



GOD'S CALL
TO OBEDIENCE

TAB 1

RESOURCES

TOOLS AND RESOURCES/
HELPING A DISCIPLE...

ABOUT CTO/
PHILOSOPHY

THE INITIAL SESSIONS:
FOR AN INDIVIDUAL

THE INITIAL SESSIONS:
FOR A COUPLE

DIRECTION FOR
FUTURE SESSIONS



TOOLS AND RESOURCES/ HELPING A DISCIPLE...

FORGIVE OTHERS



CONFESS SIN



RECONCILE



GIVING HOPE



GATHERING DATA



HOMEWORK



ABOUT CTO/ PHILOSOPHY...

INTIMATE
DISCIPLESHIP



ROLE OF THE
DISCIPLER



GOD THE
COUNSELOR



DEFINITION OF
BIBLICAL COUNSELING



SEC VS BIB.
CHART



SECULAR VS. BIBLICAL
COUNSELING





GOD'S CALL
TO OBEDIENCE

THE INITIAL SESSIONS



FOR AN INDIVIDUAL








FOR A COUPLE







FUTURE SESSIONS



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| <p>INTRODUCTIONS</p> | <p>GET TO KNOW EACH OTHER; SET TONE OF VULNERABILITY</p> <ul style="list-style-type: none"> • Share a brief personal testimony focusing on how God's Word and the Spirit's power have changed you. • Encourage disciple to share their life story. Listen for key or challenging events/relationship past or present trials for future lists. | <p>CTOministries.org/Tools</p>  |
| <p>GATHER DATA</p> | <p>GATHER IMPORTANT DETAILS FROM THEIR LIFE STORY</p> <ul style="list-style-type: none"> • Ask <i>Initial Questions</i> from <i>Gathering Data</i>. • Evaluate their relationship with God. • Identify key person(s) to forgive. | <p><i>Helping a Disciple... Gathering Data</i></p>  |
| <p>GIVE HOPE</p> | <p>GIVE HOPE IN GOD'S POWER TO BRING CHANGE</p> <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 be a godly role-model. • Discuss <i>4 Approaches to a Problem/Facing Emotional Pain</i> diagrams. Ask which approach best typifies them? Give hope. | <p><i>Helping a Disciple... Giving Hope</i></p>  |
| <p>SET DIRECTION</p> | <p>DISCUSS FOCUS AND APPROACH TO ASSIGNMENTS</p> <ul style="list-style-type: none"> • Discuss the priority of homework, accountability and have consistent devotional time. May recommend using CTO studies as devotional materials. • 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; to 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 following sessions. | <p><i>Helping a Disciple... Assigning Homework</i></p>  |
| <p>HOMework for next session</p> | <p>LIST: FORGIVENESS LIST ON PERSON #1 (ways Person #1 [usually spouse] has sinned against and/or hurt you)</p> <ul style="list-style-type: none"> • Prepare a written list from personal experiences/memories first. • Then use <i>Forgiveness Checklist</i> as a memory jogger to add to the list. | <p>Checklists: <i>Forgiveness Checklist</i> (for disciple)</p> |
| <p>Main CTO Study:</p> <p>Memorize:</p> <p>Meditate:</p> | <p><u>DS3 - Part 1:</u> <i>Introduction: The Story of the Gospel</i> <i>A: Understanding the Call to Obedience</i></p> <p><u>Who's In Charge:</u> <i>Introduction</i> <i>#1: Attributes of God</i></p> <hr style="border-top: 1px dashed black;"/> <p>Rom. 15:13 or other verse related to Hope</p> <p>Mark 11:25</p> |  <p>Key Verses: <i>Verses on Hope</i></p> |





Session TWO: When Meeting With An INDIVIDUAL



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| REVIEW HOMEWORK | <p>SPEND ONLY 5 TO 10 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>” • “What principle/Scripture impressed you from the CTO study?” • “Recite memory verse on hope.” | <p><i>Helping a Disciple... Forgive</i></p>  |
| EXPAND FORGIVENESS LIST #1 | <p>GO THROUGH <i>FORGIVENESS LIST</i> TOGETHER</p> <ul style="list-style-type: none"> • Have disciple read their <i>Forgiveness List</i>. • Expand list by asking questions and writing down additions for their list. • Remember to be thorough and specific using biblical terminology rather than euphemisms. (i.e. adultery vs. affair) <p>NOTE: This may take the entire session. <i>If so, stop here.</i> Only assign <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 lead of the Holy Spirit in setting the pace.</p> | <p>Checklists: <i>Expanding a Forgiveness List</i> (for discipler)</p>  |
| TEACH KEY PRINCIPLES ON FORGIVENESS | <p>TEACH SECTIONS I-IV OF <i>FORGIVING OTHERS, CTO</i>.</p> <ul style="list-style-type: none"> • Have disciple participate by reading out loud key biblical references. • Discuss application by asking key questions. • Explain briefly the importance of forgiving one another in God’s plan for reconciliation. (See <i>Reconciling Relationships, CTO</i>) • Discuss impact of not forgiving from <i>Positional and Fellowship Relationship</i> diagram. | <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> |
| PRAY TO FORGIVE | <p>HAVE DISCIPLE PRAY OUT LOUD THROUGH <i>FORGIVENESS LIST</i></p> <ul style="list-style-type: none"> • Pray though each item, “I forgive (Person #1) for _____.” • You may encounter resistance but don’t back down. • Have disciple tear up their forgiveness list when finished. | <p>“Will you forgive me for...”</p> |
| EXPLAIN <i>RENEWING YOUR MIND</i> | <p>DISCUSS THE IMPORTANCE OF ACTING ON THE COMMITMENT TO FORGIVE</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. • Explain the <i>Renewing Your Mind Outline</i> (Rom. 12:2). Use when tempted to dwell on sins after forgiving, worrying, etc. | <p><i>Renewing Your Mind</i></p>  |
| HOMEWORK for next session | <p>LIST: CONFESSION LIST #1 (ways YOU have sinned against and/or hurt Person #1)</p> <ul style="list-style-type: none"> • Prepare a written list from personal experiences/memories first • Then use <i>Confession Checklist</i> as a memory jogger to add to the list | <p>Checklists: <i>Confession Checklist</i> (for disciple)</p> |
| <p>Main CTO Study:</p> <p>Additional Study:</p> <p>Memorize:</p> <p>Practice:</p> | <p>Part 1: <i>B: Forgiving Others</i> (finish) <i>C: Renewing Your Mind</i></p> <p><i>Who’s In Charge:</i> #2: God’s Sovereignty in Salvation</p> <hr style="border-top: 1px dashed black;"/> <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> |  |




Session THREE: When Meeting With An INDIVIDUAL



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| REVIEW HOMEWORK | <p>SPEND ONLY 5 TO 10 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>” • “What principle/Scripture impressed you from the CTO study?” • “Recite <i>3-Fold Commitment</i> or <i>Renewing your Mind Outline</i> • Share example of when they practiced renewing their mind | <p><i>Helping a Disciple... Confess Sin</i></p>  |
| EXPAND CONFESSION LIST #1 | <p>GO THROUGH CONFESSION LIST TOGETHER</p> <ul style="list-style-type: none"> • Have disciple read their <i>Confession List</i>. • Expand list by asking questions and writing down additions for their list. • Also utilize the <i>Root Cause of Sin</i> diagram and the <i>Pride and Rebellion Checklist</i> in <i>Understanding Pride and Rebellion</i>, CTO. • Reminder: Be thorough and specific using biblical terminology rather than euphemisms. | <p><i>Checklists/Expanding a Confession List</i></p>  |
| TEACH KEY PRINCIPLES ON CONFESSING SIN | <p>TEACH KEY SECTIONS OF CONFESSING SIN, CTO.</p> <ul style="list-style-type: none"> • Have disciple read out loud <i>Section 1: Confessing Sin</i>. • Explain: Sections II - IV. • Read and discuss verses: “Before confessing yours sins.” | |
| PRAY TO CONFESS | <p>HAVE DISCIPLE PRAY THROUGH THEIR CONFESSION LIST</p> <ul style="list-style-type: none"> • Have disciple pray through their list out loud in front of you. • Keep list to use in next session to prepare their <i>Reconciliation List</i>. | |
| TEACH KEY PRINCIPLES ON GOD’S FORGIVENESS | <ul style="list-style-type: none"> • Read and discuss verses; “After confessing your sins.” • Teach key points from Sections VI-VIII. • Discuss <i>The Focus Factor</i> Diagram included in this study. • If time does not allow, assign the above as homework. • Revisit these sections and diagram in the future if your disciple struggles with guilt | <p><i>The Focus Factor</i></p>  |
| HOMEWORK for next session | <p>LIST: OTHER PEOPLE YOU NEED TO FORGIVE Make a list of other people you need to forgive or with whom you need to be reconciled.</p> | |
| Main CTO Study: | <p>Part 1: <i>D: Confessing Sin</i> (finish) <i>E: Reconciling Relationships</i></p> |  |
| Additional Study: | <p><u><i>Who’s In Charge:</i></u> <i>#3: God’s Purpose for Suffering</i></p> | |
| Memorize: | <p>1-2-3-4-5 (<i>Get a Grip Outline</i>) – Review previous memory work.</p> | |
| Practice: | <p>Renewing your mind, forgiving others, and the 1-2-3-4-5 (<i>Get a Grip Outline</i>). Be prepared to share examples of each.</p> | |
| Reminder: | <p>Bring completed <i>Confession List</i> to next session.</p> | |

Session FOUR: When Meeting With An INDIVIDUAL



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| <p>REVIEW HOMEWORK</p> | <p>SPEND ONLY 5 TO 10 MINUTES IN REVIEW OF STUDIES.</p> <ul style="list-style-type: none"> • “What did God teach you this week?” • “What do the <i>Who’s in Charge</i> studies impact your views of God and suffering?” • “What principle/Scripture impressed you from the CTO study?” • “Give examples of opportunities you had to renew your mind, forgive someone or apply the <i>3-Fold Commitment</i> this week.” • “Recite any memory verses, the <i>1-2-3-4-5 Memory Outline</i> and the <i>Renewing Your Mind Outline</i>.” | <p><i>Helping a Disciple... Reconcile</i></p>  |
| <p>PREPARE TO RECONCILE WITH PERSON #1</p> | <p>PREPARE 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. • Review principles from <i>Reconciling Relationships</i>, CTO. • Address specific fears and claim God’s promises. • Role play possible scenarios they may encounter. | <p>To address fears see: <u>CTO Part Two:</u> B. <i>Releasing Fears, Steps to Releasing Fears to God</i>”</p> |
| <p>HOMework for next session</p> | <p>LIST: FORGIVENESS LIST ON PERSON #2 (ways Person #2 has sinned against and/or hurt you)</p> <ul style="list-style-type: none"> • Prepare a written list from personal experiences/memories first. • Then use <i>Forgiveness Checklist</i> as a memory jogger to add to the list. | <p>Checklists/ <i>Forgiveness Checklist</i></p>  |
| <p>Main CTO Study:</p> <p>Additional Study:</p> <p>Application:</p> <p>Memorize:</p> <p>Memorize:</p> <p>Practice:</p> | <p>Part 1: E: <i>Reconciling Relationships</i> (review before seeking forgiveness) F: <i>Admonishing Others</i></p> <p>Who’s In Charge: #4: God’s Sovereignty in Adversity</p> <hr/> <p>Meet with Person #1 to reconcile by seeking forgiveness for the ways you have sinned against them.</p> <p>Verse to deal with fear, if fearful</p> <p>Begin memorizing all verses related to <i>1-2-3-4-5 (Get a Grip) Outline</i> and <i>Renewing Your Mind Outline</i> (see below)</p> <p>Grab Hold: Eph. 1:11</p> <p>Continue to practice forgiving, confessing sin, renewing your mind and the <i>1-2-3-4-5 (Get a Grip) Outline</i>.</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 important to have these memorized by the end of the formal meeting times.





1-2-3-4-5 (Get a Grip) 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

Rom. 12:2
 1 Cor 10:13




Session FIVE: When Meeting With An INDIVIDUAL








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| <p>REVIEW HOMEWORK</p> | <p>SPEND ONLY 5 TO 10 MINUTES IN REVIEW OF STUDIES.</p> <ul style="list-style-type: none"> • “What did God teach you this week?” • “How are you applying the truths taught in <i>Who’s in Charge?</i>” • “What principle/Scripture impressed you from the CTO study?” • Ask about the outcome of their reconciliation meeting with person #1. • Have disciple recite memory verses. | <p>Helping a Disciple... <i>Forgive</i></p>  |
| <p>EXPAND FORGIVENESS LIST #2</p> | <p>GO THROUGH FORGIVENESS LIST TOGETHER</p> <ul style="list-style-type: none"> • Have disciple read their <i>Forgiveness</i> List for person #2. • Expand list: Ask questions and write down additions for their list. • Reminder: Be thorough and specific, using biblical terminology rather than euphemisms. (i.e. adultery vs. affair) | <p>Checklists/<i>Expanding a Forgiveness List</i></p>  |
| <p>REVIEW PRINCIPLES ON FORGIVENESS</p> | <p>REVIEW SECTIONS I-IV OF FORGIVING OTHERS, CTO.</p> <ul style="list-style-type: none"> • Have disciple read out loud key biblical references. (Mark 11:25; Eph. 4:30-32; Col. 3:12-14) • Discuss application by asking key questions. • 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>LISTS: CONFESSION LIST #2 (ways <u>YOU</u> have sinned against and/or hurt <u>Person #2</u>)</p> <ul style="list-style-type: none"> • Prepare a written list from personal experiences/memories first • Then use <i>Confession Checklist</i> as a memory jogger to add to the list | <p>Checklists/ <i>Confession Checklist</i> (for disciple)</p>  |
| <p>Main CTO Study:</p> <p>Additional Study:</p> <p>Memorize:</p> <p>Practice:</p> | <p><u>DS3 - Part 1:</u> <i>G: Communicating Biblically</i></p> <p><u>Classic Manual</u> <i>G: Pride and Rebellion</i></p> <p><u>Who’s In Charge:</u> <u>#5: God’s Ultimate Control</u></p> <p>-----</p> <p><u>Thank:</u> Eph. 5:20</p> <p>Renewing your mind, and forgiving others. Be prepared to share examples of each.</p> |  |

Session SIX: When Meeting With An INDIVIDUAL



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| <p>REVIEW HOMEWORK</p> | <p>SPEND ONLY 5 TO 10 MINUTES IN REVIEW OF STUDIES.</p> <ul style="list-style-type: none"> • “What did God teach you this week?” • “How are you applying the concepts from <i>Who’s in Charge</i> in regard to the trials you are facing?” • “What principle/scripture impressed you from the CTO study?” • “Recite memory verses and outlines.” | <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. • Also utilize the “Root Cause of Sin” diagram and the “Pride and Rebellion Checklist” in <i>Understanding Pride and Rebellion, CTO</i>. • Reminder: Be thorough and specific using biblical terminology rather than euphemisms. | <p>Checklists: 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 verses to read out loud from “Before confessing yours sins”. • 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>PREPARE TO RECONCILE</p> | <ul style="list-style-type: none"> • If time, use <i>Confession List</i> to prepare their <i>Reconciliation List</i>. • Have disciple tear up <i>Confession List</i>. | |
| <p>HOMEWORK for next session</p> | <p>LIST: FORGIVENESS LIST ON PERSON #3 (ways Person #3 has sinned against and/or hurt you)</p> <ul style="list-style-type: none"> • Prepare a written list from personal experiences/memories first. • Then use <i>Forgiveness Checklist</i> as a memory jogger to add to the list. | <p>Checklists: <i>Forgiveness Checklist</i> (for disciple)</p>  |
| <p>Main CTO Study:</p> <p>Additional Study:</p> <p>Memorize:</p> <p>Practice:</p> <p>Application:</p> | <p>DS3 - Part 1: <i>H: Expressing Biblical Love</i></p> <p>Classic Manual <i>H: Understanding God’s Grace and Love</i></p> <p><i>Who’s In Charge:</i> #6: <i>God’s Sovereignty and Man’s Responsibility</i> #7: <i>Man’s Mind vs. God’s Mind</i></p> <hr/> <p>Forgive: Mark 11:25</p> <p>Renewing your mind, forgiving others, and the 1-2-3-4-5 (<i>Get a Grip</i>) Outline. Be prepared to share examples of each.</p> <p>Meet with Person #2 to seek forgiveness and reconcile. Use reconciliation list as a guide for asking forgiveness for ways you have sinned against Person #2.</p> | |







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| INTRODUCTIONS | <p>GET TO KNOW EACH OTHER; SET TONE OF VULNERABILITY</p> <ul style="list-style-type: none"> • Share a brief personal testimony focusing on how God’s Word and the Spirit’s power have changed you. • Encourage disciple to share their life story. Listen for key or challenging events/relationship past or present trials for future lists. | <p>CTOministries.org/Tools</p>  |
| GATHER DATA | <p>GATHER IMPORTANT DETAILS FROM THEIR LIFE STORY</p> <ul style="list-style-type: none"> • Ask <i>Initial Questions</i> from <i>Gathering Data</i>. • Evaluate their relationship with God. • Identify key person(s) to forgive. • Explain your goals as their discipler. | <p>Helping a Disciple... <i>Gathering Data</i></p>  |
| GIVE HOPE | <p>GIVE HOPE IN GOD’S POWER TO BRING CHANGE</p> <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 be a godly role-model. • Discuss <i>4 Approaches to a Problem/Facing Emotional Pain</i> diagrams. Ask which approach best typifies them? Give hope. | <p>Helping a Disciple... <i>Giving Hope</i></p>  |
| SET DIRECTION | <p>DISCUSS FOCUS AND APPROACH TO ASSIGNMENTS</p> <ul style="list-style-type: none"> • Discuss the priority of homework, accountability and have consistent devotional time. May recommend using CTO studies as devotional materials. • 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; to 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 following sessions. | <p>Helping a Disciple... <i>Assigning Homework</i></p>  |
| HOMEWORK for next session | <p>LIST: CONFESSION LIST ON PERSON #1 (ways you have sinned against Person #1 – usually spouse)</p> <ul style="list-style-type: none"> • Prepare a written list from personal experiences/memories first. • Then use <i>Confession Checklist</i> as a memory jogger to add to the list. | <p>Checklists: <i>Confession Checklist</i> (for disciple)</p> |
| <p>Main CTO Study:</p> <p>Additional Study:</p> <p>Memorize:</p> <p>Meditate:</p> | <p><u>DS3 - Part 1:</u> <i>Introduction: The Story of the Gospel</i> <i>A: Understanding the Call to Obedience</i></p> <p><u>Who’s In Charge:</u> <i>Introduction</i> <i>#1: Attributes of God</i></p> <p>Rom. 15:13 or other verse related to Hope</p> <p>Matt. 7:1-5</p> |  <p>Key Verses: <i>Verses on Hope</i></p> |

SESSION TWO: When Meeting with a COUPLE / TWO PEOPLE



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| REVIEW HOMEWORK | <p>SPEND ONLY 5 TO 10 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>” • “What principle/Scripture impressed you from the CTO study?” • “Recite memory verse on hope.” | <p style="text-align: center;"><i>Helping a Disciple... Reconcile</i></p> |
| EXPAND CONFESSION LIST #1 | <p>GO THROUGH BOTH <i>CONFESSIONS LISTS</i> TOGETHER</p> <ul style="list-style-type: none"> • Have husband (first person if not married) read their <i>Confession List</i>. • Expand list asking questions and writing down additions for their list. • Remember to be thorough and specific using biblical terminology rather than euphemisms. (i.e. adultery vs. affair) • Expand wife’s (second person if not married) in the same way. <p>NOTE: This may take the entire session. <i>If so, stop here.</i> Only assign <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 lead of the Holy Spirit in setting the pace.</p> | <p style="text-align: center;">Checklists: <i>Expanding a Confession List</i></p> <p style="text-align: center; font-size: small;">You write down the additions – this will save you a lot of time.</p> |
| TEACH KEY PRINCIPLES ON FORGIVENESS | <p>TEACH SECTIONS I-IV OF <i>FORGIVING OTHERS</i>, CTO.</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 forgiving one another in God’s plan for reconciliation and His consequences for not forgiving. • Discuss the need to ask forgiveness as God’s means of reconciliation. | <p style="text-align: center;">Key Questions:</p> <p style="font-size: small;">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> |
| FORGIVE AND SEEK FORGIVENESS | <p>HAVE COUPLE SEEK EACH OTHER’S FORGIVENESS</p> <ul style="list-style-type: none"> • Have the husband (first person) seek forgiveness first. • Always end with, “Is there anything else for which I need to seek your forgiveness?” • Have the wife (second person) seek forgiveness in the same way. • Have disciples save their confession list for next session. | <p>“Will you forgive me for...”</p> |
| EXPLAIN <i>RENEWING YOUR MIND</i> | <p>DISCUSS THE IMPORTANCE OF ACTING ON THE COMMITMENT TO FORGIVE</p> <ul style="list-style-type: none"> • Review the <i>3-Fold Commitment</i> they have made. • Explain the <i>Renewing Your Mind Outline</i> (Rom. 12:2). • Use when tempted to dwell on sins after forgiving, worrying, etc. | <p style="text-align: center;"><i>Renewing Your Mind</i></p> |
| HOMEWORK <small>for next session</small> | <p>LIST: BRING BACK CONFESSION LIST #1 FOR NEXT SESSION (ways YOU have sinned against and/or hurt Person #1)</p> <ul style="list-style-type: none"> • This will be used in confessing their sins to God. | |
| Main CTO Study: | <p><u>Part 1:</u> <i>B: Forgiving Others (finish)</i> <i>C: Renewing Your Mind</i></p> | |
| Additional Study: | <p><u>Who’s In Charge:</u> <u>#2: God’s Sovereignty in Salvation</u></p> | |
| Memorize: | <p><i>3-Fold Commitment</i> and <i>Renewing Your Mind Outline</i></p> | |
| Practice: | <p>Renewing your mind, and forgiving others; be prepared to shared examples.</p> | |

SESSION THREE: When Meeting with a COUPLE / TWO PEOPLE

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| REVIEW HOMEWORK | <p>SPEND ONLY 5 TO 10 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>” • “What principle/Scripture impressed you from the CTO study?” • “Recite <i>Renewing Your Mind Outline</i> and share opportunities to utilize it.” • Review <i>3-Fold Commitment</i> and opportunities to act on it. | <p><i>Helping a Disciple... Confess</i></p>  |
| TEACH KEY PRINCIPLES ON CONFESSING SIN | <p>TEACH KEY SECTIONS OF <i>CONFESSING SIN, CTO.</i></p> <ul style="list-style-type: none"> • Have disciple read out loud <i>Section 1: Confessing Sin.</i> • Explain: Sections II - IV. • Read and discuss verses: “Before confessing yours sins,” | |
| PRAY TO CONFESS | <p>HAVE DISCIPLE PRAY THROUGH THEIR <i>CONFESSION LIST</i></p> <ul style="list-style-type: none"> • Have husband (first person) pray through their list out loud to God in front of you. • Have wife (second person) pray through their list in the same way. | |
| TEACH KEY PRINCIPLES ON GOD’S FORGIVENESS | <ul style="list-style-type: none"> • Read and Discuss verses; “After confessing your sins.” • Teach key points from Sections VI-VIII. • Discuss <i>The Focus Factor</i> Diagram included in this study. • If time does not allow, assign the above as homework. • Revisit these sections and diagram in the future if your disciple is struggling with guilt. | <p>The Focus Factor</p>  |
| HOMEWORK for next session | <p>LIST: PREPARE LIST OF PEOPLE THEY EACH NEED TO FORGIVE</p> <p>PREPARE A <i>FORGIVENESS LIST</i> ON PERSON #1 (ways Person #1 [often parents] has sinned against and/or hurt you) (If possible, ask both parties to do the same person)</p> <ul style="list-style-type: none"> • Prepare a written list from personal experiences/memories first. • Then use <i>Forgiveness Checklist</i> as a memory jogger to add to the list. | <p>Checklists: <i>Forgiveness Checklist</i> (for disciple)</p>  |
| <p>Main CTO Study:</p> <p>Additional Study:</p> <p>Memorize:</p> <p>Practice:</p> | <p>Part 1: <i>D: Confessing Sin (finish)</i> <i>E: Reconciling Relationships</i></p> <p><i>Who’s In Charge:</i> #3: <i>God’s Purpose for Suffering</i></p> <hr style="border-top: 1px dashed black;"/> <p>1-2-3-4-5 (<i>Get a Grip</i>) <i>Outline</i>– Review previous memory work.</p> <p>Renewing your mind, forgiving others, and the 1-2-3-4-5 (<i>Get a Grip</i>) <i>Outline</i>. Be prepared to share examples of each.</p> |  |

SESSION FOUR: When Meeting with a COUPLE / TWO PEOPLE



| | | |
|---|--|---|
| REVIEW HOMEWORK | <p>SPEND ONLY 5 TO 10 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>” • “What principle/Scripture impressed you from the CTO study?” • “Recite memory verse on hope.” | <p><i>Helping a Disciple... Forgive</i></p> |
| EXPAND FORGIVENESS LIST #1 | <p>GO THROUGH <i>FORGIVENESS LIST</i> TOGETHER</p> <ul style="list-style-type: none"> • Have disciple(s) read their <i>Forgiveness List</i>. • Expand both lists by asking questions and writing down additions. • Remember to be thorough and specific using biblical terminology rather than euphemisms. (i.e. adultery vs. affair) | <p>Checklists: <i>Expanding a Forgiveness List</i></p> |
| REVIEW PRINCIPLES ON FORGIVENESS | <p>REVIEW KEY PARTS OF SECTIONS I-IV OF <i>FORGIVING OTHERS</i></p> <ul style="list-style-type: none"> • Have disciple participate by reading out loud your choice of one or two of the key biblical references on forgiveness. <p>Review the <i>3-Fold Commitment</i> they have made and the importance of acting on their commitment to forgive.</p> | <p><u>Key Questions:</u> 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> |
| PRAY TO FORGIVE | <p>HAVE DISCIPLE PRAY OUT LOUD THROUGH <i>FORGIVENESS LIST</i></p> <ul style="list-style-type: none"> • Couple may be separated to pray through lists if there are two disciplers and each is forgiving a different person. • If they are forgiving the same person, they may stay together. Have husband begin first then have wife follow. • Pray though each item, “I forgive (Person #1) for _____.” • Have disciple tear up their forgiveness list when finished. | |
| REVIEW <i>RENEWING YOUR MIND</i> | <p>DISCUSS THE IMPORTANCE OF ACTING ON THE COMMITMENT TO FORGIVE</p> <p>Review the <i>Renewing Your Mind Outline</i> (Rom. 12:2).</p> | <p><i>Renewing Your Mind</i></p> |
| HOMEWORK for next session | <p>LIST: CONFESSION LIST (ways YOU have sinned against and/or hurt Person #1)</p> <ul style="list-style-type: none"> • Prepare a written list from personal experiences/memories first • Then use <i>Confession Checklist</i> as a memory jogger to add to the list | <p>Checklists: <i>Confession Checklist</i> (for disciple)</p> |
| Main CTO Study: | <p>Part 1: <i>F: Admonishing Others</i></p> | |
| Additional Study: | <p><i>Who’s In Charge:</i> #4: God’s Sovereignty in Adversity</p> | |
| Memorize: Practice: | <p><i>3-Fold Commitment</i> and <i>Renewing Your Mind Outline</i></p> <p>Renewing your mind, forgiving others, <i>1-2-3-4-5 (Get a Grip) Outline</i>. Be prepared to share examples of each.</p> | |

SESSION FIVE: When Meeting with a COUPLE / TWO PEOPLE



| | | |
|---|---|---|
| REVIEW HOMEWORK | <p>SPEND ONLY 5 TO 10 MINUTES IN REVIEW OF STUDIES.</p> <ul style="list-style-type: none"> • “What did God teach you this week?” • “How are you applying the concepts from <i>Who’s in Charge?</i>” • “What principle/Scripture impressed you from the CTO study?” • “Recite memory work.” | <p><i>Helping a Disciple... Confess Sin</i></p> |
| EXPAND CONFESSION LISTS | <p>GO THROUGH <i>CONFESSION LIST</i> TOGETHER</p> <ul style="list-style-type: none"> • Have disciple read their <i>Confession List</i> on Person #1. • Expand list by asking questions and writing down additions for their list. • Reminder: Be thorough and specific using biblical terminology rather than euphemisms. | <p><i>Checklists/Expanding a Confession List</i></p> |
| TEACH KEY PRINCIPLES ON CONFESSING SIN | <p>TEACH KEY SECTIONS OF <i>CONFESSING SIN</i>, CTO.</p> <ul style="list-style-type: none"> • Have disciple read out loud <i>Section 1: Confessing Sin</i>. • Explain: Sections II - IV. • Read and discuss verses: | |
| PRAY TO CONFESS | <p>HAVE DISCIPLE PRAY THROUGH THEIR <i>CONFESSION LIST</i></p> <ul style="list-style-type: none"> • Have disciples select a read out loud a few meaningful scriptures from “Before confessing yours sins”. (<i>Confessing Sin</i>, CTO) • Have disciples pray through their lists out loud in front of you. • Have disciples select a read out loud a few meaningful scriptures from “After confessing yours sins”. • Keep list to use in next session to prepare their <i>Reconciliation List</i>. | |
| PREPARE FOR RECONCILIATION | <p>PREPARE RECONCILIATION LIST FROM <i>CONFESSION LIST</i></p> <ul style="list-style-type: none"> • If there is time, condense key items from their <i>Confession List</i> to create their <i>Reconciliation List</i>. • Have disciple tear up <i>Confession List</i> when done. • Remind disciple that God does not keep a record of sin. • Review principles from <i>Reconciling Relationships</i>, CTO. • Address specific fears and claim God’s promises. • Role play possible scenarios they may encounter. | <p>To address fears see: <u>CTO Part Two:</u> <i>B. Releasing Fears,</i> “Steps to Releasing Fears to God” If fearful, assign a memory verse to address their fear, e.g. Isaiah 41:10</p> |
| HOMEWORK for next session | <p>LIST: FORGIVENESS LIST ON PERSON #2 (ways Person #2 has sinned against and/or hurt you)</p> <ul style="list-style-type: none"> • Prepare a written list from personal experiences/memories first. • Then use <i>Forgiveness Checklist</i> as a memory jogger to add to the list. | <p>Checklists: <i>Forgiveness Checklist</i> (for disciple)</p> |
| <p>Main CTO Study:</p> <p>Additional Study:</p> <p>Memorize:</p> <p>Application:</p> <p>Reminder:</p> | <p><u>DS3 - Part 1:</u> <i>G: Communicating Biblically</i></p> <p><u>Who’s In Charge:</u> <i>#5: God’s Ultimate Control</i></p> <p>----- <u>Grab Hold:</u> Eph. 1:11</p> <p>Meet with Person #1, either individually if reconciling with different people, or together if reconciling with the same person.</p> <p>Bring completed <i>Confession List</i> to next session.</p> | |

**SUGGESTED
MEMORY VERSES**

1-2-3-4-5 Memory 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

Rom. 12:2
1 Cor 10:13




SESSION SIX: When Meeting with a COUPLE / TWO PEOPLE





| | | |
|---|---|---|
| REVIEW HOMEWORK | <p>SPEND ONLY 5 TO 10 MINUTES IN REVIEW OF STUDIES.</p> <ul style="list-style-type: none"> • “What did God teach you this week?” • “How are you applying the truths taught in <i>Who’s in Charge?</i>” • “What principle/Scripture impressed you from the CTO study?” • Ask about the outcome of their reconciliation meeting with Person #1. • Have disciple recite memory verses. | <p><i>Helping a Disciple... Forgive</i></p> |
| EXPAND FORGIVENESS LIST #2 | <p>GO THROUGH FORGIVENESS LIST 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. • Reminder: Be thorough and specific, using biblical terminology rather than euphemisms. (i.e. adultery vs. affair) | <p><i>Checklists/Expanding a Forgiveness List</i></p> |
| REVIEW PRINCIPLES ON FORGIVENESS | <p>REVIEW SECTIONS I-IV OF FORGIVING OTHERS, CTO.</p> <ul style="list-style-type: none"> • Have disciple read out loud key biblical references. (Mark 11:25; Eph. 4:30-32; Col. 3:12-14) • Discuss application by asking key questions. • Review <i>3-Fold Commitment</i> | <p><u>Key Questions:</u> 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> |
| PRAY TO FORGIVE | <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. | |
| HOMEWORK for next session | <p>LIST: CONFESSION LIST #2 (ways YOU have sinned against and/or hurt Person #2)</p> <ul style="list-style-type: none"> • Prepare a written list from personal experiences/memories first • Then use <i>Confession Checklist</i> as a memory jogger to add to the list | <p>Checklists: <i>Confession Checklist</i> (for disciple)</p> |
| <p>Main CTO Study:</p> <p>Additional Study:</p> <p>Memorize:</p> <p>Practice:</p> | <p><u>DS3 - Part 1:</u> <u>Classic Manual</u> <i>H: Expressing Biblical Love</i> <i>H: Understanding God’s Grace and Love</i></p> <p><u>Who’s In Charge:</u> #6: <i>God’s Sovereignty/Man’s Responsibility</i> #7: <i>Man’s Mind vs. God’s Mind</i></p> <hr style="border-top: 1px dashed black;"/> <p><u>Thank:</u> Eph. 5:20</p> <p>Renewing your mind, and forgiving others and seeking forgiveness from others. Be prepared to share examples of each.</p> | |



DIRECTION FOR FUTURE SESSIONS

| | | |
|-------------------------------------|---|---|
| <p>FOCUS OF SESSIONS</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"> • gathering data. • expanding lists. • praying to forgive others and to confess sin. • preparing reconciliation lists. • releasing fears. • preparing for admonishments. • 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.. • relinquishing rights in prayer from Studies 5 & 6 of <i>When Rights are Wrong</i>. • using specific studies as a means to develop lists for confession of sin in relation to the truths revealed in these studies. For example: If your disciple struggles with trying to build self-esteem, you might use the <i>Self-Esteem vs. God-Esteem</i> study and accompanying diagrams to develop a confession list. • holding the disciple responsible for daily application of God's truths in life's difficult circumstances. | <p>CTOministries.org/ Tools/Resources</p>  <p><i>Helping a Disciple... Gathering Data</i></p>  <p><i>Helping a Disciple... Confess Sin</i></p>  <p>CTO Part Three: <i>When Rights are Wrong</i> - #5 and #6</p> |
| <p>SPECIFICS TO PRACTICE</p> | <p>ASSIGN FREQUENT REMINDERS TO:</p> <ul style="list-style-type: none"> • renew his mind. • use the <i>1-2-3-4-5 (Get a Grip) Outline</i>. • thank God in all circumstances. • remember God's sovereign control and apply that knowledge in trial. • use specific Bible verses to renew his mind in trial and temptation. | |
| <p>PREPARE TO ADMONISH</p> | <p>GIVE FREQUENT REMINDERS TO BIBLICALLY ADMONISH A SPOUSE, CHILD OR OTHERS, IF APPROPRIATE.</p> <ul style="list-style-type: none"> • Review key principles from <i>Admonishing Others</i>, CTO. • Choose a person(s) in the disciple's life that needs to be admonished. • Be sure disciple has forgiven the person who is to be admonishment. • Prepare disciple to admonish by dealing with fears biblically and by role-playing, if necessary. | <p>CTO Part One: <i>Admonishing Others</i></p> |
| <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 lesson 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 since pride and demand 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 • Using 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 style="text-align: center;">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"> • Always 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.” -influencing me 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, in like manner: <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 style="text-align: right;"><i>CTOministries.org/ Tools/Resources</i></p> <div style="text-align: center;">  </div> |
| <p style="text-align: center;">ADDRESS CONTROL ISSUES</p> | <p>ASSIGN THE CONTROLLERS STUDIES</p> <ul style="list-style-type: none"> • Have disciple read <i>Understanding Controllers</i>. This explains that all sinful attempts to control are rooted in unbelief, pride and fear that result in self-protective strategies. • Ask him next to read the study which most characterizes his life when he is not under the control of the Holy Spirit and God’s Word, <i>Controller of People</i> or <i>Controller of Circumstances</i>. <p style="margin-left: 40px;">He should have already highlighted a Comparison and Contrast chart as he has been preparing his previous confession lists. If one type is not predominant, he can begin with either study.</p> • Assign the use of 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>Helping Controllers in the “Tools/Resources” section of the webpage includes a number of studies entitled <i>Dealing With Controllers</i> addressing control issues.</p> | <p style="text-align: center;">Helping Controllers</p> <div style="text-align: center;">  </div> |



GOD'S CALL TO OBEDIENCE

TAB 2

CHECKLISTS



FORGIVENESS
CHECKLIST



EXPANDING A
FORGIVENESS LIST



CONFESSION
CHECKLIST



EXPANDING A
CONFESSION LIST



SEXUAL CONFESSION
CHECKLIST



PREPARING A
DISCIPLE FOR A
SEXUAL CONFESSION





GOD'S CALL
TO OBEDIENCE

TAB 3

DIAGRAMS

BOOK 1: QR CODES - DIAGRAMS/CHARTS
BOOK 2: QR CODES - DIAGRAMS/CHARTS
BOOK 3: QR CODES - DIAGRAMS/CHARTS

KEY DIAGRAMS:

- THE STORY OF GOD/THE GOSPEL IN BALANCE
- GOD'S KINGDOM AND MY KINGDOM
- 4 APPROACHES/FACING EMOTIONAL PAIN
- ROOT CAUSE OF SIN/LOVE MOTIVATED OBEDIENCE
- RENEWING YOUR MIND/GET A GRIP (1-2-3-4-5)
- THE RELATIONSHIP WALLS
- UNBIBLICAL GOALS/BIBLICAL GOALS
- PURSUING IDOLS/PURSUING RIGHTEOUSNESS
- CYCLE OF SELF-WORSHIP/CYCLE OF GOD-WORSHIP
- PATH OF DEMANDINGNESS/PATH OF SURRENDER



TOOLS AND RESOURCES/ DIAGRAMS...

BOOK ONE

4 APPROACHES TO
A PROBLEM INTRO



FACING EMOTIONAL
PAIN INTRO



THE STORY OF GOD
INTRO - 7



ROOT CAUSE
OF SIN A-6



LOVE-MOTIVATED
OBEDIENCE A-15



POSITIONAL/
FELLOWSHIP B-6



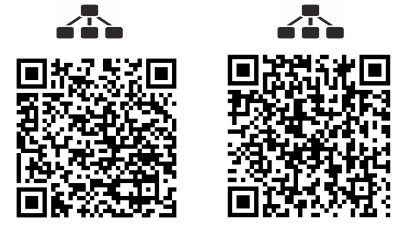
GET-A-GRIP
1-2-3-4-5 (B-7)



RENEWING YOUR
MIND C-4



THE RELATIONSHIP
WALL B-12



BUILDING
B-12

BREAKING
DOWN E-9

THE BATTLE OF
THE MIND C-10,11



THE FOCUS
FACTOR D-13



MAINTAINING A CLEAR
CONSCIENCE E-8





TOOLS AND RESOURCES/ DIAGRAMS...

BOOK TWO

THE GOSPEL IN
BALANCE INTRO 8



ROOT CAUSE
OF SIN A-7



PRIDE & REBELLION
CHECKLIST A-13,14



RELEASING
FEAR B-4



FEAR
CKLIST B-16



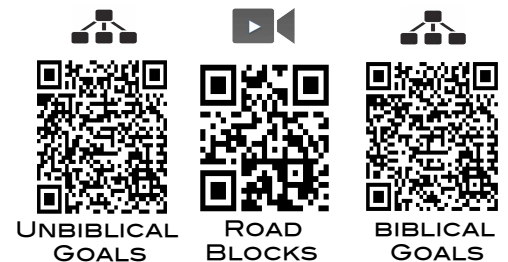
FEAR/VIEW
OF GOD B-20



SATAN'S
STRATEGY



(UN)BIBLICAL
GOALS D-7 & D8



AUTHORITY
E-5



CROSSROADS
OF DECISION E-8



MAKING BIBLICAL
DECISIONS E-11



FACING EMOTIONAL
PAIN F-10



GET-A-GRIP
1-2-3-4-5 (G-11)



SINFUL
ANGER G-15



PURSUING
IDOLS H-4



PURSUING (H-18)
RIGHTEOUSNESS



IDOLS (H-12)
CHECKLIST





TOOLS AND RESOURCES/ DIAGRAMS...

BOOK THREE

THE CYCLE OF
SELF-WORSHIP
INTRO-5



THE CYCLE OF
GOD-WORSHIP
INTRO-7



OVERVIEW OF
THE 4 G'S
INTRO-15



QUENCHING THE
H.S. CHECKLIST
B-19



PATH OF
DEMANDINGNESS
D-4; RIGHTS: INTRO-3



PATH OF
SURRENDER
D-17; RIGHTS:INTRO-6



WALKING WITH GOD
CHECKLIST
(D-18)



LETTING CHRIST
SATISFY & FULFILL
E-5



GIVING THANKS
CHECKLIST
G-8

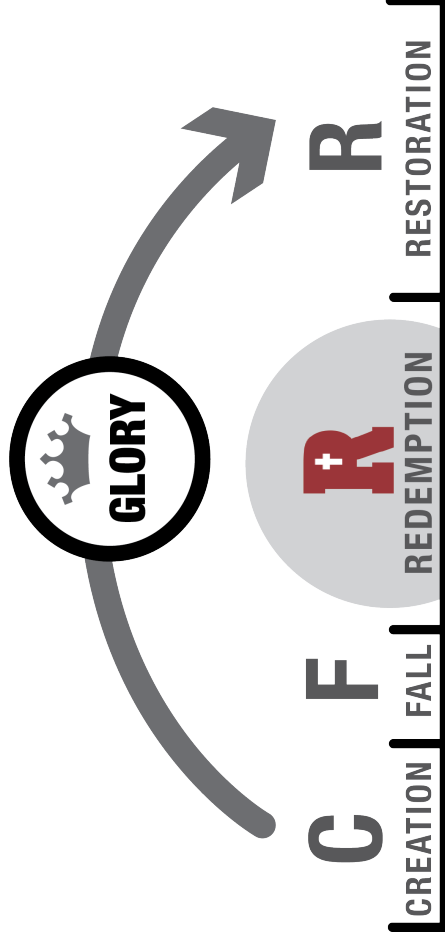


BRIDGE OF
THANKSGIVING
G-19



THE STORY OF GOD

REVEALING HIMSELF AND HIS GLORY



GOD IS ON A MISSION TO REVEAL HIMSELF AND HIS GLORY

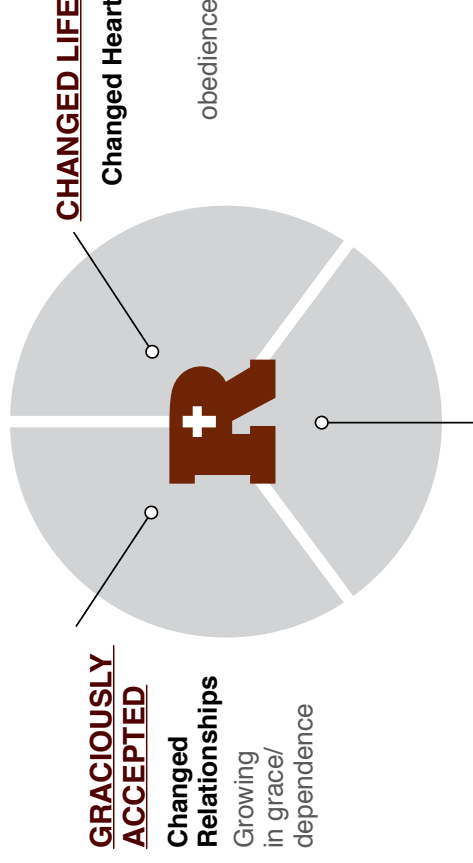
God's design is that we join **His story** and put **Him** on display through our changed lives.

We are the people of God living for the glory of God.

Book 1: Intro- the Story of the Gospel Intro-7

GOSPEL IN BALANCE

REDEMPTION



GRACIOUSLY ACCEPTED

Changed Relationships
Growing in grace/dependence

CHANGED LIFE
Changed Heart

obedience

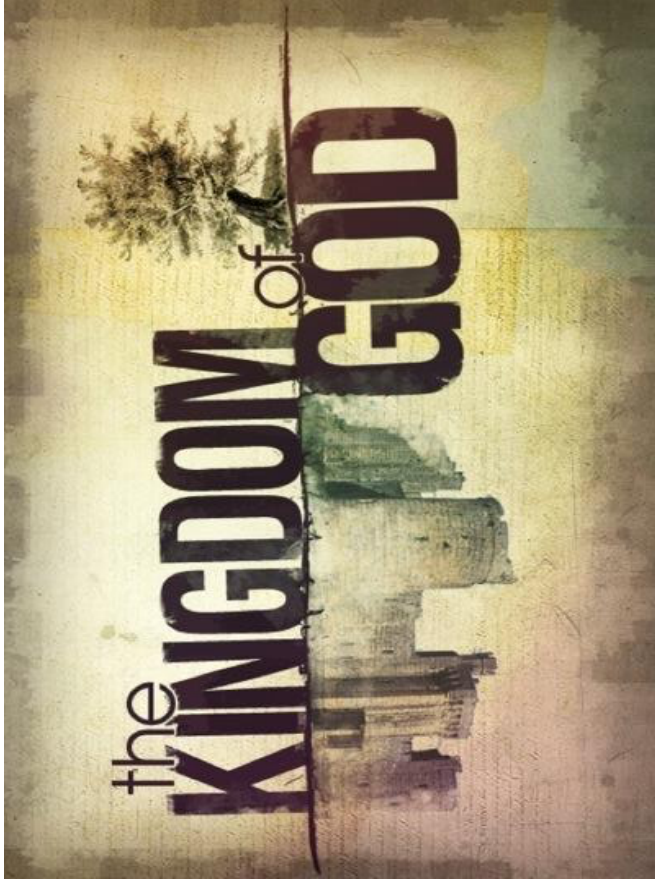
NEW WORLD COMING

Changed World

Engaging the culture with mercy/justice

- Once alienated from God, I am now Graciously Accepted
- Once dead in my sin, I now have a Changed Life
- Once living with no hope, I now have the hope of A New World Coming

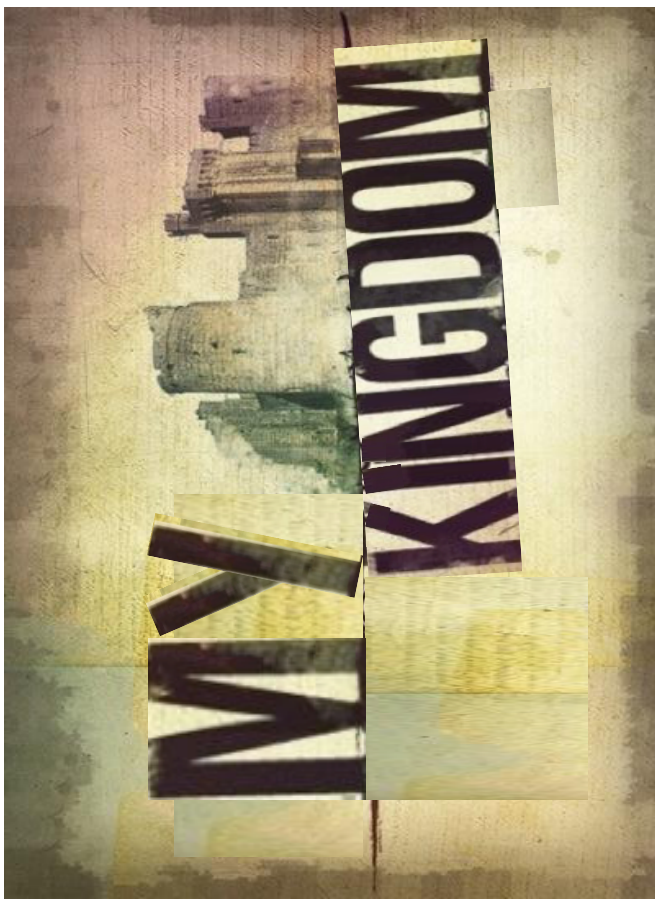
Book 2: Intro- The Implications of the Gospel Intro-8



God is on a Mission:

To reveal **Himself**

and **His** Glory

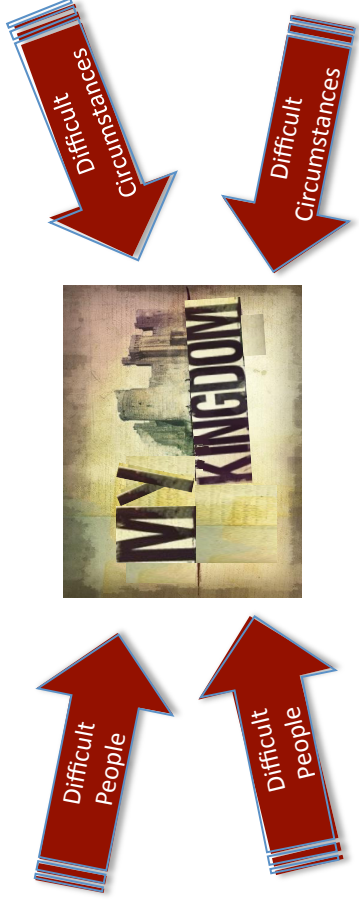


We are on a Mission:

To protect *Ourself*

and *Our* Story

ATTACKS ON MY KINGDOM



In my kingdom...

...I am king

...Everyone else is there to serve me

...I live like I want and do what I want

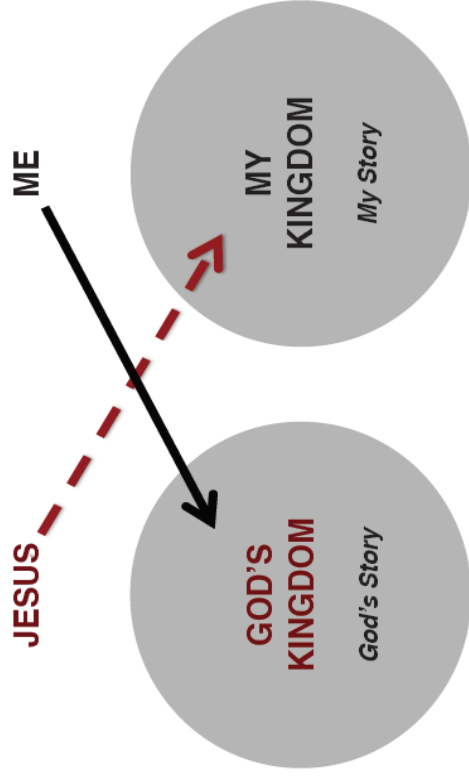
I use **God** and **others** to build my kingdom

The Problem:

People do not cooperate

Circumstances are out of my control

GOD'S KINGDOM AND MY KINGDOM



- We often believe Jesus joins our kingdom, where we are king, to make it work.
- When our kingdom fails we believe God has failed to come through for us.
- God places us in His Kingdom, where Jesus is King, to accomplish His purposes.
- When we seek His Kingdom and His Righteousness He provides all we need to accomplish His purpose in putting Himself and His Glory on display.

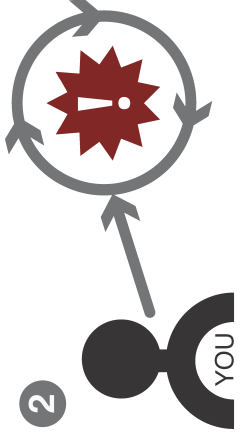
Matthew 6:33

4 APPROACHES TO A PROBLEM



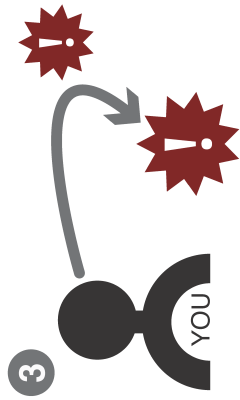
1 SUPPRESS OR IGNORE THE PROBLEM
 -Withdraws, avoids difficult people/circumstances
 -Controls by pleasing people/avoiding conflict
 -Seeks comfort, pleasure, stress-free life

"I see no problem!"



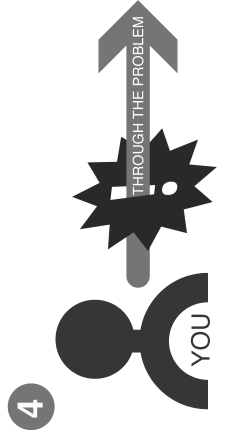
2 GO AROUND IN THE PROBLEM
 -Focuses on the problem without a biblical solution
 -Controls by demanding, convincing, arguing, worrying
 -Seeks to control people/circumstances

"I can fix the problem in my own way!"



3 ESCAPE THE PROBLEM
 -Escapes into fantasy, social media, TV, sports, hobbies, porn, illicit sex, drugs, alcohol, work, ministry
 -Seeks to find relief from pain in sinful ways
 -Creates a bigger problem

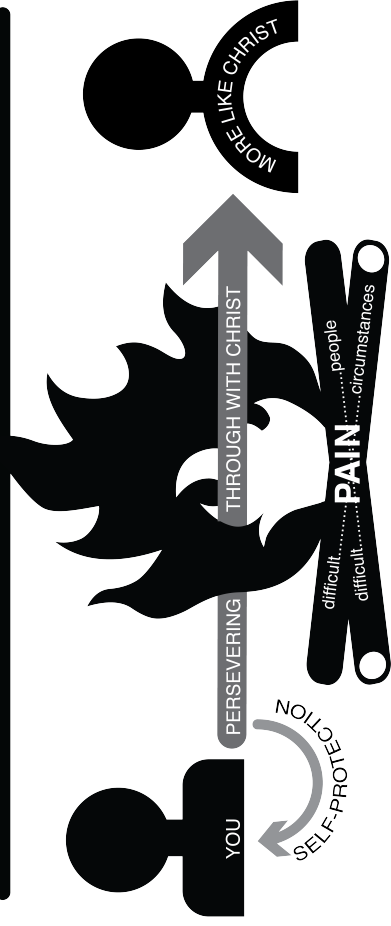
"I will escape the problem!"



4 STRAIGHT THROUGH THE PROBLEM
 -Faces the problem head-on
 -Relies on God and His resources
 -Accepts God's plan
 -Perseveres in the trial

"I will rely on God to take me through the problem!"

FACING EMOTIONAL PAIN



WRONG DECISION

Depending on self and your resources

- Unbelief; doubt God
- Pride; selfishness
- Fear; anxiety
- Self-oriented goals
- Disobedient life
- Blame others; anger
- Suppression; denial
- Fantasy
- Detachment; busyness
- Bitterness, self-pity, depression
- Manipulation; control
- Escapes to find relief

4 APPROACHES TO A PROBLEM: APPROACH #1, #2 & #3

RIGHT DECISION

Turning to God and His resources

- Believe in, rely on God
- Humility, love others
- Trust His promises
- Pursue God's goals
- Obey out of love
- Forgive; respond graciously
- Accept God's plan
- Focus on God's truth
- Pursue fellowship
- Give thanks in all things
- Yielding; surrendering
- Face pain with God's help

4 APPROACHES TO A PROBLEM: APPROACH #4

Protect your own kingdom

Results: hopeless, unrest

- Focused on self/circumstances
- Bondage to self
- Further frustration; depression
- Lack of growth
- Sinful attitudes
- Lack of spiritual fruit; bad fruit
- Broken relationships

Your kingdom crumbles

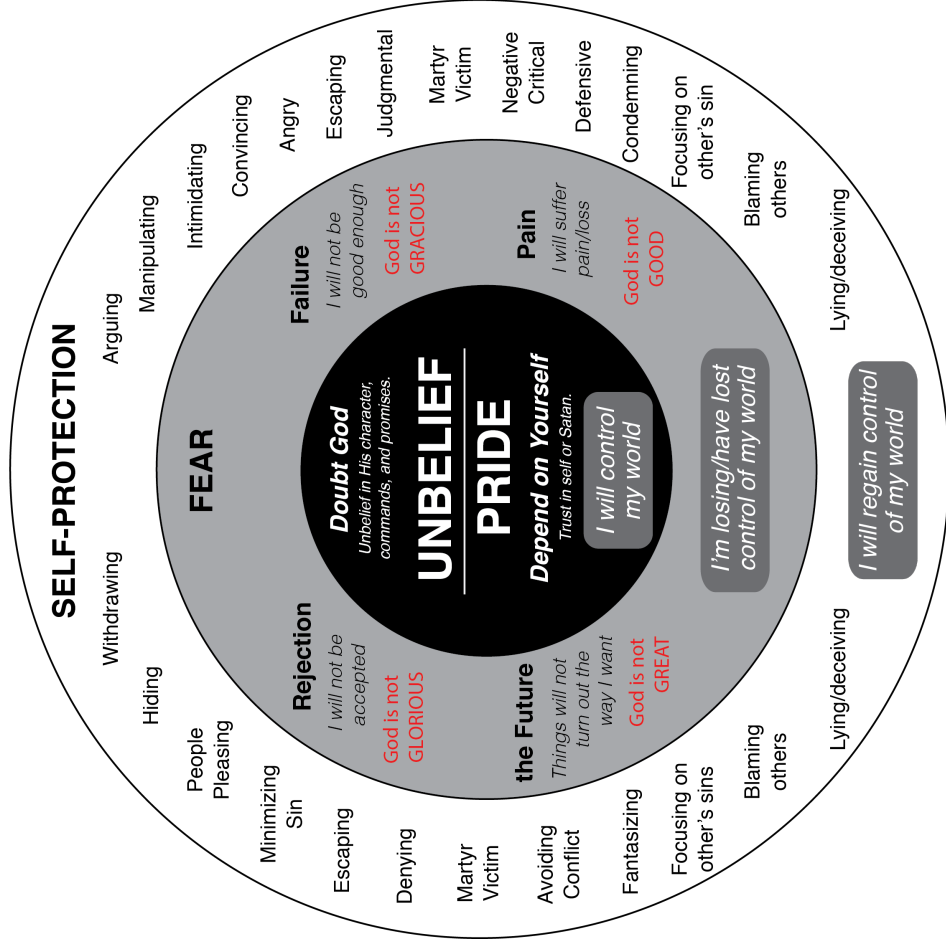
Live for God's Kingdom

Results: hope in God, rest

- Focused on God/others
- Set free from self
- Peace and joy in the pain
- Maturity
- Christ-like attitudes
- Fruit of the Spirit; love
- God-honoring relationships

God's Kingdom grows

ROOT CAUSE OF ALL SIN

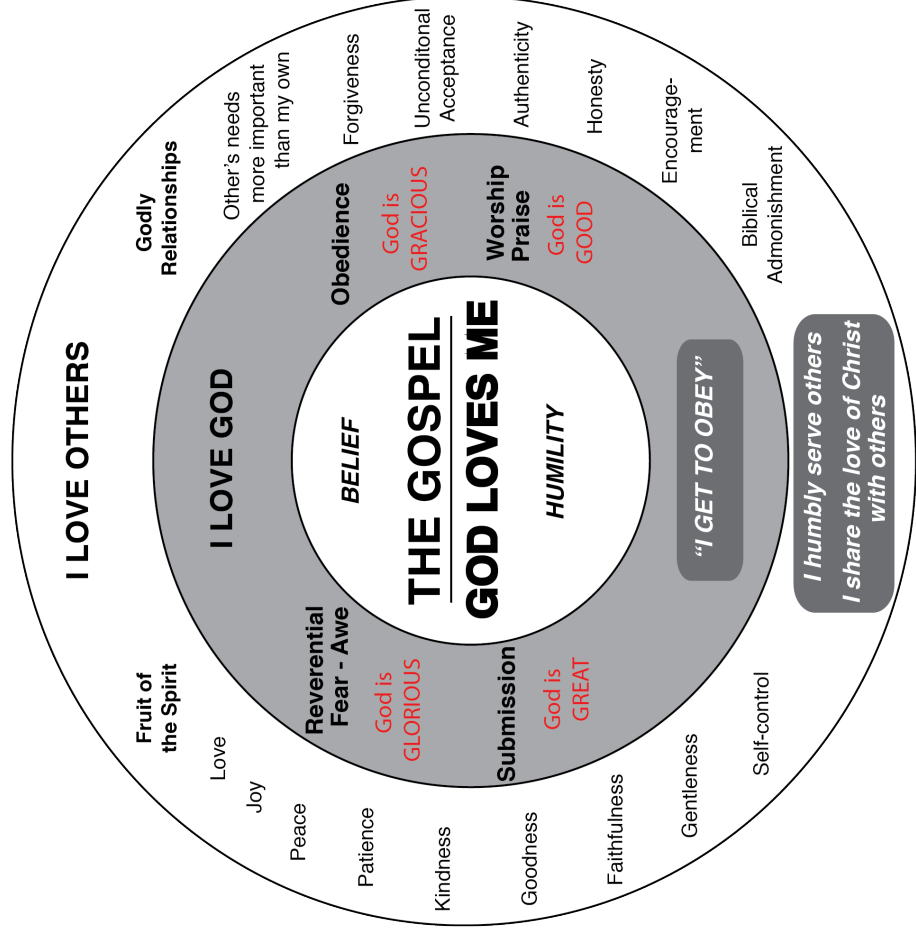


Book 1: Understanding the Call to Obedience A-6

Book 2: Understanding Pride and Rebellion A-7 Book

2: The Controllers Intro-4

LOVE-MOTIVATED OBEDIENCE



Book 1: Understanding God's Call to Obedience A-15

RENEWING YOUR MIND

 **CATCH** your thought or attitude as sinful. (2 Cor. 10:5)

 **CONFESS** your sinful thought or attitude to God. (1 John 1:9)

 **CLAIM** the Holy Spirit's power to overcome the sinful thought or attitude. (Phil. 4:13)

 **FORCE** your mind to change from the sinful thoughts or attitudes to godly ones. (Phil. 4:8-9)

 **REPEAT** this outline when sinful thoughts or attitudes occur again. (Gal. 6:9)

*"Do not conform any longer to the pattern of this world,
but be transformed by the renewing of your mind.
Then you will be able to test and approve what God's will is—
his good, pleasing and perfect will."
—Romans 12:2*

As you continue to progress through the CTO Studies and are renewing your mind on a regular basis, it may be helpful to think more deeply about the heart issues behind your sinful attitudes and actions. These become new things to *catch* and *confess*.

Here are some questions to help you discover the "why" behind the "what":

- What sinful thoughts or attitudes are reoccurring?
- What am I fearing right now or what do I frequently fear?
- What *perceived rights* or *perceived needs* am I demanding?
- What are my sinful responses when my demands are not being met?
- What prompts me to respond with anxiety or anger?
- Where am I responding in unbelief and why?
- In what specific areas am I not trusting in God's sovereignty?
- Where am I not trusting God for my past, present or future?
- Which of the 4 Gs am I not believing? (God is Glorious, Great, Good, Gracious)
- What idols do I need to acknowledge, confess and flee?

Book 1: Renewing Your Mind C-4

GET-A-GRIP 1-2-3-4-5 MEMORY OUTLINE

1.  **Grab** hold of the truth that God has ordained this situation. (Eph. 1:11)

2.  **Thank God** for this difficulty. (1 Thess. 5:18; Eph. 5:20)

3.  **Forgive** the offender, not verbally but in prayer. (Mark 11:25)

4.  ***Ask:** "How can I obey God in this situation?" (John 14:15)

5.  **Ask:** "What is God trying to teach me?"

*"No temptation has seized you except what is common to man. And God is faithful;
he will not let you be tempted beyond what you can bear.*

But when you are tempted, he will also provide a way out so that you can stand up under it.
—1 Cor. 10:13

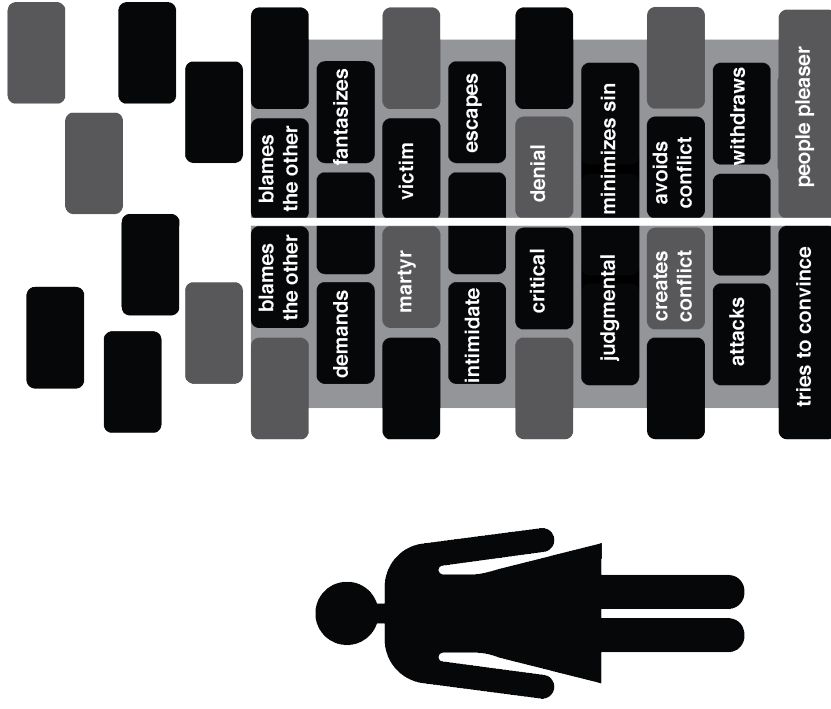
 ***Here** are some questions that may help you determine how you can obey God when you are in the middle of a difficult situation or relationship:

- Do I need to deal with my own sinful responses by renewing my mind?
- What are some ways I can demonstrate a heart of compassion, kindness, humility, meekness and patience? (Col. 3:12)
- Are there areas in which I need to forbear?
- Are there things for which I need to seek forgiveness?
- Are there relationships in which I need to speak graciously, admonish lovingly or remain silent?

Book 1: Forgiving Others B-7

Book 2: Dealing With Anger G-11

BUILDING THE WALL RELATIONSHIP

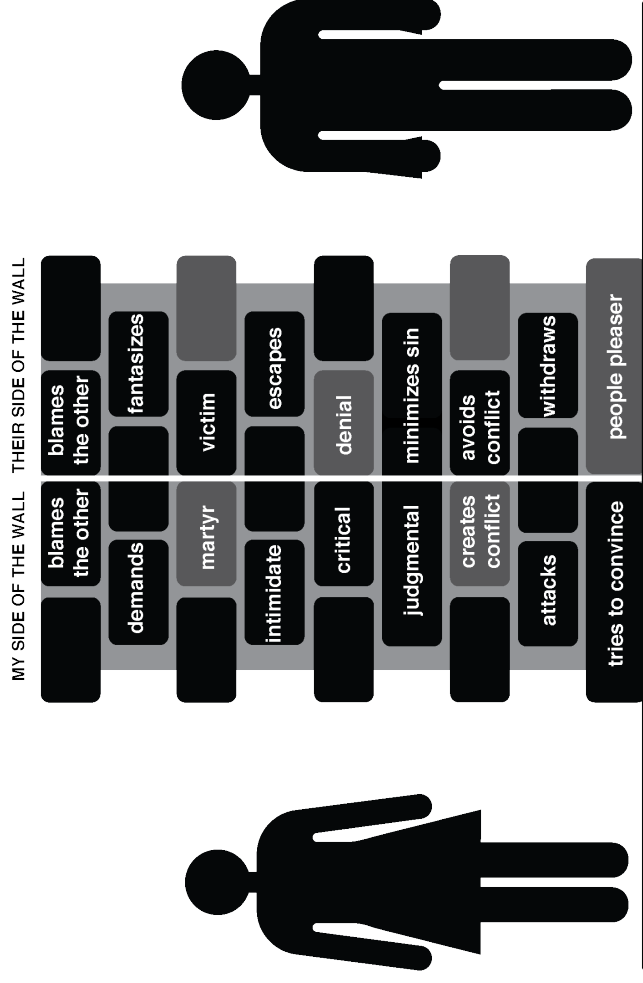


A DOUBLE-SIDED WALL IS BUILT ONE BRICK AT A TIME

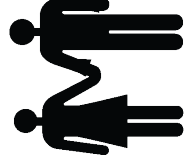
- Everyday I sin against another person, I put a brick up on my side of the wall.
- Everyday someone sins against me, **he** puts a brick up on his side of the wall.
- Over time this double-side wall becomes too high, too wide and too thick to penetrate.
- I no longer know who is on the other side of the wall and I really don't care.

Over time bitterness and resentment create one solid wall

BREAKING DOWN THE WALL RELATIONSHIP



THE DOUBLE-SIDED WALL IS TAKEN DOWN ONE BRICK AT A TIME



- Step One:** Identify the individual bricks **the offender** has placed on their side of the wall. Remove them by *forgiving* each offense. (Forgiveness List)
- Step Two:** Identify the individual bricks **you** have placed on your side of the wall. Confess each offense to God. (Confession List)

Step Three: Seek forgiveness from the **other person** for the individual bricks **you** have placed on your side of the wall. (Reconciliation List)

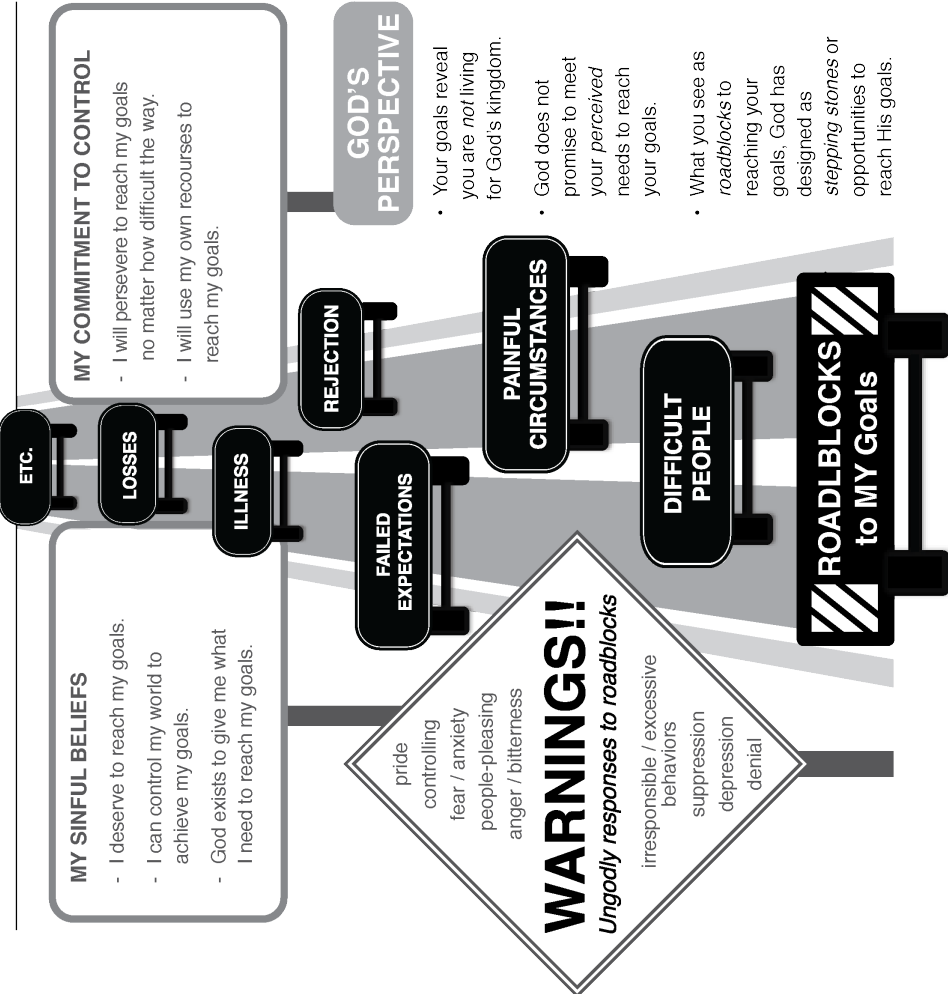
*When you have **sought forgiveness** from the offender, you have done your part. When the offender responds with forgiveness, **reconciliation** takes place. The relationship may be **restored** over time through the rebuilding of trust.*

UNBIBLICAL GOALS

LIVING FOR MY KINGDOM

MY GOALS

- To have an ideal life
 - To live a happy life, filled with pleasure
 - To live a pain-free life, free from suffering
 - To have a secure & stress-free life
- To have life under my control and on my terms
 - To have God, people, and circumstances cooperate to meet my goals



Book 2: Pursuing Biblical Goals D-7

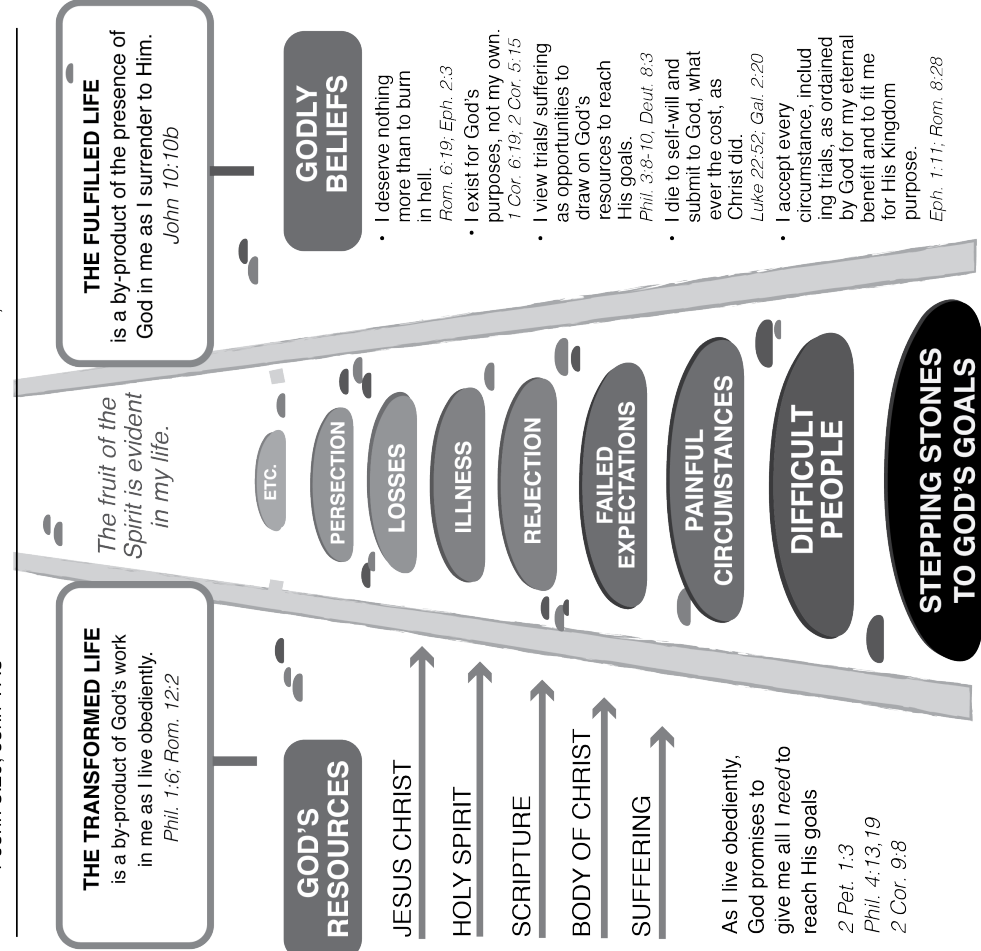
Book 2: The Self-Life 8-9

BIBLICAL GOALS

LIVING FOR GOD'S KINGDOM

GOD'S GOALS

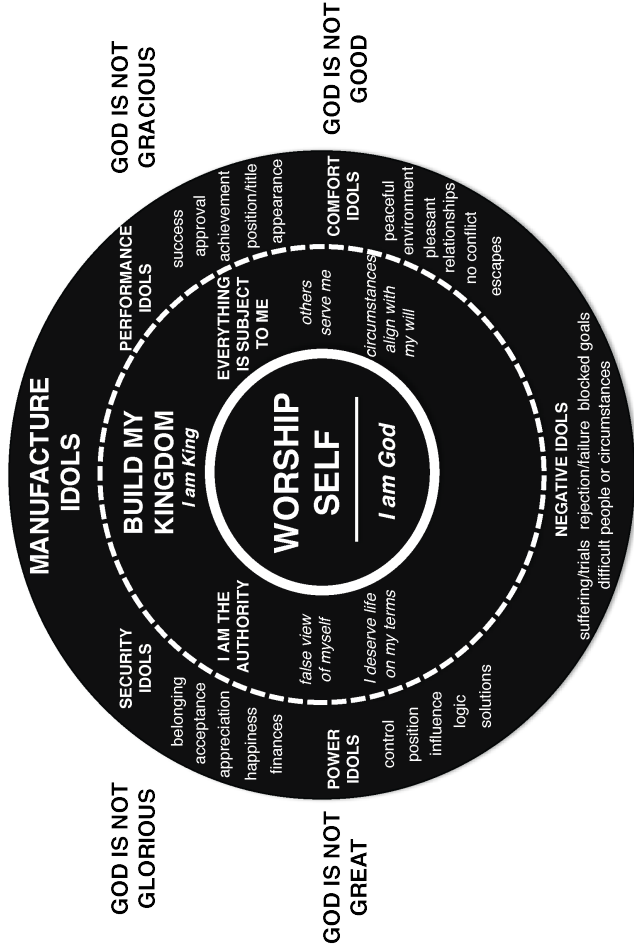
- **To glorify Him**
1 Pet. 4:11; Is. 43:7; 1 Cor. 10:31
- **To grow in godliness**
Eph. 5:1; 1 Tim. 4:7
- **To serve an eternal purpose**
1 Pet. 2:9; John 15:16



Book 2: Pursuing Biblical Goals D-8

Book 2: The Surrendered-Life 9-16

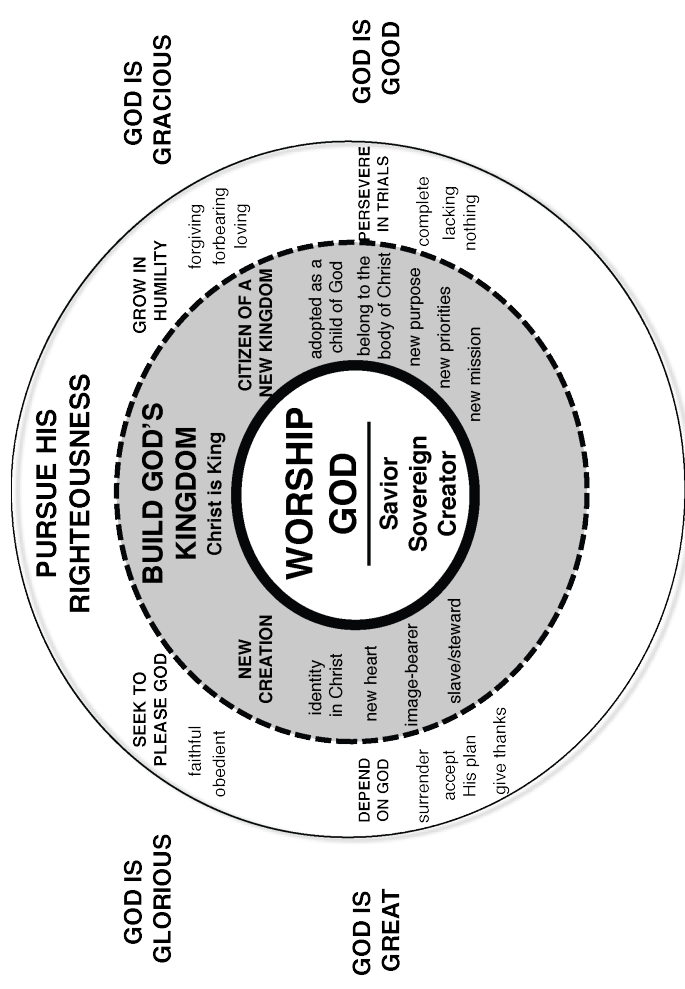
PURSUE IDOLS IN MY KINGDOM



- I am created as a worshipper. As a result of the Fall, I was born worshipping myself.
- Because of my **pride**, I attempt to build my kingdom and establish my identity as king. I believe everyone and everything, including God, is subject to me, my desires and demands.
- Because of my **unbelief** in the character of God, I turn to idols that feed my identity as king. I cling to these idols, expecting they will satisfy and fulfill me.

I believe God joins MY kingdom to ensure my goals are met.

PURSUE HIS RIGHTEOUSNESS IN GOD'S KINGDOM

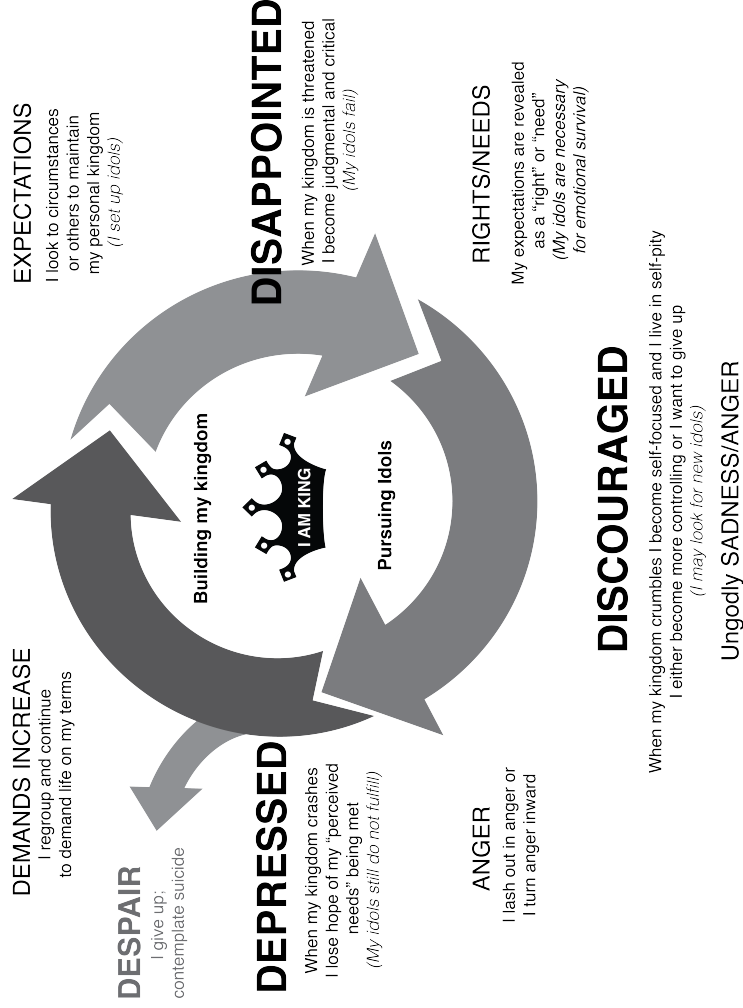


- As a believer, I worship God as my Creator and Sovereign Savior.
- I am a new creation living for a new King and a new Kingdom.
- I belong to Him and I am a part of His Body the church.
- I seek to please my new King and live in dependence upon Him.

God places me in HIS Kingdom to serve His purpose and to put Him on display through my changed life.

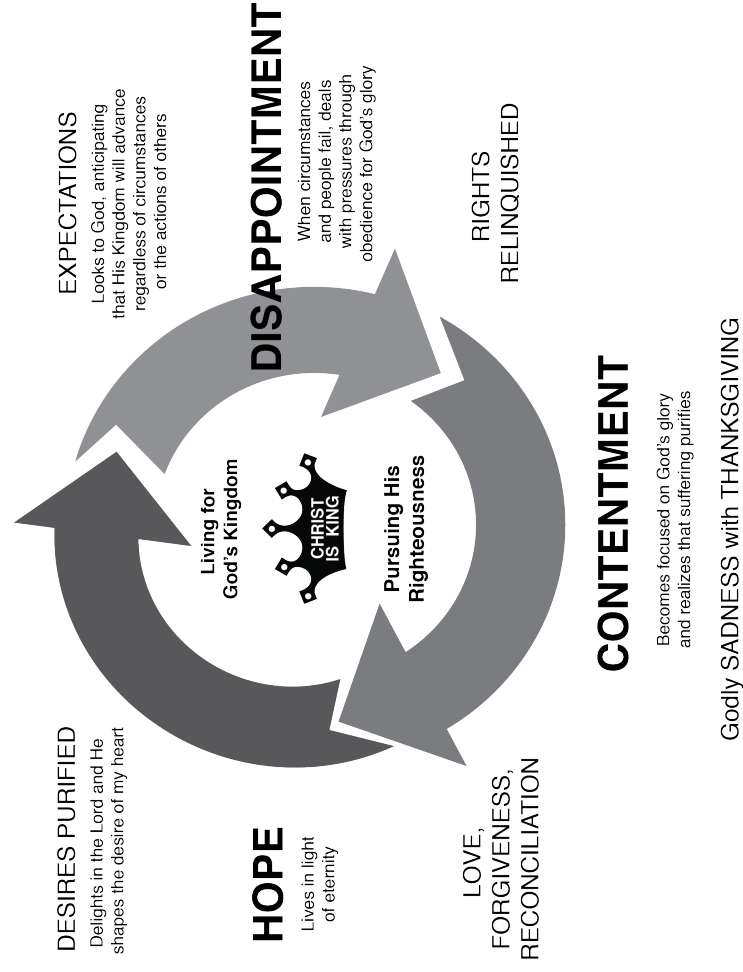
CYCLE OF SELF-WORSHIP

I DESIRE
+ I DESERVE
= I DEMAND



CYCLE OF GOD-WORSHIP

I DESIRE



PATH OF DEMANDINGNESS

I DESIRE
+ I DESERVE
= I DEMAND

DEMANDS INCREASE
I regroup and continue to demand that God meets my expectations.

EXPECTATIONS
I expect that God will control the people and circumstances in my life to meet my demands.
(Often these people and circumstances become idols in my life.)

DESPAIR
I give up, walk away from God or even contemplate suicide.

DEPRESSED
When my kingdom crashes I lose hope of God ever meeting my "perceived needs".
(My idols still do not fulfill.)

ANGER
I am angry at God and may vent it on others or I turn anger inward.

DISCOURAGED

When my kingdom crumbles I become self-focused and live in self-pity. I blame God because He did not meet my demands.
(I may look for new idols.)

Ungodly SADNESS/ANGER

When I am angry with God's plan for my life, I am really angry at the Planner!

Book 3: When Rights Are Wrong Intro-3

Book 3: Walking With God On His Terms D-14

PATH OF SURRENDER

I DESIRE

DESIRES PURIFIED
I delight in the Lord and He shapes the desires of my heart as I pursue His Kingdom and His Glory.

RENEW MY MIND
I view my expectations from God's perspective, submitting to His plan, purpose and control.

Living for God's Kingdom

HOPE

I live in light of eternity.

DISAPPOINTMENT

When circumstances and people fail, I deal with pressures through obedience for God's glory.

DISAPPOINTED

I am disappointed when God does not meet my expectations. I become judgmental and critical of him for failing me.
(My idols fail.)

ANGER

I am angry at God and may vent it on others or I turn anger inward.

RIGHTS/NEEDS

My expectations are revealed as a "right" or "need".
(God must ensure that my idols work!)

RECONCILE RELATIONSHIPS

I practice loving others by forgiving, confessing, reconciling and restoring the relationships in my life wherever possible.

CONTENTMENT

I become focused on God's glory and realize that suffering purifies.

RELINQUISH RIGHTS

I surrender my perceived needs to God realizing He is faithful to provide all I need for life and godliness.

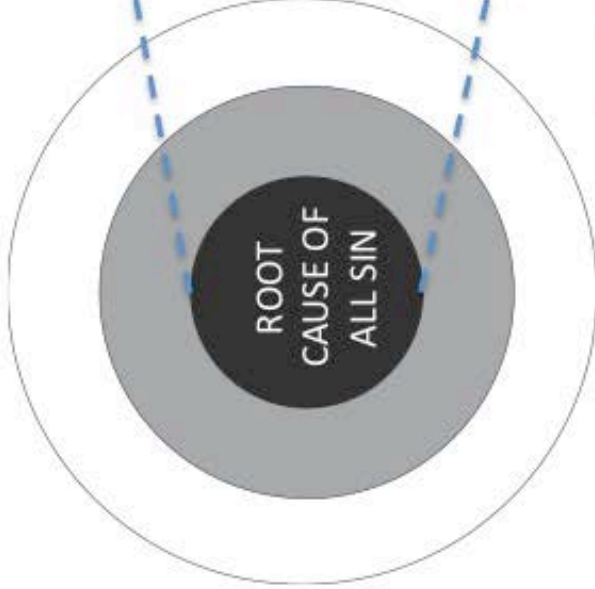
Godly SADNESS with THANKSGIVING

Book 3: When Rights Are Wrong Intro-6

Book 3: Walking With God On His Terms D-17

PART 1

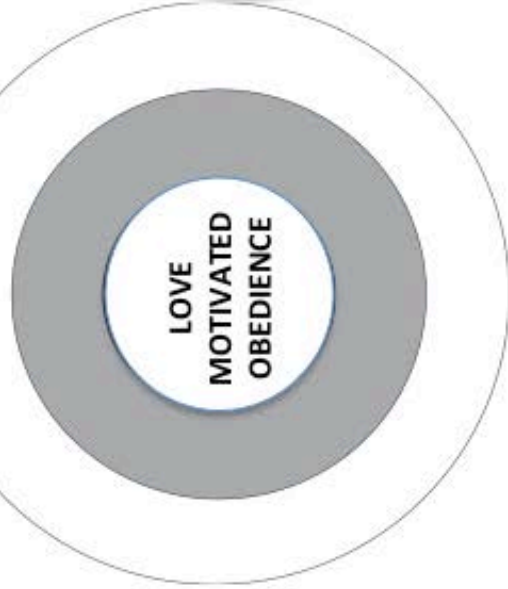
Understanding the Call to Obedience (1)
Understanding Pride and Rebellion (2)
Intro to Controllers (2)



Connecting behavior to Fear and Unbelief/Pride

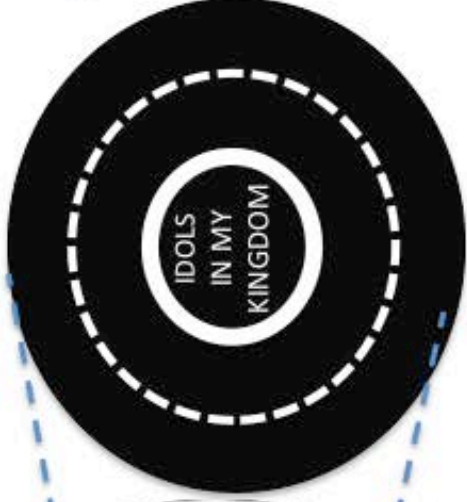


Connecting Unbelief/Pride to Idols and building MY Kingdom

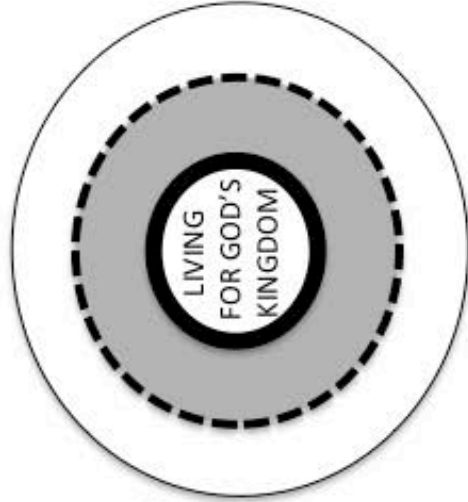


PART 2

Understanding Idols (2)

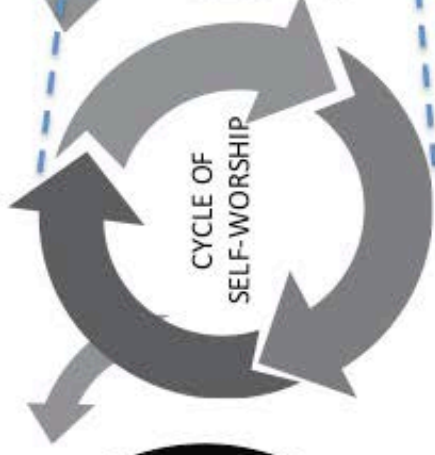


Experiencing the results of my demands and perceived needs
Ideal Relationships and Circumstances



PART 3

Intro to INTRO TO BOOK 3(3)



Connecting Unbelief/Pride to the demands I make on God
"The Ideal God"



Walking With God On His Terms (3)





GOD'S CALL
TO OBEDIENCE

TAB 4

ASSIGNMENTS/NOTES

ASSIGNMENT
CHECKLIST



SESSION
OVERVIEW



HOMEWORK
ASSIGNMENT
SHEET



HOMEWORK
ASSIGNMENT
SHEET- BLANK





Assignment Checklist
For the CTO Discipleship Series

The DS3: THREE-PART SERIES

Name _____

Date _____

| Part 1: The Gospel and Our Relationship With Others | | Date Assigned | Date Completed | Who's In Charge | | Date Assigned | Date Completed |
|--|---------------------------------------|---------------|----------------|------------------------|--|---------------|----------------|
| | <i>Intro: The Story of the Gospel</i> | | | | <i>Intro: A Right View of God</i> | | |
| A. | Understanding the Call to Obedience | | | 1. | Attributes of God | | |
| B. | Forgiving Others | | | 2. | God's Sovereignty In Salvation | | |
| C. | Renewing Your Mind | | | 3. | God's Purpose for Suffering | | |
| D. | Confessing Sin | | | 4. | God's Sovereignty in Adversity | | |
| E. | Reconciling Relationships | | | 5. | God's Ultimate Control | | |
| F. | Admonishing Others | | | 6. | God's Sovereignty/Man's Responsibility | | |
| G. | Commutating Biblically | | | 7. | Man's Mind vs. God's Mind | | |
| H. | Expressing Biblical Love | | | | | | |

| Part 2: The Gospel and Our Relationship to the Fall | | Date Assigned | Date Completed | The Controllers | | Date Assigned | Date Completed |
|--|--|---------------|----------------|------------------------|-------------------------------------|---------------|----------------|
| | <i>Intro: The Implications of the Gospel</i> | | | | <i>Intro to the Controllers</i> | | |
| A. | Understanding Pride and Rebellion | | | 1. | Understanding Controllers | | |
| B. | Releasing Fears | | | 2. | The Controller of People | | |
| C. | Standing Firm Against Satan | | | 3. | Patterns in Decision Making: People | | |
| D. | Pursuing Biblical Goals | | | 4. | The Controller of Circumstances | | |
| E. | Making Biblical Decisions | | | 5. | Patterns in Decision Making: | | |
| F. | Facing Emotional Pain | | | 6. | Patterns in Marriage Relationship | | |
| G. | Dealing With Anger | | | 7. | The Perfectionist | | |
| H. | Understanding Idolatry | | | 8. | The Self-Life | | |
| | | | | 8. | The Surrendered Life | | |
| | | | | 10. | God's Resources for the Controllers | | |

| Part 3: The Gospel and Our Relationship With God | | Date Assigned | Date Completed | When Rights Are Wrong | | Date Assigned | Date Completed |
|---|--|---------------|----------------|------------------------------|---------------------------------------|---------------|----------------|
| | <i>Intro: The God of the Gospel</i> | | | | <i>Intro: The Surrendered Life</i> | | |
| A. | Understanding God's Grace and Love | | | 1. | God's Judgment Deserved | | |
| B. | Walking in the Spirit With His Power | | | 2. | Christ the Master | | |
| C. | Establishing Confidence in God's Word | | | 3. | Christ's Example of Renouncing Rights | | |
| D. | Walking With God on His Terms | | | 4. | Christ's Ultimate Sacrifice | | |
| E. | Letting Christ Satisfy and Fulfill You | | | 5. | Detecting Unyielded Personal rights | | |
| F. | Developing God-Esteem vs. Self-Esteem | | | 6. | Yielding My Perceived Rights to God | | |
| G. | Practicing Thanksgiving | | | 7. | My Will – God's Will | | |
| H. | Pursuing Costly Obedience | | | 8. | The Victorious Outcome | | |

| Lists | Forgiveness | Confession | Reconciliation |
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GOD'S CALL
TO OBEDIENCE

TAB 5

MISC.