



















SESSION ONE: WHEN MEETING WITH AN INDIVIDUAL

INTRODUCTIONS	GET TO KNOW EACH OTHER; YOU SET TONE OF VULNERABILITY <ul style="list-style-type: none"> • Share a brief testimony on how God's Spirit used His Word in the context of CTO to bring change in your life. Be open and honest. • Encourage disciple to share their life story. 	CTO DISCIPLING TOOLS 
GATHER DATA	GATHER IMPORTANT DETAILS FROM THEIR LIFE STORY <ul style="list-style-type: none"> • Ask questions (Use <i>Initial Questions</i> from <i>Gathering Data</i>) • Evaluate their relationship with God. • Identify and write down key people, events and issues that have influenced their present thinking/behavior that will be addressed in future discussions and lists. 	Gathering Data 
GIVE HOPE	GIVE HOPE IN GOD'S POWER TO BRING CHANGE <ul style="list-style-type: none"> • Affirm your confidence in God, His Word and power to change disciple. • Affirm that God has provided solutions for sin. • Affirm that God is sovereign. • Remember to model the hope that you have in Christ. • Explain/watch video of <i>4 Approaches to a Problem/Facing Emotional Pain</i> diagrams. (<i>Foreword I-IV</i>) • Ask which approach most characterizes them? 	Giving Hope 
SET DIRECTION	DISCUSS FOCUS AND APPROACH TO ASSIGNMENTS Watch the "Welcome Video" (<i>Foreword I</i>) or Explain the <i>CTO Strategy For Changed Lives</i> (<i>Foreword V</i>) <ul style="list-style-type: none"> • Discuss the priority of homework, accountability and having consistent devotional time. May recommend using CTO studies for devotions. • Direct disciple to read all Scripture verses that are in parentheses in the studies; discuss that the Scripture is a primary source for change (Heb. 4:12). • Direct disciple to highlight impactful statements; mark areas of question or disagreement with a "?" • Instruct that priority should be given to the practical assignments and "lists" since they will be the focus in the session times. REVIEW/WATCH <i>BUILDING THE RELATIONSHIP WALL</i> (B-12) IN PREPARATION FOR ASSIGNING THE FIRST LIST	Assigning Homework 
HOMEWORK for next session	PREPARE LIST: FORGIVENESS LIST ON PERSON #1 List the ways Person #1 (usually spouse) has sinned against and/or hurt you – These are the "bricks" the other person has put on their side of the wall. <ul style="list-style-type: none"> • First, prepare a written list from memory of any personal experiences, memories, specific character qualities and events that the other person did that were hurtful or had a negative impact on the relationship. • Second, use <i>Forgiveness Checklist</i> as a memory jogger to add to the list. 	Forgiveness Checklist 
Main CTO Study: (in front half of the book) Additional Study: (in back half of the book) Memorize: (optional)	DS3 - Part 1: <i>Introduction: The Story of the Gospel</i> Who's In Charge: <i>Introduction and #1: Attributes of God</i> Rom. 15:13 or other verse related to Hope (See <i>Giving Hope</i> in "Helping A Disciple" under <i>Tools for Discipeler</i>)	Key Verses on Hope 







<p>REVIEW HOMEWORK</p>	<p>SPEND ONLY 15 TO 20 MINUTES IN REVIEW OF STUDIES.</p> <ul style="list-style-type: none"> •What did God teach you this week? •What impacted you from <i>Who's in Charge</i>? (If the sovereignty of God is a new concept to your disciple, you may need more discussion time here) •What principle/Scripture impressed you from the CTO study? •Recite memory verse on hope, if assigned. 	
<p>EXPAND FORGIVENESS LIST #1</p>	<p>GO THROUGH FORGIVENESS LIST TOGETHER</p> <ul style="list-style-type: none"> •Have disciple share their <i>Forgiveness List</i>. (bricks from the other person) •Expand list by asking questions and writing down on a separate piece of paper additions to their list. (You write this list – give it to them later) •Utilize questions from <i>Expanding a Forgiveness List</i> and items on the outer circle on the <i>Root Cause of Sin</i> diagram (A-6). •Remember to be thorough and specific, using biblical terminology rather than euphemisms. <p>NOTE: This may take the entire session. <i>If so, stop here.</i> Only assign A: <i>Understanding the Call to Obedience</i> and <i>Who's in Charge</i>, Study #2 and pick up here next time. The speed at which you progress may fluctuate with each situation; follow the pace of the Holy Spirit.</p>	<p>Expanding a Forgiveness List</p> 
<p>TEACH KEY PRINCIPLES ON FORGIVENESS</p>	<p>READ TOGETHER SECTIONS I-IV OF FORGIVING OTHERS (B 3-4)</p> <ul style="list-style-type: none"> •Have disciple participate by reading out loud key biblical references. •Discuss application by asking key questions. •Explain the importance of forgiveness in God's plan for reconciliation. •Discuss impact of not forgiving from <i>Positional and Fellowship Relationship</i> diagram. (B-6) 	<p>Helping a Disciple Forgive</p> 
<p>PRAY TO FORGIVE</p>	<p>HAVE DISCIPLE PRAY OUT LOUD THROUGH FORGIVENESS LIST</p> <ul style="list-style-type: none"> •You open in prayer •Have disciple pray though each item, "I forgive (Person #1) for _____." •If you encounter resistance - encourage them to step out in obedience. •Have disciple tear up their forgiveness list when finished. 	
<p>EXPLAIN RENEWING YOUR MIND</p>	<p>DISCUSS THE IMPORTANCE OF ACTING ON THEIR FORGIVENESS</p> <ul style="list-style-type: none"> •Review the <i>3-Fold Commitment</i> they have made and the importance of acting on their commitment to forgive. (B-3) •Explain the <i>Renewing Your Mind Outline</i>. (C-4). Use <i>Renewing Your Mind Outline</i> when: tempted to dwell on sins after forgiving, worrying, having impure thoughts, etc. 	
<p>HOMEWORK for next session</p>	<p>PREPARE LIST: CONFESSION LIST ON PERSON #1</p> <p>List the ways YOU have sinned against and/or hurt Person #1. – These are the "bricks" you have put on your side of the wall.</p> <ul style="list-style-type: none"> •First, prepare a written list from memory of any personal experiences, memories, specific character qualities and events that were hurtful or had a negative impact on the relationship. •Second, use <i>Confession Checklist</i> as a memory jogger to add to the list. 	<p>Confession Checklist</p> 
<p>Main CTO Study: (in front half of the book)</p> <p>Additional Study: (in back half of the book)</p> <p>Memorize:</p> <p>Practice:</p>	<p>Part 1: A: <i>Understanding the Call to Obedience</i> B: <i>Forgiving Others</i> (finish)</p> <p>Who's In Charge: #2: <i>God's Sovereignty in Salvation</i></p> <hr/> <p><i>3-Fold Commitment</i> and <i>Renewing Your Mind Outline</i></p> <p>Renewing your mind, and forgiving others. Be prepared to share examples of each.</p>	<p>DISCIPLES' GUIDES: A: <i>Understanding the Call...</i></p>  <p>B: <i>Forgiving Others</i></p> 



<p>REVIEW HOMEWORK</p>	<p>SPEND ONLY 10 TO 15 MINUTES IN REVIEW OF STUDIES.</p> <ul style="list-style-type: none"> •What did God teach you this week? •Recite <i>3-Fold Commitment</i> or <i>Renewing Your Mind Outline</i>. •Share an example of when they practiced “renewing their mind.” •What impacted you from <i>Who’s in Charge</i>? •What principle/Scripture impressed you from the CTO study? 	<p>Helping a Disciple Confess Sin</p> 
<p>EXPAND CONFESSION LIST #1</p>	<p>GO THROUGH <i>CONFESSION LIST</i> TOGETHER</p> <ul style="list-style-type: none"> •Have disciple read their <i>Confession List</i>. (Bricks they put on the wall) •Expand list by asking questions and writing down additions for their list. •Utilize questions from <i>Expanding a Confession List</i> and items on the outer circle on the <i>Root Cause of Sin</i> diagram (A-6). •Reminder: Be thorough and specific using biblical terminology rather than euphemisms. 	<p>Expanding a Confession List</p> 
<p>TEACH KEY PRINCIPLES ON CONFESSING SIN</p>	<p>READ TOGETHER KEY SECTIONS OF <i>CONFESSING SIN</i> (C 3-4)</p> <ul style="list-style-type: none"> •Read together and explain <i>Section I-IV: Confessing Sin</i>. •Read and discuss verses: “Before confessing yours sins.” (D 10-11) 	<p>Key Verses on Confession</p> 
<p>PRAY TO CONFESS</p>	<p>HAVE DISCIPLE PRAY THROUGH THEIR <i>CONFESSION LIST</i></p> <ul style="list-style-type: none"> •Have disciple pray through their list out loud in front of you. •Keep list to prepare their <i>Reconciliation List</i> for next session. 	
<p>TEACH KEY PRINCIPLES ON GOD’S FORGIVENESS</p>	<ul style="list-style-type: none"> •Read and discuss verses “After confessing your sins.” (D 11-12) •Discuss <i>The Focus Factor Diagram</i> included in this study. (D 13) •Revisit these sections and diagram in the future if your disciple struggles with guilt. 	
<p>HOMEWORK for next session</p>	<p>PREPARE LIST: RECONCILIATION LIST ON PERSON #1</p> <ul style="list-style-type: none"> •Condense key items from their <i>Confession List</i> to create their <i>Reconciliation List</i>. Bring lists back for next session to work on together. <ul style="list-style-type: none"> - If spouse, most items will carry over to <i>Reconciliation List</i>. - For the rest, combine, categorize and synthesize items to shorten list. 	
<p>Main CTO Study: (in front half of the book)</p> <p>Additional Study: (in back half of the book)</p> <p>Memorize:</p> <p>Practice:</p> <p>Reminder:</p>	<p><u>Part 1:</u> <i>C: Renewing Your Mind</i> <i>D: Confessing Sin</i> (finish)</p> <p><u>Who’s In Charge:</u> #3: <i>God’s Purpose for Suffering</i></p> <hr/> <p><i>Get a Grip 1-2-3-4-5 Outline</i> – Review previous memory work.</p> <p>Renewing your mind, forgiving others, and the <i>Get a Grip 1-2-3-4-5 Outline</i>. Be prepared to share examples of each.</p> <p>Bring <i>Confession List</i> and condensed <i>Reconciliation List</i> to next session.</p>	<p><u>DISCIPLES’ GUIDES:</u></p> <p>C: <i>Renewing Your Mind</i></p>  <p>D: <i>Confessing Sin</i></p> 



<p>REVIEW HOMEWORK</p>	<p>SPEND ONLY 10 TO 15 MINUTES IN REVIEW OF STUDIES.</p> <ul style="list-style-type: none"> •What did God teach you this week? •Recite any memory verses, the <i>Get A Grip 1-2-3-4-5 Outline</i> and the <i>Renewing Your Mind Outline</i>. •Give examples of opportunities you had to renew your mind or practice the <i>Get a Grip 1-2-3-4-5 Outline</i> •What impacted you in <i>Who's in Charge</i>? •What principle/Scripture impressed you from the CTO study? 	<p>Helping A Disciple Reconcile</p> 
<p>PREPARE TO RECONCILE WITH PERSON #1</p>	<p>FINE TUNE RECONCILIATION LIST FROM CONFESSION LIST</p> <ul style="list-style-type: none"> •Condense key items from their <i>Confession List</i> to create their <i>Reconciliation List</i>. <ul style="list-style-type: none"> - If spouse, most items will carry over to <i>Reconciliation List</i>. - For the rest, combine, categorize and synthesize items to shorten list. •Have disciple tear up <i>Confession List</i> when done. •Remind disciple that God does not keep a record of sin. (1 Cor. 13:5) •Introduce some of the principles from the <i>Reconciling Relationships Study</i>, Discippler's Guides. •Address specific fears and claim God's promises. •Role-play possible scenarios they may encounter. •Pray together for opportunity to reconcile. 	<p>If fearful, assign a memory verse to address their fear,</p> <p>Key Verses on Fear</p> 
<p>HOMEWORK for next session</p>	<p>PREPARE LIST: FORGIVENESS LIST ON PERSON #2</p> <p>List the ways Person #2 (often a parent or child) has sinned against and/or hurt you – These are the “bricks” the other person has put on their side of the wall.</p> <ul style="list-style-type: none"> •First, prepare a written list from memory of any personal experiences, memories, specific character qualities and events that the other person did that were hurtful or had a negative impact on the relationship. •Second, use <i>Forgiveness Checklist</i> as a memory jogger to add to the list. 	<p>Forgiveness Checklist</p> 
<p>Main CTO Study: (in front half of the book)</p> <p>Additional Study: (in back half of the book)</p> <p>Application:</p> <p>Memorize:</p> <p>Memorize:</p> <p>Practice:</p>	<p>Part 1: <i>E: Reconciling Relationships</i> (complete before seeking forgiveness)</p> <p>Who's In Charge: <i>#4: God's Sovereignty in Adversity</i></p> <hr/> <p>Meet with Person #1 to reconcile by seeking forgiveness for the ways you have sinned against them. (May not happen this week, but don't forget this step and revisit to hold them accountable to completely this step.)</p> <p>Verse to deal with fear, if fearful</p> <p>Begin memorizing verses related to <i>Get a Grip 1-2-3-4-5 Outline</i> and <i>Renewing Your Mind Outline</i> (see below)</p> <p>Continue to practice forgiving, confessing sin, renewing your mind and the <i>Get a Grip 1-2-3-4-5 Outline</i>.</p>	<p><u>DISCIPLER'S GUIDES:</u></p> <hr/> <p>E: Reconciling Relationships</p> 

**SUGGESTED
MEMORY VERSES**

Reaffirm the importance of memorizing these important scriptures. These verses are key to a transformed life and are the heart of the CTO discipleship tools as they are understood and applied to the practice of biblical forgiveness, confession and reconciliation. It is suggested to have these memorized by the end of the formal meeting times.

Get a Grip 1-2-3-4-5 Outline

Grab Hold – Eph. 1:11
Thank – 1 Thess. 5:18; Eph. 5:20
Forgive – Mark 11:25
Ask – John 14:15





Renewing Your Mind

Catch - 2 Cor. 10:5
Confess - 1 John 1:9
Claim – Phil. 4:13
Force – Phil. 4:8-9
Repeat – Gal. 6:9







Key Verses

Rom. 12:2
1 Cor 10:13







<p>REVIEW HOMEWORK</p>	<p>SPEND ONLY 10 TO 15 MINUTES IN REVIEW OF STUDIES.</p> <ul style="list-style-type: none"> • “What did God teach you this week?” • Have disciple recite memory verses, if any assigned. • Have disciple share any opportunities to renew their mind, practice the <i>Get a Grip 1-2-3-4-5 Outline</i> and other opportunities to forgive. • How are you applying the truths taught in <i>Who’s in Charge</i>? • What principle/Scripture impressed you from the CTO study? 	<p>Helping A Disciple Forgive</p> 
<p>EXPAND FORGIVENESS LIST #2</p>	<p>GO THROUGH <i>FORGIVENESS LIST</i> TOGETHER</p> <ul style="list-style-type: none"> • Have disciple read their <i>Forgiveness List</i> for Person #2. • Expand list: Ask questions and write down additions for their list. • Utilize questions from <i>Expanding a Forgiveness List</i> and items on the outer circle on the <i>Root Cause of Sin</i> diagram (A-6). • Reminder: Be thorough and specific, using biblical terminology rather than euphemisms. 	<p>Expanding a Forgiveness List</p> 
<p>REVIEW PRINCIPLES ON FORGIVENESS</p>	<p>REVIEW KEY VERSES ON FORGIVENESS:</p> <ul style="list-style-type: none"> • Review key principles and read one of the verses on forgiveness: Mark 11:25; Eph. 4:30-32; Col. 3:12-14 (B:3-4). • Review <i>3-Fold Commitment</i> 	<p>Key Questions: Why do you forgive? When do you forgive? Whom do you forgive? How do you forgive? What is God’s response to your choice?</p>
<p>PRAY TO FORGIVE</p>	<p>HAVE DISCIPLE PRAY OUT LOUD THROUGH <i>FORGIVENESS LIST</i></p> <ul style="list-style-type: none"> • Remind disciple how God has honored their obedience so far. • Have disciple pray out loud through their forgiveness list. • Have disciple tear up list when finished. 	
<p>HOMEWORK for next session</p>	<p>PREPARE LIST: CONFESSION LIST ON PERSON #2</p> <p>List the ways <u>YOU</u> have sinned against and/or hurt <u>Person #2</u>. – These are the “bricks” you have put on your side of the wall.</p> <ul style="list-style-type: none"> • First, prepare a written list from memory of any personal experiences, memories, specific character qualities and events that were hurtful or had a negative impact on the relationship. • Second, use <i>Confession Checklist</i> as a memory jogger to add to the list. 	<p>Confession Checklist</p> 
<p>Main CTO Study: (in front half of the book)</p> <p>Additional Study: (in back half of the book)</p> <p>Memorize:</p> <p>Practice:</p>	<p><u>DS3 - Part 1:</u> <i>F: Admonishing Others</i></p> <p><u>Who’s In Charge:</u> <i>#5: God’s Ultimate Control</i></p> <hr/> <p><u>Thank:</u> Eph. 5:20</p> <p>Renewing your mind, and forgiving others. Be prepared to share examples of each.</p>	<p><u>DISCIPLES’ GUIDES:</u> F: Admonishing Others</p> 







<p>REVIEW HOMEWORK</p>	<p>SPEND ONLY 10 TO 15 MINUTES IN REVIEW OF STUDIES.</p> <ul style="list-style-type: none"> •What did God teach you this week?" •Have disciple share any opportunities to renew their mind, practice the <i>Get a Grip 1-2-3-4-5 Outline</i> and other opportunities to forgive. •How are you applying the truths taught in <i>Who's in Charge</i>? •What principle/Scripture impressed you from the CTO study? 	<p>Helping a Disciple Confess</p> 
<p>EXPAND CONFESSION LIST #2</p>	<p>GO THROUGH CONFESSION LIST TOGETHER ON PERSON #2</p> <ul style="list-style-type: none"> •Have disciple read their <i>Confession List</i>. •Expand list: Ask questions and write down additions for their list. •Utilize questions from <i>Expanding a Confession List</i> and items on the outer circle on the <i>Root Cause of Sin</i> diagram (A-6). •Reminder: Be thorough and specific using biblical terminology rather than euphemisms. 	<p>Expanding a Confession List</p> 
<p>PRAY TO CONFESS</p>	<p>HAVE DISCIPLE PRAY THROUGH THEIR CONFESSION LIST</p> <ul style="list-style-type: none"> •Have disciple select a few key verses on confession to read out loud from "Before confessing your sins". (D 10-11) •Have disciple pray through their list out loud in front of you. •Read verses from "After confessing your sins." (D 12-13) •Review <i>The Focus Factor</i> diagram. 	<p>Key Verses on Confession</p> 
<p>PREPARE TO RECONCILE</p>	<p>PREPARE LIST: RECONCILIATION LIST ON PERSON #2</p> <ul style="list-style-type: none"> •Condense key items from their <i>Confession List</i> to create their <i>Reconciliation List</i>. <ul style="list-style-type: none"> - If spouse, most items will carry over to <i>Reconciliation List</i>. - For the rest, combine, categorize and synthesize items to shorten list 	<p>Helping a Disciple Reconcile</p> 
<p>HOMEWORK for next session</p>	<p>PREPARE LIST: FORGIVENESS LIST ON PERSON #3</p> <p>List the ways Person #3 has sinned against and/or hurt you – These are the "bricks" the other person has put on their side of the wall.</p> <ul style="list-style-type: none"> •First, prepare a written list from memory of any personal experiences, memories, specific character qualities and events that the other person did that were hurtful or had a negative impact on the relationship. •Second, use <i>Forgiveness Checklist</i> as a memory jogger to add to the list. 	<p>Forgiveness Checklist</p> 
<p>Main CTO Study: (in front half of the book)</p> <p>Additional Study: (in back half of the book)</p> <p>Memorize:</p> <p>Practice:</p> <p>Application:</p>	<p>DS3 - Part 1: <i>G: Communicating Biblically</i> (Highlight personal characteristics of Poor Listener/Good Listener G-13)</p> <p>Who's In Charge: <i>#6: God's Sovereignty and Man's Responsibility</i></p> <hr/> <p>Forgive: Mark 11:25</p> <p>Renewing your mind, forgiving others, and the <i>Get A Grip 1-2-3-4-5 Outline</i>. Be prepared to share examples of each.</p> <p>Meet with Person #2 to seek forgiveness and reconcile. Use the Reconciliation List you have created as a guide for the items to seek forgiveness from Person #2.</p>	<p>DISCIPLE'S GUIDES:</p> <p>G: Communicating Biblically</p> 



<p>REVIEW HOMEWORK</p>	<p>SPEND ONLY 10 TO 15 MINUTES IN REVIEW OF STUDIES.</p> <ul style="list-style-type: none"> •What did God teach you this week? •Have disciple share any opportunities to renew their mind, practice the <i>Get a Grip 1-2-3-4-5 Outline</i> and other opportunities to forgive. •How are you applying the truths taught in <i>Who's in Charge</i>? •What principle/Scripture impressed you from the CTO study? •Discuss items highlighted in <i>Poor Listener/Good Listener Chart (G-13)</i> 	<p>Helping A Disciple Forgive</p> 
<p>EXPAND FORGIVENESS LIST #3</p>	<p>GO THROUGH FORGIVENESS LIST TOGETHER</p> <ul style="list-style-type: none"> •Have disciple read their <i>Forgiveness List</i> for Person #3. •Expand list: Ask questions and write down additions for their list. •Utilize questions from <i>Expanding a Forgiveness</i> and items on the outer circle on the <i>Root Cause of Sin Diagram (A-6)</i>. •Reminder: Be thorough and specific, using biblical terminology rather than euphemisms. 	<p>Expanding a Forgiveness List</p> 
<p>REVIEW PRINCIPLES ON FORGIVENESS</p>	<p>REVIEW KEY VERSES ON FORGIVENESS:</p> <ul style="list-style-type: none"> •Review key principles and read one of the verses on forgiveness: Mark 11:25; Eph. 4:30-32; Col. 3:12-14 (B 3-4). •Review <i>3-Fold Commitment</i> 	<p>Key Questions: Why do you forgive? When do you forgive? Whom do you forgive? How do you forgive? What is God's response to your choice?</p>
<p>PRAY TO FORGIVE</p>	<p>HAVE DISCIPLE PRAY OUT LOUD THROUGH FORGIVENESS LIST</p> <ul style="list-style-type: none"> •Remind disciple how God has honored their obedience so far. •Have disciple pray out loud through their forgiveness list. •Have disciple tear up list when finished. 	
<p>HOMEWORK for next session</p>	<p>PREPARE LIST: CONFESSION LIST ON PERSON #2</p> <p>List the ways <u>YOU</u> have sinned against and/or hurt <u>Person #2</u>. – These are the “bricks” you have put on your side of the wall.</p> <ul style="list-style-type: none"> •First, prepare a written list from memory of any personal experiences, memories, specific character qualities and events that were hurtful or had a negative impact on the relationship. •Second, use <i>Confession Checklist</i> as a memory jogger to add to the list. 	<p>Confession Checklist</p> 
<p>Main CTO Study: (in front half of the book)</p> <p>Additional Study: (in back half of the book)</p> <p>Memorize:</p> <p>Practice:</p> <p>Application:</p>	<p>DS3 - Part 1: <i>H: Expressing Biblical Love</i> (Complete checklist H:10-12)</p> <p><i>Who's In Charge:</i> <i>#7: Man's Mind vs. God's Mind</i></p> <hr/> <p>Ask: John 14:15</p> <p>Renewing your mind, forgiving others, and the <i>Get a Grip 1-2-3-4-5 Outline</i>. Be prepared to share examples of each.</p> <p>Practice being a “Good Listener” Seek forgiveness when you are a “Poor Listener”</p>	<p><u>DISCIPLES' GUIDES:</u></p> <p>H: Expressing Biblical Love</p> 



<p>REVIEW HOMEWORK</p>	<p>SPEND ONLY 10 TO 15 MINUTES IN REVIEW OF STUDIES.</p> <ul style="list-style-type: none"> •What did God teach you this week? •Share any opportunities you had this week to be a “good listener.” •Did you seek forgiveness when you were a “poor listener? How did that go? •How are you applying the truths taught in <i>Who’s in Charge?</i>” •What principle/Scripture impressed you from the CTO study?” 	<p>Helping a Disciple Confess</p> 
<p>EXPAND CONFESSION LIST #3</p>	<p>GO THROUGH CONFESSION LIST TOGETHER ON PERSON #3</p> <ul style="list-style-type: none"> •Have disciple read their <i>Confession List</i>. •Expand list: Ask questions and write down additions for their list. •Utilize questions from <i>Expanding a Confession List</i> and items on the outer circle on the <i>Root Cause of Sin Diagram</i> (A-6). •Reminder: Be thorough and specific, using biblical terminology rather than euphemisms. 	<p>Expanding a Confession List</p> 
<p>PRAY TO CONFESS</p>	<p>HAVE DISCIPLE PRAY THROUGH THEIR CONFESSION LIST</p> <ul style="list-style-type: none"> •Have disciple select a few key verses on confession to read out loud from “Before confessing yours sins”. (D 10-11) •Have disciple pray through their list out loud in front of you. •Read verses from “After confessing your sins.” •Review <i>The Focus Factor</i> diagram. 	<p>Key Verses on Confession</p> 
<p>PREPARE TO RECONCILE</p>	<p>PREPARE LIST: RECONCILIATION LIST ON PERSON #3</p> <ul style="list-style-type: none"> •Condense key items from their <i>Confession List</i> to create their <i>Reconciliation List</i>. •Combine, categorize and synthesize items to shorten list 	<p>Helping A Disciple Reconcile</p> 
<p>DISCUSS EXPRESSING BIBLICAL LOVE CHECKLIST</p>	<p>HAVE DISCIPLE PRAY TO CONFESS WAYS THEY HAVE FAILED TO LOVE THEIR SPOUSE (AND OTHERS) BIBLICALLY.</p> <ul style="list-style-type: none"> •Use items from “Poor Listener” side of chart from <i>Communicating Biblically</i> as part of the <i>Confession List</i>. •Use items checked in <i>Expressing Biblical Love Checklist</i> as part of the Confession List. •Have disciple confess these to God in prayer with you. 	
<p>HOMEWORK for next session</p>	<p>RECONCILIATION WITH PERSON #3 (Use confession list above as reconciliation list)</p> <ul style="list-style-type: none"> •Use items from the above confession list to seek forgiveness of Person #3. •Then use <i>Confession Checklist</i> as a memory jogger to add to the list. 	
<p>Main CTO Study: (in front half of the book)</p> <p>Additional Study: (in back half of the book)</p> <p>Memorize:</p> <p>Practice</p> <p>Application:</p>	<p>DS3 - Part 2: <i>Intro: Implications of the Gospel</i></p> <p>Controllers: <i>Intro and Study 1: Understanding Controllers</i> (On <i>Contrast and Comparison Chart</i> (1:10-12) highlight items true of husband in yellow and things true of wife in pink)</p> <hr/> <p>Give suggestions in areas disciple can continue to apply the principles they are learning.</p> <p>Meet with Person #3 to seek forgiveness and reconcile. Use the Reconciliation List you have created as a guide for the items to seek forgiveness from Person #3.</p>	