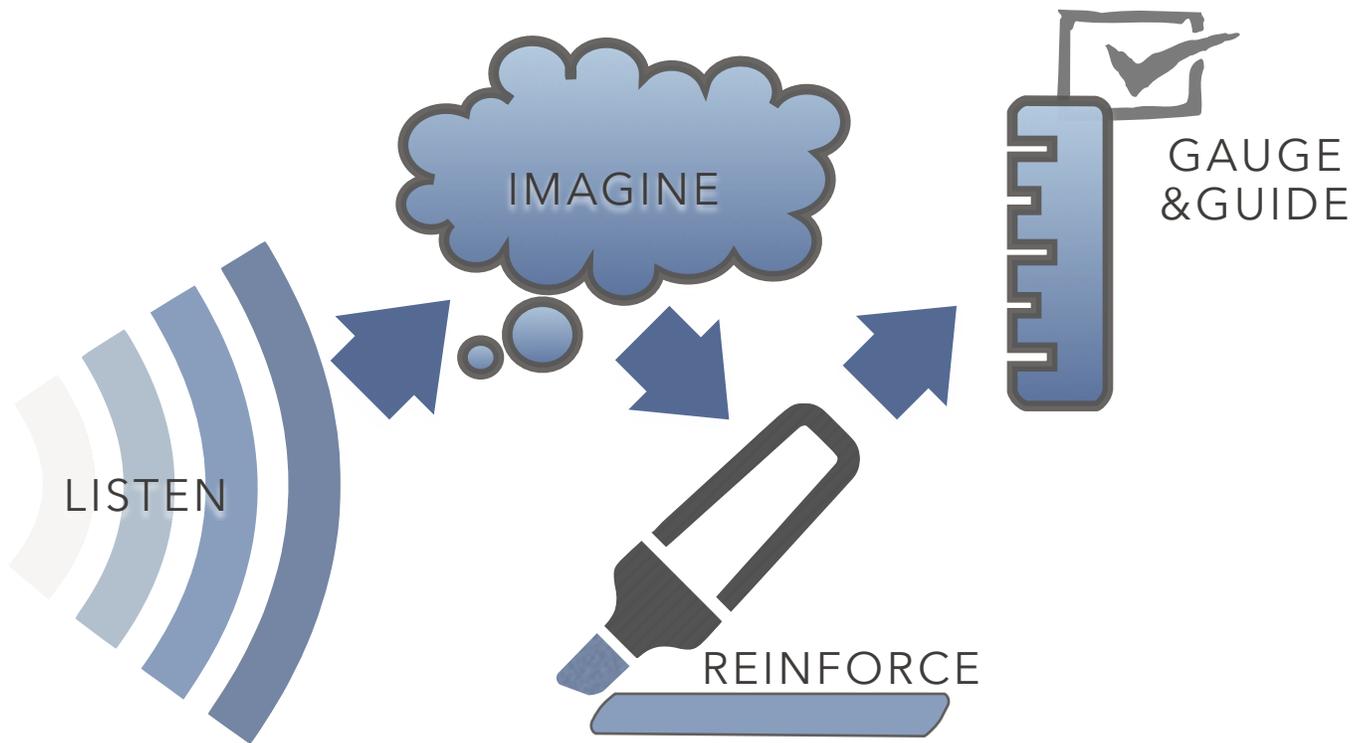




SANCTIFIED DISCIPLINE

Role Play Worksheets



1. *LISTEN* for their best hope
2. *IMAGINE* Christ formed in you
3. *HIGHLIGHT* exceptional moments of hope
4. *GAUGE&GUIDE* next steps toward Christ

Next Meeting: "What's Better?"



STEP ONE: After asking: "What's your BEST HOPE for our meeting today?" Get ready to Listen Actively

ACTIVE LISTENING STARTS OUR DISCIPLESHIP TIME!

- Active Listening requires Disciples to resist the initial urge to listen until a solution pops into their head (our usual default - AHA! Here's your problem; here's a Scripture that validates it; here's your solution.)
- This first step allows the Disciple to be fully heard (and feel truly listened to) - **James 1:19-20**
- The mnemonic **E.A.R.S.** should be easy to connect to our first step of LISTEN. After asking "*What's your best hope for our meeting today?*" Get ready to put on your EARS:
 - **E. Empathize.** Empathic listening is active listening. It's prayerful listening (pray for the Holy Spirit to endow you with His will to convey Love and Patience and Self Control). As you listen, play back what you've heard without encouraging a trip to "problem city." Here's your chance show that you "get it." Ask them to "*tell me more.*" Explore as you listen. Instead of exploring with questions like:
 - What's the problem?
 - What's wrong?
 - Whose fault is it?
 - What's the main cause?
 - What makes it worse?
 - How are you feeling?
 - Instead employ exploration questions that provide hope:
 - What are you hoping to change?
 - What can God do?
 - What could prayer do?
 - What has the Spirit done for you?
 - What are your gifts?
 - What does the Bible promise?
- **A. Applaud.** Applaud their Perseverance (given all that you've experienced, how have you coped/continued/persevered. In other words why are you still fighting?)! Applaud their Positive moments of walking with Jesus (despite all this, you've still had victories of the Spirit in your life)! Applaud the Scriptural assertions that they are indeed an Amazing Disciple (develop your Scripture Bank for this!!!! Some suggestions to prime the pump: 1Cor 6:9-11, Col 1:11-12, James 1:12, 2Cor 1:21, Psalm 17, 37, 71, 73, 1Pet 1:3-9, Eph 1:3-10, Eph 3:20)
- **R. Reframe.** Reframe their concerns into biblically sound reasons for hope. For example:
 - I just don't feel like I can go on being a disciple, God is so distant for me > **So you want a closer relationship with God**
 - I don't feel close to anyone > So you're looking for better friendships in the Body
 - I'm addicted to porn > So you want to be pure
 - My spouse and I are completely incompatible > So you want to pursue a one-flesh intimacy with your spouse
 - My job/kids/health is so frustrating/overwhelming > So you need the peace of Christ
 - I'm just not seeing fruit > You want to live more faithfully
- **S. Scripture.** Summarize or synthesize what you've heard and reinforce the direction of this discipling time with a Scripture that affirms the rightness of pursuing peace/purity/intimacy/faithfulness, for example. Again it's vital to keep our Scripture Bank account topped up to better be able to bring Holy Spirit conviction and excitement to the hopeful direction that you both will pursue.

STEP TWO: Introduce a key Scripture on Christ Being Formed in Us or the Spirit Sanctifying Us, then Imagine...

IMAGINE CHRIST Formed in YOU!!!

"So I'd like to ask you a strange question, it takes a bit of imagination. Let's suppose that overnight as you sleep (and you sleep well), and as you sleep Christ is truly formed in you (or you are remarkably sanctified). But because you're sleeping, you have no idea that this spiritual formation has happened. Let's suppose that tomorrow, after you've woken up and began to go about your day and your life, what is it that you might begin to notice that would tell you that this sanctification/formation had happened?"

- Ask it slowly, pauses, invokes disciple's imagination.
- The disciple's presenting concerns are mentioned only in a vague way, so that the disciple may consider his preferred future in the broadest possible way. People's unique solutions do not have to have any specific relationship to their specific problems.

Then utilize S.T.A.R. questions to lead the disciple in a guided discovery of a biblically sound future in Christ. These questions are meant to refine their future as Christ is formed in them. This refinement becomes more **Spiritual** (placing them in a better position to be shaped by the Spirit), **Tangible** (to ensure that a specific, observable, positive change is in view), **Achievable** (keep the next steps in perspective), and **Responsible** (to make sure the change is not the result of someone else's action, rather it is a personal action, attitude, or conviction that takes ownership and avoids a victim helplessness).

Spiritual

- 2Corinthians 3:18
- *"How would that make you more accessible to the work of the Holy Spirit? What difference would that make?"*

Tangible

- Luke 3:8
- *"How would it (e.g. gentleness) show itself, when you are ...?"*
- *"When you're not harsh, what will you be doing instead?"*
- *"What good things would come from that?"*
- *"So let's suppose your that wife is here right now, what do you think she might say that she would notice that would tell her that this spiritual formation of Christ in you has happened?"*
- (Relationship questions can be extremely useful. They can see what they want through someone else's eyes.)
- Or create a scenario where's there a third party observer: "Suppose we have a video of you, what would we see in this video telling us that Christ has increasingly been formed in you?"

Achievable

- Proverbs 4:18
- *"Would that be a big sign or a small sign?"*
- *"And so a small sign might be ...?"*

Responsible

- John 21:22
- If the conversation moves to what one's boss or spouse would do, move the questioning back to what he might do: *"So what would you do then if your boss returned these responsibilities back to you?" "How would that show itself - when you care more and take more responsibility at work?"*
- *"And if she started to do that, what would YOU then be doing; what difference would that make?"*

Keep asking more details about the preferred future until all is exhausted or if you have a time constraint.

STEP THREE: Highlight Exceptional Moments of Hope that show that this Miraculous Sanctification is Real.

HIGHLIGHT real HOPE in God's work of Sanctification

- Don't jump in too soon to explore exceptions until after an exhaustive exploration of the disciple's preferred future, a future where the Spirit works His sanctifying work of transformation (into the image of Christ)
- A thick description of the preferred future from Step Two ensures that we are in alignment with the disciple's desires and God's will for sanctification. Keep asking about the preferred future until he or she has run out of useful responses.
- Here's an important Principle for the Present: Problems don't happen ALL the time! So choose your focus (Philippians 4:8)
- Look for moments (or prompt for moments) when even a small part of the preferred future has already occurred
- Example "Exceptional Hope" Question:
"So are there times—even now and even just a little bit— when Christ being formed in you (alternatively – "when this promised work of sanctification by the Spirit who dwells in you") already shows itself? Tell me about that."
- Ask it slowly, allowing the disciple to grab onto an example of how the Spirit is already working this transformation. Refer to Scriptures (see Scripture Bank, e.g. Lam 3:18-26) that reinforce the promise that the Spirit is working in his or her life.

Follow Up to the Exceptional Hope Question:

- Understand how the exceptions occurred; what's different about this time; what the disciple did to enable it to occur
- Example Follow up questions:
 - *"How did you manage to do that - to stay peaceful and kind during that interaction?"*
 - *"So what did you say to yourself, that helps you to share Jesus on those occasions?"*
 - *"And other times when this miracle happened even just a little bit?" be curious after asking*
 - *"And how have you managed to do that?" "What's different on those days?" "What difference did that make on those days when you did that?"*
- Sometimes exceptions occur because of someone else's behavior or an external event. Redirect to their behavior:
 - *"And you, how have you been able to do your part in this despite everything?"*
- If unable to locate any exceptions (or at least any meaningful ones), be gently persistent and patient to leave room for him or her to think.
- It's very important to elicit and shine a light on useful exceptions to create hope and reinforce the possibilities for positive change.

STEP FOUR: GUIDE Next Steps toward Christ.

BEGIN with a HOPEFUL STARTING POINT SCALE

"Let's say on a scale of 1 to 10 where 10 is 'Christ formed in you' (OR 'sanctified by the Holy Spirit to be mature in Christ') and 1 is the opposite, where would you put yourself on this scale these days?"

- *"And how come it's a six and not lower?"*
- *"And how have you managed to achieve a 6 given all that you've encountered?"*

Different Angles to Discern a Starting Point:

- You can ask the same scaling question from the point of view of a spouse, a friend, a 'candid camera', or even a pet.
- Example Follow up questions:
 - *"If your spouse were here and I asked her where you were on this scale, what would she say?"*
 - **FOLLOWING THAT IF SHE SEES LOWER:** *"And what do you see that tells you that you are a little bit higher that she doesn't see yet?"*
 - **IF SHE SEES HIGHER -** *"And what does she in you that places you higher on the scale than you report?"*

Start Moving On Up the SCALE with NEXT STEPS

- Not asking what the disciple must do, not about next small STEP, but what the disciple might notice or what might be a small sign that you are moving up on this scale, even just a little bit.
- Proverbs 4:18. Small change leads to larger change
- Example Questions to Notice Progress:

- *"What would be the next small but meaningful sign that you were moving up on this scale?"*
- *"How would you notice that you were moving up even just a little on this scale?"*
- *"Suppose you had moved up to a 6.5 or 7, how would you notice this?"*
- *"How would you notice that things were just a little bit better?"*
- Provide hopeful discipling direction to specify achievable next steps to be accomplished by the next meeting.
 - **NOTICING:** Notice when things go well, what's different, how it happened, and the difference that it makes
 - **DOING:** Act as if the miracle/ transformation/ sanctification has already occurred during a certain period of time (e.g. during the next three days)

Scaling ENERGY and DETERMINATION (optional)

- Example Questions to Scale Determination:
 - *"On a scale of 1 to 10, where 10 is you are very firmly committed to this direction or choice and 1 is the opposite, where would you be today?"*
 - *"On a scale of 1 to 10 where 10 is you are very confident that you can maintain a SIX and 1 is the opposite, where would you be right now?"*
 - *"On a scale of 1 to 10, where 10 is you are very energized to head in this direction or choice and 1 is the opposite, where would you be today?"*