



Life Class I

Presented By

Life Ministries
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Life Class I

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An Introduction to Life Classes

Acknowledgements

Life Ministries is a ministry of House of Joy Inc. which is a non-profit nondenominational ministry founded in 2003.

Classical Christian writers such as Hannah Whitall Smith, C. S. Lewis, Hudson Taylor, A.W. Tozer, and Watchman Nee have written and taught the Exchanged Life message and experienced living out of Christ's resources for the past century. The Life Classes were developed from an accumulation of these and other resources. Charles Solomon first introduced the concept of "spirituotherapy" as a counseling or discipling model in 1980. His book, *The Handbook to Happiness*, has been used by thousands of Christians as a discipleship resource and it is the starting place for the concepts of this training program.

Further development by various offices of the *Association of Exchanged Life Ministries (AELM)* has also been utilized. Bill and Anabel Gillham and the ministry at *Lifetime Guarantee*, Steve McVey at *GraceWalk Ministries*, and Greg Brezina and the staff at *Christian Families Today* have contributed through their books, conferences, and personal input. Special thanks are due to *Grace Ministries International* in Atlanta and *GraceLife Family Ministries* in Douglasville, Georgia, whose wisdom and liberal use of resources made this program possible. Specific references from other sources will be given as they occur within the text.

Purpose Statement

The purpose of the Life Classes is to provide a deeper and more comprehensive understanding of the Exchanged Life message. Life Ministries purpose is to encourage believers to appropriate their identity in Christ and to communicate and express Christ's abundant life in their daily activities. Care will be taken in maintaining a balance between learning and personal growth.

The Life Class does not in itself qualify a person to be a Life Mentor or "Christian Counselor". It should, however, prepare individuals to lead people to appropriate their identification with Christ and then apply that truth to specific areas of life.

General Information about Training

The Life Classes are a time when the student will be concentrating on learning the basics of the exchanged life. Although there may be a time for creative work, it is expected that the student will primarily be learning and reflecting back the essential ingredients of the exchanged life and techniques of mentoring.

Much of the learning at *Life Ministries* occurs incidentally; that is, through sitting in on mentoring sessions, group discussions, and interacting with the staff. We are not structured as a school, although there are definite expectations for completing all assignments. No one will be looking over your shoulder to insure that you complete your work. But we trust that all students have the necessary discipline sufficient to carry out their program of learning.

We believe it is necessary to correlate scripture work and reading with the practical techniques of mentoring. In addition, the students may need to work through some issues in their own lives as the training progresses.

Training Expectations

1. The Life Mentoring Training is divided into four levels:
 - a. Life Seminar
 - b. Life Class I
 - c. Life Class II
 - d. Life Mentoring Internship

It is expected that students will attend the seminar, all classes, complete all assignments, and internship to receive a certificate of training. To complete all assignments, the student will need to do some work outside of class.

2. Progress Reports – We believe you want feedback on your progress. Reports will be turned in after each unit to your Life Class instructor to reflect your knowledge gained through lectures, mentoring sessions, reading, etc. or any issues with which you may be struggling.

3. Finances - Full payment for each of the Life Classes is expected prior to starting the subsequent level. All financial obligations are required

prior to receiving a certificate of completion. Payment arrangements may be worked out with the Life Ministries Coordinator, Polly Barcol.

4. Life Lifters Library – A limited number of books and CDs are available for student use. Audio tapes and books may be checked out and returned in a timely manner, but videos should be viewed in the office and cannot be removed from the premises.

5. Personal Mentoring – Students must agree to individual mentoring as a part of the internship experience. Intensive issues that arise during the year-long process should be discussed with your mentor and instructor.

6. Diversity – We trust that those who come to Life Classes for training are open and teachable regarding the Exchanged Life approach. Occasionally, someone will want to emphasize other areas of scriptural knowledge that could be considered controversial or argumentative. We request that you respect our desires to minister to all denominations by refraining from pushing or emphasizing these issues.

7. Absence – Students in the Life Classes are expected to attend all sessions. If it is not possible for you attend a session or if you are going to be late for some session, we ask that you call the office. Total absences should not exceed 1 per unit without prior authorization from the Life Class Instructor. We ask that all students be respectful of fellow students and staff regarding times for classes, study, reading, and personal mentoring.

8. Confidentiality – Confidentiality is a must while you are in training and we ask each student to agree to and sign a Confidentiality Agreement (page 8). Care must be taken to refrain from discussing any information you overhear in classes, mentoring, or other ways that would be considered personal and private. This includes breaks, commuting times, or other social activity where a violation of trust could occur.

Certification

Certificates of completion will be given at each level of training. However, all four levels of training and financial payments must be completed to receive a **Certificate of Training**. This certification meets or exceeds the minimum requirements for training as directed by the Association of Exchanged Life Ministries (AELM).

Overview of Life Mentoring Training

(Requirements to be a Life Mentor)

The Life Mentoring Training consists of four progressive levels with each level building upon the previous.

Successful completion of each level is required for enrollment into the following level.

LIFE Seminar (cost \$25.00)

- The Nature of the Flesh
- The Life and Cross
- Journey to the Cross
- Believer's Identity
- Believer's Victory
- Forgiveness

Seminars are usually held on a Friday night and Saturday at the House of Joy office. The seminar is a *prerequisite* for additional training.

LIFE Class I (Cost \$600.00 with \$100.00 down)

Unit One

- 101 – Flesh & Belief Systems*
- 102 – Life and the Cross*
- 103 – Salvation and Security
- 104 – In Christ*: Acceptance & Righteousness
- 105 – Concept of and Intimacy with God*
- Progress Report & One on One

Unit Two

- 201 – Romans 5-6*
- 202 – Romans 7-8*
- 203 – Law and Grace*
- 204 – Brokenness & Total Surrender*
- 205 – Forgiveness*
- 206 – Marriage
- 207 – Parenting
- 208 – Satan's Deceptions
- 209 – Growing Free: Emotional Healing*
- Progress Report & One on One
- Exam
- Book Report

Books

- Lifetime Guarantee – Gillham*
- Principles of Spiritual Growth – Stanford*
- The Shack – Young
- Grace Walk – McVey
- Birthright – Needham*
- Normal Christian Life – Nee*
- Families Where Grace is in Place – Van Vonderan
- Tired of Trying to Measure Up – Van Vonderan
- Tale of Three Kings – Edwards

Audio

- Turkeys and Eagles – Lord*
- What a Beautiful Bride – McVey
- Emotions: Bridges or Barriers – Van Vonderan
- Strength of Weakness – Taylor*
- Receiving – Taylor*

Video

- Liberated in the Beloved – Ortiz*
- Spiritual Deception of Passivity – LeFebre*

LIFE Class II (cost \$600.00 with \$100.00 down)

Unit Three

- 301 - Theology of Exchanged Life
- 302 – Counseling Approaches & Ethics
- 303 – Listening*
- 304 – History Taking & Assessments
- 305 – Family Systems
- 306 – Pre-Marriage
- 307 – Counseling Children
- Progress Report & One on One

Unit Four

- 401 – Addiction
- 402 – Codependency
- 403 – Suicide
- 404 – Anger
- 405 – Guilt and Shame
- 406 – Sexual Maladjustment
- 407 – Trauma
- Progress Report & One on One
- Exam

Unit Five

- 501 – 505 - Mentor role play
- Term Paper

- Apply for LIFE Mentoring Internship**
- Interview for LIFE Mentoring Internship**

Internship

- 8hrs of being mentored*
- 5hrs of supervising mentoring*
- 10hrs of being supervised mentoring*

*AELM minimum requirements

Books

- Foundations of Exchanged Life Counseling – Hall*
- The Rest of the Gospel – Stone & Smith*
- Handbook to Happiness – Solomon*
- Bondage Breaker – Anderson*
- A Divine Invitation – McVey*
- Christian's Secret of a Happy Life – Whitall-Smith*
- The Subtle Powers of Spiritual Abuse – Van Vonderan

Booklets

- A Study of the Mind – Gillham*
- The Exchanged Life – Taylor*
- Faithful Forever – Gillham*
- Himself – Simpson*
- Resolving the Misunderstandings of the Exchanged Life – Best*
- Perils of the Victorious Life – Trumbull*

Audio

- Brokenness (6) – Stanley*
- Search for Self-Worth (5) – Smith*
- Centrality of the Cross (2) – Best*

Video

- Marie Marshall Series (9) – LeFebre*

COMMITMENT TO CONFIDENTIALITY

*A gossip betrays a confidence,
but a trustworthy man keeps a secret (Prov. 11:13).*

The Bible teaches that Christians should carefully guard any personal and private information that others reveal to them. Protecting confidences is a sign of Christian love and respect (Matt. 7:12). It also discourages harmful gossip (Prov. 26:20), invites confession (Prov. 11:13), and thus encourages people to seek needed mentoring. Since these goals are essential to the ministry of the gospel and the work of the local church, all students and staff are expected to refrain from gossip and to respect the confidences of others regarding all information shared in counseling, training classes, and incidental conversation.

Because of its biblical nature and a commitment to honesty, Christian training encourages parties to openly and candidly confess their history. This requires an environment where parties may speak freely, without fear that their words may be used against them. All communications that take place during the Life Mentoring Training, shall be strictly confidential. This policy extends to all oral and written communications made by students, staff, or clients, and includes all records, reports, letters, notes, and other documents received or produced by *Life Ministries* or its parties.

Although confidentiality is to be respected as much as possible, there are times when it is appropriate to reveal certain information to others. In particular, when our leaders believe it is biblically necessary, they may disclose confidential information to appropriate people. *Life Ministries* may divulge appropriate and necessary information under the following circumstances, and the parties agree to waive confidentiality and hold the ministry harmless for doing so: (1) when, as part of its normal office operations, the Life Ministries Coordinator consults with its staff members or outside experts regarding particular issues or problems related to a case; (2) when compelled by statute or by a court of law; (3) when an action has been brought against *Life Ministries* as a result of its participation in a normal ministry activities.

the undersigned has read and agrees to this commitment,

Signed

Date

Progress Report

Student _____

Date _____

1. Status of Co-counseling: Number of sessions _____ Total number of hours to date _____

2. Reading status: Books read this month

3. Comment on the pertinence of books you read and how they might be used in counseling:

4. Audio/video listened to or watched

5. List any truth or revelation God has revealed to you during the month

6. Please comment on any issue/s requiring more understanding

Progress Report

Student _____

Date _____

1. Reading status: Books read this month

2. Comment on the pertinence of books you read and how they might be used in counseling:

3. Audio/video listened to or watched

4. List any truth or revelation God has revealed to you during the month

5. Please comment on any issues requiring more understanding

Examination

The exam will only cover units in this class. The exam will contain a variety of questions including true/false, multiple choice, and short answer. The exam will be a take home exam. You will have one week to complete it before turning it into the Life Class instructor.

1. Questions are mostly in order of lectures.
2. Completion of 80% correct is acceptable.
3. Please do not confer with other classmates.
4. The purpose is not memorization but familiarization with the information so that it can be found easily when needed.

Book Report

1. Don't sweat it. It will not be graded. Any effort is considered as acceptable.
2. This is a great time to reflect on a book you read this year that has meant a lot to you personally, socially, emotionally, and spiritually. Share the main themes of the book and how the book shed light on your life.
3. We prefer that the paper be observational, subjective, and personal as well as educational.
4. Glorify God above any writer, teacher, or staff person.
5. Give it a cover sheet with name of the book, author, student name, and date.
6. Type 2 pages, double-spaced.
7. Give credit for quoted info using parenthetical notation and footnotes or bibliography.
8. Remember I Cor 2:4