

People Helping People

COURSE GUIDE





By taking this course, you aren't just learning new information and skills. You are investing in yourself, your relationships, and your legacy.

At Loving on Purpose, we believe:

- 1. Building, strengthening, and protecting healthy, life-giving connections with God, ourselves, and others is our first and most important job in life.*
- 2. Doing this job well requires training and practice.*

We design every Life Academy course with the same mission in mind. We want to equip you to be a powerful person—a person who consistently chooses love over fear and pursues the goal of connection no matter what. This is the key to all relational growth, and it will enable you to create a powerful relational legacy for future generations in your home, organization, and community.

It's an honor to partner with you in your relational growth and success. We are cheering you on every step of the way!

Keep Your Love On,



Danny and Sheri Silk

Instructor's Goals

GIVE YOU INFORMATION

GIVE YOU UNDERSTANDING

GIVE YOU VALUE AND PURPOSE

GIVE YOU COURAGE

Course Outline

WHOSE PROBLEM ARE WE SOLVING?

THE STEPS TO A SOLUTION

A FOUNTAIN OF UNCONDITIONAL LOVE

BELIEF DRIVES DESTINY

THE POWER OF PAIN

THE COMPASSION TRAP

THE BLAME GAME

TAKE CARE OF YOURSELF

I'm excited you've decided to join us on this journey in learning how to better help people in your life!

There are typically a few different unhealthy responses people have when others around them are in need, and pulling on them for help.

1. They shut themselves off to the need and put up walls with others' unhealthy behaviors.
2. They have compassion, but have a hard time setting boundaries, leading to burnout.
3. They only offer help to close friends or family, but don't know the correct way to help others in their life, or what priority they should place upon those needs.

In this track, we are going to focus on helping you to have healthy responses to people in need around you.

A healthy response means you can set boundaries, require others around you to be powerful, and give feedback only when someone else is ready to hear it and take ownership of their own problem.

Here is some of what we will cover...

- Tools to help you empower others to solve their own problems
- Knowing how to set boundaries to protect your time, energy, and resources
- Step-by-step processes for problem-solving with others
- Checkpoints to know if your help is really helping
- Knowing how to direct someone to the source of comfort: the Father
- How to help others live and act from their core beliefs

Sounds fun, right?

For the next 8 weeks, you'll receive one email/week with a new class to watch, workbook prompts and activations for you to experiment with throughout the week!

(If you would like to engage at your own pace, you can do that as well. Simply sign-in to your dashboard and you'll have access to all content!)

Remember to take time with each lesson, talk through it with others, join in on our discussions, and let it really sink in. You can't expect to get this overnight after just a few sessions-- it takes time and practice. Listen to the sessions, practice it, and come back to it again for a refresher.

A photograph of two people standing on a rocky outcrop, looking out over a large body of water and a prominent mountain in the background. The scene is framed by bare tree branches in the foreground. A large red diagonal shape is overlaid on the bottom left of the image.

SESSION

01

**WHOSE PROBLEM
ARE WE SOLVING?**

Introduction

Welcome to the first week of People Helping People. I wanted to give you a little insight into what we will be covering.

Have you ever noticed that some people ask for help, but don't really want to change?

I know you have registered for this class because you have a desire to help people in your life. But how do you know which people you should help? A lot of people have problems, and may look to you to meet those needs, but that doesn't always mean you should jump in to rescue them.

In this class, you should expect to learn more about:

- How to ask really good questions to empower others to solve problems
- Using a simple five-step process to identify if someone recognizes they have a problem and is ready for you to ask questions to help solve it.
- Learning to empower others with the truth that they are powerful

Let's jump in!



A handwritten signature in black ink that reads "J. Silk". The signature is written in a cursive, flowing style.



Summary

When you're trying to help someone work through a problem, the first thing to go after is empowering them take ownership and responsibility for the problem they need to solve. In this session, Danny walks you through the "Five Es"—a simple framework for coming alongside people in an empowering way.

Fill in the Blank

1. You won't be able to make much progress helping another person if you're working on a problem that they don't _____.
2. People without a problem don't want your _____.
3. One of the best ways to help people find their problem is to ask great _____.
4. Just as God did with Job, we want to start a process with the person we're helping that causes them to search for an answer from the _____ out.
5. The first thing you want to do when helping someone with a problem is to establish an emotional connection by showing _____.
6. Empower the person you're helping by asking the question, "What are you going to _____?"
7. Next, _____ what the person has tried in the past to deal with this problem.
8. Once you've heard what the person has tried in the past, you can offer them some _____ in the form of questions and suggestions.
9. Empowering people to find the solution to their own problem is successful, while trying to _____ people only creates more work.
10. We help people fix the _____ of their lives not by taking them away, but by coming alongside them while they sort through them.

YOU SEE THEIR PROBLEM
VS.
THEY SEE THEIR PROBLEMS

Reflection

1. Have you ever tried to help some who couldn't or didn't want to see their problem? How did the person respond to your attempts to offer help?

2. In general, do you find it easy or difficult to empathize with someone who needs your help? Who is someone in your life who is able to connect to you emotionally and make you feel safe and understood? How do they do this?

3. When you are trying to help someone with a problem, do you ask a lot of questions, or do you tend to try to spend a lot of time sharing, teaching, or telling them what they should do? How do people respond differently when you ask them good questions?

4. Have you ever found yourself taking a controlling approach to get someone to fix a problem, or working harder on their problem than they were? How do you know when this is happening? What does it produce in your life and relationship with that person?

5. Have you ever tried to take away a problem someone had instead of walking alongside them as they solve it? How did this work out?

Activation

Write or type out the five Es and review them every day this week. Try to memorize them. If someone comes to you with a problem, try to use this framework to offer help.

- Empathy: "I'm sorry. That sounds tough. You must be feeling..."
- Empowerment: "What are you going to do?"
- Exploration: "So what have you already tried to fix this?"
- Education: "Have you considered trying this?"
- Empowerment: "What are you going to do?"

Prayer Point

Ask the Lord to increase your wisdom and courage to come alongside people in an empowering way—whether they are coming to you for help with a problem, or you are trying to gently confront them about a problem you see and offer help. Invite the Holy Spirit to teach you how to ask great questions and listen well.



Log Silk

Fill in the Blank Answer Key:

1. See
2. Solution
3. Questions
4. Inside
5. Empathy
6. Do
7. Explore
8. Education
9. Control
10. Problems

A woman in a teal suit is celebrating, with her arms raised and a joyful expression. She is surrounded by a shower of colorful confetti. The background is a plain, light-colored wall. A large, semi-transparent red arrow graphic points from the bottom left towards the center of the image, partially overlapping the woman's suit.

SESSION

02

**THE STEPS TO
A SOLUTION**

Introduction

Once we are helping someone who has acknowledged they have a problem, how do we help them solve that problem, and what are some of the keys of that process?

At times, we can take more upon ourselves than we set out to do when we begin helping someone. I have used a simple process many times to encourage the person I am helping to maintain the power and ownership over their own problem.

In this session, we will explore the process of honoring someone by remembering they are a powerful person, and are created to be free. Any solution being built to solve a problem is laid upon a foundation of, "I do not control you, I simply come alongside you to encourage you to be powerful." Using another set of five questions, I give you an effective way to work through a problem with someone.

Jump in to learn more about how to foster freedom with problem-solving in those you are leading.



A handwritten signature in black ink that reads "J. Silk". The signature is written in a cursive, flowing style.



Summary

Once the person you're helping has taken ownership of their problem, the next step is to identify what the problem actually is, and build an effective solution to it. As Danny explains and illustrates in this session, a person with a problem often needs help uncovering the root causes of problematic behavior in their life before they can be empowered to clean up their mess and prevent further messes.

Fill in the Blank

1. It's important to broadcast to the person you're helping, "I believe that you are _____ and I believe that you are free."
2. You won't _____ a person you believe you can control.
3. Our goal is to call forth the fruit of _____ in people's lives so that they can love when they are scared, and honor instead of trying to control.
4. When you ask, "What is the problem?" understand that _____ is not the real problem.
5. If you don't _____ of the real problem, then it will happen again.
6. It often takes some _____ and effort to find the broken place that needs healing.
7. After you've found the problem, you need to find out _____ has been affected by the problem.
8. Next, ask the person, "What are you going to do to _____ up the mess?"
9. Once the person identifies what they need to do about the mess, ask them if they need anyone's _____ to follow through with it.
10. Lastly, it's important to ask the person _____ they will follow through with their solution.

Reflection

1. Have you ever known you had a problem in your life, but couldn't identify the root causes for it? How did you discover that root, and how did others contribute to that discovery process?

2. How have you seen honor connected to respecting people's freedom to choose, and dishonor connected to control and manipulation?

3. Who in your life has called you to demonstrate the fruit of self-control? How have they done this? How has this affected you?

4. Have you ever had unforgiveness towards someone? What did this attract or allow in your life?

5. If you see someone close to you about to do something that will create a problem, are you tempted to shut down their opportunity to make that problem and take away their choice, or do you invite them to create an effective solution to that problem?

Activation

This week, write or print out and memorize the Steps to a Solution. Look for ways you can use them when helping someone with a problem.

1. What is the real problem?
2. Who has been affected by it?
3. What are you going to do to clean up this mess?
4. Do you need my help, or anyone else's help, in this process?
5. When will you have this finished?

Prayer Point

The Holy Spirit knows the broken places and inner workings of our hearts better than any other. Ask Him to increase your ability to ask great questions and create a safe place for people to discover and repent of the real problems that are creating messes in their lives.



John Silk

Fill in the Blank Answer Key:

1. Powerful
2. Honor
3. Self-control
4. Behavior
5. Repent
6. Exploration
7. Who
8. Clean
9. Help
10. When

A man and a woman are standing on a balcony, looking out over a city at dusk. The man is on the left, wearing a light-colored jacket and a backpack. The woman is on the right, wearing a dark jacket. They are standing behind a metal railing. In the background, there are mountains and a cityscape. A large red diagonal shape is overlaid on the bottom left of the image.

SESSION

03

**A FOUNTAIN OF
UNCONDITIONAL
LOVE**

Introduction

When we are helping someone work through a problem, how do we create a safe place so they can learn to trust their needs will be met?

It's tempting to become the source of comfort for someone going through a problem, isn't it? I have learned over the years that I can be there to encourage and comfort others, but my source of compassion is limited.

In this session, we will learn about how to lead people to the source of unconditional love-- the love of the Father. Every person has a core need to be themselves, be loved, and be safe. The way I interact and lead another person in the middle of their problem will either move them closer to experiencing the embrace and freedom of the Father, or distract them from this purpose. My demonstration of love represents the heart of the Father.

Learn more about how to demonstrate the unconditional love of the Father. Let's get started.



Joe Silk



Summary

As helpers, we need to recognize that the number-one source of dysfunction in people's lives is mistrust, and that mistrust is the result of being spiritually orphaned. Therefore, all of the most important solutions for people's lives will come as they learn to connect with the Father and receive His love. In this session, Danny reminds us that our role as helpers is to model the love of the Father and show people how to walk in an intimate, trusting relationship with Him and others.

Fill in the Blank

1. There's a deep ache in the lives of people to feel unconditionally _____.
2. There's only one perfect relationship where we can experience complete acceptance, with no threat of rejection, and that is with the _____.
3. The number-one root of dysfunction in people's lives is the _____ of trusting.
4. The enemy has made it his assignment to keep us from having a _____ place to experience intimacy and let our guard down.
5. When we're helping people with a problem, it's important to ask about the state of their _____ with God—Father, Son, and Holy Spirit.
6. It's a big deal that we have the ability to trust, because trust is how we _____ with another person.
7. In a healthy relationship, there's a cycle of _____ in which we express our needs, have our needs met, and experience comfort and connection as a result.
8. Many people experienced unmet needs in _____, and as a result they learned that it wasn't safe to communicate their needs in a relationship.
9. As you help people, you want to lead them towards relationships with God and other people where they can receive unconditional love and _____.
10. We want people to receive a convincing dose of how much God loves them, so they can step into the _____ and be known and vulnerable.

Reflection

1. What are some ways in which mistrust has created dysfunction in your life?

2. Who is someone in your life who has shown you the unconditional love of the Father, and how have they done this? Was it difficult or easy to receive this love? How has this person affected you?

3. How else has the Father encountered you with His love, and how has this affected your ability to build trust with Him and others?

4. How would you describe your connection with each Person of the Trinity—Father, Son, and Holy Spirit?

5. How have you grown in your ability to expose the truth of what's happening inside you, express your needs, and receive love from others? How do you want to grow in this?

Activation

Spend some time journaling, using the following prompts:

1. This is what it looks like to fully trust God . . .
2. This is what it looks like for me to be a safe place for others to be vulnerable . . .
3. Because I am loved and accepted unconditionally by the Father, I . . .
4. These are the needs I want to share with God and others this week . . .

Prayer Point

Invite the Holy Spirit to expose any place in your life where mistrust or orphan thinking still has influence. He is the Spirit of Adoption, so ask Him to encounter you in a fresh way with the unconditional love of the Father, strengthen your ability to trust Him and others, and repent of any lies about Him you may be believing.



John Silk

Fill in the Blank Answer Key:

1. Loved
2. Father
3. Fear
4. Safe
5. Relationship
6. Bond
7. Trust
8. Childhood
9. Acceptance
10. Truth/Light



SESSION

04

**BELIEF DRIVES
DESTINY**

Introduction

What should we be focused on if we are going to help create lasting change in others' lives?

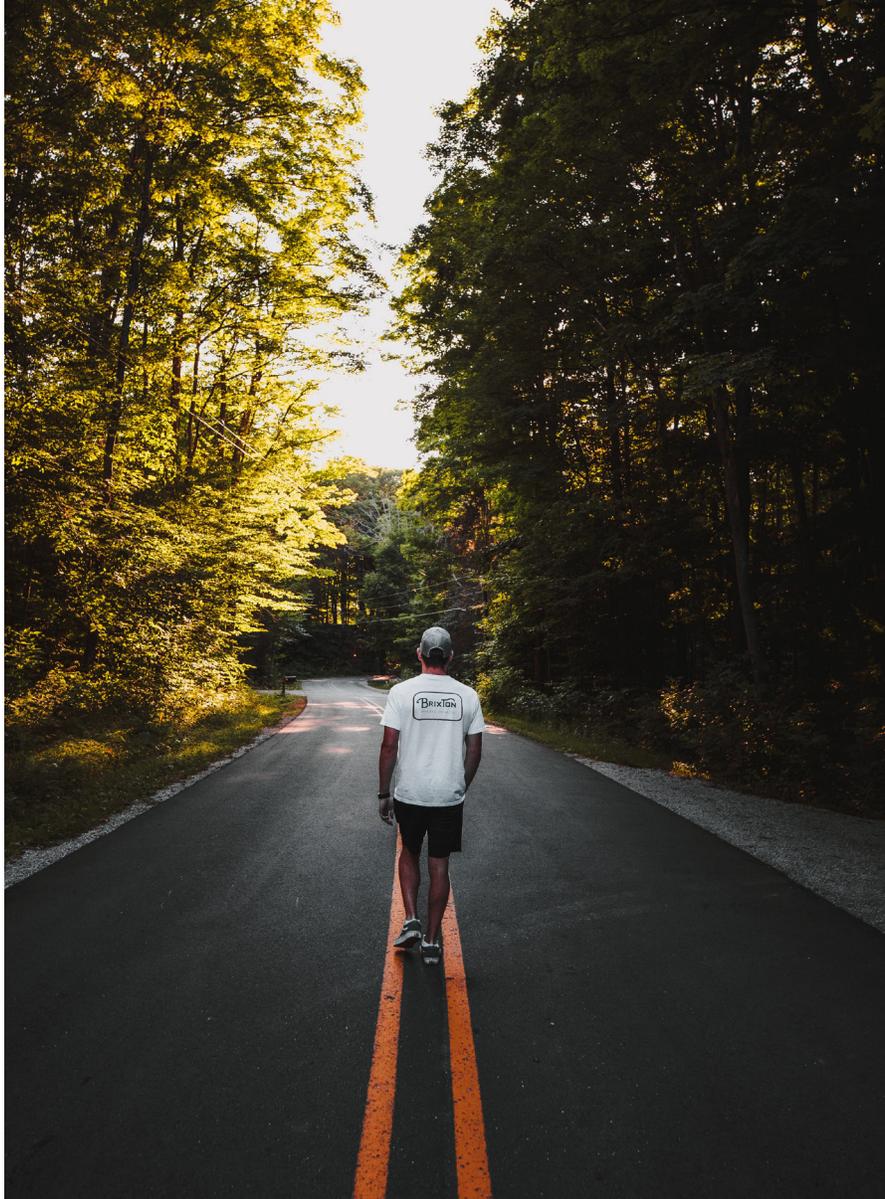
It has been said that behavior follows belief. Over my years of being a pastor, counselor, and social worker, I have found that you can't help someone through a problem unless they can recognize where it came from.

In this session, we will focus on learning how to help others identify the source of a problem. Too often, we spend time addressing the behavior of others instead of the belief system that caused the problem to begin with. By identifying the core beliefs and what caused them, we can help others turn unhealthy behavior patterns into healthy ones.

Let's get started!



A handwritten signature in black ink that reads "D. Silk". The signature is written in a cursive, flowing style.



Summary

The broken spots creating problems in our lives can't be healed without addressing the false beliefs that have become embedded in our thinking through those wounds. In this session, Danny describes a few of the most common lies that fuel destructive behavior in people's lives, and how to address them.

Fill in the Blank

1. What we believe to be _____ ends up actually creating the world we live in.
2. When you're trying to help a person deal with their problematic behavior, you need to go after the _____ system that is fueling that behavior.
3. Our beliefs and behavior create a loop so that our experiences actually _____ our beliefs, even if they aren't true.
4. If you believe, "I am _____," then you see bad guys everywhere you go and act like a victim in relationships.
5. When you confront the lie, "I am powerless" and replace it with the truth, "I am powerful," you shift from being out of control or trying to control others to controlling the one person you can control: _____.
6. When you start to believe you're powerful, you stop looking for someone to _____ for your behavior and start looking for what you can do differently moving forward.
7. Another common lie people believe is that they need to hide in order to avoid _____.
8. When you struggle with trust, you end up creating _____ that are resources, not connections.
9. When you believe the truth that you're not alone and people care, you show others who you really are and cultivate true _____ in your relationships.
10. "I must watch my thoughts, for they become my words. I must watch over my words, because they become my actions. I watch my actions, because they become my habits. I watch my habits, because they become my character. I watch over my character, because it becomes my _____."

Reflection

1. What does it take to completely replace a lie with the truth in your belief system?

2. Have you identified the belief "I am powerless" at the root of thinking and behavior in your life? How has your behavior and experiences reinforced this belief?

3. How has embracing the truth that you are powerful shifted your thinking and behavior?

4. Have you identified shame, fear of trust/intimacy, or fear of punishment at the root of thinking and behavior in your life? How has your behavior and experiences reinforced this belief?

5. How has embracing the truth that you are unconditionally loved and accepted shifted your thinking and behavior?



**DEATH AND LIFE ARE IN THE POWER
OF THE TONGUE, AND THOSE WHO
LOVE IT WILL EAT ITS FRUIT.**

Proverbs 18:21

Activation

Take some time for self-examination this week, using the declaration Danny shared:

I must watch my thoughts, for they become my words.
I must watch over my words, because they become my actions.
I watch my actions, because they become my habits.
I watch my habits, because they become my character.
I watch over my character, because it becomes my destiny.

Invite the Holy Spirit to shine light on each of these categories in your life and address any areas in your belief system that need to align more fully with the truth. Write down how you specifically want to grow in the truth in each category:

Thoughts:

Words:

Actions:

Habits:

Character:

Destiny:

Truth or Lies:

I AM POWERLESS
OR
I AM POWERFUL

Prayer Point

Spend some time thanking God for how His truth has set you free from destructive patterns of thinking and behavior in the past. Then ask Him to increase your heart, skill, and wisdom to help others walk into this same freedom.



Log Silk

Fill in the Blank Answer Key:

1. True
2. Belief
3. Reinforce
4. Powerless
5. You
6. Blame
7. Punishment
8. Relationships
9. Intimacy
10. Destiny



SESSION

05

**THE POWER
OF PAIN**

Introduction

Is pain always a bad thing? Should we try to remove it from everybody we are helping?

I have had a lot of experience being around people who have made really big messes. For some people, you can take a step back and allow them to feel the weight of the consequences of their choices. That can be a lot harder to do when that person is someone you love and care for a lot, someone in your closest circle of intimacy.

In this session, we explore the effectiveness of allowing pain to lead someone to healthy changes. People who are in pain are looking to be comforted. Helping looks like coming alongside someone in pain, but allowing the Holy Spirit to do the job of comforter. Our responsibility is to show up, listen, and empower.

Let's dive into learning how to lead others through a process of pain to create healthy change.



Jon Silk



Summary

People who seek help are often in pain, and looking for a way to get rid of that pain. However, as helpers, our goal is not to take away the symptoms of pain, but to address the root causes of it. In this session, Danny explains why it's important to harness the power of pain as a valuable motivator for change, and how it can ultimately lead people to an even better motivator: vision.

Fill in the Blank

1. A lot of people are _____ to change their lives when they're hurting.
2. People in pain are looking for _____—something to take away the pain.
3. Taking away someone's pain often removes their only motivation to _____.
4. Many people only change or grow when their misery surpasses their _____.
5. The other reason we change is because of a healthy _____ for the future.
6. In order to shift from being motivated by pain to being motivated by vision, you need courage to face your _____ and seek healing for the root causes of pain in your life.
7. It's the Holy Spirit's job to comfort the person we're trying to help. Our job is to listen, _____ good questions, and empower them to find and solve the problem.
8. Helping people discover and move toward a vision is a different _____ set than helping them discover and solve problems. As helpers, we need to do both.
9. We want to help people build momentum toward the _____ they want to live and legacy they want to leave.
10. Working harder on other people's problems than they are is the definition of _____.

Reflection

1. Have you ever become so miserable that you were ready to face your fears? How did this come about? How have you changed because of this?

2. How hard do you find it to let someone “stew” in their pain? Have you ever taken away someone’s pain or discomfort and then realized later that this didn’t really help them with their real problem? What did you do when you saw this?

3. What are some good examples in the Bible, in history, or in the lives of people you know, of pain being a positive motivator for change?

4. Would you say that you are motivated by vision? Who has helped you cultivate vision in your life, and how have they done this?

5. What are some good questions to ask someone to help them get in touch with their vision?

Activation

Spend some time journaling this week. Write a paragraph or two for each of the following prompts:

1. This is the life I want to live in...
2. This is the legacy I want to leave behind...
3. This is what my vision motivates me to do...
4. This is what I'm willing to endure or sacrifice to see this vision fulfilled...

Prayer Point

Thank the Lord this week for how He has enabled you to overcome and grow through pain. Ask the Holy Spirit to free you fully from the fear of pain, and equip you to help others face their fears as well. Invite Him to speak to you about His dreams and vision for your life.



Jon Silk

Fill in the Blank Answer Key:

1. Motivated
2. Punishment
3. Change
4. Fear
5. Vision
6. Fears
7. Ask
8. Skill
9. Life
10. Codependency



SESSION

06

**THE
COMPASSION
TRAP**

Introduction

When does our desire to be a helper become harmful? Do we think we can change people by loving them really well?

Do you ever feel a desire to be a rescuer? I think many of us do. It helps us to feel more in control of the bad things that happen in the world if we can help someone else, but sometimes our desire to help and love someone else is actually harmful.

In this session, I spend some time talking through recognizing the line between what is helpful and what is not when working through a problem with someone else. Even though we may be led by compassion, there are still warning signs that indicate our involvement is not helpful.

Join in on the conversation about how to keep loving, even as we realize we can't control someone's behavior by the amount of love we have for them.



Jon Silk



Summary

People who care a lot about other people often make the mistake of taking on other people’s issues—either by carrying the emotional burden of people’s trauma, or trying to control or manipulate them into changing. In this session, Danny explains how to keep our compassion from crossing the “line” that separates our lives from others.

Fill in the Blank

1. There is a _____ we can cross in which our help is no longer contributing to a solution.
2. You want to be a grocery store, not a city _____—a place where people come and get sustenance to deal with their life, not a place that hosts their trash.
3. As a helper, people are going to share about difficult traumas. If you're not careful, your _____ will offer that trauma a place to affect you that leads to depression, causes great anxiety, and distorts your view of reality.
4. Have the willingness to look at someone's issues and the wisdom to let the person take them as they go. It's their _____, and you don't get to determine what they do with it.
5. It's a mistake to think that just because we _____ someone really well, we can change them.
6. When someone you are helping doesn't change, it's not because you failed; it's because you don't _____ them.
7. Search for those who are hungry and thirsty for change, because that is where your compassion will have the greatest _____.
8. The Holy Spirit's job is not to control us, but to _____ us of who we are, who He is, and what He can do in us. This is the model for how we help others.
9. People change when they're _____ to change. If I talk you into doing something you weren't ready to do, then I'll have to keep talking you into it, because you didn't do it; I did.
10. In all our desire to encourage and help others, we must remember that it's not our _____ to do their _____.

Reflection

1. Would you say that your style of helping other people looks more like a grocery store or a city dump?

2. Have you ever allowed someone else's trauma to affect you in a way that created lingering negative effects like depression, anxiety, doubts, anger, etc.? How did you deal with this?

3. Have you ever felt like you're failing because someone you're trying to love really well isn't choosing to change? How have you responded to this feeling?

4. Have you ever recognized that your desire to help someone has crossed the line to where you are trying to talk them into change or control them into doing something? What happened?

5. Have you had a significant encounter with the Holy Spirit or another person who reminded you of who you were and cheered you on? How did this affect you?

Activation

Practice these declarations this week:

- I will not work harder on your problem than you are.
- It's my job to love you, not to change you.
- The Holy Spirit is the only One strong enough to carry your pain. I'm here to cheer you on.
- I'm going to be okay no matter what you do.

Prayer Point

Invite the Holy Spirit to expose any codependency in your relationships. Repent for anywhere you have crossed the "line" in people's lives and invite the Lord to cleanse your heart from any unhealthiness in your connections. As for His strength and wisdom to love people like He does.



Joel Silk

Fill in the Blank Answer Key:

1. Line
2. Dump
3. Compassion
4. Life
5. Love
6. Control
7. Effect
8. Remind
9. Ready
10. Job, job



SESSION

07

THE BLAME GAME

Introduction

What causes us to shift blame to others instead of taking responsibility for our choices?

I have seen many people over the years avoid the helpful process of growth, simply because of one really bad habit: blame!

In this session, I want to talk to you about the cycle of blame-shifting, and how we can help others out of this habit by not being surprised by their failure. We can accept others, and love them through their mistakes by communicating that all of us are on a learning journey.

Let's get started!



Log Silk



Summary

From a young age, many of us internalize the message of shame around our failures. Instead of seeing failure as a necessary key to learning and growth, we believe it makes us worthy of punishment. Our fear of punishment is the number-one thing that makes us resistant to healthy change, and leads us to forfeit responsibility for our lives through blame. In this session, Danny shows us how we can help people overcome their fear of punishment and embrace a growth mentality.

Fill in the Blank

1. _____ is projecting out responsibility rather than acknowledging that responsibility starts with you.
2. Blame comes from the belief that when we _____, we deserve to be punished. Therefore, we try to avoid punishment by assigning the blame to someone else.
3. We want to help people overcome their fear of failure, because failure is how we _____ and grow.
4. It's a lie that some people have attained a standard of perfection; when we believe this, we open the door to _____.
5. Shame leads to hiding and _____, which in turn leads to self-focus and resistance to wise counsel and learning (Proverbs 18:1).
6. As helpers, we can't be blown away by people's _____.
7. Many of us learned in _____ to be afraid of making mistakes.
8. As we're working with people, we're communicating, "You're on a _____ journey."
9. Like Jesus, we are not here to _____ people for their failings; we are here to help them put their failings to work for their benefit.
10. When we are free of shame and the fear of punishment, we can be motivated by a spirit of _____ to learn and grow.

Reflection

1. When you hear the word "failure," do you associate it more with the fear of punishment or the process of learning? Why?

2. Is honest feedback something you regularly seek out or avoid? Why?

3. Is there anything in your life that you are afraid of letting other people see? Why?

4. Would you say that the environment you grew up in taught you primarily that it was safe and beneficial to fail, or that failure deserved punishment? What experiences reinforced this?

5. What is the difference between perfectionism and an excellent spirit? What are they based on and what do they produce in your life?

Activation

Make these declarations over your life this week:

- I have no punisher.
- I love wise counsel and honest feedback.
- God is not afraid of my mistakes, and neither am I.
- I am not afraid of other people's mistakes.
- I am on a learning journey.
- I choose to let other people know me and see me, even in my failure.
- I am called to excellence, not perfection.

Prayer Point

Invite the Holy Spirit to go deep into the root system of your heart this week and uproot any lingering lies around failure and punishment, such as the following:

- I am a failure.
- I deserve to be punished.
- It's not safe to let other people see me.
- I'll never overcome my failures; it's hopeless.
- I have to be perfect to be worthy of love.

If the Holy Spirit convicts you of believing any of these lies, repent for them and receive the truth He reveals to you.



Log Silk

Fill in the Blank Answer Key:

1. Blame
2. Fail
3. Learn
4. Shame
5. Isolation
6. Failures
7. Childhood
8. Learning
9. Discouraging
10. Excellence



SESSION

08

**TAKE CARE
OF YOURSELF**

Introduction

Are you proactively building the life you want, or are you reacting to the demands of people around you?

One of the most core messages I talk about is being a powerful person, and you can't be a powerful person if you are reacting to the needs of everyone else around you. You have to decide what you want to do, and stick to your core values of following through on what you have decided, no matter the demands circumstances or other people might try to place upon you.

In this session, I want to talk to you about taking good care of yourself as you are determined to help take good care of other people. It simply starts with how you take care of your time, your energy, your relationships, and your resources.

Let's dive in together.



A handwritten signature in black ink that reads "J. Silk". The signature is written in a cursive, flowing style.



Summary

The best help you offer others isn't good advice; it's an impartation of abundant life. And in order to offer the benefits of an abundant life to another person, you need to be living that life. In this session, Danny walks you through a valuable checklist for taking care of yourself and setting yourself up for health and longevity as a helper.

Fill in the Blank

1. As a helper, you need to _____ what you preach by taking good care of yourself.
2. There will be no end to the supply of _____ on your life at a certain level of helping people.
3. _____ is going to take care of your time if you don't.
4. Get good at telling other people what you're going to do and setting _____.
5. Require great _____ and responsibility in your relationships.
6. Stay focused on going after your _____ rather than on trying to avoid burnout.
7. It's essential that you build strength, peace, and rest into your life, and it starts with taking care of your _____ body.
8. Pay attention to the meditations of your _____ and whether they are bringing your peace or anxiety.
9. Laughing often, doing what you love, and practicing the _____ of God are all critical ways of taking care of yourself.
10. Simply desiring that other people do well is not what makes you a _____; it's that you are able to impart life, victory, joy, strength, and vision to others because you are cultivating them in your own life.

Reflection

1. Have you ever gotten burnt out on helping other people? If so, what were the reasons/causes for this?

2. How well do you manage yourself in the presence of others' demands or requests? Are you powerful in telling others what you are going to do and following through with that? How do you want to grow in this area?

3. What are the best ways you have found of keeping vision alive in your life? Would you say you are focused on going after what you want to happen in your life, rather than what you want to avoid?

4. Where are you succeeding at taking care of yourself? Where do you want to improve?

5. Who is someone you know who is living an abundant life? How do you see that person taking care of him or herself?



*All men die, but not all
men truly live.*

William Wallace

Activation

Spend some time using Danny’s checklist to take stock of your life. For each of the following, ask yourself, “How am I doing in this area?” and “What is one thing I can do this week in this area?” Write down your answers—and most importantly, do them this week!

1. Setting limits:

2. Keeping relationships responsible and respectful:

3. Staying focused on and motivated by vision:

4. Taking care of my body:

5. Meditating on things that bring me peace, not anxiety:

6. Keeping my relationships clean of bitterness and conflict:

7. Laughing regularly:

8. Doing things I love:

9. Practicing the presence of God:

Protect Your Priorities

(TIME, ENERGY, RESOURCES, RELATIONSHIPS)

Prayer Point

Invite the Holy Spirit to impart Jesus' love for the people in your life to you in a greater measure, and teach you to love them as He does.



Joel Silk

Fill in the Blank Answer Key:

1. Practice
2. Demands
3. Nobody
4. Limits
5. Respect
6. Vision
7. Physical
8. Heart/Soul
9. Presence
10. Helper