## *"Simple Life Skills"*

Biblical "How To(s)" for real life.

## Overview

The driving goal of Simple Life Skills is to equip people with skills that can be integrated into their lives and passed on from one person to another. Each skill is developed with 2 Timothy 2:2 in mind, "The things which you have heard from me in the presence of many witnesses, entrust these to faithful people who will be able to teach others also." (NASB)

The beginning of a personal relationship with Christ is exciting, rewarding and comforting. The assurance of having been forgiven and given eternal life as a free gift dispels fear and unleashes hope in the heart. It is, however, the beginning of a new way of life. This new life possesses the power of God himself and the possibility of living out an influential, confident adventure. This life is described in Galatians 2:20 as "I no longer live but Christ lives in me." It takes time and wisdom to get used to having this type of power and potential in your life. As participants develop skills, they are more equipped to face the opportunities and adversities that are part of everyone's life (John 16:33) and help others do the same.

It is common for believers to think, "The Bible clearly tells me what to do – but I don't know HOW!"

- How do I forgive someone who has hurt me?
- How do I view myself the same way God views me?
- How do I live daily according to my priorities?
- How do I make decisions God is pleased with?

Simple Life Skills enables believers to practically access the wisdom of Christ in daily life.

## What others have said about Simple Life Skills

I am more aware! Because it is biblically based, I am more conscious of God directing my steps and I am more in tune with what HE is trying to accomplish.

I grew wiser in decision-making.

I finally understand forgiveness and know how to actually apply it. I am experiencing more freedom to be who Christ created me to be rather than trying to fulfill other people's expectations.

I knew what I was supposed to do – this showed me the how!

## Presenting the Course

Simple Life Skills is being organized in a series of 4-lesson courses. Each lesson contains the following elements:

- Presentation of the skill.
- The Biblical foundation for the skill.
- A simple, straightforward application of the skill
- A practical exercise to help participants integrate the skill in their life.

Included are the Participant worksheet, Personal Growth Activity and handouts for the Forgiveness The participant worksheet is simple and focused on imparting the skill.

<u>Extended Material For The Presenter is available.</u> The presenter material contains teaching tips and background information to facilitate an effective experience.

Overview of the first four skills

## Skill 1: Forgiveness – Freedom through forgiveness

The goal: Walk participants through the six statements of forgiveness and the freedom found in forgiveness.

The mandate to forgive is stated in Colossians 3:13, "Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you."

The practical application is expressed in the Six Statements of Forgiveness which was developed by asking the question, "If we applied the greatest act of forgiveness (the death and resurrection of Christ) to interpersonal relationships, what would it look like?"

Participants will learn what forgiveness is not, what forgiveness is, how forgiveness differs from reconciliation and how to utilize the six statements to work through the process of forgiving any situation in their lives.

## Skill 2: Identity in Christ - Seeing yourself as God sees you

The goal: Guide participants in crafting a personal "letter from God" that captures their identity in Christ.

The mandate for adjusting our self-image is presented in Romans 12:2, "Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will," and Proverbs 23:7, "For as he thinks within himself, so he is. . ." (NASB).

The practical application is the development of a personal letter from God to the believer based on verses collected by each participant and reinforced by including the believer in the beauty of creation.

Participants will discover the glorious way God views His children and the importance of practicing new skills in order to develop proficiency as Hebrews 5:14 declares, "But solid food is for the mature, who by constant use have trained themselves to distinguish good from evil."

### Skill 3: Priorities - Having a Priority Mindset

The goal: Help participants develop a priority mindset that guides everyday actions.

The mandate for living by priorities is presented in Matthew 6:33, "But seek first his kingdom and his righteousness, and all these things will be given to you as well," and Psalm 90:12, "Teach us to number our days, that we may gain a heart of wisdom."

The practical application is expressed in identifying "A" level, "B" level and "C" level priorities, intentionally allocating "A" level effort to "A" level priorities, "B" level effort to "B" level priorities and "C" level effort to "C" level priorities.

Participants will learn that priorities help individuals put actions in order, battle against perfectionism and identify the most important person in any situation.

### Skill 4: Decision-Making – Priority-based wise decisions

The goal: Equip participants to apply the 3 tests for decision-making to their choices on a regular basis.

The mandate for making sound decisions is presented in Joshua 24:15, ". . . choose for yourselves this day whom you will serve . . ." and James 1:22, "Do not merely listen to the word, and so deceive yourselves. Do what it says."

The practical application is expressed in 3 tests that can be applied (in order) to any decision in life to make efficient and effective choices.

Participants will learn that emotions follow decisions accelerating the effect of our choices, we have the mind of Christ to work with and decision-making can be developed as a skill.