



CODE BLUE

TRAINING FOR LOCAL LEADERS

MODULE THREE

SPIRITUAL FORMATION

Session 1 - Spiritual Journey

Session 2 - Spiritual Disciplines

Session 3 - Spiritual Gifts



LEADER'S MANUAL

The Salvation Army

Australia Territory



SPIRITUAL FORMATION

SESSION 1: SPIRITUAL JOURNEY

AIM:

This session is designed to help participants understand the reality of the “daily journey” of discipleship and leadership and how they are being transformed into the image of Christ. Participants will be asked to track their own journey.

TIME NEEDED:

One and a half hours

MATERIALS NEEDED:


Participants’ manual (including appendices A, B & C), overhead projector/multi-media, whiteboard & markers, bibles, blank paper.

NAVIGATING THE SESSION:

Text in **blue** is for your information. It is also directing you to do something.

Text in **red** is for you to “read out” or “answers” for participants to fill in.

Text in **black** also appears in the participants’ notes and can be followed as you read aloud.

This symbol  indicates a slide is available to display via multimedia.

INTRODUCTION (15 MINUTES)

As the group enter the room, have these two quotes up on the screen to open discussion.

*“Journeys at youth are part of the education;
but at maturity, are part of the experience.”*

Francis Bacon

*“We are not human beings on a spiritual journey.
We are spiritual beings on a human journey.”*

Dr. Stephen R. Covey

Questions for Group discussion:

1. How have you thought of your spiritual life as a journey?
2. As you’ve become older, are you more open to the journey of life?
3. How is discipleship like a journey? How is leadership like one?

After the group have shared, move on to the points below, allowing time for the group to reflect on the scripture. Encourage interaction and sharing as you move through each point.

Verse for this session:

*“If any want to become my followers, let them deny themselves
and take up their cross daily and follow me”*

Luke 9:23

Place this verse on the overhead and reflect on it briefly before moving on.

For reflection:

The act of taking up of our cross daily is the heart of the spiritual journey.



FACTS ABOUT THE JOURNEY (20 MINUTES)

1. The journey takes time

As a follower of Jesus, a disciple or apprentice, we are not transformed in an instant of prayer.

We are forgiven in an instant

God's holy spirit fills us in an instant

But the moment of conversion* begins the journey

***Conversion** is an old word often used for describing the moment a person becomes a Christian. Be aware that some may not be able to pinpoint such a time in their own life – there may even be opposing ideas regarding whether 'conversion' is a concrete experience. Other ways of understanding the concept would be the first knowledge people had of a personal relationship with Christ or a decision they made to become a Christian or to change areas in their life in line with God's values.

2. The journey causes change

What type of changes?

1. Transformation of character and spirit
2. Direction and focus of life altered
(this may include your call to leadership/ministry)
3. Change from an old nature to a new nature

John 1:42

Mark 1:16-17

Galatians 5:19-26

3. The journey can be painful

In The Salvation Army we often talk about "self-denial". It is a great term, and stems from our 'theme' verse for this session, Luke 9:23. Reflect on this together, and then introduce the group to the handout "dying to self". (appendix A)

Take 5 minutes for reflection. You may ask if any of the statements reflect the participants' leadership or ministry experience. Reflect together on some of the 'dying' you have had to do on the journey.

4. The journey should include joy and celebration

"Joy is the result of provision, place and personality functioning properly in the course of our daily lives. It comes as a result of the abundant life Jesus promised having taken over the ingrained habit patterns of our lives. It slips in unawares as our attention is focused upon the kingdom of God".

Richard Foster (in 'Celebration of Discipline')

- Joy is not a function of circumstances
- Joy is evidence of the Holy Spirit's presence

Galatians 5:22-23

Questions for Group discussion:

1. How is cultivating joy a spiritual discipline?
2. How is joy different from happiness?
3. How should celebration be part of your daily life?
4. What joy and celebration is there in ministry?



EXERCISE: MY SPIRITUAL JOURNEY (40 MINUTES)

It is often difficult for Christians to reflect on their personal spiritual journey. In our Salvation Army culture spiritual reflection has been a weak link. Harder still, is being able to honestly ascertain if any growth has taken place within an individual over a period of time.

As embracing and gracious as the gospel is, it is equally provoking, often personally taxing.

Why do this?

As we have discovered, one of the marks of a disciple of Christ is evidenced change and growth in an individual. As leaders, it is relatively easy and painless to remark about another's lack of spiritual development, whilst ignoring our own shortfalls. It is also easy to overlook things that deserve to be celebrated. This exercise is designed to help us be transparent.

It is also designed to help us:

- See how God is growing a leader's heart in us
- Discover how God has led us to our place in ministry
- Direct us to areas of weakness for the purpose of reflection
- Prepare us for difficult challenges we will inevitably face in our ministry and personal futures

This exercise is by no means conclusive. It is merely a window into where we 'are at' in our relationship with God and help us see how God is leading and preparing us as leaders.

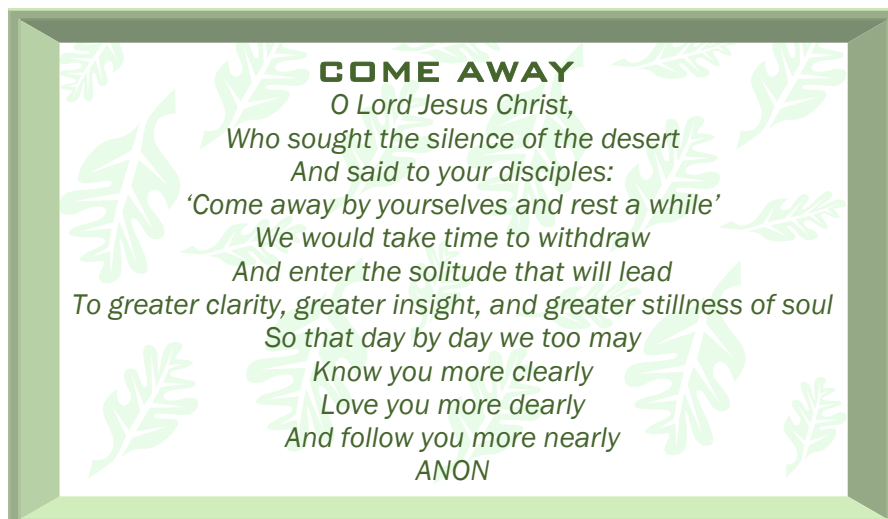
This exercise will take the group through to the end of the session. Participants are to complete **SECTIONS A & B** – the rest you will lead through with the group.

It is not intended for deep sharing, although some brief discussion at the end of the exercise may be helpful. As you lead the group through the exercise, be sensitive, as some will find this difficult.

The spiritual journey exercise is included as a separate attachment. (Appendix B & C) Hand the exercise out once you have explained how it will work. **40 minutes is allocated.**



Before the group go to work on their exercise, pray the prayer that appears on the screen.





PRAYER & CLOSE (15 MINUTES)

Bring the group back together. The exercise encourages a one-minute insight – which is entirely OPTIONAL. This one-minute insight is designed for feedback on the PROCESS and not sharing of the CONTENT.

It may be difficult to keep the sharing “on track”. Because of the nature of this exercise, it is important that deeply personal sharing be discouraged.

Points to highlight in closing:

- Any self discovery should be used as learning
- Discipleship is a shared journey, not just with one and God, but with one and others. Encourage others to find trusted friends to journey with.

Close the session in prayer.