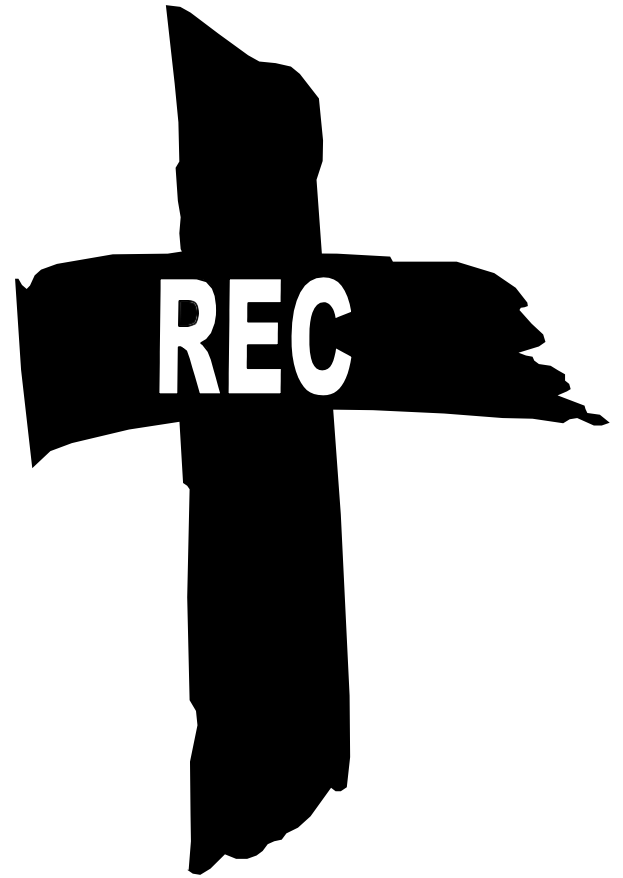


**R**esidents

**E**ncounter

**C**hrist



# **Spiritual Director Manual**

Last Revised: August 2010

# **Spiritual Director's Manual**

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# **Part One**

## **The REC Weekend**

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## **Introduction**

Unlike the Walk to Emmaus, or even the Chrysalis, Resident Encounter Christ (REC) does not assume the participants have any prior relationship with any church, or with Jesus Christ for that matter. Therefore, the REC tries to use as few “churchy” words as possible and focus more on God’s Grace for them.

Rather than confront them with what we believe to be wrong in their lives, we use talks and table discussions to help lead them to decide to accept Jesus Christ into their life. The real work is done at the tables where relationships are built, and trust is developed.

In preparing any talk it is important to avoid abstract concepts, but rather use concrete object lessons that they can relate and use in their daily lives.

The explanations that follow are designed to help you prepare your talk.

## **Daily Themes**

While the team has prepared for weeks in advance, the Residents are only aware of what is presented to them from late Friday afternoon until sometime Sunday. Each day the Residents are told the “theme” for that day and are reminded of the same before they leave each evening. On Friday they are told the theme is “Dying with Christ.” On Saturday it is “Rising with Christ.” And, finally, on Sunday the theme is “Going with Christ.” What do those really mean?

### **Day one: Dying with Christ**

As Christians we know that Christ died to atone for our individual sins and that all we need do to claim that atonement is accept Him as our personal Savior. Most REC participants don’t know or understand that. So, the recurring themes woven into the talks on Day One are: (1) our sinful nature, (2) God’s desire to redeem us and (3) what we as sinners must do to receive our redemption. A better description of Day One might be “the life you’ve been living is a mess; but God can fix it.” Since we know that it was Christ’s death on the cross and His resurrection that accomplishes this, we summarize it all by saying “dying with Christ.” The talks for Day One during a typical weekend are:

**IDEALS:** To examine their own personal values and conclude for themselves that their lives are off track.

**GOD IS CALLING:** God does not give up and dearly wants a relationship with us.

**PRODIGAL:** Our personal sins are not too great for God to forgive. The main point is **HOPE!!**

## **Day Two: Rising With Christ**

Jesus' victory over death gives us hope for not only eternal life, but also a new live in Him while still here on this earth. So, when we say that Day Two is about "Rising with Christ." it is **simply another way of saying** that the recurring theme for this day will be about "how to live a Christian life". The talks for Day Two on a typical weekend are:

**A CHANGE OF HEART:** God will not force Himself on them. They must take the first step by opening their hearts and that change starts on the inside.

**SACRED SCRIPTURES:** Hunger to know more about God's Holy Word and is essential to being a Christian.

**GOD IS LOVE:** God loves them and cares for them regardless of what they have done.

**PRAYER:** To learn that prayer is simply communicating with God and that it is easy. Also to understand that this is the second part of the Christian life.

**CHRISTIAN LIFE:** Remove myths about being a Christian. They should walk the walk as well as talk the talk because faith without works is dead.

**MEANS OF GRACE:** To prepare the Residents for the most important aspect of the REC weekend, Dying Moments. This talk is not about the Sacraments of the church, but focused on God's Grace for them personally.

**DYING MOMENTS:** While not a formal talk, you should lead the person to understand what forgiveness means and that this an opportunity to leave your junk behind. Altar calls at this time are optional before or after Candlelight.

### **Day Three: To Go With Christ.**

The talks on Sunday should prepare the Residents to go back into the world. The first three talks deal with potential obstacles and the last talk gives them ideas on how to cope with these obstacles.

**SINGLE LIFE:** How to be a whole person in Christ while still single.

**MARRIAGE TALK:** This talk should help the Residents realize that marriage will never be successful without the presence of God.

**CHRISTIAN IN THE WORLD:** This talk should provide useful examples on how to become involved in the Christian community and overcome obstacles in the faith journey.

**BEYOND REC:** This talk introduces the idea of the “Fourth Day.” The speaker covers a number of things to do and not to do to help support the REC program. This talk welcomes the Residents into the REC family.

## TALK OUTLINES

### Friday:

#### **IDEALS**

Ideals are those intangible concepts we measure everything against. This is a purely secular talk that examines what drives us internally. Most little boys had heroes they dreamed of being just like. Most little girls had dreams of Cinderella. What was it about these figures that stimulated them? What has happened in their values to cause them to let go of those dreams? How have their values changed? Were their heroes super villains that designed perfect crimes? Did they hope someday to spend a portion of their lives in jail? Probably not. Although this talk does not begin with the Prayer to the Holy Spirit and God is not mentioned in any way, the table discussions that follow ironically almost always include Him in some fashion. (Length 20 minutes)

**PURPOSE OF THE TALK:** To lead the listener to examine their own personal values and conclude for themselves that their lives are off track.

#### **POINTS TO COVER:**

1. What "is " an Ideal?
2. Our Ideals change as we grow.
3. Where are you right now?
  - How do I spend my spare time
  - How do I spend my money?
  - What do I think about?

**SUGGESTED APPROACHES:** Concept of childhood heroes, i.e. Superman or Cinderella

#### **GOD IS CALLING**

Usually considered a clergy presentation, this is a critical talk that sets the stage for the rest of the REC weekend. In many ways it is the REC version of the Prevenient Grace Talk from the Walk to Emmaus. This talk introduces the Residents to the Prayer to the Holy Spirit and is designed to assure each of them that God knows and loves them. (Length 20 minutes)

**PURPOSE OF THE TALK:** to assure the listener there is hope for each of them through Christ.

#### **POINTS TO COVER:**

1. God knows and loves them.
2. He has a specific plan to lead them, individually, back to a life more abundant.
3. Their lives will never be complete without Him.

## SUGGESTED APPROACHES:

1. List things that have taken place before you ever knew God where you were kept safe. Examples might be accidents, unexpected relationships, knowing when to get out of harm's way.

**SUGGESTED SCRIPTURES:** Revelation 3:20 Behold, I stand at the door, and knock; if any man hear my voice, and open the door, I will come in to him, and will sup with him, and he with me.

Psalms 139:13 For you created my inmost being; you knit me together in my mother's womb

Jeremiah 1:5 Before I formed thee in the belly I knew thee; and before thou camest forth out of the womb I sanctified thee, and I ordained thee a prophet unto the nations.

## **THE PRODIGAL**

Like the Ideals Talk, this one does not begin with the Prayer to the Holy Spirit. But, unlike the other talks on Friday evening there is no discussion following the talk. (Length 20 minutes)

This Talk **MUST** begin with the reading of The Prodigal son story found in Luke 15:11-24. Read the entire passage.

(Note: Most of the Residents won't have the first clue what the word "prodigal" even means. Without that they may not be able to understand the point of your talk. Define the term, explain that this applies to you, give your testimony and summarize how your story is like the Bible story - and their story can be that also.)

**PURPOSE OF THE TALK:** Their personal sins are not too great for God to forgive.

## **POINTS TO COVER:**

1. The speaker turned his/her back on God.
2. The speaker lived a life of sin.
3. The speaker recognized the error of his/'her ways and has been accepted back into the loving arms of Jesus.

At the end of the talk the Residents are told that there will be no table discussion of that talk. This talk concludes the first day of the REC and that they should be in silence as they go back to their housing areas. The purpose of the silence is to keep them individually focused on the example they have just been given of someone who has "been there" and "done that." When they get back to their housing areas, we hope they will get together and discuss the last speaker's story and how portions of it are like episodes in their own lives.



**DESIRED RESPONSE:** As each Resident leaves the conference room at the end of Day One, what we want them to be thinking about is, although I may have never thought about it, (1) "my life is off track," (2) "God can put me back on track if I am willing" and (3) "if God will take that last speaker back surely I have a chance too." In short, **THERE IS HOPE FOR ME.**

**SUGGESTED SCRIPTURES:** Romans 5:8-9 But God commendeth his love toward us, in that, while we were yet sinners,

## **Saturday**

### **A CHANGE OF HEART**

While Christ presented Himself as a living sacrifice and did for us what we could not do for ourselves, there are a few steps we must each take to claim our victories. God accepts us "just as we are." This is our turning around, our awakened awareness, our eyes being opened to the love and companionship of God and saying "yes" to the offer. (Length: 20 minutes)

**PURPOSE OF THE TALK:** to accept the relationship that God offers. We must take the first step by opening our hearts to change.

#### **POINTS TO COVER:**

1. We do not have to change before God will save us (that is, we do not have to earn our salvation.
2. It is the patterns in our lives that keep us apart from God and we must be willing to allow those patterns to be changed.
3. God will lead us, gradually, to new life patterns if we are willing.

#### **SUGGESTED APPROACHES:**

1. Use of "extreme makeover" tv shows; change can only happen from inside out.
2. When we are willing to let God change us, God will open our spiritual eyes to our need of Him and the opportunities He gives us to help others

#### **SUGGESTED SCRIPTURES:**

Matthew 7:7-8 Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you: For everyone that asketh receiveth; and he that seeketh findeth; and to him that knocketh it shall be opened.

Romans 12:2 And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is the good, and acceptable, and perfect, will of God.

Philippians 3:13-14. Brethren, I count not myself to have apprehended: but this one thing I do, forgetting those things which are behind, and reaching forth unto those things which are before, I press toward the mark for the prize of the high calling of God in Christ Jesus.

## SACRED SCRIPTURES

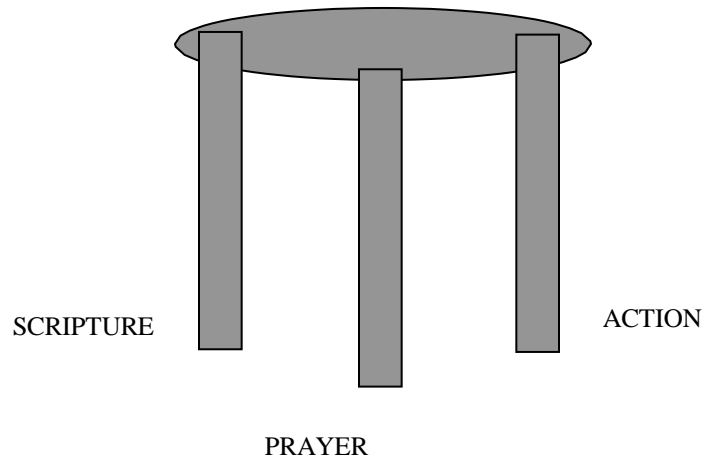
Unlike- the Emmaus talk, Growth through Study, which focuses on effective methods of study this talk should introduce the listener to the *Holy Bible* as if they were hearing of it for the first time. Ideally it should make them curious enough to want to read it for themselves. (length 20 minutes)

PURPOSE OF THE TALK.- To make the Residents hungry to know the mysteries and promises of God's Holy Word.

POINTS TO COVER:

1. The Bible 3`a' she inspired word of God
2. It is the roadmap to the Christian life
3. It is ESSENTIAL.

This is the first leg of the three-legged stool. Scripture, prayer, and action



Without each of the three legs, the stool falls. Each is vital and equally important.

## SUGGESTED APPROACHES

1. Explain that. it is not written in chronological order, and it is written by different authors and has 66 separate books.
2. Give a "history" lesson of the bible
3. Present an `informercial" and "sell" the Bible
4. Create a curiosity to learn more
5. Explain why there are several translations of the Bible, why there is not just "one" version and what a "version" actually is.
6. Provide a modified study guide, like a bookmark
7. Often when we are reading Scripture, all of a sudden there will be a new insight for us. It always offers new meaning and teachings.

## SUGGESTED SCRIPTURES:

Choose verses that highlight some variety of topics and issues covered in the bible.

## **GOD IS LOVE**

Generally considered to be the second clergy talk, with an emphasis on John 3:16, this talk should help the listener to gain a greater understanding of what unconditional love really is and how far God will go to win us back into the Body of Christ. (Length 20 minutes)

**PURPOSE OF THE TALK:** To cause Residents to understand that, regardless of their station in life, they are precious to God and that the forgiveness of their sins has already been bought with the Blood of Christ.

### **POINTS TO COVER:**

1. Introduce Jesus as the perfect example of God's unconditional love, the ultimate sacrifice
2. This love cannot be "earned"
3. It is already bought and paid for

### **SUGGESTED APPROACHES:**

1. John 3:16 - have the Residents personalize this by use of their own name in the verses or that of their table name
2. Clarify it is not "falling in love" but a choice
3. There is nothing you can do to make God love you more; there is nothing you can do to make God love you less

### **SUGGESTED SCRIPTURES:**

1. John 3:16
2. Romans 8:38
3. Romans 5:6-9
4. Romans 6:23
5. Romans 3:23-24

## **PRAYER**

As in any other relationship it is necessary for Christians to talk to God and patiently wait for His answers. At the conclusion of this talk, the listener should take comfort in the knowledge that prayer works. (Length 20 minutes)

**PURPOSE OF THE TALK:** To cause the Residents to be at ease with the fact that, because He really does love us, God really wants us to share our inner-most burdens, hopes and gratitude with Him, through prayer.

### **POINTS TO COVER:**

1. Prayer is powerful

2. Prayer is essential to being a Christian (the second leg of the three-legged stool)
3. Prayer is easy.

#### SUGGESTED APPROACHES:

1. How does God talk back to me? As we "expect" His answer, we listen, Scripture, inner voice, wise counsel of others, inner peace and thru circumstances
2. Use the Lord's Prayer as a model, most will know it, perhaps end the talk with having everyone say this Prayer together.

#### SUGGESTED SCRIPTURES:

Matthew 7:7  
James 5:1  
Mark 11:24-25

#### CHRISTIAN LIFE

Purpose of the Talk: This presentation should help clear the minds of Residents concerning false images they may have of the "Christian life". This talk should help them understand that they must walk the walk as well as talk the talk because faith without works is dead. (Length 20 minutes)

#### Points to Cover:

1. Dispel false notions of that the Christian life is
2. Tell what a Christian life "really" is
3. The Christian life leads to Christian action, allow God to lead you (this is the 3' leg of the three-legged stool)

#### Suggested Approaches:

1. The Great Commandment: go out and make disciples
2. Remind them of what Jesus said are the two greatest commandments: have no other God before God and love they neighbor as thyself
3. Living a Christian life can be described as "Jesus with skin on"
4. Be willing to step out of your comfort zone, i.e. many of the team this weekend have done just that
5. Explain: "Christ has no hands, but our hands, to do His work today. He has no feet, but our feet, to lead men in His way. He has no tongue, but our tongue, to tell men how He died. He has no help, but our help, to bring men to His side."
6. Jesus is calling us to get out of the boat
7. Living the Christian life is a "good" thing, not bad
8. Never quit, there is no retirement plan
9. Jesus can use any of us, the twelve disciples were ordinary people
10. God never quits calling us to live as Christians, Peter denied Him three times

#### Suggested Scriptures:

11 Timothy 1:7  
Romans 8:3  
John 10:10  
Luke 17:21  
Proverbs 3:5

**MEANS OF GRACE – must be given by clergy**

**PURPOSE:**

The single purpose of this talk is to prepare the residents for Dying Moments (to confess their sins to God and receive Christ).

**POINTS TO COVER:**

1. Holy Sacraments are outward signs of inward changes and have been a part of Christ's church from the beginning.
2. Briefly mention the lesser and more common Sacraments, dwelling only on Baptism and Marriage (because these are the most familiar).
3. An in-depth explanation of the acts and significance of Holy Communion. Of all the talks this should be the least about the speaker and the most about God's Plan of Salvation and what is required of us as Children of God.

**DYING MOMENTS**

Up to this point in the weekend the overall focus has been leading up to this moment. "Dying Moments" are the points in our lives when we confess and let go of those things that are separating us from God. They may include unconfessed sins, prejudices, feelings of unworthiness, resentments or anything else that stands in the way of a close personal relationship with Christ. Once these burdens have been turned over to God, they are dead to us. The point at which we let go and accept our forgiveness is a dying moment.

**Sunday:**

**SINGLE LIFE TALK**

**PURPOSE OF THE TALK:** There will be seasons in all our lives when we are single (before marriage, divorce, death, or never marry). This talk should help the Residents learn "how" to live as a single Christian during those seasons when they are single. (Length 20 minutes.)

**POINTS TO COVER:**

(This talk should be varied for men and women. The points to emphasize and clarify will differ and the speaker should take this into consideration, i.e. many of the men have abandoned their kids; most of the women are still responsible for their children)

1. Relationships: Learn to recognize, appreciate and foster those relationships that strengthen you and help you grow (family, coworkers, neighbors, people you admire)
2. Responsibility: Learn to be responsible "For" self and "To" others (this is different for men and women)
3. Personal Growth: Focus on how to grow as a Christian adult. Learn to take care of the self-first before entering a relationship. Love thy neighbor as thyself. You must get to a place where you are happy with your life apart from a dating relationship in order to be happy "with" one. (From: Boundaries in Dating by Cloud and Townsend)

#### SUGGESTED APPROACHES:

1. The speaker should share "some" of their experience, but this is only a small part of the talk
2. How to handle pornography for self and when it appears in the relationship (recommended reading "Everywoman's Battle" by Arterburn and Stoeker)
3. Discuss the question that if you never marry can you be a "whole" person
4. What makes a man a man
5. What makes a woman a woman
6. For women, some will feel shame from past sexual experiences, clarify that God can wash them white as snow
7. Men and women really are different; explain, refer to book "Men are From Mars, Women are From Venus" or other books on this topic
8. A Christian will remain sexually abstinent until marriage

#### SUGGESTED SCRIPTURES:

Selected by the speaker

### **MARRIAGE TALK**

#### PURPOSE OF THE TALK:

This presentation is made jointly by both husband and wife, equally sharing the content and delivery time of their talk. I should explain how their marriage has been used by God in their personal relationship, within the family unit and in their Christian community. This talk should help the Residents realize that marriage will never be successful without the presence of God. (Length 20 minutes)

#### POINTS TO COVER:

1. Marriage is not a "destination", but it is a point along the way
2. Marriage is not a 5-50 proposition but rather a 100% commitment
3. God has to have an active role in a Christian marriage - give examples from your own marriage)

#### SUGGESTED APPROACHES:

1. Explain the husband-wife-God triangle (as you grow closer to God, you grow closer to each other; as you grow closer to each other, you grow closer to God)
2. A cord of three stands is not easily broken

3. Marriage is hard work.
4. "Briefly" summarize your marriage
5. What happens when partners are not equally yoked, not equal in their faith journey when one grows as a Christian and the other does not.

(Note: Both the Marriage Talk and the Single Life Talk which follows should focus on life as a process where God is growing you - as an individual and as a couple)

#### SUGGESTED SCRIPTURES:

Mark 10: 6-9

Matthew 19:3-6

### CHRISTIAN IN THE WORLD

This is the last formal talk. The speaker should begin by quickly reviewing the themes of the three days: to die with Christ, to rise with Christ, to go with Christ. Most of the Residents are anxious to be active Christians, but they have some hesitation because of the obstacles they know will have to be faced.

#### PURPOSE OF THE TALK:

This talk should be an encouragement to Residents. The speaker should tell them in a practical way: "It can be done one day at a time, and I'm trying to do it. Some days are better and easier than others." Identify and *offer truthful* examples and methods they can become involved in such as groups and other opportunities to "get involved." Identify simple things and servant roles of service in the church.

#### POINTS TO COVER:

1. Every single task and behavior we perform in service and response to God is to His glory.
2. These responses allow Him to work through us as an example for others to follow
3. Thus, He can use each one of us as a leader/servant/ worker in His

#### world SUGGESTED APPROACHES:

1. It begins with small things like a smile, a kind word It is a process which will grow into more.
2. Don't "expect" it to all happen at once
3. We are to plant the seeds
4. It is not going to always be easy
5. These will be a blessing both to you and to others you come into contact with
6. Where you are is not "who" you are
7. Bruce Carroll wrote in a song: Wounded people everywhere. And when they look at us, do they see Jesus there? Who will be Jesus to them? Who'll show love that restores them again? Oh, they do not need a judge, they need a friend Who will be Jesus to them.
8. For most people it is not what they think they are that holds them back. It is what they think they are not.

9. Satan does not care how good your intentions are, so long as they are focused on "tomorrow:
10. Twenty years from now you will be more disappointed by the things you didn't do than by the ones you did. (Mark Twain)

#### SUGGESTED SCRIPTURES:

Jeremiah 31.34  
Matthew 11:29-30

#### **BEYOND REC**

This talk introduces the idea of the "Fourth Day" of REC. The speaker covers (in brief form, staying close to the outline) a number of things to do and not to do to help support the REC program. Notes are not taken during this talk (length: 15 minutes) This talk is normally delivered by the ALD as part of the scripted text at closing. It can also be delivered by another speaker.

#### Points to Cover:

1. The "Fourth Day". We told you 3 days; there are really 4. Today is the first day of the rest of your life. The first three days were in ideal conditions. But there are obstacles to the Fourth Day: People may not understand; they may not want to hear about REC; your problems will still be there when you return to the routine of your life (don't forget to talk to God thru prayer and stay in touch with the REC community); the most meaningful thanks you can give the team is to live out your "Fourth Day" as best you can. You don't need to thank the team for anything.

2. You can help REC by encouraging your friends to sign up for an REC; pray for the REC community and future weekends; Write letters to future REC participants; stay in touch with the jail Chaplain and volunteer to help where possible.

You can hurt REC by talking things out of context. For example, "only" talk about the fun times and the posters. If you only stress the good time you had on the weekend, you could create a false image of REC. Don't break confidences. What was discussed at your table and what you heard in the chapel visits are to be kept in confidence. Don't tell future REC residents everything that takes place on the weekend. Don't form cliques. Remember that you share REC with others by who you are and what you do. Share with everyone the peace, love and joy which you found at REC.

3. Support is available. Give ideas of groups open to them once they leave the facility. Have handouts for groups such as: Crossroads; SOAR, local churches, local Bible studies. Don't try to make it on your own. You need the support of Christian friends. Be sure to handout or write on a chalk board the mailing address for DaySpring REC. Include the REC website address.

REC is an experience that is hard to describe. Show others by your example rather than trying to put REC into words. Share Christ's love and concern for others.



When others ask .... rather than try to explain the parts of the weekend, tell them what you personally got out of REC and encourage them to come and see.

Welcome to the REC Family.

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## **Part Two**

# **Role of the Spiritual Team**

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# **ROLE OF THE SPIRITUAL TEAM**

## **Formation Meetings**

The Spiritual Team is an integral part of the Formation team. At these Formation Meetings, the Team provides spiritual leadership and direction. They encourage an attitude of reverence and encourage spiritual development of the team. They provide prayer and offer communion.

A member of the clergy team is required to preview each talk presented during the Formation Meetings and later on the REC Weekend. The Spiritual Team conducts the teams' anointing service that normally occurs near the end of the Special Meal on the final team meeting. and Dying Moments for the Team on Friday.

## **REC Weekend**

Throughout the REC weekend the Spiritual Team performs many activities that support and focus the team and Residents. Details of these are included in Part Two.

On Friday a member of the Clergy team offers a devotional and "Dying Moments" ceremony that concludes in Holy Communion for the entire team.

Then, throughout the entire Weekend they perform special tasks and are available to the residents for counseling and prayer. Since the REC is considered a "Lay Ministry" the weekend is primarily devoted to planting seeds and expressing the Love of Christ Jesus through personal testimonies and various forms of Agape.

An "Alter Call" should only be conducted with full permission of the Lay Director and should be associated with the most intense spiritual moments of the weekend such as Dying Moments and/or after Candlelight Service.

- The following are unique responsibilities expected of the Spiritual Director who is approved by the REC Board:
  - a. Has final word on interpretation of Scripture during the weekend.
  - b. Gives morning meditations on both Saturday and Sunday.
  - c. Remains at the facility during the Candlelight service and performs Dying Moments.
  - d. Conducts Communion Service on Sunday afternoon.
  - e. Facilitates Baptisms (if requested by Residents) at a date following the REC.
- The "Means of Grace" talk is to be given by a member of the Spiritual Team. A member of the Spiritual Team should also give the "God is Calling" talk and another member give the "God is Love" talk. A clergy member prays with speakers before and after their talks.
- At Candlelight Community Service, a member of the Spiritual team co-leads the service together with the ALD. Clergy provides prayer, gives the meditation message, and conducts Communion for the Community.

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# **Part Three**

## **WEEKEND OUTLINE**

## **PROGRAM WEEKEND SCRIPT**

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**REC Moment By Moment**  
**Times will vary by facility –Verify with them**

**Lay Director will provide a Moment-by-Moment list for the Spiritual Director.**

## Community Candlelight Schedule

**(Example)**

**Saturday**

- 6:30pm Community gathers, Agape team collects hometowns + gives candles, music (as time permits).
- 6:40pm ALD – Announcements, Opening Prayer
- 6:50pm ALD – Read LD Letter  
Receive Offering + Prayer (music optional)  
Intro Clergy
- 7:00pm Clergy – Prayer by Names  
Devotional  
Communion
- 7:25pm Gather for Candlelight Ceremony (music optional if time permits)
- 7:30pm Arrival –  
Read List of Cities  
Intro Theme Song
- 8:00pm Community Departs

NOTE: Do not make any comments or references during the service about any of the residents, their situations, cases or specific conditions.



## **LAY DIRECTOR & ASSISTANT LAY DIRECTOR'S SCRIPT**

Lay Director will provide a copy of the weekend's script to the Spiritual Director.

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