







DIRECTIONS FOR FUTURE/ONGOING SESSIONS

The following suggestions will give you some guidelines as a focus as you continue through the studies.
Use the same pattern and rhythms that you have developed over the first 8 sessions.

<p>COMPONENTS OF THE DISCIPLING MEETING</p>	<p>Although a life to life discipling relationship is not defined by merely a “structured meeting time,” there is a place for scheduled formal instruction and personal accountability. The scheduled meeting is usually between 1½ to 2 hours in length. Since CTO is not a program or a class, the specifics of what is covered in the discipling time vary according to the individual’s personal and spiritual development. Flexibility and sensitivity to the leading of the Spirit of God is crucial as He may choose to address specific areas and issues in the disciple’s life. However, there is a general structure that gives the discipler some direction in how to proceed with his disciple. The following components will usually be covered in the “formal” discipling session:</p> <ol style="list-style-type: none"> Review the previous week’s events. Discuss key events in the disciple’s life and <i>his application</i> of the principles he has been learning to those specific events. This can be the most practical application of what is being learned through the reading assignments and practical projects. Review of memory verse or memory outline, if assigned. Discussion of the reading assignments Remember, the primary focus on your time together is not a “bible study” but a working session on application. Practical projects (usually a “list”) This should be the place you spend most of your time together. Homework assignment for the next week. 	<p>TOOLS FOR STAYING ORGANIZED</p> <p>Assignment Checklist </p> <p>Homework Assignments Interactive </p> <p>Homework Assignments Blank </p> <p>Session Overview </p>
<p>ADDRESS EVENTS THAT HAVE HAPPENED EACH WEEK</p>	<p>• IF THERE WAS A KEY RELATIONAL CONFLICT THAT OCCURRED: You may want to take time to work through the forgiveness process during <u>that session</u> and put what you had planned on hold until the next session.</p> <p>As your disciple gives the details of the conflict, we suggest you write a list of the specific items they need to forgive – when done use this list to have them forgive the person in prayer <i>as part of your meeting time</i>. Then develop their <i>Confession List</i> and pray through that. Last compile their reconciliation list and assign them to reconcile by seeking forgiveness as part of their homework that week. This is key in modeling to them that these principles are to be applied in all of life at all times – not just as a homework assignment.</p> <p>• IF THERE WAS A DIFFICULT CIRCUMSTANCE THAT OCCURRED: Discuss it they utilized the <i>Renewed Your Mind Outline</i>, the <i>Get a Grip 1-2-3-4-5 Outline</i> or released fears, gave thanks etc. If they did not practice these principles discuss how can they better see the opportunities to use these tools in the future.</p>	
<p>FOCUS OF DISCUSSION</p>	<p>AS YOUR DISCIPLE PROCEEDS THROUGH THE CTO LESSONS, THE FOCUS OF YOUR SESSION TIME SHOULD BE DEVOTED TO:</p> <ul style="list-style-type: none"> •expanding lists. •praying to forgive and confess sin. •preparing for reconciliations and admonishments. •releasing fears. •discussing sinful control strategies and how to forsake them. •confessing specific categories of sin, if appropriate to his situation. For example: sexual sins, rebellion against authority, his mind opposing God’s mind, etc.. <p>• Holding the disciple responsible for daily application of God’s truths in life’s difficult circumstances.</p>	

<p>CONTINUE TO DEAL WITH RELATIONSHIPS BIBLICALLY</p>	<p>IT IS IMPORTANT FOR YOUR DISCIPLE TO KEEP A CLEAN SLATE WITH GOD AND OTHERS</p> <ul style="list-style-type: none"> • It is key to have disciple work through forgiving their parents, even if he says he has already forgiven or he says the relationships with them are all right. • Have disciple include on his <i>Forgiveness List</i>, the sinful control strategies which he has adopted, that may have been role-modeled by his parents. For instance, his list might include: <ul style="list-style-type: none"> “I forgive my mother for: <ul style="list-style-type: none"> -being a people-pleaser in relationship to my dad.” -avoiding conflict at all costs.” -suppressing and ignoring painful realities in her life, rather than turning to God and dealing with them biblically.” -<i>influencing me</i> (not making me do a certain thing) through her role-modeling, to be a controller of circumstances, to avoid conflict, to be a people-pleaser” • Deal with all key relationships from the past and present, following the CTO Process of Forgiveness and Reconciling: <ul style="list-style-type: none"> children, in-laws, all ex-spouses and anyone who has significantly impacted his life in a negative way, even though he claims to have forgiven the person. The latter may include: boyfriend, girlfriend, relative, a molester or rapist, teacher, employer, etc. 	
<p>ADDRESS FEARS</p>	<p>HAVE DISCIPLE READ <i>RELEASING FEARS</i> IN THE NORMAL PROGRESSION OF STUDIES.</p> <p>Note: In most cases, even if a disciple is not fearful, this study should be read after the disciple has completed the <i>Who's in Charge?</i> studies. It is important that he completes the <i>Understanding Pride and Rebellion</i> study in Book Two, since pride and demanding to control one's world produce fear. In order to understand how to deal biblically with his fears, he needs to understand what motivates him to fear. He also needs to understand how God is in control of his world.</p> <ul style="list-style-type: none"> • Have disciple compile a list of fears • Use the format described in <i>Steps to Releasing Fears</i> to confess fears and commit those fears to the Lord. • Encourage disciple to deal with ongoing and/or future fears this way. 	
<p>ADDRESS CONTROL ISSUES</p>	<p>WHEN ASSIGNING <i>THE CONTROLLERS</i> STUDIES:</p> <ul style="list-style-type: none"> • Have disciple highlight the statements true of himself in the <i>Comparison and Contrast Chart</i> which will usually reveal which characteristics are true of him. • Assign them to use the <i>Daily Log</i> to record sinful patterns of control, such as loss of temper, withdrawal, excessive behaviors. He should also record what triggered the sinful behavior. • If appropriate or needed, you might lead your disciple through confession of <i>Patterns in Decision Making</i> or <i>The Self-Life</i> after he has highlighted what characterizes his life. <p>On the webpage under <i>Tools for Disciples</i> there is a section for <i>Helping Controllers</i> with some of the additional studies that address control issues.</p>	<p>HELPING CONTROLLERS</p>  <p>DAILY LOG</p> 
<p>OPPORTUNITIES FOR COUPLES TO RECONCILE</p>	<p>THERE ARE A NUMBER OF TIMES WHEN YOU CAN HAVE A COUPLE SEEK EACH OTHER'S FORGIVENESS:</p> <ul style="list-style-type: none"> • Initially as you begin Book 1 • After you have completed Book 1 (using <i>Good Listener</i> and <i>Expressing Biblical Love Checklist</i>) • After you have completed <i>The Controllers Study</i> (Use <i>Contrast and Comparison Chart</i> and <i>Patterns of Control in the Marriage</i>) • After you have completed <i>When Rights Are Wrong</i> • When they have had an event the previous week that has not yet been <i>cleaned up</i>. 	