

# Goals

The lessons of Four:One Journey are not designed to be a substitute for professional counseling, but rather to help the participants to practically identify the sinful coping mechanisms developed throughout their lives and to understand how to apply God's Word in their place. This objective is implemented through the following goals:

1. To help participants identify the wounds they received in the past and how these wounds are affecting their lives today by influencing the individual's beliefs about God, themselves, others and the world.
2. For participants to understand how their woundedness keeps them in such bondage and turmoil that they fail to believe that God loves them or wants an intimate, personal relationship with them. Emotionally limping through life, as if we have a broken leg, is not a sign of spirituality or humility.
3. To teach participants to understand that resolving issues such as shame, rejection, arrested development, abuse of any kind is the key to authentically living our lives in faith, truth and love according to God's instructions.
4. For participants to understand that God warns us about the damage of an unforgiving heart and that forgiveness is the bridge between their pain and healing from a wounded past.
5. For participants to understand that the key to changing sinful coping mechanisms is to crucify the flesh daily as instructed in Galatians 2:20 and to put on the new self as taught in Colossians 2:10.
6. For the participants to know that the kingdom of heaven is not limited to a place that we go to when we die, but it is here among us and is upon us and the Father has gladly given it to us. We enter the kingdom by becoming like children, trusting and humble, while putting away our pride, intellectualism, religiosity, fears, and self-protective mechanisms.
7. To provide participants with the tools for good communication and developing healthy relationships that lead to oneness and intimacy with their loved ones.
8. To teach the participants to appropriate what God the Father has already provided for them – a relationship (salvation) and a close, loving fellowship with Him.
9. For participants to practically apply the truth of God's Word to their lives and experience the freedom proclaimed in Galatians 5:1, recognizing that the "abundant life" is more than just a nice phrase. It is living life with courage, excellence, integrity, dignity, and truth despite the "tribulation of this world."