

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 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:

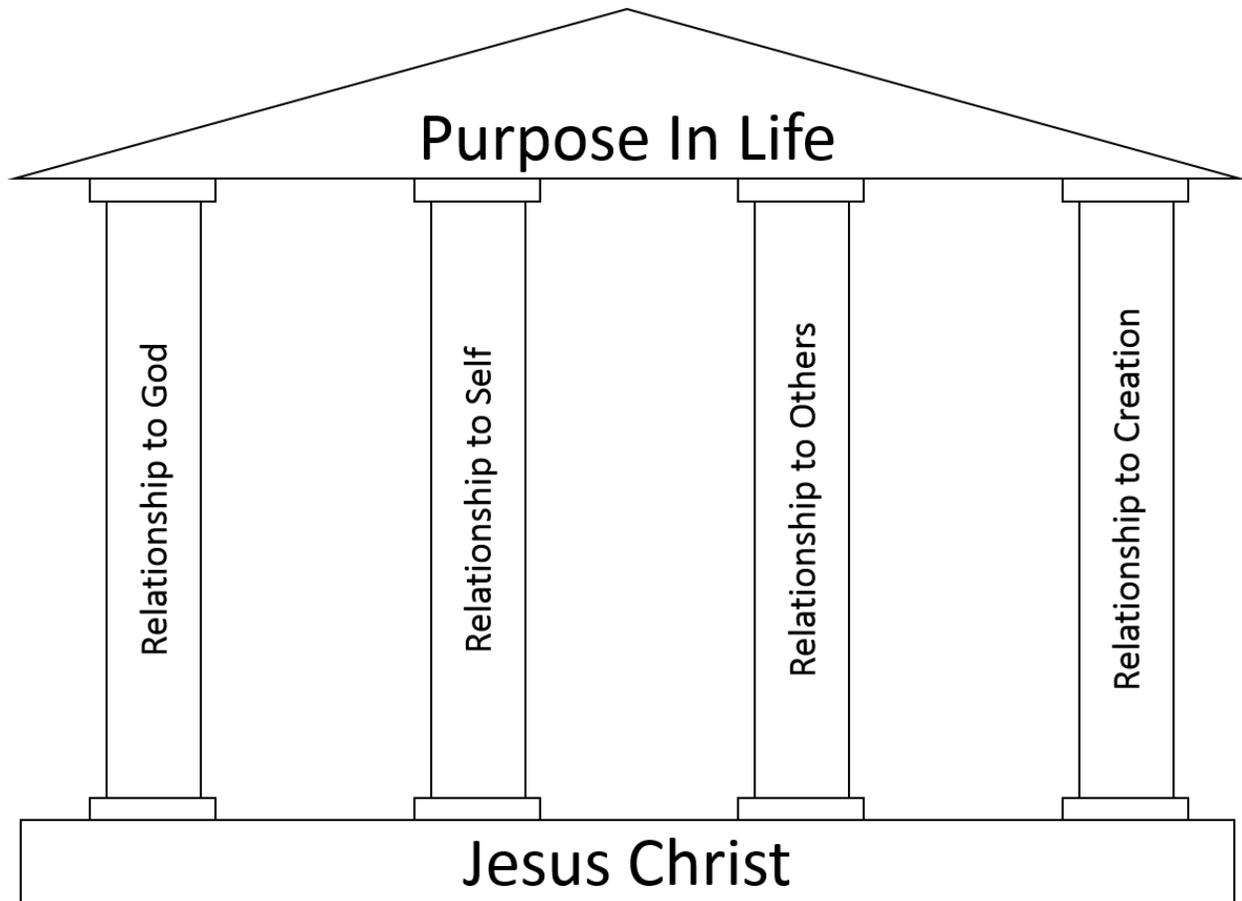
The Role of Relationships

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.

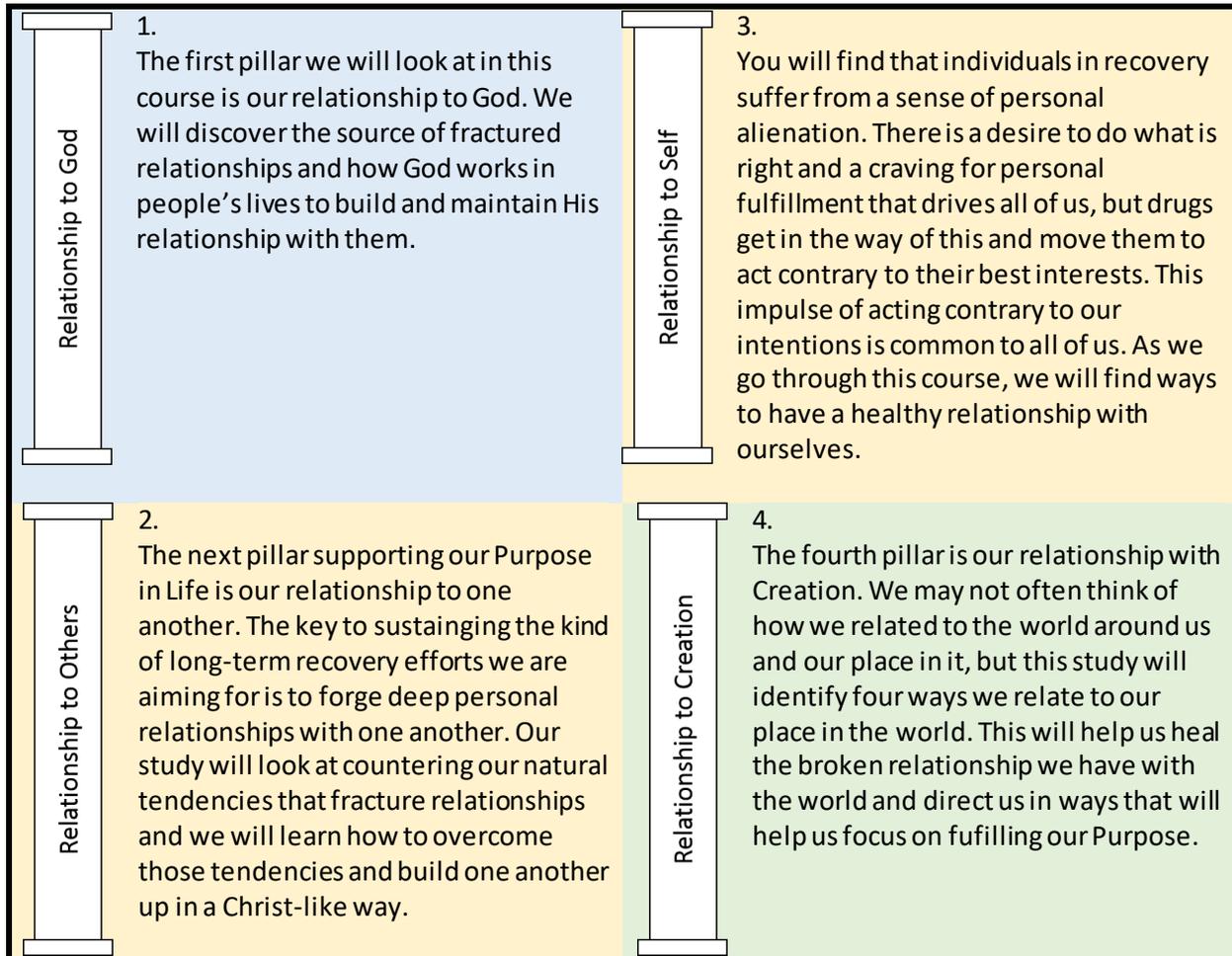
Jesus Christ

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

Lesson 1

Our Inward Conversation

Our reaction to confrontation

Most of us don't react well to confrontation and few of us actively seek it out. However, confrontation is one of the things we most need if we are going to be honest with ourselves and those around us. This lesson will focus on some of the interior dialogue that hinders our progress and how we can make these conversations profitable.

Reacting to confrontations

Identify the responses to the confrontations in the following passages of scripture:

Genesis 3:8-10

Isaiah 6:1-4

John 18:1-6

Describe the remedy for each confrontation:

Genesis 3:8-10

Isaiah 6:1-4

John 18:1-6

Responding to confrontations

We need to recognize that our fundamental relationship with God is broken due to our inability to withstand an honest and searching self-assessment without God's intervention. Knowing this, we should be able to describe to others the occasion when we came clean with God and yielded to his grace in our lives by admitting to ourselves who we are, confessing it to God, and accepting his offer of redemption.

Exercise 1 – Preparing a testimony

Complete the following activity in class.

Answer the following questions as honestly as possible.

In what way had your life spun out of control?
How did God confront you about your condition?
What was your “moment of truth” when you admitted to yourself that you needed help?
What did God provide as a covering, a catharsis, or a rescue from the brink in your case?

It may be very difficult for you to share honestly with others, but if we expect others to be honest with us, we must first be honest ourselves. This course is preparing you to discuss difficult things with others and part of that process is the expectation is an understanding of what it is like to experience that difficulty. Or perhaps you have already confronted your past in an honest and forthright manner and experienced God’s redeeming grace in your life. Be patient with others as they struggle with this aspect of the course and encourage them to share since we are all in this together. Practice sharing your testimony with at least three people this week and ask them to fill out a feedback card and mail it in.

Overcoming our alienation

The first part of this lesson looked at what alienated us from God and how he has taken steps to reconcile us to himself. This part of the lesson will look at ways we can become reconciled to ourselves.

Recognizing God's plan in our life

One of the hardest things for us to do is to accept the free grace that God has given us and stop beating ourselves up about who we are. Fortunately, God has given us comfort in his Word that enable us to find the kind of internal healing that we need in order to have constructive conversations about our own state. As you discuss each of the passages of scripture in class, jot down some thoughts about how we can draw comfort and confidence about our condition.

Romans 8:1-4

Ephesians 2:10

Jeremiah 29:11

Recognizing God's purpose in our life

God has a purpose for all of us and we are part of his plan. We recognize this in at least three ways:

- We bear His Image
- We house His Spirit
- We Imitate His Son

Recovery ministry is one area where all of us can reflect God's image by approaching others with the same purposeful grace with which He has approached us, treat one another in the same Spirit in which he treats us, and follow the example set by Jesus in how we treat others. This is not complicated work, but neither is it easy work. We must all encourage one another in the exercise of this ministry.

Exercise 2 – Developing Your Purpose

Select three accomplishments from the 10 that you listed in Lesson 1, Exercise 1 that give you the most satisfaction. List them in following tables and answer the questions about them:

Accomplishment 1
What did you find most satisfying about this accomplishment and why did you find it satisfying?
What activities did you most enjoy doing that allowed you achieve this accomplishment?
What are some other achievements where you spend time doing things like this?
If you were to rewrite this achievement as a purpose statement, what would it be? <i>(Fill in the blanks as a guide)</i> My purpose in life is to (achievement) _____ by (action) _____ in order to (outcome) _____ for others to (impact) _____ for the honor and glory of God.

Accomplishment 2
What did you find most satisfying about this accomplishment and why did you find it satisfying?
What activities did you most enjoy doing that allowed you to achieve this accomplishment?
What are some other achievements where you spend time doing things like this?
<p>If you were to rewrite this achievement as a purpose statement, what would it be? <i>(Fill in the blanks as a guide)</i></p> <p>My purpose in life is to (achievement) _____</p> <p>by (action) _____</p> <p>in order to (outcome) _____</p> <p>for others to (impact) _____ for the honor and glory of God.</p>

Accomplishment 3
What did you find most satisfying about this accomplishment and why did you find it satisfying?
What activities did you most enjoy doing that allowed you to achieve this accomplishment?
What are some other achievements where you spend time doing things like this?
<p>If you were to rewrite this achievement as a purpose statement, what would it be? <i>(Fill in the blanks as a guide)</i></p> <p>My purpose in life is to (achievement) _____</p> <p>by (action) _____</p> <p>in order to (outcome) _____</p> <p>for others to (impact) _____ for the honor and glory of God.</p>

Reminder Checklist

Lesson 1- Our Inward Conversation

Reminders

Three Reactions to Confrontation

- Instead of covering up, we let God cover us
- Instead of cursing ourselves, we let God clean us
- Instead of cowering in fear, we let God raise us

Three Remedies for Alienation

- Bear His Image
- House His Spirit
- Imitate His Son

Action Items

Read Lesson 1

Complete Exercise 2

Pass out 3 Feedback Cards

Watch the Lesson 1 video each day

Lesson 2

Our Outward Conversation

The Gift of GAB

In this lesson we will cover an essential skill of relating to others and that has to do with how we communicate. It is easy for many of us to talk, but we can all learn how better to communicate. The first step in communicating with those in recovery is developing a relationship through conversation. We will learn a three-step process that will provide you with the skills you need to have meaningful conversations. This process can be summarized with three words: Greet, Ask, Benefit or more simply, the gift of GAB. We will look at each of these in detail.

Greet

The sweetest sound a person can hear is their own name. Take time to learn the name of the person you are talking to, often by introducing yourself and then asking for their name. There are several techniques that you can use to remember people's names. Here are a few:

Concentrate – Make a conscious effort to take steps to remember their name.

Repeat – Repeat their name at least three times in your first few minutes of interacting with them. This gets you in the habit of saying their name.

Associate – As you say their name, associate it in your mind with something such as an article of clothing, something they told you about themselves, or the setting you are in. The more associations you make with the person and their name, the easier it is to recall.

Connection – Often people you meet will be an acquaintance of someone else you know. If you pair them together, either in conversation or in your mind, it will often be easier to remember them.

Concentrate – After you have repeated their name, made an association and connection, make a deliberate effort to state this out loud to them and why it is significant. For instance:

“It was great to meet you, Bob, and find out that you own a golden retriever. That is my favorite breed of dog.”

“It was a pleasure talking with you, Mary, and I'm glad to hear that you know folks at First Church. The next time you see Paul, let him know we talked.”

One of the most important things we can do to remember their name is to value our time with them. We don't have to state it up front, but by mentally acknowledging that they are valuable in God's eyes and as a result, they are important to us, we will pay more attention to what they say and will have a more memorable experience.

Ask

We demonstrate the value that we place on others by showing concern for things that are important to them. How do you know what is important? Simply ask them. They will tell you. You don't have to ask directly, but there are some general questions you can ask to get the conversation started:

- How are you doing today?
- What have you been up to lately?
- How are things going for you?

What are some other questions you can ask to get the conversation started?

However, it is not enough to simply ask questions. You must also value the responses. Most people don't listen to hear; they listen to respond. One of the first habits you need to break is to concentrate on what the other person is saying without thinking about what you are going to say back. If you want the other person to know that you truly value them, listen to what they have to say. Some techniques you can use to practice active listening include:

- Repeat what they have said back to them so they know you heard them. You can do this as a question or a statement?
 - "You've been clean for five weeks? That's great news."
 - "So you've been clean for five weeks. I'm really glad to hear that."
- Rephrase what they say so you don't sound like you're just parroting their comments.
 - "So how have the last five weeks gone for you now that you're clean?"
 - "These last five weeks getting clean must have made a big difference for you."
- Restate their comment to show that you value what they have to say.
 - "I'm glad to hear that you're five weeks clean now."
 - "Five weeks clean is a great accomplishment. You must be pleased."

Jot down some additional phrases you can use as part of an active listening strategy:

Benefit

Once people know we value them for who they are and care about them as individuals, we are ready to help. Do not rush this part of the conversation. There are many reasons not to be in a hurry to solve problems for people. One of the reasons is that if we have not laid the groundwork of a genuine compassionate relationship that gets to know them as people, they will feel like we are defining them in terms of their problem or that we only see the problem and not the person behind it. Take the time to value the *person* before you define the problem.

With that in mind, there comes a time when we need to be ready to help. Because we have laid the groundwork of getting to know them as individuals and finding out what makes them valuable, we need to follow through by letting them define their problems. This is not to say that they will reveal the root cause of the problem, but they will provide us with a way that we can have an immediate impact. Master this one question:

How can I help you today?

This looks like a simple question, but it has tremendous power.

- It empowers the client to define the need and identify the problem.
- It identifies your relationship to them as someone willing to help.
- It sets a time limit on what you are committing to (“today”).
- It creates some action items that you can work on to show your genuinely care about them.

An important part of the benefit phase of the conversation is the power of follow up. Since we are in the business of establishing relationships, it is vital that we leave the door open for an ongoing relationship that includes follow up. Here are some phrases that look like follow up, but in actuality they aren’t:

- Call me if you need anything.
- Let me know if there’s anything else I can do.
- Stop by and see me again sometime.
- I’ll be sure and pray for you about that.

These may be uttered with the utmost sincerity on your part, but they are too often hollow phrases that mean little other than politely ending our conversation. Write down how to turn those into better phrases:

Exercise 1 – GAB Role Play

When directed by your instructor, take turns practicing the GAB process in pairs with a table mate. If these skills seem awkward at first, that is OK. The goal of this exercise is to practice the skill for the first time. By the end of the course, you should be able to use the GAB process naturally.

When you have completed the exercise, take some time to jot down your thoughts on how well you felt it went. To help you out, consider the following:

- How does this help me value them as an individual?
- How well will this work at helping me remember names?
- How can I get more natural as practicing active listening?
- What was awkward and what was natural about scheduling follow up?

Making the most of the mundane

Abraham Lincoln once said, “God must have loved the common people, he’s made so many of them.” None of us likes to think of ourselves as common or ordinary, preferring to focus on what makes us unique. At the same time, we rarely give a thought for the common and ordinary in everyday life. Ironically, most of our great scientific breakthroughs happened when people were contemplating the ordinary, whether it was the discovery of the smallpox vaccine from a chance comment by milkmaids who said they never got smallpox because they’d had the cowpox to the discovery of penicillin from ordinary mold growing on dirty glassware in the lab. Contemplating the mundane from a Godly perspective is one of the ways we sustain our relationship to God himself.

Exercise 2 – Considering Creation Care

Consider all the ordinary and mundane things you do throughout the day. It is easy to describe what the looks like without consideration of how it relates to God because this is our default setting most times. Consider what a normal, ordinary, mundane task looks like when we attribute spiritual significance to it and how that might look. Your instructor will provide you with some suggestions. Complete the following table with areas where we can seed the divine in the ordinary.

Task	Without God	With God
In the Morning		
At Work		
On the Road		
At Home		
When Relaxing		

Checklist Reminder

Lesson 2 – The Outward Conversation

Reminders

The gift of GAB

- **Greet** people by name
- **Ask** how you can help
- **Benefit** them now and follow up

Find a sense of the sacred in ordinary things

Action Items

Read Lesson 2

Practice the GAB process and record at least three interactions

Complete Exercise 2 on Creation Care

Hand out 3 Feedback cards

Watch the Lesson 2 video each day

Lesson 3

Our Walk with God

Take some time to share with your table mates some of the natural impulses that you struggle with. Note that our natural impulses have contrasting spiritual impulses that are missing when we let the natural impulses take over. Fill in the other side of the table as your instructor reads the remainder of the chapter

The contrast we need

In Galatians 5:25-26, the encouragement to walk by the Spirit is accompanied by an unstated contrast directed at three things:

Natural Impulses Galatians 5:26	Spiritual Impulses
Conceit	
Provocation	
Envy or Jealousy	

One of the things we need to do is heighten our awareness of the natural impulses in us. When we see good things happening in the lives of others, especially those we don't particularly like or are competing with, it is easy to think more highly of ourselves than we ought to think, to make provocative comments, and harbor jealousy, envy, and resentment at their success. Whenever we experience these feelings, we should immediately recognize them for what they are and make a conscious deliberate choice to replace them with caring concern, encouragement, and celebration. When we do this, we will find ourselves walking in the spirit.

These impulses do not come naturally and require work and planning. Take time to complete Exercise 1 to help develop a spiritual response to the good things that happen in the lives of others.

Exercise 1 – Planning Our Spiritual Walk

One of the best ways for preventing natural impulses from taking control of the situations we find ourselves in is to have a plan for dealing with them when they arise. This exercise is designed to give you a framework for developing a planned response when dealing with others who are celebrating success.

Describe a situation where an individual has experienced a success that provokes the natural impulses of conceit, provocation, envy, or jealousy within you.
Describe why these natural impulses are unjustified.
Write a caring question you can use in conversation with them.
Create a specific encouragement you can offer them that will help them in their spiritual journey.
Write out a celebratory or congratulatory comment you can leave them with.

Setting the Direction

This is a great strategy for handling success, but not everything we experience in this work will be worth celebrating. We will run into inevitable disappointments, whether it is our clients we are working with, our fellow volunteers, or even ourselves. We have to fight the same natural impulses of conceit, provocation, envy and jealousy when dealing with disappointments.

Exercise 2 – Why You Are Here

Refer to Lesson 2, Exercise 2 – Developing Your Purpose in order to complete this exercise.

Of the three accomplishments you listed in Lesson 2, which one brought you the most satisfaction?
If you were to describe the accomplishment in the terms of today's lesson, what would you do to: <ul style="list-style-type: none">• Ask as a caring question?• Offer as an encouragement?• Celebrate as an accomplishment?
How does this accomplishment relate to the work of supporting those in recovery?
If you were to enlist others to help you with a similar accomplishment, what are some strategies you would use to: <ul style="list-style-type: none">• Enlist them to care?• Encourage them in the work?• Celebrate success?
What are some ways God can use this accomplishment to help you develop a closer walk with Him?
Who are some people God has put in your life to help you accomplish this purpose?
What are some of the means He is using to encourage you in this work?

How can you use the skills in this lesson to keep yourself on the right track?

- What caring question(s) could you ask?
- What can you offer as an encouragement?
- In what way can you celebrate an accomplishment?

Checklist Reminder

Lesson 3 – Our Walk with God

Reminders

Eliminate conceit, provocation, and jealousy

Practice concern, encouragement, and celebration

We can't control the disappointments, but we can control our reactions

Action Items

Read Lesson 3

Complete Exercise 2 – Caring Questions, Encouragement, and Celebration

Record your responses to practicing your skills

Hand out 3 feedback cards

Watch the Lesson 3 video each day

Lesson 4

Our Walk with Creation

What is my impact?

One of the things few of us consider is how important our spiritual formation is to the world around us. We understand that we impact those in our family, those in our churches, and those in our communities. Few of us consider the impact of our spiritual condition on the creation around us. There are a lot of reasons for this, but we are not here to solve the problems of the past, only to prepare you to live in the present.

According to Romans 8:19-22, Creation has a stake in our spiritual development and is eagerly waiting for our ultimate salvation so it can be delivered from its enslavement and obtain the freedom that comes with our spiritual fulfillment. We already know this is true because there is a deep human need to connect with creation in a meaningful way and to share it with others. If we were to summarize this need it would be stated as a dynamic relationship of mutual benefit where we find satisfaction in making the world a better place.

A key element of recovery work is changing the environment. As Christians, we recognize that the environment has a physical component which is the world we can see and experience with the senses, as well as a spiritual component. This last is manifested in such intangibles as the prayers of those around us, the leading of the Holy Spirit, and the emotional impact of others in our lives. Creation care is an approach to looking at the total environment around those in recovery and changing it in specific ways that fulfill God's purpose for creation. When we alter the environment in accordance with God's purpose, we create a path forward for those we are supporting that provides meaning and significance.

Exercise 1 – Finding your potential

Part A: Relating to Creation

Think of some of the things you did this week that made you feel like a child with a coloring page they were proud of. What are some of the things you did that brought you such delight you felt compelled to share them with someone else?

What I accomplished this week that brought me satisfaction or delight:

What I accomplished this week that brought me satisfaction or delight:

What I accomplished this week that brought me satisfaction or delight:

What I accomplished this week that brought me satisfaction or delight:

Part B: Reflecting on Creation

Answer the following questions about the actions you took this week that were worth sharing.

What did you find most satisfying about these tasks or accomplishments?

What did you find in them that made you want to share them?

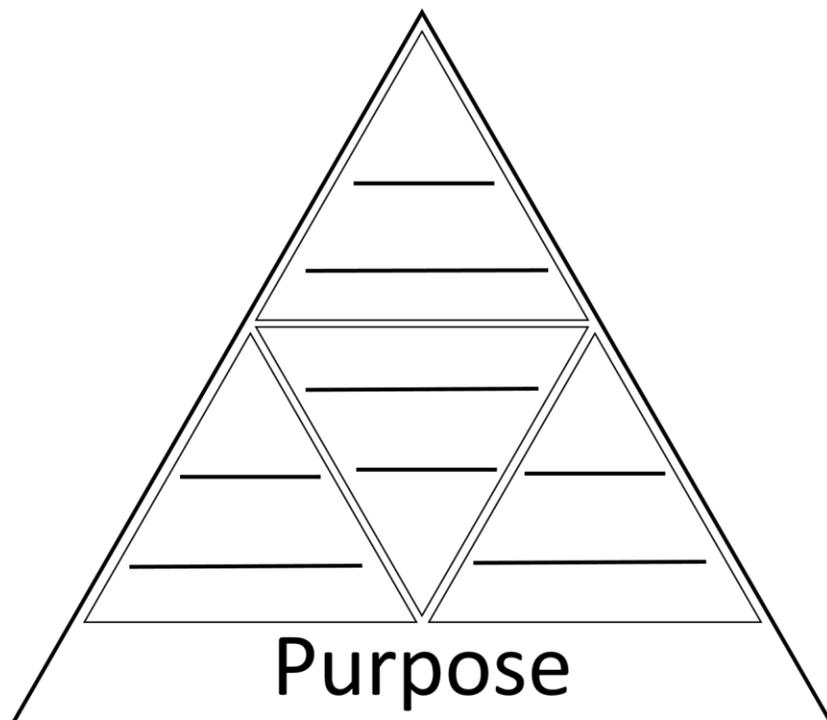
What was the reaction when you shared them?

How did that make you feel about what you did and how you shared it?

Is there a common theme that unites these accomplishments you listed?

The essential elements

As we look at the wide variety of things that everyone has accomplished, we find that they fall into some common categories and that they all encompass common themes. Very few accomplishments are confined to a single theme, but as we look at them, we discover that they all seem to have various aspects and degrees of the four same things. Each of these four things helps us accomplish God's purpose for creation and restoring these four themes will move us in the direction of redemption as described in Romans chapter 8. These themes are:



Your purpose in life supports one or more of these themes as evidenced by the things in which you take delight. Ephesians 2:10 and your own heart tell you how God has crafted you on purpose and for a purpose and to fulfill a purpose. The remainder of this lesson will look at how to put your knowledge of God's purpose in these four themes to work in some specific skills that will help restore creation.

Cultivating creation care

As we mentioned in lesson 3, one of the ways we talk about Creation is in finding meaning in the ordinary or the mundane. It is easy to stand in awe of a golden-red sunset over the ocean, the majestic peaks of a mountain range, or the natural beauty of an old growth forest. It is more difficult for us to take delight in an early sunrise that gradually transforms the overcast gloom into a cloudy day or the endless rolling hills or subtle plains or even the exquisite beauty of a dandelion. It isn't that one is inherently more valuable or important than the other, but rather that we have not taken the time to consider deeply the impact of all that creation has to offer. Some of the skills we need to cultivate to help us value nature and walk with it in fulfillment of God's purpose include:

- Concern for Consequences
- Care for Current Conditions
- Contentment in our Purpose

Concern for consequences

Many of us have entered this recovery ministry with a common fear of, "What if I fail?" But how many of us have thought about the consequences of "What if I succeed?" Take some time to consider the consequences of success in recovery ministry:

Short-term Consequences:

Long-term Consequences:

Care for current conditions

When we work in recovery ministry we need to pay particular attention to the influence we are having around us. Changing the environment is essential to help those in recovery overcome their addiction and you will play a vital part in altering the environment around them. This means that you need to be conscious and deliberate about altering the environment in positive ways. What are some actions you will take this week to:

Improve everyone's mood: <ul style="list-style-type: none">••••
Reduce the amount of drama: <ul style="list-style-type: none">••••
Decrease the level of conflict: <ul style="list-style-type: none">••••
Make the world a better place because of your presence (create beauty, put things in order, fix what's broken, help others): <ul style="list-style-type: none">••••

Contentment in our purpose

As God finished creation, he took delight in it, declared it good, and then took a break from further creative work. There is no shame, nor should there be any guilt in taking delight and satisfaction in the work of our hands as it fulfills one or more the mes in God's purpose for creation. This is similar to celebrating the accomplishments of others as we learned in Lesson 4.

Exercise 2 – Altering the Environment

Describe an accomplishment you intend to work on this week:
Explain how it will fulfill one or more of these themes: <ul style="list-style-type: none">• Create Beauty• Put Things in Order• Fix What's Broken• Help Others
What are some of the consequences of success for this accomplishment: <ul style="list-style-type: none">• Short-Term Consequences• Long-Term Consequences
How will you alter the environment to improve the world around you by your actions, words, and attitude:
One completion of this accomplishment, what will you be able to declare as good, satisfying, or delightful:

Checklist Reminder

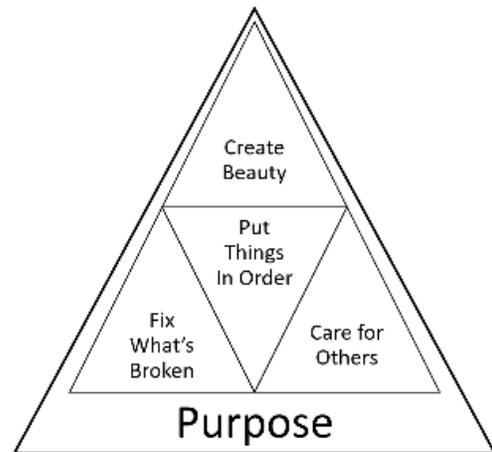
Lesson 4 – Our Walk with Creation

Reminders

Our purpose in life can be summarized in four themes:

We practice these themes in three skill areas

- Concern for Consequences
- Care for Current Conditions
- Contentment in our Purpose



Action Items

Read Lesson 4

Complete the accomplishment in Exercise 2 – Altering the Environment

Hand out 3 Feedback cards

Watch the Lesson 4 video each day

Lesson 5

Our Walk with Ourselves

What has success done to me?

Conventional wisdom tells us that we should feel the happiest when we are most successful. Experience and the Bible caution us to be more wary of success than failure. In recovery ministry, the chief danger is not failure because we are accustomed to relapse and know what we need to do to help people get back on the path. What recovery ministry ill prepares us for is how to handle spectacular success. It is at this point we are often most vulnerable. Consider the life of Elijah as a lesson in this regard.

Prelude to victory

What are the events in Elijah's life that led up to his confrontation with the prophets of Ba'al on Mount Carmel?

I Kings 17:1

I Kings 17:2-7

I Kings 17: 8-16

I Kings 17: 17-24

Elijah was busy doing God's work at this point and things did not seem to be going well. What are the events in Elijah's life that impacted his victory?

I Kings 18: 1-16

I Kings 18: 17-24

I Kings 18: 40

I Kings 19: 1-3

Exercise 1 – Sources of Discouragement

Sources in the environment:
Sources in the people around him:
Sources in the work God called him to do
Sources in those opposed to God's work

Epilogue to victory

What was Elijah's reaction to Jezebel's threat against him?

What was his reaction to God confronting him?

What did God provide for him?

God's cure for success

As hard as it is for us to accept, we need to be wary of success. It is following our great successes that we are most in need of God's tender care. Thankfully, he provides a plan to care for us body, soul, and spirit. We can summarize these as:

- God's Care for us
- God's Commission for us
- God's Companion for us

God's care

Identify the three things that God provided for Elijah as necessary elements of physical care:

God's commission

Identify the two things that God provided for Elijah as necessary elements of soul care:

God's companion

Identify God's provision for spiritual care:

Self care is as vitally important in the success of our endeavor as caring for those to whom we are ministering. One of the functions of the Team of Three is to establish an accountability group that recognizes the need for care of the body, soul, and spirit as well as a means to provide it. Come together frequently and make sure you care for one another, particularly after a great victory.

Exercise 2 – Self Care Checklist

I will provide for the needs of my body by:

-
-
-
-

I will provide for the needs of my soul by:

-
-
-

I will provide for the needs of my spirit by:

-
-
-

Checklist Reminder

Lesson 5 – Our Walk with Ourselves

Reminders

We need to exercise self-care in at least 3 areas of our lives:

- Caring for our physical bodies
- Commission of our souls into God’s care
- Companionship that feeds our spirits

Unburdening ourselves equips God to achieve more through us

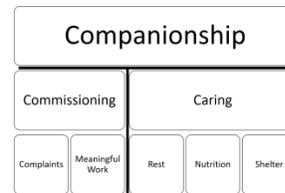
Action Items

Read Lesson 5

Practice the Self-Care strategies from Exercise 2

Hand out 3 feedback cards

Watch the Lesson 5 video each day



Lesson 6

Our Walk with Others

What does it mean to walk with others?

The essence of our work with those in recovery ultimately involves our walk with them. The are, after all, one of the chief reasons we are involved in this ministry. Like everything else we've learned so far, this is a skilled pursuit and is going to involve some practice to get it right. The first set of skills is the three W's from Luke chapter 24.

Capture your thoughts on the following topics as your facilitator talks through the account of Jesus and the disciples on the road to Emmaus:

What does it mean to be **with** someone on their journey?

What are ways we can be a **witness** to the power and presence of God in the world around us?

What does it mean to be **willing** to walk with others?

Exercise 1 – Challenges to walking

What are some challenges you expect to face in being with those in recovery?
What are some challenges you expect to face in being a witness those in recovery?
What are some challenges you expect to face in being willing to walk with those in recovery?
What are some strategies you will use to respect the decisions of those you are working with?

When the walk becomes difficult

The hardest part about the 3 W's is that we feel like we are condoning wrong or bad decisions by letting them make choices on their own and honoring them. One of the things we need to consider is that we don't always see clearly from their perspective. Just like the travelers Jesus met, their decisions make sense to them at the time, based on what they know at that point. Don't forget that in Joshua chapter 2, Rahab's first act of faith was to tell a lie. There may be times when we need to speak directly, but we need to do it in a way that respects their choices. Fortunately, there is a way to do that: the **Feel, Felt, Found Formula**.

Exercise 2 – Feel, Felt, Found

This is a role play exercise where you get to practice what you've learned in class. Your partner will provide a situation where they have or are about to make a bad decision. Plan out how to respond to them using the Feel, Felt, Found Formula.

Situation:
I understand that you feel...
I felt the same way when...
Here's what I found when...
Response:

You will find in using this approach that you are providing the necessary guidance they need while giving them the opportunity to make their own decisions. This builds in a both respect and accountability for their actions while maintaining your role as meaningful support.

Exercise 3 - What I got out of the course: Reflections

Next week you will share with the class what you consider the most valuable lesson from the course. Reflect on what you've learned in the past seven weeks and write down your thoughts in response to the following questions:

- What it is that you consider most valuable from this course

- How did you put that into practice over the last few weeks

- How you intend to continue to practice it as a Recovery Volunteer

Checklist Reminder

Lesson 6 – Our Walk with Others

Reminders

Relating to others involves three key skills

- Witness – being present with them in the moment
- Witness – being able to tell them hard truths in a loving way
- Willingness – being willing to let them make their own decisions

Use the Feel, Felt, Found Formula to provide guidance in a respectful way

Action Items

Read Lesson 6

Complete Exercise 3 – What I Got Out of the Course: Reflections

Hand out 3 Feedback cards

Watch the Lesson 6 video each day

Graduation

*Putting it
All Together*



Checklist Reminder

Graduations – Putting it all Together

Reminders

God has a purpose for our lives and we are part of His work

Use the gift of GAB (Greet, Ask, Benefit) to connect with those in recovery

Replace conceit, provocation, and envy with concern, encouragement, and celebration

We need companionship, commission, and caring in taking care of ourselves

Relate to others by being with them, witnessing, and walking together using feel, felt, found

Create beauty, fix what's broken, set things in order, and care for others as we have occasion

Action Items

Practice the skills learned in class

Set up a commissioning appointment with your church

Watch the Graduation video