



Healing Discipleship Ministries

MinistryLift Conference

1:30-2:45pm

Rm 130/131

October 4, 2013

Introduction

Assumptions

#1. The needs and issues faced by people in North America, in general, are different than the needs of the people in Syria, Bangladesh, rural China, etc.

#2. To make disciples, to love others as our neighbours, the church ought to attend to the needs of the people in their communities, whether it be in North America, Syria, Bangladesh, etc.

e.g.: To a people who are physically starving, to show mercy and justice, to show God's love, we need to provide food and water.

Reality Check #1

What Are the Needs in Our Society

Reality Check #1

Temptation & Generation - % who say they are tempted in this way
Adapted from "Temptations and America's Favorite Sins." The Barna Group, 2012.

	Millenial	Buster	Boomer	Elder
Worry	62	64	59	48
Procrastination	66	64	60	48
Eating in Excess	44	52	62	53
Lazy	56	43	38	30
Gossiping	37	29	24	13
Jealousy/Envy	41	29	19	15
Pornography	27	22	15	8
Lying/Cheating	22	14	9	3
Drugs/Alcohol	28	12	6	5
Anger	25	12	7	5
Inappropriate Sexual Behavior	21	11	5	3

Reality Check #1

Do Men and Women Sin Differently

Adapted from "Temptations and America's Favorite Sins." The Barna Group, 2012.

	Men	Women
Pornography/Online Sexual Content	28%	8%
Gossip	22%	29%
Worrying/Being Anxious	50%	68%
Jealousy/Envy	20%	28%
Eating Too Much	52%	58%
Spending Money Beyond Means	32%	39%
Procrastinating	60%	61%
Alcohol &/or Drugs	12%	11%
Anger	10%	12%
Spending Too Much Time on Media	43%	44%

Reality Check #1

What Are the Needs in Our Society

“...an epidemic of depression, suicide, personal emptiness, and escapism through drugs and alcohol, cultic obsession, consumerism, and sex and violence – all combined with an inability to sustain deep and enduring personal relationships.”

Dallas Willard, *Spirit of the Disciplines*, ix.

Reality Check #2

What Are the Needs in Our Churches

Is it all that different in our churches?

Reality Check #2

Temptation and Religion: % who say they are often or sometimes tempted
Adapted from "Temptations and America's Favorite Sins." The Barna Group, 2012.

	All Adults	Protestant	Catholic
Worrying	60	58	57
Procrastinating	60	57	51
Eating Too Much	55	66	44
Being Lazy	41	40	28
Gossiping	26	22	29
Pornography	18	14	16
Lying/Cheating	12	12	15
Anger	11	12	10
Alcohol/Drugs	11	3	9
Sexually Inappropriate Behaviour	9	5	6

Understanding Reality

Why We Give In

Adapted from "Temptations and America's Favorite Sins." The Barna Group, 2012

- 50%** Not really sure
 - 20%** To escape or get away from "real life"
 - 20%** Because I enjoy it
 - 8%** To feel less pain
 - 7%** To satisfy people's expectations
 - 2%** To take a shortcut to success
 - 1%** Not enough willpower
 - 1%** Human or sinful nature
- (Other: 9%)

Understanding Reality

Biblical/Theological Framework
Readings from Genesis 2 & 3

The LORD God took the man and put him in the garden of Eden to work it and keep it... Then the LORD God said, "It is not good that the man should be alone; I will make him a helper fit for him."

But for Adam there was not found a helper fit for him. So the LORD God caused a deep sleep to fall upon the man, and while he slept took one of his ribs and closed up its place with flesh. And the rib that the LORD God had taken from the man he made into a woman and brought her to the man...

Therefore a man shall leave his father and his mother and hold fast to his wife, and they shall become one flesh. And the man and his wife were both naked and were not ashamed.

Understanding Reality

Biblical/Theological Framework
Readings from Genesis 2 & 3

... she took of its fruit and ate, and she also gave some to her husband who was with her, and he ate. Then the eyes of both were opened, and they knew that they were naked...

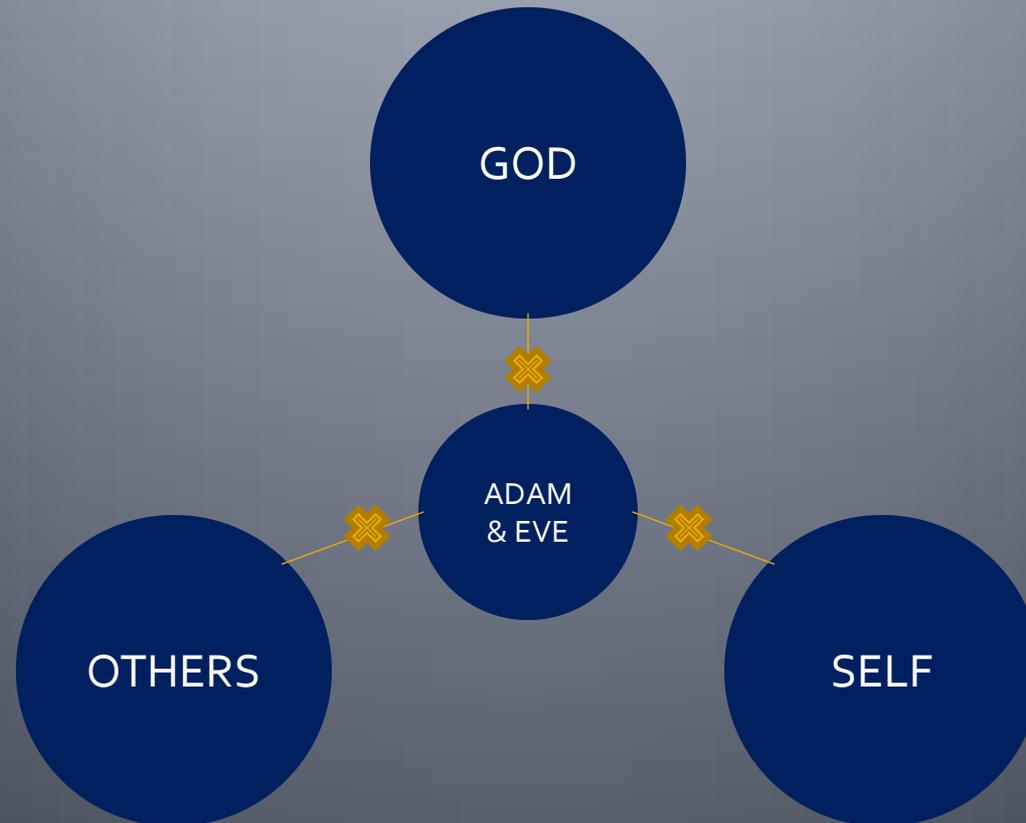
And they heard the sound of the LORD God walking in the garden in the cool of the day, and the man and his wife hid themselves from the presence of the LORD God among the trees of the garden. But the LORD God called to the man and said to him, "Where are you?" And he said, "I heard the sound of you in the garden, and I was afraid, because I was naked, and I hid myself." ...

The man said, "The woman whom you gave to be with me, she gave me fruit of the tree, and I ate."

Understanding Reality

Biblical/Theological Framework – Genesis 2 & 3

Biblical/Theological Framework adapted from Dr. John Auxier, ACTS Seminaries, Langley, BC.



Implications

What Does This Mean

The natural state of our relationships, with God, with ourselves, and with each other is a state of brokenness.

Jesus – his life, death, and resurrection – has given us and shown us a way to once again be in right relationship, one of forgiveness and of love for God and others as ourselves.

In other words, his gift of salvation is a gift of healing – healing of our broken relationships.

Implications

What is Discipleship

“Jesus replied: ‘Love the Lord your God with all your heart and with all your soul and with all your mind.’ This is the first and greatest commandment. And the second is like it: ‘Love your neighbour as yourself.’”

Matthew 22:37-38

Growing in our love for God and others as ourselves.

The Disconnect

The Ways We Resist

Adapted from "Temptations and America's Favorite Sins." The Barna Group, 2012

59% of the American population do not avoid temptation.

Of the people who do attempt to resist temptation, statistics of successful resistance:

18% - prayer

12% - reason & reminders

10% - just said 'no'

10% - stayed away from it

8% - focused on something else

7% - considered the consequences

4% - called someone

3% - recalled or read Scripture

2% - depended on God

1% - went to bed

The Disconnect

Methods/Models of Discipleship

Traditionally, discipleship has been about:

- Orthodoxy – theology/knowledge
- Orthopraxy – disciplines/ministry

More recently, discipleship has become more:

- Holistic – mind, hands, health, sabbath
- Relational – mentoring and being mentored
- Communal – community exercise as well as individual

Still, something is missing!

The Disconnect

Emotional Health & Maturity

Another way of defining discipleship is to become more like Jesus. Our models of discipleship, however, have us “modeling our lives after Jesus in areas such as prayer, the Word, service, giving, and worship. *The only problem is that we are more than spiritual beings.*”

Peter Scazzero, *The Emotionally Healthy Church*, 52.

“It is not possible for a Christian to be spiritually mature while remaining emotionally immature.”

Peter Scazzero, *The Emotionally Healthy Church*, 50.

If discipleship is about growing in our love for God and others as ourselves – in other words, growing in our relationship with God, our own selves, and others – then we have to take seriously the witness of the depth and breadth of human emotions expressed in the psalter and throughout Jesus’ life.

Significance

Healing Discipleship Ministries & Emotional Health/Maturity

Relational health is inseparable from our emotional health or maturity.

Discipleship is all about relationship – with God, self, and others.

Healing discipleship ministries help to bring Christ's healing into all our relationships (with God, self, and others), which means it helps bring emotional healing, health, and maturity.

Healing Discipleship Ministries

What We Learn from Recovery Programs

Everyone has experienced pain and hurt in their lives caused by others or self.

Much of our pain and hurt originates in our formative years (under 12).

As children, and as we grow into adulthood, we have not typically been taught how to work through that pain. So, we learn to escape, numb, or medicate our pain.

Everyone has their preferred ways of escaping pain – their drug.

In order to no longer be dependent on drugs, or becoming 'sober', requires bringing healing and restoration (forgiveness and repentance) of those broken relationships in which the pain and hurt occurred.

This work requires a belief and trust in a higher power, and it requires accountability.

Healing Discipleship Ministries

What Christian Healing Discipleship Ministries Discovered

Everyone has experienced pain and hurt in their lives caused by others or self.

Much of our pain and hurt originates in our formative years (under 12).

As children, and as we grow into adulthood, we have not typically been taught how to work through that pain. So, we learn to escape, numb, or medicate our pain.

Everyone has their preferred ways of escaping pain – their drug(s) of choice.

In order to no longer be dependent on drug(s) of choice requires bringing healing and restoration (forgiveness and repentance) of our broken relationships with God, self, and others.

This work requires a surrender to Christ, and it requires community/accountability.

Healing Discipleship Ministries



www.freedomsession.ca



www.livingwaterscanada.org



www.clachurch.com/recovery



www.bcteenchallenge.com



www.therivercanada.org

Statistics & References

Barna Group, Ltd., The. "New Marriage and Divorce Statistics Released." Barna Group: Ventura, 2009. <https://www.barna.org/barna-update/article/15-familykids/42-new-marriage-and-divorce-statistics-released#.UkzmtYasiSo>. Accessed 10/02/2013.

———. "Temptations and America's Favorite Sins." Barna Group: Ventura, 2012. <https://www.barna.org/barna-update/culture/600-new-years-resolutions-temptations-and-americas-favorite-sins#.Uk4B5Yakqp2>. Accessed 10/03/2013.

Institute of Spiritual Formation at Biola University. *Journal of Spiritual Formation and Soul Care*. La Mirada: Institute of Spiritual Formation at Biola University, 2008-present. <http://journals.biola.edu/sfj/>.

XXXchurch.com. "Statistics." Fireproof Ministries, 2013. <http://www.xxxchurch.com/extras/stats.html>. Accessed 10/03/2013

Discipleship Resources

Page 1

Barton, Ruth Haley. *Sacred Rhythms: Arranging Our Lives for Spiritual Transformation*. Downers Grove: InterVarsity Press, 2006.

Bonhoeffer, Dietrich. *The Cost of Discipleship*. New York: Touchstone, 1995.

Buchanan, Mark. *Your God is Too Safe: Rediscovering the Wonder of a God You Can't Control*. Sisters: Multnomah Publishers, 2001.

Creps, Earl. *Off-Road Disciplines: Spiritual Adventures of Missional Leaders*. San Francisco: Jossey-Bass, 2006.

Graybeal, Lynda L. and Julie L. Roller. *Connecting with God: A Spiritual Formation Guide*. San Francisco: HarperOne, 2006.

Discipleship Resources

Page 2

- Hull, Bill. *The Complete Book of Discipleship: On Being and Making Followers of Christ*. Colorado Springs: NavPress, 2006.
- MacDonald, Gordon. *Renewing Your Spiritual Passion*. Nashville: Thomas Nelson Publishers, 1989.
- Mulholland Jr., M. Robert. *Invitation to a Journey: A Road Map for Spiritual Formation*. Downers Grove: InterVarsity Press, 1993.
- McNeal, Reggie. *A Work of Heart: Understanding How God Shapes Spiritual Leaders*. San Francisco: Jossey-Bass, 2000.
- Sweet, Leonard. *I am a Follower: The Way, Truth, and Life of Following Jesus*. Nashville: Thomas Nelson, 2012.

Discipleship Resources

Page 3

- Willard, Dallas. *The Spirit of the Disciplines: Understanding How God Changes Lives*. New York: Harper One, 1988.
- Willard, Dallas, and Jan Johnson. *Renovation of the Heart in Daily Practice: Experiments in Spiritual Transformation*. Interactive Student Edition. Colorado Springs: NavPress, 2006.

Healing Discipleship Resources

Page 1

BC Teen Challenge. <http://www.bcteenchallenge.com>

Cloud, Henry and John Townsend. *Boundaries: When to Say Yes How to Say No to Take Control of Your Life*. Grand Rapids: Zondervan, 1992.

Freedom Session. <http://www.freedomsession.ca/>.

Living Waters Canada. <http://www.livingwaterscanada.org/>.

Ortberg, John. *Everybody's Normal Till You Get to Know Them*. Grand Rapids: Zondervan, 2003.

Recovery Church. <http://www.clachurch.com/recovery/>.

Richardson, Ronald W. *Family Ties That Bind*. North Vancouver: International Self-Counsel Press, Ltd., 1995.

Healing Discipleship Resources

Page 2

River Canada, The. <http://www.therivercanada.org/>.

Scazzero, Peter. *The Emotionally Healthy Church: A Strategy for Discipleship that Actually Changes Lives*. Grand Rapids: Zondervan, 2003.

———. *Emotionally Healthy Spirituality*. Nashville: Thomas Nelson, 2006.