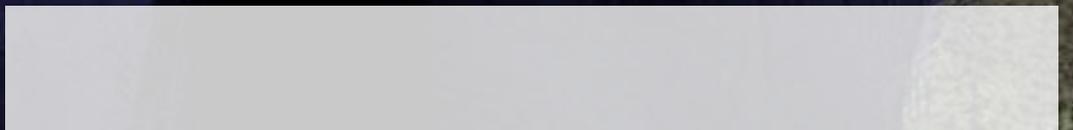


REVISIONING MATESHIP



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Revisioning Mateship

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Thanks to Nick Rhyder for his cartoon characters on page 3, 7, 8.

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Being honest

We all like the idea of honesty, but the reality can be way too awkward. So it doesn't always happen. Sometimes we don't want to offend or upset others... and sometimes we just don't feel brave enough to face others... or ourselves.

Life isn't a sprint but a marathon... actually that analogy is too individualistic. The reality is that you will probably have a reasonable length of time for your life with opportunities to be part of other people's lives. This book is about exploring a long-term perspective of your own life as well as the roles that others can play in your life, and the possible roles you could play in theirs.

There are many phases in life... some are experienced by all within the same society, others that are not. Sometimes your timetable is different than others. Sometimes so much seems out of your control. There are opportunities to be gained in each phase of life you might be in, so don't be so quick to judge what you should or shouldn't do or have in each phase. Of course, there are times when we overstay our welcome in a certain phase too.

Having mates, friends that stick by you, value you, encourage you, enjoy life with you and sometimes help you face the things you don't want to is fundamental to the life God created us all to have and enjoy, as it reflects the friendships he desires to have with us too. It can be argued that the only way to have true close friendships is if God is involved, the ultimate third party that holds us accountable for our goals, insecurities, failings and differences; and reminds us often of what we have in common.

Hopefully this guide will be helpful for ensuring the foundations of your continuing friendships contains lots of humility, honesty, hijinks, high and low points, and honouring each other.

Andrew Chua

Your thinking and action skills and habits shaping your experience of life...

Your past is the result of many forces, but your current choices determine greatly what your life will become. There is no one template for your life. God is not a simple game designer, but one who has created a whole universe of possibilities for us to explore and be someone that he, others, and you, can be proud of.

You are what you continue to practice. People often wish for change or advancement, without being prepared to act in ways that will achieve that result. Every elite sports person only gets there through mental and physical choices that they practice over and over again even though the goals are initially so far off. Not meeting their final expectations is a constant taunting companion over many years.

Some helpful thinking habits to practice:

- **Our beliefs underlie all aspects of our lives**

We aren't to be just spiritual about 'spiritual things'. God and his principles apply to all of life. God wants to be involved in all aspects – the sacred and secular, the serious and fun, etc. Where ever we are and whoever we are with, how can we share in God's freedom and wholeness in ways that is true to life?

- **Achieving our best involves denying certain desires or urges**

God wants the best for us and continually offers us opportunities and experiences of great joy and pleasure with minimal side-effects. However, we often choose quick-fix short-cuts of counterfeit pleasure that comes with downsides, and somehow paint God as 'the party-pooper' and pleasure-denier.

- **True growth is about constant refinement, learning and development of our skills**

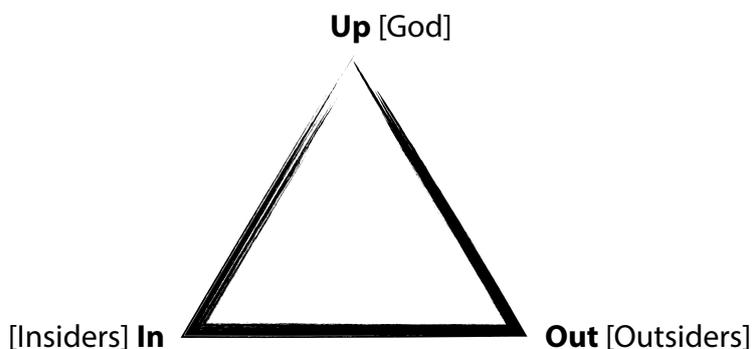
The highly skilled realise their goal is not the achievement of perfection, but the continual rewards gained in striving for it.

- **True growth and joy always involves great fellowship**

Intimate relationships are at the core of who God is and created us to be, and the enjoyment of them is central to who we are and should be. The responsibility and accountability that comes with that is not a burden, but a large part of the reward of intimacy itself: to know we matter and count to the other, and our successes reflects well on all who are close to us.

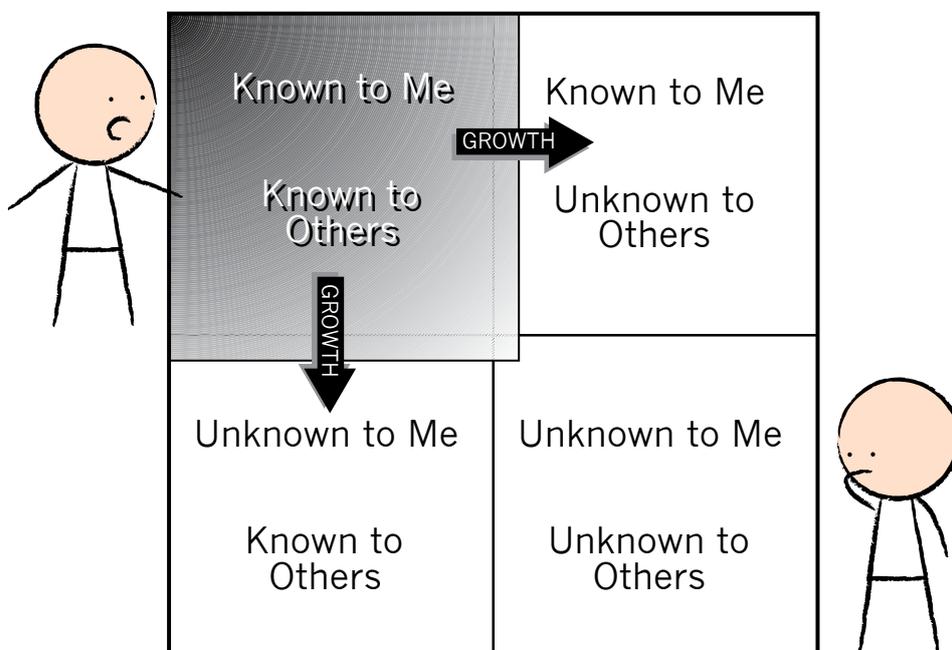
Me, you and others

It is valuable reflecting periodically on all aspects of our lives, including how we are with others. Thinking about your relationships with others simply, rate on a scale of 0-10 for each area:



Whenever two people meet there are really six people present. There is each man as he sees himself, each man as the other sees him, and each man as he really is. – William James

The Johari window continues to serve as a useful model for thinking how self-disclosure and feedback from others helps to extend our self-understanding and grow closer to others.



DOODLE / IMAGINE / DREAM SPACE

USE THIS PAGE TO DOODLE, IMAGINE OR DREAM WHAT YOU WANT YOUR IDEAL FRIENDSHIPS AND RELATIONSHIPS TO BE LIKE – WHAT YOU HOPE FROM THEM, WHAT THEY LOOK AND FEEL LIKE, WHAT YOU ENJOY MOST, HOW THEY SURVIVE AND GROW, WHAT IS NEEDED TO MAKE THEM WORK. YOU MIGHT WANT TO WRITE LYRICS TO AN ORIGINAL OR PREVIOUSLY COMPOSED SONG, OR SCENES OF A DANCE IN YOUR SOUL.

You know about me, I know about you

[Relationship Individual Sharing Comparison Checklist]

Rate 0 [know nothing] to 10 [full detail] about these areas. Put an 'X' if you think either has possibly the wrong impression about this area.

		You know me	I know you	
Attitudes and Opinions - views, feelings and practices regarding...				
1	My meaning/purpose of life, faith/religion and of those others different to me			
2	Environment and lifestyle requirements for humanity's present and future			
3	Being connected to others, contributing to other people's lives			
4	Family setups and how each should treat each other within			
5	My cultural/racial identity and values and of those different to me			
6	Success, the measure of it, balance in life, and who is deserving of praise			
7	Sex and sexuality - behaviours, expectations, hopes, others of difference			
8	An individual's role in changing the world and bringing about change to others			
9	My politics, preferred political systems, and the responsibilities of society to the individual and vice versa			
10	My conformity to norms - Orthodoxy/heresies I hold and practice			
Tastes and Interests - likes and dislikes and importance in your life of				
1	Drinks and foods, the ways they are prepared, sources of it			
2	Technology, machinery			
3	Music types, specific artists or pieces, live events or recorded			
4	Media: reading matter, kinds of movies, TV & internet videos			
5	Clothing and meaning of it			
6	Style of house, and the kinds of furnishings			
7	Types of party, or social gatherings			
8	Physical or other recreational activities and events - e.g. sport, going out			
9	New knowledge, skills or experiences - eg travel, interest groups			
10	Presents/rewards I would want to receive and give			
Aspirations including work (or studies)				
1	My ambitions, goals, current priorities and bucket list dreams			
2	Specific activities and goals I enjoy, get satisfaction from, feel alive from			
3	Specific activities and goals I find boring and unenjoyable			
4	My pressures and strains related to efforts to achieve my goals			
5	My strengths and qualifications for meaningful activities			
6	Shortcomings and handicaps that prevent me from working as I'd like to, or getting further ahead in my work			
7	How I feel that my effort is appreciated by others (e.g., boss, colleagues, partner, etc.)			
8	My feelings about the salary or rewards that I get for my efforts			
9	My feelings and satisfaction level about my choice of career			
10	How I really feel about the people that I work for, or work with.			

Values and experiences				
1	Integrity - how am I, what areas are difficult for me to maintain			
2	Generosity - how much I give away and to whom and why			
3	Happiness - usual levels, how much and often, easy and harder means to get			
4	Patience - who is easy and hard to be patient with, what triggers			
5	Motivation/energy - activities, goals or people that excite, areas I am not			
6	Love - what and who triggers love or hate for others			
7	Contentment - what makes me, what I am not, desire of others			
8	Violence/aggression - what ways have I lashed out, what images I think			
9	Betrayal - experiences by others and times when I have, what situations prompt me			
10	Money - attitudes and practices towards earning, saving, borrowing, budgeting			
Personality and personal aspects				
1	Present or past achievements, experiences or aspects that make me proud of myself, have self-respect and esteem			
2	Aspects of myself I dislike, worry about, see as a handicap, or off-putting to others			
3	Feelings I have trouble expressing or controlling			
4	Present or past things that I feel ashamed and guilty about			
5	Present or past things that make me angry and fired-up about			
6	Present or past things that make me feel depressed and sad			
7	Present or past things that make me feel worried, anxious and afraid			
8	What it takes to hurt my feelings deeply			
9	What I value about connecting with others or my current friendships			
10	What I think I have of value to offer others			
Body				
1	Present or past health status, injuries, illnesses and treatments - eg., sleeping issues, scars and past operations, digestion, allergies, headaches, piles, etc.			
2	Present and past physical activities preferences - activities engaged with, meaning			
3	Current efforts to keep fit, healthy, and attractive, eg., gym, walking, diet			
4	My feelings about aspects of my body — like and dislikes about my face, nose, eyes, hair, teeth, legs, hips, waist, weight, chest, or bust, etc.			
5	Present and past attitudes and experiences about my appearance; sense of attractiveness to my preferred gender			
6	Worries or concerns about my long-term health, e.g., cancer, ulcers, heart trouble			
7	Past and present attitudes, behaviours and experiences of physical risks (either judged by yourself or others)			
8	Present and past attitudes towards my sexual self - how I get sexual gratification; any problems that I might have, feelings of adequacy in this area			
9	Present and past relationship and sex experiences - positive and negative aspects, whom and characteristics of the people and experiences			
10	Present and past chemical stimulants - legal and illegal drugs (including alcohol), attitudes towards			

Any other issues that should be considered?

What helps me feel...

[What activities, experiences, me or others can do that results in me feeling...]

Happy & satisfied



Calm & at peace



Alive & fired up



Capable & in control



Valued & connected

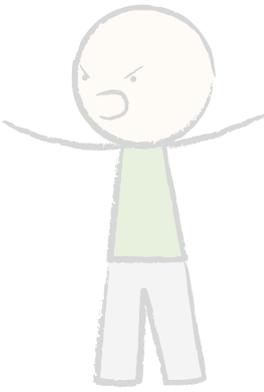
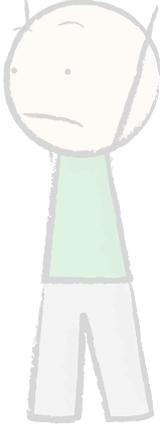
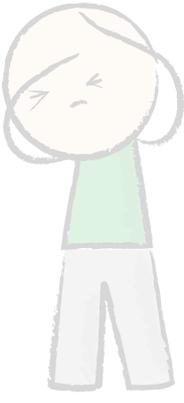
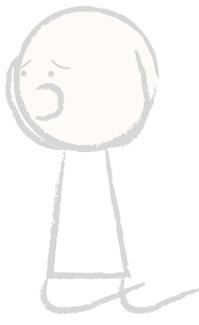


Connected to God



What triggers me to feel...

[What situations, activities, experiences, me or others can do that lead me feeling...]

<p>Angry & frustrated</p>  A stick figure with a green shirt and grey pants, arms outstretched, with a furrowed brow and a downward-curving mouth, representing anger and frustration.	<p>Unsettled & lack confidence</p>  A stick figure with a green shirt and grey pants, standing with a slightly hunched posture, a wide-eyed, worried expression, and a small, open mouth, representing being unsettled and lacking confidence.
<p>Ashamed & worthless</p>  A stick figure with a grey shirt and grey pants, standing with a slumped posture, a downward gaze, and a small, closed mouth, representing shame and worthlessness.	<p>Powerless & incompetent</p>  A stick figure with a green shirt and grey pants, standing with a slumped posture, a downward gaze, and a small, closed mouth, representing feeling powerless and incompetent.
<p>Unwanted & disconnected</p>  A stick figure with a green shirt and grey pants, standing with a slumped posture, a downward gaze, and a small, closed mouth, representing feeling unwanted and disconnected.	<p>Separated from God</p>  A stick figure with a green shirt and grey pants, kneeling on one knee with hands clasped in prayer, representing a sense of being separated from God.

Disagreements and conflict

Fight, flight, freeze or fix are the standard responses to perceived danger, and are useful ways of thinking about how we each deal with conflict. The more aware of our tendencies, the more we can work clearly towards successful resolutions.

Thinking about past and possible uncomfortable or difficult situations, in what ways do I:

Fight (eg get angry, lash back, get defensive, manipulate, ignore the other's point of view):

Flight (eg escape, avoid):

Freeze (eg not able to think):

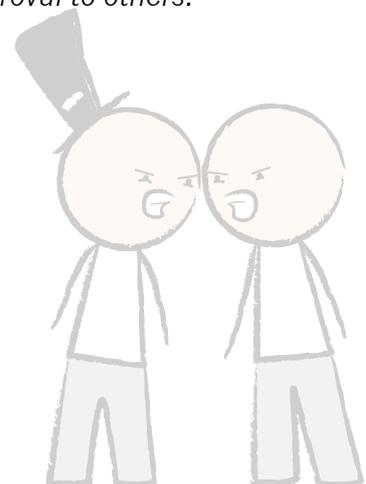
Fix (eg try to resolve it objectively):

Which of the 4 approach do I more generally react with?

How does my family deal with conflict/differences?

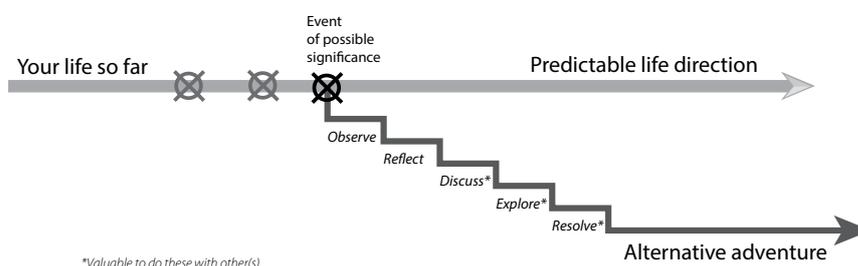
What ways do I show my unhappiness/disapproval to others?

How can I try to make others feel powerless?



Reflecting on life

Steps to ORDER your alternative adventure for your life



Reflect on events that occur in your life that stand out for some reason. Rather than just regret or try to forget it, see what God might be trying to tell you with it and ORDER it - even if you don't think you can change anything. An unexpected alternative adventure might be ahead.

Recent events of possible significance:

Recording your reflections

Journalling, whether in written, typed or recorded form, allows me to evaluate my progress towards the person I hope to be, with my successes and mistakes, and build further on them. It also allows you to reflect more on the experiences you have with others and God, and gain a different appreciation of what they offer you, and what you can offer them as well. Recording prayers has been a well-used way of seeing how God does answer. The more often you do record your reflections, the more detail you include, the more helpful it will be, as well as enjoyable, when looking back on it later.

Helpful prayers to listen to God for and then record are:

1. "What is the next step in my relationship with You?"
2. "What's the next step in the development of my character?"
3. "What's the next step with others around me?"
4. "What's the next step in my ministry?"

Game worlds in life

1. **Every setting is a different 'game world'** eg family setting, study setting, work setting, and when you're alone setting.
2. Each game world has its own **explicit and implicit** (unspoken and assumed) **boundaries, rules, artefacts** (objects of importance) **and expected player roles**.
3. **All behaviours and attitudes are attempts at effective strategies** within that game. All behaviour and attitudes serve a purpose, even if it is risky or harms the person, as attempts to get ahead in that game world.
4. Strategies involve skills of **thinking, behaving, feeling and physiology**. Some strategies are only effective with sufficient skill levels of each. Skill levels are gained through practice, experience or coaching.
5. Strategies adopted by most players are expected and predictable, usually **based on observations of previous players** within the game world (especially if there are clearly identified roles assigned to players) or carried over from another game world. Strategies to get an advantage over others is often rewarded (even if they might go against the rules). Sometimes drawing attention to unfair strategies is more disapproved of than the unfairness occurring in the first place.
6. Though it happens rarely, **strategies can be innovated** with improvisation usually admired privately.
7. **Progress is judged** by the artefacts, skill level and experiences obtained. Each player may start with different levels of skills. The value of artefacts may change in the game depending on the vocal players involved.
8. **Status is judged by the other vocal players**. However not all skilled players are recognised.
9. **Status is not vital to someone enjoying the game**.
10. **People are judged problematic** if they don't understand the rules, boundaries and artefacts, or choose to adopt strategies counter to the 'spirit of the game'.
11. Some games we choose to play, others we are expected to play, though **we have a choice of how much we invest in a game**.
12. Because games are different, **we can adopt strategies** in one game that we don't in another, **without affecting our sense of self**.
13. Our motives for playing a particular game or strategies employed in any one game may result from our lack of progress in other games.

People often feel that in whatever game worlds we are in that we have little influence over the other players, or even what expectations of us that we can go against - whether it might be the workplace, place of study, place of leisure or even our friends. If we want to bring change, we need to be conscious of the goals of the other players. For example, recognising that most Australians in leisure and significant moments want to have a good time, and that the expected strategy to achieve that involves alcohol, means alternative strategies that still achieve their goals need to be used and encouraged if you want to bring change to those in that setting.

Choose three game worlds that are significant to you and you want to make some change in. Write some suggested strategy changes you might want to make for yourself.



Rhythms of life

Among even the most chaotic lives of people today, there are certain rhythms or patterns that shape their lives: whether it is constantly checking Facebook; interludes involving coffee, alcohol, or energy drinks; listening to music; watching videos; playing games; or other compulsory activities they value.

What are the usual activities or patterns of your life that you can't live without (or don't function well if you do miss out)?

How do you fit these in?

Activities we always fit in are activities we place value, are motivated about and capable of.

What activities or patterns do you want to have more in your life?

How will you fit these in?

Mentoring

We always learn best by teaching others. That's why there's a strong encouragement that all followers of Jesus should see themselves also in a teaching/training role for others: no matter how little you think you have to offer you do.

Who does or could mentor you?

Who do you or could you mentor?

With humility always as a Christian, what obstacles do you need to be mindful of in your role?

What benefits for you and the other could result from you mentoring the other?

“Wisdom of Each Other” by Eugene Petersen Excerpts

“Friend” sets us in a nonhierarchical, open, informal, spontaneous company of Jesus — friends, who verbally develop relationships of responsibility and intimacy by means of conversation. Characteristically, we do not make pronouncements to one another or look up texts by which to challenge one another; we simply talk out whatever feelings or thoughts are in our hearts as Jesus’ friends... I am reluctant to use the phrase “spiritual counsel,” for the phrase might carry connotations of “elevated” or “holy.” And far more often than not it consists of apparently nonurgent, nonreligious concerns. Just the day-by-day business of following Jesus, one step after another, wondering how on earth the Holy Spirit is bringing anything worthy of being called fruit out of the gravel and weeds of my life, and listening, when we think of it, for the whispering of the Spirit in local mulberry trees and people. If disaster strikes — accident or illness or loss — a faithful pastor or godly friend can usually be trusted to show up with a well-thumbed Bible and set what we are experiencing squarely within the large structures of Providence... But how about those long stretches of “ordinary time”? The conversations that take place in the parking lot after Sunday worship are as much a part of the formation of Christian character as the preaching from the sanctuary pulpit... Most of our lives, after all, are not in crisis. We also need ways of conversing about our lives in Christ.

you could be a solitary wanderer; you can’t be a solitary Christian... You say that you have almost nothing in common with these people.. You have nothing in common with them; but God does... The church is God’s thing, not yours... The church is not a natural community composed of people with common interests; it is a supernatural community... it is other than your expectations

But I’ve retained a wariness of “spiritual” and use the word as little as possible. Too often it seems to signal a split between sacred and secular, between inside and outside, between a refined religious sensibility and the coarser necessities of ordinary life...

But my primary help is going to be in preventing you from taking on the Christian life as your project. God has already taken you on — you are His project.. We become Christians because we realize we cannot save ourselves and need Christ to save us. But once we are “in” we start taking over the job... the Christian life is mostly what is being done to you, not what you are doing.

Conferences on the spiritual life are wonderful — very occasionally. They do not provide the substance for a life of obedient faith... contribute... maybe even less than nothing, to a life of spiritual maturity. They are stimulus... not nutritious. High in fat, low in protein.

...when we pray for the Big Things, God’s responses commonly come in small and hidden ways, at least in ways we think of as small and hidden... God looks at things very differently than we do. Our task is to pray ardently and faithfully; we cannot assume that we know how the prayer will be answered.

The old wisdom in this is “pray as you can, not as you can’t.” ...at least in the beginning stages, it is not quantity that counts mostly... For someone like you, lacking a lifetime of habit and routine in Scripture and prayer, the best strategy is to start small. Infiltrate brief prayers into the interruptions and noise. I had a friend years ago who always bought inexpensive Bibles; each morning he ripped out a fresh page, stuck it in his shirt pocket, and at odd times through the day pulled it out and read a few lines at a time. When he finished he crumpled it up and threw it in the trash.

Read and ponder John 17 and Hebrews 7:24-25 for the next two or three weeks. Jesus is praying. Live meditatively in this reality: “Jesus is praying — for me.” Relax. Don’t be so anxious about getting better at prayer. Jesus is on the job and he’s not going to get tired or bored and quit on you.

Regret is the most useless of all the religious emotions and nearly the opposite of repentance, with which it is often confused... For even though you weren’t giving God much of your life those years, at least in a believing way, he was spending considerable time and effort on you the whole time.

Her problem is not small prayers but a small life.

Many of the difficulties in prayer come from paying too much attention to ourselves — our moods, our feelings, our fitness to pray. But prayer is paying attention to God.

tempting someone like you to gross sins is a risky business, for chances are the consequent guilt would send you to your repentant knees, seeking forgiveness. But by introducing spiritual sins into our lives... besides distracting us, is able to introduce dissension and confusion into the community and puff us up, if ever so slightly, with an insider’s pride... instead, make a list of three or four people whom you know to be lonely, and while your friends are going to these meetings, go visit these souls regularly for the next three months, listening to them and praying with them.

But your pastor’s work is not to train you to think and work like a pastor so that you can preach a sermon, conduct a liturgy... we serve one another, not recruit one another to run errands for us.

real theologians don’t make God more, complicated but less. They clear the ground. They simplify our lives, not clutter them.

the genius of mature love, that it is capable of accepting and embracing without condition... There is simply no “reaching” her. But it is possible to love her.

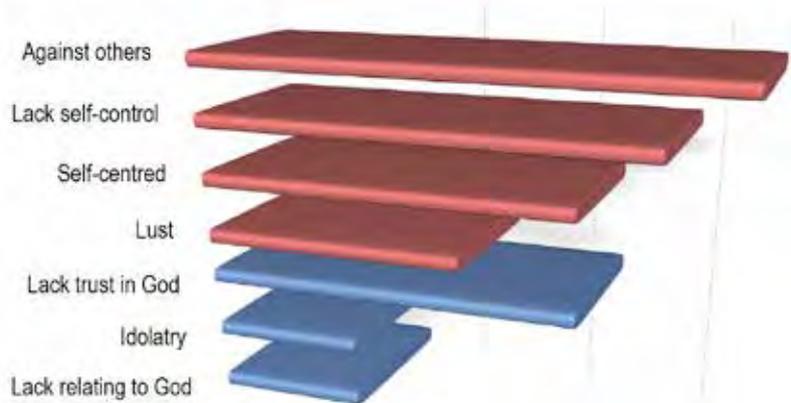
Meet with me every six weeks or so, and just be there — an honest, prayerful presence with no responsibility to be anything other than what you have become in your obedient lifetime.

Confession of a 'church'

Holding onto things we are ashamed of can lead us to feel trapped, nurturing a dread that one day our sins will be exposed to the horror of others. Confessing to others (James 5:16) not only provides as with accountability and encouragement to be

different, but also acceptance and forgiveness by others and God.

The following list is from a church that I invited to anonymously write down sins they felt they needed to confess, grouped in different categories. Of course with the creativity of humanity, not all possible sins are listed.



Against others

- anger at things not done*
- losing my temper, snapping back at others, with members of my family*
- impatience*
- bad to family sometimes, frustrated with them, hurt people close to me, yell when overtired.*
- saying hurtful things of unsupportive things, resentful, put people down continuously, not treating people as God would have me do*
- judgemental, intolerant / not accepting others*
- critical of church leaders and co-members*
- critical of others' attempts to serve the Lord not in the way I would do it*
- lying continuously to people, lying to those who love me*
- not being totally honest with others because of pride*
- superficiality, honesty, acting, being untruthful, my life is a lie at the moment*
- too busy to follow up people who need my help, not reaching out to suffering people*
- full of hate, need more caring and passion/compassion, not showing God's love to others enough, being friendly though) showing partiality (leaving certain people out)*
- not encouraging, not speaking mind enough, hurt my sibling when I get annoyed*
- gossiping, not listening*

Lack self-control

- wasting time — not using it wisely or effectively*
- dwelling on negative instead of good things*
- lack of discipline, self-control over thoughts and behaviour*
- anger at self (I'm crap)*
- spending, not being responsible with my money,*
- swearing, drinking*
- making myself too busy*

Self-centredness

- pride for own talents and abilities*
- hardness/stubbornness, lack of humility, resisting guidance from mentors, others*
- selfishness — own needs first*
- not keeping in touch with my family*
- taking advantage of others friendships & hospitality*
- greed*
- frustrated because my own agenda isn't fulfilled*
- not going deeper with Christian friendships*
- not building relationships with non-Christians, falling into the trap of losing non-Christian friends, not praying for non-Christians*

Lust - thoughts and desires, behaviours

- heterosexual, masturbation, homosexual feelings (constant struggle)*

Lack trust in God

- lack of faith, lack of dependence on God, & obeying his instructions*
- lack of trust in God for future (where he wants to lead me & where I will live)*
- wanting control for myself, take back control when things get tough,*
- without real day-to-day hope for some difficult situations — in spite of God proving His power*
- not talking more about Jesus to people without being scared*
- not taking opportunities to share God, and standing (witnessing) up for my faith*

idolatry

- compromising my standards & beliefs for the sake of popularity, worrying about my image; succumbing to peer pressure, to the ways of the world*
- ignoring God, failing to be obedient, rebellion, not doing the right thing,*
- not giving God more priority, listening to God's call only when it suits, turning away from God's image consciously*
- Not surrendering everything to him — not just bits, to give myself fully to him*

Lack relating to God

- lack of discipline with going to bed early, to wake early & spend time w God*
- not setting time aside for praying or studying bible, quiet times, or listening to God*
- not confessing – avoidance of blame, taking for granted God's forgiveness & putting off confession for later*
- irreverence*

Are all these sins of importance, or are there sins that aren't mentioned here that people might be blind to but are much more on the heart of God?

Discipleship and Accountability

Historically, the responsibility of an individual to be a faithful reflection of Jesus in how they experienced life and lived was never left to that one person alone, but always involved corporate responsibility. Paul writes extensively about the need for us to be involved in the lives of others that also identify with Christ - not as an added luxury in our spare time, but as an essential part of our identity and routines.

In 1738 John Wesley drew up his rules for the weekly covenantal discipleship support groups (the first documented formal small group system) that he organised all his followers into. Among the rules were:

- *To speak each of us in order, freely and plainly, the true state of our souls, with the faults we have committed in thought, word, or deed, and the temptations we have felt, since our last meeting.*
- *To end every meeting with prayer, suited to the state of each person present.*
- *To desire some person among us; to speak his own state first, and then to ask the rest, in order, as many and as searching questions as may be, concerning their state, sins, and temptations.*

He made it clear before anyone could be admitted to a small group they had to answer in the positive to these (among other questions):

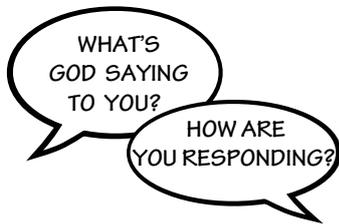
- Do you desire to be told your faults?*
- Do you desire that every one of us should tell you, from time to time, whatsoever is in his heart concerning you?*
- Consider! Do you desire we should tell you whatsoever we think, whatsoever we fear, whatsoever we hear, concerning you?*
- Do you desire that, in doing this, we should come as close as possible, that we should cut to the quick, and search your heart to the bottom?*
- Is it your desire and design to be on this, and all other occasions, entirely open, so as to speak everything that is in your heart without exception, without disguise, and without reserve?*

And at every meeting, there would be four compulsory questions:

1. *What known sins have you committed since our last meeting?*
2. *What temptations have you met with?*
3. *How were you delivered?*
4. *What have you thought, said, or done, of which you doubt whether it be sin or not?*

Inspired by Wesley, Neil Cole in 1999 proposed the idea of Life Transformation Groups with every meeting involving these questions:

1. *Have you been a testimony this week to the greatness of Jesus Christ with both your words and actions?*
2. *Have you been exposed to sexually alluring material or allowed your mind to entertain inappropriate thoughts about someone who is not your spouse this week?*
3. *Have you lacked any integrity in your financial dealings this week, or coveted something that does not belong to you?*
4. *Have you been honouring, understanding and generous in your important relationships this past week?*
5. *Have you damaged another person by your words, either behind their back or face-to-face?*
6. *Have you given in to an addictive behaviour this week? Explain.*
7. *Have you continued to remain angry toward another?*
8. *Have you secretly wished for another's misfortune so that you might excel?*
9. *Your personal accountability question _____*
10. *Did you finish your reading this week and hear from the Lord? What are you going to do about it?*
11. *Have you been completely honest with me?*



3DM, a discipleship movement started in the UK promotes these two questions for each individual at each meeting.

Exploitation and abuse can occur where accountability is taken too far and only-one sided with grace. The critical element is the recognition that we are all equals in the eyes of God and our worthiness is judged by him alone, and not based on human expectations or standards.

It is vital that accountability is not purely about staying 'clean' but how much are we doing the 'dirty work' like Christ did, of being among the people who need healing, rather than just trying to be 'healthy' by avoiding all possible infections.

In the corporate world, the GROW goal setting approach emerged in the late 1980s and continues to be useful for thinking goals through:

Goal:

What must you accomplish in the next 12 months?
What would you like to focus on today?
What's important to you at the moment?
What challenges are you struggling with at the moment?
How can you measure that goal?
How can you break down that goal into bite-sized pieces?
What do you want to be doing in five years time? What's your ideal future?
Where is your life out of balance?
What is the legacy that you want to leave?
What new skill do you want to learn or develop?

Reality:

What's working well for you at the moment? What isn't?
What have you done so far to improve things?
How does this goal impact your spouse/partner?
What's the excuse that you have always used for not achieving your goals?
What aspects of your life will be impacted by reaching the above goal?
What is the biggest obstacle that you are facing? What are you afraid of?
What are you passionate about?
What are you willing to endure to see your goal become a reality?
Is that a need or a want?
Where are you sabotaging yourself?

Options:

What would be the most helpful thing that you could do now?
If money wasn't a restriction for you, what would you do?
If time wasn't a restriction for you, what would you do?
What would (enter name of relevant expert) do in this situation?
What do you sense God is telling you to do?
If you were guaranteed to succeed, what would you do?
What's the best use of your time at the moment?
If you could only do one thing this week, what would it be?
If you saw someone else in your situation, what would you suggest they do?
If you had 50% more confidence, what would you be doing differently?
If you weren't holding anything back, what would you be doing?

Way Forward:

What are you going to do in the next 24 hours?
On a scale of 1 to 10, how motivated are you to achieving this goal?
What will it take to turn that 6 into a 9?
Who do you need to speak to about this goal?
How are you going to celebrate reaching your goal?
What might stop you from taking the next step you can towards your goal?
Is there anything else that you need to consider before starting?

Other Interesting Questions

Which is worse, failing or never trying?

If life is short, why do we do so many things we don't like and like so many things we don't do?

When it's all said and done, will you have said more than you've done?

What is the one thing you'd most like to change about the world?

If happiness was the national currency, what kind of work would make you rich?

Are you doing what you believe in, or are you settling for what you are doing?

If the average human life span was 40 years, how would you live your life differently?

To what degree have you actually controlled the course your life has taken?

Are you more worried about doing things right, or doing the right things?

If you could offer a newborn child only one piece of advice, what would it be?

Would you break the law to save a loved one?

Have you ever seen insanity where you later saw creativity?

What's something you know you do differently than most people?

How come the things that make you happy don't make everyone happy?

What one thing have you not done that you really want to do? What's holding you back?

Are you holding onto something you need to let go of?

If you had to move elsewhere from your current life, where would you move and why?

Why are you, you?

Have you been the kind of friend you want as a friend?

What are you most grateful for?

Would you rather lose all of your old memories, or never be able to make new ones?

Is it possible to know the truth without challenging it first?

Has your greatest fear ever come true?

Do you remember that time 5 years ago when you were extremely upset? Does it matter now?

What is your happiest childhood memory? What makes it so special?

At what time in your recent past have you felt most passionate and alive?

If not now, then when?

If you haven't achieved it yet, what do you have to lose?

Have you ever been with someone, said nothing, and left feeling 'best conversation ever'?

Is it possible to know, without a doubt, what is good and what is evil?

If you just won 10 million dollars, would you quit your job?

Would you rather have less work to do, or more work you actually enjoy doing?

Do you feel like you've lived this day a hundred times before?

If you knew that everyone you know was going to die tomorrow, who would you visit today?

Would you be willing lose 10 years of your life to become extremely attractive or famous?

What is the difference between being alive and truly living?

When do you stop calculating risk and rewards, and just go ahead to do what you know is right?

If we learn from our mistakes, why are we always so afraid to make a mistake?

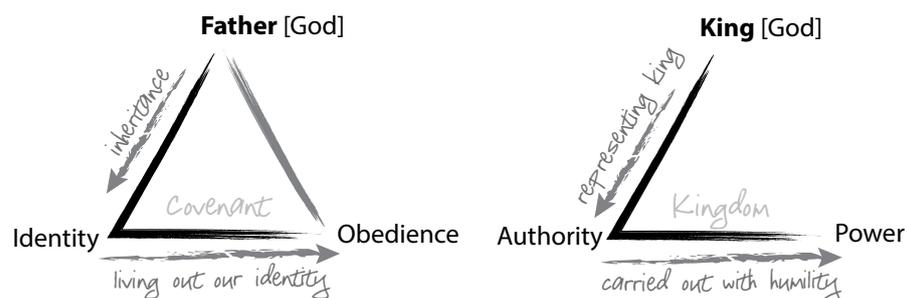
What would you do differently if you knew nobody would judge you?

When was the last time you noticed the sound of your own breathing?

What do you love? Have any of your recent actions openly expressed this love?

In 5 years from now, will you remember what you did yesterday? What about the day before that? Or the day before that?

Your identity and authority in Christ



When we see ourselves more as God sees us, we are more free and confident to obey more like Christ.

When we see more the authority that God gives us, we have more power to be and do more like Christ.

Areas of life do I need to see my Identity as a worthy son of God in more:

Areas of life I need to recognise God's authority in:

One another sayings...

There are many sayings in the Bible related to how we should be with 'one another'. In the New Testament there are at least 72 of them.

- Love - Mat 22:39; 1 Ths 3:12; Heb 13:1; 1 Pet 4:8; 1 Jn 3:11
- Be at peace - Mrk 9:50; 1 Ths 5:13; 1 Pet 3:8
- Share - Luk 3:11; Rom 12:13; Hebr 13:16
- Set an example - Rom 14:13; 1 Tim 4:12
- Share helpful knowledge - Rom 15:14; Gal 6:6; Col 3:16
- Guide to living right - Luk 17:3; Gal 6:1; 2 Ths 3:15; Tit 3:1; Jam 5:20
- Pary for others - Jam 5:16; Heb 13:18; 1 Jn 5:16
- Pray with others - Matt 18:20
- Accept and respect - Luk 6:37; Rom 15:7; 1 Pet 2:17; 1 Pet 3:15
- Humble and patient - Eph 4:2; Tit 3:2; 1 Pet 5:5
- Forgive and accommodate - Rom 12:16; 1 Cor 1:10, 2 Cor 2:7; Eph 4:32; 1 Pet 3:9
- Submit - Mat 20:26; 1 Cor 9:19; Eph 5:21
- Serve - Mrk 10:43; Gal 5:13; 1 Pet 4:10
- Hospitable - Heb 13:21 Pet 4:9
- Devote and Honour - Rom 12:10
- Experience life (empathise) - Rom 12:15; 1 Cor 12:26.
- Have concern & assist - 1 Cor 10:24; 1 Cor 12:25; Gal 6:2; Phl 2:4
(want the best)
- Encourage and build up - Rom 14:19; Eph 4:29; 1 Ths 5:11
- Inspire - Heb 10:24.
- Spend time together - Heb 10:25
- Be honest and don't be false - Eph 4:25
- Confess sins - Jam 5:16

