












GOD'S CALL  
TO OBEDIENCE

## THE INITIAL SESSIONS:





### Session ONE: When Meeting With An INDIVIDUAL

<p><b>INTRODUCTIONS</b></p>	<p><b>GET TO KNOW EACH OTHER; SET TONE OF VULNERABILITY</b></p> <ul style="list-style-type: none"> <li>• Share a brief personal testimony focusing on how God's Word and the Spirit's power have changed you.</li> <li>• Encourage disciple to share their life story. Listen for key or challenging events/relationship past or present trials for future lists.</li> </ul>	<p>CTOministries.org/Tools</p> 
<p><b>GATHER DATA</b></p>	<p><b>GATHER IMPORTANT DETAILS FROM THEIR LIFE STORY</b></p> <ul style="list-style-type: none"> <li>• Ask <i>Initial Questions</i> from <i>Gathering Data</i>.</li> <li>• Evaluate their relationship with God.</li> <li>• Identify key person(s) to forgive.</li> </ul>	<p><i>Helping a Disciple... Gathering Data</i></p> 
<p><b>GIVE HOPE</b></p>	<p><b>GIVE HOPE IN GOD'S POWER TO BRING CHANGE</b></p> <ul style="list-style-type: none"> <li>• Affirm your confidence in God, His Word and power to change disciple.</li> <li>• Affirm that God has provided solutions for sin.</li> <li>• Affirm that God is sovereign.</li> <li>• Remember to be a godly role-model.</li> <li>• Discuss <i>4 Approaches to a Problem/Facing Emotional Pain</i> diagrams. Ask which approach best typifies them? Give hope.</li> </ul>	<p><i>Helping a Disciple... Giving Hope</i></p> 
<p><b>SET DIRECTION</b></p>	<p><b>DISCUSS FOCUS AND APPROACH TO ASSIGNMENTS</b></p> <ul style="list-style-type: none"> <li>• Discuss the priority of homework, accountability and have consistent devotional time. May recommend using CTO studies as devotional materials.</li> <li>• Direct disciple to <b>read all Scripture verses</b> that are in parentheses in the studies; discuss that the Scripture is a primary source for change (Heb. 4:12).</li> <li>• Direct disciple to highlight impactful statements; to mark areas of question or disagreement with a "?"</li> <li>• Instruct that priority should be given to the practical assignments and "lists" since they will be the focus in following sessions.</li> </ul>	<p><i>Helping a Disciple... Assigning Homework</i></p> 
<p><b>HOMework</b> for next session</p>	<p><b>LIST: FORGIVENESS LIST ON PERSON #1</b> (ways <b>Person #1</b> [usually spouse] has sinned against and/or hurt you)</p> <ul style="list-style-type: none"> <li>• Prepare a written list from personal experiences/memories <b>first</b>.</li> <li>• Then use <i>Forgiveness Checklist</i> as a memory jogger to add to the list.</li> </ul>	<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

<b>REVIEW HOMEWORK</b>	<p><b>SPEND ONLY 5 TO 10 MINUTES IN REVIEW OF STUDIES.</b></p> <ul style="list-style-type: none"> <li>• “What did God teach you this week?”</li> <li>• “What impacted you from <i>Who’s in Charge?</i>”</li> <li>• “What principle/Scripture impressed you from the CTO study?”</li> <li>• “Recite memory verse on hope.”</li> </ul>	<p><i>Helping a Disciple... Forgive</i></p> 
<b>EXPAND FORGIVENESS LIST #1</b>	<p><b>GO THROUGH <i>FORGIVENESS LIST</i> TOGETHER</b></p> <ul style="list-style-type: none"> <li>• Have disciple read their <i>Forgiveness List</i>.</li> <li>• Expand list by asking questions and writing down additions for their list.</li> <li>• Remember to be thorough and specific using biblical terminology rather than euphemisms. (i.e. adultery vs. affair)</li> </ul> <p><b>NOTE:</b> 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 disciple)</p> 
<b>TEACH KEY PRINCIPLES ON FORGIVENESS</b>	<p><b>TEACH SECTIONS I-IV OF <i>FORGIVING OTHERS, CTO</i>.</b></p> <ul style="list-style-type: none"> <li>• Have disciple participate by reading out loud key biblical references.</li> <li>• Discuss application by asking key questions.</li> <li>• Explain briefly the importance of forgiving one another in God’s plan for reconciliation. (See <i>Reconciling Relationships, CTO</i>)</li> <li>• Discuss impact of not forgiving from <i>Positional and Fellowship Relationship</i> diagram.</li> </ul>	<p><b>Key Questions:</b> 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>
<b>PRAY TO FORGIVE</b>	<p><b>HAVE DISCIPLE PRAY OUT LOUD THROUGH <i>FORGIVENESS LIST</i></b></p> <ul style="list-style-type: none"> <li>• Pray though each item, “I forgive (Person #1) for _____.”</li> <li>• You may encounter resistance but don’t back down.</li> <li>• Have disciple tear up their forgiveness list when finished.</li> </ul>	<p>“Will you forgive me for...”</p>
<b>EXPLAIN <i>RENEWING YOUR MIND</i></b>	<p><b>DISCUSS THE IMPORTANCE OF ACTING ON THE COMMITMENT TO FORGIVE</b></p> <ul style="list-style-type: none"> <li>• Review the <i>3-Fold Commitment</i> they have made and the importance of acting on their commitment to forgive.</li> <li>• Explain the <i>Renewing Your Mind Outline</i> (Rom. 12:2). Use when tempted to dwell on sins after forgiving, worrying, etc.</li> </ul>	<p><i>Renewing Your Mind</i></p> 
<b>HOMEWORK</b> for next session	<p><b>LIST: CONFESSION LIST #1</b> (ways <b>YOU</b> have sinned against and/or hurt <b>Person #1</b> )</p> <ul style="list-style-type: none"> <li>• Prepare a written list from personal experiences/memories <b>first</b></li> <li>• Then use <i>Confession Checklist</i> as a memory jogger to add to the list</li> </ul>	<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><b>Part 1:</b> <i>B: Forgiving Others</i> (finish) <i>C: Renewing Your Mind</i></p> <p><b><i>Who’s In Charge:</i></b> <b>#2: God’s Sovereignty in Salvation</b></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

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

## Session FOUR: When Meeting With An INDIVIDUAL

<b>REVIEW HOMEWORK</b>	<p><b>SPEND ONLY 5 TO 10 MINUTES IN REVIEW OF STUDIES.</b></p> <ul style="list-style-type: none"> <li>• “What did God teach you this week?”</li> <li>• “What do the <i>Who’s in Charge</i> studies impact your views of God and suffering?”</li> <li>• “What principle/Scripture impressed you from the CTO study?”</li> <li>• “Give examples of opportunities you had to renew your mind, forgive someone or apply the <i>3-Fold Commitment</i> this week.”</li> <li>• “Recite any memory verses, the <i>1-2-3-4-5 Memory Outline</i> and the <i>Renewing Your Mind Outline</i>.”</li> </ul>	<p><i>Helping a Disciple... Reconcile</i></p> 
<b>PREPARE TO RECONCILE WITH PERSON #1</b>	<p><b>PREPARE RECONCILIATION LIST FROM CONFESSION LIST</b></p> <ul style="list-style-type: none"> <li>• Condense key items from their <i>Confession List</i> to create their <i>Reconciliation List</i>. <ul style="list-style-type: none"> <li>- If spouse, most items will carry over to <i>Reconciliation List</i>.</li> <li>- For the rest, combine, categorize and synthesize items to shorten list.</li> </ul> </li> <li>• Have disciple tear up <i>Confession List</i> when done.</li> <li>• Remind disciple that God does not keep a record of sin.</li> <li>• Review principles from <i>Reconciling Relationships</i>, CTO.</li> <li>• Address specific fears and claim God’s promises.</li> <li>• Role play possible scenarios they may encounter.</li> </ul>	<p>To address fears see: <u>CTO Part Two:</u> B. <i>Releasing Fears, Steps to Releasing Fears to God</i>”</p>
<b>HOMework</b> for next session	<p><b>LIST: FORGIVENESS LIST ON PERSON #2</b> (ways <b>Person #2</b> has sinned against and/or hurt you)</p> <ul style="list-style-type: none"> <li>• Prepare a written list from personal experiences/memories <b>first</b>.</li> <li>• Then use <i>Forgiveness Checklist</i> as a memory jogger to add to the list.</li> </ul>	<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><b>Part 1:</b> E: <i>Reconciling Relationships</i> (review before seeking forgiveness) F: <i>Admonishing Others</i></p> <p><u><i>Who’s In Charge:</i></u> <b>#4: <i>God’s Sovereignty in Adversity</i></b></p> <hr style="border-top: 1px dashed black;"/> <p><b>Meet with Person #1 to reconcile</b> 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><u>Grab Hold:</u> 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

<b>REVIEW HOMEWORK</b>	<p><b>SPEND ONLY 5 TO 10 MINUTES IN REVIEW OF STUDIES.</b></p> <ul style="list-style-type: none"> <li>• “What did God teach you this week?”</li> <li>• “How are you applying the truths taught in <i>Who’s in Charge?</i>”</li> <li>• “What principle/Scripture impressed you from the CTO study?”</li> <li>• Ask about the outcome of their reconciliation meeting with person #1.</li> <li>• Have disciple recite memory verses.</li> </ul>	<p>Helping a Disciple... <i>Forgive</i></p> 
<b>EXPAND FORGIVENESS LIST #2</b>	<p><b>GO THROUGH FORGIVENESS LIST TOGETHER</b></p> <ul style="list-style-type: none"> <li>• Have disciple read their <i>Forgiveness</i> List for person #2.</li> <li>• Expand list: Ask questions and write down additions for their list.</li> <li>• Reminder: Be thorough and specific, using biblical terminology rather than euphemisms. (i.e. adultery vs. affair)</li> </ul>	<p>Checklists/<i>Expanding a Forgiveness List</i></p> 
<b>REVIEW PRINCIPLES ON FORGIVENESS</b>	<p><b>REVIEW SECTIONS I-IV OF FORGIVING OTHERS, CTO.</b></p> <ul style="list-style-type: none"> <li>• Have disciple read out loud key biblical references. (Mark 11:25; Eph. 4:30-32; Col. 3:12-14)</li> <li>• Discuss application by asking key questions.</li> <li>• Review <i>3-Fold Commitment</i></li> </ul>	<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>
<b>PRAY TO FORGIVE</b>	<p><b>HAVE DISCIPLE PRAY OUT LOUD THROUGH FORGIVENESS LIST</b></p> <ul style="list-style-type: none"> <li>• Remind disciple how God has honored their obedience so far.</li> <li>• Have disciple pray out loud through their forgiveness list.</li> <li>• Have disciple tear up list when finished.</li> </ul>	
<b>HOMEWORK</b> for next session	<p><b>LISTS: CONFESSION LIST #2</b> (ways <u>YOU</u> have sinned against and/or hurt <u>Person #2</u> )</p> <ul style="list-style-type: none"> <li>• Prepare a written list from personal experiences/memories <b>first</b></li> <li>• Then use <i>Confession Checklist</i> as a memory jogger to add to the list</li> </ul>	<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>----- <u>Thank:</u> Eph. 5:20 Renewing your mind, and forgiving others. Be prepared to share examples of each.</p>	




## Session SIX: When Meeting With An INDIVIDUAL



<b>REVIEW HOMEWORK</b>	<p><b>SPEND ONLY 5 TO 10 MINUTES IN REVIEW OF STUDIES.</b></p> <ul style="list-style-type: none"> <li>• “What did God teach you this week?”</li> <li>• “How are you applying the concepts from <i>Who’s in Charge</i> in regard to the trials you are facing?”</li> <li>• “What principle/scripture impressed you from the CTO study?”</li> <li>• “Recite memory verses and outlines.”</li> </ul>	<p><i>Helping a Disciple... Confess</i></p> 
<b>EXPAND CONFESSION LIST #2</b>	<p><b>GO THROUGH CONFESSION LIST TOGETHER ON PERSON #2</b></p> <ul style="list-style-type: none"> <li>• Have disciple read their <i>Confession List</i>.</li> <li>• Expand list: Ask questions and write down additions for their list.</li> <li>• Also utilize the “Root Cause of Sin” diagram and the “Pride and Rebellion Checklist” in <i>Understanding Pride and Rebellion, CTO</i>.</li> <li>• Reminder: Be thorough and specific using biblical terminology rather than euphemisms.</li> </ul>	<p>Checklists: <i>Expanding a Confession List</i></p> 
<b>PRAY TO CONFESS</b>	<p><b>HAVE DISCIPLE PRAY THROUGH THEIR CONFESSION LIST</b></p> <ul style="list-style-type: none"> <li>• Have disciple select a few verses to read out loud from “Before confessing yours sins”.</li> <li>• Have disciple pray through their list out loud in front of you.</li> <li>• Read verses from “After confessing your sins.”</li> <li>• Review <i>The Focus Factor</i> diagram.</li> </ul>	
<b>PREPARE TO RECONCILE</b>	<ul style="list-style-type: none"> <li>• If time, use <i>Confession List</i> to prepare their <i>Reconciliation List</i>.</li> <li>• Have disciple tear up <i>Confession List</i>.</li> </ul>	
<b>HOMEWORK</b> for next session	<p><b>LIST: FORGIVENESS LIST ON PERSON #3</b> (ways <b>Person #3</b> has sinned against and/or hurt you)</p> <ul style="list-style-type: none"> <li>• Prepare a written list from personal experiences/memories <b>first</b>.</li> <li>• Then use <i>Forgiveness Checklist</i> as a memory jogger to add to the list.</li> </ul>	<p>Checklists: <i>Forgiveness Checklist (for disciple)</i></p> 
<p>Main CTO Study:</p> <p>Additional Study:</p> <p>Memorize:</p> <p>Practice:</p> <p>Application:</p>	<p><b>DS3 - Part 1:</b> <i>H: Expressing Biblical Love</i></p> <p style="text-align: right;"><b>Classic Manual</b> <i>H: Understanding God’s Grace and Love</i></p> <p><b><i>Who’s In Charge:</i></b> #6: <i>God’s Sovereignty and Man’s Responsibility</i> #7: <i>Man’s Mind vs. God’s Mind</i></p> <hr style="border-top: 1px dashed black;"/> <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 <b>Person #2</b> to seek forgiveness and reconcile. Use reconciliation list as a guide for asking forgiveness for ways you have sinned against <b>Person #2</b>.</p>	





## DIRECTION FOR FUTURE SESSIONS

<p><b>FOCUS OF SESSIONS</b></p>	<p><b>AS YOUR DISCIPLE PROCEEDS THROUGH THE CTO LESSONS, THE FOCUS OF YOUR SESSION TIME SHOULD BE DEVOTED TO:</b></p> <ul style="list-style-type: none"> <li>• gathering data.</li> <li>• expanding lists.</li> <li>• praying to forgive others and to confess sin.</li> <li>• preparing reconciliation lists.</li> <li>• releasing fears.</li> <li>• preparing for admonishments.</li> <li>• discussing sinful control strategies and how to forsake them.</li> <li>• confessing specific categories of sin, if appropriate to his situation. For example: sexual sins, rebellion against authority, his mind opposing God's mind, etc..</li> <li>• relinquishing rights in prayer from Studies 5 &amp; 6 of <i>When Rights are Wrong</i>.</li> <li>• 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.</li> <li>• <b>holding the disciple responsible for daily application of God's truths in life's difficult circumstances.</b></li> </ul>	<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><b>SPECIFICS TO PRACTICE</b></p>	<p><b>ASSIGN FREQUENT REMINDERS TO:</b></p> <ul style="list-style-type: none"> <li>• renew his mind.</li> <li>• use the <i>1-2-3-4-5 (Get a Grip) Outline</i>.</li> <li>• thank God in all circumstances.</li> <li>• remember God's sovereign control and apply that knowledge in trial.</li> <li>• use specific Bible verses to renew his mind in trial and temptation.</li> </ul>	
<p><b>PREPARE TO ADMONISH</b></p>	<p><b>GIVE FREQUENT REMINDERS TO BIBLICALLY ADMONISH A SPOUSE, CHILD OR OTHERS, IF APPROPRIATE.</b></p> <ul style="list-style-type: none"> <li>• Review key principles from <i>Admonishing Others</i>, CTO.</li> <li>• Choose a person(s) in the disciple's life that needs to be admonished.</li> <li>• Be sure disciple has forgiven the person who is to be admonishment.</li> <li>• Prepare disciple to admonish by dealing with fears biblically and by role-playing, if necessary.</li> </ul>	<p><i>CTO Part One: Admonishing Others</i></p>
<p><b>ADDRESS FEARS</b></p>	<p><b>HAVE DISCIPLE READ <i>RELEASING FEARS</i> IN THE NORMAL PROGRESSION OF STUDIES.</b></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"> <li>• Have disciple compile a list of fears</li> <li>• Using the format described in <i>Steps to Releasing Fears</i> to confess fears and commit those fears to the Lord.</li> <li>• Encourage disciple to deal with ongoing and/or future fears this way.</li> </ul>	

<p style="text-align: center;"><b>CONTINUE TO DEAL WITH RELATIONSHIPS BIBLICALLY</b></p>	<p><b>IT IS IMPORTANT FOR YOUR DISCIPLE TO KEEP A CLEAN SLATE WITH GOD AND OTHERS</b></p> <ul style="list-style-type: none"> <li>• 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.</li> <li>• 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"> <li>“I forgive my mother for: <ul style="list-style-type: none"> <li>-being a people-pleaser in relationship to my dad.”</li> <li>-avoiding conflict at all costs.”</li> <li>-suppressing and ignoring painful realities in her life, rather than turning to God and dealing with them biblically.”</li> <li>-influencing me through her role-modeling, to be a controller of circumstances, to avoid conflict, to be a people-pleaser”</li> </ul> </li> </ul> </li> <li>• Deal with all key relationships from the past and present, in like manner: <ul style="list-style-type: none"> <li>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.</li> </ul> </li> </ul>	<p style="text-align: right;"><i>CTOMinistries.org/ Tools/Resources</i></p> <div style="text-align: center;">  </div>
<p style="text-align: center;"><b>ADDRESS CONTROL ISSUES</b></p>	<p><b>ASSIGN THE CONTROLLERS STUDIES</b></p> <ul style="list-style-type: none"> <li>• 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.</li> <li>• 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> </li> <li>• 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</li> <li>• 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.</li> </ul> <p><b>Helping Controllers</b> 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>