

LIFESPAWN

REIMAGINING, REENGINEERING, RESTARTING YOUR LIFE



BBV



LEADERSHIP

PERSONAL DEVELOPMENT

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Acknowledgements to Berke Breathed for the cartoons on page 6.

Briefing

Boom! Your vision is saturated in red and tilts sharply, as your body no longer responds and hits the ground. You're dead... again. You think over your last few actions, the immediate situations you faced and consider new approaches so you don't end up with the same dead-end result.

Respawning is not just about punishing you for doing stupid things, but helps you be a better gamer because it allows you a moment to reflect on approaching situations differently instead of just throwing you back in the midst of the action. **Sometimes you discover that you need to rethink completely how you see a scenario in the game.** No matter whether you're a n00b (beginner) or elite, there's always something to be gained during a respawn. 'Time out' or the time between rounds in many sporting game can achieve similar goals.

In the same way this course is about helping you take time out of the strategy First Person Shooter (FPS) game we call real life and rethink how you're going, whether you're clear on what are the aims and rules of the game and how to best approach it in the next round. And it doesn't matter whether you seem to be scoring high on all areas or whether you feel you're not making much progress at all or somewhere in between, there's always something to be gained from pausing, rethinking and restarting from this point onwards for life.

The 3-day Solo may appear to be the biggest challenge of this course but it only makes sense once we tackle what is before it, and that's exploring the different areas of your life as it is and what it could be. And although past participants will often talk about this course as a highlight in their lives, we see this as **only a prequel to the better instalment to come**, that is, what you do with your life after.

There are some tools or resources in life that we can't imagine living without once they've become a part of our lives such as a mobile phone. This course will explore resources that may likewise become as invaluable for your living from this point onwards. Some of these will be directly linked to the God of the Christian Bible, while others are just inspired by it, though the benefits are available to all, regardless of their beliefs or philosophical viewpoints.

I wish you success in what is to come...

A parable

Once upon a time someone decided to kick a stone to someone else, who kicked it back, and then the first returned it again laughing. After kicking it between each other they decided that they each should try to aim their kicking at something else, and created the first game of football. Others saw and joined in, enjoying the experience of playing with others. In fact, everyone was encouraged to take part. Some times they didn't even worry about getting what they kicked anywhere in particular, sometimes they just decided to keep it away from someone particular for a time, and then changed that person. Other times where they aimed changed. But the main point was to enjoy interacting with each other through a shared activity. Acceptance and fun and gentle pushing of one's own abilities.

After some time, other people thought it was too simple and needed more. The official rule book was written and published and people were appointed to enforce them. Later people emerged that specialised in interpreting the rules so certain people were more advantaged than others in the game. Clothing was devised to separate different players and different groups of players. Others encouraged the need to divide players into teams and emphasised each team's differences and demanded people show loyalties to particular teams and dislike the others. They created playing fields and buildings for the spectators. They created rules for membership of the spectators, and developed programs of appreciating and increasing the spectatorship of the game. Merchandise industries grew around it, largely supporting the spectators to remain spectators and passionate about focusing their attention on their own team players. A system was set up for potential players to be separated into amateurs and professionals, and the professionals were revered. Sure lots of people could be amateurs, but if you really wanted to be recognised for being able to play you had to become a 'professional' within the official system. And although they liked people being interested in the sport, it was clear that the best of the best only existed within the system as professionals.

But outside the system, away from the speciality constructed grounds, the professionals, the teams, the spectators, the official rules and regulations, and merchandise, in all the right and wrong places, people still kicked things to each other for the pure joy of it.

Adopting different POVs (Perspectives)

Fundamentally, reality, as we know it, is exactly that... only what we know. Humans can only perceive a small range of the electromagnetic spectrum, a range called the 'visible light spectrum'. Just outside that range is UV on one end and infrared on the other end - both of which we can 'see' using additional technology. Other creatures detect more than the visible light spectrum and end up making sense of the visual signals differently than us. What humans see as 'green' is different to a creature like a bee that sees more of the electromagnetic spectrum than us.

And being made as individuals we can all perceive our existence around us as different to each other too. Some is due to our individual biology (as we are not all physically the same - inside or outside) but a bigger part due to our own unique combination of life experiences. How we see the world is based on what has helped us survive and get to where we are now.

We see what we've gotten in the habit of seeing and not seeing.

Like the proverbial blind men around the elephant, we are convinced from our evidence of our limited experience that our perception is correct. As our brain loves finding patterns to help us make predictions to survive any potential dangers, whatever presumptions we have about the world around us, we will often find supporting evidence: eg if you think the universe is coldly indifferent to your life, you will easily find 'evidence' to support that and to dismiss opposing theories. The scientific method cautions any claim to objectivity by reminding all that any hypothesis is based on presuppositions. William James, a psychologist, said: "A great many people think they are thinking when they are merely rearranging their prejudices."

Practicing constantly widening our FOVs (field of vision) as well as seeing from different POVs (points of view) will aid in survival, creativity and advancement: for us to see through the eyes and lives of others, not just imagining what we would do in their shoes, but to see, understand and do as they would in their shoes. And the widest FOV and most different POV to consider is that of the highest form of intelligence, wisdom, compassion and perspective possible - God, or at least the idea of God. Rising above the narrow self-interest FOV of humanity has inspired countless to care and imagine on a wider scale what is impossibly possible. And though your mind will often want to resist and sink back to old habits of seeing as you've always seen things, practising and practising and practising seeing from different POVs will become more natural, automatic and advantageous to you.

*How would a day in the life of someone who saw their life as insignificant be?
What about that of a person who saw themselves as significant?
Have you met others you find difficult to see from their POV?*

What helps you feel...

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

Happy & satisfied



Calm & at peace



Alive & fired up



Capable & in control



Valued & connected



Connected to God



Current activities status [version dated:]

Map out your usual week

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 AM							
2 AM							
3 AM							
4 AM							
5 AM							
6 AM							
7 AM							
8 AM							
9 AM							
10 AM							
11 AM							
Noon							
1 PM							
2 PM							
3 PM							
4 PM							
5 PM							
6 PM							
7 PM							
8 PM							
9 PM							
10 PM							
11 PM							

Other relevant details

Other activities or goals important to you but not indicated by your usual week schedule:

Any other areas of yourself, others or the wider world that you seem to keep thinking about or want to do something about (feel free to write in code if you don't want anyone else to know as the important thing is to be honest with yourself)

Revisiting Team Leadership

True Leadership

Who I am in Christ

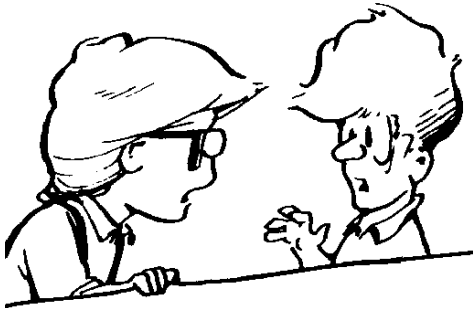
Who am I?

Thinking right

Johari Window - Known to me: Known to others

Where am I?

Sharing yourself with others



Communication is a two-way process

Society teaches us.....

About myself

Relating deeply to others

Being an example

Meeting challenges

Trust is.....

Members of a team

Goal Setting

Company Network

Leadership Styles

Group Decision Making

Adjusting back

Spiritual Leadership

Myself as a team member

DADA

How are we going as a team?



Lessons from Team Leadership

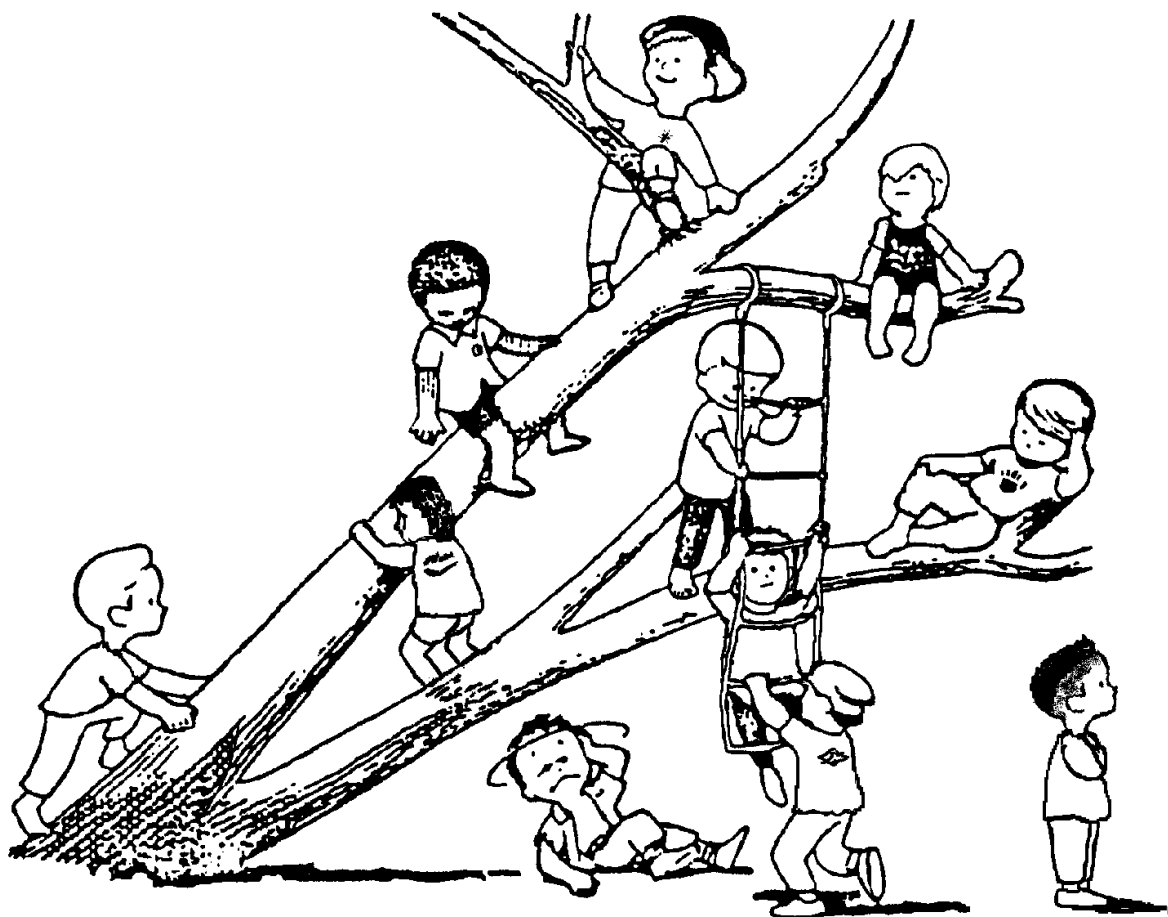
Evaluate the following points from TL in terms of how useful to you at the time, and how useful they continue to be to you now and in the future:

	Back then [Not at all --- Very useful]	Now and in future [Not at all --- Very useful]
All aspects of life involve God and he wants us to have life to the full in all areas	0 -- 1 -- 2 -- 3 -- 4	0 -- 1 -- 2 -- 3 -- 4
Be first by example in what you want others to do, such as sharing openly	0 -- 1 -- 2 -- 3 -- 4	0 -- 1 -- 2 -- 3 -- 4
Commonalities are found when you share deeply with others you initially thought were different	0 -- 1 -- 2 -- 3 -- 4	0 -- 1 -- 2 -- 3 -- 4
Differences between people allowed new perspectives and contributions	0 -- 1 -- 2 -- 3 -- 4	0 -- 1 -- 2 -- 3 -- 4
External perspectives on our lives help us recognise and deal with blind spots	0 -- 1 -- 2 -- 3 -- 4	0 -- 1 -- 2 -- 3 -- 4
Friendship is built through shared experiences and discussing thoughts and reasons for our behaviours	0 -- 1 -- 2 -- 3 -- 4	0 -- 1 -- 2 -- 3 -- 4
Group dynamics awareness allows us to help build trust and understanding to make a team perform better sooner	0 -- 1 -- 2 -- 3 -- 4	0 -- 1 -- 2 -- 3 -- 4
Honesty not only helps us discover more about others but also ourselves.	0 -- 1 -- 2 -- 3 -- 4	0 -- 1 -- 2 -- 3 -- 4
Ideas sharing before acting using systematic problem solving approaches like DADA helps avoid bad consequences	0 -- 1 -- 2 -- 3 -- 4	0 -- 1 -- 2 -- 3 -- 4
Connecting with Jesus through prayer helps bond, heal and provide reflection and inspiration for new approaches	0 -- 1 -- 2 -- 3 -- 4	0 -- 1 -- 2 -- 3 -- 4
Keep pushing and encouraging to get more enjoyable and productive times	0 -- 1 -- 2 -- 3 -- 4	0 -- 1 -- 2 -- 3 -- 4
Listening and actively thinking about what is said first before responding is often priceless	0 -- 1 -- 2 -- 3 -- 4	0 -- 1 -- 2 -- 3 -- 4
Masks hiding who we truly are can be useful for survival, but can also separate us from others	0 -- 1 -- 2 -- 3 -- 4	0 -- 1 -- 2 -- 3 -- 4
New behaviours and thinking habits are uncomfortable, but the more we practice the more natural and easier they become	0 -- 1 -- 2 -- 3 -- 4	0 -- 1 -- 2 -- 3 -- 4
Obstacles are opportunities to try new approaches or challenge yourself further	0 -- 1 -- 2 -- 3 -- 4	0 -- 1 -- 2 -- 3 -- 4
Patience with other people can result in unexpected benefits	0 -- 1 -- 2 -- 3 -- 4	0 -- 1 -- 2 -- 3 -- 4
Quiet times with God set aside intentionally is honoured by God	0 -- 1 -- 2 -- 3 -- 4	0 -- 1 -- 2 -- 3 -- 4

Other valuable ideas, situations or perspectives you gained from TL:

Actions or attitudes you wished you did or had when you did TL that you think would have helped you get more out of it:

Where am I in relation to God?



Why am I here?

Where do I want to be?

What should I do about not being there?

How can God help me get where I should be?

I wish God would

what I think god is like



Tick the words you think best describe God. Don't worry too much if you're not sure of some of the meanings - just don't choose those. Feel free to add additional words at the end.

- | | | | | |
|--|--|--|---------------------------------------|--|
| <input type="checkbox"/> abrupt | <input type="checkbox"/> defeated | <input type="checkbox"/> guarded | <input type="checkbox"/> out of touch | <input type="checkbox"/> successful |
| <input type="checkbox"/> abusive | <input type="checkbox"/> defiant | <input type="checkbox"/> gullible | <input type="checkbox"/> outrageous | <input type="checkbox"/> sulky |
| <input type="checkbox"/> adaptable | <input type="checkbox"/> deliberate | <input type="checkbox"/> happy | <input type="checkbox"/> passionate | <input type="checkbox"/> suspicious |
| <input type="checkbox"/> afraid | <input type="checkbox"/> depressed | <input type="checkbox"/> healing | <input type="checkbox"/> passive | <input type="checkbox"/> tender |
| <input type="checkbox"/> alert | <input type="checkbox"/> detailed | <input type="checkbox"/> helpful | <input type="checkbox"/> pathetic | <input type="checkbox"/> tense |
| <input type="checkbox"/> almighty | <input type="checkbox"/> determined | <input type="checkbox"/> helpless | <input type="checkbox"/> patient | <input type="checkbox"/> thick-skinned |
| <input type="checkbox"/> aloof | <input type="checkbox"/> diligent | <input type="checkbox"/> hesitant | <input type="checkbox"/> peaceful | <input type="checkbox"/> thoughtful |
| <input type="checkbox"/> ambiguous | <input type="checkbox"/> dirty | <input type="checkbox"/> hilarious | <input type="checkbox"/> perfect | <input type="checkbox"/> thoughtless |
| <input type="checkbox"/> ambitious | <input type="checkbox"/> disillusioned | <input type="checkbox"/> homeless | <input type="checkbox"/> persevering | <input type="checkbox"/> threatening |
| <input type="checkbox"/> amused | <input type="checkbox"/> disturbed | <input type="checkbox"/> honest | <input type="checkbox"/> picky | <input type="checkbox"/> tired |
| <input type="checkbox"/> angry | <input type="checkbox"/> domineering | <input type="checkbox"/> honourable | <input type="checkbox"/> pleasant | <input type="checkbox"/> tiresome |
| <input type="checkbox"/> annoyed | <input type="checkbox"/> eager | <input type="checkbox"/> ignorant | <input type="checkbox"/> polite | <input type="checkbox"/> tough |
| <input type="checkbox"/> anxious | <input type="checkbox"/> efficient | <input type="checkbox"/> impressive | <input type="checkbox"/> possessive | <input type="checkbox"/> troubled |
| <input type="checkbox"/> appreciative | <input type="checkbox"/> elusive | <input type="checkbox"/> impulsive | <input type="checkbox"/> powerful | <input type="checkbox"/> trustworthy |
| <input type="checkbox"/> argumentative | <input type="checkbox"/> embarrassed | <input type="checkbox"/> insecure | <input type="checkbox"/> predictable | <input type="checkbox"/> unbiased |
| <input type="checkbox"/> arrogant | <input type="checkbox"/> encouraging | <input type="checkbox"/> insightful | <input type="checkbox"/> productive | <input type="checkbox"/> uncaring |
| <input type="checkbox"/> ashamed | <input type="checkbox"/> energetic | <input type="checkbox"/> intellectual | <input type="checkbox"/> protective | <input type="checkbox"/> unchanging |
| <input type="checkbox"/> awe-inspiring | <input type="checkbox"/> entertaining | <input type="checkbox"/> intelligent | <input type="checkbox"/> proud | <input type="checkbox"/> unknowable |
| <input type="checkbox"/> benevolent | <input type="checkbox"/> enthusiastic | <input type="checkbox"/> intimate | <input type="checkbox"/> punctual | <input type="checkbox"/> unpredictable |
| <input type="checkbox"/> biased | <input type="checkbox"/> erratic | <input type="checkbox"/> jealous | <input type="checkbox"/> quick | <input type="checkbox"/> unsure |
| <input type="checkbox"/> blind | <input type="checkbox"/> evil | <input type="checkbox"/> jolly | <input type="checkbox"/> reflective | <input type="checkbox"/> uptight |
| <input type="checkbox"/> bored | <input type="checkbox"/> excited | <input type="checkbox"/> joyous | <input type="checkbox"/> relaxed | <input type="checkbox"/> vague |
| <input type="checkbox"/> boring | <input type="checkbox"/> exclusive | <input type="checkbox"/> judgemental | <input type="checkbox"/> resolute | <input type="checkbox"/> vengeful |
| <input type="checkbox"/> broken | <input type="checkbox"/> fair | <input type="checkbox"/> kind | <input type="checkbox"/> resourceful | <input type="checkbox"/> victorious |
| <input type="checkbox"/> business-like | <input type="checkbox"/> faithful | <input type="checkbox"/> lazy | <input type="checkbox"/> responsible | <input type="checkbox"/> volatile |
| <input type="checkbox"/> busy | <input type="checkbox"/> fanatical | <input type="checkbox"/> likeable | <input type="checkbox"/> rich | <input type="checkbox"/> voracious |
| <input type="checkbox"/> calm | <input type="checkbox"/> fearless | <input type="checkbox"/> lively | <input type="checkbox"/> righteous | <input type="checkbox"/> wasteful |
| <input type="checkbox"/> capable | <input type="checkbox"/> fierce | <input type="checkbox"/> lonely | <input type="checkbox"/> romantic | <input type="checkbox"/> watchful |
| <input type="checkbox"/> careless | <input type="checkbox"/> flashy | <input type="checkbox"/> loud | <input type="checkbox"/> ruthless | <input type="checkbox"/> weak |
| <input type="checkbox"/> caring | <input type="checkbox"/> flexible | <input type="checkbox"/> loving | <input type="checkbox"/> sad | <input type="checkbox"/> willing |
| <input type="checkbox"/> cheerful | <input type="checkbox"/> foolish | <input type="checkbox"/> lucky | <input type="checkbox"/> scary | <input type="checkbox"/> wise |
| <input type="checkbox"/> clear | <input type="checkbox"/> forgetful | <input type="checkbox"/> mature | <input type="checkbox"/> secretive | <input type="checkbox"/> wonderful |
| <input type="checkbox"/> clumsy | <input type="checkbox"/> forgiving | <input type="checkbox"/> mean | <input type="checkbox"/> selective | <input type="checkbox"/> yearning |
| <input type="checkbox"/> compassionate | <input type="checkbox"/> frantic | <input type="checkbox"/> modern | <input type="checkbox"/> selfish | <input type="checkbox"/> _____ |
| <input type="checkbox"/> competitive | <input type="checkbox"/> friendly | <input type="checkbox"/> mysterious | <input type="checkbox"/> sensitive | <input type="checkbox"/> _____ |
| <input type="checkbox"/> confident | <input type="checkbox"/> frugal | <input type="checkbox"/> naive | <input type="checkbox"/> shrewd | <input type="checkbox"/> _____ |
| <input type="checkbox"/> confused | <input type="checkbox"/> frustrated | <input type="checkbox"/> narrow-minded | <input type="checkbox"/> shy | <input type="checkbox"/> _____ |
| <input type="checkbox"/> cooperative | <input type="checkbox"/> funny | <input type="checkbox"/> naughty | <input type="checkbox"/> sick | <input type="checkbox"/> _____ |
| <input type="checkbox"/> cowardly | <input type="checkbox"/> generous | <input type="checkbox"/> needy | <input type="checkbox"/> silly | <input type="checkbox"/> _____ |
| <input type="checkbox"/> crazy | <input type="checkbox"/> gentle | <input type="checkbox"/> nervous | <input type="checkbox"/> sincere | <input type="checkbox"/> _____ |
| <input type="checkbox"/> creepy | <input type="checkbox"/> glorious | <input type="checkbox"/> nonexistent | <input type="checkbox"/> slow | <input type="checkbox"/> _____ |
| <input type="checkbox"/> crude | <input type="checkbox"/> good | <input type="checkbox"/> obedient | <input type="checkbox"/> sneaky | <input type="checkbox"/> _____ |
| <input type="checkbox"/> cruel | <input type="checkbox"/> gracious | <input type="checkbox"/> obnoxious | <input type="checkbox"/> squeamish | <input type="checkbox"/> _____ |
| <input type="checkbox"/> cynical | <input type="checkbox"/> greedy | <input type="checkbox"/> omniscient | <input type="checkbox"/> stable | <input type="checkbox"/> _____ |
| <input type="checkbox"/> dangerous | <input type="checkbox"/> grieving | <input type="checkbox"/> omnipotent | <input type="checkbox"/> stimulating | <input type="checkbox"/> _____ |
| <input type="checkbox"/> deceitful | <input type="checkbox"/> gruesome | <input type="checkbox"/> omniscient | <input type="checkbox"/> stingy | <input type="checkbox"/> _____ |
| <input type="checkbox"/> decisive | <input type="checkbox"/> grumpy | <input type="checkbox"/> open-minded | <input type="checkbox"/> stubborn | <input type="checkbox"/> _____ |

Your top 7 words to describe God	1	2	3
	4	5	6
			7

Other thoughts...

Other thoughts and questions about God or for God

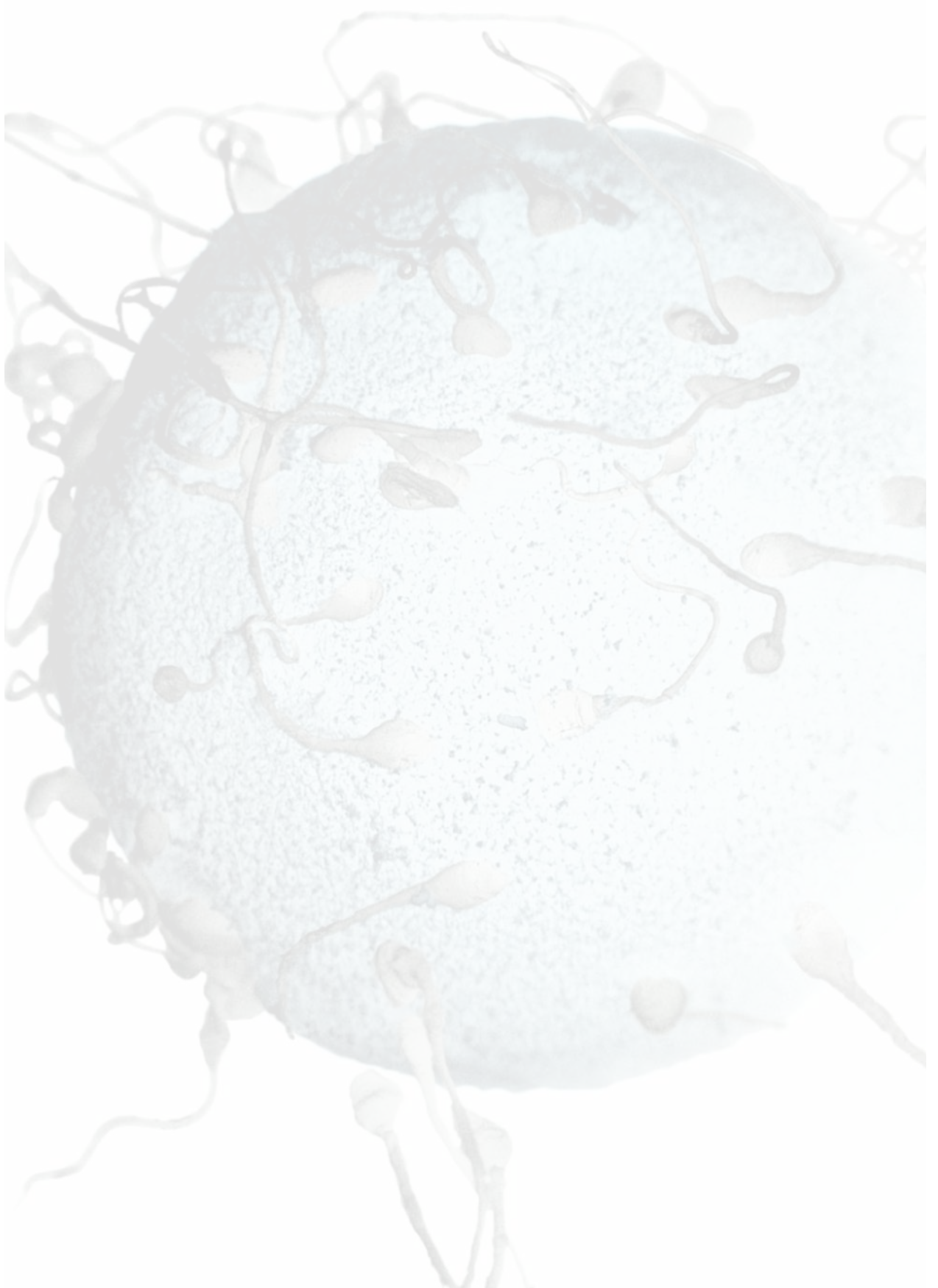
My ideal self [version dated:]

Be honest and write or draw what physical, mental, emotional attributes or skills you want or already have



My ideal life [version dated:]

Be honest and write or draw what experiences, activities, possessions, relationships you want or have



My ideal world [version dated:]

Draw or write what you think the world and life should be like for every living being



My Game Worlds



Ever wonder why people behave the way they do? Ever noticed how people or even yourself seem to behave differently in different situations, almost as if others or yourself become completely different people? Ever wonder why so many people end up doing the same actions over and over again even though it doesn't seem to get them anywhere?

Humans seem to be designed to play and enjoy games, whether they are physical games like sport, mental games like chess, or virtual games that try to capture a blend of all others. Also we seem very good at playing many different types of games.

Many people throughout history have drawn parallels between games and life, and what we can learn from game playing to live better lives. The game worlds framework is not only an unifying theory about how and why humans behave and think as they do drawing on the wealth of psychological theories and research, but also how to then change and improve their lives.

Each game has its own 'Game World', a space and time that is recognised as where the active game is played, and where that particular game rules, boundaries and expectations are most important and in play.

For a soccer game, once the game is active, the field becomes the focus and all other areas of life is expected to not matter while the game is active. Each player is expected to play their role and adopt strategies to achieve the goals of that game such as to keep the ball away from the opposing players and get it into the net. All behaviours, thoughts and feelings active during the game are judged as strategies that are helpful or unhelpful towards achieving goals. Behaviour is judged on the effectiveness of the strategy within the boundaries or the spirit of the game. Innovative strategies that fit within the rules are often rewarded. Every game has equipment or objects of importance (artefacts) with soccer having the bare minimum of a ball and markers for the goals. Although moments in the game are often relived beyond the game, there is a sense that once a game is over, the expected roles and strategies of that game do not apply to settings beyond that.

Keep in mind:

1. **Every behaviour and thought are purposeful attempts** to discover effective strategies within that game world.
2. **We adopt expected roles and strategies** depending on the 'game' we perceive is active. We don't perceive the need to be consistent between games, as we adapt our strategies to whatever is the active game in play.
3. We observe and generally **use the strategies of other long-standing players**, which is why most people adopt similar strategies in the same game.

Applying Game worlds to life



1. **Every setting is a different 'game world'** with its own set of boundaries, rules, artefacts (equipment or objects of importance) and players, eg family setting, school setting, work setting, and when you're alone setting. Even though some settings are similar with same spoken rules don't assume it is the same 'game world'. For example, each family is its own 'game world' even if they claim to have the same values as another family.

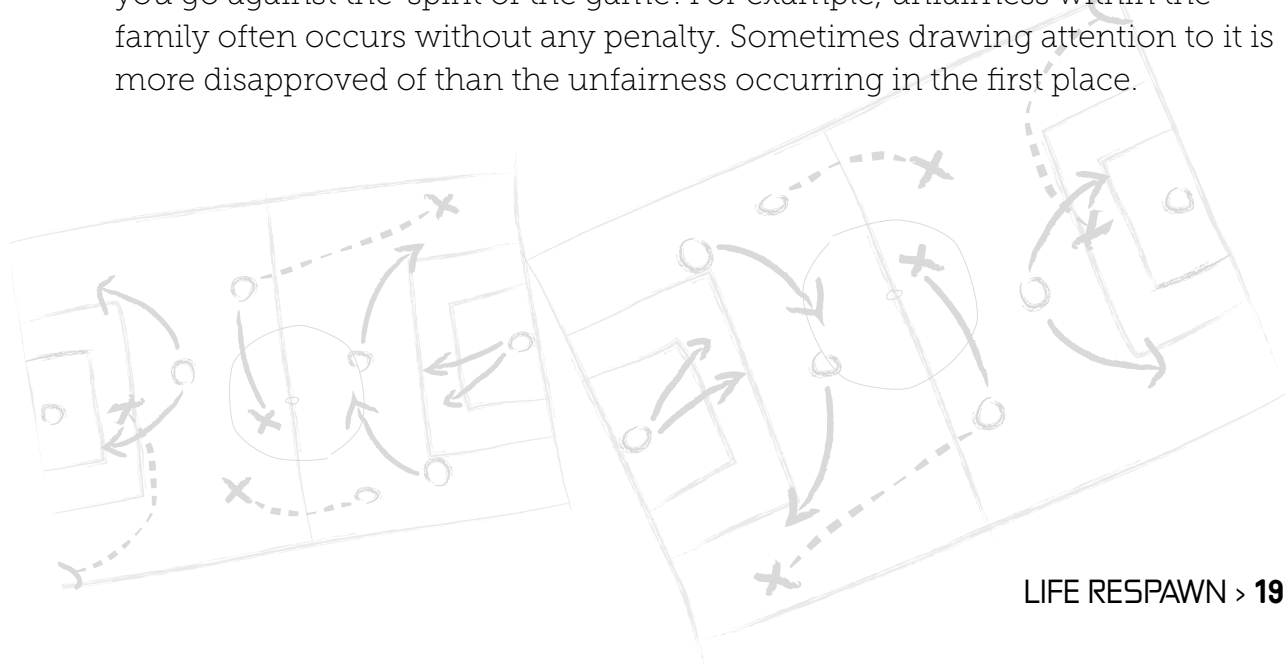
2. Each game world has its own **explicit and implicit boundaries, rules, artefacts and expected player roles**, that is some of these are clearly explained, whereas others are not and it is assumed you will know or discover these for yourself. In your family, there are some clearly spoken rules and others that are not talked about but assumed to exist. When someone breaks an implicit rule it is often judged as going against the 'spirit of the game' which results in disapproval from the other players.

3. **All behaviours and attitudes are attempts to discover effective strategies** within that game. Different siblings often behave differently to find a valued role within the family 'game world'. All behaviour and attitudes serve a purpose, even if it is risky or harms the person.

4. Strategies involve skills of **thinking, behaving, feeling and physiology**. Some strategies are only effective with sufficient skill levels of each. Skill levels are gained through practice, experience or coaching.

5. Strategies are **usually based on observations of previous players** within the game world (especially if there are clearly identified roles assigned to players) or carried over from another game.

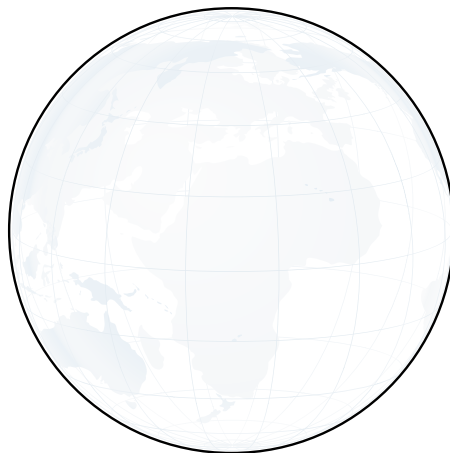
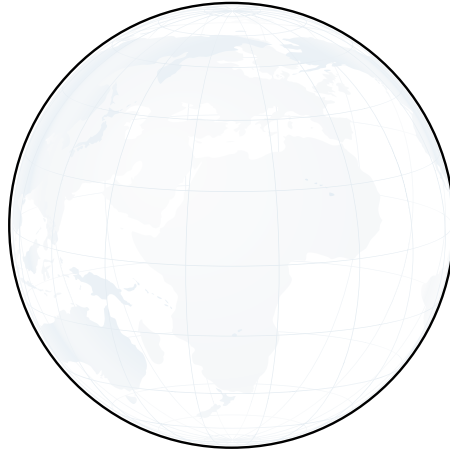
6. **Strategies can be innovated** and improvising is usually considered a big part of the game itself. Adopting strategies to get an unfair advantage over others is often rewarded and allowed to continue, even though some might judge it as 'cheating' or playing loosely with the rules. Disapproval occurs if you go against the 'spirit of the game'. For example, unfairness within the family often occurs without any penalty. Sometimes drawing attention to it is more disapproved of than the unfairness occurring in the first place.



7. **Progress is judged** by the artefacts, skill level and experiences obtained. Each player may start with different levels of skills. The value of artefacts may change in the game depending on the vocal players involved. For example an achievement of one brother may be esteemed but when another brother achieves the same, the achievement is no longer valued.
8. **Status is judged by the other vocal players.** However not all skilled players are recognised.
9. **Status is not vital to someone enjoying the game.**
10. **People are judged problematic** if they don't understand the rules, boundaries and artefacts, or choose to adopt strategies counter to the 'spirit of the game'.
11. Some games we choose to play, others we are expected to play, though we have a choice of how much we invest in a game.
12. Because games are different, we can adopt strategies in one game that we don't in another, without affecting our sense of self.
13. Our motives for playing a particular game or strategies employed in any one game may result from our lack of progress in other games.



What game worlds are significant (impact on your life) or important (you would like to be a part of more) for you right now:



Colour in the progress bar on each to signify your current progress/status in each of these game worlds.

Tick which game worlds you want to improve or change your status ins.

VALUABLE SKILLS FOR ALL GAMES

You already use these skills with some games, which other settings would it be useful to practice these?

FOCUS - GETTING DISTRACTED CAUSE MISTAKES AND YOU TO MISS VALUABLE CLUES FOR SUCCESS

FEEDBACK - VALUABLE TO KNOW HOW YOU ARE GOING AND HOW TO IMPROVE TO KEEP GETTING BETTER

FORWARD FOCUS - MISTAKES AND WRONG MOVES ARE STEPPING STONES TO KEEP GOING FOWARD

EXPLORE - GO AS FAR AS THE BOUNDARIES, AND MEET AS MANY OTHERS AS YOU CAN, ALMOST EVERYTHING CAN BE USEFUL LATER

EXPERIMENT - SOMETHING DOESN'T WORK, KEEP TRYING DIFFERENT AND NEW WAYS - GO BEYOND EXPECTED USES FOR OBJECTS AND APPROACHES

EXPERIENCE - DON'T JUST WORRY OR WONDER ABOUT TRYING SOMETHING NEW AND POSITIVE, JUST GET OUT THERE AND LIVE IT

PRACTICE - NEW WAYS OF DOING + THINKING WILL FEEL UNCOMFORTABLE, BUT PRACTICE MAKES IT MORE NATURAL

PATIENCE - YOU OFTEN HAVE TO WAIT FOR THE RIGHT TIME TO ACT, RIGHT MOVE AT WRONG TIME = BAD RESULT

PROGRESS - TACKLING HARDER CHALLENGES AND MORE DIFFICULT PEOPLE KEEPS THE GAME INTERESTING

COLLABORATE - OTHERS CAN MAKE UP FOR YOUR WEAKNESSES AND ITS MORE FUN THAN PLAYING WITH YOURSELF

COMMIT - SACRIFICE OTHER OPPORTUNITIES TO PLAY ESPECIALLY IF OTHERS INVOLVED, YOU CAN'T DO EVERYTHING EVERY TIME

CELEBRATE - LITTLE AND BIG ACHIEVEMENTS SHOULD BE ENJOYED, AS THEY ALL ADD UP TO BIGGER THINGS

Regularly saving your progress

In games we regularly have a record of our progress and achievements. In life there are many methods for these, but one of the hardest to keep track of is our thoughts and learnings often. Recording your thoughts in some form are valuable, as we can often forget even really important reflections and ideas. Personal blogging has been around for a long time now. The Biblical book of Jeremiah is often credited as the first autobiography with honest confessions. Self reflection helps you think about where you are, what you're like and have got, in order to help you think about where you are going next.

A written journal is the historical traditional form as it seems to be the easiest and longest lasting, but you have access now to record your thoughts and ideas using video or audio, type it up, or capture it in visual (eg photos or drawings), musical, physical or any other kind of art that is or will be available. From here on, I'll use the term journal to refer to whatever medium you use to record your thoughts on what's going on for you.

For your journal to be most useful:

Make it private. Record your thoughts for yourself. You are less likely to censor it and be less honest if you know you're not going to be judged on it. Later if you wish you can share just the areas you want with who you want to trust. But don't write it for any other audience but yourself to begin with. Make sure you store it where no one else can get to it. Set some time aside where you know you're not going to be interrupted and do it where you have some privacy and quiet when writing. This will give you the opportunity to reflect as well as the security of knowing no one is going to see what you're writing.

Remember it's personal. As long as you'll be able to read it later, don't worry about neatness, spelling or grammar. You don't need to use full sentences, and can include diagrams, drawings, photos, song words, music, or other attachments etc. Just try to make it complete enough so you'll understand it later. You will not believe how many times later things won't sense if you don't include enough detail later.

Keep doing it over time. The longer you keep a journal, the more valuable it becomes. You'll be reminded of your important goals and why you want to keep moving forward. You will see the changes in yourself. You'll see how God has worked in your life. And even if you think you're not a good writer or speaker, you'll be amazed at how your journal will affect you emotionally and bring back memories over time.

Keep it portable. If you can't carry it everywhere, write on whatever scraps of paper, or record it on your phone, and later paste it into your main journal. Again the more detail is in your journal, the more useful it will be not only as a record, but a reminder of what you want to be.

Journal starters

Whenever you write in your journal, whether you're starting for the first time or just starting a new entry, it is useful to centre yourself first, by calming yourself, and breathing deeply through your stomach. Even when you are highly emotional with stress, anger, sadness or highly excited, recording your journal is useful. A short prayer (or longer if you wish) is often very useful too.

Significant situation or event - Record the details of what happened, who was involved, what was said, how you felt and what you thought and anything else you want to remember.

A letter - It could be to God, Satan, someone in particular, the whole world, some person in the past or future, someone unreachable or someone close. Don't think about sending it but writing to someone can help you focus on what you want to express. Don't worry about being consistent, remember it's about capturing your thoughts, or questions you have.

Analysis approach - Pros and Cons, SWOT (strengths, weaknesses, Opportunities, Threats), etc. When trying to decide on something write it all down first. Try and do it before discussing it with someone else, even if you think they are much better at it than you.

How I am right now - Start with sentences like:

Right now I feel...	Right now I think...
Right now I am...	Right now I want...
Right now I should...	Right now I shouldn't...
Right now God says I am...	Right now God is...
Why do I...	Why can't...
I wish...	I've learned...
I enjoy...	I fear...

Take stock - The next four pages contain tables to take stock or evaluate in numbers or descriptions about other aspects of your life.

Journal prompts on course:

Saturday: Draw a timeline representing your life. Mark on it personal significant moments. Draw another line indicating your sense of God's close presence throughout your life.

Sunday: What do I need God to do or say or guide me with?

Monday: What do I need to confess to God? What do I need to confess to others?

Friday: What do I need to hand over to God? What am I not prepared to give up?

Saturday: Who do I need to minister to?

Dimensions/ Areas of life evaluation

Thinking through possible areas of life and wondering how you are going with them:

Area of life	Progress	Observations
Spiritual		
Physical		
Academic / Career		
Intellectual		
Artistic		
Self-worth		
Family		
Friends		
Social broader		
Romantic		
Sexual		
Financial		
Recreational		
Political		
Community involvement		
Ethical		
Environmental		
Social justice		
Resources		
Security		
Experiences/ achievements		
Experiences/ achievements		
Experiences/ achievements		
Other		

These could be even broken down further to more specific areas:

Physical State, health & fitness

Current state and how satisfied are you with:

	State [0-4]	Satisfaction [0-4]
Endurance		
Strength		
Speed		
Reaction time		
Coordination		
Height		
Weight		
Body shape		
Body aspect		
Body aspect		
Body aspect		
Energy level		
Food intake		
Drink intake		
Impulse control		
Eyesight		
Hearing		
Ability to sleep		
Sleep amount		
Health issue/habit		
Health issue/habit		
Health issue/habit		

Practical skills

Current state and how satisfied with your ability to approach and deal with:

	State [0-4]	Satisfaction [0-4]
Any problem or issue		
Practical issues around the home & property		
Practical issues in the outdoors		
Practical issues with mechanical stuff		
Practical issues with electronic stuff		
Practical issues with computers / tech		
Practical issues with other animals		
Skill area		
Skill area		
Skill area		
Skill area		

Mental State, health & fitness

Current state and how satisfied are you with:

	State [0-4]	Satisfaction [0-4]
Sense of peace about the past		
Sense of peace/ relaxation in the here and now		
Sense of peace about the future		
Sense of being in control of yourself		
Sense of knowing how to achieve your goals		
Ability to remember		
Ability to focus		
Ability to see things from different perspectives		
Ability to be creative		
Speed of processing information		
Clearness of your thinking		
Calculating numbers		
Expressing your ideas in words		
Expressing your feelings in words		
Awareness of current world events		
Awareness of current family state		
Awareness of how people around feel		
Knowledge of current world events		
Knowledge of current local happenings		
Knowledge of society / government processes		
Mental functioning / knowledge area		
Mental functioning / knowledge area		
Mental functioning / knowledge area		

Other areas of life

Current state and how satisfied are you with:

	State [0-4]	Satisfaction [0-4]
Amount of activity in your life		
Ability to keep all your commitments		
Ability to organise your resources		
Self-reliance for own self-care (meals, laundry, etc)		
Self-reliance for own transport		
Self-reliance for own finances		
Ability to contribute to helping your family		

Resources

For each line think about the rough percentage of 100% you would spread for each column.

'Others' could be friends, people you already know, or strangers beyond your social circles.

Time	Productive	Social	Improving others	Self-improvement	Self-focus
Routine					
Weeknd					
Holiday					

Money	In	Saved	Spent on others	Spent on essentials	Spent on self
Regular					
Other					

Equipment you own/have access to	Benefits family	Benefits others	Benefits self
Computer			

Skills or knowledge you have	Benefits family	Benefits others	Benefits self

Reputation/influence	Benefits family	Benefits others	Benefits self

My relationship needs

God created humans with in-built needs: some that are linked to our biology and survival, while others that remind us that we enjoy life best in relationship with God and others. It is these needs that often consciously and unconsciously underlie and influence our goals, dreams and desires. One big area is our needs in relation to others.

Ways I try to get others to notice or think highly of me are

.....
.....
.....

What I value most in a relationship/friendship is.....

.....
.....
.....

Aspects of myself that I think others would reject/ be scared of.....

.....
.....
.....

What I find difficult about relating to others is

.....
.....
.....

How I know I am loved by another person is

.....
.....
.....

Important others to us

Many see friendships and relationships as something that just happens, largely out of our control. It can seem like whatever else is happening in life controls how much time we have to spend with people. However, we have more control over this than we think. Team Leadership showed us that we can take responsibility for how quickly and strong our friendships are by us intentionally using certain relating skills that improves the process of getting to know and trusting others well.

Fill in the table below using:

1. **Important people to me:** Write down at least 4 names of people that are important to you. They don't have to be close, but they have to be alive. You can use code names if you prefer. You don't have to put them down in order of importance.
2. **What I give now:** Score out of 10 how much priority you give to them now in your life by the amount of time you spend with them or put into their lives or let them influence your life.
3. **Ideally would give:** Score out of 10 how much priority you would ideally give them if you had total control over everything in life.

Important people to me	What I give now	What ideally would give
a.		
b.		
c.		
d.		
e.		
f.		

Important people	What they value about me (ie what I do or am for them)	What I can start doing more or change to increase my value to them
a		
b		
c		
d		
e		
f		

Unhealthy relationships

We don't always get along well with others. Sometimes it's obviously our fault, sometimes it's theirs, while others it's just hard to work out. Unhealthy relationships that don't make us feel good or lead us into behaving, thinking and feeling things we regret sooner or later.

What individuals or groups do we find hard to stand up to, be ourselves with, controlled or even bullied by:

What individuals or groups do we find make us frustrated, angry, manipulate or abuse:

What individuals or groups makes us doubt, question or go against our preferred ideals, morals or values:

What aspects do you wish things could change to make any of these relationships healthier for you but allow you to still have what you might value or gain from these people or people like them?

God in the midst of games

Just like when games are in play as it is in life, there is often so much that seems to be going on and enough to occupy your mind than to think about why they are there in the first place or what is the real purpose of their ultimate goals. Changing your POV to the broadest perspective may actually be more useful even in the midst of the action than you can imagine.

What are your answers for:

Do humans actually need god? If yes, why? If not, why?

Is God real? If so, what is He like and how do you know? If not, why not?

Is the Bible is true? If so, how do you know? If not, why?

Who is Jesus and how can you be sure he is who he claims to be?

What actually is the 'good news' of Jesus? Is it only for Christians or for everyone?

What is a 'Christian' and how do you 'become' one? Do you even want to be one?

If God created us as unique individuals, is it possible that God communicates and relates with each of us in exactly the same way or I should expect to relate to him exactly the same way as others do with him?

What does it mean 'we are saved by grace alone and not by works'?

If Christianity is about being saved, what are we saved from and then saved to do?

What does it mean 'May your kingdom come, may your will be done on earth as it is in heaven'?

Is church where people meet and grow in God, or does God more go to where they are at?

Are there simple answers to all hard questions about Christianity?



“Scripture... deep enough for an elephant to swim in, and yet shallow enough for a lamb to wade through.” Ian Green

Because God says he wants us to know him, we sometimes believe we can or do know everything about him. It's like watch a movie trailer and assuming we know everything about a movie (ok, sometimes you can). But God is that he is bigger, wiser, and been around a lot longer than us. To assume we know everything about him is to assume we can download and store everything in the internet on our mobile phone.

A problem with theology is not just what you say, but what you don't that upsets people.

Like a jigsaw puzzle without a box, we have been given enough pieces put together to have the general idea of what the final picture is like, but there's a lot of gaps and pieces that don't even seem to fit in with the others. The main thing is God gives us enough to have a general idea of what God is about and that he invites us to continually to get to know him more and more (Eph 1:17).

“God made man in his own image, and man has returned the compliment.” Voltaire

Humans tend to like people like them, and often will imagine God like them, rather than the other way around. We read things into God what we want. That's why God has been used throughout history to justify hating, excluding and killing others, actions that don't seem to match up in any way to how Jesus showed us to live. People also use 'God' to justify their own beliefs of unacceptable behaviour, activities, and even thoughts, ideals and likes.

Separating the actions of God and the humans that are his people is valuable as often 'God's people' do not act in ways consistent with God. And because his judgment on their actions is not always obvious it doesn't mean he approves of their actions. That's one of the reasons Jesus says if you want to see (understand) God, look at Jesus' example of life.

Often people will use a few examples (or verses) in the Bible where God or his people act in a particular way to justify a particular human position, but the bigger test is to see how that position is consistent with what God says and acts throughout all Old and New Testaments accounts. Don't trust an idea just because there are a lot of Bible verses attached to it, make sure the verses in context actually support it.

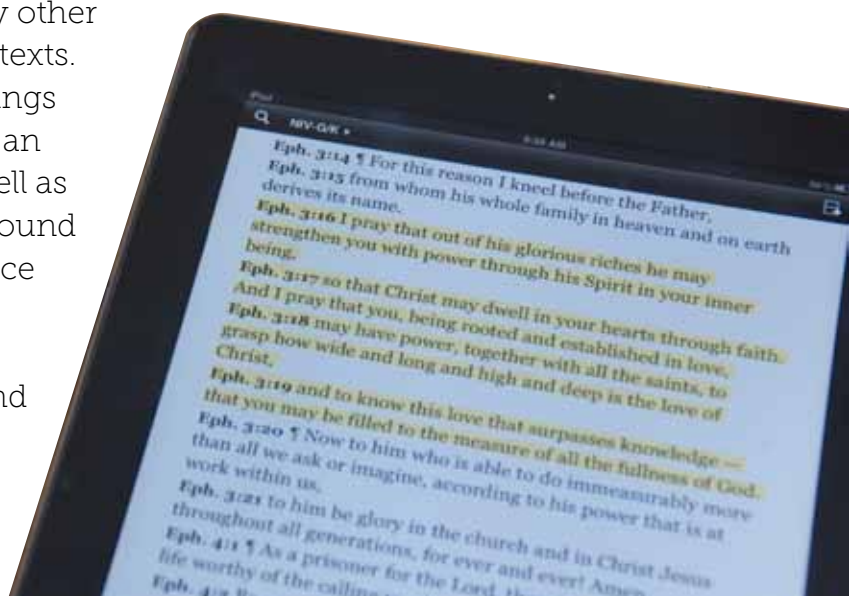
Just like the teachers of the law and scripture of Jesus' time, there are many today that claim to be experts (and people believe them) that know a lot about the Bible, but miss the point. Jesus warns that will happen in the future. Don't look to those who seem most right, but those that seem most like Jesus (Matt 7) in character and the people he ministers and cares most about.

*"So I will always remind you of these things, even though you know them and are firmly established in the truth you now have. I think it is right to refresh your memory as long as I live in the tent of this body."
1 Peter 12-13.*

Bible

God communicates and relates to us in many ways however the Bible is our most dependable record of what God is about (1 Cor 15:2) in relation to us, humanity. It talks of humanity being birthed in an undeveloped rustic landscape and ends with a vision of us in an abundant urban civilisation. The story, like any sweeping saga, involves **human characters not always making the best choices but nevertheless advances the story forward** into unexpected events, and of **a loving parent who progressively empowers and gently prompts** rather than disempowers. It is not one book, but a whole library of many kinds of writings: poetry, songs, history, instructions, letters, biographies, and philosophical ideas. Therefore it is beneficial to approach Bible passages by **reflecting on the background, context, and possible implications of each passage** rather than assume that every word and phrase should be read literally and taken as a commandment. There are many recognised useful (hermeneutic) methods to help us do this, eg SOAP.

There's plenty of evidence to support the idea that accepted Bibles have been largely translated accurately and reliably when read in context, that it is a trustworthy supported historical document, and it encourages and survives critical analysis unlike many other religious and philosophical texts. This large collection of writings is universally recognised as an amazing literary work as well as a source of immensely profound and practical ethical guidance that has and continues to miraculously improve countless individual lives and cultures.



God

Preacher Tony Campolo often said: ***"Tell me about the God you don't believe in, and I probably wouldn't believe in him either."***

There's a huge range of ideas of what God is like: a cosmic policeman that's a bit of a party-pooper, a slightly senile out-of-touch doting grandfather-like Santa Claus, or a impersonal force. Most people's idea of God is formed when they were very young and often doesn't grow up with the rest of their thinking and understanding of everything else in their lives.

The Bible is an epic story of the God who **created people of free will in his own image and wants wholeness for all** (without infringing on their free will) **and continually emphasises the importance of relationships**. The Bible doesn't claim to cover everything about God and the universe, but continually reminds us of God is for humanity over and over again throughout history and explaining about his character. For any relationship to grow well, we need to have faith in what we know about them and been through with them and take further risks to have the opportunities where they can show their true worth to us. And because we respond to him differently than others due to our own unique combinations of positive and negative experiences and make-up, he deals with us so individually - which can be frustrating when we are often after one-size-fits-all solutions for success.

Often doubts about God comes down to two questions: Can we trust God to always have our best interests and is he capable of delivering on that? Unfortunately we feel that the only way we can trust him is if he delivers in ways we understand or expect. However if God is to be God, we have to accept that he will not always work in ways we can understand - otherwise he will always be limited by only what we can imagine or think about.

Jesus

For most of human history, it was universally accepted that Jesus lived and preached the highest ideals of how people should live ever recorded. The first four books of the New Testament are biographies on Jesus' life written from the different perspectives of the four authors: Matthew, Mark, Luke and John. And although some people talk about the main point of Jesus' life was just why he died, Jesus spends a lot of effort and time focussing on how people could live with more love, freedom, boldness and harmony with each other and God.

He wasn't just about paying people's penalty for sinning, but **wanting them to reflect God by going out to where they are, helping them experience and practice values of an upside world** (where the poor, the pained, the powerless, and the persecuted are the winners - ie Matthew 5), and empowering them to spread like an uncontrollable virus so that all may enjoy the benefits of living in a society with such alternative economy and joy.

Rather than looking inward for your own personal salvation and righteousness, Jesus invites all to be outward and welcoming of all. Vivality, Jesus' gospel (or good news) was meant for all people, no matter what they believed in.

Holy Spirit

Mentioned lots but not always explained that well in the Old Testament or the New. We often talk about it as the part of God that **lives in you, prods you gently** like your conscience on steroids and **connects you** to the network of God so he can more easily instant message you and **powers you** to do greater than Jesus did while he was on earth (John 14:12-17).

Christians or those in the Kingdom of God

Mahatma Gandhi said: *"I like your Christ but I do not like your Christians, because your Christians are so unlike your Christ"*.

The word Christian means "just like Christ" and **should apply to anyone who wants to be transformed by Jesus to be more like him and be after the same goals he was pursuing**. Jesus warns against those that say they are for him, while not reflecting him (Matt 7:21). In fact he says many will be surprised who is part of his Kingdom, and who isn't. He criticised those that claimed to follow God, and acted 'rightly' while missing the point of who God was most interested in, and what he would do for them.

Matthew 5-7 gives us a good sense of what it means to be a Christian: ***hungers and thirst for righteousness, merciful, peacemakers, lives in a way that serves as an example to others, sees the positives in others, respects and doesn't sexually exploit others, loyal and trustworthy, sacrifices much for others, loves and forgives those that wrongs them, shares with the needy, don't act religious, trust in God for their financial security and other needs, doesn't judge others, is recognised for living like Jesus, and when bad times comes (and they absolutely will often) they know that God will see them through it no matter how bad it looks.***

Interestingly, **his followers aren't always 100% sure about God** (Matt 28:17) **but still trust and follow him** anyway to their credit.

Church

Despite how we often talk about it, church is not a place or an event, but another way of saying the plural of Christian. It is the collection of God's people reflecting God. And just like Jesus' example of coming into our world, he encourages his followers with the Great Commission (Matt 28) to likewise go into the world, and to all the different parts of the world, to all different people and subcultures and let them know about a God who goes to them where they are at, and helps them experience him there and what it means to be part of the Kingdom. The church gathers only because their primary goal is to be the church scattered to do as Jesus did out there.

Connecting with God

Unlike all other major religions where it is about what we do to get to god or become god, the God that Jesus spoke about and we find in the whole sweep of the bible is one that chases after us and wants to relate to others. So in some ways, communicating with God is easy because He is already constantly communicating with us whether we notice it or not.

Doing like Jesus did

In reflecting Jesus and **doing like he did, God gives us a greater sense of who he is** and we experience him like nothing else (Matt 5:6-9). Sometimes God interacts with us through those we think we're serving. The more we do in common with him, the easier he can show and discuss with us.

Reading the Bible

Like any story, the Bible is meant to be **understood as a whole piece of work in largely sequential order, building progressive on what comes before.** It is not a random collection of 'sound bites' of wisdom - although there are many great quotes in there. There are many approaches used around the world at many different times in history to help you understand the overall themes and how whatever you read fits into everything else.

A popular method, based on a traditional approach, is called SOAP. For example look at Jeremiah 25:27.

Scripture: Rather than just reading one verse only, read a passage of the Bible (eg Jer 25:15-38). Read it over a few times. Does what the verses say around it change its meaning? Take note of what jumps out at you.

Observe: What type of passage is this - straight teaching, a historical record, a parable, a vision or prophesy? Who were the original audience? What were their circumstances? If names are mentioned, who were those people? How is my culture's and society's worldview and values different than those mentioned? Is this passage written to an individual or a community - and how does that affect my reading of it?

Application - Understanding the background and the context, what might it mean to a situation I am facing now? Is God just throwing a tantrum or does it show how serious he is about his people reflecting him? Don't be too surprised if a passage means different things to you at different times, or means something else to someone else - however make sure you still take into proper account of the background and the context of the Bible passages.

Prayer - What or who is God asking me to pray about and for? How could God want me to be part of the answer to my prayer?

"Be sure that the Book of the Law is always read in your worship. Study it day and night, and make sure that you obey everything written in it. Then you will be prosperous and successful." Joshua 1:8

Prayer

Remember always that Christianity is about having a relationship with God who wants us to relate to him intimately as a lover and friend and to share ideas and experiences beyond our human-limited understanding. Prayer is the special term we give to just **chatting and hearing from him**, and particularly about how we get changed by Him. The Bible even gives us the idea we can pray without stopping. Kind of like when we do stuff while having our mates around, we can also do everything in life while still being open to listen to him or seeing things around us as God would.

When Jesus explains in Matthew 6:9-13 how his followers should pray, he didn't give them something that was meant to be memorised and chanted like a magic spell, but begins with the intimate call of 'daddy'. Jesus asks us to remind ourselves of who God is and what he is about and how he is involved in the big and small details of our lives, and how we can and should be involved in his dreams. The prayer reminds us that **God needs us to help in his plan of redeeming his creation, not because he is powerless, but because he wants to share his glory with us.**

God promises he will always listen and answer (John 14:12-13). However if God is truly smarter than us, than he's going to answer some things in ways that don't make much sense to us to begin with. Sometimes the timing or the way God answers aren't quite what we expect. Sometimes the answer is for us to just act as we know God would want us to act despite what the situation is. And sometimes what we ask for isn't really the best thing to occur. Praying as Jesus prays tends to not so much change God's mind but ours.

God may answer speaking audibly to you, or through guiding and changing your thoughts, or something that emerges when you read the Bible or in some other quiet time among your normal activities. That's one of the reasons that frequent moments of quiet are useful to have in your life.

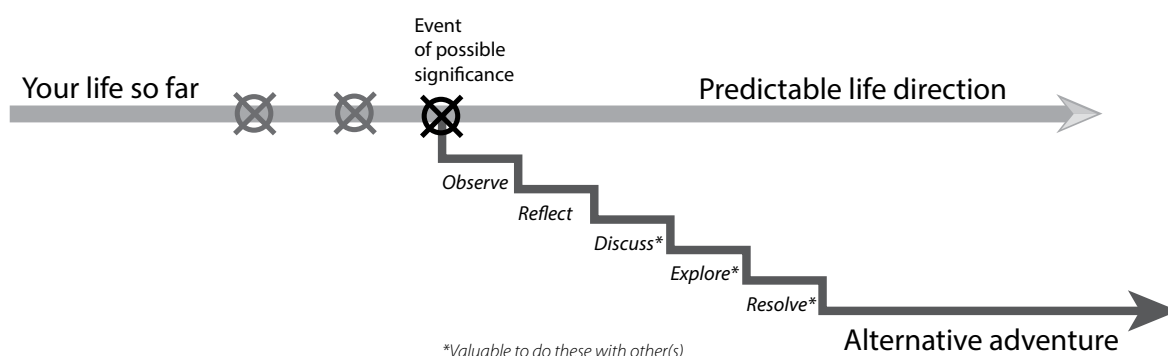
"Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus." - Philippians 4:6-7

Yearnings, dreams or significant events

Sometimes we get feelings or yearnings in response to an event that seems to be affecting you in a way that surprises or makes you uncomfortable (1 Sam 17:23-37; Acts 16:9, 26-31). In of itself, their meanings might not be clear and it is valuable to use the suggested process of ORDER to help you not only work out what something means but possibly take your life in unexpected but more rewarding directions. As with all things to do with God, test it always (1 Thes 5:19-22). Just because a porn site pops up while you're praying doesn't mean God wants you there.

Observe and reflect on the event and our response. Discuss with others, explore new possibilities and ways of thinking and acting, and resolve with others to act, so they can encourage, support and help you be accountable for your new adventure.

'ORDER'ing your possible directions



Sharing with others

God often chooses to speak to us through other people (Eph 4:15-16; 5:19-21) - Christians and occasionally by those who don't claim to know Christ at all (Ex 18:19ff, Prov 30, 31). Particularly when you are facing a decision or have encountered an event that seems to be affecting you in some way. Sometimes these people will offer you wisdom or suggested directions unprompted, but sometimes it's worth asking for them.

Although it is important to give everyone the benefit of the doubt, don't confuse anyone who says godly things to always be godly (Num. 22:30, 2Cor. 11:13, Mark 13:22). Test all things against the Biblical story, that is, check that it is consistent with what God is about and how God has worked.

Signs and revelation

The Bible speaks of God revealing himself in nature (Rom 20:1) and sometimes you can get a clear sense God is speaking to you through a particular event or circumstance. Adopting spiritual disciplines like fasting can bring about revelation not accompanied by our usual lifestyle activities, but it is important not to see any of these as ways to get God to react like a vending machine to you.

Fasting

Not only does Jesus fast, he gives instructions to his followers assuming they will fast (Matt 6). Going without food has long been practiced in Old and New Testament as a way of practically trusting in God to sustain you and provide for you. The process of not giving into one's natural desires but putting the priority on being prompted by God is sometimes talked about too.

Some of the reasons people fast are:

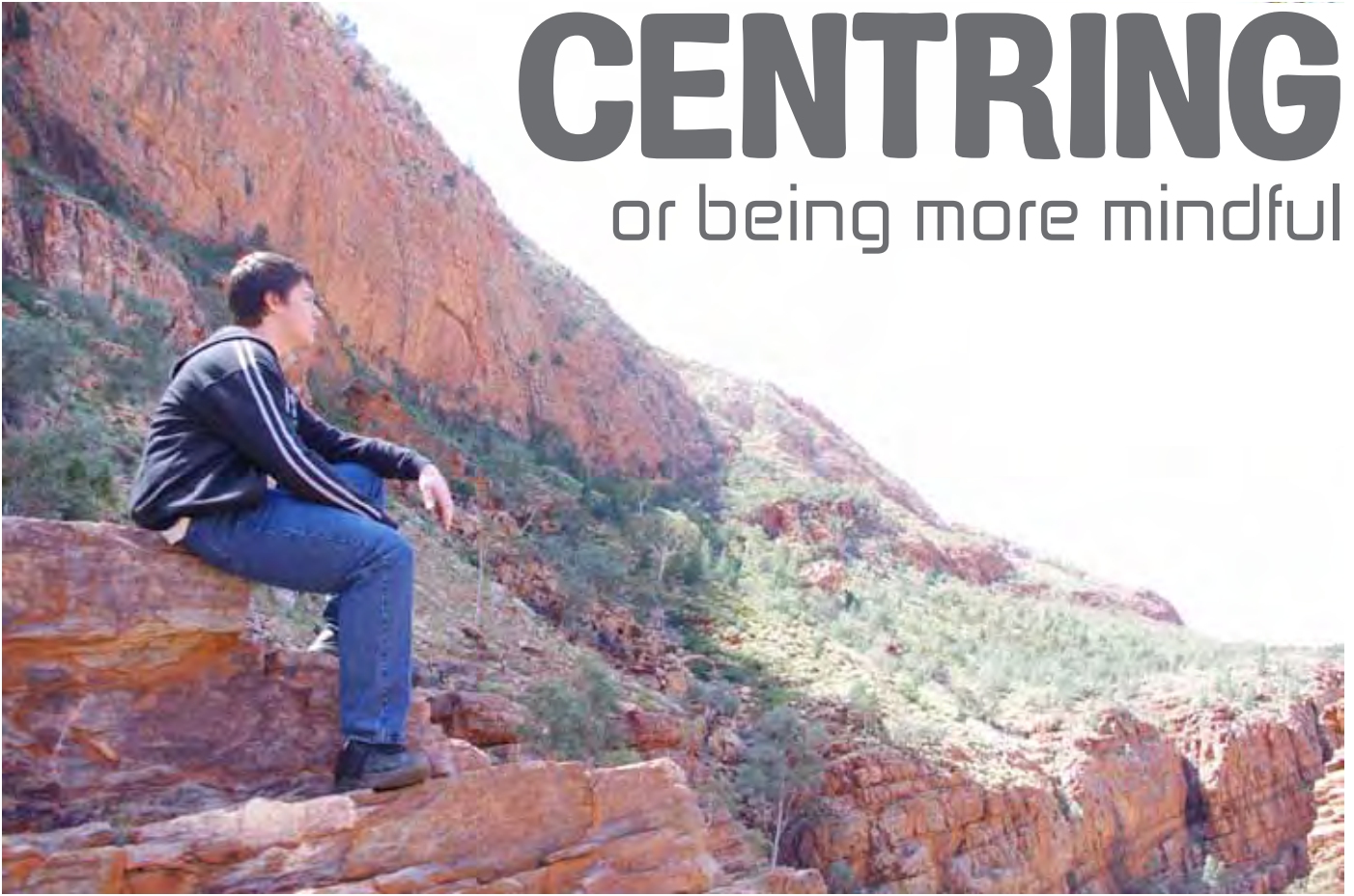
- **self-discipline** - to develop their personal self control, to prove to themselves that they are in charge of and ignore their own urges
- **to make space to think about other things** - we normally spend a lot of time eating, preparing it or thinking about food, so if we cut it out of our schedule, especially when alone, we can use the time for more significant experiences, such as to hear God more clearly
- **for spiritual renewal** -a symbolic act to experience making God more important than anything else; to empty ourselves of desire for worldly things so we can be spiritually cleansed and filled only with God;

Remember, whether you eat or not, keep up your water intake.



CENTRING

or being more mindful



On a few occasions in the Bible Jesus went to spend time alone with God (Luke 6:12, John 6:5). Time out allows us to step out of the action, away from things that are calling for our attention to try to get a better look at what's going on. As often God whispers to us, it is valuable to get away from the things that normally distract us, and be centred in God's presence and allow him to guide, comfort refresh, and empower you.

It's easy to think that there's either too much going on in life, or not enough. The paradox is that taking some time out can actually help you deal better with both those situations. Many old Jewish songs (for example Psalm 37:7 and 46:10) encourages us to be still so we can hear and get to know God. In the book of 1 Kings, God doesn't speak to the prophet Elijah through mighty acts but in a gentle whisper.

Today we are used to being surrounded by sound and vision, easily feeling bored and restless without being entertained or being in touch with whatever else that might be happening. But centring with God is like watching a great movie, having a deep conversation with a trusted mate, or 'being in the zone' in a game, where the volume and brightness dial for everything else in life has been turned down low, and your attention is just on that one thing.

Centring is a habit, so if you haven't done much of it before, it will take some practice to feel ok with it. Practicing will make it easier. These ideas are useful in general life as well as for any extended solitude experiences you take.

Make space for it. Connecting with God can happen any time. It's more about being intentional about having some time for this. You might need to schedule it into your life like an important appointment, and ensure you fulfil other responsibilities first, like chores or homework, in order to make sure you can have the time uninterrupted.

Find somewhere appropriate. Connecting with God can happen anywhere but again you might want to find a place where you know you won't be interrupted or distracted by other things happening around. Sometimes you might be able to use headphones and appropriate music to help this happen in a more distracting environment.

Get comfortable and relaxed. Find a place to sit comfortably. Breathe slowly from your stomach. If you're not used to breathing from your stomach, try taking a few slow deep breaths, holding them for a few seconds and then releasing them slowly. This will help your body relax. Often people find it useful to close your eyes.

Park your thoughts elsewhere. When you slow down, all sorts of thoughts will come to mind. Either imagine them as passing cars in your street and let them keep driving on without you paying much attention to them, or let them park in the garage of a few houses down, out of sight to you. If they want to hang around, write on a piece of paper "Things I have to get back to" and write the thoughts down, and then put that sheet out of sight. This gives your mind permission to let go of them. Notice the sounds and other sensations around you for a moment, and then let them be like your other thoughts and let them pass away to. Remind yourself that nothing else is more important right now than for you to be in the moment with God now. Don't worry about the time, don't worry if you don't hear anything from God right away. Remember sometimes the best times you spend with a mate is in silence.

Sometimes do something mindless. Being open to God doesn't only happen when you are sitting still and quietly. Walking, strumming, ironing, gardening or anything else that doesn't require all your attention can be quiet mindful moments with God as well. However if the activity you choose takes too much effort or attention or gets you too excited, it will likely distract you from a mindful state and God's voice.

Spending a day in prayer

Days of prayer don't just happen. Make time for them, plan ahead and stick to them. Vary your day: Read a while, pray a while, write some of your thoughts down. Read and pray while sitting or walking around. Pray while you're doing something else. If your mind starts to drift, write down any distracting thoughts to think about a later time.

Spending a day could include these sections: being with God, praying for others and praying for yourself.

Being with God

1. **Rest in God's presence.** Psalm 27:14, 62:5 and many others encourage us to just "be" with God, to be aware and rest in his presence. Read Psalm 139 and consider there is no where you can go without God already being there. Read Psalm 104 or Job 38 onwards to help you meditate on God's involvement with creation.
2. **Invite God's searching** (Ps 139:23-24). Start by praying for spiritual protection and discernment as you might get distracted with wandering thoughts, unhealthy guilt, or trivial issues. Ask the Holy Spirit for the areas of your life that need cleansing and decisions made to restore your relationship with God (1 John 1:9). David's songs of confession (Psalms 51 and 32) may help you. Make notes of any relationships you need to restore soon if you're reminded of how you've sinned against another or need to forgive another and plan on how you can do so (Matt 5:23-24).
3. **Reflect on God's trustworthiness and greatness.** Psalm 103, 111, 145, or Revelation 4 & 5 remind us of the greatness of God. Pray these Scriptures as prayers. Sing out loud songs or hymns that you know. Don't worry about your singing ability - "shout for joy to the Lord" (Ps 98:4).
4. **Thank God.** Reflect and thank Him for the wonderful things he has done for you - your relationship, aspects of your life that have shaped you to who you are, what you value in life, family, friends, His provisions, and opportunities. Thank Him for more than what you would thank Him on a daily basis.

Being thankful

Family & others that support me (and why)	Other valued people (and why)
Opportunities i have	Provisions & resources that I need / enjoy
aspects of myself	God's involvement
Experiences & things	Anything else

Praying for others

Pray for each person you know, for others you don't normally remember in prayer and even pray for people in other countries you don't even know.

1. **Pray for specific needs for each person.** Pray for ordinary Christians sharing their lives through the people they touch in everyday settings and circumstances. Pray for strength, courage, endurance and intentionality in how they realise God's kingdom in their lives. You might use the atlas to pray for people of various countries and the missionaries working there, and those working in our own country - eg schools and university workers, church planters, and emerging church workers. Imagine yourself in the situations where these people are, and pray accordingly.
2. **Pray some of the prayers of the Bible**, such as Jesus' prayers in Matt 6 or John 17; Paul's prayers in the first chapters of Philippians and Colossians. It might be useful to translate them into your own language.
3. **Ask God to give to others** what you might pray for yourself. Desire for them what God shows you.

Praying for yourself

1. **Meditate on Bible verses** you have memorised or recently have valued. Read a whole book of the Bible through aloud.
2. **Examine your life with God.** How much does your life reflect God's will (John 14:23)? Consider all that you do and spend time with, and what you think about in the context of living out God's will? God may want to rearrange your schedule - cutting out certain activities that might be good but not best, or that just aren't good for your Christian growth. It might mean giving up time or things that you saw as yours, but really should be thought of as God's. Record any thoughts down.
3. **Bring up any problems or decisions** you are facing. List any factors involved. Pray through the issue and factors and look into areas of your Bible that might give you some guidance. You might be led to a promise or direction from the passages which you have read and pondered about earlier in the day. Reach some sort of conclusion after prayer based on your Bible reading and God's influencing of your thoughts. The conclusion might be to trust God more with the issue. Often your real need is not to know the next step but to know something more of God himself and his vision and love for us.
4. **Claim promises to you.** There's not always the need to find new surprising assurances from God, just hold onto the ones you already know or have heard and think more about them and apply them to the circumstances you now face. You might want to mark and underline in your Bible the promises God highlights to you during times alone with him. You might even want to jot down the date and a thought or two next to them.

At the end of the day, summarise in your notebook what you felt God spoke to you about. Don't judge the day by how you feel at the end of that day.

If you have been open and seeking God through his presence, his words and prayer, your life will be positively affected.

Rewriting Prayers

Sometimes we forget that Jesus didn't speak in English when he talked to his followers, so the specific words used to pray isn't as important as the intention and attitude. And of course you can even pray without using words or language you personally understand (Rom 8:26). That it is more important that you are trying to communicate and involve God in your life right there and then, instead of worrying about what words you actually use. Sometimes prayer can just be crying in his presence, or a shout. But just remember as we pray for God to act to change something in our lives, he can be asking the same of you too... that is for you to act to change whatever you want changed but not on your own strength but with him working alongside you.

So have a go at rewriting prayers in the Bible into language and ideas that are more meaningful to you. Choose a prayer (eg Matt 6:9-13, John 17 or a psalm). Look back at p37 for ideas of what the Lord's prayer is about.

Evaluating your game worlds

Expectations within that world that you dislike

World	Expected behaviours, rules or roles you dislike in this world (Either you are using or others around you follow)	What are the goals or reason do you think these expectations hope to achieve?

Heads up display / Filters

Almost everything we sense whether it is visual, auditory, touch, smell and taste all goes through filters based on our experiences in life and what we've been taught. We initially assume that everyone sees the world the same way and then like the proverbial story of the six blind man all touching different parts of an elephant, we realise as individuals we only see part of the picture.

Say you had a scary experience with a spider at a very early age and avoided them ever since. Seeing a spider is going to bring up all these additional info in your head about the bad experience and make you nervous next time you see a big one.

What we experienced growing up observing about how adults deal with kids, and how kids deal with each other, especially in whatever family setup we had also sets up a template of the strategies we use with relationships.

Without saying so, Australian society often promotes the following strategies to achieve the following goals.

- ▶ **To be accepted by others** I need to hide aspects of myself (thoughts, feelings, and actions) to maintain an image (mask) that only shows parts of me that will be liked by others;
- ▶ **To be valued by others** I need to be seen as successful (better than others in looks, personality, abilities, background or opportunities) or have something they want;
- ▶ **To be safe from being hurt** I need to keep others at a distance and being superficial because it is not worth taking too much risk with relationships with others and its too difficult to try to get them to understand all of me;
- ▶ **To feel a sense of control** I need to occasionally manipulate, put down and hurt others as that's just a normal part of how people deal with each other and not lose out.

These statements are almost like augmented reality heads up displays that overlay this additional info on how you see and should interact with the world around you.

What circumstances have you gone against these with favourable outcomes?

Have you tried going against these with negative outcomes?

Other well-promoted strategies

- To live a satisfying life we need to consume – meeting basic needs isn't enough – we need novelty. Our lives are measured by how much we have and what we have - don't worry too much about what you need to sacrifice in order to get stuff. Don't worry about world poverty, one day every one will be able to live, shop, and waste as much as we do. If people have nothing to show, they're nothing.
- To be respected we need to be seen as following the examples of others. Behaving like others is more important than what you might believe. In fact whatever you believe is ok as long as it doesn't interfere with how you or others behave with others. There is safety in numbers, so everyone encourages others to follow them or someone else. Don't stand out too much, unless it is already following the example of someone else. Be an individual by buying the right clothes or having the right things or the right look.
- To be successful we rely on the symbols of established security: a bank balance that lets us be independently sufficient, stable well-respected and paying job, good looking car, comfortable house in a decent location, and easy access to socially accepted entertainment options.

God Mode: being consistent across game worlds

Many of the different game worlds in life appear to have different expected rules, roles and boundaries, and being successful in each game world often involve us adopting different strategies.

As programmers designed the world of their game, determining what are the rules and boundaries and what the characters can do within the game, they can also create ways that go beyond those rules and boundaries. These 'game cheats' sometimes involves a 'God mode' where ordinary player characters can go beyond what is 'normally possible' to do impossible things like not get injured by things that normally would hurt or kill them, or be 'healed' of some previous physical damage. They might be able to walk through walls, or protect others from things that cause them damage.

God mode reminds us that there are rules, roles and boundaries that when applied to all games provides us with success, or help us see what is unhealthy about current games that should change to make it fun and fair for all again. God through the Bible continually urges us to question and live differently than what is acceptable and valued by our culture.

The primary focus for disciples of Christ is not in providing for their physical needs, as valid as those are, but rather in seeking first the kingdom purposes of God. (Matt 6:31-33). The good life of God is found through losing our lives in service to God and others. Unfortunately, often the values we hold onto in the western Christian church have more in common with conservative white materialistic middle-class suburbia than the lifestyles of Jesus' first century disciples.

God cares for us individually but he isn't promoting individualism. While God's vision embraces the material world, it isn't materialistic. And although his vision is centred in celebration, its focus is not the pursuit of pleasure at all costs.

Social acceptability

What ways do we come across that makes people feel they need to be certain way in order to be acceptable for us - in what we wear; what schools, studies, vocations & activities we expect the others to engage in; areas where we spend our time and money in, etc? How much do we limit others by the acceptable things we are able to talk about, or emotions to show, or the depth we go into, or the language we use?

How much do we even talk about the sermon or spiritual issues when we actually 'fellowship' with each other? Is it possible to come across as too spiritual for others - even in church circles? How important is it to present the 'nice happy victorious Christian' image always? How much of your actual struggles and doubts do you actually share and discuss with others in your church fellowship?

Why do so many seekers and new Christians from the fringes often feel 'uncomfortable' and feel out of place in most churches? Why do people from different cultures or subcultures often feel they need to go to churches specialising in their own cultural groups to feel like they belong?

And yet many of the early churches were known for their subversiveness because people of all kinds of races and backgrounds mixed freely and lovingly - breaking conventions of polite society and what was 'right' and 'proper.' Churches are meant to be where you would associate with people you normally would not, and grow with them.

Churches often come across as wanting to be teachers of what is right and proper, rather than the ones that surprise society by what can be acceptable and embraced and even celebrated in others. How much do you stand out of the crowd in socially unacceptable ways? Jesus did.

Affecting worlds

Christianity is less about knowing the right things, but more about living it out (Matt 25). Like apprenticeships, we grow and learn more mainly by doing what our master tells us to in all the places he tells us to. It's about being intentional about how we relate to others and putting them ahead and alongside us.

"I tell you the truth, anyone who has faith in me will do what I have been doing. He will do even greater things than these, because I am going to the Father. And I will do whatever you ask in my name, so that the Son may bring glory to the Father. You may ask me for anything in my name, and I will do it. If you love me, you will obey what I command." John 14:12-15

Jesus always provokes a response in people, inspiring and inviting them to change their current direction and personality towards whatever might be the 'best of humanity'. Certainly we have clear examples in history of people that pushed humanity to the next level inspired by Jesus: challenging injustice based on their lack of power/standing in society (William Wilberforce with slavery, William Carey regarding caste systems in India, Mother Theresa with the terminally ill and poor), race (Martin Luther-King Jr); championing new ways of fighting military force without violence (Mahatma Gandhi), or bringing justice and reconciliation after mass sadistic violence and murder (Nelson Mandela).

"The Spirit of the Lord is on me, because he has anointed me to preach good news to the poor. He has sent me to proclaim freedom for the prisoners and recovery of sight for the blind, to release the oppressed, to proclaim the year of the Lord's favour." Luke 4:18-19

Unlike today where so many wonder how will I be famous, these people were inspired by Jesus to just think about what they noticed wasn't fair in the world and started to do something about it, and then a little bit more, and a bit more, which eventually led others to take notice of what they were doing. They were all humans, but they lived with their weaknesses and still strove to do what they felt was important.

What areas of life do you notice isn't fair for everyone?

Which of the following issues that make life unfair (feel free to add your own) should Jesus and his people NOT be involved with or should get MORE involved with bringing change to:

	No	More
Bullying and abuse (physical, emotional, spiritual or sexual)		
Isolation and self-harm		
Sexuality and body issues (eg acceptance, marriages, abortion, euthanasia, IVF)		
Lack of empowerment of the young, aged, racial, disabled or other specific groups		
Self-focussed advancement with apathy and ignorance to others		
Unequal distribution of wealth, influence and resources		
Sweatshops and other unethical trade practices		
Slave labour including sex slave trade		
Refugees and migrant treatment and integration		
Multicultural and multi-lingual embracement		
Corporate greed, exploitation, unfair employment arrangements and scams		
Unrealistic or inappropriate media representation of body, relationships, and lifestyles		
Mental illnesses such as depression, schizophrenia		
Learning disabilities due to medical conditions like dyslexia		
Health issues or diseases - STIs, disabilities, chronic and terminal illnesses		
Addictions and other lack of self-control issues such as excessive alcohol consumption		
Poor lifestyle choices such as unhealthy eating, sleeping, lack of exercise, smoking and other chemical dependencies - leading to poor educational, health and other outcomes		
Risk taking behaviour such as speeding		
Disproportionate representation in prisons of people from various demographic groups such as suburb location, educational level achieved and race.		
Different health, educational, housing and employment outcomes based on race		
Cycles of generational poverty locally and abroad		
Terrorism, oppression, victimisation and war		
Propaganda and manipulation		
Corruption or disempowering political systems		
Discrimination and victimisation (portraying others as enemies instead of potential friends)		
Overconsumption and concentration of power and resources in Western nations		
Pollution and natural resource hoarding or destruction		
Natural disasters		
Misrepresentation of God and his people in terms of what he offers		

Jesus people gatherings

"Let us hold unwaveringly to the hope we profess, for he who promised is faithful. And let us consider how we may spur one another on toward love and good deeds. Let us not give up meeting together, as some are in the habit of doing, but let us encourage one another..." Hebrews 10:23-25

As previously said church is the people of God, that is "we are the church", and we are the church whenever we meet, or even when we are separate. A new kind of extended family is how Jesus describes us, so it makes sense for Jesus people to often want to get together, sometimes one-on-one, in small groups, larger groups or en mass.

At some point in history arose the idea of the 'church or Christian service', traditionally seen as a formal time of gathering of Christians that includes singing, prayer, collection of money and a message from the Bible. It can also involve presentations in the form of skits, drama, song, dance or testimonies about how God has worked in people's lives. There can also be a tendency to see that God is most present and active only during these times.

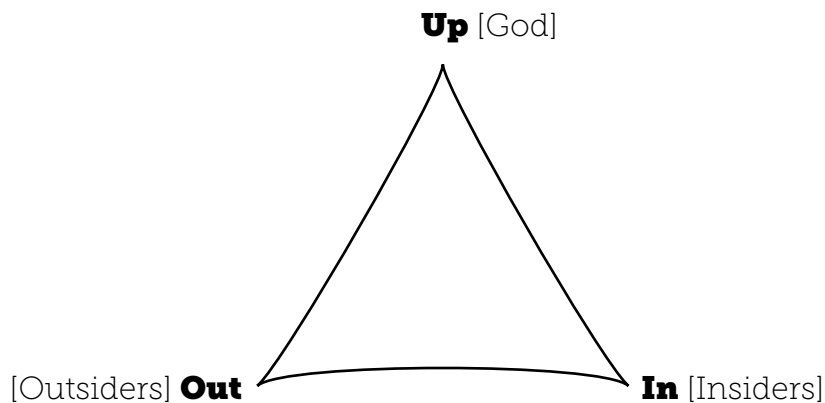
Interestingly enough we don't hear much about Jesus taking part in something as formal and structured as these events. The closest we hear of him taking part in something following this format almost ends in them killing him (Luke 4:28). That's not to say he didn't, but his biographers seem to suggest that it wasn't important to him.

Followers of Jesus should come together because it benefits us to. Like-minded people getting together because we need to connect with others that are striving for the same things, to encourage each other, to work together, to pool ideas and resources, to learn from each others triumphs and mistakes, to be thankful, and to humble ourselves in the presence of God with others. The gathering of followers with Jesus tended to sound more like a wedding reception or 21st birthday party, a **celebration of people with a common connection** with a bit of thoughtful reflection and sharing of something meaningful (Matt 9:15). But more often it comes across as a **support group for people struggling or wanting to be more than they currently are** - where there's honest sharing of their flaws, a greater recognition of what we have in common rather than what can separate us, encouragement and support, sharing of what works for us while recognising our individuality, as well as joint celebrations for triumphs. Or sometimes it is also an **activist gathering**, people passionate about the same issues and willing and carrying out active change to impact their world.

The early Christians often risked their lives to gather with other Christians, do you think they thought it was a waste of time, light entertainment, or just a pleasant social club?

Affecting others

One of the privileges in joining in with Jesus' work on earth is affecting others as well as enjoying the relationships and friendships we can have with them. We are reminded continuously by God that we should be thinking about our relationships with him (up), others that are around us that we are already close to (in) and those outside our normal sphere of thinking and living (out).



It is easy for us to try to twist love God and love others to just those that care about us, but Jesus doesn't let us get away with that (Matt 5:44-47; Luke 6 & 10). He tells us to particularly think of, get to know personally and act for those that have trouble looking after themselves - the **neglected, rejected, poor and disabled** (Is 14:30, Luke 14:13).

With any relationships or friendships, they are most meaningful the longer they are. With so much that can take our attention for our time and thinking, we need to **be intentional about the relationships we want to matter**.

Mentor is an old fashion word to describe someone intentionally influencing another. Mentoring or leading others gives you the privilege of having others look to you for guidance and wisdom, to learn how to approach things, and maybe even want to be like you. We learn largely by copying aspects of others we like. Leadership is also therefore a great responsibility.

We learn best how to be like Christ when we are doing the things of Christ which involves training others too. Don't use the excuse of not knowing enough, you learn best what you do or don't know through doing it, and that will of course give you more to ask and talk with your own mentor.

"Above all, love each other deeply, because love covers over a multitude of sins. Offer hospitality to one another without grumbling. Each one should use whatever gifts he has received to serve others, faithfully administering God's grace in its various forms. If anyone speaks, he should do it as one speaking the very words of God." | Peter 4:8-11

People I can affect

Individual	What they can value about me (ie what I do or am for them)	What I can start doing more or change to increase my value to them
a		
b		
c		
d		
e		
f		

In general on Leadership Courses

As true leadership involves serving others, there will be opportunities on Course for you to exercise your ministering skills practically to the Team Leadership participants.

Your behaviour on Course will be an example to TL of what is acceptable behaviour as you are the guys who should know what is going on. How you react to duties, to requests made by the staff, particularly the Course Director and SMART (Support, Ministry and Resource Team), how you joke around with other PD participants, and how you react to them will be observed closely by them. Please ensure your behaviour is a positive one.

You may have the advantage of them not knowing you previous to Course and so therefore, who you are on Course can be more the person you strive to be, and serve as an example of what they can strive for also. To some of the Boys you will be seen as almost equivalent to the leaders on this Course.

You will be assigned some Boys in a Squad to be the main focus for you. In addition to Opening Service and the Team Leadership/PD Share, use your initiative in ministering to them.

The Opening Service for the Leadership Course is a chance for the TL participants to hear something meaningful from guys only slightly more experienced in the world. You have about 20 minutes and the TL Chaplain will probably do something for about 10 minutes. The purpose of it is for them to think about what you think will be useful for them to keep in mind to get the most out of their time on the Team Leadership course. God and the Leadership staff believe you will do a great job!

Use free time and meals during the first two days of Team Leadership to occasionally ask how they are going and encourage them. **Find out things you can pray for them** about while you are on Solo. Practise being a 'youth minister' to them.

Write the names of who you are responsible for below and some notes about who they are and what you can pray for them during the Course:

Intentional PD/TL Sharing

This will give you a chance to use further your skills of sharing of yourself, encourage them to think positively towards their Team Leadership experience and to lead them in prayer. The TL Squad Officer will be there, but mainly just to observe. Think about what you are going to say in advance - too many have tried to improvise and ended up saying very little of real substance.

- Briefly **introduce yourself** - name, age, BB Company, how you spend most of your time (studying/working what and where), and where you like to head. [2 minutes]
- Find out **their names and BB Company** - try to remember their first names as they say it. [3 mins]
- **Your TL experience** - talk about how you felt at the start of the Course (uncomfortable? why? did you want to attend?) Don't mention details rather more what you felt through it. Describe your initial caution of trusting others and getting fully involved. Talk about what you got out of TL - understanding and seeing other people's point of view better, feel more comfortable being open about myself. [7 mins]
- Encourage them with **what would make TL better for them** - The more they put in, the more they got out of it. How it was each other making the choice to trust each other and work together that brought about the positive results. Encourage them to take risks to be open, to trust each other and work well, to try out new ways of thinking and behaving. [3 mins]
- Briefly share what **you hope to get out of PD**. What are some of the issues you are facing and want to think more clearly about on the Solo. What you hope to achieve by the end of the Course. [5 mins]
- Pray - **ask each one for a prayer point** that you can pray for them. Pray for the points as well as that they will make the most of the opportunities at Course (pray for openness, feeling of safety, protection, God's guidance, acceptance of each other, etc) [10mins]

The next day, sit with them during breakfast and get to know them. Ask more personal questions about them - don't just ask about unimportant things to knowing who they are. As they filled in their "About myself" questionnaire the night before, ask them something along those lines.

Following the Solo, share some of your experiences and what you thought about during the time. Find out what has happened and what they have thought about it. Ask them what they feel isn't good (either something they did, a Squad member did, or something that happened). Keep encourage them and letting them know you care about what's happening to them and their own progress.



THE THREE-DAY SOLO

The PD Solo has been specifically designed based on decades of experience to help you get the most out of the three days.

Spending three days with only God is a big deal and it's natural to feel a little unsettled about it. Common experiences during Solo include:

- Afraid of the night time, particularly with loud unfamiliar noises
- Afraid of things going wrong and getting injured or sick
- Cravings for familiar food or drink
- Missing your normal activities and entertainment - TV, music, etc
- Missing family members and familiar people
- Missing the close friendships of others on the Course
- Feeling like God is absent or unresponsive
- Feeling truly alone and cut off from everyone else
- Feeling overwhelmed and thinking you can't cope with this
- Your mind being blank and you can't seem to think of anything
- Lack of motivation to do anything
- Unwanted emotions - anger, sadness, hopelessness
- Unwanted thoughts
- Impatient and wanting it to be all over

It's understandable for you to feel any of the ways listed above, but all of them will pass and fade away if you don't give them too much attention.

The staff has ensured that you are equipped to cope with this experience. So many have experienced it, gained so much from it and talked about how much they enjoyed it.

God (and the staff) never tests you beyond what you're capable of - it may just feel like it's beyond you. Talking to God about how you feel, or writing them in your journal and trusting that he will meet you where you need him will help. Breathe deep, relax and trust that he will honour your commitment to Him by doing this Solo.

What you will pack for the 3-day Solo

What you take with you regarding equipment and provisions has been carefully thought through. We will be happy to discuss with you after your Solo why taking any additional items is likely to be harmful to your Solo. Please trust in our experience over many years as to why **you can only take with you the following items** on Solo. Your pack will be checked to ensure you do not inadvertently take anything else out.

- Whistle
- Zero degree rated sleeping bag
- Sleeping mat
- 20 metres of 4mm rope
- Tent (2-3 man-sized. Be familiar with how to put it up pre-course)
- Hiking Pack
- Pillow (optional)
- Groundsheet / Tarpaulin

- Underwear (thermals recommended) & socks for 3 days
- PD solo polar fleece top (supplied on course for you to keep)
- Warm tops (2 layers in addition to the course polar fleece)
- Warm pants
- Tough shoes or boots
- 100% Waterproof jacket

- Torch and spare batteries
- Eating Utensils
- Water bottles (4 litres filled at least)
- Aerogard
- Cooking billy

- Course Manual
- 2 pens/pencils
- Journal
- Bible

Course Supplied items

- Metho stove
- metho - 1 bottle
- 12 matches
- 3 glow sticks
- first aid kit
- toilet paper
- emergency phone

Your provisions and meals on Solo

Course Supplied food

<input type="checkbox"/>	<i>precooked packaged meal*^</i>	<i>2 cans 200g</i>
<input type="checkbox"/>	<i>Sao biscuits*</i>	<i>1 packet 250g</i>
<input type="checkbox"/>	<i>long life milk</i>	<i>2 packets (200ml each)</i>
<input type="checkbox"/>	<i>orange juice</i>	<i>1 packet 250ml</i>
<input type="checkbox"/>	<i>cup-a-soup*</i>	<i>2 packets individual serves</i>
<input type="checkbox"/>	<i>rice</i>	<i>80g</i>
<input type="checkbox"/>	<i>sugar</i>	<i>6 sachets</i>
<input type="checkbox"/>	<i>cereal*</i>	<i>2 packets</i>
<input type="checkbox"/>	<i>tea</i>	<i>4 tea bags individual serves</i>
<input type="checkbox"/>	<i>cheese</i>	<i>2 triangles</i>
<input type="checkbox"/>	<i>mars bar</i>	<i>1</i>
<input type="checkbox"/>	<i>muesli bar*</i>	<i>2</i>
<input type="checkbox"/>	<i>sultanas</i>	<i>2 packets 40g</i>
<input type="checkbox"/>	<i>spreads</i>	<i>6 individual serves</i>
<input type="checkbox"/>	<i>orange or apple</i>	<i>1</i>

Even if you're normally a big eater, the supplied provisions are an adequate supply of food and nutrition for the period of the Solo. The portions have been tried and tested over decades with a range of people.

Without a watch your sense of time will be different. As you are by yourself, set meal times will be less important. During the Solo, most people eat only when they feel like eating. Eat whatever and whenever it fits in with what you decide to do.

Whether to fast or not is a personal decision and participants will make this decision differently from one another. You are however challenged to fast for at least part of your Solo.

Make sure you drink adequately throughout the day.

Drink at least 1 litre a day.

** Contains Gluten - Substitutes will be provided if needed.*

^ Contains meat.

Please ensure dairy, nut or other dietary intolerances are specifically raised with the Coordinator a few days prior to Solo.

At your solo site

Keeping yourself injury free and healthy should be a prime consideration as obviously an injury or illness will (at best) take up important Solo time, or at worst, cut your Solo short of your planned expectations.

Safety

Carefully consider your surroundings on arrival.

- Where can you find some level ground to pitch your tent? Look up as well as around. Are there any branches overhead that could fall and cause damage?
- Where could you sit and pray or read? Is anything likely to slither out of that comfortable-looking log to try to say hello to you? Avoid being too close to bull ants nests, etc.
- If you think about doing anything active around your campsite, think about possible risks, maybe move things if necessary, and act safely.

Don't try to cook inside your tent - no matter what is going on.

Protection

- Protect your body by keeping warm and dry at all times. Shelter yourself from sun, rain and wind. Exposure, even for short periods can lead to complications later. You don't need complications later.
- Clean your hands, particularly before handling food, and after going to the toilet. You don't want to get sick from this.

Comfort

How you organise and keep your campsite can greatly assist you in your Solo time. Discovering that you missed or forgot to clear sticks and stones from under where you're going to sleep won't be fun.

- Notice the weather occasionally. Dress accordingly. Although it is preferable to not spend all your time in your tent, it can be a good shelter from the elements if they get uncomfortable.
- Make use of the nearby surrounds for seating (but check to see if its the home of a creature).
- Keep your campsite tidy so you're not attracting any unwanted insects or other animals.

IMPORTANT SITE INSTRUCTIONS

- ⊕ Wear your whistle always day and night.
- ⊕ Restrict your movement around the tent to within 10m radius.
- ⊕ Be safety conscious at all times.
- ⊕ Whistle must only be used if physical walkout is very difficult, dangerous or assisting after responding to blown whistle.
- ⊕ Mobile phones provided are for first response option in case of emergency. Note: mobile phones 'STRICTLY' for Emergency use only.

Emergency: When a whistle is blown

Three short sharp blasts, rest and repeat, until assistance arrives.

- ⊕ Always, always respond to blown whistle.
- ⊕ Do not proceed cross-country.
- ⊕ Do not run.
- ⊕ Walk shortest route to track, walk along track to nearest point to whistle.
- ⊕ Walk in from track to source of whistle.
- ⊕ Assist and use own whistle, if necessary, to further raise alarm.
- ⊕ Second responder to walk out for assistance from leaders (1 person MUST remain with injured party).

Emergency: Fire or other environmental dangers

- ⊕ If you smell smoke, pack up. If you see smoke, get out.

Emergency: Lost

- ⊕ Stop and relax first.
- ⊕ Keep out of gullies and thick or high undergrowth. If necessary, move to the nearest visible position, on a stump or log, clearing or rise. Don't travel too far.
- ⊕ Blow whistle as per emergency procedure.

Leaving your Solo Site on the last day

- » After 3 nights, immediately upon waking, pack up all gear.
- » Walk shortest route to track. There should be a string from your tree with your Solo disc to another tree leading back to the track. Take your Solo disc with you and hike back to the **leaders camp at start of track**.
- » Blow whistle if you can't work out which direction to walk in.

Hypothermia

Hypothermia is the critical condition when a **person's body temperature is low enough to cause some or all** normal body functions to stop, usually as a result of prolonged exposure to cold conditions.

Stages of Hypothermia

The stages of hypothermia, in order of increasing severity are:

- » **37 degrees** Celsius: Normal body temperature.
- » 37 to **35 degrees**: Sensation of chilliness, skin numbness, minor muscular performance negatively affected, especially in using the hands; shivering begins.
- » 35 to **34 degrees**: More obvious muscular incoordination and weakness; slow stumbling pace, with confusion and apathy; still shivering.
- » 34 to **32 degrees**: Gross muscular incoordination with frequent stumbling and falling and inability to use hands; mental sluggishness with slow thought and speech; amnesia (loss of memory). Victims may still give the impression to undiscerning companions that they are fully aware of their surroundings; still shivering.
- » 32 to 30 degrees: Shivering stops; severe muscular incoordination, with stiffness and inability to walk or stand; incoherent, confused, irrational (may discard clothing because "too hot"); skin is blue or puffy, cold to touch.
- » 30 to **28 degrees**: Severe muscular rigidity, semiconscious (barely rouseable); dilated pupils; heart beat and pulse not readily apparent.
- » 28 to **25 degrees**: unconsciousness, followed by **death** as heart stops.

IF YOU SUFFER FROM SHIVERING FOR AT LEAST AN HOUR, DO NOT MESS AROUND, GET HELP FROM YOUR SQUAD OFFICER

Normally, when a person feels cold, he puts on some warm clothing. This acts to trap heat that the body normally loses and to keep the person warmer. When caught in cold conditions, without any extra clothing to keep warm, the body is forced to act. The body loses much of its heat through the skin. To prevent this heat loss, the body cuts off the blood flow to the skin surface.

If the body is still losing too much heat, the muscles will generate heat by involuntary contractions. This is when one shivers. Normally, the effect of shivering counters the heat loss and the person doesn't get any colder. If however, the body is still losing heat, then hypothermia progresses further. The body begins by shutting off blood flow to outlying and non-critical areas of the body. The body keeps the warm blood flowing to the vital organs i.e. the brain, heart, liver, kidney and actively working muscles. Should this process continue, the body shuts off blood flow to more organs until death eventually happens unless help is obtained.

Finding your way with God



The goal of most games is pretty clear. Sometimes it is spelt out at the start. For some reason we've got the wrong idea that God has made a special step-by-step plan for the rest of our lives, and that if we don't follow it like the instructions of a school science experiment or treasure map we'll be in trouble. However it's hard to find examples of that in the lives of people in the Bible. Sure he may choose you to be involved in a specific project or mission at some time, but the rest of the time is meant to be living out what he's already told us to do, not be in a waiting room just passing time. God's will for our lives is very clear.

We were created to love God and love others, as this allows us and others to experience the Kingdom of God and bring it more into reality.

Loving God isn't about a feeling at certain times in certain environments, but an intentional active commitment to believe in his goodness and his ability to achieve what he says he will, and to act on it and live that faith out. Sure there are lots of books and opinions on how to find out God's will specifically for individuals - some based on Biblical ideas, while others are feel-good pop-psychology spiritual-sounding but all ultimately empty opinions. Having a 'neat' plan and clear direction is more often about giving us a sense of control and making sense to us and others rather than handing it over to God.

And we also thank God continually because, when you received the word of God, which you heard from us, you accepted it not as the word of men, but as it actually is, the word of God, which is at work in you who believe. 1 Th. 2:13

God often chooses to work in our world and in our lives in ways we don't expect or even think as rational. The Bible is full of examples where God has worked contrary to human expectations or reasoning. So much of God's kingdom that Jesus spoke about were great reversals in human thoughts and values: to be rich you need to give away (Matt 19:21); to be first you need to be last (Matt 19:30); to be great you need to serve (Matt 20:26); to be victorious you need to die (Matt 27:40).

Christianity is universally recognised as having the highest ethical ideals of all religions and philosophies but is also said to be the one least put into practice by its followers. And although most of its principles are highly regarded, some of the principles in the Bible and especially some of the realities detailed in the Bible are still regarded as foolishness by the world (1 Cor. 1:21). That is because God has, and will, continue to work in ways that make no human sense - because he is a God that is bigger than what humanity can achieve or conceive on its own. And God has and will also continue to call us, his human followers, to pursue courses of actions that don't make sense in general human thoughts and values.

God often called his followers to make decisions that were not popular with those around them, and many of those that did follow him weren't publicly rewarded quickly for their obedience.

You being successful doesn't mean that you're following God's will.

Our world loves success stories, even if they are success stories dealing with faith. It's easy to fall into the trap of thinking if we are successful God approves of us and our current actions, lifestyle and direction. Jesus warns against the contrary – particularly in the realm of physical success (Matt 19:23, Luke 16:25). People can even appear successful in faith issues and show great signs of divine blessings (Matt 7:22) but are still considered out of the will of God. In fact, there are many examples in the Bible of God using ungodly people and means to bring about his will, with none of them being righteous or godly at all.

The twelve tribes of Israel are descended from the sons of Jacob - the very same men that almost killed their brother Joseph but sold him instead into slavery. In fact Joseph makes a point in saying that their evil intentions was part of God's greater plan (Gen 50:20). In Judges, there is nothing to suggest that God approved of Samson's many women lovers, and yet God chose him to win many victories against the Philistines and have people recognise the greatness of God. Esther was called to make a decision that would threaten her worldly success (4:13). Many of Jesus' disciples responded to Jesus' call of "Follow me" by leaving their job security, homes and circumstances to a new way of life. Their faith weren't optional extras on their current lives – but a total transformation.

You appearing unsuccessful doesn't mean you're not following God's will.

Just as the world loves success stories, the world hates failures. Even in Christian circles, tangible results are noticed, and the lack of results are looked down upon. Just because something doesn't work, doesn't mean God isn't in it. All except for one of the twelve main Old Testament prophets failed miserably in getting people to turn away from their current ways of life and return to God. And each of them suffered because God's judgment affected their lives. Jonah, who succeeded in getting his target audience to repent, didn't want to succeed at all - even in the end (Jon 4:1-3).



This pattern of unfruitfulness in following God's will continues in the New Testament. At the end of John the Baptist's life, not many would say that he was a success. The same could also be said at the end of Jesus' own earthly life of his impact on those around him.

The history of Christian mission is filled with many stories of faithful followers of Christ who entered areas and came in contact with people, persevered for many years and at their death (many were killed by those they tried to minister to) had nothing tangible to show for. Yet the seeds they planted faithfully eventually bore fruit - sometimes decades after their death. And seeds are continually being planted by faithful people with no outward signs of success or progress for their efforts.

Being faithful people of God might mean experiencing life like Jeremiah did, whose personal life and struggles are provided in greater depth and detail than any other Old Testament prophet. Over the 40 plus years he ministered, Jeremiah was unwavering in his faith in the reality of God, however he often questioned God's methods and motives. In passages like 20:7-18, he honestly shares the burden, hostility and despair he faces in his continued commitment to follow God's will. In 2 Cor 6, Paul details that the signs of being servants of God was suffering and opposition, not being recognised as being successful in the world's eyes.

Not having a sense of peace doesn't mean you're not following God's will.

Serving God wasn't about being comfortable but doing things against natural human desires. Human emotional peace generally only comes with comfort. In Phil 4:7, Paul wrote about 'the peace of God that transcends all understanding' while in prison. The peace Paul speaks of is a peace in the midst of sacrificial obedience - when we're serving in hard places. It is only when you are in the midst of turmoil, you get this type of God's peace that you can't understand or even describe it. That is why it transcends all understanding. Following God's will isn't about achieving emotional peace - God's peace is just a consequence of following God's will. God's peace doesn't always translate into human happiness. Following God's leading in your life won't always be encouraged by those around you, even those close to you. Jesus and the prophets were often criticised and taunted by their family and friends for decisions made. Paul in 2 Cor 11, boasts about his sufferings - these are signs of him following God's will.

Choosing the right is harder than choosing the easy.

Keep these ideas in mind when you are making choices about your life - whether it has been prompted solely or reached by a combination of your own Bible reading, prayer, other people's comments to you or your own reflections. Remember who God is and why he calls you to make the better decisions. You know the benefits will always be better in the long run. You will gain your soul if you make the hard decisions - existential philosophers say that everyone craves for security, self-worth and significance. In society we have overdone the self-worth. Our security should be grounded in God's faithfulness. Significance is found in service. And service will always cost you.

"Blessed are those who are persecuted because of righteousness, for theirs is the kingdom of heaven." Matt. 5:10
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MY SEXUALITY



God made us and wants to richly bless us

in every aspect of who we are, including all aspects of our body, our identity and how we relate with others. As the creator of sex, he believes in celebrating it. It is useful to begin with seeing sex as involving a number of different areas. Godly sexuality is more than about self-control or self-denial, but confident sense of self and body and how we respect and enjoy intimate relationships with others.



Like all areas of our lives, unfortunately other people and society and experiences can distort what God intended for us, making us shameful of things we don't need to, encouraging us to think about ourselves and how we relate to others in dishonouring ways, and to seek freedom, pleasure and affirmation inappropriately. Especially with relationships, freedom without some boundaries or commitment to others generally results in hurt and pain.

God doesn't want us to feel guilty about sex but to truly enjoy and celebrate healthy sex. With all aspects of our lives where we are encouraged to be mindful of and exercise self-control, it's because God has something better than the results of just giving into our immediate appetites. This principle applies not just to sexual temptations and desires, but any other temptations and desires we face. Having self-control isn't about pleasing anyone else or just following someone else's rules, but about ensuring you are proud of the choices you make with your own life.

And with all other aspects of your life with God, it is not so much about what you have done, but always more about how you choose to live your life from this point onwards.

God intended our sexuality:

<p>To be comfortable in our identity</p>	<p>God made us in his image and with masculine and feminine identities (Genesis 1:27) that he wants us to be comfortable and proud in our gender.</p>
<p>To remind us to be relational</p>	<p>God made us to have needs to pursue other humans and connect with them (Genesis 2:18) in addition to our need to be relational with him.</p>
<p>To increase community</p>	<p>God wanted humans to be 'fruitful and multiply' (Genesis 1:28) to reflect the community that God enjoyed as 'us' (Genesis 1:26).</p>
<p>To give us physical gratification and pleasure</p>	<p>God created us to want and enjoy sensual and sexual experiences (1 Corinthians 7:3-5; Proverbs 5:19; Song of Songs). Sex is meant to feel good (before, during and after) to help us experience the joy of being truly close to God.</p>
<p>To help lovers to bond deeply</p>	<p>a sexual relationship bonds people closely in a profound way beyond just the physical - 'and the two shall become one flesh.' (Genesis 2:24). Many will talk about the sense of giving away part of oneself in the act.</p>
<p>To remind us that we are physical</p>	<p>we have physical bodies that we can respect and take pride in (Genesis 1:27, 2:25) - we are not to worry about shape and sizes of our body parts, especially since we have no control over those aspects.</p>

Bad sex?

Sex, that is any behaviour that ends in orgasm or ejaculation, can feel amazingly good. It can, but doesn't always, have to involve other people. Whether alone, or with others, sex can and should feel good before, during and after. You might have already experienced that it isn't always like that though. It is possible for you to only enjoy part of it or not at all, that is, for you to not always feel good before, during and after a sex act.

And even though there is so much information available about sex, the reality is that there continues to be lots of wrong ideas due to a high level of dishonesty, especially among males, about their sexual experiences - whether it is about if and how much they have 'done it' with others, what they actually felt about it before, during and after, and how it continues to affect them from here on. Even though it is something out of their control, men continually exaggerate their penis sizes and express dissatisfaction with its size. Understandingly the younger one is, the less confident one is about sex, but even at the age where men are most confident (50 years old) their confidence about sex is still below 80% on average. These numbers suggest that you should have some healthy scepticism to any personal opinions offered by other males in this area.

The constant torrent of articles in magazines, internet and other media sources on how to have great sex means there are a lot of people having unsatisfactory sexual experiences.

It's been common knowledge for a while that women fake orgasms, but men are also doing it too. A 2010 survey of over 100,000 men by AskMen.com found that 14% of men admitted to faking orgasm only once for their partner, with an additional 16% said they faked it on several occasions. In many autobiographies, blogs and now increasing in movies we can find more confessions or accounts of unsatisfactory sexual experiences.

Over a third of Australian year 10-12 females and one fifth of males reported having unwanted sexual experiences, and with almost 50% of the males feeling slightly 'worried' or more worried after their sexual encounters. There was also an increase in males feeling 'used' (now over 6 in a hundred) after the sexual encounter. And this is all to do with consensual sexual relationships. This doesn't take into account other sexual experiences that fall into the category of rape or sexual assault, where males are highly ashamed to report, as they misinterpret their involuntary erections in stressful situations to mean they wanted the experience. Any early sexual experience that involved any amount of discomfort should be a topic of conversation with someone credible and approachable in the professional health area, to ensure any unhealthy aspect of that relationship or encounter isn't still colouring how you approach sex or your sexuality, even if you feel like you've put it behind you. This is just to ensure you will approach and enjoy sex positively in your present and future. All our early sexual experiences has some impact on our later lives, shaping what sexually arouses us and our expectations.

People say everything's ok if no one gets hurt, but everyone hurts when relationships end.

On top of all this is the additional emotional fallout from relationship breakups. Any relationship break up can be accompanied by a fair amount of grief due to loss of hopes and dreams as well as a hit to one's own self-worth for both sexes. Relationships with sexual experiences that break up result in greater levels of depression than those that don't, with their long term impact only admitted in private, if at all.

Potentially indicating that the safe sex message or practice isn't still getting through Australia has some of the world's highest teenage pregnancy and abortion rates. It probably wouldn't take much imagination to guess how all the guys involved in those situations felt.

Contrary to the stereotype that it is the confident early-developed high achiever that engages early sexually, research indicates that children who are sexually active earlier are more likely to be unhappy with their school and home lives. They are also more likely to start earlier and consume alcohol to excess, potentially as a coping mechanism for insecurities and frustrations. Students who continue with further education at least 6 months

after finishing high school tend to have less sexual encounters, less different sexual partners and practice more safer sex methods than those that don't complete high school.

Anecdotally most teen sex comedies focus on a teen male (or males) who already has a huge range of insecurities initially wanting sexual intercourse with little regard for the feelings or emotional state of any potential partners. Somehow putting one body part into an object that happens to be another human being is supposed to gain him respect. This quest has more to do with how they actually see themselves and want others to see them, rather than wanting to engage in something mutually desirable and satisfying with a partner.

This is in contrast to what both sexually active Australian teen girls and boys are **wanting to make their sex lives better**, that is, **an emotional connection with their partner**: 91% of girls and 72% of boys say this is somewhat to very important in sex. This indicates that the emotional maturity of both partners and the strength of the relationship is important for their overall satisfaction not just for the sex act itself but how each partner is before, during and after.

Even taking all these factors into consideration, there is a prevailing attitude that we can only learn from our mistakes, that we need to get over the bad experiences in order to find the good, and that nothing has a lasting impact. However there's enough personal stories, and examples in all forms of media, that early sexual experiences does have lasting emotional and relational impacts (and sometimes even physical impacts) to dismiss this perspective as naive, and an excuse for poor decision making. Better educated people make better choices about their sexual attitudes and actions, and tend to delay it for a time they are more emotionally equipped well to handle relationships and sex, not rush in like someone taking over the controls of a passenger plane who's only prior flying experience is watching action films.

"We have to learn to control our temper, our tongue, our greed, our jealousy, our pride: why should it be thought impossible to control our libido? To say we cannot is to deny your dignity as human beings and to descent to the level of animals (Romans 8:13), which are creatures of uncontrollable instinct." John Stott.

God wants us to enjoy sex to its best, and that usually happens in a relationship where the partners are totally committed, trusting and wanting the best for the other. Where each partner is confident that the other is committed to them for the rest of their lives no matter what happens because they have declared that in front of others and God. Where no matter whatever insecurities, unappreciations, frustrations, disappointments and rough patches each has or faces, the other will stay with and work through with them no matter how bad it is because they have committed to that relationship publicly.

Human marriages are fragile and difficult reflecting our own selves. However, marriage is a model of the true love that Christ has for us - a long-lasting love so patient and giving that He will never leave or forsake us and is prepared to do all for us.

By pursuing sex of any kind outside marriage is to seek the 'benefits' without being committed to giving the best you can to your future partner. It is to say "I just want to use you now. I don't care what impact this has on yours or my future marriage relationship. I don't trust God wants me to have the best, so I've got to get what I can myself." God wants us to have freedom in our sexuality and our sexual thoughts, feelings and behaviour, but all freedoms have their consequences. God's guidance in this area grants us the most amount of lasting freedom, free from regrets and disappointments that accompany pursuing sex outside a lifelong committed relationship. The more practice we have of resisting temptation, the easier it is to be committed in the long run with our future life partner.

Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God?...Therefore honour God with your body. 1 Corinthians 6:19-20

Sexual attractions

We are sexual beings, but our identities are not defined by our sexual desires, just like other desires and cravings we have do not define our identities. What we find sexually attractive are often shaped by our needs (especially unmet needs) as we develop leading up to and through puberty.

Biologically in adolescence we will find many things that stimulate us to think and feel sexual thoughts. Many get embarrassed by some of these triggers (as some might seem highly inappropriate or unusual) and wonder how normal they are or even question their 'sexual identity.' The dreams that accompany nocturnal ejaculations of semen ('wet dreams'), and other triggers of sexual feelings need to be seen as your body's way of adjusting to new mechanisms that are just starting to be functional in you and should not be the focus of too much alarm. And yes, because of biology sometimes your urges are just going to be more stronger.

We can also influence what sexually excites and attracts us by what we choose to think about or expose ourselves to through the sexual experience leading to ejaculation, whatever way our genitals are stimulated. Psychology says the more we expose ourselves to the same stimuli or trigger while we are experiencing pleasure such as masturbation, the more we will associate that stimuli with pleasure. Like all areas of your life, don't encourage certain desires to grow by thinking too much about it or acting on them if that's not what you want.

But don't freak out too much about your sexual fantasies as they are not always a great indicator of what you will enjoy in real life, especially in adolescence when all sorts of ideas and potential partners can be involved. Although there's a big difference between the amount of detail and nature of activity in general between girls and boys, a common fantasy for both sexes involve multiple partners. However most girls commonly reported jealousy, loss of control and regret with any real-life multiple partner sexual activities. If you are concerned about whether particular recurring themes are problematic, seek professional health advice, otherwise just try not to feed those thoughts. Some of what turns you on during adolescence is fluid and does change.

Different churches have different approaches to handling the issue of alternative sexualities such as homosexuality, bisexuality, transgendered or other. The vital thing is to remember no matter what someone has done or thinks about, God cares for them and that always has to be the overwhelming clear message that needs to be experienced and celebrated. The 'church' as a whole has not had a great track record in supporting, comforting and empowering anyone that wasn't a married heterosexual man, whereas the Bible and Jesus challenged that, bringing wholeness and grace to all. Reflecting Jesus is about accepting people where they are at, not judging who people are interested in but supporting each other to make appropriate choices in the quality of our relationships.

Being comfortable being single

We will all be single for some time in our lives, even when we are married. The state of being single is something that we need to celebrate and enjoy, being held important by both Jesus and the Apostle Paul, both of which were extremely counter-culture by being religious leaders that were not in an exclusive committed relationship. However there is a lot of pressure from society and even our churches for us to be in a relationship, often leaving us with the impression that if we are not, there's something wrong with us.

"Whether you are married or single, let us not make the mistake of thinking that our present state is permanent... Marriage can be a task for a limited time and then it suddenly ends with the death of one partner. Being single can also be but a passing task." Walter Trobisch

The myth of the 'gift' of singleness

Many believe that when the Apostle Paul talked about being single or married and then mentioning gifts (1 Corinthians 7:7), that he was referring to singleness as a spiritual gift on par with the others talked about elsewhere in the Bible, and that many assume this gift endows on someone a supernatural ability to be celibate. If this is correct, why don't people talk about being given the supernatural gift or ability to stay married? Ask any married person whether it always feels easy to be at peace and want to stay with their partner. Divorce rates (including among Christians) demonstrate that marriage isn't easy.

Many falsely believe that marriage will:

- **solve my loneliness** - Being single itself doesn't cause loneliness. There are many married people that are lonely, and many singles that are not.
- **get my sexual urges under control** - Porn use among married men and extramarital affairs show it doesn't address this. If you're a sexually obsessed single, you will be a sexually obsessed married person.
- **allow me to be more committed** and involved with church - Being committed to anything requires practice.

"It needs to be taught as normative Christian truth that singleness is the first normal state for every Christian." John Yoder

The lists of spiritual gifts are Spirit empowered for a particular function in the context of the church. Celibacy isn't ever mentioned in that context related to spiritual gifts in the Bible. Being single is a blessing, just like being married is a blessing. Make use of the blessing while you have either. Spend too much time wanting the other blessing leads to dissatisfaction and robs you of the joy of the blessing you currently have. Develop self-control, enjoy and be faithful while being single. After all there are a lot of freedoms in being single (1 Corinthians 7:7).

"The task we have to face is the same, whether we are married or single: To live a fulfilled life in spite of many unfulfilled desires." Paul Tournier

Sexual sin

"It is God's will that you should be sanctified: that you should avoid sexual immorality; that each of you should learn to control his own body in a way that is holy and honourable, not in passionate lust like the heathen, who do not know God..." | Thessalonians 4:3-5

During adolescence, our sexual urges are the strongest so that we can **learn better lifelong self-control skills** before getting involved with others sexually.

Sex outside marriage - fornication / adultery

The Bible is clear that any sex outside the marriage relationship at any age is not healthy - encouraging and fuelling a desire for sexual gratification at the expense of a person's future or current marriage relationship. You do not need to practice to be a 'sex god' outside your marriage, what works sexually for the two of you is part of the adventure and magic of marriage.

Selfish sex and humiliation

Marriage does not remove impure thoughts or behaviour, sexual temptation, sexual sin or even unsatisfying sex. You can sexually sin with your marriage partner - whether by the actions you engage in or withhold from, and in your attitudes towards your partner or the relationship. Rape can and does still occur between marriage partners.

Sexual fantasy

Appreciating the beauty of other people is not a sin, thinking inappropriate sexual thoughts about others is, as it can turn them into objects for your selfish use and manipulation. Fantasy can involve imagining sexual encounters, planning how to obtain them or remembering past encounters. Jesus talked about thinking about adultery (any sex outside of a healthy marriage) can be like committing it (Matthew 5:28). The more you sexually fantasise the more you could be feeding your desire for gratification.

Pornography

There are differing standards of what is pornography these days. Pornography is basically **any material for you that gets you sexually aroused**. It can range from tv ads, billboards, music videos, content in tv and movies to the

more sexually explicit professionally produced videos or even self-taken provocative photos sent through a mobile. Almost seen as a 'natural' part of a male teen's life these days and being self-reported by boys as viewed as early as the age of 6, it not only turns on most teens (58% of girls and 87% of boys) but is reported as a source of ideas of how to have sex (70% of girls and 90% of boys). This can be an issue as porn is rarely realistic of how people relate, look, perform or respond sexually and creates and reinforces unhealthy unrealistic expectations.

“...the earlier men use porn, the more likely they are to have trouble developing close, intimate relationships with real women. Some of these men prefer porn to sex with an actual human being. They are bewildered, even angry, when real women don't want or enjoy porn sex.”

Porn encourages you to focus on the wrong aspects of other people and yourself, and often makes it hard to respect yourself or others, sabotaging one's self-worth. It can and often will colour how you view others around you and your expectations of them and distort what is involved in a healthy committed and satisfying relationships, potentially leading to a string of broken relationships and poor relationships habits. It can even negatively effect men's sexual performance. Repeated exposure also helps desensitise and encourages seeking more extreme forms of sexual stimulation. Even pornographers say they need to continually offer more degrading and extreme sex to provide customers something more novel and exciting as traditional porn accommodates and builds on their previous efforts. Additionally youth seeking atypical sexual interests are more likely to encounter later negative issues in relationships.

Sexting and sexual videos

Sending, receiving and passing on sexual material, particularly from your peers, or even creating your own material can all seem a bit of fun and private. The only issue is that you can't always trust anyone who receives it to not pass it on. If you make your own stuff for yourself, make sure it's safe and can't be accessed by others (eg don't leave it on your phone). There are lots of stories of partners who become ex's who then, as a way of getting revenge or dealing with the hurt of a breakup, text or email or post stuff online to others. Once something is on the internet or on someone else's phone, it is pretty hard to get back, even if the original sender regrets it later. Once on the 'net, it can stay there forever, and anyone can then see it years later. If you get someone's else stuff, be respectful with it. Not to mention you could be convicted with distributing child porn if you pass it on.

Masturbation

Masturbation, that is touching your own genitals for sexual pleasure is a normal, healthy expression of sexuality and practised by practically all, including Christians. Even though about half the people who masturbate feel ashamed or embarrassed about it, there are a range of health benefits from engaging in it, such as it reduces stress, helps you fall asleep and gives you a mental pick-up.

The Bible is very explicit on many sexual practices but does not identify it as a sin. Due to our biology, our sexual drive will appear to require a physical release (apart from 'wet dreams') at times. Many will also masturbate for emotional reasons - to relieve stress or for a physical 'pick-up' because of frustration, loneliness or boredom.

However masturbation seems out of line with God when:

- it encourages you to think disrespectful or selfish thoughts - see above on sexual fantasy and pornography.
- you have difficulty controlling it - if you find yourself compelled to masturbate and have difficulty stopping yourself from doing it, you might have become a 'slave to this sin' (Romans 6:20-21).
- you use it to avoid seeking healthier outlets or God for help - instead of involving God you use masturbation to escape or not deal with issues or painful or empty feelings you should be dealing with (James 4:17).

Developing integrity

Many people say they want more of God, but they don't want to be like God. Holiness isn't a mystical thing. It's a series of right choices accompanied by the right people. God is with you always - even when you think you are alone with your sexual thoughts or with a potential sexual partner. Being free in God means you can always choose - wisely or not. God does not want us to be sexless - he created us to be sexual. Being right with God doesn't mean having no sexual feelings or desires. All followers of God know what it is like to want sexual gratification - feeling so doesn't make you less of a person or a Christian.

Integrity is about standing upright in a dirty world and involves:

- + having a **positive rightful and godly attitude towards sexuality** and sex (you do not need to be sexually attractive nor a sex expert to impress God or your lifelong partner; sex is something holy and worthy, not something you deserve now; sex does not equal emotional wholeness or instant connection with another person);
- + **knowing we will feel sexual** and offering the Holy Spirit the control over this area and not hold on to it as a point of security;
- + being able to **control our minds** and not think too long or too much on thoughts that will lead us to sin but instead think of other better things (2 Corinthians 10:5);
- + knowing that we **always have a way out** no matter how strongly we are tempted (there is no 'point-of-no-return' - we can turn from it);
- + **having accountability** or further help or guidance about the issue;
- + waiting and **trusting Him to provide us with His best**, knowing He will reward us incredibly as He wants us to enjoy true freedom (John 8:36).

When feeling sexual...

<p>Be comfortable in your identity</p>	<p>Your masculinity is more than just your sexual side, it's appropriate dealings with others. Appreciate yourself as a worthwhile creation of God and look at ways of affirming other people's gender identity beyond their body and how they perform in sexual activities.</p>
<p>be relational</p>	<p>When you're feeling lonely, or bored, or stressed out alone, rather than engaging in unhealthy strategies (like drinking alcohol to excess, connect with God or other people. Know who you are and your worth - by reminding yourself of how God sees you, of the value you do and can offer to others.</p>
<p>increase community</p>	<p>Think about or actually take action to give others a call, write encouraging notes to others, and plot how you can bring more joy to others and reflect Jesus more. Developing healthy deeper friendships with both sexes without the intention of gaining potential sexual partners will give you the freedom to be more yourself around them.</p>
<p>Find physical gratification and pleasure</p>	<p>Take a warm shower, go for a walk, bike ride or any other physical exercise to increase your endorphins. Don't dwell too long on thoughts that arouse and feed your sexual appetite.</p>
<p>Honour how sex does bond deeply</p>	<p>In relationships, girls often complain that guys are not expressive enough, or able to show intimacy beyond the physical. Develop your skills of openness and expressing appreciation with both your male and female friends. Avoid places, activities, material and thoughts that encourage you to think of sex inappropriately. Decide for yourself what your standard is and your response will be to offers of sexual temptation, that is, how you will react if someone offers you porn or to service you sexually. It might just be a response like: "Thanks but no thanks. I respect myself and others too much to do that." God sees us as lights to shine in dark places.</p>
<p>Take pride in your physical body</p>	<p>Smile, laugh and work out new ways to enjoy your body.</p>

As with any sin, it is unrealistic to expect we will be completely immune to it (usually far from it). However one of the reasons our sex drive seems so huge and hard to control is because we feed it and grow it. Trying not to think of something usually results in thinking more about it. Think instead about how God sees you, a worthy co-worker to save the world.

Remember is that no matter how much you've been involved with sexual sin, like any other sin, God wants to restore you to him and to others. God constantly reaches out to you and others, always seeking to help you shine as lights once more.

Do not focus too much on the sin or how much we are tempted, but look to ways to further reflect Jesus with others and enjoy our relationship with Jesus and others.

"Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable -if anything is excellent or praiseworthy -think about such things." Philippians 4:8

What does Godly healthy sexual masculinity look like? And how do you think you are in relation to it?

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What makes it difficult for me to experience this?

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Considering all of the above, what do I personally need to consider more regarding this issue or any other pressing 'sin' issue to you:

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BEING HUMAN



"This is the message we have heard from him and declare to you: God is light; in him there is no darkness at all. If we claim to have fellowship with him yet walk in the darkness, we lie and do not live by the truth. But if we walk in the light, as he is in the light, we have fellowship with one another, and the blood of Jesus, his Son, purifies us from all sin. If we claim to be without sin, we deceive ourselves and the truth is not in us. If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness." | John 1:5-9

As humans, God made us to reflect him and be extraordinary, but also gave us the capabilities to make mistakes and lose sight of God and do things that are different from God's intention for how we should live, that is, to sin. Sin always caused a relationship breakdown between us, others and God.

The word 'sin' unfortunately tends to sound very judgmental, separating people into the 'clean' and the 'unclean.'

Surprisingly Jesus blurs the distinction between those judged clean and unclean, saying no one is good (including himself) and reminding us we are all equal in falling short of God's ideal, no one is better than another, nor should we even think that way. He condemns judgement more than any other sin. Instead our focus should be on encouraging each other on how our lives are reflecting God and what areas we need to change.

Ask the Holy Spirit to show me areas I need to improve. Sometimes it is very obvious to us when we've sinned and we feel shame. Other times we cause hurt to others without realising it. Prayer or reading passages like the Ten Commandments (Exodus 20); Sermon on the Mount (Matt 5-7); Romans 2-3, Colossians 3, Ephesians 4:17-5:21 can provide us with good insight into how we might not be reflecting Jesus.

Recognise the difference between healthy guilt and unhealthy guilt. Healthy guilt reminds us we need God in our lives and encourages us to approach God knowing his amazing track record throughout history of forgiving us and redeeming us, that is helping us see ourselves as he does - worthy coworkers. Unhealthy guilt makes us feel that we don't deserve God and should run away or reject God. It makes us feel powerless and robs us of the hope of being valued by God and others.

Acknowledge Christ as your redeemer. Theologian Dietrich Bonhoeffer warns against the idea of cheap grace, where people ask God for forgiveness with no intention to change. Jesus isn't interested in just our actions, but also our intentions. He wants to help us change deep within. We sin largely because we don't trust God or others, and have to take matters into our own hands. We sexually sin when we are impatient for God or others to give us the pleasure we think we deserve. When we seek forgiveness from Jesus, we are asking him to not only pay for our penalty but to give us worth again. Knowing we've done wrong means accepting that we have to live with some of the consequences of our actions, and sometimes empowered by Jesus we need to act appropriately to restore damaged relationships with others.

Journey with Other Christians. Be honest with a few select other Christians about your vulnerabilities and failings and be open to their correction and encouragement. And do likewise for them. Remember that it isn't about cheap grace, and just avoiding the 'wrong unclean behaviour' but about changing why we might sin in the first place.

Walk in the light with Jesus. The writer John encourages us to see our identity as people purified from all sin. Not as sinless, but as people who walk in the light. We are people who don't keep thinking about sinning, but people who keep thinking about how we can shine the light of Jesus. When our imagination and thoughts are more occupied on how we can shine more, it leaves very little room for us to think about how we can sin.

"For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord."

Support Networks

True friends could be termed 'growth companions' as they want what's best for each other and to help each other develop more and achieve goals, so that both may enjoy the benefits.

Next to each number, write down the names of people that you have in your life that you can ask (or already are doing so) to keep you accountable and encourage your growth in the areas listed below - and tick the areas you want them to help you develop further.

Individuals I can ask to encourage my growth				
area of growth	1	2	3	4
Relating to God				
Relating to family				
Relating to others				
Ministering to others				
Study of God				
Thought-life				
Sexual purity				
Anger/frustration				
Honesty				
Education/Occupation				
Health/Physical fitness				
Self-expression				
Self-acceptance				
Self-development				
Time				
Finances/Assets				

I will talk to these people about the areas I have highlighted above by (write date):

“Don’t count how many friends you have, but how many friends you can count on.”

Anonymous.



The best way to have a good friend is to be a great friend first. Be the friend you want most to the people that matter. Become more interested in their lives. Be open with them so they know you are trustworthy. Forgive them... lots. Spend time with them. Tell them stuff that you don't feel comfortable sharing. Praying for and with each other.

Who you choose is up to you. Make sure you're not entering into a friendship just to see what you can get out of them. The time and effort needed into developing a strong relationship makes it difficult to really concentrate on any more than a few. The longer the friendship lasts, the better it becomes as you get to know each other well, warts and all, sharing positive and hard experiences, and being able to see things in each other that you can't see in yourself. An old Swedish proverb says "Shared joy is a double joy. Shared sorrow is half a sorrow."

Having things in common, doing things and spending time together helps, whether the interests are similar sporting commitments, BB, youth group etc. Sharing the idea that Jesus offers so much to all, will also help ensure you both grow spiritually, and especially involve God in all aspects of life as he intended humans to live.

To ensure a solid foundation for your friendship and commitment to each other, your relationship should be based on God.

To do the above, we need to challenge some of the negative and false expectations society has of males - that they should be totally self-reliant, unemotional, don't talk about themselves, more interested in objects rather than relationships, and have to be competitive. Look to Jesus as a model of true Christian manliness and see what we are to be like.

'A friend loves at all times, and a brother is born for adversity.' Proverbs 17:17

Get support, encouragement and love post-Course

Primary caregivers / Family

Going back to your family after events like Leadership may cause you to see them in a different way. Readjusting back to normal life can be greatly helped if you tell your parents what you've been through and about the changes you want to make. They can support you if they know about them. Take the risk - many have and been pleasantly surprised. If you feel your family can't provide that, then get support from people you can trust.

School/Uni/Work and Church

School environments are generally quite negative, with most of the people relating to you casually and exerting a lot of pressure to conform to their expectations. Uni and work environments tend to be better, though sometimes they can be even worse. Church friendships from Sunday School, Youth Group or Small Groups hopefully are a lot better. Identify friends in your environments that you can trust or develop trust with. The skills you used to get closer to your Squad can also be applied to strengthening your friendships. Very few know how good relationships can be, on Course you've seen it. Take the initiative to make it happen.

The Boys' Brigade

- » Be confident about getting in touch with members of your Squad and sharing where you are at and what struggles you face.
- » Members of your Company (includes Officers) especially those previously involved with Leadership can give you support if you ask. Take a risk and choose others around you that might be willing.

Mentor (Fancy name for a more experienced person)

Just as your Squad Officer through this Course has ministered to you, encouraged you, and gave you further insights, so should more mature Christians be part of your normal life. Having regular contact with someone who can play this role will be extremely beneficial. Another term for mentor could be discipler. Make a real effort to find someone, and then make a real commitment to be open and honest as you have been on Course, and see them regularly enough for them to be an effective influence and accountability partner for you. Don't be afraid to ask some much older.

Additionally, take on someone either younger in age or younger in faith as their mentor. Remember, you learn best what you do or don't know through doing it, and that will of course give you more to ask and talk with your own mentor.

Supporting your support team

We all know that life isn't always easy, and just like others don't know the depths of issues you sometimes face, it can be hard for us to think about what others are facing too, particularly those we expect to be caring and supporting us. Think about saying thanks or showing your appreciation in others ways. Maybe it might be helping them do a job you think they should be doing, or just doing what they expect of you at times. If you're around them a bit, think about regularly supporting them.

	Ways to encourage or appreciate them	Ways of practically supporting them
Primary caregivers/parents		
Mate		

HELPING OTHERS EXPERIENCE GOD



"Therefore go out and make disciples of all nations, baptising them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age." Matthew 28:18-20

It's a great feeling to help share something really cool with others, especially when you know they will like it too. It's normal for people to share aspects of their beliefs all the time through giving their opinion on all sorts of things. It is rare however for someone to try to articulate a consistent statement of everything they believe in that motivates every aspect of their lives. Somehow, we've made sharing your faith into a big deal of packaging all of what you believe in one intense burst and then expecting someone else to accept it all at once.

"In your hearts set apart Christ as Lord. Always be prepared to give an answer to everyone who asks you to give the reason for the hope that you have. But do this with gentleness and respect, keeping a clear conscience, so that those who speak maliciously against your good behaviour in Christ may be ashamed of their slander." 1 Peter 3:15-16

Sharing your faith is about walking with them through the journey of life in honesty towards God and his ways. It is more about the little steps of helping others being open to God; understanding his influence, presence, and desires; and more about his Kingdom and purposes. Sharing one's faith is not about expecting them to behave or fully see things from God's perspectives until they receive the Holy Spirit sufficiently. And remember, although you may help prepare the ground - only the Holy Spirit can bring conviction into their lives.

"By this all men will know that you are my disciples, if you love one another." John 13:35

It is helpful to think of sharing your faith as helping others experience God and point to him as the way forward for their lives. Instead of asking everyone 'do you believe I'm the son of God and have died for your sins', Jesus asks 'do you believe that God can change whatever is troubling them most at that time' and then works with whatever they allow him to change and he encourages them to go further from that point. Being a follower of Christ is not 'are you in or out?', but 'are you still travelling in the same direction and part of the team?'

"Don't let anyone look down on you because you are young, but set an example for the believers in speech, in life, in love, in faith and in purity. Until I come, devote yourself to the public reading of the Scripture, to preaching and to teaching." 1 Timothy 4:12-13

Fill in the table below by writing in names of some one you should be sharing more of your faith with, and then next to it, write some qualities about Jesus or the Christian walk that they need to experience.

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Start your own 'churches'

'Church' means God's people, or God's supportive community. This means that every time we gather with other people interested in Jesus for the purposes of supporting and encouraging each other that is technically 'church'. The underground nature of the early church meant people weren't able to gather in large numbers often. Today in countries like China, many churches of small numbers are still the 'norm'.

So what is needed for a group of Jesus people regularly gathering to be called a church, and to do 'church'? Do we have any models of how Jesus did that when he was alive?

The essential elements are people gathering intentionally to:

- encourage and support each other to connect with Jesus and become more like him through sharing of life stories of how they practically live it out and reflecting on lessons from God's word [sermon, testimonies, singing, notices, 'fellowship' after the service]
- remember God's sacrifice to restore relationships between us, others and God [communion]
- collect money or other assets to share with others in need [giving]
- communicate with God about what he may want us to do as well as involve him in all aspects of our lives [prayer and singing]
- work together in action to help others experience what God's dream for creation is [local and overseas mission]
- celebrate the many blessing and opportunities God provides us to experience him and share God's presence with others [singing].

The square brackets [] contain the usual strategy we use to achieve these goals that don't always even achieve their intended result. Throughout history, Christians have and continue to innovate different ways of expressing and connecting with different cultures and subcultures, adopting or even creating new technologies, artistic and musical art-forms to reflect a creative God, and adapting the 'look and feel' of church to suit the people involved or cared for.

It is important to think of starting new 'churches' as still the vast majority of Australians don't feel comfortable or interested in the way we narrowly do 'church'.

Thoughts?

Achieving objectives

Do not be afraid to try and fail at this age.

Every now and again, it's valuable to pause and think what do I really want to achieve. Are there strategies I'm using that are getting me nowhere or resulting in me feeling bad? Are there strategies that others around me are using that have negative consequences I want to avoid? Am I reusing old strategies that are no longer suitable or just following the strategies of others?

To succeed in any game, we need to think clearly what our goals are, and the strategies we are using to achieve them. And if we aren't getting far enough, we need to be more creative with new strategies. Although it is natural to feel stuck or powerless or hopeless about certain things, God wants to remind us that we have access to him to change our lives for the better always.

Use the following pages to re-imagine what you want more of.

"His divine power has given us everything we need for life and godliness through our knowledge of him who called us by his own glory and goodness. Through these he has given us his very great and precious promises, so that through them you may participate in the divine nature and escape the corruption in the world caused by evil desires.

For this reason, make every effort to add to your faith goodness; and to goodness, knowledge, and to knowledge, self-control; and to self-control, perseverance; and to perseverance, Godliness; and to Godliness, brotherly kindness; and to brotherly kindness, love. For if you possess these qualities in increasing measure, they will keep you from being ineffective and unproductive in your knowledge of our Lord Jesus Christ. But if anyone does not have them, he is near-sighted and blind, and has forgotten that he has been cleansed from his past sins.

Therefore, my brothers, be all the more eager to make your calling and election sure. For if you do all these things, you will never fall, and you will receive a rich welcome into the eternal kingdom of our Lord and Saviour Jesus Christ." 2 Peter 1: 3-11

"Have nothing to do with godless myths and old wives tales; rather train yourself to be Godly. For physical training is of some value, but Godliness has value for all things, holding promise for both the present life and the life to come.

This is a trustworthy saying that deserves full acceptance (and for this we labour and strive) that we have put our hope in the living God, who is the saviour of all men, and especially of those who believe.

Command and teach these things. Don't let anyone look down on you because you are young, but set an example for the believers in speech, in life, in love, in faith and in purity. Until I come, devote yourself to the public reading of scripture, to preaching and to teaching. Do not neglect your gift which was given you through a prophetic message when the body of elders laid their hands on you.

Be diligent in these matters; give yourself wholly to them, so that everyone sees your progress. Watch your life and doctrine closely. Persevere in them, because if you do, you will save both yourself and your hearer." 1 Timothy 4:7-16

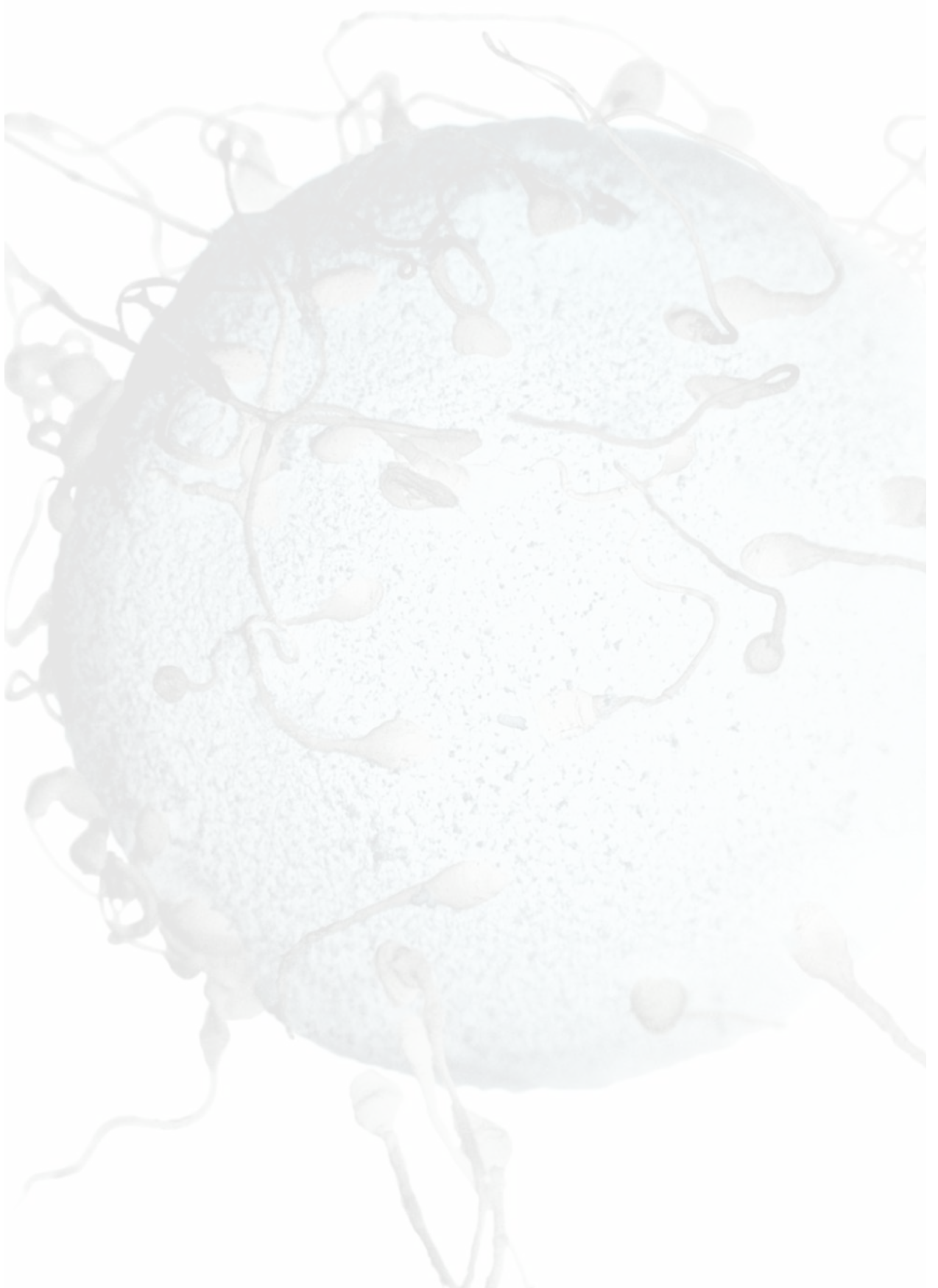
My ideal self [version dated: _____]

Be honest and write or draw what physical, mental, emotional attributes or skills you want or already have



My ideal life [version dated:]

Be honest and write or draw what experiences, activities, possessions, relationships you want or have



My ideal world [version dated: _____]

Draw or write what you think the world and life should be like for every living being



My personal goals

1

rating: ☆ ☆ ☆ ☆ ☆

2

rating: ☆ ☆ ☆ ☆ ☆

3

rating: ☆ ☆ ☆ ☆ ☆

4

rating: ☆ ☆ ☆ ☆ ☆

5

rating: ☆ ☆ ☆ ☆ ☆

For each goal rate (colour in the stars) how much you want it. If you haven't rated it four stars or above, think about what needs to happen to make it really worth striving for. Think about how much God would value each goal you set (rate it out of 5 circles). Use the following goal setting worksheets to help you clarify your goals.

Goal Setting Worksheet

Specific definition of goal

Motivation for this goal

Achievable breakdown of steps

Resources necessary

Time-frame for progress and specified outcomes

Obstacles in the way

Resources

For each line think about the rough percentage of 100% you would spread for each column.

'Others' could be friends, people you already know, or strangers beyond your social circles.

Time	Productive	Social	Improving others	Self-improvement	Self-focus
Routine					
Weeknd					
Holiday					

Money	In	Saved	Spent on others	Spent on essentials	Spent on self
Regular					
Other					

Equipment you own/have access to	Benefits family	Benefits others	Benefits self
Computer			

Skills or knowledge you have	Benefits family	Benefits others	Benefits self

Reputation/influence	Benefits family	Benefits others	Benefits self

Goal Setting Worksheet

Specific definition of goal

Motivation for this goal

Achievable breakdown of steps

Resources necessary

Time-frame for progress and specified outcomes

Obstacles in the way

Managing resources: Time

In any game there are certain activities or goals that need to take certain priorities at certain times. Developing your skills with managing time as a resource is useful.

1. List every activity that you spend time on in an average week on a separate line in the following table. Some of your activities may be: Driving/travelling, reading, training time/education, friends/social, family, meals, telephone, television, sleep, toilet, cleaning, planning, quiet time with God, etc.
2. Guess roughly how much time you spend doing it.
3. Rate out of 100 how much you value the activity or how much satisfaction you get out of it. The assessment is not a statement of what amount of time is spent on them but a statement of relative value to you.
4. Then give it a priority value out of 100. This is how important it should be or how beneficial it could be, particularly on how it impacts God, friends, parents, etc.

What can you do to help ensure the activities that need priority get more time set aside for it?

<i>ACTIVITY</i>	<i>HOURS PER WEEK</i>	<i>VALUE TO YOU</i>	<i>PRIORITY IT SHOULD BE</i>

Managing resources: Money and other assets

God assures us that he will meet all our necessary needs, wanting us to trust that he will be our main source of security. However Western society encourages us to depend on a healthy bank balance for our security. Acknowledging God as master over all aspects of our lives, we need to see all the money and other assets we have access to as belonging to God. He just trusts us to manage it and direct its use. This gives us freedom because it means we afford to be generous and share with others knowing God will help us through tough times, and that we don't have to be fearful of not getting enough. It also frees us of feeling like we need to keep up with all the material goods and bank balance of others around us (no matter how tempting!).

"But godliness with contentment is great gain. For we brought nothing into the world, and we can take nothing out of it. But if we have food and clothing, we will be content with that. People who want to get rich fall into temptation and a trap and into many foolish and harmful desires that plunge men into ruin and destruction. For the love of money is a root of all kinds of evil. Some people, eager for money, have wandered from the faith and pierced themselves with many griefs."

1 Tim 6:6-10

Giving and tithing. In the Old Testament, God's followers were instructed to give 10% of their earnings for God's work (Deut. 14:22-23) to remind them that all they have and are given is from God and to remember not to hold too tightly onto 'their' money. The New Testament encourages people to be generous with their money, sometimes going beyond what is sensible. Jesus praised a poor widow for giving what she 'couldn't afford to give.' Regular giving towards God's work is a good habit to get into even when you don't earn any money at all. It's not just about giving spare change or what you think you can afford. Remember giving is about helping others in need.

Saving. Prov. 13:11 says it is wise to save, and some suggest at least 10% should be put aside. Saving is an important discipline - but remember not to hold on tightly to 'your savings' - as they are still resources that belong to God.

Spending/Budgeting your remaining income carefully, allowing for all expected living expenses now and in the next twelve months. Give other Christians permission to examine and question your budget and spending habits - Do you really need this? Will it benefit others or just you? Be tight with your own needs, but generous in responding to the needs of others.

The Bible talks more about how to share wealth than it does about how to create it. Greed has often been judged as the worse sin, as it incorporates placing your source of security and power in something else than God, as well as stealing and coveting. Generosity is the antidote to greed - it helps loosen it's grip. There may be times when He may ask us to give all that we have and even more so... will you be prepared for that?

MOVING FORWARD IN THE REAL WORLD



After intense bonding environments and experiences like Leadership, you might feel to some degree either a sense of loss, disappointed, depressed, frustrated, lonely, angry, etc.

Bring 'Leadership' back with you

Continue to use the skills you exercised to improve on course

Because of the skills you used and the skills of others, you experienced a strong sense of acceptance and confidence to be yourself on Course. Just because those particular people aren't around you doesn't mean no one really values and cares for you any more.

People find praying, reading more of what God wants us to know (in the Bible), reminding yourself of what God thinks of you, spending time with other Jesus fans and journaling will allow you to always be certain of who you are in Christ and therefore what you are capable of.

And of course you can ring up your Squad members or other people you can count on and keep developing your friendships through your skills.

Keep setting and working towards your goals

Take small steps at first. Changing how you think of others and how you relate to them might be quite hard to change initially. To climb a mountain you need to start at the lower parts first. Changing views about yourself and others can be difficult and discouraging if you don't see any immediate results. Your first steps at being a better person may be ignored, or worse, taken advantage of. It doesn't mean that you've failed, nor does it mean that all is hopeless and things will never change. Be clear about what you want to change and why, plan, achieve your initial goals, and keep setting new ones. Keep levelling up.

Ministering and serving others

There are many serving roles within Brigade - in and outside your local group. There are many camps and courses that could benefit from your input and service. The Support Ministry And Resource Team (SMART) of Leadership Courses or Operation Teams for State Senior Camps are options. Apart from the actual week of serving there are many needed tasks to prepare for these events. There are also of course many other opportunities to serve in your local church, other Christian communities or organisations, or just other service organisations around.

Also think about serving in all the places you spend time in - your place of study or work, the other areas you spend some time in, or the people you are in regular contact with or just around with. Who are the people around you that would benefit from Christian input and training you have received in and outside of Brigade?

Missions / Internships

Within Brigade is the Order of Sir William Scheme, an opportunity to take a whole year out of their lives and spend it in voluntary Christian service assisting a church in another state or country get ministries running. The position would be an unpaid one where accommodation and expenses only are met. Training and support will be provided locally and nationally. Your home church will be encouraged to keep the links with you as one of their missionaries. The Scheme will also be in constant contact with you. Contact: Don Smith on 07 3264 1640 or write to him at 29 Brendale St, Brendale, Queensland 4500.

Apart from Order of Sir William, there are many other opportunities for Christian service. Some only require a minimum of six weeks service, others will be at least a year and beyond. Some will be full time, while there are part-time options. Many of these will require you to raise a substantial proportion of finances in order to cover your cost of living while serving. Don't let this discourage you though, as there are many ways you can raise the money for this - most local churches will help in sponsoring you.

"Then the righteous will answer him, 'Lord, when did we see you hungry and feed you, or thirsty and give you something to drink? When did we see you a stranger and invite you in, or needing clothes and clothe you? When did we see you sick or in prison and go to visit you?' Then the King will reply, 'I tell you the truth, whatever you did for one of the least of these brothers of mine, you did for me."

Matthew 25:37-40

Useful resources

Feel free to add your own ideas to the list.

Websites:

futureme.org

msgme.at

askchua.com

www.facebook.com/pages/Surrender/85651598483?ref=ts

Computer programs:

iCal or Outlook

Journalling

Skype

Apps for mobiles

Bible

Calendar

Notes/Evernote

Voice memos

Sleep cycle

Epic win

Do

Habit Factor

Unstuck

Books

Study Bible

CONTINUE?

THE RESPAWN JOURNEY

Time is counting down. The game is about to begin again. But unlike last time you tried this level, you now know a lot more. You thought a lot more about what worked and what hasn't. What are useful resources to have and what are unnecessary. You know what obstacles you are likely to face, and what might be some new ways of tackling them. You also know not to spend too much thinking about the past and mistakes made, but to focus clearly on what is ahead. Fresh opportunities to experiment, explore, and use the other game skills listed on page 22 for all the game worlds you exist in.

Imagine exploring all that is in your house with new eyes. What new uses can you use for the things around you? What new ways can you interact with the other characters? What new strategies can you come up with to make the most of time there? In what ways can you upgrade your own character? What new skills, abilities or powers would you like and what strategies can you invent to achieve them? What new adventures or missions could be embarked upon? And then think about applying that for your neighbourhood, and all the other game worlds you are in.

We also hoped that you met God and caught afresh his grand vision for all of creation: that you tasted how madly and deeply He values you, wants what is best for you and how He wants to work with you to bring about his original dream for all of Creation.

You will face difficulties, unreasonable people and overwhelming odds, but that's all part of the challenge of succeeding in games, to be creative with new strategies, to push onto the next level, to celebrate victories in readiness for more challenges to show how great a player you really are. And never ever forget no matter what you feel like or have done, you always have access to God mode to help you through it all. Game on...

"Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near. Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable -if anything is excellent or praiseworthy -think about such things. Whatever you have learned or received or heard from me, or seen in me -put it into practice. And the God of peace will be with you." Philipians 4:4-9

Program

* All Team Leadership

@ All with Personal Development

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
7:30		Staff Prayer	Staff Prayer	Staff Prayer			Staff Prayer	Staff Prayer	7:15
7:45		Duties	Duties	Get Ready*				Duties	7:45
8:00		Breakfast	Breakfast	Breakfast				Breakfast	8:00
8:15									8:15
8:30		Duties	Duties	Duties				Duties	8:30
8:45		Connecting with God*		Physical Solo Prep*				Optional Communion@	8:45
9:00					Contract Time*		Finish Solos*	Worship@	9:00
9:15					God's people*			Achieving objectives*	9:15
9:30							Solo de-brief		9:30
9:45									9:45
10:00									10:00
10:15			Pack Inspection*		Worship@				10:15
10:30		Morning tea*	Morning Tea	Dedication@				Morning Tea	10:30
10:45		Physical challenge*	Worship@	Sending off*				Achieving objectives*	10:45
11:00		Tent set-up*	Finding your way*						11:00
11:15									11:15
11:30									11:30
11:45									11:45
12:00									12:00
12:15		Duties	Duties					Duties	12:15
12:30		Lunch	Lunch					Lunch	12:30
1:15									1:15
1:30		Duties	Duties					Duties	1:30
1:45		My relationships*	Being human*					Camp cleanup@	1:45
2:15									2:15
2:30									2:30
2:45									2:45
3:00									3:00
3:15		Afternoon tea	Afternoon tea					TL & PD share@	3:15
3:30		Evaluating game worlds*	My sexuality*					Afternoon tea	3:30
4:00								Review PD*	4:00
4:15								Prep. for Grad.*	4:15
4:30									4:30
4:45									4:45
5:00		Recording reflections*	Affecting worlds*						5:00
5:30		Reflection*	Reflection*					Company Network@	5:30
5:45								Course Photos@	5:45
6:00		Dinner*	Duties					Duties	6:00
6:45		Duties	Dinner					Dinner	6:45
7:30		Opening Service prep*	Duties					Duties	7:30
7:45			Worship@					Grad. Service@	7:45
8:00		Affecting others*	Identity & shame*						8:00
8:30		Opening Service@							8:30
9:00								Supper@	9:00
9:30		Supper*	Supper/Ministering to TL@					Finish@	9:30
9:45		Squad Time	Squad Time					SMT 1 Finish	9:45
10:00									10:00
10:15									10:15

Risk Assessment and Management Plan

Personal Development Solo Sites - Procedures and guidelines

1. Introduction

- 1.1 The guidelines in this plan refer to the planned Personal Development time that participants spend "off-course", doing their 3 day Solo.
- 1.2 Camping during this 3 day exercise is deemed lightweight camping involving sleeping in tents at a place with no facilities and carrying "in" all of the gear necessary to undertake the 3 day Solo.
- 1.3 Once participants have been placed on their leader preselected Solo sites, further relocation of PD participants camp, including tent, should not be necessary.

2. Risk Levels

- 2.1 Lightweight camping is a medium risk activity.

3. Hazards

- 3.1 Lightweight camping in the selected location carries the potential of participants suffering from exposure and becoming disoriented and lost on finish and return to leaders base camp.
- 3.2 Hazards which may be encountered during the 3 day Solo time include:
 - a) Environmental hazards (eg adverse climatic conditions, falling branches, bush fire)
 - b) Physical hazards (eg tent pegs, cooking equipment, bush knife, inadequate hygiene)
 - c) Biological hazards (eg, snakes, bull ants, spiders); and
 - d) Security hazards (eg walkers, horse riders)
- 3.3 As part of the process of self- regulation, all persons engaging in the activity should identify and manage additional hazards not mentioned in 3.2.

4. Leader Responsibilities.

Pre Solo prep.

- 4.1 Each participant to be advised of minimum equipment requirements via inclusion of equipment guideline list in the PD application form.
- 4.2 Obtain indication of competence levels in camping of participants, via questionnaires to participants and their company or group captain or leaders.
- 4.3 Prepare participants for 3 day Solo on course via refresher sessions, targeting basics in camping, safety and self awareness. During these sessions ascertain and judge first hand participants actual lightweight camping skill levels
- 4.4 All participants be made aware of, and supplied copies of, emergency procedures and protocol.
- 4.5 Whistle procedure must be explained and verified and checked that all participants and leaders have a working whistle. Whistles MUST be hung around each participants neck before departing Leadership Course base camp.
- 4.6 Participants equipment must be checked for suitability. This needs to be planned and conducted carefully to allow time for assessment and replacement if necessary. Particular attention should be given to tents, sleeping bags, wet weather clothing, cooking equipment, headgear, footwear and first aid kit.

During Solo exercise.

- 4.7 A minimum of 2 leaders is required to be stationed at strategic locations at Solo site. One leader must be stationed at the start of the track leading to the solo sites, with other placements at leaders discretion.

- 4.8 One leader present should have knowledge of, and ability to perform, first aid procedures. This leader should be the primary contact point for participant's mobile phones. The leader should also have a rough map of the area clearly marking the names of each participant and their respective solo site location.
- 4.8 Immediately before the placing of PD participants occurs, and preferably after each participant has collected all their gear together, a final Whistle check must be performed, with every participant and leader extracting and providing their working whistle for inspection, and demonstration.
- 4.8 Each leader to have on standby a day pack with minimum following equipment;
- | | |
|----------------------------------|---|
| * First aid kit. | * Mobile Phone. (Always switched ON) |
| * 2 litre water. | * List of relevant phone Nos', attachment ??? |
| * Torch (plus spare batteries) | * Knife. |
| * Waterproof Jacket | * Emergency blanket. |
| * Spare whistle. | |

5. Risk control.

- 5.1 Appropriate safety rules should be established and adhered to.
- 5.2 The leaders should implement strategies for safe participation of Solo experience.
- 5.3 Leaders placing participants should check for hazards in area.
- 5.4 Leaders to secure Solo site marker between planned tent site and direction to path, thus acting as a directional aid. Bright rope will be tied from the Solo site marker to another tree towards the path, as an additional directional aid.

6. Emergency Procedures.

(a) Mobile Phone

- 6.1 Use mobile phone as primary means to call a leader for Emergency Assistance. Each phone has been programmed with the main contact leader at the Solo site as well as a contact back at the Course campsite. Stay calm and do not try to walk out.
- 6.2 The main contact leader will notify the Course campsite if medical assistance seems likely, as well as contact the other leader, and then proceed to the participants solo site to fully assess the situation and subsequent action required.
- 6.3 The main contact leader will inform both Course campsite and second leader promptly of their assessment and subsequent actions. The aim is to minimise the intrusion of the participant's Solo experience if they are able to continue with further assistance.
- 6.4 If Emergency Services have been called, the other leader is to position themselves at the start of track, on corner Cemetery Track and Mt Bride Road, to help direct emergency vehicle. Ensure they are equipped with their own waterproof clothing and torch.

(b) Whistle Blown.

- 6.5 Three rules must be adhered to regarding whistle use.
- WHISTLE MUST NOT BE REMOVED from around wearers neck during Solo time.
 - WHISTLE MUST ONLY BE USED if mobile phone is ineffective, physical walkout is very difficult, dangerous or assisting after responding to blown whistle.
 - ANYONE HEARING BLOWN WHISTLE MUST RESPOND, and assist in any way possible.
- 6.6 Recommended use of whistle – group of 3 blows, then a short rest, then repeated until help arrives.

- 6.7 On hearing whistle, walk along track to nearest point to whistle and then proceed through bush, or follow PD participant who has come to you for assistance. Do not attempt to take a short cut straight through the bush. Use the track as much as possible.
- 6.8 First respondent on scene to then take on task rendering assistance and whistle blowing until second respondent arrives. Then, if neither respondents are a leader, one respondent MUST proceed to a leader camp position to inform them of situation. Carefully note or mark position on track for quick location on return.

(b) Fire.

- 6.9 Upon first signs of approaching fire as in smell of smoke, seriously prepare for evacuation. At first signs of light smoke (unless already previously instructed) evacuate campsite in a controlled and steady manner. Remove your numbered site stake on track and return to start of track.
- 6.10 Leaders to conduct a head count to ensure all PD participants and leaders are accounted for.
- 6.11 When instructed by Police or Fire Brigade personnel, evacuate all participants and leaders as instructed.
- 6.12 Be careful to maintain calm and control / dissipate any panic which may arise.
- 6.13 Official Controlled "Burning Off" operations in area would necessitate soft option to 6.7, but Leaders would need to be on alert, in case of operations getting "Out of Control."

(c) Snow.

- 6.14 In the event of snowfalls occurring during the days of Solo, caution Solo participants re:
 - a. Do not walk out or pack up camp and walk out. (enjoy the experience.)
 - b. Do not handle snow.
 - c. Ensure adequate clothing is worn to keep warm and comfortable.
 - d. Lost / Disoriented.
- 6.15 When Solo participant first realises that they are lost:
 - a. STOP. Don't keep moving. You might be walking away from the track.
 - b. RELAX. Don't panic. You are not alone in the area.
 - c. POSITION HIGH. Move to the nearest visible position, on a stump or log, clearing or rise. Keep out of gully's and thick or high undergrowth.
 - d. BLOW WHISTLE. Per blown whistle procedure.
- 6.16 All PD participants to remain at very start of track.
- 6.17 Leaders to form an Emu line, especially in poor weather (within sight of each other) to search an area at a time.
- 6.18 A time limit to be set, dependent on conditions, before emergency services are called.

(e) Intruders.

- 6.19 Intruders could include horse riders, hunters, motorbike riders, or 4WD's.
- 6.20 Park vehicle on track as visible means of deterrent.
- 6.21 Attempt to dissuade intruders using track due to "lots of people" camped along on the track.
- 6.22 If persuasion is unsuccessful, ring next leader on track and advise them of impending Intrusion.
- 6.23 Depending on type of group, ring for police assistance (age, mixed, intoxicated or aggressive.)