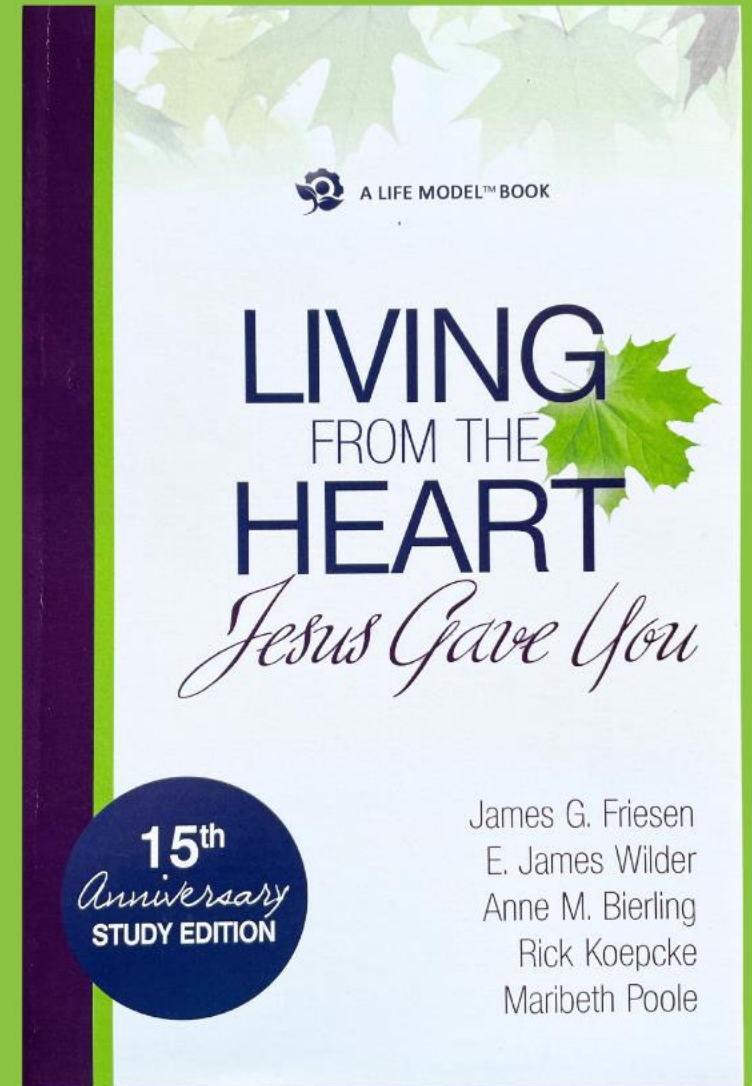


# The Life Model

*Living From The Heart*  
*Jesus Gave You*



- Unifying
  - Counseling and recovery
  - Pastoral care
  - Prayer ministry, deliverance, inner healing
  - Child rearing
  - Body life and health
- From birth to death

## **Unifying Idealized Christian**

*What life should be like rather than describing  
what life on earth generally produces*

# A Christian Model

## Isaiah 61:1-3

*The Spirit of the Lord God is upon me, because the Lord has anointed me to bring good news to the poor; he has sent me to bind up the brokenhearted, to proclaim liberty to the captives, and the opening of the prison to those who are bound; to proclaim the year of the Lord's favor, and the day of vengeance of our God; to comfort all who mourn; to grant to those who mourn in Zion—to give them a beautiful headdress instead of ashes, the oil of gladness instead of mourning, the garment of praise instead of a faint spirit; that they may be called oaks of righteousness, the planting of the Lord, that he may be glorified.*

# A Brief Summary

*“Life brings each of us inescapable traumas that block maturity.*

*God’s redemptive activity comes to us in two ways: He brings healing to our traumas and adopts us into His family.*

*With these boosts, we will be able to live from the hearts He gave us, our true identities will emerge and our relationships with family and community will be characterized by joy.*

*“Sometimes it is necessary to promote stronger relationships in a family and community before trauma recover can proceed, and sometimes trauma recovery needs to take place before strong relationships can be established.*”

*Sometimes there needs to be more maturity before trauma recovery work can be effective, but other times we find that some trauma resolution needs to be achieved before maturity can be unstuck.*

## ***There is no formula.***

*When something is going wrong, assess maturity, trauma recovery, dividedness, family and community support, and spiritual vitality—and pray that the Lord will provide redemption wherever a deficit is found.”*



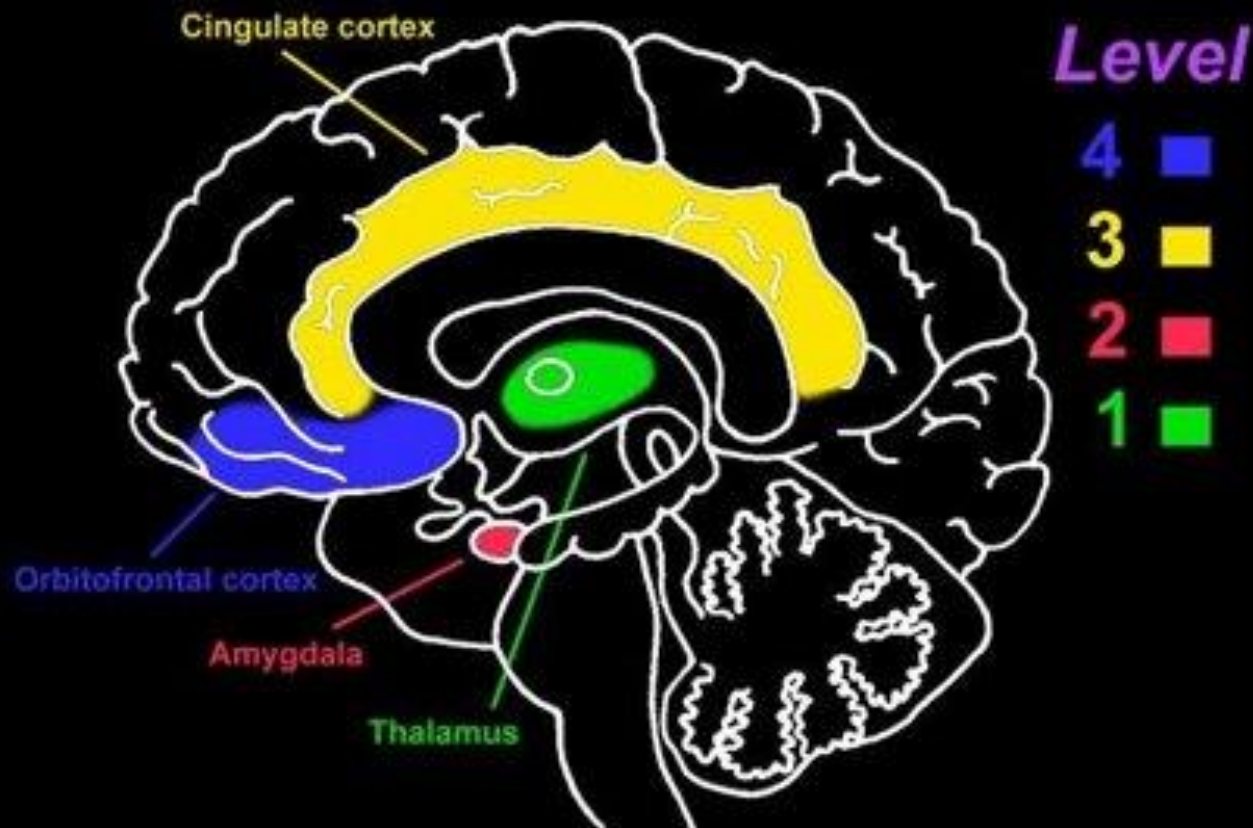
**BECOMING  
WHOLE -  
Five to  
Thrive**

- Dr. Allan Schore: Identity
- Dr. Erik Erickson: Model of Human Growth
- Dr. Bessel van der Kolk: Trauma and deprivation
- Dr. Daniel Siegel: attachment and brain development
- Dr. Daniel Amen: the brain, emotion and personality
- Shepherd's House: Dr. Jim Wilder, James Friesen, Anne Bierling, Rick Koepcke, Maribeth Poole

*“Evidence would suggest that the emotional brain is synchronized internally at five levels, with primacy given to the right hemisphere at all levels except the fifth and highest.” -Pg. 174*

## **Five Theoreticians and Shepherd's House**

## The Brain's Four Level Control Center



- Level 1 – Attachment-Thalamus
- Level 2 – Assessment-Amygdala
- Level 3 – Attunement-Cingulate Cortex
- Level 4 – Identity- Right Prefrontal Orbital Cortex

- 
- Level 5 – Synchronization

Right to Left. *Experience in Right and Explanation in Left*

## On the path to maturity

*“Your journey will go well if you can live from your heart, ‘the heart Jesus gave you,’ as Dr. Dallas Willard would say. While you are living from your hurt, you may not be able to discover the characteristics of your heart.”*

pg. 2

## **God's part**

*“His work includes all the redemptive areas. Salvation, sanctification, deliverance, healing and spiritual adoption are all ‘God territory.’*

## **Our part**

*While God is certainly instrumental in guiding and blessing our maturation, it is our job ... to mature. Maturity is not a spiritual gift, nor is it a by-product of salvation. It is something we as Christians must work on our entire lives.”*

- A map for growing a full identity
- A measure of our current development and how we are doing for our stage of development

# **Maturity**

## Stages of Maturity

- Infant
- Child
- Adult
- Parent
- Elder



**Infant:** Learning to receive.

**Child:** Taking care of self.

**Adult:** Taking care of two people simultaneously.

**Parent:** Sacrificially taking care of children.

**Elder:** Sacrificially taking care of the community.

## **Primary task by Maturity Stage**

# Adult Stage Maturity Indicators

**Primary Task in this Stage:** Taking Care of Two People Simultaneously

**Primary Problem if Incomplete:** Unable to form Mutually Satisfying Relationships

Personal Tasks	Community & Family Tasks	When the Tasks Fail	Resources to Help
1. Cares for <u>both</u> self and others simultaneously; can see others through "eyes of heaven"	Provides the chance to participate in group life.	Is self-centered; leaves other people feeling dissatisfied and frustrated	<i>How to Raise and Adult Hold me Tight</i> Created for Connection
2. Remains stable in difficult situations and knows how to return self and others to joy.	Affirms that the young adult will make it through difficult times.	Conforms to peer pressure and participates in negative/destructive activities	<i>RARE Leadership</i> <i>ThriveToday.Org (blog)</i>
3. Bonds with peers; develops identity.	Provides positive environment and activities where peers can bond.	Is a loner, with tendencies to isolate; shows excessive self-importance.	<i>Connecting (Crabb)</i>
4. Takes responsibility for how personal actions affect others, including protecting <u>others</u> from self.	Teaches young adults that their behaviors impact both others and history.	Is controlling, harmful, blaming, manipulative, and unprotective toward others.	<i>Just between Father &amp; Son</i> <i>Living with Men</i>
5. Belongs and contributes to the community.	Allows young adults to do important community tasks.	Does not become a life-giving contributor to the community. Is self-absorbed and uses others – DRAINS SOCIETY	<i>Tattoos on the Heart</i> <i>Passion</i>
6. Expresses the characteristics of his/her heart in a deepening <i>personal</i> style.	Encourages each person to develop <u>true</u> self.	Is driven to 'play roles,' prove self to the world, get results, and seek approval.	<i>Living from Heart Jesus Gave You</i> <i>The Gifts of Imperfection</i>

## **Begin with Gratitude:**

*“Lord, I’m thankful ...”*

## **Write what you sense as God’s response:**

*“Dear child of mine...”*

## **Sharing my heart with Jesus:**

*“Jesus, what’s going on in my mind and heart right now is...”*

## **Jesus’ tender response to me:**

*“My dear child...”*

**Journaling  
with Jesus  
about your  
maturity**

## **3 Pillars of the Life Model**



**Immanuel  
Lifestyle**

**Relational  
Brain  
Skills**

**Multigenerational  
Community**

# Foundational Five Relational Brain Skills

Godsight: See from God's perspective

Quiet

Appreciation

Joy

Relational Circuits

Relational Circuits: Brain Skill 0;  
Joy: Brain Skill 1;  
Appreciation: Brain Skill 4;  
Quiet: Brain Skill 2;  
Godsight, Brain Skill 13.

# Relational Brain Skills

## “A brain motivated by love/connection”

### Left Hemisphere

- The Explainer
- Verbal/Words/Stories
- Logical
- Single perspective
- Stores “what happened”
- 5 cycles per second

### Right Hemisphere

- The Feeler
- Nonverbal/voice tone, body language
- Broad perspective
- Stores “how it felt”
- Character formation
- 6 cycles per second



## When your RCs are on, you will...

- Use all your senses
- Be flexible, instead of rigid, in your thinking
- Be self-reflective
- Attune with others
- Use willpower
- Be open and interested in what others think, feel and say
- Regulate your emotions
- Work with others to reach understanding
- Focus & shift attention

## Your RCs enable you to do the following...

- Distinguish between current and past events
- Allow for creative solutions to be found
- Help you to join with others to form groups
- Explore new solutions
- Process new data or input from others
- Respond instead of react
- Control cravings
- Resolve conflicts
- Access other brain and physical resources
- Set goals, remember goals, and enjoy reaching them

- You don't feel like being around someone you normally like.
- You just want to make a problem or person go away.
- Your mind is locked on something upsetting.
- You become aggressive in the way you interrogate, judge, or fix people.
- You don't want to make eye contact.
- You feel like it is their fault if they get hurt by something you do or say.

## **Relational Circuits Checklist**

**When any of these are true, your RC's are dimming or off.**

**Developing an  
*Immanuel Lifestyle*  
with God as the Basis  
for All of Life**

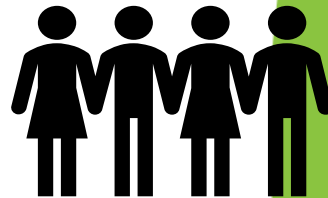
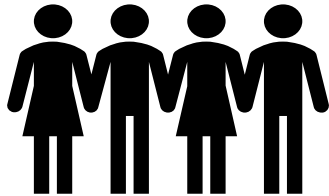
**Jesus is Immanuel-  
God with us!**



# Relationally- Based Transformation from the Inside/Out!



# The Ideal Multigenerational Community



Maturity

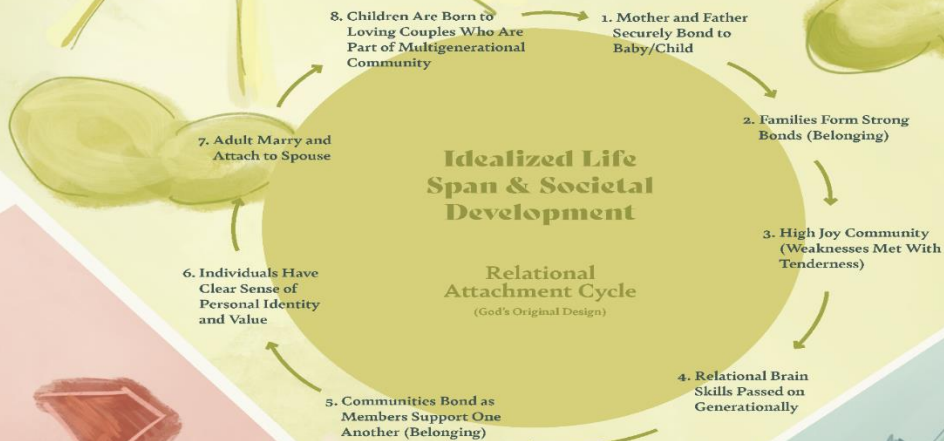


# The Life Model

Life Model is an idealized lifespan conceptualization based on neuroscience and Biblical Christianity. God's design for humans can be seen in the original, intentional plan for human development.

## What Should Have Happened

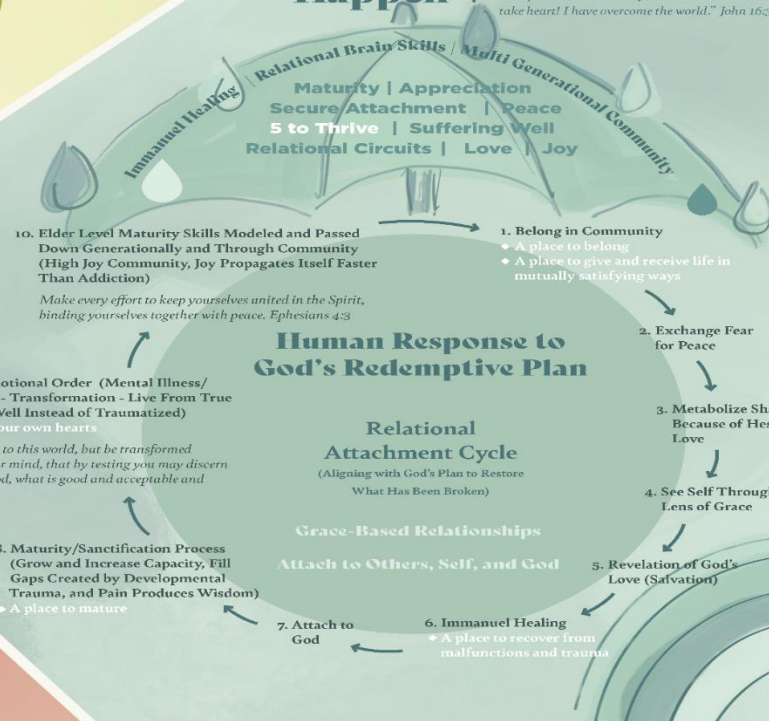
**Immanuel Presence**  
God's Presence Creates Peace/Shalom  
*"I am the light of the world. Whoever follows me will not walk in darkness, but will have the light of life." John 8:12*



## What Could Happen

**God's Redemptive Plan**  
Restoring Order in Accordance with God's Relational Design

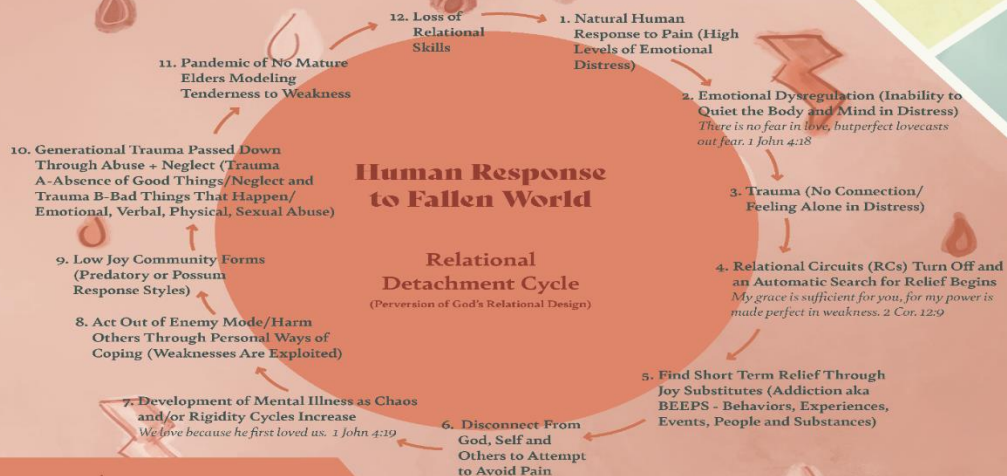
*"I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world." John 16:33*



## What Is Happening

**The Fallen World**  
Trouble/Chaos/Pain/Trauma/Malfunctions/Disintegrations

*"The light has come into the world, and people loved the darkness rather than the light because their works were evil." John 3:19*



**Root System** | Fear + Shame

**Root System** | Love + Joy + Peace

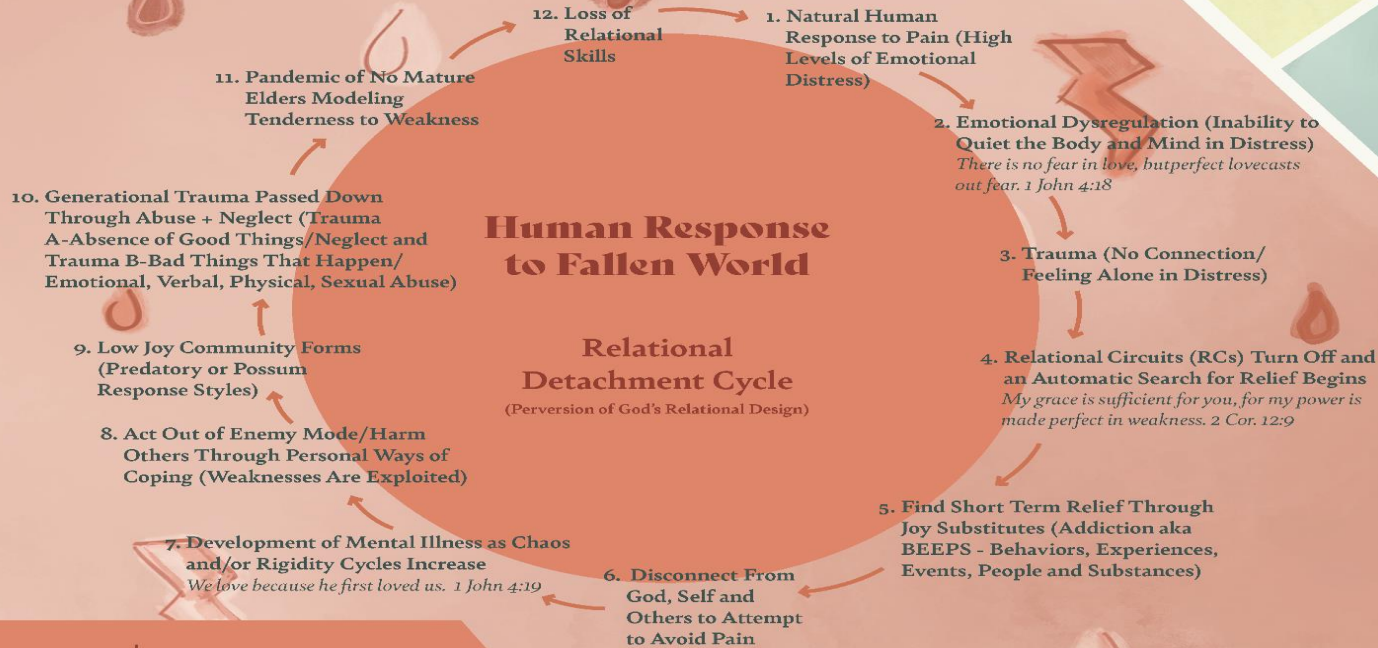
This information has been adapted by the GFT Institute (gftinstitute.com) from the Life Model Curriculum (www.lifemodelcurriculum.org). See our scholarly paper entitled "How 'Life Model' Impacts the Lives of Therapists and Helps Clients Recover from Trauma and Addictions" for a detailed list of references.

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## Span & Societal Development

**Relational Attachment Cycle**  
 (God's Original Design)

6. Individuals Have Clear Sense of Personal Identity and Value

5. Communities Bond as Members Support One Another (Belonging)

4. Relational Brain Skills Passed on Generationally

3. High Joy Community (Weaknesses Met With Tenderness)

10. Elder Level Maturity Skills Down Generationally and (High Joy Community, Joy Than Addiction)

*Make every effort to keep you binding yourselves together*

9. Psychological/Emotional Order (Mental Illness/Addiction Healed - Transformation - Live From True Identity - Suffer Well Instead of Traumatized)

◆ A place to know your own hearts

*Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect. Romans 12:2*

8. Maturity/Sanctification Process (Grow and Increase Capacity, Gaps Created by Development Trauma, and Pain Produces V

◆ A place to mature

**Root System** | Fear + Shame

This information has been adapted by the CFT Institute ([www.cftinstitute.com](http://www.cftinstitute.com)) from the Life Model Curriculum ([www.lifemodelworks.org](http://www.lifemodelworks.org)). See our scholarly paper entitled "How 'Life Model' Impacts the Lives of Therapists and Helps Clients Recover from Trauma and Addictions" for a detailed list of references.

# What Should Have Happened

## Immanuel Presence

God's Presence Creates Peace/Shalom

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# What Could Happen

## God's Redemptive Plan

Restoring Order in Accordance with God's Relational Design

"I have told you these things, so that in me you may have peace. In this world you will have trouble, but take heart! I have overcome the world." John 14:27

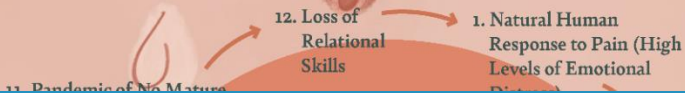


# What Is Happening

## The Fallen World

Trouble/Chaos/Pain/Trauma/Malfunctions/Disintegrations

"The light has come into the world, and people loved the darkness rather than the light because their works were evil." John 3:19







- [www.lifemodelworks.org](http://www.lifemodelworks.org)
- *These resources:*
  - *Living from the Heart Jesus Gave You*
  - *Joyful Journey*
  - This is the Life Model seminar
  - Life Model Study Groups
  - *The Other Half of Church*

# Next Steps



Life Model Works™

# Infant Stage Maturity Indicators

**Primary Task in this Stage:** Learning to Receive

**Primary Problem When Task is not Completed:** Weak or Stormy Relationships

Personal Tasks	Community & Family Tasks	When the Tasks Fail	Resources to Help
1. Lives in joy and builds joy strength.	Parents delight in the infant's existence.	Weak identity.	<i>Joy Starts Here</i> <i>19 Brain Skills</i> <i>Joyful Beginnings Calendar</i>
2. Develops Trust.	Parents build strong, loving bonds with the infant.	Has difficulty bonding.	<i>Attachments</i>
3. Learns how to receive.	Gives care that matches the infant's needs, without the infant asking.	Is withdrawn and disengaged.	<i>The Wonder Weeks</i> <i>The Baby Book</i>
4. Begins to organize self into a person through "eyes of heaven" relationships.	Discovers the true characteristics of the infant's unique identity.	Has inability to regulate self.	<i>Your New Identity</i> <i>Living from the Heart</i>
5. Learns how to return to joy from every unpleasant emotion.	Provides enough safety and companionship during difficulties so the infant can return to joy from any other emotion.	Avoids or gets stuck in certain emotions such as rage, worry, and depression.	<i>The Whole-Brain Child</i> <i>RARE Leadership</i> <i>19 Brain Skills</i>

# Child Stage Maturity Indicators

**Primary Task in this Stage:** Taking Care of Self

**Primary Problem When Task is not Completed:** Not Able to Take Care of Self

Personal Tasks	Community & Family Tasks	When the Tasks Fail	Resources to Help
1. Sees self through "eyes of heaven."	Guides in discovering the unique characteristics of the child's heart	Fails to develop true identity; conforms to outside influences that misshape identity	<i>5 Love Languages of Children</i> <i>Myers-Briggs for Kids (website)</i> <i>The Enneagram of Parenting</i>
2. Can say what one thinks and feels. Can ask for what one needs.	Allows child to appropriately state needs and feelings.	Experiences continual frustration because needs are not met; is often passive-aggressive.	<i>Emotionally Healthy Relationships</i> <i>Boundaries</i> <i>Assertiveness Workbook</i>
3. Develops enough persistence to do hard things.	Challenges and encourages child to do difficult tasks.	Experiences failure, is undependable, and consumed with self-comfort.	<i>Do Hard Things</i> <i>Blessings of a Skinned Knee</i> <i>How to Raise an Adult</i> <i>Grit</i>
4. Learns what brings personal satisfaction.	Helps child learn what satisfies him/her.	Is obsessed with food, drugs, sex, money, power, or possessions.	<i>Soul Keeping</i> <i>A.A., N.A., S.A., etc.</i>
5. Develops personal resources and talents.	Provides opportunities to develop the child's unique talents.	Fills life with unproductive activities, despite God-given abilities	<i>12 Huge Mistakes Parents Can Avoid</i> <i>Where You Go Is Not Who You'll Be</i>
6. Understands that he/she has an important purpose in history.	Educates the child about family history and the big picture of life.	Feels disconnected from history and is unable to protect self from family dysfunctions.	<i>The Purpose Driven Life</i> <i>Prepared for a Purpose</i>

## Parent Stage Maturity Indicators

**Primary Task in this Stage:** Sacrificially Taking Care of Children

**Primary Problem if Incomplete:** Distant or Conflicted Family Relationships

Personal Tasks	Community & Family Tasks	When the Tasks Fail	Resources to Help
1. Sees children through "eyes of heaven."	More experienced parents affirm and encourage new parents.	Children do not flourish; family bonds are not developed.	<i>Grace-based Parenting</i> <i>Romancing Your Child's Heart</i> <i>Raising Your Spirited Child, 3<sup>rd</sup> ed.</i>
2. Protects, serves, and enjoys one's family.	The community allows both parents to sacrificially contribute to their family.	Family members are: at risk, deprived, and feel worthless or unimportant.	<i>Loving Our Kids on Purpose</i> <i>7 Habits of Highly Eff. Families</i> <i>Praying the Scriptures for your Teens</i>
3. Is devoted to taking care of children without expecting to be taken care of by the children in return.	The community promotes devoted and sacrificial parenting.	Children have to take care of parents which often leads to child abuse & neglect or "parentified," needy children.	<i>Parenting from the Inside Out</i> <i>Present Over Perfect</i> <i>It Will Never Happen to Me</i> <a href="http://www.al-anon.org">www.al-anon.org</a>
4. Provides other spiritual parents for their children.	The community encourages relationships between children and extended spiritual family members.	Children are vulnerable to peer pressure, cults, any misfortune, and poor life choices. Parents are over-whelmed without extended family support.	<i>Connecting (Stanley &amp; Clinton)</i> <i>They Call Me Coach - John Wooden</i> <i>Boys &amp; Girls Clubs</i>
5. Learns how to bring children through difficult times, and return to joy from all other emotions.	The community supports parents by giving them encouragement, guidance, modeling, and opportunities to recharge.	Hopeless, depressed, chemically dependent family units develop.	<i>Thrive Today.Org (blog)</i> <i>Rare Leadership</i> <i>The Price of Privilege</i> <i>1000 Gifts</i>

## Elder Stage Maturity Indicators

**Primary Task in this Stage:** Sacrificially Taking Care of the Community

**Primary Problem if Incomplete:** Overall Maturity of the Community Declines

Personal Tasks	Community & Family Tasks	When the Tasks Fail	Resources to Help
1. Sees the community through the "eyes of heaven" by prizing each community member and enjoying the true self in each individual	The community provides opportunities for elders to be involved with those in all of the other maturity stages.	Life-giving interactions diminish along with life-giving interdependence, stunting the community's growth. Fragile, at-risk people fail to heal or survive.	<i>Living with Men</i> <i>Real Hope in Chicago</i>
2. Parents and matures the community and acts like self in midst of difficulty.	The community creates a structure to help the elders do their job which allows people at every stage of maturity to listen to the wisdom of maturity.	When elders do not lead, unqualified people do, resulting in immature interactions at every level of the community.	<i>Living with Men</i> <i>The Hiding Place</i> <i>Left to Tell</i> <i>Emotionally Healthy Leader</i>
3. Establishes an accurate community identity.	The community respects the elder's voice of experience and historical perspective.	There is a loss of purposeful direction.	<i>Living with Men</i> <i>Mission Drift</i>
4. Gives life to those without a family through spiritual adoption.	Encourages strong families to minister to those without family.	When the 'family-less' are not individually taken care of ... poverty, violence, crisis, crime, and mental disorders increase.	<i>Living with Men</i> <i>Living from Heart Jesus Gave You</i> <i>Tattoos on the Heart</i>

# BECOMING WHOLE- Five to Thrive

A Place to Belong

To Receive and Give Life

To Recover When Things Go Wrong

To Mature as We Get Older

To Live from Our Heart