



# CoJourners Training Series : Level 1

## Week 6: Building Bridges Over Obstacles

### Purpose:

You will learn skills to build bridges over the obstacles that cause many people to get stuck in their spiritual journey.

### Preparation:

1. Download the set of four "Builder" cards.
2. Print out enough copies for everyone in the group

### Plan:

1. **Discuss** how did asking the "sometime" questions from last weeks assignment go? Were you able to talk to two people?
2. **Read** the first paragraph of the Obstacles card.
3. **Discuss** the first two "discuss" questions.
4. **Read** the "Beginning to Build" card up to the "action plan."
5. **Action Plan:**
  1. Do the "action plan" on the Obstacles card
  2. Read through each of the 4 "Builder" cards once this week during your personal devotional time.

**Next Week:** Your group will look at the "Mentor" role. Your group will be learning about how to encourage new believers as they grow in Christ.

## Obstacles

COJOURNERS No 4.1 | BUILDER

2 Obstacles such as intellectual issues, emotional baggage or a lack of desire cause many people to get stuck in their spiritual journeys. What they need is someone to build a bridge that helps them over the obstacle. But first, we need to identify and understand the issues.

3 *Discuss*

- Brainstorm a list of common obstacles that keep people from Christ. Be specific.
- In your opinion, what are the three most common obstacles on your list?
- Read 2 Corinthians 4:4 and 10:4, 5. What insights do these verses provide about obstacles?
- What other verses give insights into dealing with spiritual obstacles?

When a person is spiritually stuck, rarely is there just one issue. Normally there is a cluster of issues that together make a seemingly insurmountable barrier. Whatever a person's obstacles may be, remember they are ultimately spiritual issues. Therefore, the first response should be prayer.

5 *Action Plan*

Consider those whose spiritual journeys you have begun to enter or explore. What obstacles have you become aware of? Take time to conversationally pray for spiritual breakthroughs in their lives.

*Summary*

Though there are many obstacles that keep people from Christ, they are all spiritual.



## Beginning to Build

COJOURNERS No 4.2 | BUILDER

4 When a person comes to an obstacle on their path, they need a bridge to help them get over it. Spiritually, it's the role of the builder to provide such a bridge.

The place to begin is by understanding a person's issue. There are three elements to a good beginning in bridge building:

1. Understand the issue and know why it's important. Good questions will help you, such as, "What is it that keeps you from considering Christ?"
2. Let the person know you understand the issue. Express your understanding so she knows you have heard her. "What I hear you saying is..."
3. Affirm the significance of the issue. He needs to know you consider the issue significant as well. "I see what you mean. I don't want to minimize what

you're saying, but can I share something that has helped me?"

When you affirm a genuine understanding of an issue it brings you beside the person, rather than against them, as in a debate. It places you in position to help them overcome the obstacle, if they are willing.

*Action Plan*

Try it out. Break into groups of threes. Have one person take the role of someone who is spiritually stuck. Let another try to understand the issue conversationally, while the third observes. After each has had a turn, discuss the approaches. What was best? What suggestions do you have?

*Summary*

Bridge building begins with understanding.

