









THE INITIAL SESSIONS





SESSION ONE: When Meeting with a COUPLE/TWO PEOPLE

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>
Main CTO Study:	<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>Classic Manual</u> <i>A: God's Plan of Salvation</i></p>
Additional Study:	<p><u>Who's In Charge:</u> <i>Introduction</i> <i>#1: Attributes of God</i></p>	
Memorize:	Rom. 15:13 or other verse related to Hope	<p>Key Verses: <i>Verses on Hope</i></p>
Meditate:	Matt. 7:1-5	





SESSION TWO: 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... 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>Checklists: <i>Expanding a Confession List</i></p>  <p>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, 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 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><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 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><i>Renewing Your Mind</i></p> 
HOMEWORK for next session	<p>LIST: BRING BACK CONFESSION LIST #1 FOR NEXT SESSION (ways <u>YOU</u> have sinned against and/or hurt <u>Person #1</u>)</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><i>Who’s In Charge:</i></u> <u>#2: <i>God’s Sovereignty in Salvation</i></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

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 CONFESSION LIST 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 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: 	
PRAY TO CONFESS	<p>HAVE DISCIPLE PRAY THROUGH THEIR CONFESSION LIST</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 CONFESSION LIST</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><i>Who’s In Charge:</i> <u>#5: God’s Ultimate Control</u></p> <p>----- Grab Hold: 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> 
Main CTO Study:	<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>	
Additional Study:	<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>	
Memorize: Practice:	<p><u>Thank:</u> Eph. 5:20 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><i>CTO Ministries.org/Tools/Resources</i></p>  <p><i>Helping a Disciple... Gathering Data</i></p>  <p><i>Helping a Disciple... Confess Sin</i></p>  <p><i>CTO Part Three: When Rights are Wrong - #5 and #6</i></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><i>CTO Part One: 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>