



KEY THEMES TO COVER DURING ROCK WORK

ALL Key Themes SHOULD BE ADDRESSED THROUGHOUT THE COURSE OF AFTERNOON DURING ROCK WORK. Numbers 1-5 should be explained to the attendees during the course of Rock Work at moments that are appropriate to the process. (At least once during the day, if not more than once)

The following are many of the themes and objectives that are important to express and pay attention to during Rock Work. We expect you to become familiar with the themes and at strategic moments express these biblical themes to the group and to the individuals being processed. It is our goal to introduce key spiritual components in the midst of Rock Work in order to help integrate what we are doing with the group's spiritual foundation.

1. Bring our thoughts captive to the obedience of Christ.

- II Cor. 10:5 "We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ."
- It is important for us to learn to bring our thoughts captive to the obedience of Christ. Many of us need to identify negative messages or lies which still hinder us today from living in God's truth.
- Much of Rock Work, particularly the anger work, is actually a physical/symbolic way of fulfilling this verse. We are asking the attendees to identify thoughts/beliefs/ways of living which are in opposition to God and his truth. We are asking them to "kill them" "put them away" "bring them captive" --- all meaning the same thing.
- Instruct the attendee doing their process, as well as the group as a whole, that this is what they are doing.

2. You can't argue with a lie.

Regularly, you will hear attendees when they are fighting the lies say something like: "No, it's not true. I am okay. I am loved." Or whatever truth they are trying to combat the lie with.

This key theme is to be shared when a person is "responds" to the negative messages with "truths."
Examples: "I am worthy." "I do matter." I am loved."

Teach them and the group this basic principle: *"You can't argue with a lie."*
Remind them of Jesus' encounter with Peter.

The following details how you can help coach a person to “not argue” with the lies, but to draw a boundary and say no to them.

- *“When Jesus was telling the disciples that he was going to die soon Peter said to Jesus, “No, you will not die.” (In Matthew 16:22,) Jesus responded: “Get behind me, Satan!” (You are a stumbling block to me; you do not have in mind the concerns of God, but merely human concerns.)*
- *“Did Jesus argue back? No. YOU CAN’T ARGUE WITH A LIE.”*
- *“When you counter lies with a truth – that’s arguing.”*
- You may need to tell them/model for them what language to use:
- *“I’m not listening. I’m putting you to death. Get out of here, Go to hell, Get away from me, I’m done with you,*
- You can coach them with the following ideas:
- *“Exercise your authority – “I’m not here to argue with this. Take action, draw a boundary, draw a line in the sand.”*
- Facilitator models the energy/voice when coaching the attendee.
- This is important so that they can now have room within for the truth.
- You will need to coach many people on this throughout the day because it is second nature to argue with the lies by speaking the truth. Keep bringing them back to the above truth and guidance.

3. “God hasn’t given us a spirit of fear, but of power and love and a sound mind.”

This Key theme is helpful when a person is having a hard time connecting to their strength and using their voice. God hasn’t given them a spirit of fear but of power.

- II Timothy 1:7 As the attendee is “fighting” the messages remind him: *“God hasn’t given you a spirit of fear but of power and love and a sound mind.”*
- At some point , maybe a couple of times during the day, bring up scripture and teach them that God is calling on each one of them to step into the power that he has given them and to not live in fear. The “spirit” he is talking about is their spirit. It is their responsibility to show up strong and press through their fear and step into the power that God has given them through Christ.

4. We are not blaming people in the past

- Whenever a person addresses a person from the past, we call this regression. It could be mom, dad, another relative, whoever.
- ESPECIALLY when they choose to work on mom or dad it is important to communicate to EACH PERSON who is working on mom or dad, etc. that what we are doing is NOT about blame.
- It is about owning the truth that the toxic messages from mom/dad/whoever are now inside the person and he/she must deal with them. We are using the role player (mom/dad) as a symbolic way of identifying that the messages they sent (consciously or unconsciously) are now influencing the attendee’s life.
- We are not blaming the person from the past. We are getting them to deal with the consequences and to now take responsibility for their ongoing struggle with those messages.

5. Explain to the entire group the meaning of the Affirmations: The “I Am” statements.

- Sometimes, it is a challenge for Christians to own anything good about themselves because they believe that only Christ is good. There is some truth to this idea, however, it can hinder a person from truly owning who they are IN CHRIST.
- After the first attendee goes and says his/her I Am statements say this to the entire group:
- *“Today we are going to be giving each of you an opportunity to discover truths about you. We know that all of these truths are rooted in Christ within you.”*

6. Ending Rock Work

- Leader gathers everyone together in a tight circle.
- If there is time, give the attendees a moment to express what they are aware of.
- Pray a prayer of thanks for the attendees, their courage, their support, for God’s love and power.
- Have all the attendees reach in with their right hand, one on top of the other.
- Tell them, on count of three, to raise their hands to the heavens and shout “For the Glory of God!”