



## FOUR KEYS TO TRANSFORMATION

In order to mature in one's skills as a facilitator in Rock Work it is important to have a good understanding of the dynamics which are necessary for transformation to occur. When we apply these principles to our own lives, we can lead others on the same path. When we understand these four keys, we can discern more clearly what steps a person needs to take in the moment.

Having a firm, experiential grasp of these keys is also relevant for any leadership role we might have in life: ministry of any kind, leadership in The Cross Ministry Group, parenting, just to name a few.

In The Cross Ministry Group, we create opportunities for men and women to experience transformation through:

- **Awareness (Insight)** - The weekend as a whole and Rock Work in particular provides the person a window into the significance of their story and its impact on their life.
- **Personal Responsibility (Ownership)** – It also creates an opportunity to see how they perpetuate the blocks in their life.
- **Courage (Endurance/ Perseverance)** – Whether it is a Connection Process or a Power Process they are introduced to a choice – which may require courage – to stay in the discomfort, pain, anger..., becoming present to the impact of their story and the block they have identified.
- **Action (Risk)** – This may involve connecting to their inner strength, their voice, and a call to let go of something, to make space for something new.

### The role of Faith in Transformation:

I heard someone say: "Transformation takes place when we risk believing that are connected to love and power." I would add – when we risk believing that we are connected to God's love and power. It is this faith component, exercised in the midst of experiencing these four keys, which brings about significant transformation. Risking believing that God's love and power is present when we are aware, take ownership and exercise courage brings about a transformation enabled by his presence.

As you facilitate Rock Work pay attention to these four keys which will help you in discerning what is necessary for the person you are processing. We are giving the attendee an opportunity to risk believing that they are connected to God's love and power within them. In the context of community, as they are being witnessed, the way is opened for freedom, healing, and transformation.

And, on a broader scale, apply these principles to your personal life as well as to those who are in your sphere of influence. For transformation and growth to take place in any person's life they will need to address and step into each of these keys to transformation.