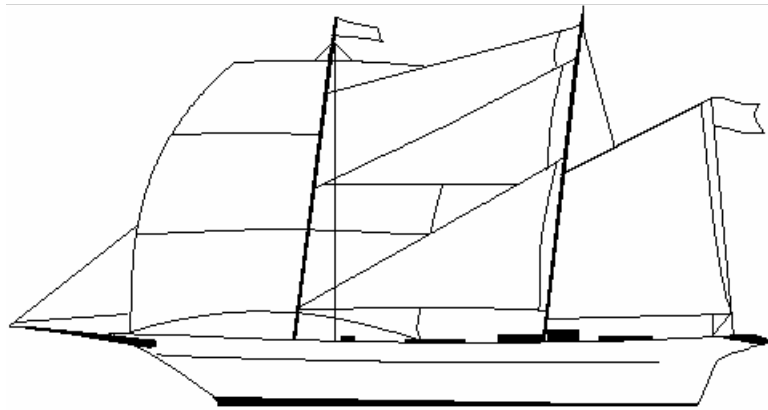


CF560 Adult Formation and Discipleship, Dr. Julie Gorman

Author : Christoph Lameter, FTS Box# 466

March, 3rd 1992

Fellowship
or
The Problem of Close Relationships



A Ship called Church sails through the ocean of time, the goal that sets its direction is called Gods eternity. ...(Old German Song)

Contents:

Overview	3
Description	3
Purpose	3
Audience.....	3
Level of Difficulty.....	4
Teaching Methods	4
Material and Equipment Needed	4
Bibliography.....	4
Teacher.....	4
Room Set-up.....	6
Series Outline	6
Introductory First Session : Getting to know each other	6
Second Session: Self-Acceptance.....	6
Third Session: Truthfulness.....	6
Fourth Session: Disarmament.....	7
Final Fifth Session: Tenderness.....	7
Lesson Plans	7
Session 1 Introduction and Getting to know each other.....	8
Primary Goal	8
Time outline	8
Session 2 Self-Acceptance	9
Primary Goal	9
Time outline	9
Session 3 Truthfulness.....	10
Primary Goal of this Session	10
Specific objectives to be accomplished by Participants	10
Note materials	10
Expanded Time outline.....	12
Session 4 Disarmament	14
Primary Goal	14
Time outline	14
Session 5 Tenderness.....	15
Primary Goal	15
Time outline	15

Overview

Title : *Fellowship or The Problem of Close Relationships*

Time: *Sundays 8am-10am from May 17th to June 14th 1992*

Place: *Arcadia Christian Fellowship Center*

5 Sessions of one hour and 45 minutes each. The sessions are instead of Sunday school and include breakfast.

Description

Have you often thought that fellowship in the Church is not as it is "supposed" to be? Have you longed for someone to understand you? Someone to be really honest with? Longed to be able to be really true to yourself and to others?

Are you afraid of others? Have you asked yourself the question: What is Christian "love"? How to accept the others? And how about accepting yourself?

If you are interested in these questions then this Course in Fellowship is something for you. Note the dates in your calendar and phone XXX-YYYY to notify Christoph of your participation.

Purpose

The participant in this class will learn how to develop close relationships. How to acquire a balance between being open and being able to keep things for oneself.

The participants will have to work through different group experiences to develop this ability. The group experiences will mainly be reflections on topics presented to the class.

By the end of the course the participants will have begun to learn how to share and how to listen to others. The participants will learn the necessity of openness and learn how to converse on the basis of truth. How to be honest with themselves and towards others.

They will learn that to be true is to take the risk of being vulnerable and know that it is worth it. Therefore their fear of the "others" will be reduced.

And last but not least they will understand the necessity for working towards fellowship in our churches to fulfill Jesus's commandment:

John 13:34 "A new commandment I give unto you that you love one another, as I have loved you. By this the world shall know that you are my disciples."

Audience

The course is specially targeted for adults (middle age), since they seem to especially struggle with these issues. A certain stage of personal development should have occurred. Therefore a lower age limit of 25 for this class is set.

The size of the audience should be from 16 to 20 people.

This class is most beneficial for single adults who need to be reconnected to others. New believers are encouraged to come since this class covers the basics of relationships.

Level of Difficulty

The participants are expected to have an earnest desire for closeness and therefore the willingness to share from their lives. Nothing that is shared in a group shall be shared with a third person.

Teaching Methods

Each class begins with breakfast. When breakfast is finished a lecture follows covering one topic. The last part of the class is spent in a group experience to practice what was covered in the lecture.

In the first session groups of four are formed, which should remain as stable as possible to be able to experience closeness. A main element in this course is growing familiarity through the groups. Therefore groups of only 4 each are used. These groups might develop into the nucleus of fellowship groups.

Each session contains free sharing time during breakfast. In the first two sessions possible topics of conversation are suggested to warm up the participants. It is expected that the free sharing time in the later sessions is used according to the personal needs of the participants.

Material and Equipment Needed

Overhead-Projector with OHP-Pens to illustrate.

A wall or something else to show the OHP picture.

A room is needed with space for 20 persons.

Name Tags for the first session.

A Breakfast-Buffer for 20 persons and a helper who prepares breakfast for the sessions. If the breakfast buffet is in a separate room some additional chairs and tables are needed.

Bibliography

Bonhoeffer, Dietrich *Gemeinsames Leben* Chr. Kaiser Verlag München, 1986

Dettoni, John M. *Open to Closeness* Victor Books, 1991.

Föller, Oskar *Verbindliches Leben* Hänssler-Verlag Stuttgart, 1984

Horie, Michiaki und Hildegard *Vom Reden und Schweigen* Brockhaus Verlag, 1988

Horie, Michiaki und Hildegard *Stufen der Befreiung / Scheitern und Neubeginn* Brockhaus Verlag, 1985

Nouwen, Henri J.M. *Intimacy Essays in Pastoral Psychology* Harper & Row, 1981

Sell, Charles M. *Transitions through Adult Life* Zondervan Publishers, 1991

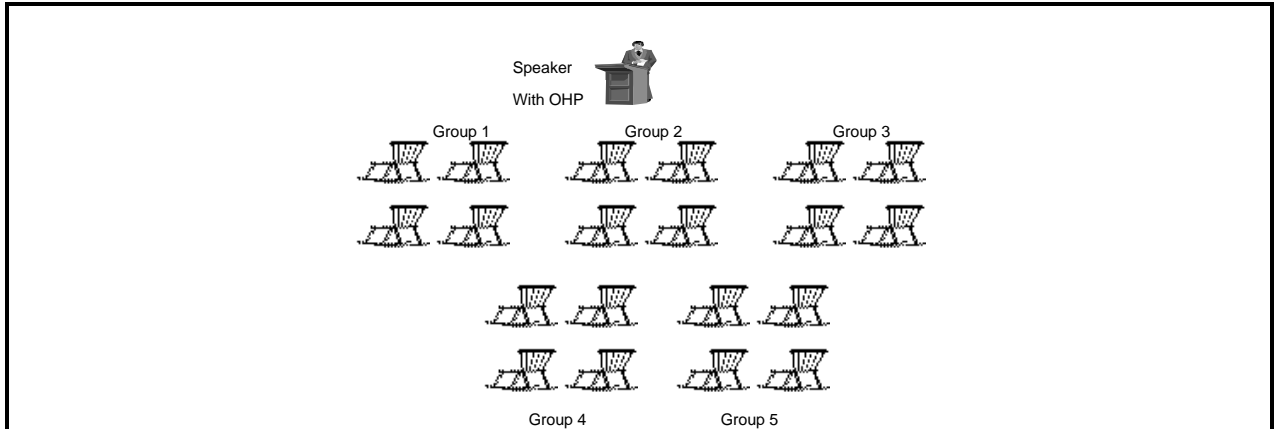
Verwer, Georg *HUNGER for REALITY* STL Books, 1972

Teacher

Christoph Lameter is a first year student from Germany at Fuller Theological Seminary. He himself has felt that having close relationships is a big challenge since the beginning of his Christian life in 1984. He himself feels challenged to build up close relationships. His own desire for close-relationships has not been fully fulfilled yet and his conviction is that we all long for it.

He has been coleader on many retreats and outreaches and has had the chance of observing and experiencing relationships between people. He has been in business life for about 10 years and has gained experience with people outside our churches.

Room Set-up



Chairs should be arranged so that people can easily build the groups of fours by just turning each odd row of chairs. For example:

This is an arrangement for 5 groups. The groups will move into this room after breakfast has been taken. Or alternatively the Breakfast buffet may be in this room.

After the speaker ends his presentation the first and third line turn their chairs around and are ready to start their experience groups.

Series Outline

Introductory First Session : Getting to know each other

This session gives an overview about all sessions. The participants will be grouped into their reflection-groups. Before breakfast instructions are given to form groups of four. The time of the Breakfast then can be used to get a first impression of each other.

The Group-Exercise will be a reflection about the expectations what fellowship could or should be and what one hopes this class will accomplish for oneself.

Second Session: Self-Acceptance

This session focuses on accepting oneself with ones own weaknesses and failures . This is a pre-condition to be able to accept others, who naturally also have weaknesses.

Often more realism about oneself is necessary. We are not the person we often depict ourselves.

The Group-Exercise is a reflection on how each one views oneself. What one does expect oneself to be. How does one react when one fails to fulfill ones own expectations.

Third Session: Truthfulness

People are not truthful to others and themselves. People think that the truth will hurt themselves and others and that they would be happy in this condition. This session shows that truthfulness about each other and oneself is necessary to establish real fellowship with each other. Only through truth there can be trust.

The Group-Experience will be a reflection about which areas are often not truthfully expressed. These areas are frequently "masked". One draws a special picture of oneself before others.

Fourth Session: Disarmament

The fear of being exposed of weaknesses becoming known to others results in a development of negative emotions to protect oneself from possible hurt through this weaknesses. This leads into a fear of intimacy or closeness.

This session will be concerned about anger and fear in relationships and the resulting buildup of arms in the form of negative emotions on both sides.

In the Group-Exercise each one asks oneself the question what causes him or her to be angry and what instances one can remember where one reacted very emotionally.

Final Fifth Session: Tenderness

This final session deals with how to develop relationships further. How to encourage each other. Giving each other feedback in a positive but truthful way.

The participants are instructed to search for new close relationships in the future.

The Groups will share about the results of this course and how he or she thinks could grow in relationships in the future.

Lesson Plans

On the next pages are the plans for each session. One page for each session.

Session four will be given in detail.

Session 1 Introduction and Getting to know each other

Sunday 17th of May 1992 8:00-9:45am ACF-Center Arcadia

Primary Goal

The participants will know the importance of fellowship for a believer. They will begin to know each other and to communicate with each other. They will know what is being done in this course. They will find out about their own motives in attending this course and what others expect from this course.

Time outline

Before	Set-up Breakfast Buffet. Prepare OHP. Prepare Room. Instruct helper at the entrance how to distribute Name-Tags.
8:00-8:10	Come in / Waiting for latecomers and things to settle down. Person at the Entrance distributes Name-Tags.
8:10-8:20	Introduction to the basic form of the course. Introduce the concept of groups of four to share, develop and experience close relationships. Instruct participants to find partners for a group of four during the following breakfast. If they have nothing to talk about at breakfast they should tell each other about the nicest incident they have experienced in their life.
8:20-8:25	Prayer by the teacher.
8:25-8:50	Breakfast Time to find group-partner / Personal Communication
8:50-8:55	Quiet down Class.
8:55-9:10	Lecture Demonstrate the need of fellowship. This was the distinctive feature of early Christianity. Their dedicatedness to Christ and each other lead to the downfall of the most powerful force at that time the Roman Empire. Our time is characterized by individualism not working tightly together. Orientation towards things and action instead of persons and relationships. Biblical perspective is mostly group-oriented. Examples from Acts. Definition of Fellowship. Purpose of this course in building fellowship with each other. This will result in great strength inwardly and outwardly.
9:10-9:15	Giving instructions for the Group Sharing Time
9:15-9:45	Group-Sharing Time Questions: What is biblical fellowship? What do I expect fellowship to be? What are my expectations towards this class?
9:45	End of session. Participants are free to take some more time until the main service begins at 10:00
After	Clear-Up breakfast. Bring room into previous condition.

Session 2 Self-Acceptance

Sunday 24th of May, 8:00-9:45am ACF-Center in Arcadia

Primary Goal

The participants will understand that there are limits in each of us. They will face each others weaknesses and learn the need of accepting oneself before it is possible to accept others.

Time outline

Before	Preparation of Breakfast. Room Set up. Prepare OHP.
8:00-8:10	Come In. Waiting for latecomers and things to sort out.
8:10-8:15	Introduction of the helper who does the preparation of the food. Suggest topic for free-sharing about a childhood experience. Helper gives thanks for the food.
8:15-8:45	Breakfast Free communication time
8:45-8:50	Teacher shows first OHP-Folio. Waiting for things to clear.
8:45-9:15	Lecture The common feeling of unworthiness. Because all the others can do things I cannot. Buildup of list of things I should be able to do. The need for accepting oneself without having fulfilled this list. The need for realism about ourselves and others- Do not expect others to be as you are not. As a Christian we are accepted by God as we are with all our shortcomings. Let us accept ourselves in the same way. Stand to weaknesses. This makes one free to share with others. Often negative talk about others is to prove that oneself is not as bad as it seems to be. The need to see that others have also faults like one sees in oneself.
9:15-9:45	Reflection in the groups of four. Questions: How do I expect that I should be? How do I expect others to see me? How do I react when I fail to be what I want to be? Bonus-Question: How do I react when others fail to be as I want them to be?
9:45	End of Session. Participants are free to extend their group till the main service starts at around 10:00
After	See last session

Session 3 Truthfulness

Sunday 31st of May 1992, 8:00-9:45am ACF-Center Arcadia

Primary Goal of this Session

The participants will understand the need of truth and honesty in relationships. The need to be true about oneself and the need to be true to others. The participants will know the dangers of letting others have a wrong picture of themselves and the barriers built up by trying to please everybody.

Specific objectives to be accomplished by Participants

1. Learn the necessity of communicating the truth.
2. Seeing the depth of relationships possible through honesty and truth.
3. Willingness to use truth in communicating with others.

Note materials

This paper and OHP-Sheet containing the structure of the lecture.

Contents of OHP-Sheet:

TRUTHFULNESS

1. Longing to be true.

Romans 8:19- *"All creation waits with eager longing(to be) delivered from the bondage of corruption..."*

- People long for the REAL-Stuff.
- The world seems to be full of dishonesty to many people.
- Longing for a safe place to be really yourself.
- Longing for people to really know you.

2. Real love is true.

1 Cor 13:4-7 *"Love ... does not rejoice in wrongdoing, but rejoices in the truth."*

- Love is often seen as just pleasing. Love without truth is flattering. This is not the biblical concept of love.
- Love without truth is misleading. Is essentially deceitful.
- Careful: There are different ways of communicating the truth.
- A sign for Gods love to us is that he corrects us !

3. Truth needed for right action.

2 Cor 13:8 *"For we cannot do anything against the truth, but only for the truth."*

- Without truth the others are not able to correct their wrongdoing. (The need for feedback)
- Something done may be understood in a wrong way which leads to wrong behavior in a person.
- Characteristic for many mental illnesses is that people live in a dream world. Since this is not reality they are unable to make decisions in the real world.

4. Truth makes us free.

John 8:32 *"The truth shall make you free",*

- Free to move on the basis of truth.

- Free to act in this world because we know it.
- Free to grow in abilities and understanding.
- Free to understand others.
- Free to love.

Expanded Time outline

Before	Usual Preparations (Will not be mentioned in later session plans)
8:00-8:10	Come In. Getting used to the situation.
8:10-8:15	Thanksgiving by the teacher. Goal: To feel welcome and be thankful for what we have and for our fellowship here. Give a short orientation. <i>"Welcome to our third session of our fellowship course. I hope everybody is now here. The theme of this session is the Truth and its effects on our relationships. After prayer the breakfast buffet is open. The session will continue at a quarter to nine."</i> Prayer <i>"Father, we are thankful that we are your children. We thank you four our fellowship together. Help us today to understand the concept of truth and the importance of truth among us. We pray that you bless this food that we have here as we are gathered together. Amen. Guten Appetit"</i> . (Could not find similar English expression)
8:15-8:45	Breakfast Time of personal interaction.
8:45-9:10	Lecture Truthfulness (Switch on the OHP) <i>"I hope you are all fed well, because it is time to continue our session. I have often spoken with people who had a desire to be really true, to escape all this faking we see in the world around us. In the modern world also this desire for truth is expressed."</i> Put on OHP-Sheet. Example of the elections for president. The look for a candidate which is honest and does not manipulate. People are sick of being manipulated. By now everybody should pay attention. Follow OHP Sheet give examples for each main topic. 1. Use the example already given to introduce this point. Longing for a place to be really true ¹ . 2. Example Real love is true. Example of a woman who just got a new dress which looks horrible. But her friend does not want to disappoint her and makes a compliment for her new dress. The woman decides to wear it to the next party in her house to show it to all her friends. She is very hurt when nobody seems to like her dress and some even make side remarks. She is embarrassed and feels ridiculed. 3. Truth needed for right action. Take the same example. What if her friend told her that this dress was not so good at all. The Fear of hurting others. Fear of being hurt, if you tell the other person the truth. Need for feedback 4. Truth makes us free. Suppose there is an election and nobody tells you that you can vote. Being free to move on the basis of truth ² <i>"Truth is essential to our relationships to each other. Truth frees us and at the same time draws us closer together."</i> Pause. Switch off OHP.

¹Nouwen p.23

²Nouwen p.30

9:10-9:15	<p>Instructions for the Group Exercise</p> <p><i>"We are ready to begin our sharing time again. This time I want you to exchange your views about the causes for dishonesty. Is untruthfulness not our daily experience (especially here in LA?) Can being "polite" mean being not true? Is there any relation between fear of exposure and untruthfulness?</i></p> <p><i>Would you personally always prefer the truth? Why would you or would you not want to hear the truth? For example if you are diagnosed with terminal cancer?</i></p> <p><i>Please turn now the chairs of the first and third row to begin the sharing in your groups. If I do not have the chance of speaking to you personally I see you next Sunday!"</i></p>
9:15-9:45	<p>Group-Exercise</p> <p>Talk about common causes for dishonesty.</p> <p>Can "politeness" be dishonest?</p> <p>Would you prefer the truth?</p> <p>Why?</p>

Session 4 Disarmament

Sunday 7th of June 1992, 8:00-9:45am ACF-Center Arcadia

Primary Goal

The participants will learn to understand anger and fear in relationships. They will learn how negative emotions can build up in oneself through suspicion and fear of being used by others.

Time outline

8:00-8:10	Come In. Wait till confusion has been reduced somewhat. Teacher selects and asks a participant to do the Thanksgiving.
8:10-8:15	Thanksgiving by one of the participants.
8:15-8:45	Breakfast. Time for free communication.
8:45-9:15	Lecture about Disarmament Everybody is building up a picture of oneself before others. This is a protective device to confirm to oneself that we are worth something. Since one knows that this is not true there is a fear to be found out ³ This results in a fear of closeness and anger when somebody is able to see into some dark area of our life. Anger in Relationships through expectations towards others. They must be as I think they should be. Suspicion that somebody else wants to manipulate so I will fulfill his desires which might be contrary to my wishes. Nobody can make me angry. It is my decision to make myself angry.
9:10-9:15	Instructions for the Group-Reflection
9:15-9:45	Group-Reflection: Question: What causes me to be ignited in anger? Share about instances were you reacted with anger.
9:45	End of Session. Personal good-bye by teacher at the door.

³Nouwen p.34

Session 5 Tenderness

Sunday 14th of June 1992 (Flag Day) 8:00-9:45am ACF-Center Arcadia

Primary Goal

The participant will understand that this course is just a beginning and that they have to work further on relationships for themselves. They will understand that encouragement of others in a truthful way is necessary and that they often also need to take the initiative to built up a relationship. The participants are encouraged to meet for themselves on their own to develop their relationships further and to draw others into their circles.

Time outline

8:00-8:10	Come In. Waiting for things to clear up.
8:10-8:15	Thanksgiving for breakfast through acapella song <i>"Thank you Lord for this good food ..."</i> lead by teacher.
8:15-8:45	Breakfast. Free sharing time.
8:45-9:00	Lecture Tenderness In nowadays society we often have the feeling of being pushed, being treated as an object. Being evaluated ⁴ and tested like a thing. We want to be understood, this means we need to have closeness and relationships. We long for closeness. Dangers of intimacy. Vulnerability. Like a Soldier is most vulnerable without his gun, eating or sleeping ⁵ . Dangers of closeness ⁶ Jesus became so very vulnerable for us so that he died on the cross. Love is a kind of weakness ⁷ . How to win friends through offering our weaknesses. Work on relationships.
9:00-9:10	Summary of the course and outlook. View to the future. Encouragement of the participants to continue relationships which might have started in this course. Give hints how to build up open groups so others can benefit of what they have learned and will learn in the future.
9:10-9:15	Instruction for the Group Session
9:15-9:45	Group-Session: Reflection: What are the results of this course for me? How will relationships grow in the future? What area of personal relationships does need my special attention
9:45	End of Session. Personal good-bye by teacher at the door.

⁴Nouwen p.26

⁵Nouwen p.31

⁶Nouwen p.72

⁷Nouwen p.37