

P3 Weight Workout for your soul

*This protocol is to help men identify what they can do work on and to help identify who needs to do work. This is ideal for groups that may have men who are reluctant to do work or who are having trouble stating what they would do work on. **You will need each man to have a pen, note card, a piece of tape and a weight** (5 pounds will do). It is desired to have the lyrics to Thy Mercy by Caedmon's Call.*

All men are standing in a circle. Behind them they should have a weight, note card, a piece of tape, and a pen. If you start in chairs before you stand, then put the items under the chairs.

Check in Rd 1-one word feeling- write the word on card

Rd 2- each man states his mission statement.

Ask each man to close his eyes. Ask: "What is one thing stopping you from living in mission, i.e. fear, anger, judgment. This is not people or circumstances, but this is a sin or feeling that is hindering you. Write it down on the card.

Clearing/Safety Rd

Music- Thy Mercy by Caedmon's Call (you can provide lyrics)

Spiritual Temp "This next round is our spiritual temperature. We use one of four words to describe this: sailing, rowing, drifting, or sinking. This is not if you have had a quiet time or have been disciplined. This is not if you have had a good week or a bad week. It is how much you are believing the truth about who God is and about who you are as His beloved son. Is thy mercy the theme of your song? Is it the joy of your heart or the boast of your tongue? Are you sailing? Or is this something you are working towards? I believe it in my head but I have to do something for it? Am I rowing? May be there is no theme or joy. You want it but it seems so far away. Then you are drifting. Or maybe you couldn't care less and you are ready to turn you back on all of these things. Are you sinking? Are you sailing, rowing, drifting or sinking?"

ACTION: Have each man write the word on their card.

Scripture- Read **Hebrews 12:1-3**

“What is the weight that clings so closely, that is hindering your endurance, the weight stopping you from looking to Jesus?”

ACTION: Give time to contemplate

If a new word comes to mind, write it on note card.

Tape notecards to weight. Have men hold weights with eyes closed.

“These are our weight or chains...this is what is holding you back from believing the Gospel.”

“As we listen to this song I want you to feel the weight that you carry. This may be the barrier that stands between you and God. Listen to the lyrics and ask “Do I believe these words? Are these words true for me? Maybe you can put your chains down, and I invite you to do so. If you feel like you can’t believe the Gospel for yourself, if you don’t believe the truth and can’t let go, that’s fine too. Just hold on to your weight.”

SONG: Amazing Grace (My Chains are Gone) by Chris Tomlin

Work Rd: “This round we will state ‘If I were to do work tonight it would be on _____. This should be written on your card. We are going to rate this 1-3. If your weight is still in your hand you are a 1. You should not leave tonight without doing work. A 2 is you could do work if time permits. Maybe you put down your weight but you could pick it up again pretty easily. A 3 is you do not have to do work tonight, your weight and chains are truly gone right now.”

Identify men who need to do work, use the weight and words as part of facilitation.

End with an uplifting song: How Great is Our God, Good Good Father, 10,000 Reasons, I am Redeemed, etc.

Closing scripture - **Hebrews 10:19-25**

Check out