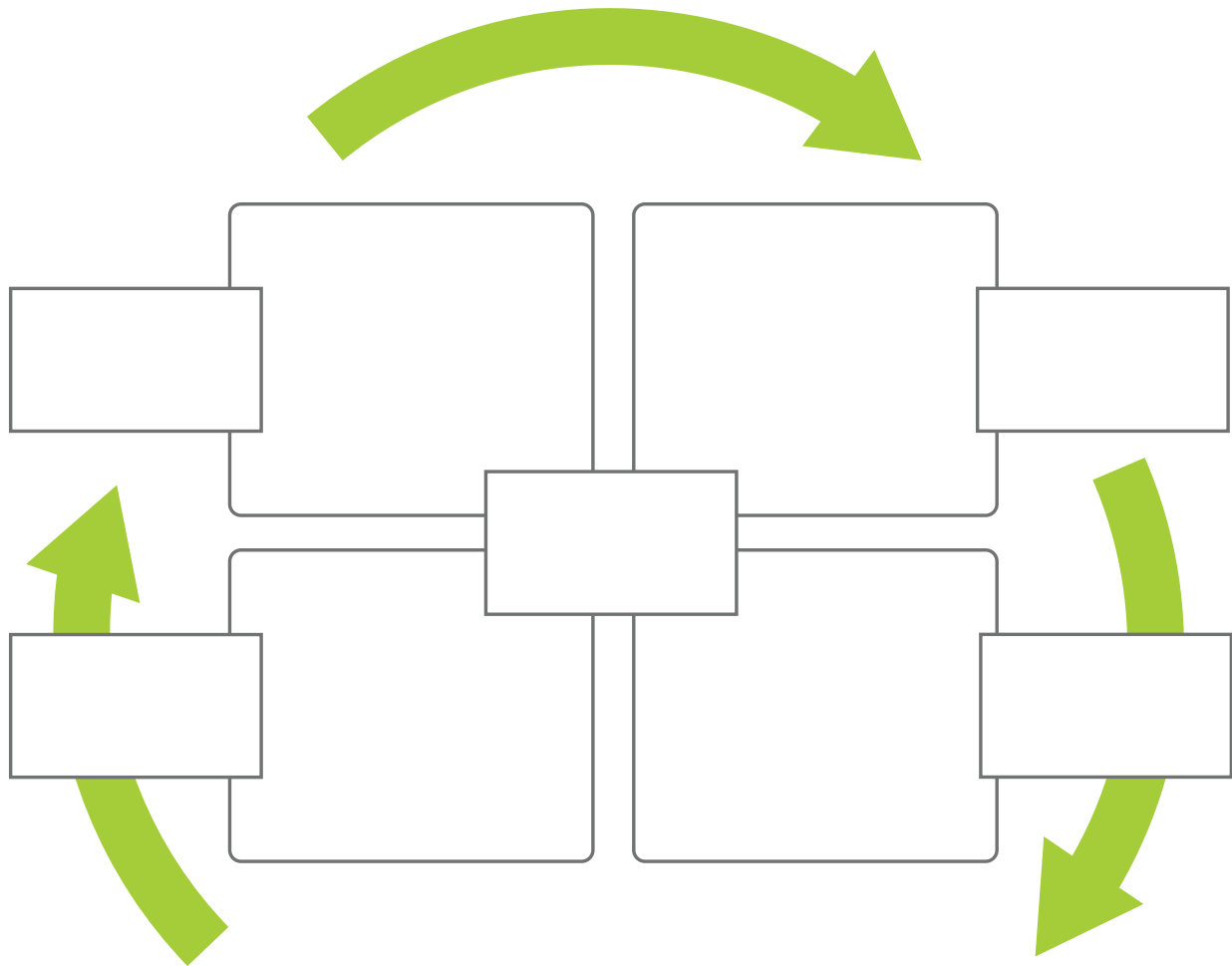


# Spiritual Formation Pathway





## Designing Personalized Training



### Exercise

#### *Part 1*

Take several minutes to individually design a personalized training plan for a real person in your group using the worksheet on the next page.

#### *Part 2*

As a team, take a few minutes to share what you learned from this exercise and tool. We are not sharing about the actual person.

# Designing Personalized Training Tool



Disciple:	Date:
Diagnostic Question 1: Where does God want them to be?	
Diagnostic Question 2: Where are they now?	
Diagnostic Question 3: What are the next steps?	
Step 1: Tell them what and why	
Step 2: Show them how	
Step 3: Support their progress	
Step 4: Send them out	
Step 5: Pray for them	



# Missional Living HEAR



Holy Spirit

Engage the Whole Heart

Ask Open and Powerful Questions

What are you *thinking*?

What are you *feeling*?

What *desires* are touched in you?

What *choices* do you want to make?

Respond from your heart



## The Journey - Mission Overview

### **Gospel Living** - Focus: *What, Why, How and Where of Missional Living*

Jesus living missionally	Christ's love compels us
Being God's agent	Jesus went preaching and teaching
Needs of community	Disciples going to Jerusalem, Judea, Samaria,
People Groups	and the World

### **Grace Commitments** - Focus: *Praying for the Least and Lost*

Focus: Praying for the Least and Lost	Investigate needs
Create a prayer list	Prayer walk
Have a conversation	

### **Knowing God** - Focus: *Serving and making the gospel known across the street, tracks, and ocean*

Service Projects  
Exploring motives for serving  
Evaluating equipping required

### **Healthy Marriage** - Focus: *Telling your spiritual Story*

60 second Testimony	Spiritual conversations
Testimony Feedback	Praying for missional heart
Building relationships	

### **Biblical Worldview** - Focus: *Express your Faith-Grace motivation*

Purpose, Assurance and Freedom  
Life Issue Booklets: Bible is God's Word, Eternal Punishment, Jesus only way  
And How to have eternal life

### **Parenting** - Focus: *Engaging with People*

Serving and Sharing  
Witness Activity Log  
Praying for Global Mission

## Table Discussion

Brainstorm about ideas on how individuals in your group could be missional and ways that your group could be missional.



# Discipleship Group Modeling

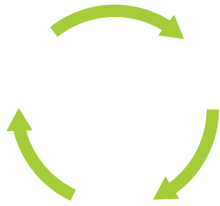


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# Discipleship Group Planning Worksheet

Lesson:	Date:
What <i>announcements</i> need to be made?	
What is the main <i>truth</i> of this lesson that I will focus on?	
What is the main <i>equipping</i> question of this lesson that I will focus on?	
What is the main <i>accountability</i> question of this lesson that I will focus on?	
What is the main <i>mission</i> assignment of this lesson that I will focus on?	
What is the main <i>supplication</i> focus I will lead our prayer time about?	
What are the <i>assignments</i> I will give the group?	
When will I next <i>associate</i> with group members outside of group time, and what will I discuss with each of my disciples?	



The Gospel Waltz



Relational Skills

Selection

Association

HEAR



Navigation Skills

Situational Leadership

TEAMS

Personalized Training



Jesus

Series of horizontal dashed lines for writing notes.



# Appendix: Engaging the Heart



In order for Life on Life Missional Discipleship to be life changing, we must engage with others from our whole heart and engage them from their whole heart. The Gospel has the power to change anyone from the inside out. We see how Jesus engaged people from His whole heart to their whole heart.

God told us to “go and make disciples” and He promised “I will build my church.” We are making and training mature and equipped followers of Christ, God desires that his body, the Church, would live in the fullness of his larger love Story so He can reveal himself to the world.

The purpose of this handout is to be used with coaching so that leaders are inspired and equipped to live and lead deeply from their whole heart in Biblical community where they live, work and play.

## THE KEY VALUES WHICH UNDER GIRD THE CONCEPT OF ENGAGING THE HEART ARE:

1. The Heart as the wellspring of life, encompasses our thoughts, choices, emotions and deep desires.
2. Transformation that flows from the heart results in fundamental, significant, sustained change.
3. Biblical Community experienced in authentic relationships reflects God's love, grace, and truth.
4. Beauty that reveals God naturally, artistically, and relationally.

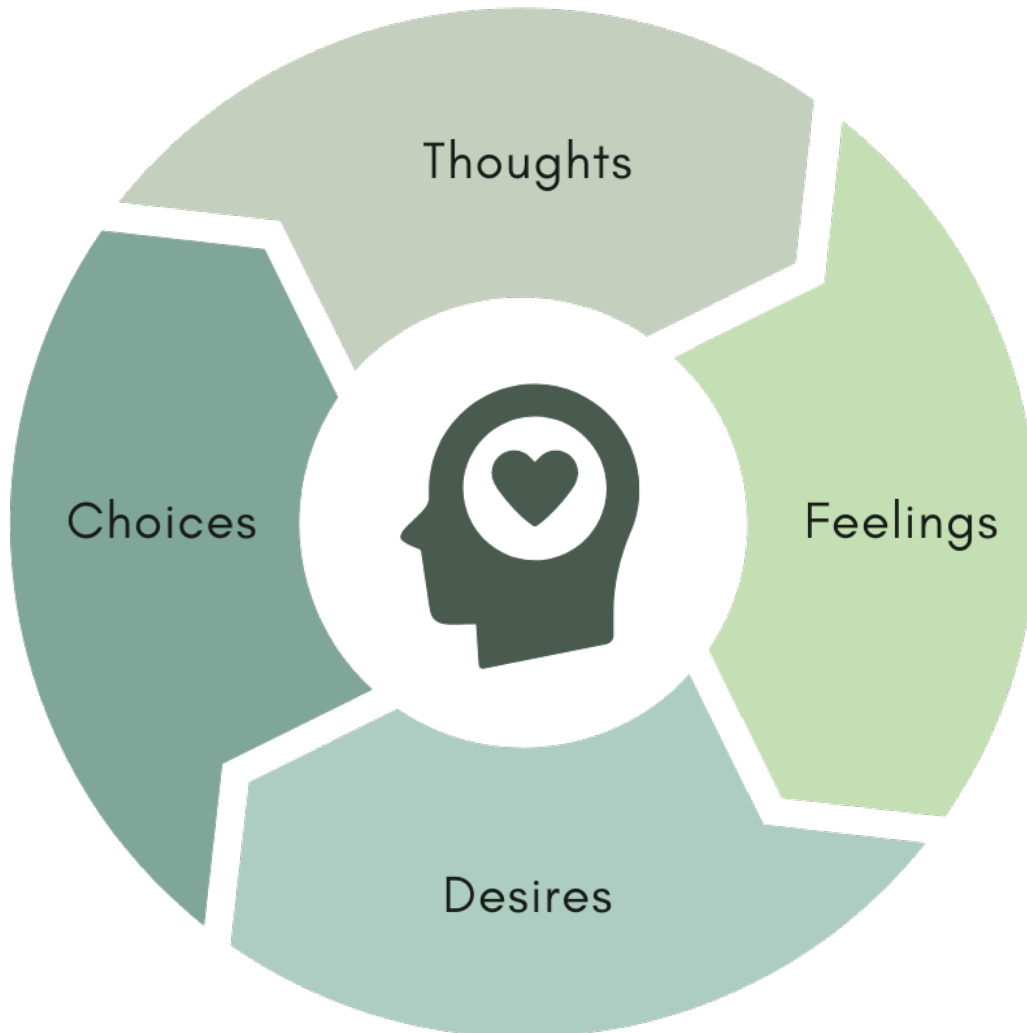
## THE KEY OBJECTIVES WHICH FLOW OUT OF THE PRACTICE OF ENGAGING THE HEART ARE:

1. Be more able to lead the members of your group into a deeper relationship with God and with one another (Love God and Neighbor)
2. Be more able to love the members of your family with more of your heart, soul, mind, and strength (Loving Neighbor as Yourself)
3. Develop and plan strategies for more deeply engaging the hearts of the members of your group (The Beloved Fellowship)
4. Be aware of and able to live from the Four Aspects Of the Heart
5. Be aware of and consistently use the HEAR Skills
6. Experience Biblical Community through authentic relationships that reflect the love, grace and truth of Christ as we draw one another out, rejoice with each other, mourn with each other, give courage to one another, and grow in loving one another deeply from the heart.
7. Be inspired and equipped to use the TEAMS elements of transformation.



## Appendix: Engaging the Heart

### Four Aspects of the Heart



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## Appendix: Engaging the Heart

### The Four Aspects of the Heart and TEAMS

The elements of transformation that we see Jesus consistently using in His training of His disciples are truth, equipping, accountability, mission and supplication (aka TEAMS). A brief overview of the Gospels will reveal many examples of these discipleship elements being used by our Master. These TEAMS elements make up the “engineered” aspect of life on life missional discipleship as seen in the structure of a group and the format of the curriculum. When each aspect of the TEAMS elements are experienced from all four levels of the heart, something powerful happens. The HEAR skills of engaging the heart make up the “organic” aspect of life on life missional discipleship as we move away from the curriculum and focus on the relationships in the group.

Here is how a group time could look like when we are using both the TEAMS elements (engineered) and HEAR Skills (organic) together. A wise leader will not use the whole group time to focus on the entire curriculum. A portion of the time is used to discuss the lesson but there must also be space for life on life engagement to happen.

**Truth** – We discuss the main points of the truth in the lesson that we have all prepared. We are seeking to consider the truth with our whole heart (mind, emotions, desires and choices).

**Equipping** – We want to massage the truth into our lives so that it becomes understandable and usable. Again, the best equipping will happen when all four aspects of our heart are engaged.

**Accountability** – The best accountability questions will address the thought, emotional, deep desire and volitional aspects of our heart. We are not primarily seeking behavior modification but rather heart transformation that only comes through the gospel as we repent, believe and obey in the power of the Holy Spirit.

As we are in the equipping and accountability sections, the HEAR skills come into play as we pursue a person’s heart. There will not be time for everyone to be engaged, but over the course of weeks it is possible.

**Mission** – Most people will not engage in missional living just because they know they should do it rationally. We must help people tap into mission from their whole heart. As we address a person’s distorted desires, which ultimately prevent missional living, only then can we help people connect their heart to God’s missional heart.

**Supplication** – Prayer comes alive when we learn how to pray from our whole heart. As we pray Kingdom-focused, Scripture-soaked and Vision-filled prayers, God changes our heart to match His and our maturity and equipping grows deeper.





