

ROCK WORK CARPET LEADER NOTES

The following are many of the themes and objectives that are important to express and pay attention to during Rock Work. It is recommended that you 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. Also, there are some things to be aware of with regard to the state of the group, such as physical weariness and energy that need effective leadership from the Rock Work Leader.

KEY THEMES

1. Bring our thoughts captive to the obedience of Christ

- "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." II Corinthians 10:5
- 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 that are in opposition to God and His truth. We are asking them to "kill them" or "put them away" or "bring them captive" - all meaning the same thing.
- Instruct the Attendee doing the work, as well as the group as a whole, that this is what they are doing.

2. You can't argue with a lie

- When 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.") Jesus didn't reason with Peter or with the lie. He rejected it and put it away.
- 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. Teach them and the group this basic principle: You can't argue with a lie. Has it worked so far with you?
- Remind them of Jesus' encounter with Peter
- Tell them that they need to bring these messages captive or get rid of them or put them away or send them back to the pit of Hell.
- You may need to tell them/model for them what this looks like: "I'm not listening. I'm putting you to death. Get out of here. Go to Hell!" 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.” II Timothy 1:7

- 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

- 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 for EACH PERSON who is working on mom, dad, or another person, 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 themselves, and 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 in the Attendee. We are not blaming the person from the past. We are getting them to deal with the consequences and now take responsibility for the ongoing struggle with those messages.
- Pull out “Good Mom or Dad” - If a person struggles with addressing the toxic messages in “bad mom or dad” because they love mom/dad it can be helpful to have the Attendee pull out “good mom or dad” and put that person in a safe place and tell the Attendee, “Whatever you are going to say or do with these toxic messages from the past “bad mom or dad” will not hurt your real mom/dad. She/He is safe over here. That is the one you love, not this other toxic one. Do you understand?”

5. Explain to the entire group the meaning of the Affirmations, aka 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 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. Explain the purpose of the Sovereign Chair

- The purpose of the Sovereign Chair is to give the Attendee a chance to “sit in her experience.”
- Typically, it is the staff person who started the facilitation of the process. The one exception is that the Carpet Leader will not do this because she needs to be on the carpet. Someone else takes the woman.

- Once the Attendee's process is finished and everyone has de-rolled, the facilitator takes the Attendee to the chair. There will be water, cough drops, and a box of tissues next to the Chair. Point these out to the Attendee.
- Place the white cloth over her shoulders and tell her, "This is the symbol of God's presence with you."
- Sit down in front of her. Speak these few words, "I'm going to sit with you in silence for a few moments. I encourage you to be still and simply sit with what you just experienced. I encourage you to not analyze it right now but to just receive the benefit of the work you did and to let it soak in. I'm going to sit with you for a while in silence and then rejoin the group. Feel free to stay as long as you like, and when you are ready, come and rejoin the group."
- SIT WITH THE ATTENDEE IN SILENCE. Do NOT process her or pray for her out loud. Let her be still in silence. STAY WITH HER FOR AT LEAST THREE MINUTES. Then, quietly get up and rejoin the Rock Work circle.

7. Address energy and body weariness throughout the day

- Be aware of the group's physical state of being throughout the day. This is exhausting work. How can we help them deal with this?
- One way to keep people focused and present physically is to get everyone to stretch or move around the circle and change positions from where they have been standing. Do this every two to three people, especially if all the processes have been ones where it's all standing.
- Do the above with upbeat energy.

8. How to deal with low energy toward the end of the day

- Somewhere around 3:30 or 4 pm if it is evident that the group is becoming weary of standing all day and doing this intense kind of work (physically and emotionally), the Rock Work Leader needs to be aware of this dynamic and address it in a helpful way.
- Address this by acknowledging that reality. When there are three Attendees left you could say something like, "We are all tired. This is like going to battle, and we are in the trenches for one another. Are you ready to step into strength and fight for your sisters? (Be enthusiastic, upbeat, strong energy.)"

9. Checking in with the last two Attendees

- When there are only two Attendees left to process, take a break.
- Check in with each one separately and see if they have anything they would like to work on. This may help give you a head start when they step up.
- If they are unsure, then ask them what has been coming up for them throughout the day. You might be able to narrow down what it is they want to work on.
- If they say they don't have anything. Don't sell them short. Ask them a couple of questions:
 - What has been coming up for you this weekend so far?

- Have you identified any false selves this weekend?
- If you did want to work on something what would it be?
- Remind them that their work doesn't have to look like anyone else's work.
- If they come up with something (and you may have a suggestion for them), and they are willing to work on it, then process them like you have all the others.
- If they still don't come up with something, ask them if the group can give them a blessing. Assuming they say yes, ask them to consider what it is they would like blessing for in their life (or from God). Once they step into the circle ask them what they would like a blessing for and come up with a simple process that fits what they are looking for.

10. Ending Rock Work

- Gather everyone together in a tight circle.
 - Pray a brief 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 three to raise their hands to the heavens and shout "For the Glory of God "
- If your Rock Work group ends before the others, give the Attendees some time to journal about their experience.
- If time allows, then Small Group Leaders should lead a debrief as a group.