

Team of Three

Volunteer Training



Workbook

“And though a man might prevail against one who is alone...

...a threefold cord is not quickly broken.”

Ecclesiastes 4:12

Introduction:

Welcome to the work of making disciples. As the apostle Paul told Ephesian elders, they were there to “equip the saints for the work of the ministry, for building up the body of Christ...”

Caring for those in recovery is a ministry and we will do our best to equip you for it. More importantly, we will equip you to transfer your faith in a meaningful way to those most in need of the Good News of the Gospel.

Jesus quotes Isaiah in describing the work of the Gospel in poetic terms according to Luke 4:

“The Spirit of the Lord is upon me,
Because he has anointed me
To proclaim good news to the poor.
“He has sent me to proclaim liberty to the captives
And recovering of sight to the blind,
To set at liberty those who are oppressed,
To proclaim the year of the Lord's favor.”

Through the anointing power of the Holy Spirit, you too will be able to give good news to the poor because those in bondage to drugs and alcohol can be set free. Those who are blinded by their dependency and oppressed by addiction will be able to find grace and favor with God. We thank you for your willingness to spread this good news to those who most need it for the honor and glory of God through the power of Jesus Christ His Son.

A Word about Your Clients:

Those who are new to ministering to those in recovery may have some preconceived notions about who these people are. We often think of them as homeless, poor, destitute and in grave need. Without a doubt, some of them are. However, there are many more people in our neighborhoods, churches, and even families who are struggling with addiction and appear to be leading normal, productive lives. No one starts out dreaming of becoming an addict whose life is falling apart, but inevitably, this is where the path leads. Regardless of where our clients are, they are all in need of the saving grace of our Lord and Savior, Jesus Christ. There are none who are “not that bad,” nor are there any who are “too far gone,” as long as they still draw breath. One of the key concepts we need to embrace is that we are all standing together in the same place – about to go under if not for the hand of God in our lives – and we all depend on one another to help support us in the rough times.

You will find in this ministry a great deal of sorrow, heartbreak, and despair. You will also find a great deal of joy, comfort, and relief. It is not an easy ministry and it will drain you. That is why we include self-care as part of the training. You will experience tremendous successes and devastating failures. It's part of what we do. However, through the power of prayer and the comfort of the saints, we will be there with you to make sure you persevere. Be strong and of good courage.



Format

Team Approach

Recovery support is a team effort. There are no solo acts. We are all in this together. You will engage in team activities over the course of this class.

Another skill that we will foster is a trust in your teammates based on the integrity of mutual support. There will be opportunities for you to share with your teammates the successes and disappointments you experience throughout each week of class. You will come to rely on the support of your teammates and they will rely on you for support as well.

Workbook

This workbook has been formatted so you can track your progress in the course and develop essential skills for ministering to those in recovery. You will note that each lesson opens with a brief statement about the topic. You will be able to take notes during the weekly sessions and there are exercises that you are expected to complete. Some of them will be done in class, but others will need to be completed throughout the week. The key to successful skill acquisition is frequent practice and we will give you lots of opportunities to practice what you learned in class.

At the end of each lesson you will find a Checklist reminder of what you learned in class and action items for you to complete before the next class. You are expected to begin working on the checklist items as soon as you leave class and each day until the next session. We also host a podcast that contains reflections and stories about each lesson's topic and encourage you to listen to it near the beginning of every day as a reminder to complete your session exercises.

We also expect you to hand out Feedback cards to people you minister to. You can only know if you're effective in this ministry if you communicate with those to whom you are ministering. Feedback cards are one way we have of receiving communication from those we help. You should pass out a minimum of three Feedback cards each week. If you need more, we will be happy to furnish them for you. Each card requires a stamp and should be addressed to this facility. Your instructors will provide you with the address.



Course Overview:

Introduction

This lesson will prepare you for the long haul. It will provide you with an overview of the Four Pillars that support our Purpose in Life. The session will open with a video welcome by founder Fred Rieser and will introduce you to the way classes will be conducted throughout the course.

Lesson 1 – The Inward Conversation

Lesson 2 will concentrate on cultivating a right relationship between God and you. It will look at the way you talk to God and how you relate to him in expressing your Purpose through Him. It begins by examining our initial relationship with God and how He restores our relationship with Him. In this session you will develop a way to express your relationship with God to others honestly.

Lesson 2 – The Outward Conversation

This session will equip you with a skill that will enable you to maintain meaningful conversations with anyone you meet. Using the gift of GAB (Greet, Ask, Benefit), you will be able to establish strong conversational relationships with others. At the same time, you will develop a way to frame conversations in terms of your relationship to Creation through a sense of the divine in ordinary life.

Lesson 3 – Our Walk with God

Using Galatians 5, this lesson will direct your focus to practical aspects of the spiritual walk. We will replace the vices of conceit, provocation, and jealousy with Concern, Encouragement, and Celebration. Building on your GAB skills, you will learn to create caring questions that enable you to encourage others and celebrate their victories with them.

Lesson 4 – Our Walk with Creation

In this lesson, you will relate your most satisfying accomplishments to one or more of God's purposes for your life: creating beauty, fixing what's broken, putting things in order, and caring for those who need it. You will list specific ways you impact creation and reflect on the consequences of success, care for the environment, and contentment with God's purpose.

Lesson 5 – Our Walk with Ourselves

In this lesson, you will discover the importance of self-care through a look at the life of Elijah and how God cared for him physically, emotionally, and spiritually. You will learn how to employ a process of restoration and soul-care that will renew your enthusiasm for the work God has called you to do.

Lesson 6 – Our Walk with Others

This lesson will equip you to come alongside others in the direction God wants them to go, rather than pushing or pulling them in the direction we want them to go. You will practice a non-confrontational approach that respects individuals while at the same time directing them to the truth in Jesus Christ.

Graduation

You will summarize what you've learned and identify the lesson from the course that has had the biggest impact on you. You will share how you used that skill, what happened, and how you plan on continuing to use it after you leave class.



Introduction

Welcome



What am I getting into?

We are seeing hundreds of people dying from the effects of addiction all around us. More people in the U.S. have died from drug overdoses in 2016 than were U. S. casualties in the entire Vietnam War. It is no understatement to say that we are engaged in a battle. The fact that you are here means that you want to join the spiritual battle for the souls and lives of those trapped in addiction before they become casualties.

We will begin with a video message from our founder, Fred Rieser, about the work we are here to do and how we need to go about it. As you watch the video, jot down what you think are the important points we need to consider. If you have any ideas of how you might engage in the battle and what we need to accomplish, write them down as well.

Ideas and Action Items:

The Role of Relationships

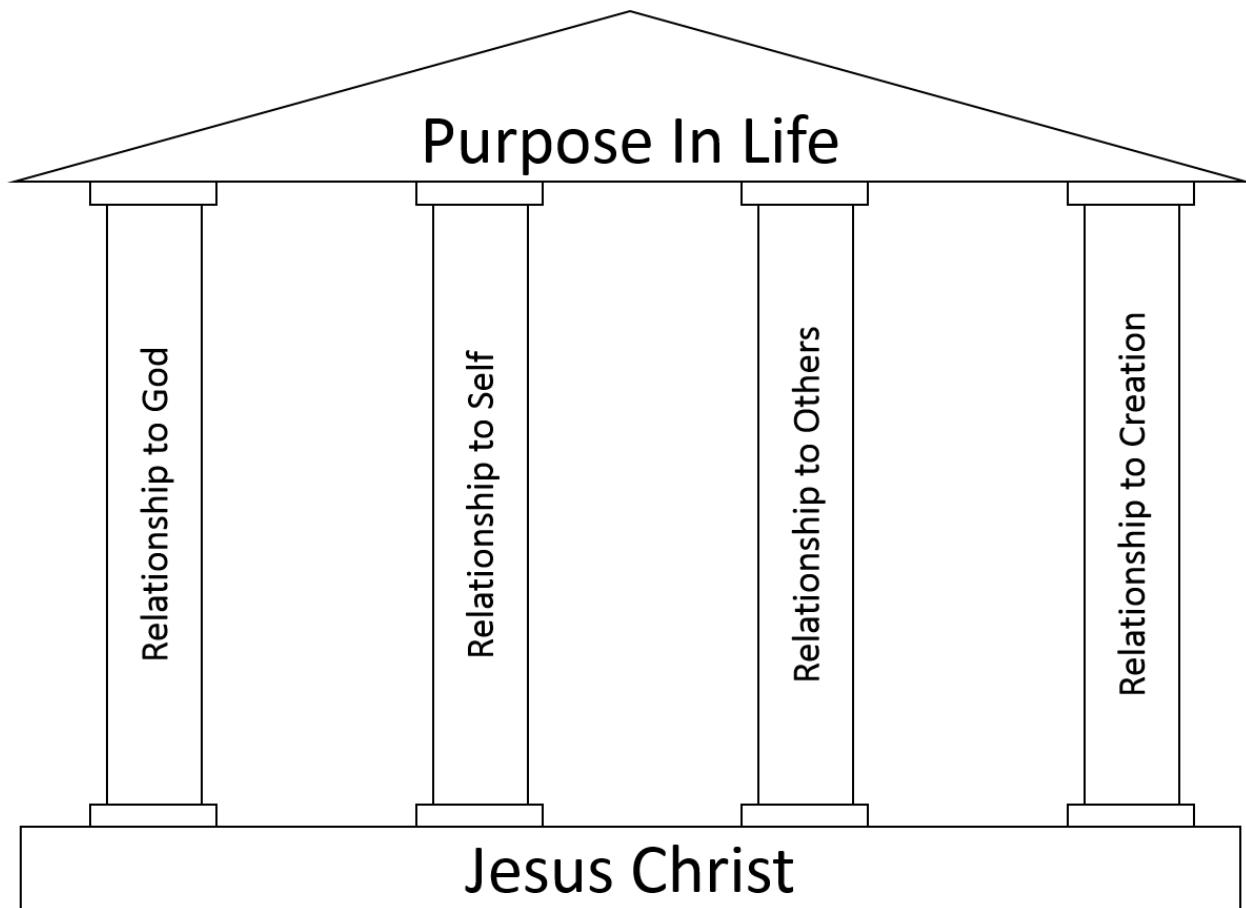
None of us exists apart from relationships. We were not created to live alone, but were created to be in relationship with those around us. Addiction breaks the key relationships that help us fulfil God's purpose in our lives. The foundation of all our relationships is the one we have with Jesus Christ. He supports our relationships in four key areas:

- Our Relationship to God
- Our Relationship to Ourselves
- Our Relationship to Others
- Our Relationship to Creation

You will find that as you study each of these four areas in preparation for recovery ministry that you will gain deep insights into your relationships in these areas. We are in the business of transforming lives and that transformation often begins at home. This means that we will take a hard look at where we are beginning and make an honest appraisal of where we are headed. This is the beginning of a long-term commitment to minister to those who most need God's loving care. Welcome to the journey.



Putting the pillars in place



God has created you with a unique purpose. As we move through this course, we will help you discover ways to put your purpose into service as you work with those in recovery. One of the things to understand about your purpose is that it is supported by the four relational pillars which are in turn founded on the person and work of Jesus Christ. Before we can begin with your relationship pillars, we must start with your relationship to Jesus.



Jesus Christ

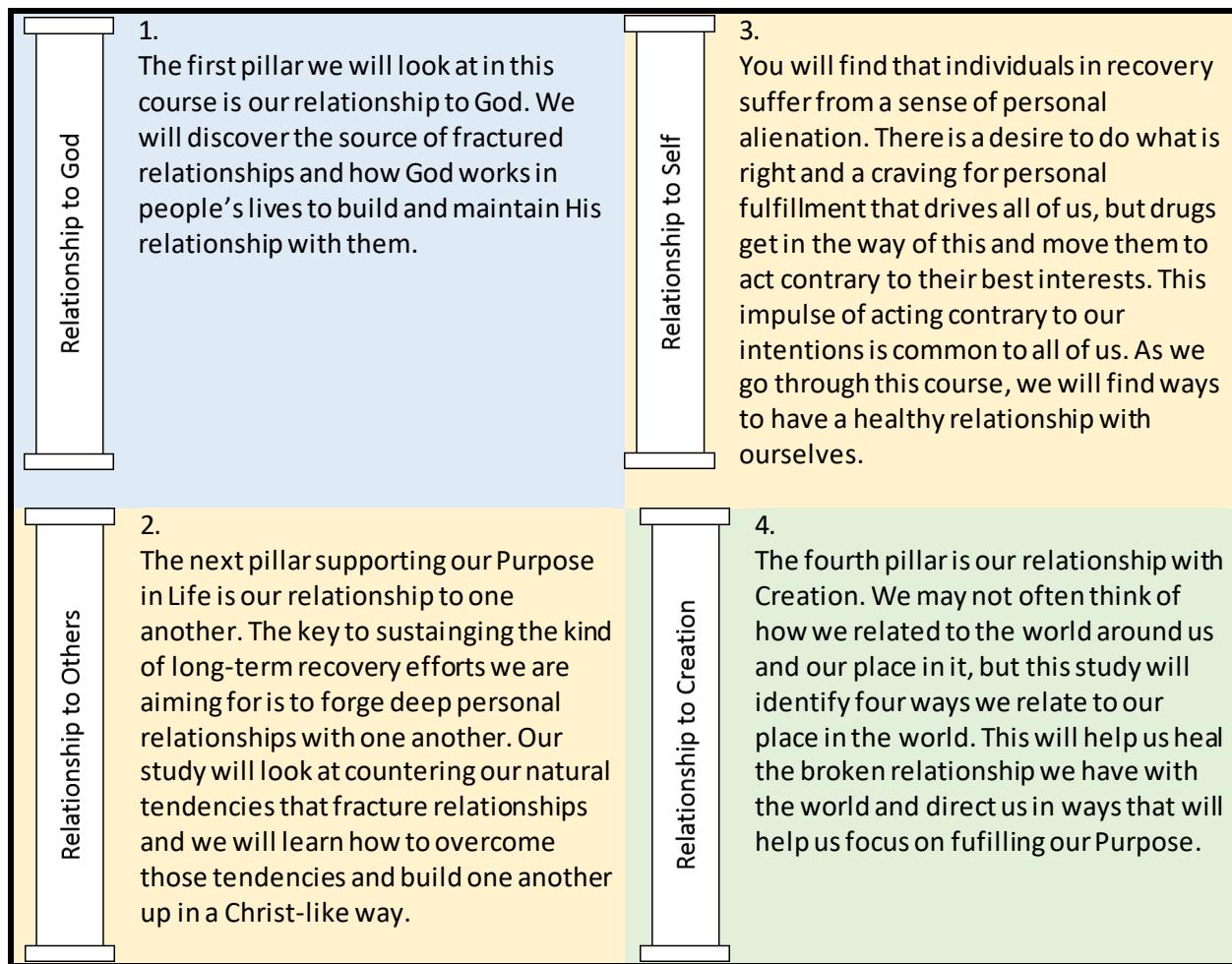
I Corinthians 3:11 tells us that no one can lay a foundation other than Jesus Christ. The Gospels tell us that the corner stone that the builders rejected has become the head of the corner and that stone is Jesus. You will only accomplish lasting success in this ministry if it is founded and supported by Jesus.

As a volunteer, we expect you to have a committed personal relationship with Jesus Christ. The Good News of the Gospel is that Jesus came to save sinners. You can only succeed in this effort founded on your relationship with Jesus Christ. This lesson will prepare you to share with others in a positive way that identifies your dependence on Him.



Setting the relationship pillars

We live our lives in terms of relationships. We are told by scripture that no one lives to himself or dies to himself, but we live for the Lord. (Romans 14:7-8) We will do well to see what those relationships are and how they support our purpose in life.



Purpose In Life

As we go through this course, we will help you discover your Purpose in Life together as it is supported by these four pillars. We will find ways to put that purpose in action as we minister to those in recovery. More importantly, we will find a way to state the purpose in a meaningful way that will equip us to relate to those in recovery effectively. We are all on the same journey and your role in ministering to those in recovery is to come alongside them, help them find and fulfill their Purpose, and encourage them in these same four relationships.

Ideas and Action Items:

Exercise 1 – Discovering Your Purpose

Complete the following activity before the next lesson.

Make a list of 10 things you have done that give you the most satisfaction. To help you get started, consider these questions:

- What have I created that was a thing of beauty?
- What is a time when I was able to fix something that was broken?
- When was a time there was a problem and I was able to solve it?
- What is an occasion when things were a mess and I was able to get things organized?
- When was a circumstance where I was able to help someone who had a need?

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____



Reminder Checklist

Introduction

Reminders

Four Relationship Pillars

- To God
- To Ourselves
- To Others
- To Creation

Action Items

Read the Introduction

Complete Exercise 1- Discovering Your Purpose

Watch the Introduction video each day

