



ROCK WORK SYNOPSIS OF STAGE ONE QUESTIONS

MATC/WATC: *“This afternoon we are going to give each of you an opportunity to focus on one issue that you would like support for in your personal growth. We will be looking at the “rocks” in your bags. It will look different for each person depending on what you would like to address. Our staff is here to support you and you will have opportunity to support each other. Let’s pray. “Father, we ask that you guide us now and strengthen each one here to risk meeting you in an area important to them. We trust in you and your presence among us today.” (The exact wording is not necessary when you share this.)*

For the 1st Attendee: Facilitator steps up from a centered presence. Stand facing the attendees. Have EVERYONE STAND UP.

MATC: *“Some of you are very clear about what you would like to work on based on your journaling and your experience so far this weekend. 1st Man who is ready, come forward .”* (Staff claps)
(And from here on out, “Next Man?”.) Then, everyone but Facilitator and Attendee SITS DOWN.

WATC: *“Some of you are very clear about what you would like to work on based on your journaling time and what you have experienced so far this weekend. Who would like to go first?”* (Staff claps) (And “Who would like to go next?” from here on out.) Then, everyone but Facilitator and Attendee SITS DOWN.

Physical Question: *“Do you have any physical limitations that we need to be aware of? (Response) If at any time anything comes up will you let us know?”* (Have the scribe make note of any physical limitations to remind you when it comes to choosing the process in the huddle. Design the process in Stage Two with any limitations communicated by the attendee. SAFETY is always our first concern.)

KEY QUESTIONS

Identifying the block and the part – either a false self or “wound”:

“Based on what you have experienced so far this weekend and through your journaling – What have you identified in your life story that is blocking you from being who you are in Christ? It may be a wound or a false self.”

NOTE: WAIT TO PULL OUT “THE PART” IF IT IS A “FALSE SELF” UNTIL YOU ASK THE FOLLOWING QUESTIONS. (We are wanting to determine if the “deeper issue” isn’t a regressed part – mom, dad, etc.)

- *“Tell us what happened.”*
- *“When was the first time that happened?”*
- *“Tell us more about what that was like?”*

ONCE YOU HAVE IDENTIFIED THAT THE PART IS A REGRESSED PART OR A FALSE SELF THEN PULL THAT PART OUT AND HAVE THE ATTENDEE ADDRESS THE IDENTIFIED PART FROM NOW ON.

(It’s fine to repeat these questions now that they are talking to the part.)

- **If it is a regressed part:** *“Tell ____ (dad, mom...) what happened?” “Tell ____ what it was like for you.”*
- **If it is a False Self:** *“Tell _____ (name the False Self) what happened that you created it. Tell it what it is like to live with it in your life.”*

“What are the messages, spoken or unspoken, that you got from your _____ (regressed part)?”

OR

“What are the messages that your False Self says to you – about you?”

(You will come back to these messages in Stage Two.)

“Tell ____ what he/she/it has cost you.”

“Tell ____ what their/its impact has been on your life, your family’s life (spouse, children).”

(Remember what the attendee says in response to these questions. You will be repeating them back when you ask the Metaphor Question.)

Metaphor Question

“What’s it like on the inside to _____?”

Say back what you heard them say in response to the questions above. DON’T just say “What’s it like on the inside?” AVOID saying “What’s it feel like on the inside?”

Listen for a metaphor: Examples: *It’s heavy. I’m stuck. I’m pulled in different directions. I’m weighed down...*

If they do not give you a clear metaphor then **ask them a “leading question”** based on what you sense they are experiencing: *“Is it like you are stuck (are held back, feel crushed in life, pulled in different directions...)?* (You are thinking of possible processes that would fit their story.)

PRAYER

Simple and brief prayer for God to meet the attendee. (Don’t go into detail about what the attendee shared.)

GAZE

HUDDLE: Confirming the Part and Choosing the Process

POSITIVE PART: Identify the Positive Part(s) that the attendee will connect with during or at the end of the process. (Staff is setting up the process during this time)

“As you deal with this block _____ and overcome it in this moment, how will you be different? How will you show up in life as a result?”

“What would you call him/her?” (Ex. The Loving One)

Pull out Role Player for the Positive Part: Give positive messages to role player

- *“What would _____ (this part) be saying to you to help you get through this block? They could be the words/truth that you have always wanted and needed to hear.”*
(Always POSITIVE messages)
- *“If it had a color, what color would it be?”* (Drape the role player in this color.)

Tell the Attendee: *“This part is already in you. It is really your truest self in Christ.”*

Facilitator says a Transitional Sentence before moving on to STAGE TWO and the Process:

“You shared that you are feeling _____ by _____ (mom, dad, the judge, the controller, you having to be superman). We are going to give you an opportunity to look at this and to make a choice about it. Is that okay?”

To the FIRST person in the Group who does his/her Rock Work:

“Today we are giving you an opportunity to tell your story and to show it to you and to invite God into it.”

SYNOPSIS OF STAGE TWO: RUNNING A POWER PROCESS

Once The Process is Setup: GET THE NEGATIVE MESSAGES from the attendee

“What are the messages that you took in, spoken or unspoken, from _____ (dad, mom,... or what are the messages of the False Self?”

Assign the messages to those involved in the process. Have them repeat the messages to make sure they have them right.

(Staff is instructing the participants on **SAFETY** and when to “let go.”)

Beginning the Process: (Pay attention to the **SAFETY** of the attendee during the process)

Instructions to Attendee: *“We are going to give you an opportunity to confront the messages. These are messages that you have taken in and are now a part of you. Are you ready to deal with them? Using your body and your voice address these messages.”*

Instructions to participants: *“Say the lines over and over again until I tell you to stop.”*

“Show Them”

Key Themes to say to attendee and group:

Don't argue with lies.

- *Jesus in the Temple - he didn't argue with the money changers. To the attendee: “You are the temple of God, and these messages are like the money changers defiling God's Temple – YOU.” He Sent them away.*
- *Jesus' conversation with Peter when Peter said that Jesus wasn't going to die: Jesus didn't argue with Peter and say “Yes, I am.” He said: “Get behind me Satan.” He sent the lie away.*
- *Paul in II Corinthians “Bring every thought captive to the obedience of Christ.”*
- *God has given you a spirit of power and love, not a spirit of fear. II Timothy 1:7*

Revisit COST/IMPACT (Do this within a Process PARTICULARLY when the Attendee is struggling to connect or fight)

“What will happen if you continue to believe these messages?”

Or *“What will happen if you don't break free? To you? To your spouse/children?” “What's going to be different WHEN you finally “break through/are free?”*

“Are you willing to do this?” _____ “Then, finish it off.”

STAGE THREE SYNOPSIS “Connection and Affirmation of The True Self”

- Check in with the attendee:

“What’s going on for you now?” “What are you aware of after having “fought through _____?”

- **Make connection with any part of himself that was “pulled out” and had positive messages.** Example: “The Confident One” who was saying “You can do this. You are strong. You have what it takes.” Have this part speak to the attendee in a way that encourages the attendee to receive these words of encouragement.
- After the attendee has heard the “positive part” speak the messages a couple of times check in again with the attendee:
 - *“How does that sound to you? What are you taking in?”*

“Would you be willing to own this part of you by taking the cloth of _____ (The confident one) and put that around your shoulders. You are making the choice to step into this part of you.”

(Attendee takes the cloth (not you or the role player) and puts it around their shoulders.)

AFFIRMATIONS: Three “I Am” Statements

Once you have finished with all of the above – with an encouraging voice –

“Based on _____, (state everything the attendee did during the process) what are three things that are true about you beginning with “I Am....”

Example: *“Based on having fought through the lies about you and having connected to your confident one, what are three things that are true about you, I Am....?”*

De-role:

De-role all KEY role players.

- Example: Instruct the role player to say, *“I am not _____ (your mother, bitter one – whatever the part, positive or negative – I am your brother Sam.”*
- Do not de-role the generic negative messages given by group members. Examples: the voices in the gauntlet, pile on, or any other process.
- APPLAUD!

Sovereign Chair: Level One Staffer assigned to this role.