

Why you should be trained in LIFT:

1. The LIFT skills will strengthen any ministry program in the areas of:
 - a. Connecting
 - b. Listening
 - c. Providing ongoing support
 - d. Choosing your Purpose, Path, and Steps in life
2. It will provide valuable skills for your churches and homes.
3. It adds to your church the missing skills of:
 - a. Listening and asking questions
 - b. The personal approach rather than the large focus on telling only.
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- learning on your own.
 - a. Print out the LIFT Study Guide.
 - b. Watch the videos as they take you through the Study Guide.
 - c. Take time to practice each skill that is presented.
2. Facilitator Training (Train the Trainer)
 - a. You can print out the LIFT Study Guide or download it to a tablet or computer.
 - b. Watch the videos that follow the PowerPoint provided.
 - i. Some PowerPoint slides will refer to a corresponding Study Guide 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. Arrange for a training session for your church.
 - 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 should get together regularly to share experiences and new material.
 - iii. Print out the LIFT Study Guides.
 - b. Use the PowerPoints with your notes.
 - i. Students follow along in their Study Guides.
 - ii. Use breakout sessions for practice and group interaction.
 - iii. Use the included facilitator guides.
 - c. Begin using the LIFT material for:
 - i. Health Program support and follow-up.
 - ii. Personal communication at home, work and church.

Facilitator Guides

You will find the presenter notes in the comment section of each of the PowerPoints.

Here is a copy of the presenter's notes for each PP slide. If you want a printed copy

PowerPoint Presenter Notes

(Things for the presenter to say about each slide)

2-Take a look at the outline in the Study Guide on pages 2&3 to get a preview of the things we will be covering in the training.

Other than the introduction, there are 3 segments in this training:

Connecting is where we start – bump into people, ask questions, and listen.

Discovery is when you start to facilitate a change. Helping them progress

Principles are concepts that help us have the mind of Christ. Understanding Him to reflect Him better
3- This disclaimer is important. We don't want anyone who takes this training use it in a way that is inappropriate or hurtful.

4- Introduction is found on SG pages 4&5 is important for setting the tone for the class. So take time to read through it.

(If in a group, have various ones read a paragraph, pausing for questions or comments by the students or teachers after each paragraph)

5- We have so many programs, it is good to know that this is not another program, but a skill to use in any program or situation you bump into people.

6- Every day we bump into people, in the store, barber shop, at home, and at times in programs that we are helping with. Take advantage of these opportunities to connect and LIFT those you meet.

7- Ask "How are we at connecting with people, listening, and really knowing them? (wait for response from the class)

We all need information, but people seldom make changes with information alone.

8- Most of us like to tell our story, and share what we know, but we are not as good at listening and asking questions, and finding out about them.

9- Jesus did some telling and sharing, but he was even better at listening, asking questions and getting to know what was on the mind of those he met.

We can learn from Him and follow His example.

10- This story gives a good illustration of how to listen and not just tell, or argue to make our point and win an argument.

I was on the train going from Germany to Innsbruck, Austria. And I started a conversation with the person in the seat facing me. It turned out that he was a biologist and began to share some of his thoughts on evolution. The pastor next to me started to argue with him, with an effort to prove him wrong and give him his ideas against evolution. As I listened, I realized that there was no way that this lifelong evolutionist was not going to change his mind on this 45 min. train ride. But there was something that we could do that would work at that time. I could reflect Christ's character. So, I interrupted the pastor and told our new friend that I came from a different background without much instruction in evolution, and could he share with me his most important concepts on evolution? I wanted to know his passion. I believe that Jesus wanted to listen and know people and their hearts before He shared with them. I believe that our caring interchange that day reviewed Christ's character. – (This story is also available at the end of these instructions.)

11- These skills of listening and caring about others are vital for any ministry and are my desire for you as you continue this LIFT training.

12- When the bible talks about the earth being filled with the glory of God, it is more than just information, doctrine, even if vital and true. But maybe even more is God's character being reflected by His people.

13- You might ask, what do LIFT-ers do?

These steps will be covered throughout this training.

14- Based on a coaching model, but we have removed the coaching language.

- Instead of Coach to Client format, it is friend to friend, so we are on the same level.

- It is easy to start. Practice the LIFT principles at home and at work; you don't need to set up a coaching relationship, just be a friend and help as needed.

- You don't have to be a health professional or certified coach, just a friend.

- The LIFT skills are needed in any area of ministry that you are involved in.

15- Pages 7 & 8 of your Study Guide are an example of LIFT being used in a Diabetes Undone class. (to make it more real, assign someone to read the part of the program coordinator, someone to be the student, and someone trained in LIFT, a member of the class's personal support team.)

(ask and answer questions of the class regarding the example given)

16- Let's look closer at the LIFT acronym and find out what each letter stands for.

17- Page 9 of your Study Guide gives more details for each letter of LIFT. It starts with LISTEN.

(Have the class read the intro. line and the 4 notes on listening) (give time for responses or input from the teacher)

18- The "I" is used for two things. We start with inquire, and later it will stand for inspire. The INQUIRE is how we get acquainted.

(Have the class read what is in the INSPIRE/INQUIRE box, and discuss)

19- If we discover a need (which may not happen till later), we will facilitate them in making the change they desire.

Facilitation is not us doing it for them, or them doing it alone, but we help the process of them discovering how to make the desired changes.

20- The last step is transformation, reaching their goal through God's power and reaching different levels of transformation based on their readiness.

21. Some of these skills will help as you work with groups, but coming close to people in a personal way is always the most effective. Get to know them, listen to them, inspire, facilitate, and watch the transformation.

22. On SG p. 11 you will read and often quoted statement about Christ's Method alone from MH 143.

I have taken the liberty to paraphrase it to see it again for the first time. It can also be put into the acronym MODEL.

23. MODEL - tells us how to model Christ. the key words to that acronym are here, but explained in more detail in slides 24-29. We have the opportunity to connect with people many times a day, and we can learn to take advantage of these encounters.

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

24. Christ MINGLED with people.

We bump into people in many different ways on a daily basis; take advantage of these opportunities to make a difference in their lives.

Can anyone give me some examples of how we might mingle with people?

25. Read about Optimism and give an example, and what that looks like, and what else comes to mind. (Other examples?)

26. Desire- read, then give their own interpretation. Or explain.

People can't see God, but they can see Him in you, if you let Him work out His will in your life, they like what they see and often want that for themselves. Realize that it is not you, but Him, and guide them to Him. Not in a pushy way, and they are probably not ready for you to tell them "no, it's not me but God." Give it some time.

27. Empathy, read and how would you explain it, give an example, putting yourself into their place helps you to understand and better connect with them.

28. Listen, Is not the last thing to do, but probably the first, and is key to your total interaction with them.

How can you take it to a level where you really get to know someone and what is important to them?

29. I'm sure you are starting to think of situations where LIFT will be helpful. Does anyone want to share some ideas? Get examples of where you see yourself using LIFT in your life and/or ministry.

30. As you are thinking about helping someone else, you might have missed the part about you being LIFT-ed as well. Jesus disciples were LIFT-ed by him a lot before He sent them out to LIFT others.

Spend time letting Him **Listen** to you, **Inspire** you, **Facilitate** your change, and **Transform** you, then you will be ready to take it to others.

Present the highlights of p. 12 or have students read it to the class. Remember, Jesus is alive and available today.

31. You might be hesitant to start connecting with strangers, but those in your own home, who you know well, need LIFT-ing as well. Why not start there?

Can anyone think of other reasons you might need lifting at home? Read the notes on SG p. 13

33-Before we go too far in this training, it might be helpful to see this process in action. This is a LIFT-ing experience between Gus.

(Choose 2 people to read (or act out) the skit. and have the rest of the class watch for LIFT -good listening skills, was there any inspiring and facilitation, and any transformation. (Have slide 33 up during the skit for students to watch for each of these areas being used.

-Jot down notes as you watch-

And also watch for MODEL, mingle, optimistic, listening, empathy, and Desire. Write them down and discuss after.

This will not be a comprehensive evaluation of the LIFTing process because many of the skills have not been covered yet. This is to give you an early view of what you might experience as a LIFTer. We will come back to evaluating this or other skits as you learn more skills.

34- For the LIFTer – where do you identify the LIFTer using these skills?

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

35- Now is a good time to explain what you saw and learned. (Because we have more training to come, these observations will only pique your interest in what is yet to come in your training.

Some questions you may ask after or even during the skit:

- Why didn't the lifter call himself a coach who was going to coach him?
- What did the LIFT-er do instead of giving medical advice?
- What did the LIFT-er give Gus to do to get started?
- In what way is PREPAIRATION a valuable first step?
- How did the LIFT-er reconnect at the second visit?
- In what way did the LIFT-er let Gus lead the change process?
- In what way did the LIFT-er adjust Gus' plan and why?
- What was the value of mid-week texting?
- Why is the LIFT-er encouraging easy recipes?
- Keep in mind how the Purpose was introduced. We'll cover it later.

- Why did the LIFT-er introduce motivators and obstacles?
- In what way did the LIFT-er make the interaction enjoyable and helpful?
- Ask the class: Why should I not give advice without permission? What are different ways to share information?

35- Why connect? P. 23 – people-focused like Jesus was in His ministry. The Chosen...

The first step in our LIFT training is Connecting. It will cover such things as

1. Getting acquainted
2. Asking questions
3. Listening
4. Handling resistance

SG p. 21 will go into more detail about this section. Read it.

36- Since God can't be here in person, He sends us. And our main mission is to reflect Him to those we meet.

Let Him work through you by spending time with Him and letting Him change your mind into one like His.

Take time to read through the material on SG p. 22

37- List the different ways we connect, check out page 22 in the Study Guide

Have different students share some of the ways as listed in the SG or ones they come up with.

38- Continuing the process of connecting, let's get more acquainted. Look at all the ways we can connect

39- At the gym: you met someone at the gym, it's natural to talk about their interest in exercise and how often they come, etc. I will often move into other things, like, do you live near here, family, etc.

40- You are helping with a health class, you may ask, did they learn anything new, what was the best thing they learned tonight? Do they have any questions? What do you think? SG p. 23 talks more about connecting to programs.

41- Many of us would like to connect and get acquainted with people, but don't know how to start.
- Jesus' example was to start with a common interest. We observe them, see what they are doing, and start there. Look at these two examples.

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.

42- What do you mean by building on their answers? How do you dig deeper? – "Tell me more."
From their answers, you will add and expand. Tell me more, "I like what you said about..."

43- Programs can be a place to connect, make them people-focused, not program-focused.

44- It is too easy to make it all about the program, giving information, but we need to make it personal by getting acquainted and getting to know each person individually.

SG page 23 talks more about programs and moving toward personal. If you have time, have someone read that.

45- We are going to watch a 7-minute video where Ty Gibson demonstrates an effective and powerful way to connect with a stranger. Write down the ways you observe and share them afterwards.

46- Ty Gibson's "I'm an atheist too."

47- Tell me what you learned? Can anyone remember the two-word phrase that he used often and ended the video with it?

-WAIT FOR THEIR ANSWERS-

(What if?) Tell me the value of using that phrase? What if it is not dogmatic? It gives them something to think about, not forced to believe. An example: Someone tells you that someone who died is in a better

place. Instead of saying you don't believe that, you enthusiastically say, "What if it's even better than that?" If then they ask, "What do you mean?" and you again ask, "What if we all go together?" It raises some positive ideas without being dogmatic about your beliefs.

What are the key takeaways that show love, respect, and gentle guidance? Key principles to keep in mind when connecting with others. Why did Ty call himself an atheist?

48- Having a purpose in your connections with people is important. What was Jesus'? Read SG p 24

- Describe what that means to restore to the image of God.
- Share the section "Each person is unique."

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

Is it appropriate to have a preconceived purpose for those you meet? Explain

What could be a problem with having a preconceived purpose?

49- Why connect? P. 23 – people-focused like Jesus was in His ministry. The Chosen...

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50- What are the elements of an effective conversation? Yes, it is a back and forth. But an interrogation is back and forth. How do I avoid a conversation that feels like that? When you build on what they are saying, not just asking unrelated questions that you have. Respond to their comments. Let them guide the conversation.

Describe this idea of asking questions in a way to avoid the feeling of interrogation. What did you see in the story of the woman at the well, and how can it be applied to how we connect with people today?

51- Asking the right question is the key to an effective conversation. Let's look at the questions that Jesus asked. Let's see what we can learn from them. Ask for feedback on what they saw.

The group exercise, looking at the questions that Jesus asked, leaves PP slide 51 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 them on the slide.

Here are some points related to His questions.

Now, let's look at the questions He asked on these SG pages 26 & 27 and look for some of these methods in His questions. See if you can see any of these types of questions.

52- More questions to consider

53- Here are just a few more reasons for questions

Let's discuss the reason for your questions, PP 57. SG p. 31,32. We remember that Jesus had a purpose. Should we have a purpose to our questions?

What are other reasons for the questions we ask?

54- Even before He met the woman, His goal was to restore her to a child of God.

As he listened and asked questions, he was discovering what was important to her and the areas He could safely explore. He would ask questions without violating her personal space, but in a way that she could open that door and let Him in, which she did till He had restored her with a total transformation. 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.

55- This is an important concept to understand. My questions help me know what's important, and what areas I can explore, and if they will open the door toward restoration, like the woman at the well.

Can anyone in the class describe to me what it means to:

Explore both ends of their comfort zones?

56- Can you please tell me more?" (Clarifies what the question was rather than me assuming) "What do you think" moves from me "telling" to listening to their ideas.

Present the key parts of SG pages 33 & 34

57- Questions draw out the purposes of a man's heart.

58- Why connect? P. 23 – people-focused like Jesus was in His ministry. The Chosen...

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59- Asking questions in humility as a Learner. He taught by questions. So that they discovered their own

Answers. What we can learn from Jesus about how to listen. However, it is hard to find biblical reference to Jesus' listening. Listening is only implied by the questions He asked.

Can you think of some specific ways you can apply these principles of listening that Jesus demonstrated to us?

60- We listen to hear them, not what we want them to say. But first pray that you will have the ears and mind of Jesus. He is there to help us, just as He was with the disciples. Ask Him to listen and to teach you. There are things they might say that are helpful to notice. For instance, Hope, trust, but even doubt, questioning, or fear. Also listen for change talk, like, "I need to...", "I should...", "I want to...", Often just a listening ear is valuable, but pray for wisdom on the right thing to say. (Caution: You are not a therapist; you can give support and help them achieve goals they have, but know when professional help is needed. Find a Christian counselor or therapist in your area that you can recommend when needed.

61- We listen to hear them, not what we want them to say. But first pray that you will have the ears and mind of Jesus. He is there to help us, just as He was with the disciples. Ask Him to listen and to teach you. There are things they might say that are helpful to notice. For instance, Hope, trust, but even doubt, questioning, or fear. Also listen for change talk, like, "I need to...", "I should...", "I want to..." Often, just a listening ear is valuable, but pray for wisdom on the right thing to say. (Caution: You are not a therapist; you can give support and help them achieve goals they have, but know when professional help is needed. Find a Christian counselor or therapist in your area that you can recommend when needed.

62- Like the disciples listening to Jesus prepared them to be good listeners, we must first listen to Him through prayer and scripture.

If all we do is listen, God has touched their heart through us.

Learn to listen to God through scripture and then respond to what you hear Him say.

63- Have the students share the reading of the story by Sarah Zarke, on SG p. 37,38 then get their thoughts.

You don't always have to have answers or be able to fix the problem; just listening is very powerful.

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 (SG 45)? How does that fit here?

64- Loving and listening are so close; if we want to learn to love, take time to listen.

65- Start by spending time listening to God. Jesus is alive, we can be discipled by Him even today. Listen to His directions.

In what way does learning listen to God help us to learn to listen to others better?

66- Instead of just trying hard to listen well, what if your whole attitude, or mindset, changed so you truly loved others

67- Make sure everyone has read this section, but to summarize the listening masterclass, pages have each student explain the 5 obstacles to listening and give examples. -

Jesus did not just listen to words, but to what was not said, to their heart, with compassion and interest; this can't be rushed.

68- The quote from Abraham Lincoln, "It is better to remain silent and be thought a fool than to open your mouth and remove all doubt."

69- The question that causes them to pause and think is often the most important question, but if you're afraid of silence, you may not wait long enough for the answer, and cut off the most important answer.

If the silence is too painful, then just reframe the question, but don't go on to another question.

70- Even though we need to remember it is all about them. It is often helpful to share briefly something about you that relates. It often breaks the pressure when it is not just them sharing. It feels more like a regular give-and-take conversation.

71- SG p. 42 talks about bad listening. And how to become a better listener. SG pp. 43-45 has bible verses about listening. Check those out. Can someone read Rev. 3:22 (SG 45)? How does that fit here

72-

73- Let your class have an opportunity to reflect on what they are learning and may plan for improved listening skills.

74- We are now going to practice what we have learned in Step 1, connecting through questions and listening. You are going to be in groups of 3, one will be the LIFter, the other his new friend, and the third an observer. You have just met someone in a health class, start connecting with them by asking questions and listening. You may need to go back and look at how Jesus connected, and what we have just learned about listening.

Use as much real information about yourself, not pretending. The observer should take notes about the good, the missing, OFIs, using their 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, and the LIFter will share how they felt it went. Then shift, LIFter becomes observer, Friend becomes LIFter, and Observer becomes the Friend. Repeat the 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.

75- 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.

76- Here are some short descriptions. People need help to reach their goals in life, and knowing where they are going and how to get there makes it even easier. Make sure that the students have read through SG 48 and 49; if not beforehand, you should cover it together in class. If they have read it you can cover the high points in class.

77- Think of PURPOSE as the "BIG WHY," as I call it. What is their "Big Picture" motivation for making the choices they want to make? For example, this could be something like "I want to be alive and thriving to walk my daughter down the aisle when she grows up."

A PATH is the method they've chosen towards that "big why" or "big picture." Continuing with the example of the gentleman who wants to walk his daughter down the aisle when she's older, his PATH

could be to start working out regularly.

And the STEPS would be the smaller steps he would take towards that path – how many times a week will he exercise? What type of exercise? For how long? Etc.

78- 79-

80- A person can find their purpose by looking at their goals, and you ask them why it is important to them. As you keep asking this, you dig down to the core of "their why." This is what is most important and what does or should guide their life choices. Or you may ask them about the paths they are on or want to be on, and where those paths will lead them. Where it leads is their purpose; have them think of the result of the paths they are on and whether that is the purpose that they want.

81- It is often hard for people to come up with their purpose. Looking at a list of Purpose, Path, and Steps may give them some ideas; they may like what they see, or it may give them some ideas to help develop their own.

82- Purpose isn't just the grand scheme "God's purpose" for us to be His disciples here on Earth, but it can also include sub-purposes of that – the smaller joys in life that He wants us to experience in abundance! The big purpose to be there for your children at different stages of their lives, the big purpose of living a life of gratitude and giving back to your community around you – all of these are in line with God's big purpose of having disciples walking here on Earth. So people might not be super interested in talking about "God's purpose for me" because they might not be religious or spiritual, and that's ok. We meet them where they are, and we help them identify the purpose for their decisions to change.

83- The lists on SG p. 50 & 51 look at choices from a spiritual focus or a secular. There are overlaps in some.

What are ways to gently encourage finding God's Purpose rather than our own? - If we believe that God's methods are the best, how would we try to help everyone to become interested in God's ways without being pushy or judgmental? Sometimes, just one simple statement will suffice to get them to think without pushing it further. See SG p. 53

84- A lot of people who are not interested in what the bible says are willing to get ideas from the wisest man who lived. Proverbs will often be acceptable to most people.

85- As we have mentioned, God's purpose is always better than the ones we pick ourselves. Let's see how we discover His Purpose in our lives (Study Guide p. 52)

If we want to find the best purpose for your life, we can follow God's choices as found in scripture, some of which are listed on SG pages. 52 & 53.

If a person is not interested in God's direction, they are often willing to learn from the wisest man that lived - Solomon, SG p. 52 gives some options for purpose for life as well as path and steps.

86- Trust God's directions, His Purposes, Paths, and Steps come with guaranteed success because He knows what is best for us.

Remember Rom. 8:28, God wants to partner with us and promises that if we partner with Him, all things work together for good

87-

88- Does anyone think of a path that you are seeing that will support your purpose?

89- The nice thing about God's Purpose, Paths, and Steps is that the outcome is certain, unlike the ones that we pick on our own.

90- 91-

92- What "paths" or "methods" would this gentleman be able to employ?

- Eating more vegetables/fruits

- Exercising more often

- 93

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

95- The steps of a good man are ordered by the Lord, and He delights in his way (path), Psalm 37:23, NKJV. There are many bible examples on SG pages 57-59. To become familiar with these will help guide you as you help people choose their Purpose, Paths, and Steps

96- Help them choose small steps to accomplish their path, it's like trying to jump up to the second floor of a house, instead of taking the stairs with many small, manageable steps. But people often want to make big changes (New Year's Resolutions), and they fail.

97-

98- Let's look at another example of using these steps in a health program. Have some students use this in a conversation. The one playing the friend will have to fill in their own answers.

99- But they may not be ready to choose God's purpose or paths. Helping them to reach the goals they choose is important to them and to you as well. Give it time and keep supporting.

Most people know they want to make changes... and most people even know what they need to do (their "path"), but there might be barriers. Keep going back to the "handling resistance" tips and keep supporting them where they are.

100- 101-

102- 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 SG 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?

After 10 min. switch places.

Divide into groups that don't know each other well, so you can use this practice to get to know each other better.

103- Who can tell me what each of the SMART goals is? What is the S, M, A, R, T? Then turn to the SG 61.

104- P. 61 of your study guide will introduce you to how to help a person set SMART goals.

105- Let's put it all together

Guide them to discover their paths, then help them discover the first small steps to take on that path.

SMART is a valuable acronym for setting goals. But initially, you can help them to adjust their goals, and later, they can learn to do it on their own.

106-

107-Not everyone will have the perfect outcome. What if, when trying to help someone, they are resistant? It's helpful to know some things you can do in that situation. Review these 6 examples and have the students add their examples of resistance.

Go over the guidelines on SG page 45,46

108- Have 6 students read the situations that cause resistance on SG 45

109- The SG p. 47 is helpful for added info. Each person is different - adjust to each

110- Explain the chart on slide 110. Give me an example of a person who feels like they can't (low confidence). But they want to (Motivated). Which of the boxes has a high probability of success? How can you help someone to that condition?

111-

112-

113- There is a connection between motivation and confidence. Sometimes a person is motivated but has little confidence, or the other way around or any combination of the two.

Here is a list of things that can increase either or both. Each person is different - adjust to each person is different

114- SG 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 after the programs, when they need the help the most.

115- So how do you think ongoing support reflects God's character?

116- The steps of a good man are ordered by the Lord, and He delights in his way (path), Psalm 37:23, NKJV

117- Why is ongoing support so important?

118- Here are some of the things you can do to provide ongoing support. Can you think of anymore?

119-

120- (SG page 63 has a more detailed list)

Let's review the process in preparation to practice it together. Let's read through these steps and comment on them. Ask questions if you have any questions about how you will do any of these. Remember not rush through these to get to them, making changes. The listening, getting acquainted, and reflecting on what you are learning about them is the most important. The other aspects will show up in due time. Try to make it natural, not a memorized program.

121- 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 and 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.

122- 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 hearts up to an abiding Christ.

123- These principles for lift help you have the mind of Christ and understand the foundations that will give you the right attitude for doing this important ministry

124- Walking the health Path together is a flyer based on the principles that each person who begins to make lifestyle changes is on the path. They may be at different points on the path, but they need non-judgmental support from those around them. I always start a church out with this, before starting a health program to help unify the different health attitudes in the group. Are there any questions or feedback on this principle?

It is explained on SG p. 65. It would be helpful to have that page read.

Describe to me your church's overall response to "health ministry" not as an outreach but as a way our members embrace it themselves.

Have the students look at the handout material on SG 66,67, and understand that any steps toward health put 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.

125- Christ Reflectors. It would be good for each student to read through this page, but in summary, our most important role as a Christian is to Reflect the Christ that lives in us to our world. We do it best as we do the things that He did. Such as Listening, Inspiring, Facilitating, and Transforming people. Another characteristic of God is His ongoing support of each of us. As we do this, it reflects a much-needed element in our role of Christ Reflectors. (Share your ideas)

126- This is why our role as Christ Reflectors is so important

The world will not be filled with the Glory of God through just information; it will take us reflecting His character through our supportive life.

127- Satan's accusations: Can God be trusted? His arbitrary laws can't be kept. Many are rejecting a God that does not exist, when if they knew Him, many would love Him.

128- God's plan to reach the world is through us, so the world will know the character of God.

129- Describe to me your church's overall response to "health ministry" not as an outreach but as a way our members embrace it themselves.

Have the students look at the handout material on SG 66,67, and understand that any steps toward health put 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.

130- Will information fill the earth with God's Glory? It's His Character seen that will fill the earth with His Glory.

131- What you learn in LIFT is a way of polishing our mirror to reflect Him better. By doing what He did, we do this best.

132-

133- Over two thousand years ago, Jesus came to our world to reflect His Father's character. But those living today need to see what God is like, so now he sends us to reflect that character.

134- We need the mind of Christ; it will come with studying Jesus in every source you can find. Also, we can talk to Him, have Him coach (LIFT) to become a disciple to go out and lift others.

135- Studying about Him, praying and reading about Him will never give us the mind of Christ without then connecting with and listening to people. This gives us a critical picture of Christ and His ministry, especially as we learn to rely on His guidance as He relied on His Father's.

136- Will information fill the earth with God's Glory

It's His Character seen that will fill the earth with His Glory.

137- SG 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?

138- There is no substitute for the personal element of reflecting Christ to our world.

SG p.71 What are some ways for Christ to make a difference through us in our ministry?

139- Much of our outreach, preaching, and teaching is done with one person talking to many people or even millions through satellite.

140- We count success based on the number of people who come to the program, but the participant counts success based on whether they got what they want, which is often lasting change.

141- The participants came to learn and get their questions answered. Did we ask them? Do we know what they need?

But the most effective method of teaching and ministering is one-on-one. We will be changed in the most profound way through personal connections. (Have students share what they learned from this writing)

142- But do we know what they came for, what they need, the questions they have?

143- Always look for the most personal way to do any of your programs and connections with people

Which gives opportunity for more discussion, leads to greater success, and is easy enough for almost anyone to do. Choose the smaller, more personal settings.

144- Ask the class why they think people fail to reach their goals. The next section will cover God's

solution to our failing.

145- “He makes the difference.” God has gifts for our good and for our success

SG p.71 What are some ways for Christ to make a difference through us in our ministry?

146- Trusting God that all His instructions are for our good. Even if they go against my desires.

147-

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

The tempter got them to distrust that God’s instructions were good.

Doubting God is a big issue.

149- The Serpent was able to cause Eve to believe that some of God’s instructions were not for her best good. An Eve that trusted God’s goodness in all His instructions would not have fallen.

150- The tempter got them to distrust that God’s instructions were good.

Jesus overcame where Eve fell by trusting His Father’s word.

151- How might Satan tempt us in the area of trust today? In a very similar way. God has given us instructions on our diet (especially as we approach His coming), and the doubting temptation comes in the form of “It’s not a salvation issue, making God’s good instructions seem like a burden that we need to be relieved from for our freedom. Get feedback from the Class

152- Power: We are weak, but He is strong.

153- I hear this excuse often. It’s too hard to make that change; it’s too hard to follow the instructions that God has given in love. This is true, but we can rely on His strength, not our own. When we understand this, we never need to use that excuse.

154- Satan doesn’t want us to trust in Christ’s strength. We need to practice relying on Him now so we will be practiced when things get harder.

155- SC 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.

156- What is your understanding of Bible Promises?

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

Bible Promises are not something that we claim to have activated. They are true all the time. You might quote them just to compare them with the lie that is tempting us.

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

When you know the truth, the lie has no power; it is banished by the truth. When the lie does not agree with the truth, the lie must be discarded.

158- So, when you know the truth, a temptation (a believable lie) also loses its power.

159-

160- I have laid up thy word in my heart, that I might not sin against thee. **Ps. 119:11**

We can prevent sin by clinging to the truth that counters the temptation, just as Jesus did.

161- We can have victory over temptations. God has given us the truth, so we can recognize the lie and reject it.

162- Rely on His truth to guide you, not your own wisdom. Our only hope to overcome temptation is relying on a reliable, true source. God's word starts with His promises

163- Look at the bible promises on pages 56 & 57 and find at least one bible promise that speaks to you. Perhaps you recognize a lie that has been tempting you, that the promise exposes

164- The Power of Prevention. Avoiding the temptation, the illness, the sin, in the first place through the power of God and His word. It is as true in physical health as much as in the spiritual life.

165- What is your understanding of the power of prevention?

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

Spiritual- Is this available to us? We need a new mindset moving us from "disease/Treatment" to prevention.

166-

167- In the spiritual, that same mindset is changed from "sin/forgiveness" to temptation/victory." It's the same power that gives us victory as it gives us forgiveness. Instead of falling and being forgiven, you skip the pain, the remorse, the guilt altogether. That is the preferred option. We can't forgive ourselves of sin, and we cannot have victory through our own power either.

168- We need a new mindset, which is a gift from God if we desire

it. 169-

170- 3 simple rules. The first "Do you mind if I share something with you?" get permission. Why?

If they discover it on their own, it is more powerful and lasting

If they find a solution for their own problem, they will develop skills to change on their own in the future

171- If you tell someone, "It was nothing you did to have this heart attack, you may have avoided initial guilt, but you also gave them no hope that there was something they could do to avoid the next heart attack. In most cases, there was something in their lifestyle that caused the problem. You can still legitimately avoid guilt by saying you didn't know better before, but now there is something you can do.

172- This is a very important rule to follow. You are probably not their primary care health provider. You should not be giving them medical advice that should be reserved for a health professional. Without giving health information, you can explore what things your friend already knows but is having a hard time following. Basic health information that is available and known to everyone is usually safe to share, but even then, you should not share it as if you are an expert in the field. And they should check with their doctor to see if it is right for them.

173- 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?

174- What are sources that you can rely on to help them without giving them your opinion?

175-, 176-, 177-, 178-

The Train to Innsbruck Story

I have a story to tell you that I think illustrates this. My wife and I were traveling from Germany to Innsbruck, Austria. Well, the trains in Europe, or at least the one we were on, have seats that face each other, so, here we are in this almost knee-to-knee to somebody across the other seat, and so obviously we start connecting with the person we were facing. I found out that the person I was talking to was a biologist, and as a biologist, he was really into evolution, and so early in our conversation, he started talking about evolution. Well, a friend who was traveling with us, who was on the other side of the aisle, saw this as an opportunity to set him straight and started trying to convince him that he was wrong about evolution. I could tell that this was not going to end well, and I also realized we're only going to be on this train for probably 30-40 forty minutes. There's no way he's going to change his mind in that

amount of time, if ever. I mean, this guy's been a biologist and into evolution all his life, and he's not going to change him in twenty 30-40 minutes. So, I was thinking what we do that would be of significance for this new friend. We could reflect the character of Christ. So, when I had a chance, I redirected the conversation. I said, you know my background didn't include any training in evolution, could you tell me why it is so important to you? I mean, fill me in on the journey. I just wanted to get to know him first instead of trying to change him. I have discovered that this approach changes everything. So, when the train ride ended, I had a friend instead of an enemy. In 30-40 minutes or less, you can reflect the character of Christ by listening, inspiring them by facilitating, and maybe even seeing a transformation, and I want each of you to enjoy the blessing of listening, instead of just being right.

