

THE WAY OF THE WARRIOR/SHEPHERD*



TOUGH MIND – TENDER HEART

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Scripture: Ephesians 6:10-18, 2 Corinthians 10; Proverbs 4:23

Defining the Warrior/Shepherd

Jesus...our Model

The Agentic-Instrumental Warrior (Tough Mind)*

The Communal- Affiliative Shepherd (Tender Heart)*

*NOTHING IS SO STRONG AS GENTLENESS,
NOTHING SO GENTLE AS REAL STRENGTH.*

-St. Francis de Sales

Part one: Call of the Warrior/Shepherd

Define Your Place

Differing Paths to the Call:

Generational Influences

Family of origin

Birth Order

Personality/Temperament

The 'you' messages that became 'I messages.'

Big People – Powerful Messages. Who Championed You?

Answering the Call to be a Warrior/Shepherd

The Cost of Discipleship (Ref. Bonhoeffer)

Face your fears.

Is Jesus Smart? ("Here am I, send me" Isa. 6:8)

Getting Past a Painful Past (Praying through model)

What God says about me now?

Song: Celtic Worship: Eden's Bridge: "I will Change Your Name" (Spotify, YouTube)

Prayer of the Warrior/Shepherd: "I Am Committed" (Handout)

Your First Mission: Find someone who knows how to listen. Tell them your story.

Part two: Commitment and Continuation of the Warrior/Shepherd

Refine Your Pace

Living by a Warrior/Shepherd 'Code' or 'Rule of Life' (10 Commandments for Ministry Leaders)
(Handout)

Vision-Intention-Means. "How bad do I want to be a Warrior/Shepherd?"

Taking the easy way is never the easy way: Building Holy and Healthy Habits

The resilient Warrior/Shepherd. "If it was easy, anybody could do it!"

The rhythms of a Warrior/Shepherd. "The purpose of Spiritual Disciplines is NOT the Disciplines."

The pain of discipline is far easier than the pain of regret.

Setting SMART goals: Physical, Intellectual, Emotional, Social, Spiritual

Armor Bearer Agreement (Sample: handout)

The companion of the Warrior/Shepherd: The Power of a Pain Partner

The mentor of the Warrior/Shepherd

The marriage of the Warrior/Shepherd (Pray, Lay, Play...Stay)

Prayer of the Warrior/Shepherd: "Armor of God"

Your Second Mission: Write out and share your personal Warrior/Shepherd code.

Part three: Conclusion: The Legacy of the Warrior/Shepherd

Finish Your Race

A Marathon...Not a Sprint. "This is not a drill!"

"Do you love me more than _____" (John 21)

Predictable Passages of the Warrior/Shepherd. Preparation for the challenge.

Continuous improvement and 'after action reviews' (doing a daily Prayer of Examen)

Roles and Responsibilities of the Warrior/Shepherd

What you should expect from your congregation and community.

What your congregation and community should expect from you.

The Wounded Warrior...No one left behind.

Finishing the Quest of the Warrior/Shepherd. "Go long, go strong...finish well!"

No time for 'hero-worship'; Jesus is the Bridegroom. We are the Shepherd/Warrior attendants

Song: "Going the Distance" YouTube Rocky (1976)

"When It's All been Said and Done"ⁱ – song Eden's Bridge. Robin Mark YouTube

What to do with the Crown of honors, titles, possessions, and prizes? Lay it at His feet. Rev. 4:10

Leaving a Legacy. Legacy Podcast #9 Emerge.org (See ExEm podcast)

Your Third Mission: Taking a generational perspective (Ps 78) describe your plan to finish well and pass the torch of the Warrior/Shepherd to the next generation.

NOTE: Many of the ideas adopted for this presentation were derived from Scripture and sources related to the special forces and elite athletes. We too are in a battle (2 Cor 10) and need to be prepared (Eph 6:10-18).

DEFINITIONS:

***Note: The Agentic/Instrumental Warrior (tough) character of Christ: Example: He drove the money changers from the temple (John 2:13-16; Matt. 21:12-17; Mark 11:15-19; Luke 19:45-48. He is the lion.**

Terms: AGENTIC/INSTRUMENTAL:

- Independent
- Active
- Competitive
- Decisive
- Never gives up
- Self-confident
- Stands up under pressure

The Communal/Affiliative Shepherd (tender) character of Christ: Example: Isa 42:3; and Matt 12:20. A smoldering wick he will not snuff out; a bruised reed he will not break off. He wept at the death of His friend. He is the lamb.

Terms: EXPRESSIVE/COMMUNAL/AFFILIATION

- Emotional
- Devotes self to others
- Gentle
- Helpful to others
- Kind
- Aware of feelings of others
- Understanding of others
- Warm

NOTE: The Warrior/Shepherd may not always do what he/she wants. At times we must do what we do not desire to do. But it is good for us (even if we, at times desire otherwise). Thus, the standard of what is good for us must come from a place other than us. And we have, fortunately knowledge of that source in Jesus Christ. The will needs to be directed by the mind....not the reverse. (Prov 4:23)

"The God who is able to save you Eternally; is the same God who can save you Internally" (Wendy Speake)

"Your body is the means God has chosen for expressing His presence on earth. The uniqueness of your body makes it possible for you to develop an expression of Christ's presence that has not been duplicated by any other child of God" (Lichi/Dobbins)

"The only people who achieve much are those who want knowledge so badly that they seek it while the conditions are still unfavorable. Favorable conditions never come." C.S. Lewis

"These things I remember and I pour out my soul within me. For I used to go along with the throng and lead them in procession to the house of God, With the voice of joy and thanksgiving, a multitude keeping festival." • Psalms 42:4, NASB

1

**TALK TO GOD
HONESTLY
ABOUT
YOUR HURTS**

2

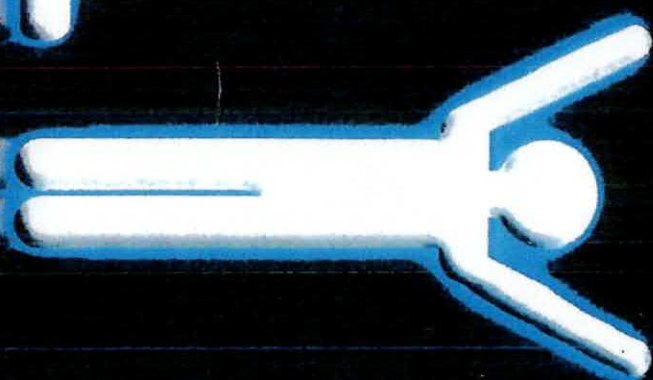
**EXPRESS YOUR
FEELINGS ABOUT
YOUR HURTS
TO GOD**

3

**MEDITATE FOR
A NEW MEANING
FROM YOUR
OLD HURTS**

4

**PRAISE GOD
FOR THE
NEW MEANING
HE GIVES YOU!**
1 CORINTHIANS 2:9



**STEPS TO
PRAYING
THROUGH**

**THROUGH
PRAYING
THROUGH**

Armor of God

Lord, right now by faith, I put on my armor. I put on the belt of truth. I will walk in integrity today. Falsehood and lies will be kept far from me. I will speak the truth today. I put on the breastplate of righteousness. My heart will be protected today. I will not be moved into action by my feelings but by your will. I will not let my emotions rule. I will let the mighty hand of God alone rule my life and my actions. I put on the shoes of peace. I will walk in your perfect peace today. I will not stir up strife against others and strife will not be stirred up against me. I will walk in your perfect peace – the peace that passes all understanding. I take up the shield of faith. With it I will extinguish the fiery darts of my adversary. I will not be moved to act by my circumstances. I will trust in God and stand firm in Him. I put on the helmet of salvation. My mind will be protected. My thoughts will be protected today. I will tear down every thought and imagination that exalts itself against the knowledge of God. I take up the sword of the Spirit, and I will use it both offensively and defensively today. I will use it to be conviction, correction and encouragement to my sisters and brothers; and I will use it to bring the truth to those who do not know. You. I stand fully dressed in my armor, ready to stand against the enemy. I am covered by the blood and stand in the authority of the name of Jesus Christ. I will not take off my armor.

I am Committed

I am a disciple of the Lord Jesus Christ. I am a part of the fellowship of the unashamed. I have stepped over the line; the decision has been made. I will not look back, let up, slow down, back away, or be still. My past is redeemed; my present makes sense; my future is secure. I am finished and done with low living, sight walking, small planning, smooth knees, colorless dreams, tamed visions, mundane talking, cheap living, and dwarfed goals. I no longer need preeminence, position or popularity. I don't have to be right; I don't have to be first; I don't have to be recognized; I don't have to be praised; I don't have to be regarded; I don't have to be rewarded. I am committed to the Lord Jesus Christ. I now live by faith. I lean on His presence. I walk with patience. I live by prayer. I labor in love. My face is set. My road is narrow. My way is rough. My companions may be few but my guide is reliable. My mission is clear. I cannot be bought, deluded or delayed. I will not flinch in the face of sacrifice. I will not hesitate in the presence of adversity. I will not negotiate at the table of the enemy. I will not meander in the maze of mediocrity. I won't give up, I won't shut up, I won't let up until I've stayed up, stored up, prayed up, paid up and preached up for the cause of Jesus Christ. I am a disciple of the Lord Jesus. I will go 'til He comes. I will give 'til I drop. I will preach 'til all know. I will work 'til He stops me and when He comes, He will find faith and commitment in my life. When He comes, He will have no problem recognizing me. In Jesus name, Lord use me. Amen

From The Refuge Morning Radio Time, Columbus, Ohio

Problems Checklistⁱ Results for Ministers and Spouses

Served at EMERGE

(N=75 Randomly Selected Files)

Top 15 for Males

1. Not getting enough exercise (32)
2. Being overweight (31)
3. Feeling depressed or sad (31)
4. Feeling anxious or uptight (30)
5. Being tired and having no energy (26)
6. Friend or family member being emotionally upset (25)
7. Being criticized by others (23)
8. Child or spouse having emotional problem (23)
9. Having trouble concentrating (23)
10. Having unsatisfactory sexual relationship (23)
11. Being afraid of failing on the job (22)
12. Budgeting money (22)
13. Feeling guilty (22)
14. Feeling lonely (21)
15. Tie: Having constant arguments with spouse; Having sexual problems in marriage; Not making time for leisure activities (21)

Top 15 for Females

1. Feeling depressed or sad (33)
2. Feeling anxious or uptight (31)
3. Feeling lonely (29)
4. Being overweight (28)
5. Not getting enough exercise (28)
6. Being criticized by others (26)
7. Child or spouse having emotional problem (26)
8. Not making enough money (25)
9. Being tired and having no energy (24)
10. Not being able to relax (24)
11. Having sexual problems in marriage (21)
12. Not being understood by spouse (21)
13. Friend or family member being emotionally upset (21)
14. Having poor eating habits (20)
15. Tie: Not having close friends; Having poor sleeping habits (19)

ⁱ Note: The Personal Problems Checklist for Adults by John A. Schinka PhD contains 208 items that can be checked if this is a problem or circled if this is a major/urgent problem.

Ten Commandments of Advice for Ministry Parents

**By Donald A. Lichi, PhD
Vice President
EMERGE Counseling Ministries**

Research suggests both risks and rewards of growing up in a ministry home. The rewards include well developed social skills, opportunities for interaction with spiritual leaders, and resiliency. On the other hand, it is well documented that minister's children are under a microscope and often held to higher standards than other children. Based upon God's commands to Moses, here are some guidelines for the pastor in the role of parent:

- **You shall not place your ministry or church as a higher priority than God and your family. Instead you shall remember that your first call is to be a minister to your family as a spouse and as a parent.**
 - **You shall not make idols for yourself. Remember to "use" things and "love" people....not the other way around. This will model for your children a healthy perspective on material things as well as placing a higher value on relationships.**
 - **You shall not misuse the name of the Lord your God. Instead you shall model for your children a healthy submission to God's authority and submission to other constituted authorities. Children will learn that we are all under authority. This structure is God's provision for our guidance and safety.**
 - **You shall keep a day of the week as your day off. This "Sabbath" day is a day to rest, refresh, renew and recreate. Model for your children that the world (and ministry) goes on without you and that a Sabbath rest is a wonderful gift of God.**
 - **You shall honor your own parents. This models for your children a healthy inter-generational perspective of care and sacrificial living.**
 - **You shall not murder. In practical ways you shall model for your children how to bless those who curse you, do good to those who despitely use you and speak well of those who speak ill of you. Further you shall model a forgiving spirit.**
 - **You shall not commit adultery. You shall model for your children that you are still madly in love with your spouse. This includes loving eye contact and gestures, affirming words, thoughtfulness and couple time away from the children.**
 - **You shall not steal. You shall model for your children a spirit of generosity, giving and serving.**
 - **You shall not give false testimony against your neighbor. You shall model the value of building trusting relationships and nurturing several close friendships.**
 - **You shall not covet. You shall model a lifestyle that is devoid of complaint and one that exemplifies contentment with God's provision.**
-

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"Armor- Bearer" Agreement

Thank you for your invitation to speak to and minister among you. As a stipulation to accepting your invitation, I am asking you to select a godly and trusted man within your ministry to serve as an "armor-bearer." In the ancient world a leader sent into battle was afforded an assistant or "armor-bearer" whose responsibility was the protection of his fighting companion during the engagement. He never left him unaccompanied or vulnerable to attack. I have covenanted with the important people in my life that I too desire such a one committed to my welfare while serving in ministry.

Thus, throughout my time with you, I am asking that the identified person ...

1. Be present with me from the time I arrive to the time I depart.
2. Be nearby inconspicuously and, if needed, intervene in any situation that might appear compromising or leave me vulnerable if someone desired harm or demonstrated inappropriate behavior toward me.
3. He is to be available when I am with you; picking me up from and delivering me to my accommodations; be nearby (not necessarily immediately involved), in all my public encounters with others (e.g. sitting with me and remaining near me in public settings before and after I speak, etc.).

Thank you for understanding that I have established this personal policy for the glory of Christ whom I serve, the protection of the ministry He has entrusted to me, and for the well-being of my personal life and relationships.

Please confirm that you will provide someone willing to serve in this way. Prior to my arrival would you provide me the name and contact information (cell phone and email) of the individual so I can clarify details of his responsibilities while I am with you?

Respectfully,



Thank-you to Dr. John Kitchen for his assistance in constructing this statement.

Reference: 1 Samuel 14:7, 16:21; Eccl. 4:9-10. While the term 'armor-bearer' does not appear in the New Testament, the principle of a ministry companion certainly does. See Luke 10:1; John 15:13, Acts 16:25-26; Ephesians 6:6; Phil. 2:25; 1 Thes. 5:12-13; 1 Peter 5:5; 2:20.

Revised 1.20

The Path Toward Addiction

1 2 3 4 5
LEAST SEVERE MOST SEVERE

1. **CURIOUS:** "A desire to learn about things that do not properly concern one."
2. **EXPERIMENTING:** "Acting to find out whether something is effective or workable."
3. **REGULAR:** "Recurring at set times."
4. **HABITUAL:** "Acquired by continual use."
5. **ADDICTED:** "Given oneself up to some strong habit."

Definitions are from Webster's New World Dictionary of the American Language, Second College Edition. David B. Gurañnik, Editor-in Chief. New York: Simon and Schuster, Inc. 1986

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ASSESSING STAGES OF PORNOGRAPHY USE

CURIOUS

1. Have tended to engage in conversation that makes liberal use of sexual innuendo or double entendres
2. Have preferred humor that has strong sexual content or suggestive overtones
3. Find it difficult to maintain eye contact rather than staring at the body of an attractive member of the opposite sex
4. Have been aware of staring at members of the opposite sex to see if outline of undergarments could be seen
5. Find it difficult when interacting with attractive members of the opposite sex, not to think about what they might look like unclothed or imagine them being sexual with you
6. Have "surfed" through television shows looking for the one(s) with the most suggestive sexual content
7. Have turned television channel to stations with scrambled signals to see if nudity or pornography (sights or sounds) was discernable
8. When in convenience stores or similar businesses, have scanned the magazine racks for glimpses of sexually oriented material

EXPERIMENTING

1. Searched for pornography using an Internet web search engine
2. Have entered an adult oriented chat room on the Internet
3. Have reviewed pornographic books or magazines in a store
4. Have rented an X-rated DVD/video/movie or purchased other sexually explicit materials
5. Have gone into an "adult entertainment"/strip club
6. Have masturbated while involved with (or soon after) pornography/sexually oriented Internet contacts
7. Felt guilty for involvement with pornography
8. Felt tempted to use pornography after argument with romantic partner

REGULAR

1. Have accessed sexual sites on the Internet from computers besides those in my home
2. Have sexual sites on Internet bookmarked
3. Have several places/sites that are checked frequently to see if material has been changed/updated
4. Have joined sexual sites on the Internet to gain access to online sexual material

5. Have spent money for sexually oriented materials or interaction at pay sites on the Internet
6. Found it necessary to find new sexual material or contacts after losing interest in previously viewed pornography or online interactions
7. Have feared being caught in inappropriate sexual activities
8. Have developed ways to avoid being caught or detected being involved in pornography
9. Have been secretive/lied about involvement with pornographic activities or time spent involved in them
10. Have been caught looking at or participating in pornography or with sexually oriented material on a computer
11. Have stayed up late (after others have gone to bed) in order to participate in pornography
12. Pornographic use has interfered with work effectiveness (e.g., tired or tardy due to being up late with pornography the night before, using work time to engage in pornographic activities)
13. Spent time with pornographic materials or online sexual interactions during time that could better spent with family or friends
14. Have fantasized about pornographic materials while having sexual interactions with a partner
15. Gone significant periods of time without involvement in pornographic materials only to be drawn back into it from time to time
16. Have made promises to self and/or others to stop use of pornographic material and later broken the resolution
17. Have used pornography to reduce/relieve anger, stress, tension, sadness, or other uncomfortable emotional states
18. Have used pornography as a reward for achievement or hard work

HABITUAL

1. Regularly buy or have a subscription to sexually oriented materials
2. Spend more than 5 hours per week using computer for sexual pursuits or engaging in other pornographic activities
3. Spent more time than intended with pornography or cybersex
4. Been upset with self for "wasting time" with pornographic material
5. Have diminished or quit other leisure/recreational activities to spend time with pornographic activities
6. When not engaged in pornographic activities, find self daydreaming or thinking about next opportunity to participate in them again
7. Have felt anxious, angry, and/or disappointed when something interferes with plans to access pornographic activities
8. Do not feel "normal" when attempting to avoid use of pornography (e.g., more depressed or irritable)

9. Have tried to stop inappropriate activities by doing things like throwing away pornography, deleting sexually oriented bookmarks and files, or avoiding businesses that handle sexually explicit materials but find it difficult to maintain consistent success
10. Have found a need/desire to be involved with materials/interactions of an increasingly graphic nature to attain the same level of sexual excitement
11. Have been told by others about their concern for your involvement with pornographic material
12. Have been irritable or angry with others when confronted about use of pornography
13. Have been disciplined at work for using company time and/or equipment to procure or engage in pornographic activity
14. Use of/involvement with pornography has had detrimental effects on relationships with spouse, family, and/or friends
15. Exposure to pornography has developed interests in sexual activities that are beyond what is comfortable for your romantic partner
16. Secretly worry that behavior with pornographic material is out of control

ADDICTED

1. Have neglected important responsibilities (e.g., absenteeism, missed appointments, diminished work effectiveness, late or missed family functions, etc.) due to involvement with pornographic activities
2. Have accumulated credit card debt (more than what could be paid off at the end of the billing cycle) or spent money that could not be afforded on pornography
3. Have lost a job due to involvement with pornography intruding on work performance
4. Have lost important friendships or family relationships due to use of pornography
5. Have been concerned about possible physical harm or medical problem as a result of excessive masturbation or other sexual activity related to pornography
6. Have risked exposure to disease or injury to engage in pornographic activity
7. Despite important/significant losses, continue to be involved with pornographic activities
8. Feel desperate/hopeless that involvement with pornography could be stopped
9. Find it easier to be sexually involved with pornography than with romantic partner
10. Have accessed illegal material (e.g., child pornography) or engaged in fantasy acts or experiences online that would be illegal if carried out in real life (e.g., rape, voyeurism, exhibitionism, etc.)
11. Have responded to or placed an ad online or in a sexually oriented publication to solicit involvement in pornographic activity
12. Have acted out sexually with someone you became acquainted with through pornography
13. Believe yourself to be a sex addict

THE PATH TOWARD ADDICTION

**Least
Severe**

1. Curious

A desire to learn about things that do not properly concern one.

2. Experimenting

Acting to find out whether something is effective or workable.

3. Regular

Recurring at set times.

4. Habitual

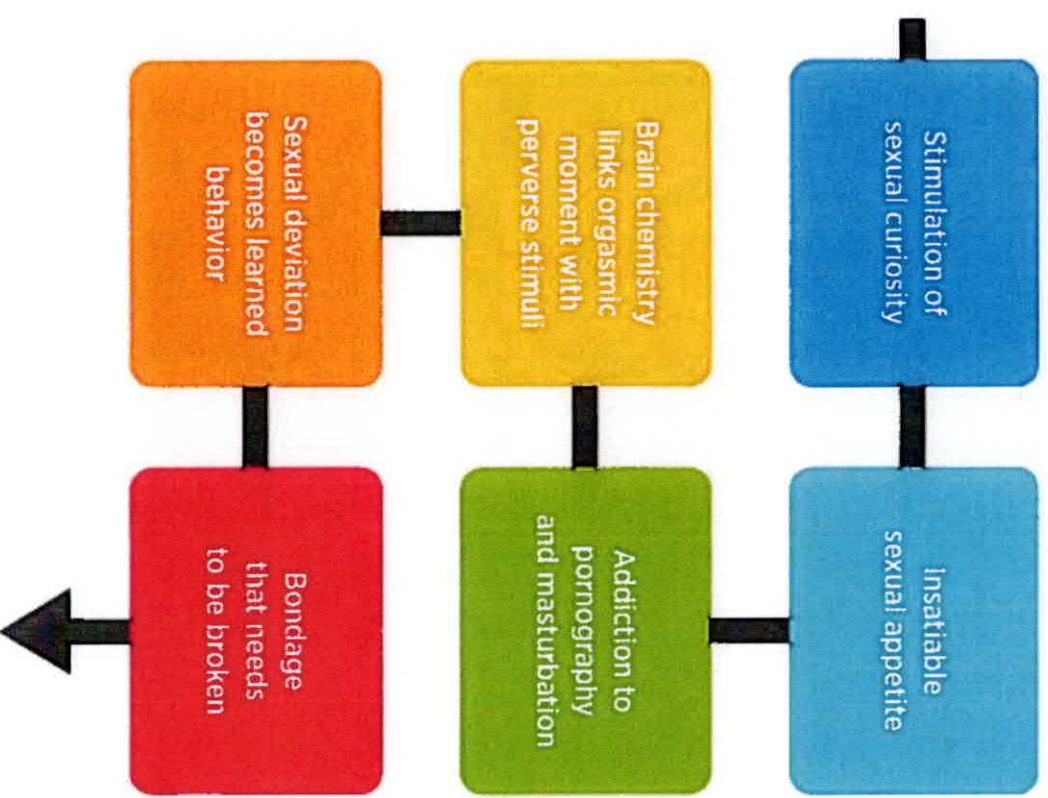
Acquired by continual use.

5. Addicted

Given oneself up to some strong habit.

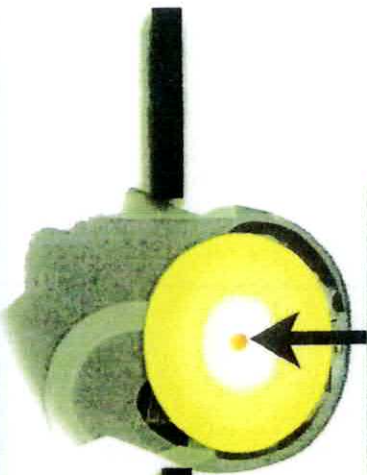
**Most
Severe**

HOW DOES A PERSON BECOME ADDICTED?



Old Self / New Self

First Subconscious
Thought/Temptation



Awareness of Temptation
The Holy Spirit Speaks
I Corinthians 10:13



Choice to Activate
Healthy Behavior



Evaluation



Choice to Activate
Sinful Behavior



Point Where
Temptation
Becomes Sin

Evaluation



"You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; to be made new in the attitude of your minds; and to put on the new self, created to be like God in true righteousness and holiness."
Ephesians 4:22-24 (NIV)

"No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can endure it."
I Corinthians 10:13 (NIV)

THE TWELVE STEPS

A CHRISTIAN ACCOMMODATION OF THE ALCOHOLICS
ANONYMOUS TWELVE-STEP PROGRAM

1. I admitted I was powerless over pornography and that my life had become unmanageable.
2. I came to believe that Jesus Christ could restore me to sanity.
3. I made a decision to turn my will and life over to the care of Jesus Christ.
4. I made a searching and fearless moral inventory of myself.
5. I admitted to God, to myself, and to another human being the exact nature of my wrongs.
6. I was entirely ready to have God remove all the defects of my character.
7. I humbly asked Him to remove all my shortcomings.
8. I made a list of all persons I had harmed and became willing to make amends to them all.
9. I made direct amends to people wherever possible, except when to do it would injure them or others.
10. I continued to take a personal inventory and, when I was wrong, promptly admitted it.
11. I sought through prayer and meditation to improve my conscious contact with God through Jesus Christ, praying only for knowledge of His will for me and the power to carry it out.
12. Having had a spiritual awakening as a result of these steps, I tried to carry this message to others who struggle with pornography and to practice these principles in my life.

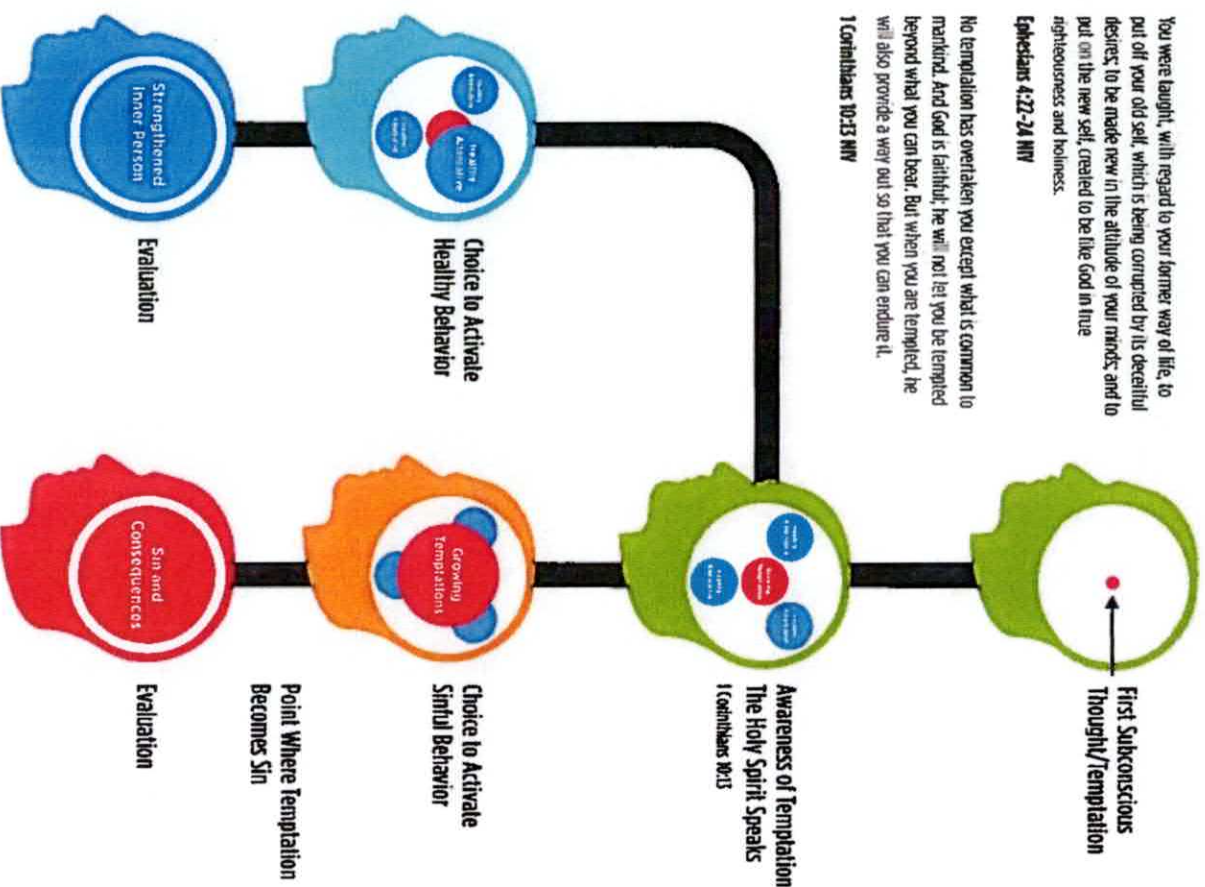
OLD SELF / NEW SELF

You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires, to be made new in the attitude of your minds; and to put on the new self, created to be like God in true righteousness and holiness.

Ephesians 4:22-24 NIV

No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can endure it.

1 Corinthians 10:13 NIV



The Discipline of Confession*

Confession: A corporate discipline. In the early church forgiveness and reconciliation involved a lengthy process of healing by which the offender was restored to health through the ministry of the total Christian community. By the Middle Ages, confession was turned increasingly into a private sacrament, and following the Reformation, Protestants began to view it more as a matter exclusively between the individual and God. However, in Matthew 18 Jesus expressed the essential communal nature of confession and how forgiveness can come into a community without destroying the group. While God does the forgiving, He often chooses human beings as the channel of His forgiving grace.

"Life together"*** often involves hurting one another in some way. And forgiveness is essential in a community of hurt and hurtful persons. It is important to know what forgiveness *is not*:

- Some imagine that forgiveness means pretending an injury doesn't really matter. In fact, these things matter a great deal, and it does not help to avoid the issue. *We need reconciliation.*
- Some believe forgiveness means ceasing to hurt. Or that if we continue to hurt, we must have failed to forgive. That is not true. Hurting is not evil. We may hurt for a long time. *Forgiveness does not mean that we will stop hurting.*
- Many believe that 'forgiveness' means 'forgetting.' The truth is that we really don't 'forget.' We remember, but the difference will be that we no longer need or desire to use the memory against others. *The memory remains, the vindictiveness leaves.*
- Many believe that forgiveness means pretending that the relationship is just the same as it was before the offense. This is not the case. The relationship will not be the same. *By the grace of God, it may be a hundred times better...but it will never be the same.*

True confession and forgiveness bring joy to the Christian community and healing to the parties involved. Confession spells reconciliation with God the Father... "If we confess our sins, he is faithful and just, and will forgive our sins and cleanse us from all unrighteousness." 1 John 1:9

Please do due diligence and study the following scriptures regarding confession and forgiveness:
Isa. 59:1-9; Rom. 3:10-18; Jer. 31:34; Matt. 26:28; Eph 1:7; 1 Jn. 1:5-10; 2 Tim. 1:8-10; 2:5; 1 Jn 2:1;
Luke 15:11-24; Matt. 16:19, 18:18, Jn 20:23 James 5:13-16

*** (Koinonia – Christian fellowship or communion with God or, more commonly, with fellow Christians; intimate spiritual communion and participative sharing in a common religious commitment and spiritual community; joint participation, sharing and intimacy; most often translated 'fellowship, participation and contribution')*

EMERGE Mission Statement: EMERGE restores hope and strengthens lives.

EMERGE Core Values: Generosity, Servanthood, Financial integrity, Teamwork, Growth/Development, Honoring God, Excellence, Integrity, Community, Positivity, Respect, Faith, Non-judgmental, Accepting, Self-Care, Safety, Honor

Adapted from *Study Guide for Celebration of Discipline* by Richard J. Foster (1983) HarperOne, New York, NY

THE SIX GENERAL THEMES

1. REALISTIC

This theme represents practical, physically oriented type of person. They prefer activities such as electrical, mechanical, agricultural, and outdoor endeavors. They are typically conservative and aggressive and generally prefer being alone. They work well with their hands and around tools and machinery. They are most comfortable with objects.

2. INVESTIGATIVE

This theme represents people who emphasize thinking rather than acting out. They typically are involved with the sciences and tend to enjoy analyzing and problem solving. They also prefer to be alone. This type would usually focus on abstract, logical and scientific thought. They are most comfortable working with ideas and concepts.

6. CONVENTIONAL

This theme represents the type of person who prefers to follow and who is a very conscientious about rules and expectations. They are orderly and organized and function best in structured, well-defined situations. While they admire and respect power, they do not seek it. Economic returns, dependability, and conservatism are primary values. They are self-controlled and not usually self-initiating. They are most comfortable with people and especially when they are in a position to follow.

3. ARTISTIC

This theme represents the emotional, sensitive, creative type of person. Their interests and talents typically are in the arts. They are highly original and prefer to be alone. They focus primarily on abstract thought and self-expression through artistic means. They are typically nonconformists. They are most comfortable working with creative objects and concepts.

5. ENTERPRISING

This theme represents the verbal, dominating type of person. They typically excel as conversationalists and public speakers. They are self-confident, persuasive and prefer leadership. They place high value on economic returns, prestige and power. They prefer communication over intellectual endeavors and typically have strong achievement needs. They are most comfortable working with people, especially when they are in a dominating role.

4. SOCIAL

This theme represents humanitarian, outgoing types. They place high priorities on contributing to the welfare of others. They enjoy close, interpersonal relationships and tend to be popular and optimistic. They are affectionate and sympathetic and function best when they are with other people. They focus on feelings more than thoughts and usually express themselves well. They are most comfortable working with people, particularly in a helping fashion.



DESCRIPTION OF THE SIX GENERAL THEMES

The following paragraphs represent a theoretical description of Dr. Holland's six vocational orientations.

REALISTIC—This theme represents practical, physically oriented type of person. They prefer activities such as electrical, mechanical, agricultural, and outdoor endeavors. They are typically conservative and aggressive and generally prefer being alone. They work well with their hands and around tools and machinery. They are most comfortable with objects.

INVESTIGATIVE—This theme represents people who emphasize thinking rather than acting out. They typically are involved with the sciences and tend to enjoy analyzing and problem solving. They also prefer to be alone. This type would usually focus on abstract, logical and scientific thought. They are most comfortable working with ideas and concepts.

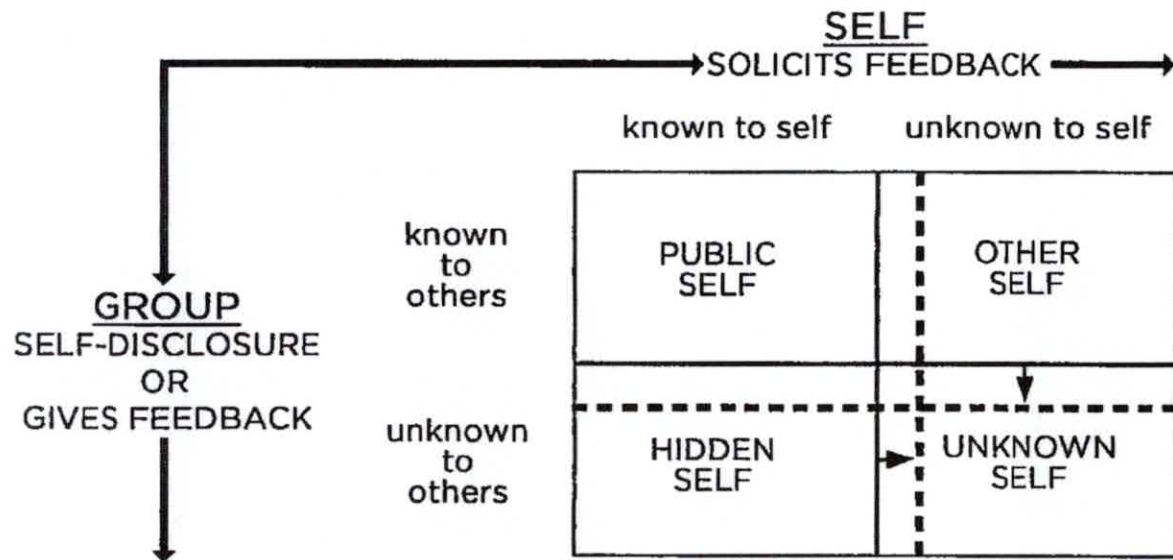
ARTISTIC—This theme represents the emotional, sensitive, creative type of person. Their interests and talents typically are in the arts. They are highly original and prefer to be alone. They focus primarily on abstract thought and self-expression through artistic means. They are typically nonconformists. They are most comfortable working with creative objects and concepts.

SOCIAL—This theme represents humanitarian, outgoing types. They place high priorities on contributing to the welfare of others. They enjoy close, interpersonal relationships and tend to be popular and optimistic. They are affectionate and sympathetic and function best when they are with other people. They focus on feelings more than thoughts and usually express themselves well. They are most comfortable working with people, particularly in a helping fashion.

ENTERPRISING—This theme represents the verbal, dominating type of person. They typically excel as conversationalists and public speakers. They are self-confident, persuasive and prefer leadership. They place high value on economic returns, prestige and power. They prefer communication over intellectual endeavors and typically have strong achievement needs. They are most comfortable working with people, especially when they are in a dominating role.

CONVENTIONAL—This theme represents the type of person who prefers to follow and who is very conscientious about rules and expectations. They are orderly and organized and function best in structured, well-defined situations. While they admire and respect power, they do not seek it. Economic returns, dependability, and conservatism are primary values. They are self-controlled and not usually self-initiating. They are most comfortable working with people and especially when they are in a position to follow.

The Johari Window



*adapted

Jones, John E., Ph.D., and Pfeiffer, J. William, Ph.D., editors

The 1975 Annual Handbook for Group Facilitators. LaJolla, California: 1975, Universtiry Associates.

GOAL SETTING

Donald A. Lichi, Ph.D.

Dr. Gary Collins writes a regular series on Christian Coaching. He notes that, "Many people make New Year's resolutions. The goal is to rid themselves of a habit or improve some part of their lives by determined, self-directed efforts at change. According to researchers at the University of Toronto, this rarely succeeds. Year after year (for an average of ten years according to the researchers), people make the same resolutions and fail because of 'false hope syndrome.' This is an unrealistic expectation that desired changes will come quickly, easily, and with highly visible results. In reality, most lasting change is slow, difficult, and often unnoticed."

Collins goes on to state the following:

Like New Year's resolutions that stick, any change is more likely when people are helped to:

- Set realistic goals
- Recognize that change will be slow
- Persist during plateau periods, in times of discouragement, or when there has been a relapse
- Avoid self-condemnation when change does not occur with the speed, ease, or effectiveness that was expected
- Keep sight of the ultimate goal
- Not expect that change will bring extra rewards (like thinking that weight loss will increase one's attractiveness and popularity)
- Realize that lasting change is most likely when a coach (parent) or some other person gives encouragement and expects accountability

(Source: Gary Collins Newsletter. www.GaryRCollins.com)

Here's What the Research Says about Goal Setting:

- The harder the goal, the higher the performance. (Hint: Make goals that stretch you...but not that are impossible to achieve)
- Setting a goal directs your attention and action.
- A specific, hard goal will produce higher performance levels than "easy" goals or, "I'll just do my best" type goal.
- Keep track of how you are doing in achieving your goal. (Hint: Keep a log or notebook on your progress)
- Reward yourself as you make progress toward your goal.

- Goal setting is an effective treatment for depression. A goal gives a sense of purpose and structure in our lives.

(Hint – keep track of how you feel about yourself as you make progress toward your goal)

Maybe this little formula will help you in setting goals. Set specific personal goals in each of these five major areas:

- **Physical** (Exercise, rest, weight, hygiene, medical checks)
- **Intellectual** (Reading, thinking, books, tapes, research, ideas, memorizing, study, education and professional courses, financial goals)
- **Emotional** (Creativity, journaling, music, art)
- **Social** (Family, friends, personal relationships)
- **Spiritual** (Bible reading, Bible study, fellowship, Bible memory, worship, prayer, service)

REMEMBER – Be specific in your goal setting...write them down. Keep track of your progress.

PERSONAL GROWTH GOALS

Physical

1. _____
2. _____
3. _____
4. _____
5. _____

Intellectual

1. _____
2. _____
3. _____
4. _____
5. _____

Emotional

1. _____
2. _____
3. _____
4. _____
5. _____

Social

1. _____
2. _____
3. _____
4. _____
5. _____

Spiritual

1. _____
2. _____
3. _____
4. _____
5. _____

FEELING WORD LIST

Levels of Intensity

| | Happy (Joy) | Angry (Disgust) | Sad | Afraid |
|--------|---|--|---|---|
| Strong | certain delighted eager excited proud thrilled fine marvelous exhilarated energetic overjoyed | furious disgusted exasperated bitter cheated distraught mad indignant irate livid used fed up | beaten crushed humiliated lonely lost miserable empty rejected hopeless ashamed | helpless panicky alarmed afraid horrified intimidated petrified terrified distraught |
| Mild | secure lucky good loved pleased relieved happy optimistic impressed flattered special | aggravated annoyed disturbed frustrated irritated peeved turned off distressed irked provoked | disillusioned left out down despairing grieved unhappy sorry hollow guilty embarrassed | anxious apprehensive frightened inadequate insecure rattled tense worried uptight harassed |
| Weak | refreshed encouraged satisfied content comfortable relaxed calm hopeful grateful | bothered upset put out uptight hurt disappointed displeased ticked disturbed | glum sober apathetic blue downcast low disheartened moody | confused jumpy uneasy jittery nervous on edge out of place shaky suspicious flustered |

THE SPIRITUAL DISCIPLINES*

The Inward Disciplines

- Meditation
- Prayer
- Fasting
- Study

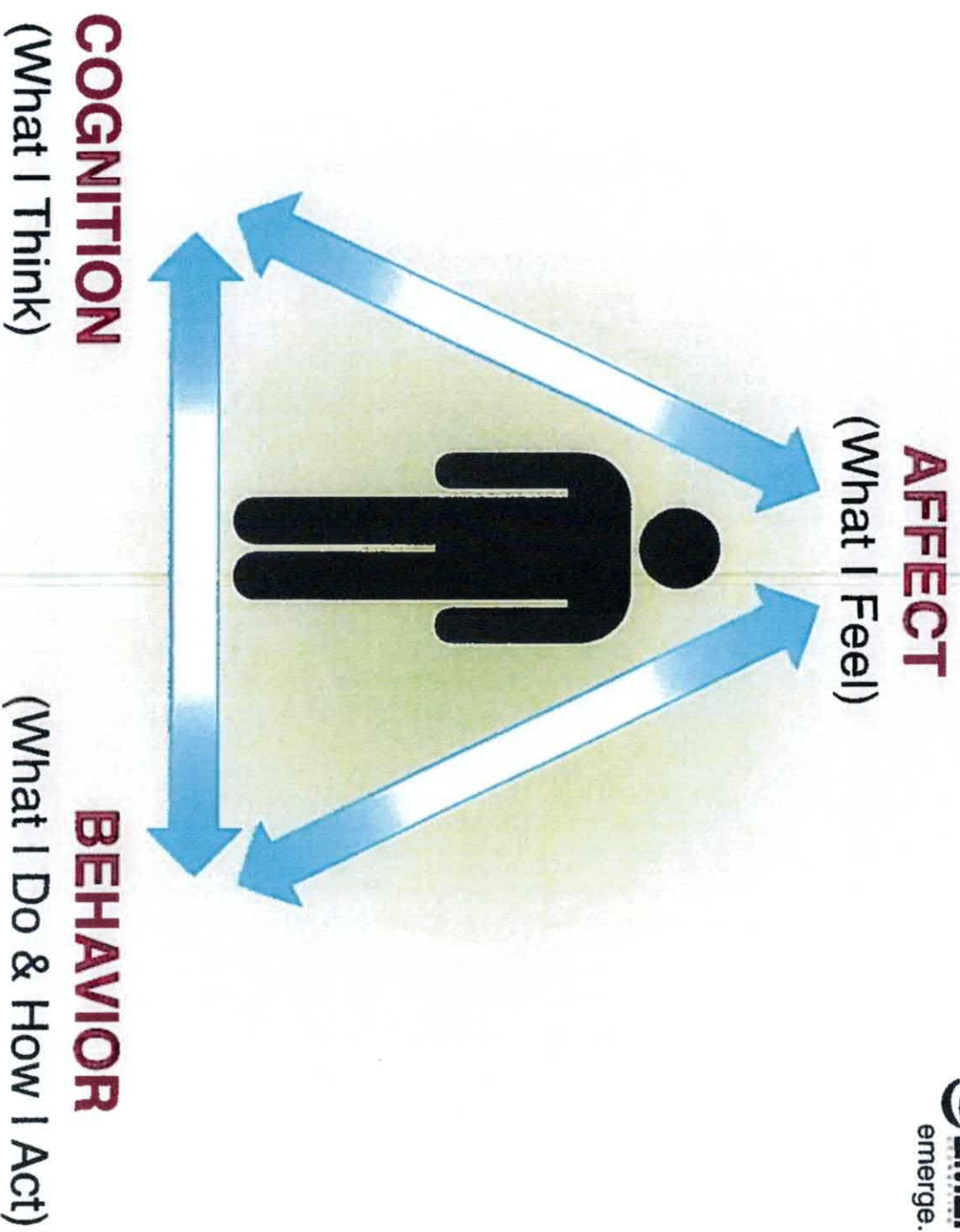
The Outward Disciplines

- Simplicity
- Solitude
- Submission
- Service

The Corporate Disciplines

- Confession
- Worship
- Guidance
- Celebration

*Adapted from Richard J. Foster's, *Celebration of Discipline*



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From 2001-2007 Dr. Lichi was President/CEO and Director of Advancement of Chapel Hill Christian School, a comprehensive non-profit school of six hundred students on two campuses.

From 1992-2002 Dr. Lichi served as Executive Vice President of EMERGE Ministries, Inc. During this period Dr. Lichi was also the Director of Education and responsible for the Ashland Seminary/EMERGE Master of Arts program in Clinical Counseling. He was a supervisor, directed the Institute of Pastoral Counseling program and did marriage, family and individual counseling.

He has spoken at numerous conferences and workshops on integrating spiritual and emotional health, education, parenting, marriage, and family issues and has published several articles on Christian mental health. Dr. Lichi's ministry has taken him to Singapore, India, Canada, Brazil, Thailand, Ecuador, Germany, Switzerland, Austria, Guatemala, Dominican Republic, Haiti, Romania, China, Malaysia, Russia, Hungary, Scotland, Nicaragua and Malawi.

Dr. Lichi was in private practice for five and one-half years, taught school and directed a school-based counseling program for six years. He also taught for six years in the graduate school at the University of Akron. Earlier, while in the United States Air Force, Dr. Lichi served for three years in Italy and three years in Alaska.

He has served as a member of the official Elders and Governing boards at his local church and eight years as a member of the Board of Cuyahoga Valley Christian Academy. Presently he is on the board of Emmanuel Christian Academy, an inner-city school serving at-risk children in Akron, Ohio.

He served as the Northern Ohio representative for ACSI in the Ohio Valley Region and was the Vice-President of the Greater Cleveland Christian School Administrators Association.

He is co-author of the book, *Broken Windows of the Soul* which is published by Moody Press.

Best of all, he is married to Marcie, and they have three adult children and eight grandchildren.

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