

Why you should be trained in LIFT:

1. The LIFT skills will strengthen any ministry program in areas of:
 - a. Connecting
 - b. Listening
 - c. Providing ongoing support
 - d. Choosing your Purpose, Path and Steps in life
2. Needed Skills for our churches and homes
3. Adds to our church the missing skills of:
 - a. Listening and asking questions
 - b. The personal approach rather than the large focus on telling.
4. Jesus was balanced and personal. Learn how He did it.

How to use the materials

There are several ways to use these materials.

1. Personal one learning on your own.
 - a. Print out the LIFT workbook.
 - b. Watch the videos as it takes you through the workbook.
 - c. Take time to practice each skill that is presented.
2. Facilitator Training (Train the Trainer)
 - a. Print out the LIFT workbook or download it to a tablet or computer.
 - b. Watch the videos which follow the PowerPoint provided.
 - i. Some PowerPoint slides will refer to a corresponding workbook page.
 - c. Take notes and get acquainted with the PowerPoints. Adding your own presenter notes for later use.
 - d. Refer to facilitation notes for breakout sessions and group practice.
 - e. Practice leading out in a training session.
3. Group Training by a Facilitator
 - a. Set up a training session for your church/s
 - i. This can be done in a weekend or multiple sessions (after church)
 - ii. I recommend this not be a one-time training but those trained get together regularly to share experiences and new material.
 - iii. Print out the LIFT workbooks or purchase from Advent Source.
 - b. Use the PowerPoints with your notes.
 - i. Students follow along in their workbooks.
 - ii. Use breakout sessions for practice and group interaction.
 - iii. Use the included facilitation guide.
 - c. Begin using the LIFT material for:
 - i. Health Program support and follow-up.
 - ii. Personal communication at home, work and church.

Facilitator Guides

9- Tell the story of riding on a Train to Innsbruck. You can tell it in second person “Rick tells the story...” (You can hear the story on the first video.)

Have the class: Describe some of the communication/listening points that they saw demonstrated in the train story.

22- MODEL Have different members of the Class share each letter of the acronym and give an example of where they may be used.

29- Get examples of where you see yourself using LIFT in your life and/or ministry. After that give the example of a health program (slide 29) or if the students have given enough examples just have the slide up.

32- Skit: Have two in the class choose to read the skit, one be the LIFTer and one be Gus. And I would like the rest of the class to take notes, looking for; what you like, what you would do different, whether you see, MODEL, LIFT principles etc. After you can share your thoughts and discuss.

What did you see in the skit, how was the listening, the inspiration, facilitation any transformation? Was there any health advice given of my own ideas.

33- Ask the class: Why should I not give advice without permission? What are different ways to share information.

41- Response to the video I’m an atheist too: What are key take aways that show love, respect, gentle guidance. What was the one 2-word phrase that is very well used. Key principles to keep in mind when connecting with others. Why did Ty call himself an atheist?

Respond to the example of “They are in a better place”. Using What if.

47- Tell me what else you saw in the story of the woman at the well and how it can be applied to how we connect with people today.

50- Describe this idea of asking questions in a way to avoid the feeling of interrogation.

51- Is it appropriate to have a preconceived purpose for those you meet? Explain What could be a problem with having a preconceived purpose?

53- The group exercise, looking at the questions that Jesus asked, leave PP slide 53 up as the group breaks into groups between 2 and 8 based on the size of the class. Look at each of the questions and discuss among the group the questions on the slide.

55- The leader can ask the whole group if they see any of his questions that would be examples of the questions on PP slide 55

57- Let's discuss the reason for your questions PP 57. Workbook p. 31,32. We remember that Jesus had a purpose. Should we have a purpose to our questions? What are other reasons for questions we ask?

Can anyone in the class describe to me what it means to:
Explore both ends of their comfort zones?

58- Does anyone know what the two questions you should always ask are?

64- WB 37,38- Who would like to read the story by Sarah Zinke_

66- What did you learn from the story? What might you be inspired to do differently? In what way does learning to listen to God help us to learn to listen to others better? Can someone read Rev. 3:22 (WB 45) How does that fit here.

67- Instead of just trying hard to listen well, what if your whole attitude, or mindset changed so you had the right

68- Follow along in WB 40-45 Look for the keys to becoming a better listener.

73- We are now going to practice what we have learned in Section 2 & 3, connecting through questions and Listening. You are going to be in groups of 3, one will be the LIFTer, the other his new friend, the third an observer. You have just met someone in a health class, start connecting with them with questions and listening. You may need to go back and look at how Jesus connected, and what we have just learned about listening. The scenario is you are helping with a health program and you have just met a participant. Use your new skills of connecting, asking questions, listening. Use as much of real information about yourself not pretending. The observer should take notes, about the good, the missing, OFI's, using your notes and workbook. I am not expecting these to be perfect, we often learn more from your mistakes.

In 10-15 min. the observers will share their observations, the friend will share how they felt, the LIFTer will share how they felt it went. Then shift, LIFTer becomes observer, Friend becomes LIFTer and Observer becomes the Friend. Repeat above and last switch you take the role you haven't done yet.

At the end the whole class can share their questions and comments.

74- Have 6 students read the situations that cause resistance on WB 46

76- Explain the chart on slide 76. Give me an example of a person that feels like they can't (low confidence). But they want to (Motivated). Which of the boxes has a high probability for success? How can you help someone to that condition? WB 47

79- As we go through this section of Purpose, Path and Steps, listen carefully because at the end we will have you practice helping each other identify yours. You may want to start formulating or discovering your own during this time.

83- Are you beginning to find your purpose or discovering how to find it? Anyone want to share what you are discovering?

Anyone think of a path that you are seeing that will support your purpose?

Any ideas of the steps that you can take daily on your path to fulfill your purpose?

105- It's time to start practicing. For groups of 3 again with a LIFTer, Friend and Observer. Let's keep the same groups because you have learned a little about each other already so it would be natural to begin the next step of helping them discover their way to grow. You can use the suggestions to pick from on WB 50,51. Or they can choose their own through bible texts, personal desires, plans, goals etc. Before we start, do any of you want to share how you are going to get started.

106- Who can tell me what are each of the smart goals? What is the S, M, A, R, T? then turn to the WB 61.

110- WB 62 this section is on Ongoing Support. This was the main reason I got into coaching. People were doing well on health changes until they went home, or when the health program was over.

When you are training your church members in the LIFT process, it is important to prepare them to provide ongoing support for after the programs, when they need the help the most.

114- Let's break into your groups of 3 again to practice how you will set up this ongoing support. How to sell them on the importance of it, how you will present it to them. Describe how and when to meet or connect with them. You will also need to apply all the skills we have learned so far, such as listening, discovering what they want to do. Have them drive the process, through brainstorming. You will be mainly working on the steps, keeping in mind the path with the purpose always in mind as the goal.

116- Before we start this lets do a review of the LIFT process on WB 63 but look back at the Ongoing support also on WB 62

119- This last section will present principles that will help us to develop the mind of Christ. It goes beyond methods and steps and presents attitudes and ways to open our heart up to an abiding Christ.

120- Before I talk about "Walking the Health Path Together" I would like to hear from each of you about the issues that caused led to this hand-out materials and the principles behind it.

120- Describe to me your churches overall response to “health ministry” not as an outreach but as a way our members embrace it themselves.

Have the students look at the hand-out material on WB 66,67, and understand that any steps toward health puts you on the path, so it is easy to have your whole church on the health path as they all start making little steps toward health, when they pick the easiest things on the list provided. And we treat all with respect and encouragement wherever they are on the path.

121 & WB 68. We are the only way that most people can see what Christ is like, only as He lives in us. Doing the work that He did is the best way to reflect Him. Get feedback from the class regarding ways we can reflect Christ’s Character.

140- WB 69 Most of our outreach is done by telling. How can we make it more personal? How would we do our health programs, our cooking classes, our evangelism?

149- WB 71 What are some ways for Christ to make the difference through us in our ministry?

Trust was the basis of the first temptation where Adam and Eve fell and was the first temptation where Jesus overcame. How can we find victory and teach victory for those who deal with temptation today?

156- Power – How often do you hear it’s Just too hard to change? Can we share the source of power with them and how?

159- WB 71 Truth – As a church we are all about truth. “We have the Truth”, We are right they are wrong. Do people join our church because they are convinced it is right? Or because they see an irresistible savior clearly in our teachings. Have the students discuss this.

161- Do you understand the idea, “truth destroys the power of the lie”

164- WB 72-74. What is your understanding of Bible Promises?

How can you use bible promises to help you and others have victory over temptation?

1679- What is your understanding about the power of prevention?

Physical- What would happen to our health care system if we all practiced prevention?

Spiritual- Is this available to us?

177- There is much discussion related to accurate health care information. How can I be sure and how do I make sure I do not give wrong health information?