



CODE BLUE

TRAINING FOR LOCAL LEADERS

MODULE THREE

SPIRITUAL FORMATION

Session 1 - Spiritual Journey

Session 2 - Spiritual Disciplines

Session 3 - Spiritual Gifts



PARTICIPANT'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.

INTRODUCTION

*“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?

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

For reflection:

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

FACTS ABOUT THE JOURNEY

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 i_____.

God’s holy spirit fills us in an i_____.

But the moment of conversion b_____ the j_____.

2. The journey causes change

What type of changes?

1. Transformation of c_____ and s_____.

John 1:42



2. Direction and f_____ of l_____ altered
(this may include your call to leadership/ministry)

Mark 1:16-17

3. Change from an o_____ n_____ to a n_____ n_____

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.

Take 5 minutes for reflection. Do any of these statements reflect your leadership experiences?

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 c_____.
- Joy is evidence of the Holy Spirit’s p_____.

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

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.

The journey exercise should take 40 minutes.



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 another.
- Part of this leadership experience is to find a mentor and share with them your experiences. Perhaps you could share some of your findings from today with your mentor.