



LIFESHAPES

ETERNAL LIFE FELLOWSHIP MINISTRIES & GLOBAL NETWORK

LIFE SHAPES BIBLE STUDY COURSE

SUPPLEMENTAL NOTES

Apostle Dr. Michael L. Hargett, Sr. PhD

REVISED – 2022 (D)

© 2013 - 2021 ELFM - ALL RIGHTS RESERVED

LIFE SHAPES TRAINING COURSE

THE APOSTOLIC TRUST

Vision

Building people and Transforming lives!
(LifeShape Skills)

Mission

Deliverance by Evangelism, Discipleship by Education,
Development by Empowerment and Deployment by Enterprising.
(Agile Ministry)

Ethos

Whole life = Whole person
(Mind-Body-Soul)

Assignment

Worshipping God and Serving people!
(CPR) Consistent-Practical-Realistic

Five Fold Ministry Gifts (Ephesians Chapter 4)

Perfecting - Work - Edification
Unity - Knowledge - Fullness

LIFE SHAPES TRAINING COURSE

We are going to cover the ten life shapes over the next twelve weeks. They include: The Circle of repentance and faith. The Semi-Circle of work and rest, the Triangle of relationships, The Square of priorities, The Pentagon of ministries, The Hexagon of prayer, The Heptagon of life, The Octagon of mission, The Diamond for running the race of life and the Flame for the light of the world.

These are not meant to be ten balls to juggle simultaneously, or plates to keep spinning constantly, or more things to add into your already busy lives. They are meant to be reminders to live a more abundant and a more passionate life (ROMANS 12) as a disciple of Christ.

You may find yourself prompted to focus on one shape now, and then perhaps in several weeks or months or years another shape will come in to focus. Seek the Lord on this: use the shapes as visual reminders of the comprehensiveness of the life of discipleship.

The shapes' strength is their visual nature. Let's use this strength and get practical! Why not!

- Scribble the shapes on various pages in your diary, to remind you of them in the weeks to come
- Draw them on post it notes and stick them around your home
- Learn to see the shapes in the world around you, and use them as prompts as you go about your life
- Think of other creative ways to benefit from their visual aspect

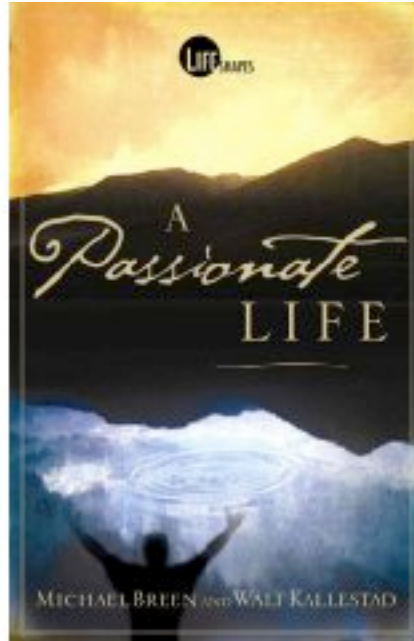
What about you? How do you think you can use the shapes on an ongoing basis in your life? Add your thoughts as comments to this post, so we can all benefit.

The Life Shapes are simple enough to be shared with others on the back of a napkin (or beer mat!). So why not teach the concepts to others – perhaps starting with your small group, prayer partner, or family? As we have seen throughout the shapes, discipleship is a communal as well as individual activity. We need people with whom we can discuss our walk with Jesus, our challenges, our Kairos moments, our looking for persons of peace, and so on: the “in” dimension of the triangle. At ELFM we will use the Life Shapes together on an ongoing basis to think about our spiritual growth and development.

LIFE SHAPES TRAINING COURSE

A Passionate Life - Mike Breen

If you are interested in getting ‘the Life Shapes book’, it is called *A Passionate Life* and is (at the time of writing) available from Amazon.com or we can place an order from the church.

[illegible]

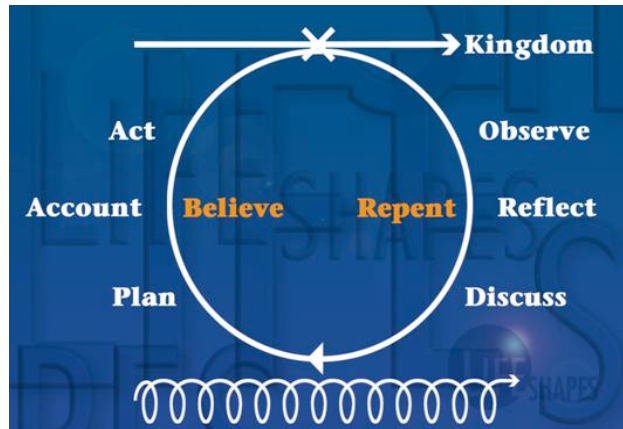
LIFE SHAPES TRAINING COURSE

THE CIRCLE

CHOOSING TO LEARN FROM LIFE

Identifying the events in our lives that affect our emotions and actions and that represent opportunity for learning and growth. “We must repent and believe in God’s grace and mercy...”

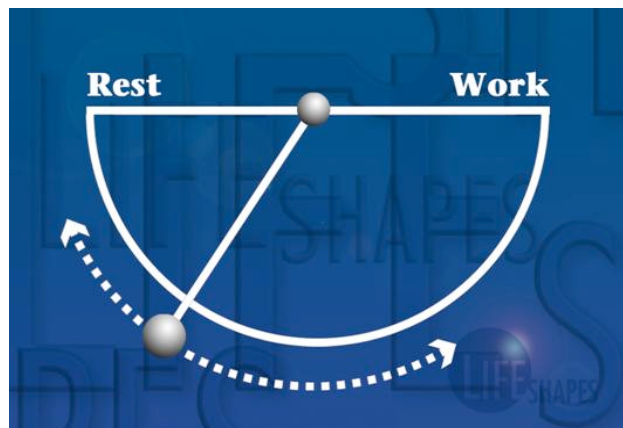
**MARK 1: 14 – 15; MATTHEW 6:25; 7:3; MATTHEW 7:24-27;
JAMES 2:14, 26; and JAMES 5:16**



THE SEMI CIRCLE LIVING IN RHYTHM WITH LIFE

A process that helps us identify rhythms and patterns of work, rest, fruitfulness and abiding in our lives. Recognizing these patterns will prevent us from becoming overstretched. God designed man to rest and then work not to work for rest...

**GENESIS 1:26-31; GENESIS 2:2, 15; GENESIS 3:8-9
JOHN 15:1-8 and MARK 6:30-32**



LIFE SHAPES TRAINING COURSE

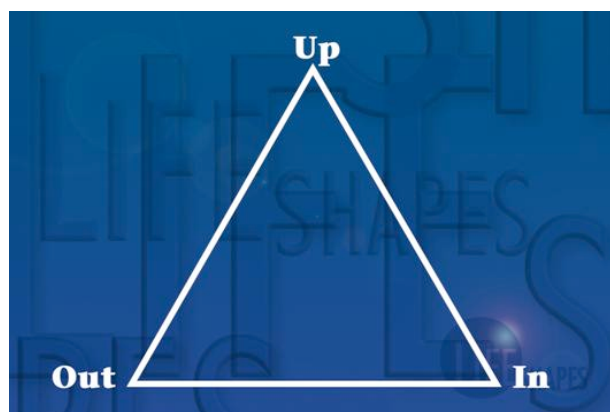
THE TRIANGLE BALANCING THE RELATIONSHIPS OF LIFE

Three areas of life that Jesus modeled to maintain a balanced lifestyle:

- Up—developing intimacy with Him
- In—building the Church community
- Out—reaching the unsaved

“ELFM is a church that shall be three dimensional in ministry...”

**MICAH 6-8; LUKE 6:12-20; LEVITICUS 26:12; EPHESIANS 2:12-13
LUKE 22:24; JOHN 13:35 and MATTHEW 9:35-38**

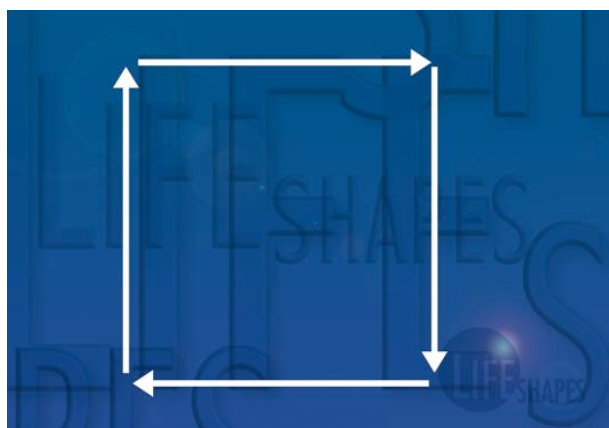


THE SQUARE DEFINING THE PRIORITIES OF LIFE

Four stages of team development modeled by Jesus. These are the stages that result in any team striving to reach maturity, fruitfulness and multiplication.

“Jesus’ leadership traits: Directive – Coach – Friendship – Delegation...”

**MARK 10:35-37, 41-45; MARK 1:15-20; LUKE 12:32-34
JOHN 15:12-17 and MATTHEW 28:18-20**



LIFE SHAPES TRAINING COURSE

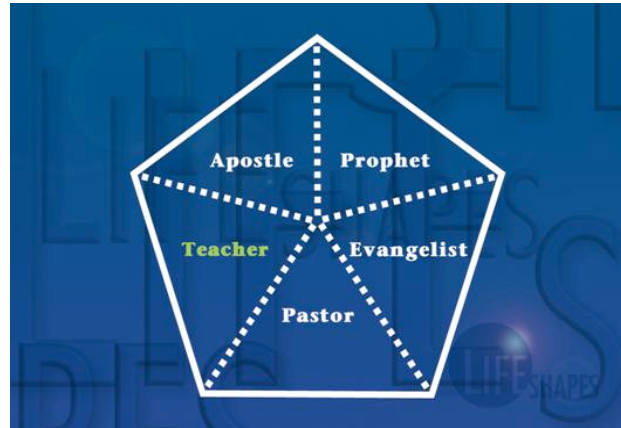
THE PENTAGON KNOWING YOUR ROLE IN LIFE

Five key roles (apostle, prophet, teacher, evangelist, pastor) that each of us are designed to fill.

Put together, they make up the church identified in Ephesians.

“The Five Fold Ministry is not a ranking system but rather each makes up the body of Christ
Each of these roles of the church is given to all of us in the body of Christ...”

**EPHESIANS 4:7, 11-13; 1 CORINTHIANS 12:1-11; ROMANS 12:6-8
PETER 4:10-11**



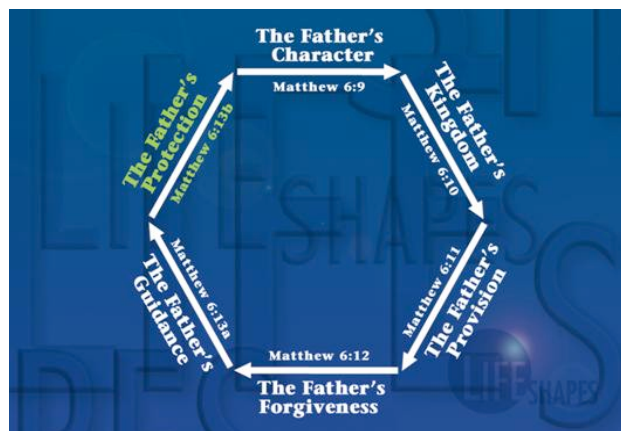
THE HEXAGON PRAYING AS A WAY OF LIFE

Six petitions of prayer modeled by Jesus in Matthew 6:9-13. Learning to apply this prayer to your daily requests will strengthen and renew the prayer life of your church.

“Following the principle from Gospel records, Jesus was in the habit of praying.

ELFM Prays six times a day 6 AM – 9 AM – 12 Noon – 3 PM – 6 PM and 9 PM...”

**MATTHEW 6:9-13; JOHN 12:27-28; PROVERBS 30:7-9
JOHN 17: 3-15**



LIFE SHAPES TRAINING COURSE

THE HEPTAGON

PRACTICING THE PRINCIPLES OF A VITAL LIFE

Seven principles of growth that apply to all living things, including God's people. The anagram

"MRS. GREN" can help you learn how to grow a healthy church.

To be alive one must have Movement, Respiration, Sensitivity, Growth, Reproduction, Excretion, Nutrition. Are you alive in Christ?

**1 PETER 2:4-5; 1 TIMOTHY 4:2; PHILIPPIANS 1:8; 1 CORINTHIANS 3:6-9
JOHN 13:1-10 and PSALM 71:18**



THE OCTAGON

LIVING A MISSION-MINDED LIFE

Eight evangelistic strategies for a comprehensive outreach approach. This model will help you discover the Person of Peace and how to process works from God's perspective.

“As we follow Christ’s leading into ministry and mission we should seek out a Person of Peace.

The Person of Peace is the one the Holy Spirit has prepared for us...”

LUKE 10:5-6; JOHN 4:34-38; MATTHEW 10:5-14 and LUKE 10:16



LIFE SHAPES TRAINING COURSE

THE DIAMOND FINISHING THE RACE OF LIFE

The need for endurance in the Christian life is crucial. Whether we are aware or not, a continual warfare is taking place in the heavens. Being a soldier is not enough to win the war. We must actively "fight a good fight!" All the weaponry in the world will do us no good unless we actively resist the onslaughts and attacks of the enemy.

1 TIMOTHY 6:12; 2 TIMOTHY 4:7; 1 CORINTHIANS 9:24-27; EPHESIANS 6:12



THE FLAME LIGHT OF THE WORLD

This model will help you discover the light inside of you which will always shine brightest during the darkest of times. People are drawn to hear you because of the light and because you are the salt of the earth and can add flavor and value to any situation. The good works of God's people and followers of Christ are to shine for all to see.

MATTHEW 5: 3-12 and 13 – 16, PSALM 34:8, MARK 9:50



LIFE SHAPES TRAINING COURSE

The Life Shape Circle: Choosing to Learn from Life

Session Objectives

LEARN: What a “Kairos” moment is and how to recognize one.

EXPLORE: The concept of repentance and how to truly change through it.

DISCOVER: How to put *faith* into action.

FORM: Plans to apply the Circle to individual Kairos moments.

Key Words

- Chronos
- Kairos
- Repent
- Believe (Faith)
- Observe
- Reflect
- Discuss
- Plant
- Accountability
- Action

Scriptural Basis

- | | |
|---------------------|---------------------|
| • Romans Chapter 12 | • Romans 8:5-10 |
| • Mark 1:14-15 | • Galatians 5:24-25 |
| • Matthew 6:25-26 | • 1 John 2:1-3 |
| • James 2:14 and 26 | • Hebrews 3:12-14 |
| • Ephesians 2:1-3 | • Hebrews 10:26-27 |
| • 1 Peter 1:22-23 | • 1 John 3:1-10 |
| • 1 Peter 1:3-9 | |

LIFE SHAPES TRAINING COURSE

The Life Shape Circle: Choosing to Learn from Life

“Life Shapes” provides a simple and memorable way to understand key discipleship principles.

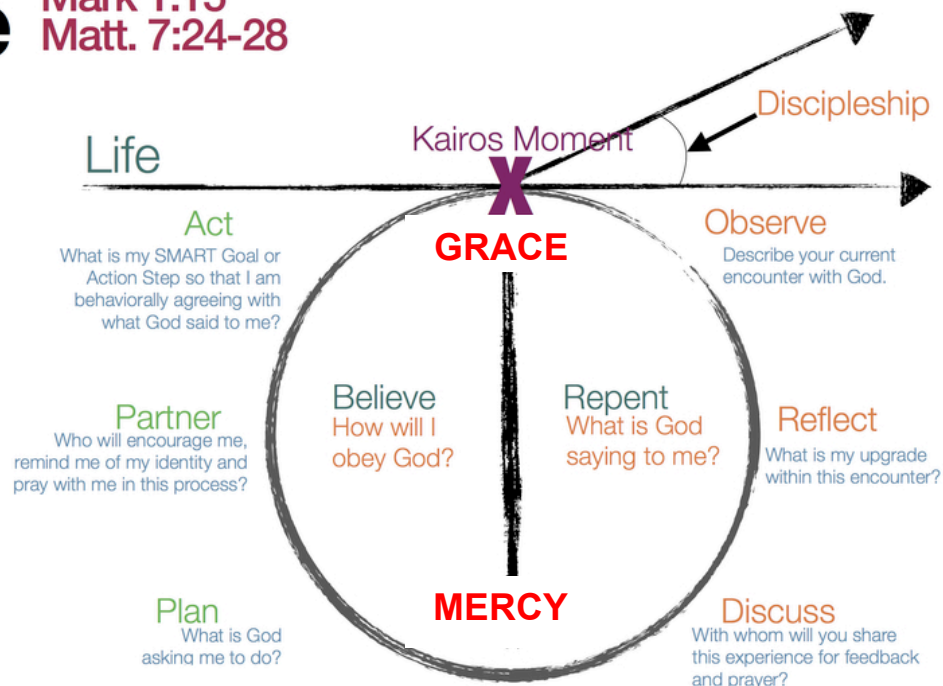
The first is the learning circle, which helps us identify the significant events of our lives in a way that enables us to move deeper into God’s will. To put it another way, it helps us discern when God is speaking to us through the events of life, and to do something about it. *The time has come; the kingdom of God is near. Repent and believe the good news.* –Mark 1:15

The key thing is to look for a “Kairos Moment”: a significant event (positive or negative, never neutral; leave an impact on you; signaling an opportunity to grow spiritually and emotionally) and then (prayerfully) enter into the circle of learning (3 steps to repentance (=changing one’s mind) and 3 steps to faith (=doing something about it).

The circle is below. Learn it, use it and start becoming aware of those Kairos moments!

The Learning Circle

Mark 1:15
Matt. 7:24-28



The learning circle is a LifeShape designed by Mike Breen and 3DM Ministries.

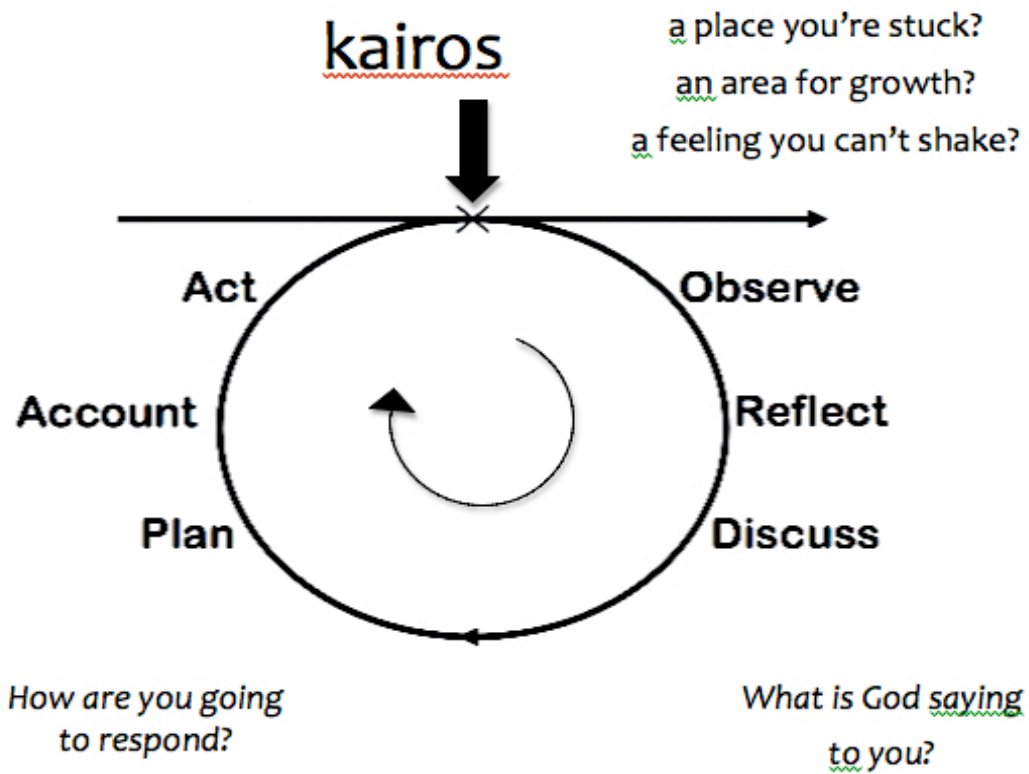
LIFE SHAPES TRAINING COURSE

Circle of Learning

The steps are below: ORD/PAA – “Old Robbie’s Dad Prefers American Airlines” or “Oh, Repent, Digits, Priests and Archbishops!”

- **OBSERVE** – what happened, and how did you react/feel?
- **REFLECT** – on your observations. Why did you feel the way you did? What does that say about you? Is there a pattern?
- **DISCUSS** – seek the wisdom of others. Do your observations and reflections make sense? Do you discern an opportunity for growth?
- **PLAN** – figure out a practical way to grow.
- **ACCOUNTABILITY** – tell somebody about your plan and ask them to follow up with you on it. How successful will a diet be if you tell no-one? Or a new regime at the gym if you don’t tell people close to you?
- **ACTION** – do it!

An example Kairos moment could be, say, a mounting credit card bill. Then the circle might go (O) what I am buying each month? Do I need all this stuff? Has this been going on long? (R) What does this say about my sense of identity? Why do I feel the need to buy this stuff? (D) “Hi Joe, I’m feeling that money has a bit of a hold over me – can I get your thoughts?” (P) Need to cancel all but one card and limit myself to \$200 per month spend (A) “hey Joe, can you ask me whether I am under my \$200 limit every month?” (A) Cut up the credit cards!



LIFE SHAPES TRAINING COURSE

The Learning Circle and the Seven Realities of Experiencing God...

When experiencing God in your life's situation, you may notice the seven realities.

1. God is always at work around me.
2. God pursues a love relationship with me that is real and personal.
3. God invites me to be involved with Him in His work.
4. God speaks by the power of the Holy Spirit through the Bible, prayer, circumstances, and the church to reveal Himself, His purposes, and His ways.
5. God's invitation for me to work with Him always leads me to a crisis of belief, which requires faith and action.
6. I must make major adjustments in your life to join God in what He is doing.
7. I come to know God by experience as I obey Him, and He accomplishes His work through me.

Draw a blank learning circle. Try placing the seven realities where they belong on the learning circle.

LIFE SHAPES TRAINING COURSE

The Life Shape Semi-Circle: Living in Rhythm with Life

Session Objectives

LEARN: About true relationships as designed by God between *work* and *rest*.

EXPLORE: The idea of abiding in Christ to produce greater fruitfulness and purpose to life.

DISCOVER: The value of times of resting and pruning.

FORM: Plan to apply the Semi-Circle to our everyday lives.

Key Words

- Human Beings
- Human Doings
- Rest
- Work
- Abiding
- Fruitfulness
- Pruning
- Growing
- Days
- Weeks
- Months
- Seasons
- Sabbath

Scriptural Basis

- Romans Chapter 12
- Genesis 1:22, 28
- Genesis 2:2
- Genesis 3:8-9
- Ecclesiastes 3:1-8
- John 15:1-8
- Mark 1:12-13; 1:35-39; 6:30-32

LIFE SHAPES TRAINING COURSE

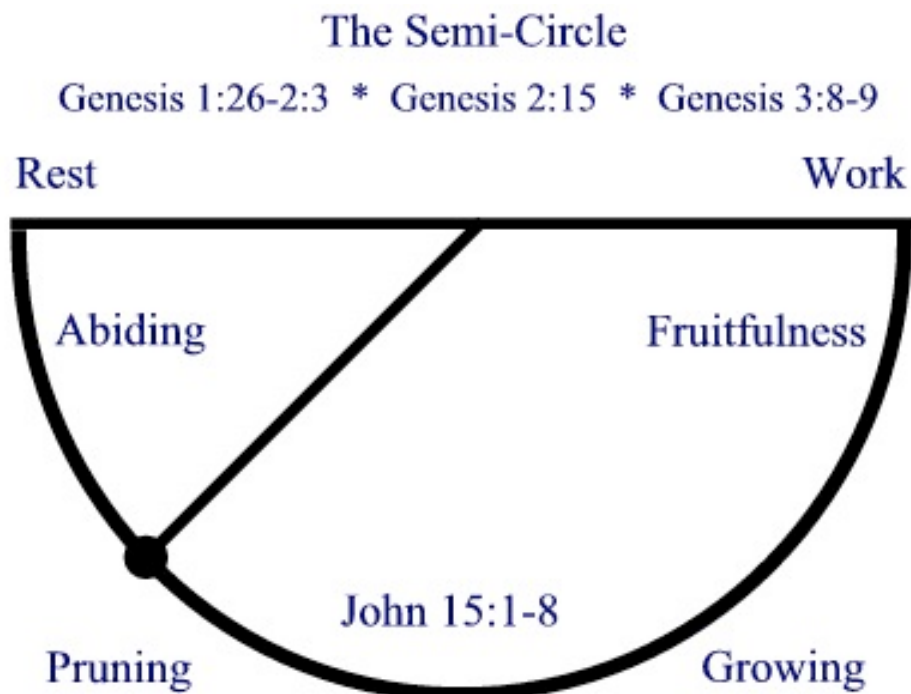
The Life Shape Semi-Circle: Living in Rhythm with Life

We live in a culture of overwork. We are generally over-committed and under-connected. We don't need more commitments, but we do need to be committed to the right things.

Work is good (Genesis: "be fruitful and multiply"), the day after God created humans, he took a rest, so for us, we "work from our rest" and don't "rest from our work". Rest is so important it made the 10 commandments, on a par with not murdering or stealing!

John 15:1-8 says *"I am the true vine, and my Father is the gardener. He cuts off every branch in me that bears no fruit, while every branch that does bear fruit, he prunes so that it will be even more fruitful ... Remain in me, and I will remain in you. No branch can bear fruit by itself; it must remain in the vine. Neither can you bear fruit unless you remain in me. I am the vine; you are the branches. If a man remains in me and I in him, he will bear much fruit; apart from me you can do nothing. If anyone does not remain in me, he is like a branch that is thrown away and withers; such branches are picked up, thrown into the fire and burned. If you remain in me and my words remain in you, ask whatever you wish, and it will be given you. This is to my Father's glory, that you bear much fruit, showing yourselves to be my disciples."*

So the Semi-Circle is the pendulum that swings from rest to work and back:



LIFE SHAPES TRAINING COURSE

Semi-Circle of Abiding and Fruitfulness

We see this pattern in Jesus's life, with him often going off to be alone with the Father or taking the disciples away for rest. He started his ministry with a time of abiding (desert experience) – we tend to launch straight in and rest when we burn out!

The rhythm is:

- **Abiding** – resting, being in the Father’s presence, *being* not *doing*.
- **Growing** – not the end of itself, but an essential part of being healthy.
- **Fruitfulness** – productivity, one important aspect of which is (for the Christian) making disciples of others.
- **Pruning** – prayerfully reducing our commitments, creating new space, cutting back stuff which has had its time, or which needs to lie fallow for a while.

Without pruning and abiding we cannot expect much growth or fruitfulness. Our culture is strongly resistant to this shape and wants all work and no rest, but God's pattern shows that true fruitfulness only comes in the rhythm of life expressed in the Semi-Circle.

There it is. Remember it and figure out how you can live in the Semi-Circle on a daily, weekly and monthly/seasonal basis!

As usual, comments and thoughts welcome below. Any practical ideas about how this might work out in your own lives would be valuable as it might give others some inspiration and ideas.

[illegible]

LIFE SHAPES TRAINING COURSE

The Life Shape Triangle: Balancing Relationships of Life

Session Objectives

LEARN: The importance of balanced relationships.

EXPLORE: What it means to a relationship with God and others.

DISCOVER: Why God wants us to have relationships with him and others.

FORM: Plans to apply the Triangle to our everyday lives.

Key Words

- Relationships
- Balance
- Up
- In
- Out

Scriptural Basis

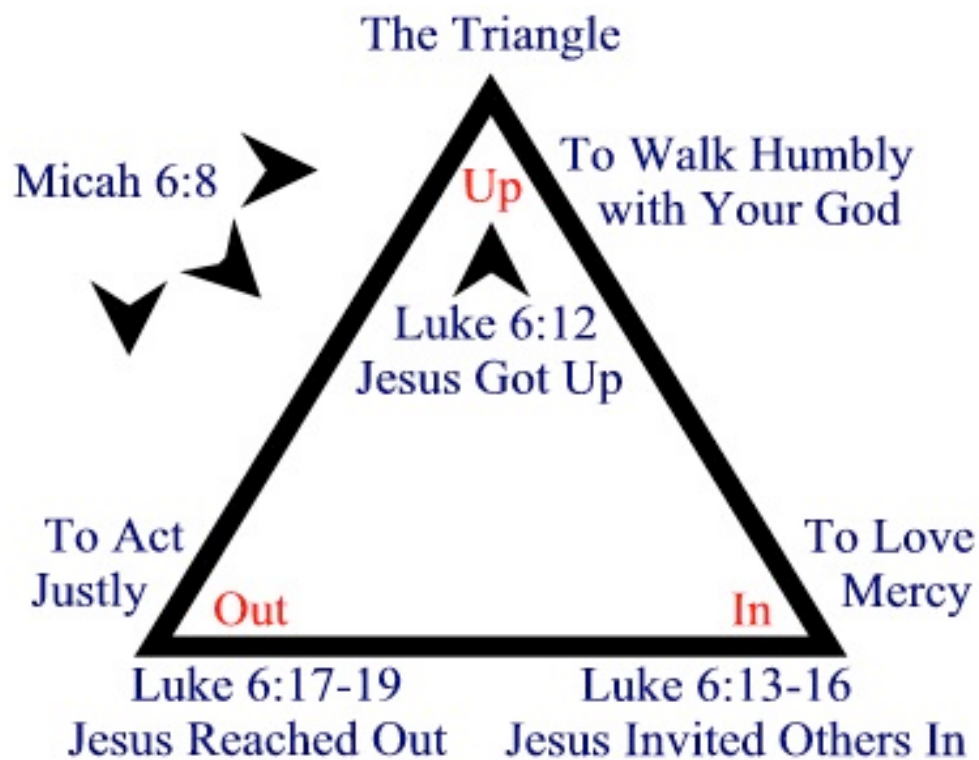
- Romans Chapter 12
- Micah 6:8
- Leviticus 26:12
- Ephesians 2:12-13
- Matthew 9:35-38
- Luke 6:12-20
- Luke 22:24
- John 13:35
- Matthew 9:35-38

LIFE SHAPES TRAINING COURSE

The Triangle of Relationships

Often we (as individuals or as groups/churches) can get out of balance, neglecting God, Christian community or service. Either we are all Up & In (holy huddle), or Up & Out (lone ranger) or In & Out (busy in church and in serving, but forgetting to spend time with God).

Up – Out – In. That's the triangle. So simple it seems obvious. But just because it's obvious it doesn't mean we're not out of balance!



LIFE SHAPES TRAINING COURSE

The Life Shape Square: Defining the Priorities of Life

Session Objectives

LEARN: That everyone is a disciple and a leader.

EXPLORE: The challenges of leading and teaching as Jesus did.

DISCOVER: The confidence that comes from learning and leading effectively.

FORM: Plans to apply the Square to our everyday lives.

Key Words

- Leader
- Disciple
- Leadership Styles
- Learning Stages
- Servant Leadership

Scriptural Basis

- Romans Chapter 12
- Mark 10:35-37 & 41-45
- Mark 1:15-20
- Luke 12:32-34
- John 15:12-17
- Matthew 28:18-20

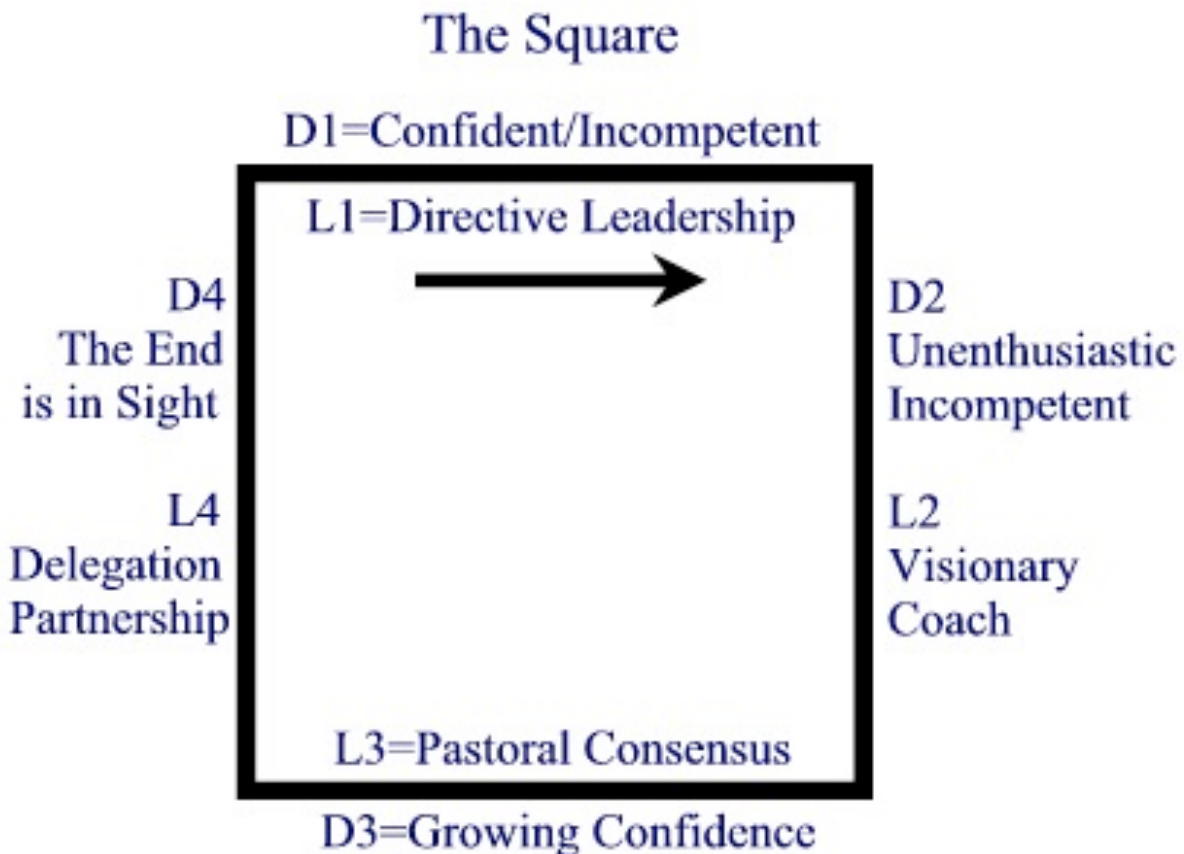
LIFE SHAPES TRAINING COURSE

The Life Shape Square: Defining the Priorities of Life

This week we will cover the Life Shape Square. The lesson of the square has been growing on me as I have mused over it of late, so I encourage you to do the same. It sheds a lot of light on how to lead others, and how to grow as others lead us.

“Servant leadership” is a bit of a buzzword but when we look at how Jesus modeled servant leadership it might raise some eyebrows. He was willing to wash his disciples’ feet, and also to step into line of fire to protect his followers. He was also prepared to be directive (“do what I say”); to lead with vision, clarity and courage; to rebuke even his closest disciples strongly (“get behind me Satan”); and to make himself a whip and overturn the traders in the temple courtyard. Jesus took some pretty raw material – a rag-tag bunch of fisherman and so forth – and through his leading (and the power of the Holy Spirit), turned them into the group that would turn the world upside down after His death and resurrection.

Here is the square. Four phases of discipleship (D1/D2/D3/D4) and four corresponding styles of leadership (L1/L2/L3/L4). Remember that disciple means learner, and this applies to Christian discipleship but also in any learning/leading situation.



LIFE SHAPES TRAINING COURSE

The Life Shape Square of Discipleship & Leadership

The phases in more detail:

D1 – Enthusiastic/Incompetent

L1 – Directive (high direction, example; low consensus, explanation)

Like a child with first bike, the disciple is very excited but incompetent. The leader needs to provide strong vision and guidance (you wouldn't ask the kid how they think they should right the bike, but instead tell them what to do). Jesus calls his disciples with a stark "follow me" (Mark 1:17).

D2 – Unenthusiastic/Incompetent

L2 – Visionary/Coach (high direction, discussion, example, accessibility)

Disciples get some initial experience of ministry but start to encounter resistance, persecution, difficulty, failure. Doubt and discouragement appear: why am I doing this? The kid has fallen off the bike and is thinking that the tricycle wasn't so bad after all! The risk is that the disciple doesn't go through this phase to its conclusion but gets stuck oscillating between D1 (enthusiasm) and D2 (despair). The leader needs to clear their diaries, get down in the pit with the team, and provide grace and vision. "Do not be afraid, little flock..." (Luke 12:32-34). The leader has to help the disciple realize that God is in charge (grace) and that the difficulties are only to be expected but are worth battling through (vision). Engaging their reality rather than engaging their enthusiasm!

D3 – Growing confidence (conscious competence)

L3 – Pastoral/Consensus (lower direction, higher consensus, high discussion, accessibility)

This is when the kid starts to ride the bike cautiously but actually reasonably well! In this stage the disciple starts to implement the lessons learned in D2 and start to grow in confidence and enthusiasm, built on experience. The leadership style is a consensus-orientated, pastoral and based on friendship. "I no longer call you servants but friends, because servants do not know their master's business... go and bear fruit" (Jn15:12-17).

LIFE SHAPES TRAINING COURSE

Many of us are trained to start in this democratic-style leadership mode, which is fatal (not enough vision shared to create a shared goal, and disciples have not enough experience to meaningfully contribute). Also, this phase (D3/L3) can be comfortable and the danger is we stay there and lose vitality. But Jesus pushes the disciples fairly quickly towards D4 but explaining that soon he will be leaving them.

D4 – The end is in sight (unconscious competence)

L4 – Delegation (low direction, example, high consensus, explanation)

At this stage the disciples are high experience, high enthusiasm, high confidence, and high competence. Confidence is in God not themselves: no longer self-reliant but trusting in God. The kid hardly knows he riding the bike – it comes almost without thinking now! This is where the leader begins to disengage to allow the disciple to become a leader. Jesus is with them (in his resurrection body) but only intermittently. At this point Jesus says “Go and make disciples... I am with you always” (Matt 28:18-20) and leaves them.

L4 is about delegating responsibility. But delegation (D4) only comes after the preparation of D1/D2/D3. Often we try to delegate too early, before the learner has enough experience and wisdom.

A “Kairos moment” (for either the disciple or the leader) may well signify the transition from one phase to another.

The leadership stages can perhaps be summarized as:

- **L1: DIRECTIVE (I DO -YOU WATCH)**
- **L2: COACHING (I DO - YOU HELP)**
- **L3: PASTORAL (YOU DO - I HELP)**
- **L4: DELEGATING (YOU DO - I WATCH)**

The square is important because we need to go through this whenever we tackle a new thing, or whenever we are in a position of leadership with someone (an employee, a child, a team, a new Christian, a small group, a seeker, ...) If a learner does not go around all sides of the square they will stagnate. The square reminds us to serve them by offering the appropriate leadership style at each time.

LIFE SHAPES TRAINING COURSE

The Life Shape Pentagon: Five Fold Ministry

Session Objectives

LEARN: God pours his grace in all believers.

EXPLORE: The fivefold ministry roles of the Pentagon and which roles fit them.

DISCOVER: The overlapping relationship between the five gifts (roles).

FORM: Plans to apply the Pentagon to our everyday lives.

Key Words

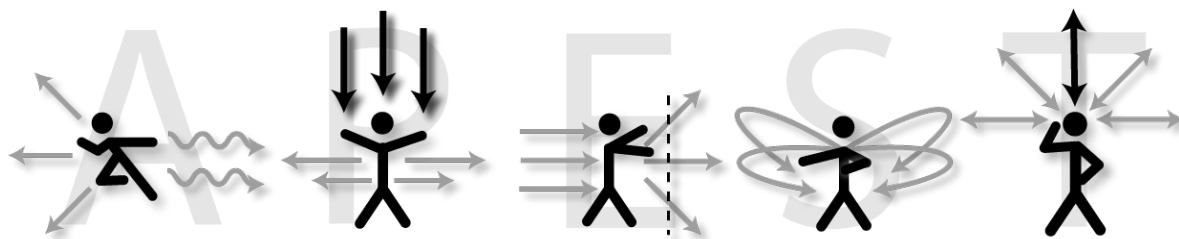
- Pioneer
- Settler
- Apostle
- Pastor
- Prophet
- Teacher
- Evangelist
- Base Ministry
- Phase Ministry

Scriptural Basis

- Romans Chapter 12
- Ephesians 4:7
- Ephesians 4:11-13
- 1 Corinthians 12:1-11
- Romans 12:6-8
- 1 Peter 4:10-11

LIFE SHAPES TRAINING COURSE

THE PENTAGON & APEST DESCRIPTIONS



APOSTLES extend the gospel. As the “sent ones,” they ensure that the faith is transmitted from one context to another and from one generation to the next. They are always thinking about the future, bridging barriers, establishing the church in new contexts, developing leaders, networking trans-locally. Yes, if you focus solely on initiating new ideas and rapid expansion, you can leave people and organizations wounded. The shepherding and teaching functions are needed to ensure people are cared for rather than simply used.

PROPHETS know God's will. They are particularly attuned to God and his truth for today. They bring correction and challenge the dominant assumptions we inherit from the culture. They insist that the community obey what God has commanded. They question the status quo. Without the other types of leaders in place, prophets can become belligerent activists or, paradoxically, disengage from the imperfection of reality and become other-worldly.

EVANGELISTS recruit. These infectious communicators of the gospel message recruit others to the cause. They call for a personal response to God's redemption in Christ, and also draw believers to engage the wider mission, growing the church. Evangelists can be so focused on reaching those outside the church that maturing and strengthening those inside is neglected.

SHEPHERDS (PASTORS) Nurture and protect. Caregivers of the community, they focus on the protection and spiritual maturity of God's flock, cultivating a loving and spiritually mature network of relationships, making and developing disciples. Shepherds can value stability to the detriment of the mission. They may also foster an unhealthy dependence between the church and themselves.

TEACHERS understand and explain. Communicators of God's truth and wisdom, they help others remain biblically grounded to better discern God's will, guiding others toward wisdom, helping the community remain faithful to Christ's word, and constructing a transferable doctrine. Without the input of the other functions, teachers can fall into dogmatism or dry intellectualism. They may fail to see the personal or mission aspects of the church's ministry.

LIFE SHAPES TRAINING COURSE

Knowing your Role in Life

Life Shape Pentagon

I love the Pentagon! I believe it is one of the keys to the renewal of the church and to increased spiritual vitality, mission impact, pastoral sensitivity, Christian discipleship and numeric growth. Big claims for a simple shape! There is plenty of further reading available that I can recommend and that has lead me to that conclusion, but let's just cover the basics right now!

The Pentagon is about the five ministries that Paul mentions in Ephesians 4:7-16 (a letter destined to many churches, and not just a specific one, making it easy to broadly apply the principles within). Traditionally these ministry gifts were seen as for church leaders only, but many recent interpretations disagree. "For to each of us grace has been given..." The letter is not about leadership; it is about the church body. So we all occupy one side of the pentagon as our "base ministry" with which we are primarily called to serve the church body. *We are all called to use our ministry gifts to build the church so that the body of Christ may be built up and attain maturity.*



LIFE SHAPES TRAINING COURSE

Life Shape Pentagon

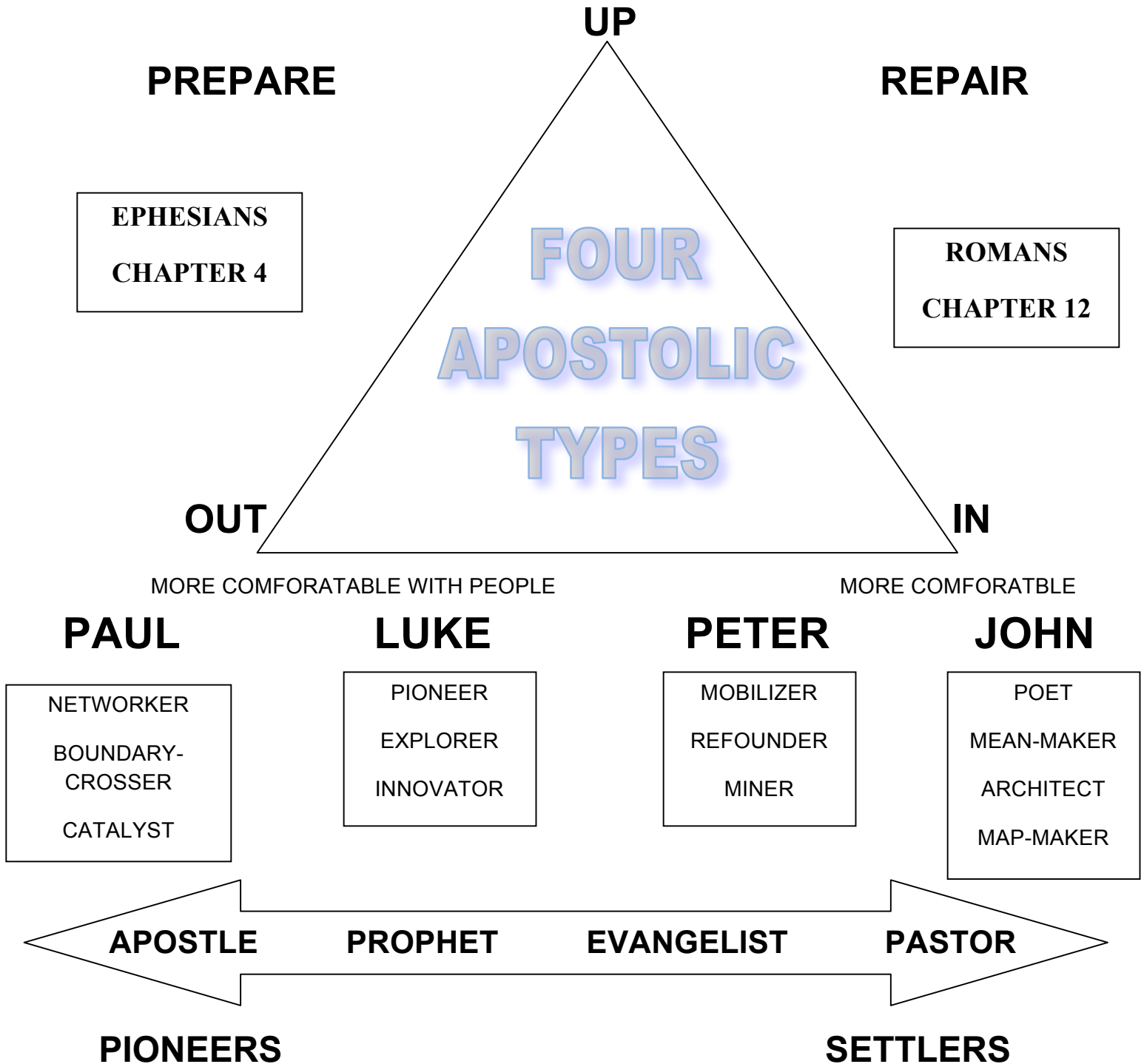
Role	Definition	Character Types	Organizational Equivalent
APOSTLE	One who is Sent.	Pioneer, Strategist, Innovator, Visionary	Entrepreneur – Groundbreaker and strategist who initiates and catalyzes and social movements
PROPHET	One who hears and speaks knowledge. Provide God's prospective.	Disturber, Agitator, Dreamer	Questioner – Disturbs the status quo and challenges an organization to move in new directions.
EVANGELIST	One who recruits and introduces. Gifted communicators	Passionate, Communicator, Message promoter	Communicator/Sale's Person – Takes the Organization's message to those outside and sells it.
PASTOR	One who cares and Shepard's.	Care giver, social, cement, settler	Humanizer – Provides the organization glue by caring for the flock.
TEACHER	One who explains the details.	Translator of Philosophy. Organizer of ideas	Systematize – Organizes the various parts into a working unit and articulates it to others.

Ephesians 4:11-13

He gave some, apostles; and some, prophets; and some, evangelists; and some, pastors and teachers For the perfecting of the saints, for the work of the ministry, for the edifying of the body of Christ: until we all attain to the unity of the faith and of the knowledge of the Son of God.

LIFE SHAPES TRAINING COURSE

Life Shape Pentagon



LIFE SHAPES TRAINING COURSE

The Pentagon of Ministries

The 5 ministry types provide different strengths:

- **Apostle – A sent one.** Vision-keeper for the extension of the church's mission, an entrepreneur/starter. Bring strategic skills, risk taking, and get things off the ground (church planting?).
- **Prophet – Providing a God's eye view/God speaking.** Provides the church community with challenge and a call to covenant faithfulness. Strong on advocacy, justice, prayer.
- **Evangelist – Gifted communicators** of the good news to unbelievers. Drives growth, ensures the call to salvation is made.
- **Shepherd/Pastor – Comforters/encouragers.**
 - Provide stability, a sense of connectedness, loving community, discipleship.
- **Teacher – Explainers of truth.** Providers of depth, discernment and focused on maturity.

These ministries need to be balanced to avoid their weak points becoming damaging or distorting to the expression of faith:

- *If Apostles Dominate* – risk of **“TIRING MINISTRY”**, wounding people due to autocratic style/future-orientation, too much challenge
- *If Prophets Dominate* – risk of **“ONE-DIMENSIONAL MINISTRY”**, with a ‘hobby horse feel’ and being either overly driven or other worldly
- *If Evangelists Dominate* – risk of **“SHALLOW MINISTRY”**, simplistic faith that does not deepen into real discipleship
- *If Shepherds/Pastors Dominate* – risk of **“SAFE MINISTRY”**, inward-focus, not enough challenge
- *If Teachers Dominate* – risk of **“DRY MINISTRY”**, intellectualism, dogmatism, and legalistic.

Following the Christendom era, it is probably safe to say that the church is currently weighted towards the “settler” Shepherding and Teaching ministries at the expense of the more pioneering (Apostles, Prophets, Evangelists) types. We all probably have one (or two) “base” ministries that align with our personality type. We also will have “phase ministries” where we operate with another ministry focus for a while... but probably we will be most used, and most useful, in our base ministry.

So what is your base? Are you seeking to grow in this gift and use it to build up the body of Christ? I suppose we could ask the following kinds of (illustrative) questions: *Apostles – are you pushing forward the boundaries of the gospel? Prophets – are you listening to God and providing the constructive Godly critique the church needs? Evangelists – are you out in non-Christian circles looking for the opportunities to share the good news? Pastors – are you investing in people's growth and support? Teachers – are you helping others to grow in their understanding of the good news?* Of course, as Jesus performed all roles, we are called to grow in all areas too, but if we understand our primary calling we can be released to being the people we were actually made to be.

LIFE SHAPES TRAINING COURSE

The Life Shape HEXAGON: Praying as a Way of Life

Session Objectives

LEARN: The six simple phrases of the Lord's Prayer.

EXPLORE: What these phrases teach us about the character of God.

DISCOVER: Connections between the Lord's Prayer and our everyday real life.

FORM: A plan to pray six times a day based on the Lord's Prayer every day.

Key Words

- Character
- Kingdom
- Provision
- Forgiveness
- Guidance
- Protection

Scriptural Basis

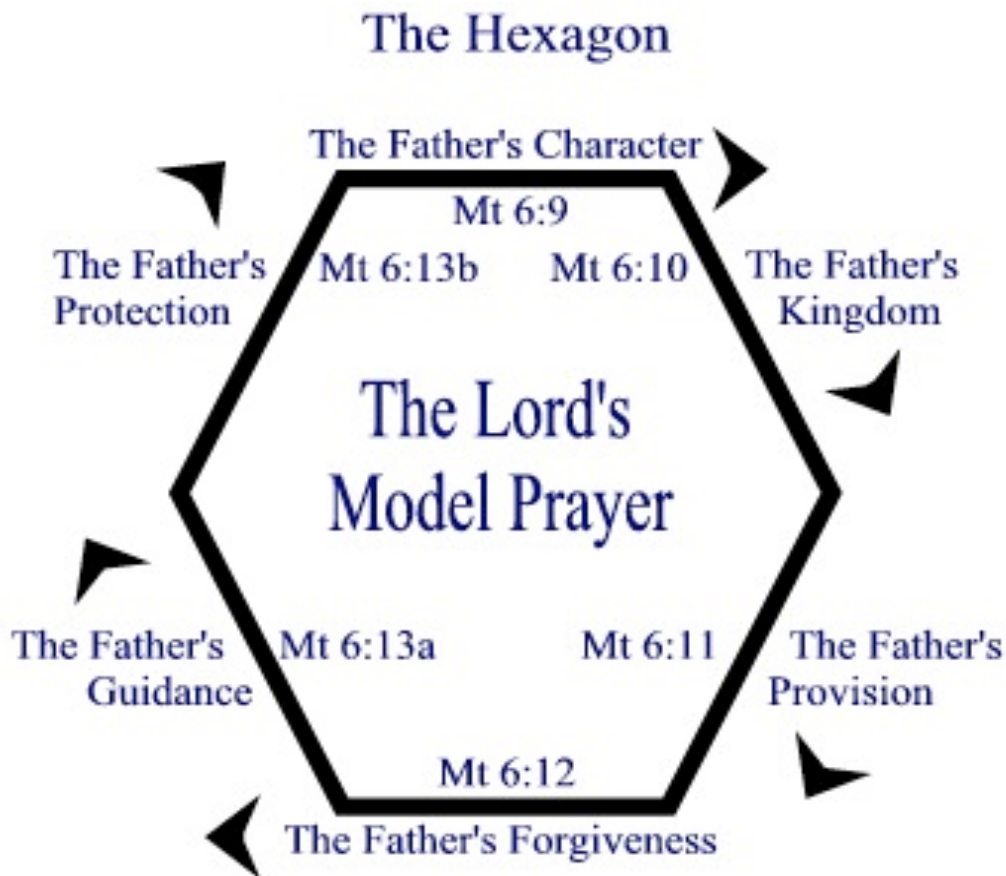
- Romans Chapter 12
- Matthew 6:9-13
- Isaiah 43:6-7
- John 12:27-28
- Proverbs 30:7-9
- John 17:3-15

LIFE SHAPES TRAINING COURSE

The Life Shape HEXAGON: Praying as a Way of Life

The Hexagon is simply a reminder of the way Jesus told us to pray. When the disciples asked Jesus how to pray, he said “pray this way”. He didn’t say “here’s one approach you might like to try”. So we should take it very seriously.

Read Matt 6:9-13 again. It wasn’t wordy, extensive, or technique-filled. It certainly wasn’t a set form of words to use every time. It was simple, profound, multi-dimensional and rich; a framework that guides us beyond our habitual prayers into prayers of adoration, confession, intercession, petition, guidance and warfare. Here is the hexagon, that six-fold framework spelt out:



LIFE SHAPES TRAINING COURSE

The Hexagon of Prayer

It is praying about one thing: our Father in heaven. It is praying about three things: up, in and out. It is praying in a variety of styles: adoration, contemplation, intercession, even warfare...

A quick overview of what each of the six sides might hold. It is no doubt just scratching the surface:

The Father's Character (Our Father in heaven, hallowed be your name): Contemplating and praising God for who He is. Remembering that God is our father and we can come to him personally and in trust. Reminding ourselves that it's all about Him and the praise of His glory. Meditation and adoration.

The Father's Kingdom (your kingdom come, your will be done earth on as it is in heaven): Praying for God's rule to break in to the world: for justice, peace, love, reconciliation, the spread of the gospel. For God to rule in our own lives. Remembering it's about the extension of his rule and not our personal wants. Intercession.

The Father's Provision (Give us today our daily bread): Remembering our needs for the day and asking God to provide. Remembering he is our provider and repenting of our tendency to grab things for ourselves. Petition.

The Father's Forgiveness (Forgive us our debts, as we also have forgiven our debtors): Restoring our relationships with God and with each other. Avoiding the bitterness that grows through our unforgiveness. Thanking God for his grace and mercy and praying that we would show the same to the people around us. Penitence.

The Father's Guidance (And lead us not into temptation): As we prepare to move out to serve Jesus in the wider world, praying for guidance, and for strength in avoiding sinful behavior. Listening to God fits in here. Contemplation and spiritual warfare, since it reminds us that there is an evil one, the devil, who is trying to "take us down" and get us off track by tempting us into sin.

Which brings us to...

The Father's Protection (but deliver us from the evil one): Remembering that God is our security and protection and praying for courage to live out our faith wholeheartedly despite possible persecution, attack or risk.

LIFE SHAPES TRAINING COURSE

There are many ways to use the hexagon creatively. Remember that Jesus never advocated long and wordy prayers so don't be afraid of a short focused prayer!

- Focus on praying through one side each day. You can do the whole hexagon in a week and have Sunday spare!
- Pray around each side and wait for the Holy Spirit to stop you on one side: when He does, see what you are prompted to pray about
- Take a side and examine yourself: "in what way does my life align with this aspect of God's will?"
- Take a prayer request and pray it around all sides of the hexagon.
- Pray the hexagon "in the light of" one of the sides in particular. (For example, take "The Father's Forgiveness" and pray something like "Father in heaven, thank you for your abundant and gracious forgiveness... in your kingdom there will be forgiveness and reconciliation to you and to each other, so I pray for reconciliation between [...] and [...] ... help us to remember the way you provide for our needs, and please help [...] who needs to forgive [...] today and escape the bitterness creeping into their lives..." and so forth.)
- Pray a different side of the hexagon, briefly, whenever a trigger event occurs (e.g. the phone rings)

Just some ideas. You can probably think of some more.

The final thing to note is that listening to God is an essential part of prayer ("one mouth, two ears, use them proportionally"). This fits in well with "The Father's Guidance" but you could also perhaps think of the center of the hexagon as the gap, the space, in which we are quiet and we listen to the Father's Voice.

The Hexagon. Simple really and you may already do something similar, but "think prayer, think hexagon" and you might well be surprised at the results!

LIFE SHAPES TRAINING COURSE

The Life Shape HEPTAGON: Principles of a Vital Life

Session Objectives

LEARN: The seven processes for all living organisms.

EXPLORE: The connection between biological life and spiritual life.

DISCOVER: The importance of spiritual self-checks.

FORM: A plan for healthy spiritual living.

Key Words

- Movement
- Respiration
- Sensitivity
- Growth
- Reproduction
- Excretion
- Nutrition

Scriptural Basis

- Romans Chapter 12
- 1 Peter 2:4-5
- 1 Timothy 4:2
- Philippians 1:8
- 1 Corinthians 3:6-9
- John 13:1-10
- Psalm 71:18

LIFE SHAPES TRAINING COURSE

The Life Shape HEPTAGON: Principles of a Vital Life

Biology has taught us there are seven characteristics that identify all living organisms (the mnemonic is MRS. GREN). Each one applies to physical life but also to spiritual life and growth, and we can use them to assess the vitality of our spiritual life. Jesus used illustrations from natural life an awful lot to make points about spiritual life (trees, seeds, birds, vines, ...).

This similarity between physical and spiritual life makes sense of course, as we are physical and spiritual beings designed by the Author of Life! These principles apply to our individual lives but also to the life of the church body (...there's that 'organic' metaphor again!).

Movement: a response to a stimulus, whether external (danger, heat) or internal (hunger, pain). The Old Testament is full of the people of God on the move (Abraham onwards). God uses many ways to stimulate His people to move on: His Word, His Spirit, persecution. When we feel the stimulus, do we move?

Respiration: need healthy breathing pattern so that oxygen is released into the body to let it function properly. God coming to us is described in the Bible as his breath. To breathe in God by his Spirit is prayer – no need to suffocate or hyperventilate but to have a regular pattern that is second nature.

Sensitivity: The body is a unit working together: sensitivity plays a vital role in our receptiveness to stimuli. Are we sensitive to God's stimuli in our lives (reflection, soft hearts, and humility). How about the church body – depending on our ministry, are we helping the community be sensitive to the pains of others (pastor); sensitive to foresight given by God (prophets); sensitive to the needs of others in hearing, listening, instructing (teachers); sensitive in speech and sharing the good news (evangelists); sensitive to staleness and when to move out into new areas (apostles).

Growth: growth is the result of a healthy life. If the church stops growing it will die; no growth is a sign of decay and death. Remember the lesson of the semi-circle, to prune branches to cause more growth.

Reproduction: the multiplication of an organism. One Christian became two. Also, the passing on of the faith to the next generation. Are we investing in those younger than us and building their faith?

Excretion: every heart builds up a collection of junk throughout the day that needs to be emptied through the process of repentance and discipline. This junk is primarily sinful attitudes and behaviors, and their results (e.g. bitterness springing from unforgiveness). If we don't, it is the same as a body not ridding itself of waste it has accumulated; it will bring discomfort, disease and eventually death. The toxins are called the root of bitterness, according to the writer of Hebrews (12:15), and we need to remember that God's grace can clean us. Sometimes the church must expel an unrepentant brother; giving the opportunity to come back into the faith and the fellowship.

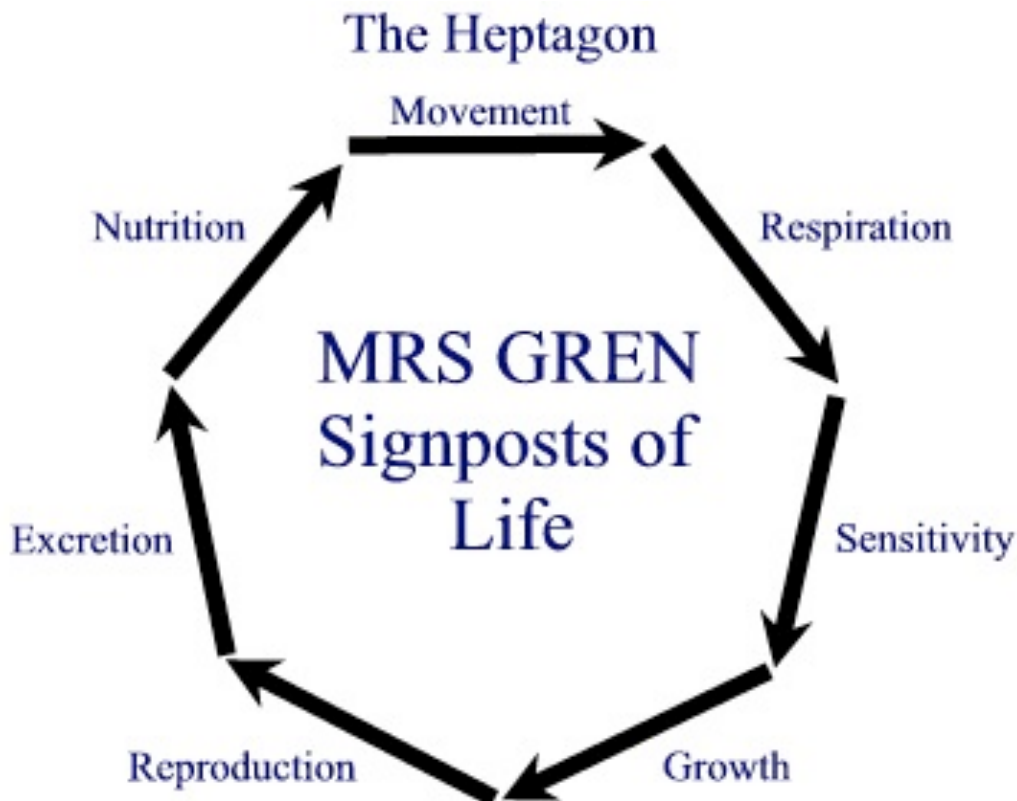
LIFE SHAPES TRAINING COURSE

Nutrition: Living things must take in nutrients or they will die. Jesus is the bread of life, so to live we must dine on His words. Jesus said that His food was to do the will of the Father (John 4). So, obedience to the Word is important for our nutrition and health.

The Heptagon of Life Signs

- **MOVEMENT** – action in response to external or internal promptings by God
- **RESPIRATION** – steady rhythm of two-way prayer
- **SENSITIVITY** – ability to hear what God is saying to us
- **GROWTH** – a natural result of the other things functioning well
- **REPRODUCTION** – passing on our faith, to others and to the next generation
- **EXCRETION** – repentance of sin, dealing with Unforgiveness
- **NUTRITION** – doing the will of the Father and feeding on the Word

The Heptagon (MRS GREN) makes a great tool of examine / self-examination: a simple way to assess the vitality of your Christian life. Undertaking this review might lead to a Kairos moment that sets you off on the circle of learning once again.



LIFE SHAPES TRAINING COURSE

The Life Shape OCTAGON: Living a Mission-Minded Life

Session Objectives

LEARN: The concept of lifestyle evangelism.

EXPLORE: Everyday opportunities for evangelism.

DISCOVER: Specific opportunities to share the Gospel.

FORM: Plans to reach out to a Person of Peace during our everyday lives.

Key Words

- Person of Peace
- Presence Evangelism
- Passing Relationships
- Permanent Relationships
- Proclamation
- Power
- Perception
- Preparation

Scriptural Basis

- Romans Chapter 12
- Luke 10:5-6
- John 4:34-38
- Matthew 10:5-4
- Luke 10:16

LIFE SHAPES TRAINING COURSE

The Life Shape OCTAGON: Living a Mission-Minded Life

The final shape, the Octagon, is all about moving away from a notion of evangelism (spreading the good news of Jesus) that is guilt-based and guilt-ridden, and releasing us into Jesus's way of sharing the good news: grace-based and spirit-led.

The key to this approach is finding the **Person of Peace**. Read Luke 10:1-11 and you see that the disciples were sent to find the person of peace, someone open/receptive to the message, and a gatekeeper to their whole town/community. Stay with the person of peace, says Jesus, and you will reach their community. We need to move away from dragging people into our communities and actually work with people in whom God is working and create new Christian communities around the person of peace and their network of relationships.

Acts 16 provides an interesting perspective on Paul and people of peace (Lydia, the Jailer). See also Jesus in John 4 with the Samaritan woman.

5 things about the person of peace:

- **Time** – for whom is the time right? Which people, groups, cultural segments?
- **Team** – Paul had Barnabas, Silas, Timothy, Luke and Titus. Jesus sent disciples out in twos. Who are we sharing and praying about evangelism with?
- **Target** – Jesus was strategic in His outreach (lost sheep of Israel). We can concentrate on those who are receptive to us.
- **Task** – Our task is to find the Person of Peace, and then share “the reason for our hope” with them. Luke 10 suggests they will welcome us, listen to us, and serve/support us (it's a two-way thing, so we need to let them contribute in this way).
- **Trouble** – If the teacher is not welcomed, don't expect that the students will be welcomed either. Our mission into the world has not changed. We may well get resistance or persecution – but we can simply “knock the dust from our feet” and move on in our search to find the person of peace.



LIFE SHAPES TRAINING COURSE

The Octagon of Mission

The rest of the Octagon simply fills in some detail around what we might need to be aware of as we look for, and work with, the person of peace in our lives:

- **Presence:** Jesus is where you are – look out for a person of peace in all situations
- **Passing Relationships:** The Sprint – discern when we can sow seeds that we will likely not harvest
- **Permanent Relationships:** The Marathon – slow burn, it might take 10 years before the person becomes a person of peace for you
- **Proclamation:** we need sometimes simply to proclaim (tell) others what we believe; this helps to identify persons of peace to work with. If people do not respond, we stop there and move on. If somebody responds, we may have found a person of peace.
- **Preparation:** Moving people along the scale. Even if people are a long way away from commitment, they may be receptive to a timely word.
- **Power:** following up when God moves in a big way. Remember this is His work, and we just join in! A reminder too to pray.
- **Perception:** Feeling the temperature – be spiritually sensitive when you meet people. What does God want to do in their lives?

Jesus let the rich young ruler walk away. He wasn't guilt driven but always looked to do what he saw the father doing. Jesus says on a few occasions that the harvest is plentiful and just look at the fields... so may we too have our eyes opened to find the ripe harvest.

For a fantastic and exciting look at the person of peace concept in practice, I strongly recommend Neil Cole's book *Organic Church*, which gives real-life examples of churches growing up in all sorts of places simply by looking for and working with the person of peace.

LIFE SHAPES TRAINING COURSE

The Life Shape DIAMOND: Winning the Race of Life

Session Objectives

LEARN: The difference between running a sprint and a marathon in life.

EXPLORE: Opportunities to win the race with the word of God.

DISCOVER: The joy of living in a righteous lifestyle.

FORM: A plan to win the race of life with joy and peace.

Key Words

- Sprint
- Marathon
- Happiness
- Joy
- Persecution
- Peace

Scriptural Basis

- Romans Chapter 12
- Hebrews 12:1 – 3
- 1 Corinthians 4:1
- Romans 8:13
- Philippians 3:10–11 & 14
-

LIFE SHAPES TRAINING COURSE

The Life Shape DIAMOND: Winning the Race of Life

The Christian's race is not a sprint - it's a marathon.

Several times in the Bible, our everyday life in Christ is described as a race. We're off and running in this marathon, and each sunrise presents new challenges as we hurry along. All the while, we know that God has provided the path we're supposed to take.

But how exactly can we run this race that is set before us? Thankfully, we're not left jogging in the dark. The author of Hebrews provides 3 proven ways to keep us on the right track.

Remembering the Cloud of Witnesses

We get our start in the race of life by remembering that we're not alone:

"Therefore, since we are surrounded by such a great cloud of witnesses..." (Hebrews 12:1a)

When ancient sprinters dashed off in their quest for victory and the laurel crown, they often did so in a large arena filled with spectators (much like sporting events today). Peering up into the stands full of billowing clothes and moving people looked somewhat like looking up into the clouds.

And that's what it's like for us in our race, too. We're not the only ones to take this journey. People have run this way before, as Hebrews 11 shows (a chapter that's often called the "hall of faith"). Our spiritual ancestors, such as Abraham and Noah, answered God's call and set out on the race set before them. Their example gives us encouragement.

But we don't have to look back to find "heroes of the faith." We can find them today—right in the pews and chairs on any given Sunday morning. Christians are meant to make this journey together, and we're much stronger when we do. Seeing the powerful examples of faithfulness around you can give you the courage you need to charge ahead.

"For this reason I am sending to you Timothy, my son whom I love, who is faithful in the Lord. He will remind you of my way of life in Christ Jesus, which agrees with what I teach everywhere in every church." (1 Corinthians 4:17)

Sometimes, however, other problems can keep us from running our race, even when the crowd is cheering us on.

LIFE SHAPES TRAINING COURSE

Throwing off the Sin that Entangles Us

If we're to keep chugging along on the right path, we can't do so if we're constantly tripping up. The writer of Hebrews describes it this way: "... let us throw off everything that hinders and the sin that so easily entangles and let us run with perseverance the race marked out for us." (Hebrews 12:1b)

In the sporting events of the ancient world, competitors usually ran in a much more "natural" way than athletes do today. Long before the days of special sprinting attire, the clothes of the time either had to be tied up away from the legs or taken off before running. Otherwise, the runner would get tangled up and fall on his face.

Our Christian race isn't much different. We can't run very well if we're bound up in the snares of sinful living. Those things that seem so satisfying in the moment can take our eyes off the prize (as we'll see), and instead keep us fixated on temporary thrills. But we're called to a much better path: "For if you live according to the sinful nature, you will die; but if by the Spirit you put to death the misdeeds of the body, you will live" (Romans 8:13)

Life works best when we follow God's Word and obey His commands in the Bible. He didn't give us those commands to trap us, but to free us to run our race with endurance. When we do so, our true goal comes into view.

Looking to Jesus

While we may glance at the crowd of witnesses around us and we may throw off the things that tangle us up, our ultimate encouragement is in the prize that awaits those of us who live by faith: "Let us fix our eyes on Jesus, the author and perfection of our faith, who for the joy set before him endured the cross, scorning its shame, and sat down at the right hand of the throne of God." (Hebrews 12:2)

At the beginning of the race, Jesus may seem far away in the distance. We know of Him through the gospel accounts of Matthew, Mark, Luke, and John. We've heard how He has changed other lives. But our race is still new. Before long, however, we realize that the prize awaiting us is the Savior of our souls, and He's not content to just sit and watch us from the finish line. He's busy working on us as we run the race:

"I want to know Christ and the power of his resurrection and the fellowship of sharing in his sufferings, becoming like him in his death, and so, somehow, to attain to the resurrection from the dead." (Philippians 3:10–11) As we run and keep our eyes on Jesus, God works on us, making us more and more like His Son. Ultimately, He will bring us to our long-awaited reward:

"I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus." (Philippians 3:14) Run the race that is set before you. But run it with the hope that God wants you to have in Christ.

LIFE SHAPES TRAINING COURSE

The Life Shape FLAME: THE LIGHT OF THE WORLD

Session Objectives

LEARN: The importance of Salt and Light in the context of life.

EXPLORE: Adding flavor and light to someone's life as you answer God's Call.

DISCOVER: Your role in world as a member of the body of Christ.

FORM: A plan to be the salt of the earth and light of the world.

Key Words

- Light
- Salt
- Enhance
- Take up the cross
- Obedience
- Sacrifice

Scriptural Basis

- Romans Chapter 12
- Matthew 5:13 - 16
- Psalm 14:3
- Romans 8:8
- Luke 6:35
- Luke 14:34-35
- John 1:1-10

LIFE SHAPES TRAINING COURSE

The Life Shape FLAME: THE LIGHT OF THE WORLD

Jesus used the concepts of salt and light several different times to refer to the role of His followers in the world. One example is found in Matthew 5:13: “You are the salt of the earth. But if the salt loses its saltiness, how can it be made salty again? It is no longer good for anything, except to be thrown out and trampled by men.” Salt had two purposes in the Middle East of the first century. Because of the lack of refrigeration, salt was used to preserve food, especially meat which would quickly spoil in the desert environment. Believers in Christ are preservatives to the world, preserving it from the evil inherent in the society of ungodly men whose unredeemed natures are corrupted by sin (Psalm 14:3; Romans 8:8)

Second, salt was used then, as now, as a flavor enhancer. In the same way that salt enhances the flavor of the food it seasons, the followers of Christ stand out as those who “enhance” the flavor of life in this world. Christians, living under the guidance of the Holy Spirit and in obedience to Christ, will inevitably influence the world for good, as salt has a positive influence on the flavor of the food it seasons. Where there is strife, we are to be peacemakers; where there is sorrow, we are to be the ministers of Christ, binding up wounds, and where there is hatred, we are to exemplify the love of God in Christ, returning good for evil (Luke 6:35).



In the analogy of light to the world, the good works of Christ’s followers are to shine for all to see. The following verses in Matthew 5 highlight this truth: “You are the light of the world. A city set on a hill cannot be hidden; nor does anyone light a lamp and put it under a basket, but on the lampstand, and it gives light to all who are in the house. Let your light shine before men in such a way that they may see your good works and glorify your Father who is in heaven” (Matthew 5:14-16). The idea here is similar—the presence of light in darkness is something which is unmistakable. The presence of Christians in the world must be like a light in the darkness, not only in the sense that the truth of God’s Word brings light to the darkened hearts of sinful man (John 1:1-10), but also in the sense that our good deeds must be evident for all to see. And indeed, our deeds will be evident if they are performed in accordance with the other principles which Jesus mentions in this passage, such as the Beatitudes in Matthew 5:3-11. Notice especially that the concern is not that Christians would stand out for their own sake, but that those who looked on might “glorify your Father who is in heaven” (v. 16, KJV).

LIFE SHAPES TRAINING COURSE

In view of these verses, what sorts of things can hinder or prevent the Christian from fulfilling his or her role as salt and light in the world? The passage clearly states that the difference between the Christian and the world must be preserved; therefore, any choice on our part which blurs the distinction between us, and the rest of the world is a step in the wrong direction. This can happen either through a choice to accept the ways of the world for the sake of comfort or convenience or to contravene the law of obedience to Christ.

Mark 9:50 suggests that saltiness can be lost specifically through a lack of peace with one another; this follows from the command to “have salt in yourselves and be at peace with each other.” And in Luke 14:34-35, we find a reference to the metaphor of salt once again, this time in the context of obedient discipleship to Jesus Christ. The loss of saltiness occurs in the failure of the Christian to daily take up the cross and follows Christ wholeheartedly.

It seems, then, that the role of the Christian as salt and light in the world may be hindered or prevented through any choice to compromise or settle for the more convenient or comfortable, rather than that which is truly best and pleasing to the Lord. Moreover, the status of salt and light is something which follows naturally from the Christian’s humble obedience to the commandments of Christ. It is when we depart from the Spirit-led lifestyle of genuine discipleship that the distinctions between ourselves and the rest of the world become blurred and our testimony is hindered. Only by remaining focused on Christ and being obedient to Him can we expect to remain salt and light in the world.