

Week 6 Boroh La-or Pit-Facilitator Guide Revised

Understanding Power and Control: The Stage

Lesson Objectives:

- Identify and explain specific areas of life which are obstacles to spiritual/emotional health and relationships.
- Prioritize and classify the issues in your personal life that cause you problems
- Give examples of how identified issues have caused problems in your life.
- Practice articulating your identified issues in pairs and through gallery work.
- Conclude that we men have similar internal issues and can help each other.

Material Preparation:

- Print “The Stage” story in hand-outs and bring to meeting.
- Print Hand-out in Appendix 1 (Natural Instinct Chart)
- Print A-4 gallery stations (laminated) with words below and paste on wall in meeting room before men come.

1. Fear

2. Resentment/Anger (translate កំនំ)

3. Power/Control

4. Victim/Self-Pity

5. Blaming Others

I. Welcome and Introduction (5 mins)

Reminder of our purpose: *“Learning to trust each other, to share from the heart our fears, hurts, and failures with each that we may help each other heal, and become healthy, spiritual men.” Also remind about confidentiality.*

II. Bridge (10 mins):

Last week we looked at many things that Jesus prepared for in the desert:

- How to let go (of control)
- How to handle success
- How to understand and use power.

We didn’t talk much about Jesus and emotional pain, but Jesus prepared for that to as in his last few weeks he would feel rejection, betrayal, loss, fear, anxiety, stress, etc.

Activity: Discuss the quote below and ask yourselves how much it reflects the current leadership situation in your church, family or community:

“If you do not transform the pain (emotional/trauma) you will always, always, transfer the pain to others (church members, staff, neighbors, wife, children, friends).”

III. BODY: Our Natural and Good Human Instincts

Facilitator Notes: We as humans are designed to want security. We want to ensure that we are safe, our wife and children are safe, we all have enough to eat, and a place to live. We as men want sex, and we want a relationship with a woman. This how God created us. It is not wrong to seek these things, and God will provide them in the right way and at the right times. We men are also created to desire respect by both men and women. We want emotional security, to feel that we are approved of, valued and cared about by others. We call these our “God given” human instincts. Our problem is that we let our natural instincts get out of control, and often take over our lives.

LEARNING TASK 2: Give hand-outs to participants and have different people read a paragraph

Examples of what areas in our life usually get out of control

- Financial Security:** A person needing financial security may work long hours, neglecting wife and family. He may be very cheap and not spend enough on his family to save it in the bank. He may use corrupt practices to ensure he has more and more money in case something bad happens.
- Safety:** A person feeling the need for safety or comfort may work hard to earn lots of money to ensure that his family has all the things they need to be safe and comfortable. He also may work two jobs and long hours to provide safety and security in material objects, investments and insurance policies so he can be covered in any crisis. He believes he needs the right things to be safe and comfortable.
- Emotional Security:** A person in need of emotional security may try to get respect by climbing up the ladders of success by financial, academic success or through becoming a famous athlete, or singer, etc. Emotional Security needs depends on respect, recognition and praise of others. This makes us want to seek to become someone important in the community. We want prestige.
- A desire for intimacy with the opposite sex.** A person has never disciplined his **desire for sex**, and he has let this desire over power him and rule him. He now has 2 wives, and visits the brothel regularly. His normal desire for sex has become an addiction. He now needs more time, secrecy, better lying, and money to pursue desire that is now out of control.

Facilitator Introduction:

It is **FEAR** that we won't get these needs met in the way or amount we think we need. That causes us to become driven. We arrange everything in our life to insure that these needs are met. And fear always is just below the surface of our souls.

Jesus desert experience prepared him for success/popularity by helping him let go of control, learn to use power, and how to handle emotional pain. Success happens when things go according to the way we want and the way we think they should go. We try so hard to control all things so that success and all that comes with it (power, comfort, status and popularity) will continue. When we fail, or are defeated, or things don't go well, we tend feel angry and resentful with others and God for not cooperating with our plan. These feeling can lead to turning us into bitter men who transfer our pain to others.

LEARNING TASK 3:

1. **Read** the "**Stage Story**" by yourself. Each individual underlines phrases or sentences that reflect their own personal experiences. Draw a circle around **3 key words** that sum up some of the conflict you struggle with. Share with the person sitting near you.
2. **Gallery walk:** Each individual looks at their three words and then finds the station on the wall with the word/words that best represent their biggest former or present inner challenge. Stand at the station and briefly explain (2 mins max) why the description at your station is your biggest challenge or has been. You may find yourself at more than one station. If anything is working to help you, share with group.
3. **Discussion:** Other comments or Observations?

IV. BUILD: My Story: Facilitator has pre-selected person to share.

-Questions, and prayer

Appendix 1

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