

CAPACITY

HOMECELL LEADER DEVELOPMENT COURSE

SESSION SIX

WE MUST BUILD TOGETHER - PS EDDIE

Exodus 18:21-23 AMP

Jethro Counsels Moses

Furthermore, you shall select from all the people competent men who [reverently] fear God, men of truth, those who hate dishonest gain; you shall place these over the people as leaders of thousands, of hundreds, of fifties and of tens. They shall judge the people at all times; have them bring every major dispute to you, but let them judge every minor dispute themselves. So it will be easier for you, and they will bear the burden with you. If you will do this thing and God so commands you, then you will be able to endure [the responsibility], and all these people will also go [back] to their tents in peace."

- The Lord used Jethro to instruct Moses on how to deal with the needs of the people
- Pastor Thabo can not take care of the whole church by himself
- It's not biblical
- It is biblical to disciple God's people through structure
- We the people that have been called by God to win the lost and disciple them need to be appointed in structure for God's anointing to come on us
- The people of God need the anointing of God which flows through structure

1 Cor 12:21-27 TPT

It would be wrong for the eye to say to the hand, "I don't need you," and equally wrong if the head said to the foot, "I don't need you." In fact, the weaker our parts, the more vital and essential they are. The body parts we think are less honorable we treat with greater respect. And the body parts that need to be covered in public we treat with propriety and clothe them. But some of our body parts don't require as much attention. Instead, God has mingled the body parts together, giving greater honor to the "lesser" members who lacked it. He has done this intentionally so that every member would look after the others with mutual concern, and so that there will be no division in the body. In that way, whatever happens to one member happens to all. If one suffers, everyone suffers. If one is honored, everyone rejoices. You are the body of the Anointed One, and each of you is a unique and vital part of it.

- It is vital that every level of leadership takes responsibility of the body
- For the body to function well the eye's, the the thumb the foot, all of the body needs to function well
- For the body to function in its purpose every member of the body needs to work well

Matt 12:25 TPT

Jesus supernaturally perceived their thoughts and motives, so he told them this parable: "Any kingdom that fights against itself is reduced to ruins. And any family or community splintered by strife will fall apart.

- Family, it is vital that in the last days, in the greatest time to be alive, it is of utmost importance that we fight for unity
- Unity in the responsibility to disciple the lost
- Never has there been a more urgent time for the church to fight for unity and take responsibility for discipling God's people

****If you are serious about building a great homecell then you have to study the YELLOW HOMECCELL LEADERS GUIDE/MANUAL BY PS AT BOSHOFF & read SUCCESSFUL HOMECCELL GROUPS BY PAUL YONGI CHO**

FIRSTLY, Let's be clear about the PURPOSE of the structure and the role of EVERY LEADER in the structure and that is:

TO BUILD THE KINGDOM BY WINNING SOULS AND MAKING DISCIPLES

In short, the **role of every leader is to GROW AND MULTIPLY HOMECCELLS**

Because healthy things grow and multiply

THIS IS THE CRC CREED FOR EVERYONE!!!

MY LIFE HAS A PURPOSE.

THE PURPOSE OF MY LIFE IS TO WIN SOULS.

I WILL BEST FULFIL MY PURPOSE IN A GROUP.

Everyone must be a BUILDER - we build people and that is how the Kingdom is built

1 Corinthians 3:11-15 Amplified Bible (AMP)

for no one can lay a foundation other than the one which is [already] laid, which is Jesus Christ. But if anyone builds on the foundation with gold, silver, precious stones, wood, hay, straw, each one's work will be clearly shown [for what it is]; for the day [of judgment] will disclose it, because it is to be revealed with fire, and the fire will

test the quality and character and worth of each person's work. If any person's work which he has built [on this foundation, that is, any outcome of his effort] remains [and survives this test], he will receive a reward. But if any person's work is burned up [by the test], he will suffer the loss [of his reward]; yet he himself will be saved, but only as [one who has barely escaped] through fire.

But for the sake of understanding how the structure functions, let's briefly review each role (REFER TO THE YELLOW HOMECCELL LEADER'S GUIDE):

HOMECCELL LEADER

Is responsible:

To facilitate weekly homecell meetings and other prayer and homecell activities

To care for homecell members

To grow and multiply your homecell

2IC or HOMECCELL LEADER INTERN

Is responsible:

To assist the homecell leader in all their responsibilities, including caring for members and growing the homecell

ZONE SUPERVISOR

Is responsible for 2 homecells:

To ensure the effective functioning of 2 homecells

To ensure the effective discipleship of the members of 2 homecells

To ensure the growth and multiplication of 2 homecells

OVERSEER

Is responsible for up to 3 zone supervisor structures, ie 6 homecells:

To ensure the effective discipleship of the leadership in the structure

To support with 'specialist' counselling of members

To equip the homecells, ie basic teachings on giving etc

To ensure the growth and multiplication of the structure

INTERN PASTORS (OVERSEER ON STEROIDS)

Is responsible for up to 3 overseer structures, ie 18 homecells:

To ensure the complete structure functions with the Zone Pastor

To ensure every level of leadership is equipped and effective

To assist the overseer with specialist counselling, basic teachings etc

To assist the Zone Pastor to identify and raise up new leaders

To ensure the growth and multiplication of the structure
THIS PERSON HAS A VIEW ON FULL TIME MINISTRY SO IS REALLY RESPONSIBLE FOR
EVERYONE AND EVERYTHING (: !

GOALS & BEYOND - PS ISABEL

INTRODUCTION:

There is so much to say about 'goal setting', especially in a day and age where self-development is still a popular topic studied by many. By doing a quick search in Google, you will find about 5,5 billion results with endless ideas and concepts on the topic. Countless books have been written, seminars held and courses developed.

Despite all this information available, most people still find themselves unable to reach the goals they set in life. Why is that? Where is the problem?

PRINCIPLES, METHODS & TOOLS

With almost everything in life, whether a discipline, a subject, an art or skill, there are 3 things that apply:

- First **Principle**, then
- Second, **Method**
- Thirdly, **Tool(s)**

What we do in life is, we try to find new methods, or jump to the next best tool, but we completely ignore, or violate the principle!

God is not a respecter of person, but of principle.

Romans 2:11-16 (AMPC)

For God shows no partiality [undue favor or unfairness; with Him one man is not different from another].

Defining the concepts:

Principle

: a fundamental truth or proposition that serves as the foundation for a system of belief or behaviour or for a chain of reasoning.

Method

: a particular procedure or process for accomplishing or approaching something, especially a systematic or established one.

Tool

: a device, program or implement, used to carry out a particular function.

There are principles of setting goals, and when applied, will bring about the desired results, despite the methodology or tools used.

GOALS

WHY SET GOALS?

'Success is goals. The rest is commentary.' (Brian Tracey)

Successful people are intensely goal-orientated. They habitually make time to identify exactly what they want. They then build a clear and concise picture of what achieving it will look and feel like. They then make detailed plans of how to achieve it. They also work on these plans diligently every day.

If you don't have goals, you will live by default.

Default

: failure to fulfil an obligation, especially to repay a loan or appear in a law court.

: a preselected option adopted by a computer program or other mechanism when no alternative is specified by the user or programmer.

If something happens by default, it happens only because someone does not do something else. When there is no intentional design or plan, you will become the product of your circumstances and other people's plans. At the end, you will arrive at a place you never chose.

'It's better to be at the bottom of the ladder you want to climb than at the top of the one you don't.' - Stephen Kellogg

You can either live by intent, or default. Your life will therefore be a result of what you have **created**, or **tolerated**.

It is all about intentional living.

'I don't care how much power, brilliance or energy you have, if you don't harness it and focus it on a specific target, and hold it there you're never going to accomplish as much as your ability warrants.' – Zig Ziglar

BENEFITS OF GOALS

- It increases your **confidence** and develops your **competence**
- It boosts your level of **motivation**
- It gives you a sense of **meaning** and **purpose**
- It gives you a sense of **direction**
- It makes you feel **happier** and **stronger**
- It makes you feel more **energised** and **effective**
- It gives you direction and **purpose, a destination**
- It helps you to stay **focused**
- It will help you to **overcome procrastination**
- It helps you to bridge the gap of where you are now and **where you want to be**
- It makes you feel more competent and confident **in yourself and your abilities**
- It enables you to **control the direction of change** in your life

WHY MOST PEOPLE DO NOT SET GOALS

If goal setting is so important, then why do so few people have clear, written, measurable, time-bounded goals?

→ They do not know how to set goals

Goal setting is not a subject being taught in schools. Most people think they already have goals when in reality it is only a series of wishes and dreams like wanting to 'make a lot of money', 'get out of debt', 'be happy', 'multiply my homecell' etc.

→ They do not have any goals

Let's be real. Everyone has goals. Most people just never really take time to think about their future and what they want out of life.

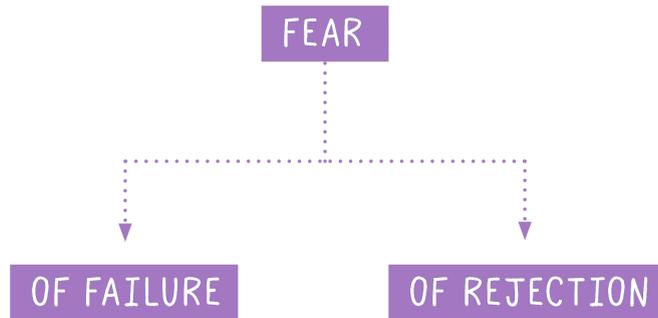
→ They think that goals are not important

Many people did not grow up understanding the importance of goal setting and planning. By understanding the importance of it, you will increase your chances of getting out of life everything you want.

→ **They think they already are setting goals**

What you want and say out loud is not setting goals. By knowing what you want and telling everybody, you may perceive it as setting goals. Many people talk the talk but never walk the walk.

→ **They do not believe in themselves and have fears**



Do not believe in themselves

Know who you are in Christ! A few people truly believe in themselves. As Born Again believers we have no excuse!

Philippians 4:13 (AMPC)

I have strength for all things in Christ Who empowers me [I am ready for anything and equal to anything through Him Who [infuses inner strength into me; I am self-sufficient in Christ's sufficiency].

Fear of failure

All of us have experienced some 'failure' in our lives. Remember failure is not fatal! Through failure we endeavour to be more careful next time, and unconsciously we sabotage ourselves from setting any goals. Failure should rather be seen as a temporary setback. We have to change our minds in this regard. There are no failures, only setbacks through which we can learn valuable lessons.

Proverbs 13:12 NLT

Hope deferred makes the heart sick, but a dream fulfilled is a tree of life.

*"The only failure is never to try, and no setback needs to be forever." Luke Johnson.
"Failure is simply the opportunity to begin again, this time more intelligently." Henry Ford*

Fear of rejection

Many people fear that if they set a goal and are not successful, people will criticise them.

Psalm 118:8 (AMPC)

It is better to trust and take refuge in the Lord than to put confidence in man.

GOAL SETTING - 2 CREATIONS

Start with the end in mind. In his book, the 7 Habits of Highly Effective People, Stephen Covey says,

"To begin with the end in mind means to start with a clear understanding of your destination. It means to know where you are going, so that you better understand where you are now and so that the steps you take are always in the right direction." 'Begin with the end in mind' is based on the principle that all things are created twice. There is a mental, or first creation, and a physical or second creation to all things."

Proverbs 3:27 says that "as a man thinks in his heart, so is he." You become what you think about most of the time. What you think about continuously will emerge in your reality.

We have to understand the principle of two creations and take responsibility for both.

→ **Question – are you in control of creating both creations?**

DIFFERENT TYPES OF GOALS

Most people think: Have, Do, Be: If they can only **have** the things they want to have, then it will enable them to **do** the things they want to do and then they can **become** the person they want to be. Underlying all 'having' or 'doing' goals, always lays a 'being' goal.

'Having' goals

'Doing' goals

'Being' goals

Another way to look at it is as

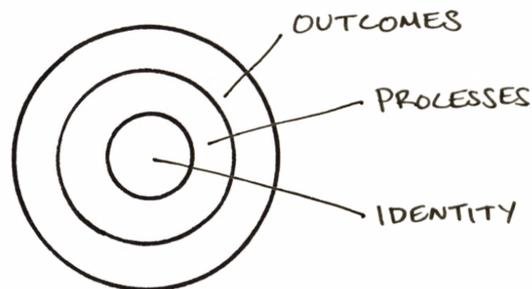
'Outcome' goals

'Process' goals

'Identity' goals

Outcomes are about what you get/have. Processes are about what you do. Identity is about what you believe/who you are.

To understand what it means, consider that there are three levels at which goals can be set. You can imagine them like the layers of an onion.



When it comes to goals, the problem is not that one level is “better” or “worse” than another. Goals in all these levels are useful in their own way. The problem is the *direction* of setting goals.

Many people begin by focusing on *what* they want to achieve. This leads us to outcome-based goals. The alternative is to first pin down the identity-based goals. With this approach, we start by focusing on *who* we wish to become. You work from the inside out.

Romans 12:2 (AMPC)

Do not be conformed to this world (this age), [fashioned after and adapted to its external, superficial customs], but be transformed (changed) by the [entire] renewal of your mind [by its new ideals and its new attitude], so that you may prove [for yourselves] what is the good and acceptable and perfect will of God, even the thing which is good and acceptable and perfect [in His sight for you].

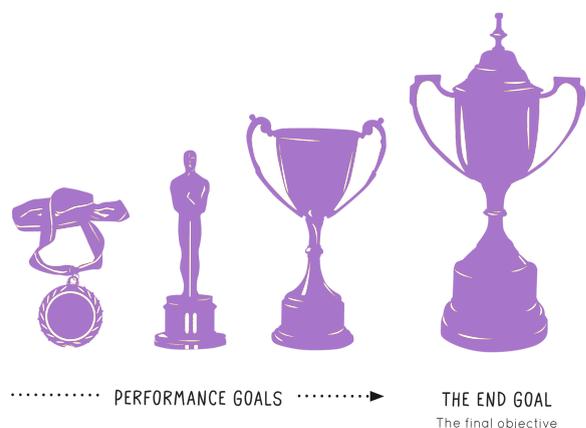
DIFFERENT GOALS WITHIN THE PROCESS

An End Goal

The final objective

A Performance Goal

Determine the performance level that you believe will provide you with a very good chance of achieving the end goal. Also referred to as 'journey goals.'



PRINCIPLES OF GOAL SETTING

- CLARITY
- CHALLENGE
- COMMITMENT
- COMPLEXITY
- COMEBACK (or FEEDBACK)

CLARITY

A clear goal is one that is clear, specific and can be measured and leaves no room for misunderstanding. This will eliminate the confusion that occurs when goals are set in a more generic manner. Continue to ask yourself the question, 'What will it look like if the goal is completed?' The answer to the question will help you identify clear goals.

To make sure your goals are clear, each one should be **SMARTER**:

- **S**pecific (simple, sensible, significant).
- **M**easurable (meaningful, motivating).
- **A**chievable (agreed, attainable).
- **R**elevant (reasonable, realistic and resourced, results-based).
- **T**ime bound (time-based, time limited, time/cost limited, timely, time-sensitive).
- **E**valuated
- **R**eviewed

CHALLENGE

Now that your goal is clear. It's important that it's sufficiently challenging. Challenging goals stretch your mind and cause you to think bigger. This helps you accomplish more. Each success you achieve helps you build a winning mindset.

Any initiative requires effort and discipline. When you set the goal too low, you're less likely to feel like the payoff is worth that effort, undermining motivation. By contrast, setting a challenging goal balances effort with reward and *generates* motivation.

Of course, there is a balance to be struck with this principle. **A goal should be challenging, but must still be achievable.** Be therefore careful not to confuse "challenging" with "unrealistic."

COMMITMENT

If you don't commit to your goal with everything you have it is less likely you will achieve it. This principle particularly applies in settings where the goals in question are achieved by a group. Personal ownership is critical for success.

It can be tempting when you're first leading a team to see your team members as resources who can help get things done, and therefore you just need to set them their goals and the team will achieve what it needs to. This could backfire completely. Those overseeing a team or group of people must deliver proper preparation and gain "buy-in" from each member of the team before the task is accepted or "owned" by the group.

The most productive way to gain commitment to your goals from your team is to actively involve them in setting them in the first place. Members who do not feel an internal ownership may not work with the diligence required, even with external motivation (or threats).

COMPLEXITY

This principle takes into account the observation that some goals require more complexity to achieve. It's important to set goals that are aligned with the goal's complexity.

Goals that are overly complex or even contradictory won't support achievement or motivate your team. **The key to preventing goals from becoming overly complex is to maintain an ongoing dialogue.** Someone may initially be comfortable with a goal and then find they face issues they didn't expect once they start.

COMEBACK (or FEEDBACK)

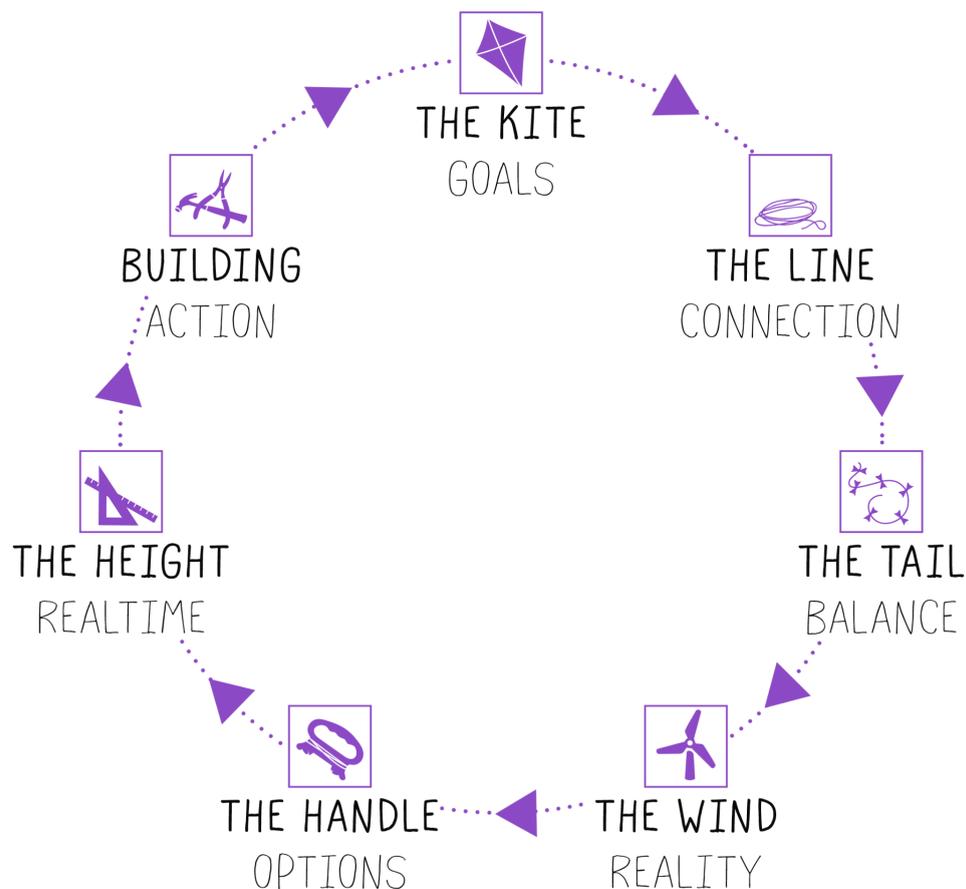
Comeback or feedback helps you know what you are doing right and how you are doing. This allows you to adjust your expectations and your plan of action going forward.

Also within teams, in asking questions, you may discover that there are members who have not bought in as needed and will need to do the work to build ownership. If all is going well, the only feedback required might be to measure progress and confirm that the goal is on task to be met.

KITE AS A PROCESS OR METHOD

KITE should be approached not just as an analogy, but it could also be seen as a process. We have now discussed the Goals aspect; so let's look at all the other components of a Kite:

1. KITE Determine your **goal**, setting of specific goals: short, medium and long term
2. LINE Identify limiting **beliefs**, ensure your goals are connected with you **values**
3. TAIL Maintain **balance** in all areas of your life, doing enough of everything
4. WIND Determine your **reality**; take stock of where you are in relation to your goal
5. HANDLE Explore your **options** for moving forward, what you could do, what's in your hands?
6. HEIGHT Determine realistic but challenging **timescales** for achieving your goal(s)
7. BUILD Identifying and agreeing specific **action(s)**



See KITE as a process for setting your goals and achieving them!

2. BELIEFS AND VALUES - THE LINE CONNECTING THE KITE

This section investigates the power of the belief systems that we hold and how it ultimately influences our performance and achievements. It will also examine our core values, and the importance of recognising, clarifying and understanding them.

BELIEFS

A belief in this context can be defined as “*a principle accepted as true or real without proof. An opinion, a conviction.*” These ‘beliefs’ are not beliefs in the spiritual sense of the word or those about God and His Word, but rather those beliefs that individuals have about themselves. These beliefs are the thoughts and ideas we seize to question or consciously recognise. To clearly differentiate, we can also call them ‘self-beliefs.’

‘The most important opinion a person will ever hold is the one that they hold about themselves.’ Anthony Robbins

The beliefs we have about ourselves have the power to create or destroy, because every thought, word and action is a result of such a belief and they shape our future. It is therefore imperative that we take time to question the belief systems in this context.

RESTRICTIVE BELIEFS

Restrictive beliefs are those things you believe about yourself that place limitations on your abilities. They are the false statements of reality that feels true on some level, and we assume them to be true.

→ Whether you agree with your beliefs or not, they still determine your results, fears and failures

Our beliefs need to be as close to reality as possible in order for our actions to have the desired positive outcome; deceiving ourselves will take us further from the goal. **So, a restrictive belief, when it comes down to it, is a belief that isn’t true and limits us in some way or another.** Our beliefs also determine how much of our potential we will draw and apply.

→ Your self-beliefs are either empowering or limiting

THE STRING OF THE KITE, THE CONNECTION WITH THE GOAL

Why is this the line with the kite, or the connection with the goal?

The reason is two-fold.

1. **Firstly, what you value is what you will prioritise.** If your goal (the kite) is not in line and connected to your core values, there is a big chance that you will not achieve your goals as you will not be motivated by something that is not important to you.
2. **Secondly, if your string is threaded or weak** (restrictive or negative beliefs about yourself and your abilities), **the chance of reaching your goals will be jeopardised.** The line will eventually break and your kite will fall to the ground! The bigger the kite the stronger the line needs to be! So if you dream big dreams, you have to be sure to eliminate all and any restrictive beliefs you have!

THE POWER OF BELIEFS

Ever heard the story of the four-minute mile? For years, people believed that it is impossible for a human being to run a mile in less than four minutes. The scientific and medical world had claimed that it could not be done and that the muscles and organs simply would not be able to take the stress. Until Roger Bannister proved it wrong in 1954. Within one year, 37 runners broke the belief barrier. And the year after that, 300 other runners did the same thing.

What was the turning point? How did Bannister achieve the impossible?

He made a conscious effort to ignore the accepted belief and carefully prepare himself mentally to do it that day.

THE ORIGIN OF RESTRICTIVE BELIEFS

A belief is nothing but the generalisation of a past incident. They come from other people like parents, teachers, peer groups, friends, family and the media. They are formed in childhood and adolescence.

→ Can you remember any strong beliefs that you formed about yourself or your situation? It is very likely that those beliefs still influence your behaviour today...

Eric Berne, who wrote *The Game People Play* in 1964, did a study on this topic and suggested that, by age 4 or 5, a child's life script was written. By 7 it was polished and had the essential characters. By 12 years old it was further polished and was beginning to be lived out.

A - [HOMEWORK / SELF STUDY]

ELIMINATING RESTRICTIVE BELIEFS

To eliminate restrictive beliefs it is important to first understand their nature. Previously it was stated that restrictive beliefs are the **false statements of reality** that feels true on some level, and **we assume them to be true**. So how can we prove that they are in fact false?

Let's look at a simple example: Someone walks into the room and does not speak to you. What are your first thoughts? *'He is angry at me, he is being rude, he had a bad day, or he is thinking of something else and did not see me...'*

Now ask yourself, are any of the above possibilities the truth? Fact is, probably not, and you won't know until you specifically ask, but so many times we would **ATTRIBUTE** a meaning to the event, and then accept it as the truth and it becomes a belief for us. In the same way our feelings come from **our** interpretation of a situation. Years and years of attributing a meaning to a specific event, results in a belief so deeply rooted in our system, that we take it as truth or reality.

We form beliefs to give meaning to events that don't have real meaning. We then think we observe the meaning of the event. It becomes a fact for us.

Events do not have any meaning until you attribute meaning to it. The meanings you give to meaningless events are the beliefs about yourself and life that ultimately determine what you believe, do and feel.

If it were the actual events that happened in your life that determined your life, then you would be in big trouble because you cannot change what happened to you! But it is the beliefs about the events that determine your behaviour and feelings today therefore you can change the rest of your life by simply changing your self-beliefs (mind sets).

ACTIVITY

Think about the self-beliefs you have. Compile two lists. Firstly, list all the positive beliefs you have about yourself, all the things you are good at. Then make the second list and note all the negative beliefs you have about yourself; the things you are not good at.

Look at the list of positive beliefs and spend some time thinking about each one. Remember the positive things that happened that lead you to hold these beliefs.

Now review your list of negative beliefs. Take the top three. The ones that really hold you back. Ask yourself the following questions for each belief:

1. Where did this belief come from?
2. What was the situation in which I've attributed this belief?
3. How do I feel about the person that made me adopt this belief?
4. What is this belief costing me on a daily basis?
5. What will holding this belief mean for me in the long term?
6. How will my life be different if I let go of this self-belief?

Now take each restrictive and negative belief, and re-write them in the positive as a new belief.

STRING-STRENGTHENING STRATEGIES

It is essential to have a PMA! Positive Mental Attitude! Everyone, without exception, can develop a positive mental attitude.

You can only have one thought at a time. You alone control that thought. It can be either positive or negative and you decide which it is to be. You also decide how long to hold on to it.

2 Corinthians 10:5 NKJV

*'...Casting down arguments and every high thing that exalts itself against the knowledge of God, bringing **every thought** into captivity **to the obedience of Christ,**'*

Take each restrictive belief you have and find a scripture from the Word of God that confirms His thoughts towards you!

Romans 12:2 NLT

Don't copy the behaviour and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect.

We change when we apply the Word of God to our lives. We also need to understand that we have the power to change our lives.

There are two Greek words translated 'power' in the New Testament. The first is 'EXOUSIA', this refers to delegated power which is authority – that is the right to act for another. (Examples in Matt 9:8 and Matt 23:18)

The other Greek word translated power is 'DUNAMIS.' This refers to inherent power. This power is capable of reproducing itself and from this word we got the English word 'dynamo'. A dynamo converts mechanical energy into electrical energy and this returns in cycle. In the context in which Jesus used it, it is **dynamic ability to cause change.**

Luke 24:49 NLT

"And now I will send the Holy Spirit, just as my Father promised. But stay here in the city until the Holy Spirit comes and fills you with power from heaven."

Acts 1:8 AMPC

But you shall receive power (ability, efficiency, and might) when the Holy Spirit has come upon you, and you shall be My witnesses in Jerusalem and all Judea and Samaria and to the ends (the very bounds) of the earth.

This is the reason you can recreate your world! When you receive the Holy Spirit, you also receive dynamic ability to cause changes.

God has put in you every quality that you need in this world to be who He has determined you to be. Recreating your world begins in your Spirit. As the Word is spoken, it transforms your imagination into reality. Reality does not mean tangible, rather it means truth. It exists and it's there whether or not you can touch it.

PRACTICALITIES IN THE HOMECCELL

Many people are unaware that they hold limiting beliefs about themselves and those beliefs have such a powerful influence on the quality of all aspects of their lives.

As a homecell leader, you need to be sensitive and aware of the beliefs that limit and hold back - in your own life but also within the homecell. You must learn to recognise them in the members in your homecell; identify the language and behaviours associated with them and have the courage to challenge members to raise awareness, and to encourage them to take responsibility for their own restrictive beliefs and to apply the Word of God in order to change.

Many people cannot understand why they are not achieving their goals. If their aims and goals are incompatible with their underlying beliefs, there will be conflict.

"Believe that you will succeed, and you will." - Dale Carnegie

VALUES

A value can be defined as 'The moral principle or accepted standards of a person or a group'.

Values are principles or standards we believe are important or worthwhile. They form the underlying priorities that guide our decisions and behaviour. Values we consistently rank higher than others are what we call "core values." These are what define our character and remain relatively stable across contexts.

God's nature defines our moral values. He did not merely 'invent' them. Nor are they something we are 'free' to define for ourselves. A righteous or upright moral character is a reflection of God's character.

Your goals need to be congruent with your values; else you will not be successfully achieved.

3. BALANCE – THE TAIL OF THE KITE

It is God's will for us to be successful in all areas of our lives. Yes, God wants you to prosper in **everything** that you do.

3 John 1:2 NKJV

Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers.

Psalms 35: 27 NKJV

Let the Lord be magnified, which hath pleasure in the prosperity of His servant.

When talking about values, we need to look at the areas of our lives that are most important to us. We function within these different areas unconsciously, and even have goals and hold ideals for many of them, but for real success, it is important to first clarify and establish our areas of priority, and then identify the specific goals within them.

The 'Wheel of Life' is a well-known tool used to identify the main areas in a person's life and to evaluate how a person's life matches up to them.

B - [HOMEWORK / SELF STUDY]

THE WHEEL OF LIFE

Brainstorm a number of key areas in your life that are important to you. Possible areas can be career/work, personal development, friends, family, husband/wife, spiritual life, financial, physical environment (location, where and how you live), fun, recreation, rest, health, vitality, social life and emotional wellbeing etc.

Choose your top 7 areas and give each area a score out of 10; 10 being very satisfied with an aspect of your life, and if not satisfied at all, it would be 2 or 1). Identify where your life is out of balance.

SEGMENTS OF A TYPICAL WHEEL OF LIFE

1. **Spiritually*** (prayer time, fasting days, Bible study, etc.)
2. **Relationally** (family, friends, etc.)

- | | |
|------------------------|---|
| 3. Vocation | (career, marketplace calling, own business etc.) |
| 4. Ministry | (in the church, etc.) |
| 5. Economically | (bringing, giving, spending, saving, investing, etc.) |
| 6. Physically | (exercise, health, diet, etc.) |
| 7. Rest | (recreation, vacation, play, entertainment, sports, etc.) |

**Please note that as born-again believers we understand and function with God as the centre of our lives! Making 'spirituality' one of the segments above does not mean that God becomes just a part of your life. Your relationship with God form the basis of everything you do and are. It has been included as an area to help you establish goals for your spiritual life i.e. for praying, your personal Bible study etc. We walk by the Spirit but we still need to discipline ourselves.*

4. REALITY - THE WIND

The next step in the process is looking at the reality of your situation. Reality is a measure of how far you have come to date towards your goal, and how far you still need to go to reach your goal. In short, it is taking stock of where you are. The aim is to achieve the most accurate picture of this position.

After you have established a goal within a specific area of your life, you have to determine where you currently are with that goal.

Reality looks into both directions: Where you're coming from, what has worked previously, and where you are going; and what you need to consider.

Reality is dynamic; it is always changing – like the wind. By clearly understanding your reality, you will be empowered to make better decisions for moving forward.

When reality is clear, it brings the goals into sharper focus – John Whitmore

In the reality stage, ask yourself the following questions:

- What is happening in your life that tells you that this (the topic you are working on with a goal) is an issue for you?
- What is the impact of this issue for you or for others?
- What is missing that you want? Can you be precise?
- What is good that you want to keep because it is contributing to your goal?
- What are you doing right?
- What good habits do you have in this area?
- What obstacles are there now which you think might prevent or hinder you moving forward with your goal?
- In what way is/are this/these obstacles?
- What still needs to be tackled to overcome any barriers in this area?
- What skills have you got that you could use here?

- ***The wind can also be seen as resistance. To be honest, there is no challenge in a goal without some resistance! Guess what! You need resistance to fly your kite! Stop complaining about resistance and rather embrace it to fly higher!***

5. OPTIONS – THE HANDLE OF THE KITE

The option stage signifies the 'handle of the kite' and can be explained in two ways:

1. Firstly it follows on from identifying the reality to now looking at the things you could do to move you closer to your goal.
2. Secondly, it confronts us with the question 'what is in your hands?' Many times we focus on the many things we do *not* have instead of looking at that which we *do* have. Here we can look at two Biblical examples:

Elijah and the Widow of Zarephath

1 Kings 17:8-15 NKJV

*V12: So she said, "As the Lord your God lives, I do not have bread, **only** a handful of flour in a bin, and a little oil in a jar; and see, I am gathering a couple of sticks that I may go in and prepare it for myself and my son, that we may eat it, and die."*

Jesus feeds the five thousand

Matthew 14:15-21 NKJV

*V15-17: When it was evening, the disciples came to him and said, "This is a lonely place, and the day is now over; send the crowds away to go into the villages and buy food for themselves." Jesus said, "They need not go away; you give them something to eat." They said to him, "We have **only** five loaves here and two fish."*

Both events resulted in a miracle!

C - [HOMEWORK / SELF STUDY]

GATHERING THE OPTIONS

The purpose of the 'Options' stage is not to find the 'right' answer but to create a list of as many alternative courses of action as possible. It is a brainstorming exercise to gather all the ideas without any judgement or evaluation.

One of the factors that many times restrict the effectiveness of this process is the unspoken assumptions we hold. Many times we think:

- It cannot be done
- It cannot be done like that
- It's bound to cost too much
- They would never agree to that
- What ideas do you have that might move you closer to your goal?
- Can you write down 6 ideas? Let them flow, do not edit them.
- What could you do if
 - Resources were unlimited?
 - If you devoted yourself to resolving just this issue?
 - If you did not have to live with the consequences?
 - If you were not scared of anything?
 - If you totally believed in yourself?
- If you went to your boss/friend/leader what might he/she suggest?
- Don't be critical of your ideas.
- Now look at your list. What else is there? Have you missed the obvious?
- Think about your goal again, and then look more critically at your list. Choose the number of ideas or actions you want from your list of options that would move you forward.

Challenge these assumptions by asking 'What if it was possible.. or could be done.. or we had the money..'

When you are sure that you have no more ideas, just come up with one more – John Whitmore

In the options stage, ask yourself the following questions:

- What ideas do you have that might move you closer to your goal?
- Can you write down 6 ideas? Let them flow, do not edit them.
- What could you do if
 - Resources were unlimited?
 - If you devoted yourself to resolving just this issue?
 - If you did not have to live with the consequences?
 - If you were not scared of anything?
 - If you totally believed in yourself?
- If you went to your boss/friend/leader what might he/she suggest?
- Don't be critical of your ideas.
- Now look at your list. What else is there? Have you missed the obvious?
- Think about your goal again, and then look more critically at your list. Choose the number of ideas or actions you want from your list of options that would move you forward.

6. HEIGHT – TIMESCALES FOR ACHIEVING YOUR GOALS

Remember that a goal is a dream with a deadline. As part of the initial step of the process you will determine your goals and the likely timescales for achieving them. However, once you've reviewed the reality of your situation, and the options you have, it is sometimes necessary to go back and evaluate the timescales again to ensure they are realistic but still challenging.

7. BUILD IT – DEFINE SPECIFIC ACTIONS

The last step of the process is the most important step – **taking action!** It involves the construction of an action plan to move forward with the ideas you've chosen from the options stage. We need to get these ideas or actions really specific to ensure success.

For ultimate results it is important to then create a schedule for each action plan, which will focus you to prioritise. This is the area where most people get derailed and lost.

Ephesians 5:14-17 AMPC

Therefore He says, Awake, O sleeper, and arise from the dead, and Christ shall shine (make day dawn) upon you and give you light. Look carefully then how you walk! Live purposefully and worthily and accurately, not as the unwise and witless, but as wise (sensible, intelligent people), Making the very most of the time [buying up each opportunity], because the days are evil. Therefore do not be vague and thoughtless and foolish, but understanding and firmly grasping what the will of the Lord is.

Disclaimer: Some of the aspects of the KITE process set out in this course is a process adapted from the GROW model, adapted by Myles Downey and explained in his book *Effective Coaching*.

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