

GLOBALREACH FOR JUSTICE

FLEX TRAINING SERIES:
SESSION ONE: FAITH FLEX

FLEXIBILITY IS THE KEY TO SUCCESS

Flexibility is the key to successful global reach missions. In order for us to be the most effective possible, it requires us to be flexible. Being flexible is all about stretching; stretching our mind, body, emotions, capacity, ability and spiritual lives. Being flexible allows us to have a great time in doing missions and to accomplish everything we plan to and more. Being flexible gets us outside our comfort and convenience zone. Through this training we will learn to flex our faith, body (physical, emotional, mental), culture, ability, attitude, communication, team, and family. Learning to flex in these areas makes you a powerful teammate, and excellent short-term missionary. The first of these is faith. We must flex our faith, which implies stretching our faith, when we stretch our faith it becomes very flexible and we can achieve much more and connect with God on a level that puts Him in the driver's seat and places us in total dependence on Him.

When Jesus looked out and saw that a large crowd had arrived, he said to Philip, "Where can we buy bread to feed these people?" He said this to stretch Philip's faith. He already knew what he was going to do. Philip answered, "Two hundred silver pieces wouldn't be enough to buy bread for each person to get a piece." One of the disciples—it was Andrew, brother to Simon Peter—said, "There's a little boy here who has five barley loaves and two fish. But that's a drop in the bucket for a crowd like this." Jesus said, "Make the people sit down." There was a nice carpet of green grass in this place. They sat down, about five thousand of them. Then Jesus took the bread and, having given thanks, gave it to those who were seated. He did the same with the fish. All ate as much as they wanted. When the people had eaten their fill, he said to his disciples, "Gather the leftovers so nothing is wasted." They went to work and filled twelve large baskets with leftovers from the five barley loaves.

JOHN 6:5-13 MSG

NOTES//THOUGHTS



STRETCHING OUR FAITH

This is an opportunity to stretch our faith and believe God to move supernaturally in our lives.

1. Requires us to _____ completely on God.

- depend on God's provision
- depend on God's protection
- depend on God's direction
- depend on God's empowerment

2. Requires us to trust God completely by _____ to the leaders He's placed over us.

- Trust God/Trust Leaders
- Submit to your leaders as an act of Faith.
 - There are things your leaders know spiritually and logistically, that you don't.
 - Stretch your faith to believe that God is directing and guiding them and go along.

3. Requires us to believe the _____ above our own emotion, thoughts, logic or agenda.

- When it looks like something will not work out, we believe God anyway. We have not been on a trip where this didn't happen in some way or another. There will be a moment or moments on this trip where we will have to believe God to come through in some other way.
- Learn to act on our faith, not on our feelings.

4. Requires us to stretch our faith in the area of _____ our fellow team mates.

- The disciples had to depend on each other to do their part in this miracle.
- Shoulder to shoulder mentality. (more on this in Team Flex)
- Trust each other, and be there for each other.

5. Requires us to stretch our faith in the area of trusting God to _____ us.

- Trust God to use us, in and for, His way, His time, and His glory.
- Don't set in your mind how it will work, it will probably be in a completely unexpected way.
- Don't come in with your own agenda and presume to force God into that box.

TEAM BUILDING: TRUST FALL

INSTRUCTIONS FOR THE TRUST FALL

- Find a place that is 3 - 4ft high, where team member can fall backwards into an area large enough for the other team members to catch them.
- Have each team member blindfolded and lead to the edge. Have remaining team members assembled to catch them as they fall backwards off of the ledge.
- Each team member must participate in the trust fall.

ANSWER THESE QUESTIONS IN THE SPACE GIVEN ON THE NEXT PAGE:

1. In what ways did the trust fall exercise make you feel vulnerable?
2. What feelings and/or thoughts did you have to overcome to fall backwards off the ledge?
3. How do you think this relates to you putting your faith and trust in God and in this Reach Team?



COACHING TIPS:

- Pray for Global Reach Leaders
- Allow yourself to be a clean slate that God can draw on.
- Over the next 8 wks. Practice listening to and following the Holy Spirit no matter how illogical it sounds.

DAILY WORKOUT:

Bible Plan:

Read Acts 1-5 before next week.

Journal Plan:

Write in your journal the things you are believing God for in your life and this trip. Also anything from the Bible Plan.

Daily Prayer Plan:

Pray for all Team Members by name

Pray for plans for the trip

Pray that the pre-work comes together & is very successful

Pray for our partners on the ground (Use prayer cards)

EXTRA WORKOUT:

Your Story:

Write out your testimony. Be concise and take out any "Christianeese". Testimony should fit on one page. Use the journal pages in this training book.

