

BEYOND
THE
REARVIEW
MIRROR
A TRAINING CAMP



COACH'S GUIDE

BEYOND THE REARVIEW MIRROR OVERVIEW:

THE PAST! It's behind us, but somehow it seems like it has tentacles that are reaching out and trying to grab us and hold us back. We often think our future is limited by some past failure or on our part, or something foisted upon us by others. This training camp is intended to help you see that NOTHING in your past can keep you from your God intended future.

There are many scriptures about being set free. The challenge is always how to put those into practice. Freedom is offered by Jesus. It's available, but we have to make some choices and change some of the ways we're used to doing things in order to experience it, including freedom from the hurt, pain or disappointments in our past.

In order to make the necessary changes, we need to practice new behaviors. The way we practice is as you would expect. We do planned exercises. We do them together in class and encourage the trainees to continue doing them on their own through the week in the sections that begin like this:

WEEK 1 EXERCISES: EACH DAY...

COACH: While you cannot make anyone do the exercises, you must do everything you can to encourage it. First, you should do the exercises yourself. Second, you need to include group sharing about the exercises in class time.

This guide is purposefully called a "Coach's Guide," not a "Teacher's Guide." Leading this Training Camp (or any of them) requires you to think like a coach, not a teacher. A teacher imparts information to prepare students to pass a test. A coach demonstrates skills, and leads players in practicing the skills together to enable a team to win games.

We Christians are God's team. We are not just in a game, but a battle. However, the process is the same. A Jesus recruit must be shown the skills they'll need in order to not just survive, but be victorious. Then they must be led to practice those skills over and over so that they can face the enemy in battle and win.

The lessons in this Training Camp explain important principles. But the most important part of any training camp is practicing the skills together. So, the exercises are the focal point. Doing the exercises together with the trainees and then encouraging them to do them on their own is the critical factor.

There are 6 lessons to this camp, and material to guide practice and discussion in between lessons. Those 6 additional weeks allow the trainees to practice the concepts and give them a much greater opportunity to make these changed behaviors into long term habits.

In this Coach's Guide, you will see everything that's in the "Recruits" workbook plus some additional helps for you.

1. Each page of the recruits' workbook is reproduced in this guide, (with the blanks filled in).
2. Additional background notes and discussion points are added where appropriate. There's also space for you to write your own thoughts about the material.

What's the "big idea"?

Lesson 1: What you rehearse today becomes your tomorrow

3. At the beginning of each lesson section will be a box. You'll see this exact one at the top left of page 2.

Life Training Center's Training Camps are modeled after sports training camps. Each one identifies one main skill that a Christian should have. The lessons and exercises break that skill down into smaller steps that can be practiced and honed.

The inside front cover of each Training Camp workbook explains how they are different from typical Bible studies.

Michael Jordan is a superstar athlete and businessman. He recognizes the need to constantly hone our fundamentals.

Vince Lombardi, the Green Bay Packers legendary football coach, had an interesting way to begin pre-season training camp.

Football in hand, Lombardi walked to the front of the room, held out the pigskin in front of him and said, "Gentlemen, this is a football."

TRAINING CAMP



In only five words, Lombardi communicated his point: We're going to start with the basics and make sure we're executing all the fundamentals.⁽²⁾ Why in the world would a seasoned coach talk to professional athletes like that? Lombardi operated on a simple philosophy. He believed that excellence could be best achieved by perfecting the basics of the sport.⁽³⁾

**"Gentlemen,
this is a football"**



Life Training Center's Training Camps bring together "pros" and "rookies" to learn from and sharpen each other. It is a concentrated time of learning new skills and sharpening old ones. Michael Jordan said, "You have to monitor your fundamentals constantly. The minute you get away from fundamentals, the bottom can fall out of your game, your schoolwork, your job, whatever you're doing. Get the fundamentals down and the level of everything you do will rise." We must keep our fundamentals sharp at all times. The Training Camps are a means of ensuring that we are constantly raising the level of everything we do for God's Kingdom.

Professional and amateur athletes, as well as performing artists, and even sales people have coaches. Often when a professional's performance is slipping, the first thing a coach will do is take them back to the fundamentals. No matter what level they're at, rehearsing the fundamentals is... well, fundamental. We never get too good at what we do that we have no need to brush up on the basics.

NAME & DATE

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This page gives background information on the Bible Training Camp. It's very important to remind the trainees throughout the Camp sessions that the purpose is not to learn information, but to see into God's heart. As we do that, the information and theological truths will also become apparent. But if we aim for theological truths, we may very well still miss God's heart.

PUT THE PAST IN THE PAST

And nail the door shut!

How have you dealt with the pains and guilt of the past that "haunt" you? I call it the "Coulda, shoulda, woulda's." How often do you find yourself thinking, "If only..."

Are you feeling like a captive of past events or have you taken your past captive? Can you? How can anyone have any control over their past? What's done is done. Throw a pebble in the water and the ripples are inevitable and they keep going. They can't be stopped, right?

You're probably attending this training camp because you've felt like that's right, but you hope it's not. God is able to even overcome your past! Nothing in your past can stop you from experiencing all God has in mind for your future. But you've got to put the past in the past and nail the door shut.

Let's pick up the hammer and nails.

You can access Beyond the Rearview Mirror video teachings at LifeTrainingCenter.org. You can also find praise videos to use for the exercises by clicking on the [Worship Videos](#) tab at the top of the site.

What's the "big idea"?

Introduction: You need to **LEARN HOW** to **BECOME** free.

INTRODUCTION

The past! It's behind us but somehow it seems to have tentacles reaching out and grabbing hold of us, trying to trip us up and pull us back. I can't say that I have all the answers, but I've found things in scripture that have enabled me to break free from many, many painful, potentially debilitating parts of my past.

Don't expect that I will impart to you some magic words that will make your past go away. I believe that God has freedom available for all of us. It may or may not be instant. It WILL require something from you. Your freedom is not dependent on my.

God has enabled me to hear Him and see things in scripture to find my freedom. That can be helpful to share with you, but ultimately it has to be you coming to God and saying, "God, I need to know how to put 'that' behind me."

I. TWO REASONS

I see two reasons for God requiring something of you and that He doesn't always hand you your freedom instantly.

A. God wants you to **KNOW HOW TO** be set free.

You may need it for multiple circumstances now and in the future. You may need to show someone else. You may be free of everything that's ever happened to you, but today something else is going to happen that you'll need freed from. Or tomorrow, or next week, or next year. You need to know how to get free from it and not let it take bind you again.

There's one more reason and I think this is the biggest one.

B. God wants you to **seek Him**.

This is a balancing act for me as a teacher. I know that I'm called to do this, and because of that, God gives me insights to share with people. But, I'm not here to be the one you need, to be the one who has the answers for you. I just want to point you in the right direction and get you to seek God in ways that will help you to be free.

I want you, and I believe God wants you to see Him as your Daddy God. If you've got a "boo-boo", He doesn't want you to run to some preacher to make it all better. He wants you to run to Him and be free. He wants you to be confident that you can crawl up in His lap and say, "Daddy, it hurts. What do I do?" He wants You to run to Him and let Him take you up into His lap so He can tell you the truth about how much He loves you. He doesn't just want you to KNOW TRUTH, He wants You to run to Him for that truth. He wants You to trust Him. He wants to be the one to comfort and heal you; to put far more than a band-aid on that wound, but to wipe it away entirely so that it does not hold you back in any way.

The way we accomplish all that is through these training camps. Many have been through other training camps, and so they know how this works and why we do it this way. But for those who are not already familiar with our method, it's important for you to understand. We do training camps rather than Bible studies, but we're all about training YOU in spiritual skills.

There is more information about this in the inside front cover of the workbook. Let me just hit a few highlights.

Legendary football coach Vince Lombardi started every pre-season training camp by standing in front of those veterans AND rookies, holding out a football and saying, "Gentlemen, this is a football." Stupid? If our preachers and teachers talked to us like that, we'd think, "what a waste of time. I don't need this basic stuff. I'm out of here."

Well, it worked. He was letting them know that they were going to focus on the fundamentals of the game and fine tune those because he believed that's how football games are won. He was right. His teams won numerous national championships.

What's that got to do with us, being good Christians; being all God calls us to be? Look at 1 Timothy 4:7-8...

7...train yourself in godliness, 8for the training* of the body has a limited benefit, but godliness is beneficial in every way, since it holds promise for the present life and also for the life to come.*

Paul compares godliness training to physical training. I see several important truths in this scripture that is the basis for the training camp method.

FIRST, YOU CAN BE TRAINED IN GODLINESS!!!!

Do we look at it that way? Or do we think we just need more information. Godliness isn't just being "good", following the rules. It's being like God. With regard to the focus of this training camp, it means letting nothing hold you back. You can be trained in that.

Second, godliness training and physical training happen in the same way, using the same kinds of methods. That's the good news/bad news.

Third, obviously, godliness training is far more valuable than physical training.

What is training? What are the methods of physical or godliness training? Here is the Greek word that used in that verse for training.

**gymnasia; exercise*

You can see in that word a great similarity to an English word; gymnasium. I don't like that word so much. I don't like to go to the gymnasium. But that demonstrates what Paul means when he talks about godliness training. It means to exercise. Practice some skills repeatedly; honing and improving them..

The bricks you see at the beginning of each lesson are a standard in the Training Camps. In this camp, you'll see a door on the side and a nail, alluding to our goal to put the past behind and nail the door shut. We need some big nails for that. The good news is God's got big nails for us.

REHEARSE? OR RE-VIEW?

The brick for the first lesson says, "re-view". Note that it's hyphenated. When we think of review, we think of going over and over something. What I'm getting at is actually the complete opposite of that. I'm referring to viewing something again from a completely different perspective. We need to see it differently. Most importantly, we need to see the events of our past as God sees them, not just as our limited view enables us to see it.

Our choice is, as you see, in the title of today's lesson; rehearse or re-view. We can rehearse the past; the hurts, pains, sins, guilt. Or we can re-view it, asking God to show us what we can't see; what we didn't see. What only God, who was there and knows all, can see.

Before beginning, one more caution. Don't compare your pain with others'. We have a tendency to think our pain is awful, horrendous, but someone else's pain is inconsequential. My pain is as painful to me as yours is to you. So regardless of whether you think what I or someone else shares is insignificant compared to what you've gone through, the same principles free us from something that seems little as from something that seems big.

As I often encourage people, God promises that if you're faithful in little, you will be faithful in big. (Mat 23:12) So, take care of the little things. Practice on them. And one day, you'll be ready to tackle the big.

What's the "big idea"?

Lesson 1: What you rehearse today becomes your tomorrow

I. WHAT DO YOU SEE?

A. Your memories: _____

_____.

Write down whatever memories you want to be free of. Before you start, pray and invite God to walk with you through this. Otherwise, you're just going to go down that same road again. But with God walking with you, you can do this and get to where He wants you to be, rather than saying where you're stuck.

Remember, we don't want to rehearse the past. That just gives it more power. Don't elaborate or go into detail about anything. There's a lot of space there, but you don't have to fill it up. Try to put it down in a word or two, or a sentence. Don't go into detail.

COACH: If anyone shares anything of their past, keep it in the group.

Now I want to open your eyes to some truth about what you do see when you think of those memories. As we're about to re-view some events, I want to caution you to...

B. Beware of the rearview mirror.

The rearview mirror represents our past, or more specifically, how we view our past. A rearview mirror is very helpful. It can enable you to avoid accidents. But, imagine yourself driving down the road with your face plastered right up against the rearview mirror. Too much focus on the rearview mirror is dangerous. And I guarantee you that our memories, no matter how accurate they are, are not the whole picture.

1. Objects in mirror are closer than they appear.

The statement is a required safety warning intended to decrease driver misperceptions of the space to the immediate right of the car. It means exactly what it says: When a driver sees a car in the passenger-side mirror, that car is closer than the reflection would indicate.

For what we're talking about, the objects we see in the mirror are way further away than they appear. But the point is that what we're seeing is not totally accurate.

The passenger mirror distorts the driver's perception of a trailing object's distance. That's definitely a good thing to know..

2. Objects in rearview mirror are distorted.

The way you see your past is NOT accurate. It may be accurate in a lot of ways, but it's not the whole picture. Many times our emotions get in the way so that what we see is not completely accurate.

If I see something in my mirror, it means I'm ahead of them. I'm winning.

3. Objects in mirror are losing. They fade into nothingness unless WE keep them sharp and close and in focus.

Do you believe that? Is it always true? Can it always be true? Can it be true for YOU?!



Rehearse or Re-view?

I. WHAT DO YOU SEE?

A. Your memories: _____

B. Beware of the rearview mirror.

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2. Objects in rearview mirror are **distorted**.

3. Objects in mirror are **losing**. They fade into nothingness unless WE keep them sharp and close and in focus.

Do you believe that? Is it always true? Can it always be true? Can it be true for YOU?!

In order to get to the truth that will set us free, we'll need to ask some questions. But we need to ask the right questions. A question that is often asked about painful circumstances of the past or present is...

II. WHERE'S GOD?

A. Psalms 84:11 (NASB), Psalms 34:10, Psalms 56:8 (ESV), Romans 8:28 (NASB). Take a good, hard, look at the past through the **God lens**.

¹¹For the LORD God is a sun and shield; The LORD gives grace and glory; No good thing does He withhold from those who walk uprightly.

¹⁰Young lions lack food and go hungry, but those who seek the LORD will not lack any good thing.

⁸You have kept count of my tossings; put my tears in your bottle. Are they not in your book?

²⁸And we know that God causes all things to work together for good to those who love God, to those who are called according to His purpose.

III. RE-VIEW OR REHEARSE?

A. Genesis 50:15-17, Joseph's brothers lived in **unnecessary** fear and guilt. Do you?

¹⁵When Joseph's brothers saw that their father was dead, they said to one another, "If Joseph is holding a grudge against us, he will certainly repay us for all the suffering we caused him."

¹⁶So they sent this message to Joseph, "Before he died your father gave a command: ¹⁷'Say this to Joseph: Please forgive your brothers' transgression and their sin — the suffering they caused you.' Therefore, please forgive the transgression of the servants of the God of your father." Joseph wept when their message came to him.

B. Can God work good even out of our sins and failures?

C. Who is in control? Who sent Joseph to Egypt?

1. Genesis 45:4. **Joseph's brothers**.

⁴Then Joseph said to his brothers, "Please, come near me," and they came near. "I am Joseph, your brother," he said, "the one you sold into Egypt.

2. Genesis 45:5-6, **God**.

⁵And now don't be worried or angry with yourselves for selling me here, because God sent me ahead of you to preserve life. ⁶For the famine has been in the land these two years, and there will be five more years without plowing or harvesting.

IV. THE NAILS

Close the door on the past and nail it shut with the truth. Don't just ask, "where were you God?" Listen. Practice the listening skills that God promises will lead us into truth that frees.

A. John 8:31-32, **Soak** in the scripture, know **truth** that sets free.

B. Acts 16:25-26, Break chains with **Praise**.

C. Romans 8:26-27, **Connect** to the mind of Christ through **praying** in the Spirit.

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 2. Genesis 45:5-6, God.

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