



## **Post Adopted Course Mentor**

This document is set out to help you understand how to help someone process what Father God has done for them during The Adopted Course, what will be required of you, and what should not, and to give you some tools to help you in the process.

During The Adopted Course, Holy Spirit identifies the **wounds** and **lies** in our lives that have caused our perceptions of ourselves, God and others to be distorted and incompatible with the Truth in God's Word. Events in our lives that hurt us cause **wounds** (eg a father is busy at work and misses a child's school concert. The child feel disappointed and unimportant). If these wounds are not dealt with, by forgiving and releasing the person who caused the hurt, they fester and become places the devil sows **lies**. (From the example above, this person can grow into adulthood projecting the lie onto Father God, that he is too busy to be interested in things that are important to them).

Freedom comes from Holy Spirit highlighting the source of the wound and the lies that have been believed around that wound. By forgiving the person who caused the wound, and repenting for believing the lies, we are no longer bound by them. However, it takes time and practice to teach our minds to think correctly. The Adopted Course helps identify the incorrect thought patterns and sets us free from them. At the same time, Father God will usually give us truths to replace the lies so that we can then start to renew our minds. However, this process requires us to continue to choose to believe those truths, and to persist in believing them while at the same time resisting any temptation to revert back to believing the lies of the past.

When someone does The Adopted Course they are given a tool based on Dr Caroline Leaf's 21 Day Brain Detox plan and are encouraged to commit to following it for at least one cycle of 21 days. At the start (preferably) of each day they commit to spending 7-10 minutes "rewiring their brain" with the truth Father God gave them.

You can help them through continually pointing them back to this process and the truths Father God has given them. To avoid them becoming dependant on you, and to keep them leaning on Holy Spirit. it may be useful to limit this to having one conversation per week of between 20 mins and 1 hour. This can be face-to-face or by telephone/skype etc.

In that time you should keep the conversation focussed on the following:

- what truth they have been “wiring” that week?
- have they identified stimuli (triggers) that normally caused them to react badly?
- can they identify incidents this week where they overcame this trigger by choosing truth?
- can they identify incidents this week where they didn’t overcome this trigger by not choosing truth? (This is part of the learning process, they are identifying the triggers - so don’t let them think they’ve failed and become discouraged).
- have they identified habits that they used to protect a wound or a lie? How have they actively chosen the opposite of that habit?
- Are there people that they hurt in the past by their habits and wrong beliefs? (You may need to guide them through asking that person for forgiveness).

**Your main role** in this is to constantly point them to Truth and to Jesus. He has all the answers they need and will set them free if they will trust Him. Questions like “Is that the truth?”, “Is that what Holy Spirit showed/told you?” are your stock tools. “I can’t” is a lie to be questioned not pandered to. Your role at this point is not to empathise or to be sympathetic with their difficult situation but to lovingly and gently keep helping them to choose to believe truth.

If you find that your conversations are not sticking within the time parameters or the scope defined in the questions above, you are welcome to contact the Sozo team at KingsGate Church for advice. ([sozo@kingsgatechurch.org.uk](mailto:sozo@kingsgatechurch.org.uk)) Lastly, trust the Holy Spirit inside you. He is the Counsellor and the Teacher, he is more committed to this person’s freedom than any of us, so allow him to guide you. Thank you for being part of this freedom journey.

God bless you - The Sozo Ministry Team.