



THE
inSPIRE
JOURNEY

PARTICIPANT GUIDE

www.rsvpministries.com

The inSPIRE Journey – Exploring Wholeness Together
Participant Guide - 2nd Edition

Published by RSVP Ministries

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Edmonton, Alberta T6A 3Y6
Canada

www.rsvpministries.com

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Design by RSVP Ministries, Cover Photography and Film by Iconium Media

Printed in Canada 2019

ISBN 978-1-7752875-6-8

DEDICATION

The inSPIRE Journey is dedicated to those who have gone ahead of us, forging spiritual pathways through sometimes dark and dense forests, to the light and to our summits.

Leon and Elva-Jean Brown, you stepped out in courage and in faith like nobody else I know, to plant Sequoia Community Church when there were no people and no resources, just a calling. So many know Jesus because of you. That first *inSPIRE Journey* began with our fledgling church leaders.

Friends at One Way Ministries, together we received the blessing of ministry amongst the pastoral community of Ottawa and launched journeys with women and men who were ever so sacrificially leading and loving in faith, in our city. You continue to refresh and refuel both the weary and the strong.

Lorraine Myrholm and Directors of the Board at RSVP Ministries, you have prayed, cheered and challenged our team to act on God's calling at RSVP Ministries, and have willingly pursued big changes to the ministry you love, arm in arm together. You have brought this guide and our video series to completion with your bold encouragement, trust and support.

You are SPIRES, relentlessly pointing the way for others. "Thanks" seems like too small a word.

A handwritten signature in black ink, appearing to read 'Donna', enclosed within a circular scribble.

DONNA LAMOTHE

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INTRODUCTION

A NOTE FROM YOUR GUIDE

I believe *The inSPIRE Journey* you are about to set out on will change you! This is a journey of exploration, a pilgrimage of sorts, to find **Spiritual - Physical - Intellectual - Relational - Emotional** health and strength. I think you'll find surprises along the way.

A COMMUNITY EXPERIENCE

Your journey will take place in community, with short video segments to launch your group's experience in each session. The video will be followed by longer stretches of time dedicated to your group's interaction and personal application of God's principles for life. We emphasize community learning and shared experience in this journey. Our video sessions are set up in a living room setting, such as you might find yourself in. While I'll obviously miss out on hearing your thoughts, I'm excited for you and your group members to be in the room together, getting to know one another's amazing stories and life lessons. The participant guide you have in your hands is intended to help you navigate and record your unique *inSPIRE Journey* experience with your group. Write and doodle at will, to create your own unique journey history.

A MESSAGE FOR EVERYONE

The inSPIRE Journey was originally created for Christian leaders who often lose track of God's good principles for themselves, in the battle to lead and care for others. We see great leaders fall in places that disappoint and disillusion us, and them. But humanness, and our inattention to God's best standards, are common to ALL of us. We live out the consequences – some small, some enormous. One area of neglect or strength impacts the others. So, we step boldly into an honest evaluation of not just one area of the **SPIRE**, but them all.

As I shared this *inSPIRE Journey* message with a wide variety of people at many different stages of life, the message was clear that we all need to pay attention to our **Spiritual-Physical-Intellectual-Relational-Emotional** health. Not with fickle, ever-changing and illusive standards, but with the incomparable guidance and timeless principles passed down to us by our caring Creator.

A RELIABLE SOURCE

There is nothing new in this guide or the accompanying videos - the content comes from the ancient, Holy Scriptures, the Bible. But maybe we've missed the

message?

If you are skeptical about God and the Bible, then this journey will be a tremendous opportunity to hear a new message, test out biblical truths and discover their relevance. Apply the God-principles you will uncover in your group and watch them make a difference in your life.

If you are already a believer, then consider where you need to shore up a specific place in your life that is not yet in tune with God's best for you. Watch for that alignment to make a transforming difference in your life. We can know the Scriptures, but if we do not apply them we cannot expect to live strong – spiritually, physically, intellectually, relationally or emotionally.

A LIFELONG CHANGE

This journey will take you through fifteen sessions with your small group. The length of the journey is purposeful. You'll be taking the time to build community, explore wholeness in light of the real lives and relationships around you, and find accountability for the things you commit to. Be sure to share a change that you make in your life as an outcome of this journey with group members, then invite

them to ask you about it weeks, months or even years down the road. If you only make temporary and unsustainable changes in your life as you go through this experience, then we will have missed the mark. Hear from God on a profound, life-altering matter, make a necessary adjustment, and refuse to fall back into old, failed, default patterns.

I believe the people you journey with, the time you take to meet with them and with God, and application of God's infallible Word, will alter your life. This is your time, your opportunity, to grow strong in God's love. Put your roots down deep.

On the journey with you,



DONNA LAMOTHE

THE JOURNEY BEGINS

SESSION ONE

THE inSPIRE JOURNEY

The inSPIRE Journey is:

- a pilgrimage
- a journey of exploration
- an _____ with God and others

THE SPIRE IMAGE

A **spire** is made up of lines that are on a continuous path towards a _____.

Our point is to become more _____ - Spiritually - Physically -
Intellectually - Relationally - Emotionally.

A single spire is _____.

It's the _____, stretching out mile after mile, that takes our breath away.

THE inSPIRE ACRONYM

The first two letters of inSPIRE, the "in," represent _____ on this journey.

We're willing to look at our lives and be purposeful about making a change where necessary.

The **SPIRE** is an acronym that represents five areas of our lives:

S - Spiritual

P - Physical

I - Intellectual

R - Relational

E - Emotional

PRINCIPLES FOR THE JOURNEY

Life is rarely a few simple _____ to success.

The principles we'll use for our journey are the ones that God, our Creator, has set out for us in the _____.

Expect that _____ will hear from God directly.

Many of us never really hear from God because we've _____
_____ of the conversation. We won't do that. We'll listen for God's direction on our journey. He is the greatest of teachers and the ultimate counselor.

RSVP TO THE GREATEST INVITATION

DID YOU KNOW?




God's unfailing love and faithfulness came through Jesus Christ.

JOHN 1:17



God showed how much he loved us by sending his one and only Son into the world so that we might have eternal life through him. This is real love – not that we loved God, but that he loved us and sent his Son as a sacrifice to take away our sins.

1 JOHN 4:9-10

 *To all who believe and accept him he gave the right to become children of God.*

JOHN 1:12

 *And because we are his children, God has sent the Spirit of his Son into our hearts.*

GALATIANS 4:6

 *The Spirit who lives in you is greater than the spirit who lives in the world.*

1 JOHN 4:4

Any and all of us can RSVP, respond to God's invitation to follow him and receive his Spirit. If you haven't yet responded to God's personal invitation why not talk to him now and change that? You can say something like the prayer written here or use entirely your own words.

God, I choose to believe that you loved me and showed me just how much by sending your Son, Jesus, into the world. He was the example of wholeness and strength, the demonstration of your love and faithfulness, giving his life as a sacrifice for my sin and unholiness. Forgive me for going my own way. Show me your way. Thank you for your Spirit to guide me, the gift of life, and the spiritual, physical, intellectual, relational and emotional wholeness that you are leading me towards. Amen.

Name

Date



SCRIPTURES FROM SESSION ONE

1 John 2:7 • John 1:17 • 1 John 4:9-10 • John 1:12

Galatians 4:6 • 1 John 4:4 • John 5:11-12

 WITH THE GROUP

1. Introduce yourself. Describe where you lived when you were 10 years old, who lived in your home, and how faith was or was not part of your family life. Learn about others on the journey with you and write names and notes to remember here:

NAME	NOTES
------	-------

2. Listen as one or two people in your group share how they came to follow Jesus. You might want to share your faith story.

3. The SPIRE is a both a symbol and an acronym. Discuss the concepts of the SPIRE.

4. The SPIRE represents **SPIRITUAL – PHYSICAL – INTELLECTUAL – RELATIONAL – EMOTIONAL** wholeness. As you begin the journey, circle your starting point for wholeness in each area below. On this scale, number one represents the least evidence of wellness in your life and number 10 represents the peak of wholeness. Discuss the area that you would most like to improve in during this journey with your group.

S	1	2	3	4	5	6	7	8	9	10
P	1	2	3	4	5	6	7	8	9	10
I	1	2	3	4	5	6	7	8	9	10
R	1	2	3	4	5	6	7	8	9	10
E	1	2	3	4	5	6	7	8	9	10

 WITH GOD

What I want to remember:

What I pray:

WALKING AND TALKING WITH GOD

SESSION TWO

We're on a journey to explore Spiritual, Physical, Intellectual, Relational & Emotional

LOOKING TO JESUS



Then Jesus went with them to the olive grove called Gethsemane, and he said "Sit here while I go over there to pray." He took Peter and Zebedee's two sons, James and John, and he became anguished and distressed. He told them, "My soul is crushed with grief to the point of death. Stay here and keep watch with me." He went on a little farther and bowed with his face to the ground, praying, "My Father! If it is possible, let this cup of suffering be taken away from me. Yet I want your will to be done, not mine." Then he returned to the disciples and found them asleep.

MATTHEW 26:36-40

Jesus expressed his real:

The Challenge: commit to walking and talking with God _____

ACTS - ACROSTIC FOR PRAYER

A doration

C onfession

T hanksgiving

S upplication

WHEN GOD SPEAKS

When God speaks, that's a very good time to _____ and _____.

God _____ the world into existence.

It's the _____, stretching out mile after mile, that takes our breath away.

WHEN GOD BREATHES

1. **Creation** - Instead of _____ mankind into existence, he describes himself _____ life into man's body.



Then the Lord God formed the man from the dust of the ground. He breathed the breath of life into the man's nostrils, and the man became a living person.

GENESIS 2:7

2. **Spirit** - After his crucifixion and resurrection, as Jesus was about to remove his physical presence from earth and from the lives of the disciples he walked with, he recreated an old scene with a new twist:



Jesus _____ on his disciples and said: "Receive the Holy Spirit."

JOHN 20:22

3. **Scripture** - God provided us with something else that is alive and powerful for life's journey. This time the object of creation is _____.



All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness.

2 TIMOTHY 3:16 (NIV)

THE BIBLE

The Bible was written in different:

places • times • moods • continents • languages

The Bible is:

unique • alive • powerful

You and I need to know what's in it. In your daily time with God on this journey, incorporate his inspired Word!

IN SUMMARY

The inSPIRE Journey incorporates:

- _____ and walking with God
- _____ when God speaks
- God _____



SCRIPTURES FROM SESSION TWO

Matthew 26:36-40 • Genesis 1:1, 3, 6, 7, 9, 11, 24 • Genesis 2:7

John 20:22 • 1 Corinthians 2:12 • 2 Timothy 3:16

 WITH THE GROUP

1. Allow for one or two people to begin the group time by sharing their faith story. Learn about one another and what has brought people to Jesus. Enjoy the uniqueness of everyone's story. For those of you who are not believers in Christ, describe where you find yourself on your journey of faith right now.
2. Discuss daily prayer and solitude. What can that time look like? Think of traditional forms of prayer from reading liturgy to reciting the Lord's Prayer, and also think "outside the box". Consider how Jesus met with God.
3. Have you ever heard from God, directing, correcting or comforting you? What did he say and how did you know it was the voice of God? Has he spoken to you through his Word, the Bible? What can help put us in a posture to hear from God?

4. Discuss ways of studying the Bible, such as reading through individual books, or following a Bible character wherever he or she shows up. Share an approach or a study tool that has helped you experience God and his Word in profound ways.

5. Talk about commitment in your culture. What are some inspiring examples of commitment either in the Bible or in current times? Read the commitment on the next page. Discuss what difference it could make in your group if everyone followed through on this commitment. Discuss obstacles to following through and what to do about them. Sign your commitment.



THE COMMITMENT

Joining *The inSPIRE Journey* is relatively simple, but requires a commitment in a culture that's not big on commitment. You'll have to swim upstream to make this happen. You can do it. It will be worth your effort. As you set time aside to examine your life in the light of God's standards, he'll meet you. You will hear from God and your life will be changed.

Sign your commitment to the journey here, and boldly go where you've never gone before!

I choose to honestly and intentionally examine my life and explore God's standards, willing to make adjustments to work towards Spiritual - Physical - Intellectual - Relational - Emotional wholeness. I commit to a daily encounter with God, reflecting, praying and listening for guidance. I will make inSPIRE group times together my priority, scheduling other activities around these important shared experiences. I understand that group members co-create the journey and that as a participant I need to engage in the discussion and encourage other group members towards God, growth and wholeness. I expect God to speak to me, to strengthen me, to challenge me, as I follow through on this commitment to our journey together.

Signature

Start Date