



# PWOC

*Protestant Women of the Chapel*

- 15 clothing items
- 5 hideous
- 5 unpresentable
- 5 up-to-date
- Rack/bag
- Plant
- Accessories

## **WORKSHOP: "DRESSED" for SUCCESS**

***Being like Christ in our Relationships***

by Julie McCammon

### **LEADER'S GUIDE**

**RELEVANCE:** To be in relationship with others is to experience friction. This is especially true in close relationships- marriage being the most obvious example, but also friendships and roles in leadership (i.e. serving on a PWOC team or board). It is essential to have God's perspective for our interaction with others. Applying the grace of God through compassion, kindness, humility, gentleness, patience, forgiveness and love makes for rich marriages, friendships and unforgettable working relationships.

**CONTEXT:** This workshop is appropriate for any audience since it applies to any relationship. It serves as a nice follow-on to PWOC 201 for training a new board. Suggested series of workshops for an all-day board training: 1) PWOC 101 2) PWOC 201 3) Dressed for Success 4) Teamwork- Putting it all Together.

**TIME:** 60-75 minutes

**HOOK YOUR AUDIENCE:** (1 minute)

How many of you have ever seen the show "What Not to Wear?" Basically, it's about taking people who are committing fashion crimes and giving them the wardrobe basics they need to not embarrass themselves or their family members. The highlighted individual arrives on the studio set and sees the contents of their closet displayed on metal racks. Hosts, Stacy and Clinton, ruthlessly throw most or all of their clothing into a trash can. Since there's nothing left to wear, a shopping trip ensues. The fashion criminal is given a loaded credit card and coached on what types of clothes to purchase. The individual is taught how to dress in a way that is age-appropriate, flattering for



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their body type, and reflective of their personality. The end result is an individual with increased confidence who is dressed for success.

The Apostle Paul tells the Colossians to “put off” the old and “put on” the new- to get rid of the wardrobe of the old life; the life without Christ. When Christians are “dressing” themselves in anger or slander, it just doesn’t make sense...it’s not flattering, it’s not reflective of their new life in Christ. That old wardrobe has got to go!

## **MAKE YOUR POINT 1: Trash Can Clothes vs. the Loaded Credit Card** (5-10 minutes)

Colossians chapters 1 and 2 paint an amazing picture of Jesus Christ. Listen to some of the phrases found in these chapters:

- By Him all things were created
- He is before all things; in Him all things hold together
- He is the head of the Church
- All the fullness of God dwells in Him
- Through Him we are reconciled to God the Father
- In Him are all the treasures of wisdom and knowledge
- He is above every power and authority
- He forgave all our sin and made us spiritually alive
- He disarmed the power and authorities of hell and triumphed over evil through His finished work on the Cross

Based on all that Jesus Christ is and what He has accomplished through His ultimate sacrifice, we move into chapter 3. Let’s read our whole passage, then we’ll take a closer look at certain verses. *Read Colossians 3:1-14.*

In this chapter, Paul develops the concept of putting off our old nature. We find ourselves facing the proverbial metal racks with our old wardrobe displayed. (*Have a volunteer read Colossians 3:5.*)

- *Put to death, therefore, whatever belongs to your earthly nature: sexual immorality, impurity, lust, evil desires and greed, which is idolatry.*  
–Colossians 3:5

Those favorite, comfortable pieces of clothing suddenly look hideous as Paul pulls them off the rack and shows them to us one at a time- sexual immorality (*ugh*), impurity (*groan*), lust, evil desires (*what was I thinking*) and greed. Oh so ugly...why couldn’t I see it before? Oh yes, please, by all means, give me the loaded credit card and let’s go shopping for new clothes!



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*Note to trainer: Have 5 hideous pieces of clothing- obvious fashion train wrecks- to illustrate each of these descriptors of the earthly nature found in Colossians 3:5. Have a volunteer pull items off a rack or out of a bag and hold them up (one at a time, as each word is mentioned) then have them throw the item in a trash can.*

Oh, but now it gets personal. We're past the ugly Christmas sweaters. *(Have a volunteer read Colossians 3:8.)*

- *But now you must also rid yourselves of all such things as these: anger, rage, malice, slander and filthy language from your lips. –Colossians 3:8*

Now we're looking at items on the rack that are comfortable, the ones we've had all our life...so maybe they have a few holes- but oh, so familiar and cozy. In verse 8, Paul holds up the next article of clothing: anger (*ouch*), rage (*hmmm*), malice, slander (*well...*), filthy language (*yeah, about that...*).

*Note to trainer: Repeat the process with the articles of clothing. This time, choose some well-worn items that look comfortable but are not very presentable. Have your volunteer more reluctantly throw each item in the trash can.*

Oh...that was a bit harder. Now the rack is empty. My favorite jeans with all the holes in them are gone and I'm feeling a bit...well...a bit naked. What to wear? In verse 12, Paul hands us the loaded credit card- a new wardrobe, ours for the taking; Jesus paid the price. *(Have a volunteer read Colossians 3:12.)*

- *Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience. –Colossians 3:12*

*Note to trainer: Now have some updated, fun/ hip/ beautiful articles of clothing to represent each of the 5 positive attributes mentioned in verse 12. (You may want to enlist the help of a young, hip PWOCer). Have your volunteer hang these new articles on the rack/ wall/ back of a chair...*

Now we're shopping in New York City, buying things we wouldn't otherwise be able to afford, were it not for our generous Donor. We put on compassion (*very flattering*), kindness (*fits perfectly*), humility (*lovely*), gentleness (*I can't believe I can afford this!*) and patience (*a must for my closet*).

Jesus Christ paid an awful price that we could never afford to clothe us in His best. The credit card is loaded- the price is already paid. We've got to decide if we're going to wear the new clothes or if we'd rather go trash digging to put on what feels more familiar.



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**ENGAGE YOUR LEARNERS:** (15-20 minutes)

The two separate lists in Colossians 3:8 and 3:12 give a bird's-eye view of what it looks like to be dressed in our old or our new "clothes." Real life is almost certainly not an either-or scenario (i.e. Either I am angry, full of rage, ill-will, slandering others, and have a potty mouth OR I'm compassionate, kind, humble, gentle and patient). Mostly, life happens one situation at a time when we are confronted with the choice to invite God's grace and wisdom into the scenario or to go "trash digging" for what has been our go-to in the past. It may very well be that I find myself trash digging on occasion, but is that really what I want to wear? Do I really want to put on my ugly shirt when I could instead wear the high-end, designer clothing that cost Jesus so dearly?

The individual descriptors on the lists are not meant to go toe-to-toe as opposites, but collectively paint the picture of the old and the new. For example, "anger" on the first list is not meant to be the opposite of "compassion" on the second list. Keep that in mind as we do this activity. Let's do a sample scenario together before we split into groups. (*Model the process of referencing the list of definitions below*).

- **Sample scenario:** You are on your way to the Commissary to pick up a few essential items. Your husband calls and asks you to run an errand for him which will make it impossible for you to pick up your Commissary items and you know you won't have time to make the trip later in the day. You are still on the phone with him and he is waiting for your reply. How do you behave?
  - Old Wardrobe: **Filthy language-** *"Why is it that I am always doing your errands for you? Could you not plan ahead and stop on your way to work instead of cutting into my schedule?"*
  - New Wardrobe: **Kindness-** *(I take a deep breath and remember that this is the man I love. His errands may cramp my schedule, but this doesn't happen every day. This is a way I can bless him). "I had planned to stop at the Commissary, but if you're OK with grilled cheese for dinner, I'd be happy to do that for you."*

Work in a group of 3-4 (or with a partner if there are fewer participants). You will be assigned a brief scenario along with a descriptor from the first list in verse 8 (the "old wardrobe") as well as a descriptor from the second list in verse 12 (the "new wardrobe"). These are not meant to be opposite outcomes- just two different approaches to the same scenario.

*Have everyone break into groups first. If there are not enough people for 5 groups, have them work with a partner. Not all of the descriptors have to be covered- it's OK if your workshop only addresses some of them in this activity. Conversely, if your group*



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*is large, it's OK to have more than one group cover the same scenario- just assign them a different combination of descriptors. For example, perhaps there are two groups discussing scenario #1. The first group is assigned the words "rage" and "compassion" and the second group is assigned "malice" and "patience."*

*After the groups are in place, assign a scenario to each group. Circulate around the room as they are working. Encourage them. Help include those who are disengaged. Make sure they are referencing the definitions from the Greek, included in their Participant's Guide.*

**Activity:** Read the scenario. Come up with a couple sentences that would describe what the response could look like wearing an article of clothing from the old wardrobe (Col. 3:8). Then describe what the response to the same scenario might look like in a piece of our new clothing (Col. 3:12). Use the definitions of the words below (based on the Greek) to help form your answers regarding how that descriptor would "behave" in any given situation.

- **Scenario 1:** Your husband was supposed to be home by 6:00pm so that you could make it out the door by 6:15 for your important meeting. It's now 6:10 and he just called to say he'll be at least 15 more minutes due to a last-minute situation that popped up at work. You are standing there in your heels with your purse over your shoulder and keys in your hand. How do you behave?
  - Old wardrobe: **Rage-**
  - New wardrobe: **Compassion-**
- **Scenario 2:** Your PWOC reserved a room at the chapel well in advance. Now the chaplain assistant is telling you that it is needed for another event and PWOC will have to figure something else out. The chaplain assistant is waiting for you to say something. How do you behave?
  - Old wardrobe: **Malice-**
  - New wardrobe: **Patience-**
- **Scenario 3:** Someone you thought was your friend has been talking behind your back and spreading rumors about you. Another friend has brought this to your attention. You are standing face-to-face with the person who just delivered this information. How do you behave?
  - Old wardrobe: **Slander-**
  - New wardrobe: **Kindness-**



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- **Scenario 4:** A fellow PWOC board member seems to be in constant competition with you. She feels the need to point out how much more experience and expertise she has, implying that she is far more qualified to serve on the board than you are. You are in a group with 3 other board members when she again makes a comment of this nature. You feel embarrassed. How do you behave?
  - Old wardrobe: **Filthy language-**
  - New wardrobe: **Gentleness-**
  
- **Scenario 5:** You are 1VP of Spiritual Life. Your team has met and decided on the Bible studies for the Fall. The board has approved the titles you have chosen. All that's left to do is place the order, which is ready to go, pending chaplain approval. You show the list to your PWOC Chaplain Sponsor and s/he is not comfortable with two of your choices. You barely have enough time to submit your purchase order request as it is. Now you have to go back to the drawing board. You are still sitting in the chaplain's office alongside one of your team members. How do you behave?
  - Old wardrobe: **Anger-**
  - New wardrobe: **Humility-**

### Old Wardrobe (Colossians 3:8) Definitions from the Greek:

- **Anger** *orge* (or-**gay**)- Agitation of the soul; indignation; taking offense; wrath as the outburst of a vengeful mind; indicates a more enduring state of mind-perpetual anger.
- **Rage/** wrath *thumos* (thoo-**mos**)- A more temporary, but perhaps more explosive anger; outburst; temper; fierce indignation.
- **Malice-** *kakia* (kak-**ee**-ah)- Ill will; desire to injure; hateful feeling; hostility; malicious behavior.
- **Slander/** blasphemy *blasphemia* (blas-fay-**me**-ah)- Abusive language; speech injurious to another's good name.



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- **Filthy language/** abusive speech *aischrologia* (ahee-skhol-og-ee-ah)- Foul mouth; vile conversation; shameful words coming out of the mouth; obscene language; filthy communication.

### **New Wardrobe (Colossians 3:12) Definitions from the Greek:**

- **Compassion-** *oiktirmos* (oyk-tir-mos)- Mercy; pity; compassion shown in suffering of others.
- **Kindness-** *chrēstotēs* (khray-stot-ace)- Goodness- describes one's disposition more than their actions; the opposite of *apotomia* which is severity or cutting something short and quickly<sup>1</sup>; It is the grace which pervades the whole nature, mellowing all which would have been harsh and austere.<sup>2</sup>
- **Humility-** *tapeinophrosynē* (tap-i-nof-ros-oo-nay)- Humbleness of mind; Having a humble opinion of one's self; a deep sense of one's (moral) littleness; modesty; lowliness of mind.<sup>3</sup> The esteeming of ourselves small, inasmuch as we are so, the correct estimate of ourselves. <sup>4</sup>
- **Gentleness/** meekness- *prautēs* (prah-oo-tace)- Meekness; mildness of disposition; gentleness of spirit. [Gentleness] is an inwrought grace of the soul, and the expressions of it are primarily toward God. It is with that attitude of spirit we accept God's dealings with us as good and do not dispute or resist.<sup>5</sup>

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<sup>1</sup>Zodhiates, Spiros: *The Complete Word Study Dictionary : New Testament*. electronic ed. Chattanooga, TN : AMG Publishers, 2000, c1992, c1993, S. G5544

<sup>2</sup>Zodhiates, Spiros: *The Complete Word Study Dictionary : New Testament*. electronic ed. Chattanooga, TN : AMG Publishers, 2000, c1992, c1993, S. G5544

<sup>3</sup>Strong, James: *The Exhaustive Concordance of the Bible : Showing Every Word of the Text of the Common English Version of the Canonical Books, and Every Occurrence of Each Word in Regular Order*. electronic ed. Ontario : Woodside Bible Fellowship., 1996, S. G5012

<sup>4</sup>Zodhiates, Spiros: *The Complete Word Study Dictionary : New Testament*. electronic ed. Chattanooga, TN : AMG Publishers, 2000, c1992, c1993, S. G5012

<sup>5</sup>Zodhiates, Spiros: *The Complete Word Study Dictionary : New Testament*. electronic ed. Chattanooga, TN : AMG Publishers, 2000, c1992, c1993, S. G4240



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*Prautēs* is not readily expressed in English since the term "meekness" suggests weakness, but it is a condition of mind and heart which demonstrates gentleness, not in weakness, but in power. It is a balance born in strength of character.<sup>6</sup>

- **Patience**/ longsuffering *makrothymia* (mak-roth-oo-mee-ah)- Patience specifically with people more so than circumstances; endurance, steadfastness, perseverance; slowness in avenging wrongs; self-restraint before proceeding to action; associated with mercy.

*Note to trainer: When the groups seem to be winding down, give them a 2-minute warning to wrap up their thoughts. Allow volunteers to share the perceived outcomes of their scenarios. Keep the discussion moving quickly. Do not allow conversations to steer towards actual events- keep it hypothetical. Make yourself available after class to discuss individual issues and to pray over Participants.*

## **MAKE YOUR POINT 2: Putting on Your Big Girl Panties** (10 minutes)

We've had some practice in how to "play nice" in tricky situations. I'm feeling pretty good about my new wardrobe...pretty confident even- how about you? Are you feeling like you could actually behave well, even when others are not? You absolutely can! Right in the intensity of the moment, God's grace and His character are available to you.

Here's where we are pushed to our limits. Look at Colossians chapter 3, verse 13 (*have a volunteer read this*):

- *Bear with each other and forgive whatever grievances you may have against one another. Forgive as the Lord forgave you.* –Colossians 3:13

We are told to bear with each other and to forgive one another. Let's look at the idea of *bearing with each other* first. Take a look at the quote by Dutch Sheets from his book *Intercessory Prayer*:

- *[Anechomai]* means 'to sustain, bear or hold up against a thing,' much as a person would tie a stake to a tomato plant to sustain it from the weight it

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Eng (English)

<sup>6</sup>Zodhiates, Spiros: *The Complete Word Study Dictionary : New Testament*. electronic ed. Chattanooga, TN : AMG Publishers, 2000, c1992, c1993, S. G4240



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*carries. The strength of the stake is transferred to the plant and thus 'bears it up.' When the Lord commands us to bear with one another in Colossians 3:13 and Ephesians 4:2, He isn't simply saying, 'Put up with one another.' Although He is telling us to do that, He is also saying, 'Stake yourselves to one another.' In other words, we're to come alongside a weak brother or sister who is 'weighted down' and say, 'You're not going to fall and be broken or destroyed because I'm staking myself to you. My strength is now yours. Go ahead, lean on me. As long as I can stand, you will.'*

*Note to trainer: You may want to have an actual tomato plant or other plant that needs a stake to help hold it up.*

Isn't that beautiful? That's a far cry from us just "putting up with each other," isn't it? *I am staking myself to you.* Can you imagine what a marriage would look like if the husband and wife would *stake* themselves to one another- *as long as I am standing, you will stand.* Can you imagine what that would look like on a PWOC board if all the board members *staked themselves* to each other and refused to behave badly toward one another for their entire year of service? Can you imagine what our friendships could look like if we were willing to *stake ourselves* to each other, bearing the weight of a trying season?

This can be done mentally, without saying a word to the other person. I can *choose* to be spiritually staked to someone else. I can commit to pray for that person. I can take physical steps to ease their burden for a season.

This is the higher road. I put on my big girl panties and I take the step into a potentially messy situation rather than turning my back on it. This is the road that rejects offense and anger and maligning another's good name. This is the path of humility and patience- hanging in there even when it gets tough. It's the way of gentleness and compassion. It is intimate living that is focused on others through the strength that God provides.

*Please note:* Sometimes stronger boundaries with certain individuals are necessary. Seek wise counsel and prayerfully approach the unique relationships in your life.

Is God moving your heart to be "staked" to someone else? If you're on a PWOC board or team, are you willing to be *staked* to your teammates for this year? What would that look like? Let's pause for just a moment. Ask God to bring anyone to mind that He is wanting you to be *staked* with. *Give a moment to allow private prayer. Encourage your participants to follow through with what God is telling them both now and in the future.*



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The other part of verse 13 exhorts us to forgive- not only to forgive, but to "forgive as the Lord forgave you." The word for "forgive" and "forgave" in this verse are the same. The Greek word is *charizomai* (khar-id-zom-ah-ee) the root of which is *charis* (**khar-ee**) or "grace." We could re-word this verse to say- "extend grace to each other, just as Christ has extended grace to you." The exact same word is found in Colossians 2:13. Let's read Colossians 2:13-15 (*have a volunteer read these verses*):

- *When you were dead in your sins and in the uncircumcision of your sinful nature, God made you alive with Christ. He **forgave** us all our sins having canceled the written code, with its regulations, that was against us and that stood opposed to us; He took it away, nailing it to the cross. And having disarmed the powers and authorities, He made a public spectacle of them, triumphing over them by the cross.*

Think about it. What is the extent of God's grace and forgiveness to you? *Allow some answers. The bottom line is that we have been forgiven thoroughly and completely- nothing held back. The grace of Christ is absolute. We are called to do the same.*

This word for forgive, *charizomai*, means to freely give; to show oneself gracious; to pardon; to restore one to another; to graciously remit a penalty. To remit a penalty is to release another from guilt and refrain from collecting payment. To forgive someone is to drop all charges. This makes us uncomfortable. We must go back to the Cross. How thoroughly have we been forgiven? What does Colossians 3:13 say? We must forgive as we have been forgiven. We need some serious big girl panties for this job! (*You may want to pull out your own version of big girl panties here- be fun, but tactful- you want to make an impression, not scar your participants- lol!*).

## **ENGAGE YOUR LEARNERS:** (10-15 minutes)

Take a look at Luke 7:41-43. This is at the heart of the story that takes place at the home of Simon, the Pharisee. Jesus is having dinner with some self-righteous leaders when a woman, known for her sinful ways, comes in and pours perfume on His feet, washing his feet with her costly gift and with her tears and drying them with her hair. Our Greek word for "forgive" appears twice in these verses, only the wording is different here.

Work with a partner. Read Luke 7:41-43 below. The Greek word *charizomai* appears twice, once in verse 42 and again in verse 43. How is it worded in each?

- <sup>41</sup>*Two men owed money to a certain moneylender. One owed him five hundred denarii, and the other fifty. <sup>42</sup>Neither of them had the money to pay him back, so he canceled the debts of both. Now which of them will love him more?*



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<sup>43</sup>*Simon replied, 'I suppose the one who had the bigger debt canceled.' 'You have judged correctly,' Jesus said.*

- Phrase in verse 42: *canceled the debts*
- Phrase in verse 43: *debt canceled*

Discuss with your partner what this would mean in the physical sense. Do you have a personal example of forgiveness regarding money owed?

Discuss the implications of what this means for us in the spiritual sense. How much of the debt are we still entitled to collect? What standard does God's grace call us to? (*See Colossians 2:13 and 3:13*)

*Note to trainer: Circulate while partners are discussing. Listen for particularly poignant examples. You may want to pre-select who will share out at the end of this exercise. As you hear positive answers, you may ask if that person is willing to briefly share their thoughts with the group. When partners seem to be wrapping up, give a 2-minute warning and then pull everyone back together for a quick, whole-group recap. The bottom line should be that we have been thoroughly forgiven. We are called to forgive thoroughly. We do not keep a proverbial ledger of how much is owed to us. The debt has been paid by Christ on the Cross. Jesus Christ calls us to forgive just as He forgave.*

### **MAKE YOUR POINT 3: The Ultimate Accessory** (5 minutes)

So now we're dressed for success, clothed in the gracious gifts of Christ. We've put on our big girl panties, extending our "fashion sense" to others, offering them the same grace we have been given. Now it's time for the ultimate accessory- the one that's going to tie the whole outfit together. Maybe it's a great bag, or a scarf with a fun pattern. Maybe it's a pair of pumps or just the right belt. It could even be a bright pair of Converse sneakers or a fun baseball cap.



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Let's read Colossians 3:14 (*have a volunteer read*):

- *And over all these virtues put on love, which binds them all together in perfect unity. –Colossians 3:14*

*Note to trainer: Bring some fun accessories to add to your fashion collection!*

Love- the perfect accessory. This accessory should be highly accessible and recognizable. A great accessory for an outfit is what is most readily noticed- *Great scarf! I love those shoes! Where did you get them? What a fabulous bag!*

The first thing people should notice when we encounter them is love. God is love.

- 1 John 4:7-8 says, *Dear friends, let us love one another, for love comes from God. Everyone who loves has been born of God and knows God. Whoever does not love does not know God, because God is love.*

In Greek, there are different words for "love." The word for love in our Colossians passage is *agape* (a-**gah**-pay) which is the love of God- unconditional, an act of the will. It knows no limits and is utterly independent of people's behavior or wrongs committed against us. Jesus Christ demonstrated this love on the Cross. *Agape* is the word used in John 3:16- For God so *loved* the world that He sent His one and only son... It is a love that is not based on reciprocation.

We are called to a higher plane. We are called to love as Christ loves, not as the world teaches us to love. Listen- you will always find someone to agree with you about your "rights," someone who will reinforce that you have a right to be angry and a right to withhold love and forgiveness from another. My friends, let's find people who will hold us to *agape* love, the love of the Cross that looks beyond the offense and sees the broken person in need of restoration.

Listen to these other verses that use the word *agape*:

- **John 13:35** *By this everyone will know that you are my disciples, if you love one another.*
- **John 15:13** *Greater love has no one than this, that one lay down his life for his friends.*
- **Romans 13:10a** *Love does no harm to its neighbor.*
- **1 Corinthians 13:4-8a** *Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It is not rude, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices*



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*with the truth. It always protects, always trusts, always hopes, always perseveres. Love never fails.*

- **1 Corinthians 16:14** *Do everything in love.*
- **Galatians 5:22** *But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law.*
- **Ephesians 4:2** *Be completely humble and gentle; be patient, bearing with one another in love.*
- **Ephesians 5:1-2** *Be imitators of God, therefore, as dearly loved children and live a life of love, just as Christ loved us and gave Himself up for us as a fragrant offering and sacrifice to God.*
- **1 Peter 4:8** *Above all, love each other deeply, because love covers over a multitude of sins.*

Colossians 3:14 tells us that love binds all these virtues (compassion, kindness, humility, gentleness, patience, bearing with each other, forgiving each other) together in perfect unity. The literal picture in the Greek is of the ligaments of the human body, holding everything together. It is sometimes translated "knit together." Oh that our hearts would be knit together!

We need this kind of love. Our PWOC needs this kind of love. Unconditional love is no walk in the park, is it? Let us be people who are quick to remember how much we have been given. Let us remember our own desperate need for the unconditional, *agape* love of God. Let us be quick to prayer and slow to gossip. Let us show the love of Christ through our words and actions.

Those that are the most difficult to love are usually the ones in the most desperate need of it. In our humanness, we react, we are offended, we are hurt, we put up walls. God calls us to a higher plane. He calls us to love like He loves- everyone- always. To do this, we need His great heart working through us. The best way to align our hearts with His in regards to a difficult relationship is to pray. Through prayer, we begin to gain His heart, His compassion, His patience, His kindness, His gentleness towards this individual who is made in His very image.

### **ENGAGE YOUR LEARNERS:** (5-10 minutes)

One way to pray over an individual is to use Scripture. The name of the person you are praying for can be inserted into the Scriptural prayer. Read through the following prayers and mark one that you think you could use in the future.



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- **Numbers 6:24-26** *The LORD bless you and keep you; the LORD make His face shine upon you and be gracious to you; the LORD turn His face toward you and give you peace.*
- **Ephesians 1:17-18a** *I keep asking that the God of our Lord Jesus Christ, the glorious Father, may give you the Spirit of wisdom and revelation, so that you may know Him better. I pray also that the eyes of your heart may be enlightened in order that you may know the hope to which He has called you, the riches of His glorious inheritance in the saints, and His incomparably great power for us who believe.*
- **Ephesians 3:16-19** *I pray that out of His glorious riches He may strengthen you with power through His Spirit in your inner being, so that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love, may have power, together with all the saints, to grasp how wide and long and high and deep is the love of Christ, and to know this love that surpasses knowledge- that you may be filled to the measure of all the fullness of God.*
- **Colossians 1:10-14** *And we pray this in order that you may live a life worthy of the Lord and please Him in every way: bearing fruit in every good work, growing in the knowledge of God, being strengthened with all power according to His glorious might so that you may have great endurance and patience, and joyfully giving thanks to the Father, who has qualified you to share in the inheritance of the saints in the kingdom of light. For He has rescued us from the dominion of darkness and brought us into the kingdom of the Son He loves, in whom we have redemption, the forgiveness of sins.*

- 1) Is there someone that you need to commit to pray this prayer over? Pray that God would soften your heart. Invite His presence into your relationship. He will delight in answering that prayer and will begin to show you His great heart for that person. Your heart will come into alignment with His. Even if the situation remains unchanged, your response will most certainly shift and you will be able to come to a point of peace.
- 2) Now assign yourself an accessory that will represent "putting on love" to you. For example: Whenever I put on my *SCARF*, I make a willful decision that I'm going to put on love. Write or draw your accessory below:

*Note to trainer: You can use the accessories you brought to actually do this, just as a fun visual.*



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**APPLY IT TO LIFE:** (5 minutes)

We have covered a lot of territory during this workshop. We talked about our old wardrobe and our new wardrobe- putting off the old and being dressed in spiritual clothing that reflects who we are in Christ.

We also talked about bearing with each other- being staked to one another- *As long as I'm standing, you will stand.* We talked about putting our big girl panties on to forgive and extend grace, the kind of forgiveness that God extends to us.

Lastly, we talked about putting on love as the ultimate accessory. We discussed how we are called to love as God loves- unconditionally and thoroughly. We were challenged to pray for those individuals who are difficult to love.

- Take a moment to reflect. Did something from the workshop stand out to you? Are there steps you need to take? Take a moment to offer your thoughts to God.

*Note to trainer: You may want to play some instrumental music while your Participants are responding. Make yourself available to pray with individuals after the workshop ends. Formally end the workshop with a word of encouragement.*



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