

The Humble Heart **Facilitator's Guide**

Many segments of the retreat invite the facilitator to share brief, personal experiences to illuminate the teaching. Read through the script, noting spots where you are asked to share personal reflection. Write down your thoughts. Too much time spent in a personal story can rob participants of reflective moments, so think ahead about how to share concisely.

Governing Principles

- The One Heart Retreat is designed to be *experiential* as opposed to instructional. Keeping this in the forefront as you lead is essential.
- You, as Facilitator, are a "guide" more than a "teacher".
- You will be assisting the participants to reach a place they may not have been able to navigate to on their own.
- Always attempt to make the environment one of *discovery* and *sharing*.
- This is designed to be an overnight retreat and that is the best set up, however, it could be split into smaller chunks to fit your team. We highly recommend this be used as a team retreat where people can pull away from regular routine and electronics to focus on interacting together as well as get alone time with Jesus.
- Monasteries and Retreat Centers are ideal and hotels/motels do not work well.
- Location is conducive to small groups of 3-4 people to sit comfortably for story-sharing segment as well as one larger room for the whole group to gather.
- Note: Several sections of the retreat utilize smaller groups. Once you have the attendance list, divide in ways that might allow those that don't know each other as well to get some time together. We suggest you do this in advance.
 - In the 3Story/Abide section the group will be divided into groups no larger than six.
 - For Story Sharing again divide into groups as you see fit but no larger than 3.

Meals

- You will have 3 meals together during this retreat: Dinner, Breakfast and Lunch.
- All meals are eaten together as a whole group. Wait until all attendees are present before praying, and then serving meals.
- When possible, work as a team to prep, set up and clean up meals.
- Use meal times to foster conversation and deeper relationships; part of the retreat but not formal content.

Leader Expectations

It is important that the Facilitator arrive on site earlier than the attendees. This allows time and space for you to:

- Get the lay of the land
- Purchase groceries and communion supplies
- Assign rooms and identify spaces on the property where individuals can complete each component of the retreat.
- (If you're at a venue that provides meals and are subject to their meal schedule, you will need to adopt to this suggested schedule.)

One Heart Retreat - The Humble Heart

Facilitator's Guide Schedule

DAY ONE

11:00- 12:00	Arrivals
12:00-1:00	Settle in and prepare heart
1:00-1:30	Retreat Overview
1:30-2:30	Christ Centered Life
2:30-3:00	Christ Centered Life Reflection Time
3:00- 3:15	Share Reflections
3:15	Set Up Attributes
3:30	Joyful Camaraderie Content
3:40	Joyful Camaraderie Reflection
4:10	Share
4:15-5	Break
5:00-5:45	Dinner
6:00	Kingdom Inspired Diversity Content
6:10	Reflection Time
6:40	Share Reflections
6:50	Three Story Abiding content and group exercise
7:35	Set up story sharing
8:15-9:30	Story sharing (in triplets/quads/by gender)

DAY TWO

7:00-7:40	Breakfast (may have to adapt for facility) <i>Note: at the beginning of Day 2 we encourage you to use either version of this song as a devotional focus.</i>
7:45- 7:55	Courageous Faithfulness Content
7:55- 8:25	Reflection Time
8:25	Share reflections
8:35-8:45	Enduring Humility Content
8:45-9:15	Reflection Time
9:15	Share reflections
9:30	Break
9:45	Give instructions for book discussion
10:00-11:00	Humility book discussion (option to split up into smaller groups)
11:45	Lunch
12:30	Relentless Trust Content
12:40	Reflection Time
1:10	Share Reflections
1:20	Communion
1:45	Declarations
2:15	Wrap up

One Heart Retreat
The Humble Heart
Facilitator's Script

35-50 mins, depending on size of group

35-50 min		DAY 1 Greeting and Introduction
Facilitator notes and resources needed	Activity Time	Teaching Script
<p>This script guides the facilitator. Make sure to "make it your own" as you prepare in advance.</p> <p>This is a soft opening allowing those who may be arriving late to not miss important content.</p> <p>Have copies of Ruth Haley Barton Article, "When Ldrs Lose Their Soul" to offer as a handout to read as people take a short "clear your head" walk.</p>	2 hrs prior	<p>Facilitator Does: SEASON OF GREETING/MOVING IN/PREPARING YOUR HEART</p> <p>As facilitator, be on site before others arrive, be rested and prepared to welcome attendees. (make sure all shopping is done and rooming assignments are complete). Warmly greet arrivals and point out the location of their rooms as well as letting them know where and when to gather for the Introduction/Overview. Encourage them to unwind from their travel.</p> <p>Approximately 15 minutes BEFORE your actual start time, gather attendees in one room. If you have anyone new to the team, be sure to introduce each other.</p> <p><i>Note to facilitator: You may notice that some people are not eager to spend time alone. You may need to gently remind people that these short practices may be a challenge but we want them to do their best and try. This is especially important because people who group together may drown out the voice of the Holy Spirit. So, we regularly encourage and remind silent, individual reflection.</i></p> <p><i>You are about to invite attendees into their first alone time. Make sure you are clear about your expectations. Encourage them to not talk to others so that everyone may benefit from the quiet.</i></p> <p>Facilitator Says: "I'd like you take a 10-minute walk. Clear your head. Join us back in this room in 10 minutes."</p> <p>Facilitator Does: Offer the handout of "When Leaders Lose Their Souls" to read as people walk to clear their head, then dismiss.</p>

Time of Prayer	15 min	<p>Facilitator Does: Ask for volunteers who will lead the group in audible prayer and ask them to pray in the following ways:</p> <ul style="list-style-type: none"> • That all of us will experience God's presence in a unique, powerful and personal way during the retreat. • That God will allow us to focus not on things of the past or worries of the future and be totally focused on what He has for us in this time. • That our families and ministries will thrive while we are away • You (the Facilitator) should close as you are led making sure to ask God to make His Word (especially the passages we have been considering in preparation for this retreat) come alive during our time together. <p><u>15 MINUTE BREAK</u></p>
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Christ-centered Life, Christ-centered Follower

50 mins

50 min Intro to Christ-centered Follower		
Facilitator notes and resources needed	Activity Time	Teaching Script
	10 min	<p>Facilitator Says: You will hear the term Christ-centered Leader around YFC a lot. It is our desire that all of us would lead as Jesus does. The definition we have landed on is</p> <p><i>A Christ-centered Leader is first* a follower of Jesus, being formed into His likeness, through the power of the Holy Spirit for the Father's Kingdom purposes every day.</i></p> <p>Before we lead anything we FIRST follow Jesus. Everything else is second.</p> <p>A Christ-centered Leader asks God what the plan is and allows him to lead. This kind of leadership requires intentionality, focus, and surrender.</p> <p>Our focus for the next 28 hours is on us as Christ-centered FOLLOWERS of Jesus. We will have a special focus on the humble heart. At the regional conference we will soon attend and at Institute in January, our focus will be much more on who we are as Christ-centered leaders, but if we don't get the follower part right, the leader part fails. And as we set aside these hours to attune our hearts towards the Father, lets' give ourselves permission to focus on our own souls and let go of the mantle of leadership for a bit.</p> <p>Mark 1:17-18 Gives us a picture of Jesus and the beginning of His ministry. <i>"And Jesus said to them, 'Follow me, and I will make you fishers of men.' And immediately they left their nets and followed him."</i> And then John gives us a picture of Jesus at the end of his earthy ministry:</p>

		<p>John 21:22- <i>"Jesus said to him, 'If it is my will that he remains until I come, what is that to you? You follow Me!'"</i></p> <p>Think about that for a moment.</p> <p>How are you currently doing at following Jesus? (Pause for a moment so that people can reflect).</p> <p>What does it mean to us that Jesus started and ended his ministry on earth saying follow me? Listen to this quote from <u>Invitations from God</u> by Adele Calhoun:</p> <p>(Note to Facilitator: make sure to emphasize "Shapes the Heart".)</p> <p style="padding-left: 40px;">"Jesus first invitation was to follow him. Is was also the last invitation Jesus gave. From the beginning of his ministry to the end, Jesus focused on what it means to follow. He modeled following. He taught following. And he looked everywhere for followers. Following is a huge deal to Jesus, because following builds character, sands away the ego, and shapes the heart. (LEADER- EMPHASIZE THE "SHAPES THE HEART" WORDING). I sometimes hear people talk about leaders as people who make things happen. But it takes followers to make Jesus' agenda happen."</p> <p>The author later goes on to say, "Following is meant to make my heart ONE with Jesus."</p>
<p>Reflection on their own</p> <p>Have on hand the Cultural Attribute cards with reflective questions on the back. Christ-centered will be first.</p>	30 mins	<p>Facilitator Says:</p> <p>We will take the next 30 minutes to personally reflect on a couple of questions. Here are tips for these "reflective pauses":</p> <p>Be alone but not on your bed (too sleepy).</p> <p>Wander if you please, or find a solitary place to sit.</p> <p>You might use the timer on your phone but if that causes a distraction, just stay close enough to our meeting room to measure when others are returning.</p> <p>Facilitator Does: pass out Cultural Attribute Cards - Christ Centered with reflective questions on back.</p> <p>Participants Reflect:</p> <p>Where am I currently most unlike Christ in the area of following?</p> <p>Do I think more about being a good leader or a good follower?</p> <p>How might God be forming me to make my heart one with him?</p>
Group Sharing	10 mins	<p>Facilitator Asks: Share what God is stirring in you.</p>

Set up Attributes

50 mins

10 min Introduction to Cultural Attributes		
Facilitator notes and resources needed	Activity Time	Teaching Script
Pass out large YFC USA Cultural Attributes summary card	10 mins	<p>Facilitator Says: In Feb of 2019, YFC President Dan Wolgemuth, rolled out our cultural attributes. These came after many discussions and work with MANY people in the movement and much prayer. Dan then took the work that had been done and as he sought the Father and the nudges of the Holy Spirit, landed on five cultural attributes that should mark us all as Christ-Centered leaders.</p> <p>Facilitator Does: Pass out large YFC USA Cultural Attributes summary card.</p> <p>Facilitator Says: These cards are available through Store Front. We thought it was important to have all the attributes printed in one location. We've already started our conversation regarding Christ-centered Followers and Leaders.</p> <p>We are going to spend much of our time at this retreat discussing and processing what it means to pursue these areas in our own personal lives. We want to focus on our own Christ-centered lives. While we are all Christ-centered leaders, let's work to think about these personally in our own abiding relationships with Jesus. Try not to start thinking, "How do I train my team..." or dream about what this looks like at your site. Instead, concentrate on your own soul and what God might be shaping in you.</p> <p>Each attribute will get a few minutes of scripture unpacking and some provoking thoughts and then you will be given 30 minutes to reflect on your own. Ponder, pray, journal, wrestle, cry out. Let God direct you in that time to consider what He is forming in you.</p> <p>We'd like to give you a "heads up" that at the end of our One Heart Retreat we will share with each other about where God is pushing these attributes into our lives. So as we reflect on each individual attribute, we anticipate God will be working in each of our souls.</p> <p>Robert Mullholland writes this: <i>"The process of being formed in the image of Christ takes place primarily at the points of our unlikeness to Christ's image. God is present to us in the most destructive aspects of our cultural captivity. God is involved with us in the most imprisoning bondage of our brokenness. God meets us in those places of our lives that are most alienated from God. God is there, in grace, offering us the forgiveness, the cleansing, the liberation,</i></p>

		<p><i>the healing we need to begin the journey toward our wholeness and fulfillment in Christ."</i></p> <p>Mulholland is saying that the places in which God is zeroing in, He is doing in order to refine and shape our hearts. These are the places we are most unlike him.</p> <p>He goes on to say, <i>"Our cross is the point of our unlikeness to the image of Christ, where we must die to self in order to be raised by God into wholeness of life in the image of Christ right there at that point. So, the process of being formed in the image of Christ takes place at the points of our unlikeness to Christ."</i></p> <p>We want to invite you to ask God, during each reflective time, where am I currently unlike Christ in this area?</p> <p>After each reflection time, we will also give a few minutes for you to share with the group if you would like to tell us what God is stirring in you.</p> <p>So, let's begin with the first attribute that will mark us as we live Christ-centered lives.</p>
		<p>Note for Facilitator:</p> <p>10 minutes of content around each attribute followed by 30 minutes of individual reflection time and 10 minutes to share about reflection time.</p> <p>Each reflection time should be around answering the question, <u>"Where am I currently most unlike Christ in this area?"</u></p> <p>This is all about a Christ-centered Life (Christ-centered Leader will be explored at Institute). We want individuals to think about this in a personal way around their own journey with God.</p>

Joyful Camaraderie

50 mins

50 min		Joyful Camaraderie
	10 mins	<p>Facilitator Says/Does: (Ask someone to read)</p> <p>Acts 2:42-47- "And they devoted themselves to the apostles' teaching and the fellowship, to the breaking of bread and the prayers. And awe came upon every soul, and many wonders were being done through the apostles. And all who believed were together and had all things in common. And they were selling their possessions and belongings and distributing the proceeds to all, as any had need. And day by day, attending the temple together and breaking bread in their homes, they</p>

<p>Facilitator has prepared personal 2 to 3-minute story that exemplifies Joyful Camaraderie</p>		<p>received their food with glad and generous hearts, praising God and having favor with all the people. And the Lord added to their number day by day those who were being saved.”</p> <p>Facilitator Says: We see people in this passage meeting together, breaking bread, praying, worshipping, and leading others to salvation. You can almost feel the joy and the sense of belonging among these people. We were created to be in relationship not only for our benefit but also for the sake of living out the gospel in a lost world. We cannot live the abundant life Jesus calls us to alone. This means finding community, being an active part of a body of believers, and living a transparent life that allows for others to do life with us.</p> <p>Facilitator Does:</p> <p>Share a personal story that creates a picture of you, the leader, serving with joy. Prep this so you can really address all the senses as you create this picture in the minds of the students.</p> <p>Facilitator Does: Pass out Cultural Attribute Reflection cards for Joyful Camaraderie.</p>
<p>Reflection time on their own</p>	<p>30 mins</p>	<p>Participants Reflect:</p> <p>Where am I currently most unlike Christ in this area?</p> <p>Give some thought to creating your own word picture of what serving with joyful camaraderie looks like. Feel free to write it or draw it.</p> <p>In what way do I sense God nudging me to pursue Joyful Camaraderie.</p>
<p>Group sharing</p>	<p>10 mins</p>	<p>Facilitator Asks: Share with the group what God is stirring in you.</p>

Kingdom Inspired Diversity

50 Mins

50 min Kingdom Inspired Diversity		
Facilitator notes and resources needed	Activity Time	Teaching Script
	<p>10 mins</p>	<p><i>Note to facilitator: We’ve learned that the conversation around Kingdom Inspired Diversity can be robust. Many people have painful stories that they begin to share about prejudice in their own lives. Do your best to stay inside the time guidelines.</i></p> <p>Facilitator Says: (Feel free to ask someone to read.)</p> <p>Revelation 7:9-10 – “After this I looked, and behold a great multitude that no one could number, from every nation, from all tribes and peoples and languages, standing before the throne and before the</p>

		<p>Lamb, clothed in white robes, with palm branches in their hands, and crying out with a loud voice, 'Salvation belongs to our God who sits on the throne, and to the Lamb!'"</p> <p>It is hard to imagine this picture of every nation and tribe and language. We live in a world with so much division. And yet it has been going on since the fall in the garden of Eden. Unfortunately, Christians have often been the people doing the oppressing and maybe even creating the divisions.</p> <p>Facilitator Does: Share a story about your own struggle in this area of diversity.</p> <p>Pass our Cultural Attribute Reflection cards for Kingdom Inspired Diversity.</p>
Reflection on their own	30 mins	<p>Participant Reflects:</p> <p>What would it look like if my life reflected the diversity we see in Revelation 7?</p> <p>Where am I currently most unlike Christ in this area? What could it cost me to better reflect Christ in Kingdom Inspired diversity? How might I pursue Kingdom Inspired Diversity?</p>
Group sharing	10 mins	<p>Facilitator Asks: share what God is stirring in you.</p>

3Story Abiding Experience

60 Minutes

1 hr 3Story Abiding Experience		
Facilitator notes and resources needed	Activity Time	Teaching Script
<p>This script is here to help you with an intro, but feel free to say it in your own words- don't read straight from the script.</p>	10 min	<p>Facilitator Says:</p> <p>Remember that what we discuss and experience during this One Heart Retreat is foundational to who we want to be as YFC staff.</p> <p>In this next segment, we are going to linger on the topic of abiding, which is foundational to something we call "3Story Living". Our prayer is that this time will help instill 3Story as part of your DNA; whether you remain in YFC for many years or leave after a couple.</p> <p>For some of you this will be a reminder and an encouragement to continue to deeply abide and invite others into your journey.</p> <p>Facilitator Asks: How many of you have had a 3Story experience?</p> <p>Facilitator Says: In light of our 3Story familiarity or lack thereof, we're going to spend a few minutes tonight focused in on the topic of abiding.</p>

<p>Need 3 paper plates will be used to demonstrate how the 3Story circles overlap.</p> <p>Start by logging into Learn Socially and watching these videos, continue watching until you feel comfortable presenting a 2-minute 3Story summary.</p> <p>https://yfc.learnsocially.com/classes/242/lessons/1462?locale=en</p> <p>https://yfc.learnsocially.com/classes/242/lessons/1465?locale=en</p> <p><i>Note to facilitator: The overall goal here is to allow students to grapple with abiding on a deeper level. Do not make this a long</i></p>	<p>20 min</p>	<p>Facilitator Asks: Where is "ABIDING" mentioned most in the Bible? Does anyone know?</p> <p><i>Hopefully someone will mention John 15.</i></p> <p>Would one or two of you please read John 15: 1-11 for us?</p> <p>Facilitator Says: Here's the context; Jesus speaks these words to His disciples immediately following the last supper and, on their way out of the city towards Gethsemane. Jesus realizes this will be His final teaching to the group.</p> <p>If you had spent that much time with a group of people, how important would your final words be? These words take on added significance since this represents His final teaching to the entire group.</p> <p>Look again at this passage and notice how many times Jesus uses the word "remain" or "abide" (<i>pause for response</i>).</p> <p>This abiding relationship is the foundation of 3Story living. We use 3 circles to help describe three relationship connections: God's Story, My Story, and "Their" story—the story of my lost friend, student or family member.</p> <p>Facilitator Asks: How have you noticed a difference in your life when you are tightly connected to the Vine? How about the opposite—what does life look like for you when you are not paying attention to abiding?</p> <p>Facilitator Says and Does: (use 3 paper plates to demonstrate 3Story Circles) Sometimes it helps to have a visual aid. These 3 paper plates can represent the 3 stories I mentioned. So, as God's story overlaps my story in my abiding relationship with the Father, this is the sweet spot, right here in the place the stories connect. God's story covers mine. No longer is my story just about my family, my wins, my losses and me, me, me. Instead, I see and tell my story through the filter of God's story and how He has been, is and will be at work in mine. As my story intersects with that of a lost kid, because I am being deeply transformed in my abiding relationship, the lost kid sees more of God's story than of my story.</p> <p>Now, if I separate the 3 plates, the three stories, how effective am I?</p> <p>Abiding is central to all I do. Jesus is clear; He said, "You can do _____ apart from me."</p> <p>Here is our assignment for the next 20 minutes. I will place you in groups of 3 or 4 or 5. As a group, you will come up with another metaphor for abiding. It must be something other than the vine and the branches. Be</p>
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<i>teaching on 3Story as students will get that information in other venues. We simply want to zero in on abiding (and have a little fun!)</i>		<p>creative. You can use props if it helps. When we return, you will share your metaphor skit with the group.</p> <p>After 20 minutes have passed, I will call you back and you will present.</p> <p>Facilitator Does: Dismiss groups to different locations to come up with their skits to present abiding.</p>
Group Presentations	20-30 min	Facilitator Does: Allow 10 minutes to each group to make their presentation.

Personal Story Sharing

40 minutes to set up, 60 minutes for participants in groups

1 hr., 40 minutes			Personal Story Sharing in 3s
Facilitator notes and resources needed	Activity Time	Teaching Script	
<p>This script is here to help you with an intro, but feel free to say it in your own words- don't read straight from the script.</p> <p>Prep groups of 3 in advance so it's easy to assign those groups at the end of your story sharing.</p>	10 min	<p><u>IMPORTANT:</u> GROUPS SHOULD BE NO LARGER THAN 3 PEOPLE. <u>DO NOT VIOLATE THIS</u>, AS IT WILL MAKE FOR TIRED LISTENERS AS THE EVENING PROGRESSES.</p> <p>Reminder: groups are to be same gender.</p> <p><i>Depending on size of group, you will need to have identified several meeting spots where groups of 3 can gather comfortably for story sharing.</i></p> <p>Facilitator Says: Before we begin our final activity for tonight, I'd like to give you some information about the morning.</p> <p>Facilitator Does: Tell participants where they need to be and what time in the morning.</p> <p>Facilitator Says: Tonight, we are going to hear each other's stories and how God has been <i>shaping</i> our hearts and lives. It is very natural for us to do this as we consider God has been pursuing our hearts for our entire lives.</p> <p>We will do this in a comfortable and leisurely time frame (approx. 20 minutes per person). This will help us avoid the all too common tendency to be thinking of our own story that is yet to be presented and miss the stories that are being shared by others.</p>	
	20 min	<p><i>NOTE TO FACILITATOR: You, AS THE GUIDE, tell your story first to the whole group. Make sure it is less than 20 minutes and that you do not</i></p>	

		<p>encouraging them to continue in the faith, and saying that through many tribulations we must enter the Kingdom of God.”</p> <p>Paul was left for dead and still he rose up and continued to preach the Gospel. Can you even imagine that? Think about it. The physical pain, humiliation, rejection, fear and anger that would be in you. Still Paul keeps going. It doesn't even say that he took time to recover and let his wounds heal. He just gets up and with the disciples, heads to a new city and preached. On top of that, he eventually goes back to the town where he was stoned! None of that would have been my response. I am so grateful we don't live in a place where we face that kind of persecution, but we do face costs to follow Jesus. Courageous Faithfulness requires us to be aware of the costs of our calling. Courageous Faithfulness allows me to embrace my calling with abandon.</p> <p>Facilitator Does: Talk about a time you have been courageously faithful OR a place you currently need courage.</p> <p>Pass out Cultural Attribute Reflection cards for Courageous Faithfulness.</p>
Reflective Time on their own	30 mins	<p>Participants Reflect:</p> <p>Where am I currently most unlike Christ in this area?</p> <p>Where do I currently need more courage?</p> <p>Is there a place where I am stalled or have failed to follow a nudge from God as a result of fear?</p>
Group Sharing	10 mins	<p>Facilitator Asks: share what God is stirring in you.</p>

Enduring Humility

50 Mins

50 min		Enduring Humility
Facilitator notes and resources needed	Activity Time	Teaching Script
	10 mins	<p>Facilitator Says: Would someone read?</p> <p>John 15:5- “I am the vine, you are the branches. Whoever abides in me and I in him, he it is that bears much fruit, for apart from me you can do nothing.”</p> <p>It is not that difficult for me to believe that verse. I know I am not the Messiah. I am glad the salvation of the world is not left up to me. However, if I am most honest, I don't live like I believe this verse. The truth is I often try to do work, fix problems, create answers, control</p>

		<p>people as if I can do good stuff without God. I am a fixer and my immediate mode is “solve the problem”. If I really live out this verse though, my immediate mode <u>needs to be prayer</u>. My issue isn’t I think I am God; my issue is deeply rooted in pride. I don’t want to depend on God (or anyone else), I am sure I know the best ways to solve a problem, I am convinced if people would just think and act like me they would be better off. Hear the pride in all that? How can I ever pursue Enduring Humility when I can’t let go of my pride? Humility is both a posture I need to develop and a choice in each moment to embrace or not.</p> <p>Facilitator Does: Share a tip you have learned in letting go of pride OR a current situation in which you are trusting God to keep your pride in check.</p> <p>Pass out Cultural Attributes card for Enduring Humility</p>
Reflection Time on their own	30 mins	Participants Reflect: Where am I currently most unlike Christ in this area? When do I notice it is most difficult for me to practice humility?
Group Sharing	10 mins	Facilitator Asks: share what God is stirring in you.
<p>Option of Split up by gender or smaller mixed groups depends on number of attendees. Facilitator can make the call.</p> <p>Use the discussion questions based on Humility Book</p> <p>Pass out handout (quotes on front and Humility Discussion questions on back).</p>	5 mins	<p>Facilitator Says:</p> <p>One of your pre-assignments was to read the short book by Andrew Murry called “Humility”. As we continue to pursue Christ-centered lives, and we pay attention to these cultural attributes that come from focusing on Jesus, a willingness to explore HUMILITY is a MUST. And as we said before, this posture of humility needs to become an intentional decision we make minute by minute. It’s counter cultural, it will not come naturally to us. And so, at this One Heart we are elevating the HUMBLE HEART and we believe that this is the beginning of Christ-centeredness.</p> <p>With that said, before we gather for lunch today, we invite you to discuss your reading. Women, you will be gathering (name the spot) and men, you will gather (name the spot).</p> <p>I have a discussion guide (handout) for each group. You will have 1 hour for your discussion. Go ahead and take a bathroom break and begin your discussions in 5 minutes at your locations. We will meet up for lunch at (name place and time).</p>
	1 hour	Humility book discussion (may split into smaller groups).
		Lunch - make them aware of declarations section coming up and to prepare.

Relentless Trust

50 mins

50 min		Relentless Trust
Facilitator notes and resources needed	Activity Time	Teaching Script
	10 mins	<p><i>Note to Facilitator: Relentless Trust applies in two directions; our trust in Jesus and our trust in relationships with others. Sometimes this cultural attribute is confusing. So here is our response to the confusion; my inner trust in Jesus will greatly impact how I trust others. I am first a Christ-centered follower learning to trust Jesus and I become a Christ-centered leader, who trusts others. Help attendees make this connection.</i></p> <p>Facilitator Says: Would a few of you share some feedback regarding the book read and discussion?</p> <p>(Allow 5 minutes of feedback and then transition into next discussion.)</p> <p>Facilitator Says: Let's continue our look at Cultural Attributes. Would someone read Colossians 3:12-14?</p> <p>Colossians 3:12-14- "Put on then, as God's chosen ones, holy and beloved, compassionate hearts, kindness, humility, meekness, and patience, bearing with one another and, if one has a complaint against each other; as the Lord has forgiven you, so you also must forgive. And above all these, put on love, which binds everything together in perfect harmony."</p> <p>Forgive and put on love. Two behaviors that are not very popular in our culture and often aren't very popular in my own heart. Paul tells us in Corinthians, that love always forgives and always trusts. This idea of relentless trust means I choose to trust first. I don't wait until you have proven yourself trustworthy, I choose to trust first because my own abiding in the Father gives me the ability to trust. The forgiveness the Father bestows on me day after day means I have access to the power of the Holy Spirit in order to forgive others, even when they fail to be trust-worthy. My own spiritual life is reflected in the way I respond to others. Forgiveness produces forgiveness. Love produces love. Trust produces trust. It is an overflow from what God is doing in me every day.</p> <p>I allow my soul to be trained to trust.</p> <p>Facilitator Does: Tell a story of someone difficult that you are choosing to trust currently OR talk about how God is training your soul to trust.</p> <p>Pass out the Cultural Attribute card for Relentless Trust with reflective questions on the back.</p>

Reflective Time on their own	30 mins	Participant Reflect: Where am I most unlike Christ in this area? Is there a wound in me caused by trusting that God wants to heal so that I may trust again? How am I trust-worthy? And how am I not trust-worthy?
Group Sharing	10 mins	Facilitator Asks: share what God is stirring in you.

Communion

30 to 40 minutes – depending on size of group

40 min		Communion
Facilitator notes and resources needed	Activity Time	Teaching Script
<p>Pass out Prayer of Abandonment cards</p> <p>It will help if the OH Facilitator asks 2 people IN ADVANCE to be prepared to read the scripture passages that go with the Communion Meal. In the same way, it may be helpful to pre-ask a group member to be prepared to pray</p>	35 min	<p>Facilitator Does:</p> <p>Provide large chunks of bread or full pita slices and substantial cups of grape juice – at least 5 or 6 oz. (this looks different than usual church-communion, this looks more like a meal.)</p> <p>Facilitator Says:</p> <p><i>Facilitator: This prayer is a handout that you will pass out.</i></p> <p>We have spent the last 24 hours examining our hearts and inviting the Holy Spirit nudge us. As we move towards a time of communion, we'd like to invite the Father to help us one more time in the area of surrendering to Him. I have a handout for you called "Prayer of Abandonment". Now some of you may have a reaction to the word Abandon, we know that sometimes children or spouses are abandoned and there is a negative experience. This prayer however; is about our humble heart, abandoning selfish desires in order to follow Jesus wholeheartedly. Take a moment and read the prayer and then we'll all read it together.</p> <p><i>Father, I abandon myself into your hands; do with me what you will.</i> <i>Whatever you may do, I thank you: I am ready for all, I accept all.</i></p> <p><i>Let only your will be done in me, and in all your creatures.</i> <i>I wish no more than this, O Lord.</i> <i>Into your hands I commend my soul; I offer it to you with all the love of my heart, for I love you, Lord, and so need to give myself, to surrender myself into your hands, without reserve, and with boundless confidence, for you are my Father.</i></p>

<p>before the bread and the cup.</p> <p>Break or segment bread into large chunks or half of pita for each person and pre-pour the grape juice, suggested serving: 5oz in 6 to 8oz cups.</p> <p>You need: cups and napkins, basket for the bread.</p>	<p>Facilitator Says: We are about to observe communion in a unique way. Our scriptural instructions indicate that we are to "<u>remember</u>" Jesus. "this do in remembrance of Me".</p> <p>In a moment each of us will have the chance to share with the group a favorite memory we have of Jesus. This will not be a sermon or a paragraph, it is simply your favorite memory.</p> <p>In the scriptures we've been given instructions as we celebrate this meal together. Read 1 Corinthians 11: 23-28, passage on the Last Supper</p> <p>Facilitator Does: Emphasize the need for the examination of the heart and suggest that all of us have just spent a significant amount of time and energy examining our hearts and will enjoy an abundant and robust communion celebration.</p> <p>Facilitator Asks: Ask participant to ask a prayer of thanksgiving for the bread and another participant to ask a prayer of thanksgiving for the juice.</p> <p>Invite participants to tell stories of Jesus as they comfortably eat and drink ("In remembrance of Me" ...)</p>
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Wrap Up and Declarations

30 to 35 Minutes depending on group size

30 min Wrap Up and Declarations		
Facilitator notes and resources needed	Activity Time	Teaching Script
<p>Declarations Prayer Dismiss</p>	10 min	<p><i>Note to Facilitator: Jerry Wheeler began a practice during declarations that we invite you to carry on. As each attendee make a statement, for example, "as a result of being here, when I go home I will humbly apologize to my spouse . . . " Jerry would say, "may it be so."</i></p> <p>Facilitator Says: We invite you to make verbal declarations. It is good to declare what we will do as a result of our time together. So now, we won't go in a circle, but as you are ready, please finish this sentence:</p> <p>AS A RESULT OF BEING HERE WHEN I GO HOME I WILL.....</p> <p>OR</p> <p>BECAUSE OF A NUDGE FROM GOD WHEN I RETURN HOME I MUST.....</p>

<p>Tying it all together</p>	<p>Remind group that these declarations can serve as a reminder of how to pray for one another as we leave.</p> <p>Facilitator does: After sensing the group is finished making declarations, recommend the following resources: <u>WAY OF THE HEART</u> BY HENRI NOUWEN <u>A PRAYING LIFE</u> BY PAUL E MILLER <u>JESUS CALLING</u> BY SARA YOUNG <u>SOUL KEEPING</u> BY JOHN ORTBERG <u>INVITATIONS FROM GOD</u> BY ADELE CALHOUN <u>SPIRITUAL RHYTHMS</u> BY RUTH HALEY BARTON <u>LITURGY OF THE ORDINARY</u> BY TISH HARRISON WARREN PRAY AS YOU GO APP HE READS TRUTH, SHE READS TRUTH WEBSITES</p> <p>Facilitator Says: As we end our time together and gear up for the RLC, I just wanted to give you a bit of context. We have spent our time digging deep into what it means to be a Christ- centered follower. We have considered the cultural attributes as places where we intentionally examine our heart and actions and invite the Father to mold us and remind us of our total dependency on him.</p> <p>As we step into RLC 2019, our focus will still be on the cultural attributes but we will expand our reflections to incorporate what it means to be a Christ-centered leader. However, don't lose sight of our time together for we know that in order to be the leader God intends us to be we must first be followers. When we are together in January at Institute, we will delve back into what a Christ-centered follower and leader looks like.</p> <p>In many ways, we are set-up better for the RLC than others who are attending. Our hearts are already attuned to God, we have cut off distractions, and we leave here with a posture to hear more.</p> <p>So, as you jump in cars and set off for the conference, ask God to continue what he has already been whispering to you and see if you might leave the RLC with an even fuller soul.</p> <p>Facilitator Does: ask attendees to stand and offer one of these blessings.</p> <p>After Blessings: Give each attendee the large YFC USA Cultural Attribute summary card.</p> <p><i>Blessing Option 1:</i> "Wherever you go, that is where God is sending you. You go nowhere by accident. Wherever you go, God is sending you. Wherever you are, God has put you there. God has a purpose in your being there. Christ lives in you and has something he wants to do through you</p>
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		<p>where you are. Believe this and go in the grace and love and power of Jesus Christ. – Rev. Richard Halverson</p> <p><i>Blessing Option 2</i> Romans 15:13 May the God of hope fill you with all joy and peace in believing, so that by the power of the Holy Spirit you may abound in hope.</p> <p>Facilitator Says: We wanted you to have this card that contains all the attributes that we’ve covered.</p> <p>Goodbyes (there is 45 minutes here to play with if you are behind or if lunch times need to change- people need to be driving away to get to RLCs by 3:30)</p>
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