

INSPIRED *to influence*

Inspire. Overcome. Influence.

STAND Successful

A SIX-WEEK GOSPEL-CENTERED COURSE
TO EMPOWER YOU TO INFLUENCE YOUR WORLD FOR GOD



PARTICIPANT GUIDE

HELLO

I HAVE INCREDIBLE NEWS FOR YOU! THE WORD "GOSPEL" MEANS GOOD NEWS!

The "Gospel" is the story of Jesus' life and death, but the reason the Gospel is so incredible is because it can make your life amazing today! People around you might say that you are most successful when you have money, status, fame or popularity – but the truth is, you are most successful when you have complete confidence in your identity. The Good News is that when Jesus died and rose again, he made the way for you to experience life with the unshakable confidence: Your value is sealed. You are a Son or Daughter of God. So, what difference does that make?

Once you become free from the pressure to make yourself feel significant, secure or accepted, you can influence your world in the way you were created to.

The STAND Successful Course is designed to provide a pathway for you to:

- Experience growth and gratitude
- Have healthy relationships; take ownership of your life
- Establish values, vision and live audaciously
- Be motivated with a growth mindset to influence your world
- Know and build your own strengths
- Have grit and value all people

In order to do these things, you need to have a secure identity – and it can't be all about yourself, because you aren't perfect. If your confidence is in yourself, when the going gets tough, you won't be able to stand firm. However, God's given you a new identity that empowers you to live the most incredible life and influence your world in dynamic ways, and this is true success!

Ready to take big strides and grow in your God-given identity? **Here we go!**

I BELIEVE IN YOU.



*The *Inspired to Influence* course is based on the STAND Successful book by Kaitlyn Cey

*Please find all session videos online at www.inspireyxe.com under the "Inspire Courses" tab

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WELCOME

COURSE OUTLINE

HERE IS AN OVERVIEW OF EACH SESSION IN THE STAND SUCCESSFUL COURSE

Pre-Course Session: The Gospel and True Success

-Freedom, Choice and Real Love

1. STAND Secure and Say Thanks!

-Grace, Growth and Gratitude

2. STAND Together and Take Ownership!

-Develop Healthy Relationships

-Take Responsibility for Your Choices

-Build Your Strengths

3. STAND Authentic and Live Audacious!

-Values, Vision and Risk Taking

4. STAND Named and Cast your Net!

-Purpose, Growth Mindset and Influence

5. STAND Different and Live with Desire!

-Uniqueness, Belonging, Resiliency, and Motivation

Appendix A: Gratitude Journal

Appendix B: The Hope Habit

Appendix C: 'I Am' Statements

Appendix E: Great Goals

Appendix D: Strengths Finder

INTRO SESSION

THE GOSPEL AND TRUE SUCCESS

“Define yourself radically as one beloved by God. This is the true self. Every other identity is illusion.”
– Brennan Manning

“This is how much God loved the world: he gave his Son, his one and only Son. And this is why: so that no one need be destroyed; by believing in him, anyone can have a whole and lasting life.”
– John 3:16-18 MSG

A. Start UP

DISCUSSION

How do you know when you’ve done something “wrong”?

Why can’t God just let people “off the hook” when they mess up? Why did Jesus need to come?

ILLUSTRATION Name a feeling you would experience if these events happened to you:

1. A robber stole all of your belongings while you slept	Feeling:
2. The robber was arrested	Feeling:
3. The robber goes to trial	Feeling:
4. The judge decides to let the robber “off the hook”	Feeling:

You would likely not feel so good at the end of the robber scenario described above. You would recognize this was not a good judge. God is the Good and Perfect Judge, and he couldn’t just let you off the hook for the things you’ve done wrong.

B. Soak IN

BIBLE PASSAGES

Psalm 25:8-14

Colossians 2:14

DISCUSSION

How do you feel when you need help from someone?

How does it change the way you see others, when you recognize that we all need help from God to be forgiven?

Do you believe you need God’s help to be most successful in life, and to be forgiven for everything you’ve done wrong?

QUOTE

"True success is found by using your gifts, talents, potential and opportunities to make a difference and bring the Kingdom of God to every corner of your world. This is the life that will bring you maximum happiness."
– Kaitlyn Cey, STAND Successful

C. So WHAT?

VERSE

Romans 10:9-10 MSG

"Say the welcoming word to God—"Jesus is my Master"—embracing, body and soul, God's work of doing in us what he did in raising Jesus from the dead. That's it. You're not "doing" anything; you're simply calling out to God, trusting him to do it for you. That's salvation. With your whole being you embrace God setting things right, and then you say it, right out loud: "God has set everything right between him and me!"

FACT

Real Love Always Has a Choice

"In the Garden of Eden, the first people chose not to believe God. When they made this choice – they allowed hurt, confusion, pain and wrong to break into our world. This is why we all have done wrong things – and we know when we do." – Kaitlyn Cey, STAND Successful

REFLECTION

Take some time to write out your answers to these questions.

1. How do you feel inside when you've done something wrong?
2. How does this feeling make you act? How does it affect the way you think about yourself, and the way you treat others?
3. How could a clear understanding of the Gospel and forgiveness change your life, and set you up for true success?

SESSION 1

STAND SECURE AND SAY THANKS!

“God loves because He is love. He doesn’t love because we are lovable. There is a difference.”
– Jefferson Bethke

“This means that anyone who belongs to Christ has become a new person. The old life is gone; a new life has begun!” - 2 Corinthians 5:17 MSG

A. Start UP!

DISCUSSION

How can you tell if someone believes “The Gospel” even if you don’t know them very well?

How do you know someone has changed?

ILLUSTRATION

What words describe a secure person and an insecure person?

SECURE:	INSECURE:
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B. Soak IN:

BIBLE PASSAGE

Matthew 13:44

DISCUSSION

What things do people do to try to feel secure about themselves?

What kinds of things do people do to feel accepted?

What are the ways people try to feel significant?

If a person already believes they are accepted, significant and secure because of the Gospel – how does this set them up for success in life?

A secure person feels like they have treasure. We experience this kind of security by practicing gratitude and recognizing that God is good to us. We actually have a ton to be thankful for and the Gospel is true.

C. So WHAT?

VERSE

Colossians 4:2

“Stay alert, with your eyes wide open in gratitude.” MSG

FACT

Gratitude is scientifically proven to make people happier. A secure person feels like they have treasure. We experience this kind of security by practicing gratitude and thanking God for the amazing things in our lives. This grows security in us!” – STAND Successful, Kaitlyn Cey

REFLECTION

Take some time to write out your answers to these questions.

1. How do you think it feels to go through life trying to feel secure, accepted or significant?

2. What are ten things you are thankful for? (Check out the **Gratitude Journal** at the end! You can grow this habit and become more secure in your God-given identity!)

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SESSION 2

STAND TOGETHER AND TAKE OWNERSHIP!

“To love is to stop comparing.” – John Piper

“Love each other with a warm love that comes from the heart. After all, you have purified yourselves by obeying the truth. As a result you have a sincere love for each other.”

– 1 Peter 1:22, GOD’S WORD Translation

A. Start UP

DISCUSSION

What impact do you think your relationships have on the person you are becoming?

Who are the people in your life who spur you on to be your best?

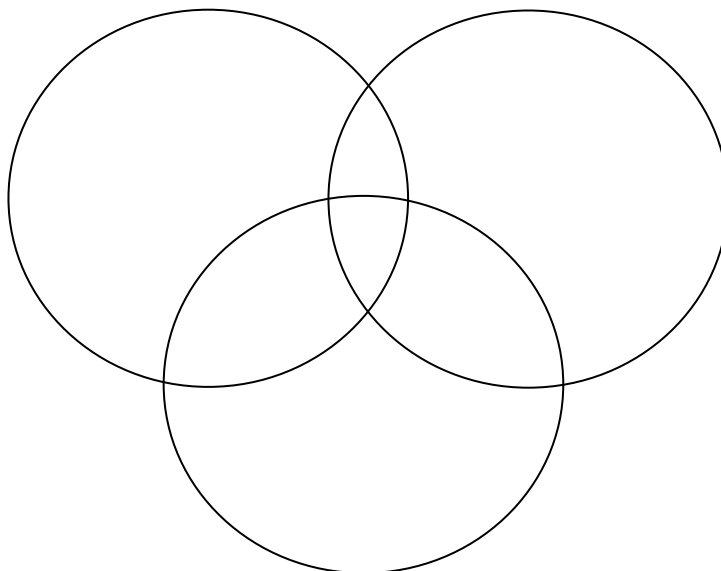
When you are jealous of others, or not secure in yourself, how do you tend to treat the people around you?

ILLUSTRATION

Fact: You become like your friends.

Describe the people you spend most of your time with:.	
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Describe the ways you are like and unlike these people in the Venn diagram below. Differences can be listed in the outer circles, and similarities are listed in the places that overlap.



B. Soak IN

BIBLE PASSAGE

Mark 10:35

DISCUSSION

What were James and John wishing they had?

When you are jealous of others, or not secure in yourself, how do you tend to treat the people around you?

Why is it important to recognize and build your own unique strengths? (See Strength-Finder Appendix E)

“Conformity is the jailer of freedom and the enemy of growth.” – John F. Kennedy

C. So WHAT?

VERSE

“Don’t become so well-adjusted to your culture that you fit into it without even thinking. Instead, fix your attention on God. You’ll be changed from the inside out.” – Romans 12:2 MSG

FACT

“A secure person is free from comparison and takes ownership of his/her own life. As you make decisions and live your life, you need a strong purpose to steer you, one that you choose for yourself. Mine is: “To love people and to obey God.” This is the life I want to live. – STAND Secure, Kaitlyn Cey

REFLECTION

Take some time to write out your answers to these questions.

What do you want your life to be about? What do you want to be remembered for? Take a few moments and write a “Why Statement” for your life to help establish your purpose.

How does taking ownership of your own life, and deciding not to compare your life to others, change your friendships and family relationships?

How does your “Why statement” and your personal values help you not to conform to everyone else around you?

SESSION 3

STAND AUTHENTIC AND LIVE AUDACIOUS!

“God has put you in this culture at this time for a reason.” – David Platt

“Whoever walks in integrity walks securely, but whoever takes crooked paths will be found out.”
– Proverbs 10:9

A. Start UP

Authenticity means: Be completely honest about who you are with yourself and with others.
Integrity (Authenticity) means: Your thoughts = your actions = your words.

DISCUSSION

What is the difference between your image and your integrity?

Why would someone project an image that is different than who they truly are?

ILLUSTRATION

Firmly established values can help a person be authentic and live with integrity. Out of this list of values, can you choose your top ten? Then narrow it down to your top 5 and write them in the space below:

VALUES				
Abundance	Cooperation	Fitness	Innovation	Responsibility
Acceptance	Courage	Freedom	Joy	Security
Achievement	Creativity	Friendship	Kindness	Self Respect
Authenticity	Dependability	Fun	Knowledge	Self-Control
Balance	Discipline	Generosity	Order	Serenity
Bravery	Diversity	Gratitude	Passion	Service to others
Care for others	Effectiveness	Harmony	Peace	Simplicity
Commitment	Fairness	Honesty	Perseverance	Spirituality
Competence	Faith	Humor	Quality	Stability
Contention	Family	Independence	Respect for others	Success
				Teamwork
My top 5 values are:				

When you choose how you will act in any situation (especially the ones that stress you out!) ask yourself:
“Why am I actually doing this? Is this truly what I want to do? Or am I just trying hard to feel secure, accepted and significant?”

B. Soak IN

BIBLE PASSAGE

Matthew 26:34, 56, 69

DISCUSSION

How did Peter want others to see him?

Audacious means: Being willing to take bold risks. Why does it take courage to live an audacious life?

QUOTE

Most people are not limited by their abilities, but by their fears.

In this story, Peter was inauthentic. He wanted to appear a certain way, but in his heart he wanted to act in another way ... and he feels awful when he denies Jesus! However, when he makes it right – he has peace and feels deep down success in his heart!

C. So WHAT?

VERSE

"I'm leaving you well and whole [full of integrity]. That's my parting gift to you. Peace, I don't leave you the way you're used to being left – feeling abandoned, bereft. So don't be upset. Don't be distraught." – John 14:27 MSG

FACT

"Whenever your actions don't line up with what you say you value, you are going to lack peace and authenticity in your life. Authenticity makes us most successful in all of life. The Gospel gives us confidence to discover and live out our values – instead of trying hard to be accepted by others!" – STAND Secure, Kaitlyn Cey

REFLECTION

Take some time to write your answers to these questions.

How does your "Why Statement" and your personal values help you not to conform to the people around you?

The Gospel says you are completely LOVED. When you believe this, how do you become free to try new things and speak up about your opinions?

Freedom means: having the power to act, speak or think as one wants. What are some things you would like to do? How does fear hold you back?

What is the key difference between being confident and secure in YOURSELF, and being free in the GOSPEL? *Remember, you are not perfect!

How does the Gospel set people free from fear and from peer pressure of all kinds?

SESSION 4

STAND NAMED AND CAST YOUR NET!

“Your value does not decrease based on someone’s inability to see your worth.”
– Christine Caine

“Long, long ago he decided to adopt us into his family through Jesus Christ. (What pleasure he took in planning this!) He wanted us to enter into the celebration of his lavish gift-giving by the hand of his beloved Son.” – Ephesians 1:5-6 MSG

A. Start UP

DISCUSSION

Do you think names are important? Why or why not?

What are some of the positive and negative names you have been called?

ILLUSTRATION

What difference does a name make? Rate these restaurants indicating where you would choose to eat first!

Name:	Score (1-6)
Frying Nemo Fish n' Chips	
Poopsies Posicles	
Rolling Dough Cooking Company	
Cheesy Does It!	
Turnip The Beat	
Pu Pu Hot Pot	

Do you think the names you call yourself are important? What do you call yourself?

B. Soak IN

Growth Mindset

BIBLE PASSAGE

John 21:1-14

DISCUSSION

What did Peter have to believe about himself in order to take that step of faith and cast his net?

What happened when Peter threw his net out in the story?

WHAT IS A GROWTH MINDSET?

Fixed Mindset	Growth Mindset
-I am not good at this -I am done trying -I won't get any better -This is beyond me -I am always messing up -I'm not smart enough -Someone else can do this	-How could I improve? -I'll try something different -I will keep trying -I can ask for help -My mistakes are helping me learn -There must be another way -I can do this

Did Peter demonstrate a growth mindset, or a fixed mindset?

Do you have a growth mindset?

C. So WHAT?

VERSE

"But you are the ones chosen by God, chosen for the high calling of priestly work, chosen to be a holy people, God's instruments to do his work and speak out for him, to tell others the night-and-day difference he made for you – from nothing to something, from rejected to accepted." - 1 Peter 2:9-10 MSG

FACT

"When you call yourself by the names God calls you, and you believe what God says about you to be true, you change your mindset. When you do this, there is no limit on what you can do. Living with purpose is proven to keep people healthier, happier and mentally tough! That's because we are wired for it!" - STAND Successful, Kaitlyn Cey

REFLECTION

Take some time to write your answers to these questions.

God's has given special names for His kids. These include:	Do you believe these things about yourself? Why or why not?
Completely Accepted (John 1:12) Completely Secure (Col 3:3) Extremely Significant (John 15:16)	

If you believe God's names for you, how does this make you more confident?

Why do you need confidence to have a growth mindset and fulfill your purpose?

What is the difference between living for your own purposes and living for the purposes God created you for?

Do you know people living only to benefit themselves? Are they happy? Is this what you would consider a "successful" life?

SESSION 5

STAND DIFFERENT AND LIVE WITH DESIRE!

“Whatever you do just don’t lose heart. Keep on pushing back the dark.” – Josh Wilson

“Yes, the body has many different parts, not just one part. If the foot says, ‘I am not a part of the body because I am not a hand,’ that does not make it any less a part of the body. And if the ear says, ‘I am not part of the body because I am not an eye,’ would that make it any less a part of the body? If the whole body were an eye, how would you hear? Or if your whole body were an ear, how would you smell anything? But our bodies have many parts, and God has put each part just where he wants it. How strange a body would be if it had only one part! Yes, there are many parts, but only one body.” – 1 Corinthians 12:14-18

A. Start UP

DISCUSSION

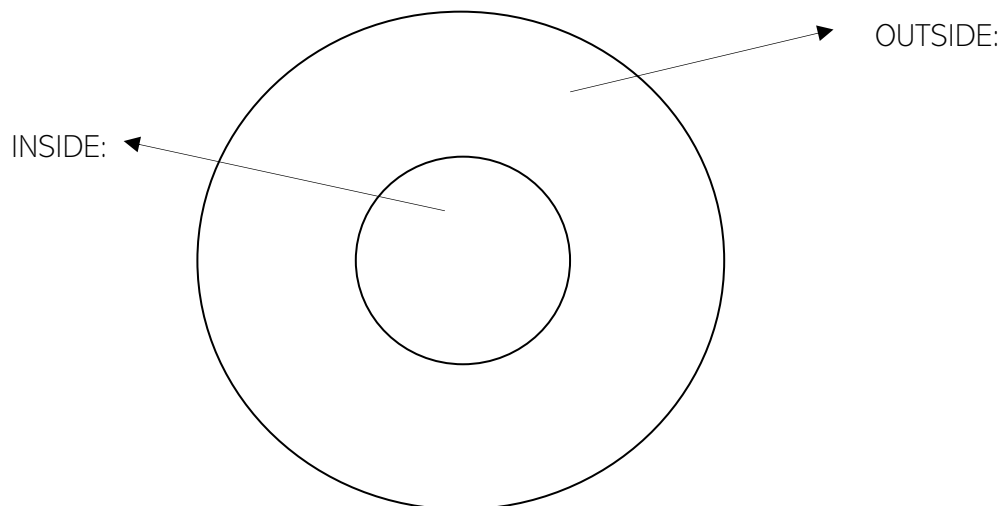
Why do people judge people who are different than they are?

Why is it hard to live confidently and successfully when you are different than others?

Why do you think our society views certain people as more valuable than others?

ILLUSTRATION

God says that every life has equal value. If we believe this, we have the confidence to step out and be different than the crowd. We also respect the ways other people act and think differently than us. Place the people/places/foods, etc, that would be in your comfort zone in the inner circle. In the outer circle, name things/people/places that are outside of your comfort zone. (If you need more space, write beside the circle)



When you understand the love of God, you have the confidence to live outside of your comfort zone and show the love of God in unlikely ways and places!

B. Soak IN

BIBLE PASSAGE

John 4:15-18, 39-42

DISCUSSION

In this story, how did Jesus get out of his comfort zone?

In this story, Jesus breaks boundaries of race, gender and social status. Why does he do this?

How did he break cultural norms and boundaries to show love to the woman at the well?

What happened to the woman who experienced God's love?

C. So WHAT?

VERSE

"So let's not allow ourselves to get fatigued doing good. At the right time we will harvest a good crop if we don't give up, or quit. Right now, therefore, every time we get the chance, let us work for the benefit of all, starting with the people closest to us in the community of faith." – Galatians 6:9-10

FACT

"People try harder at anything when they know WHY they are doing it and they believe in the cause. Having grit is more important than being really smart when it comes to living a successful life!" – Kaitlyn Cey, STAND Successful

REFLECTION

Take some time to write your answers to these questions.

Be DIFFERENT

Do you really believe that "Every life has equal value?" If so, how do you live this out? How do you show people who are different than you that they are valuable?

When Jesus died on the cross, he showed how much he would pay for your life, and for every life. You are invaluable. If you know something is worth a LOT, how will this change the way you treat it?

Do you treat people like they are worth that much?

Live with DESIRE

Think of a job you had to do, but you didn't understand why you had to do it. How much desire did you have to do it?

Think of a job you had to do when you DID understand why you were doing it, and you cared about it. Did this give you extra desire, grit and motivation?

How does knowing your value give you grit to make the most of your life, to step out of your comfort zone, and value the people around you?

APPENDIX A

GRATITUDE JOURNAL

FACT: Practicing Gratitude actually changes your brain and helps you to know how much God LOVES you! When you write down the things you are thankful for – your mind gets in the habit of noticing blessings – and this allows you to see all of the amazing ways God is at work in your life and helps you to feel His JOY!

Here are some tips to get started! Try writing down 10 things each day before you go to bed. Be as specific as possible. List the big things and the small. Remember, gratitude doesn't have to be complicated just needs to be authentic.

“Thankfulness is the quickest path to joy.” – Jefferson Bethke

DATE:	
	TODAY I AM THANKFUL FOR . . .
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	

“Thank God no matter what happens.” – 1 Thessalonians 5:18

APPENDIX B

THE HOPE HABIT

“It’s not those who acknowledge the darkness that change the world. It’s those who walk directly into it and bring light.” – Jefferson Bethke

FACT: When we set our minds on positive things, we develop a strong mindset, and mental strength to bring light into every space we enter! In the morning, jot down **three things** you are looking forward to each day! This simple Habit will keep Hope at the center of your life!

MONDAY:

TUESDAY:

WEDNESDAY:

THURSDAY:

FRIDAY:

SATURDAY:

SUNDAY:

“Summing it all up, friends, I’d say you’ll do best by filling your minds and meditating on things true, noble, reputable, authentic, compelling, gracious—the best, not the worst; the beautiful, not the ugly; things to praise, not things to curse.” – Philippians 4:8 MSG

APPENDIX C

'I AM' STATEMENTS

“Don't let your happiness depend on something you may lose.” – C.S. Lewis

YOUR IDENTITY CARD

Keep this somewhere you can look at it often! These are the names God has for you, and if you remember these names, you never have to try to be accepted, secure or significant again! You will know that you already are, because God says it's true. This Gospel really is amazing news for you, today! If you embrace this God-given identity, you are setting yourself up for the most successful and fulfilling life you can imagine!

TRUTH FOR TODAY...

I am accepted in Christ

"Yet to all who did receive him, to those who believed in his name, he gave the right to become children of God."
- John 1:12 NIV

I am secure in Christ

"Therefore, there is now no condemnation for those who are in Christ Jesus, because through Christ Jesus the law of the Spirit who gives life has set you free from the law of sin and death." - Romans 8:1-2 NIV

I am significant in Christ

"You are the salt of the earth. But if the salt loses its saltiness, how can it be made salty again? It is no longer good for anything, except to be thrown out and trampled underfoot. You are the light of the world. A town built on a hill cannot be hidden." - Matthew 5:13-14 NIV

APPENDIX D

GREAT GOALS

“Big ideas have small beginnings.” – Heather Boersma

Knowing how to set goals for yourself can be life-changing! It is important to have goals for every part of your development! God wants us to be growing to thrive in every area of our lives, there is no part of you God doesn't care about. Here are some different areas of your life you may set goals in: Health/Fitness, spiritual growth, mental health, financial, relationships, music, sports or school work.

You have the best chance of accomplishing your goal if it is SMART goal!

WHAT IS A SMART GOAL?

S Specific

For example: I will jog for thirty minutes two times a week.

M Measurable

For example: I will jog for thirty minutes each time.

A Achievable

For example: I will do this for two weeks

R Relevant

For example: Exercise is important to me because it makes me feel better physically and mentally!

T Time Sensitive

For example: I will start on Monday!

WHAT IS YOUR SMART GOAL?

Research shows that if you write your goal down, break it into SMART steps and tell someone about it you are most likely to accomplish it!

Use the next page to write out YOUR smart goal!

“Our greatest fear should not be of failure but of succeeding at things in life that don't really matter.”– Francis Chan

GOAL WORKSHEET

MY PLAN FOR SETTING SMART GOALS

“Goals may give you focus, but dreams give power.” – John C. Maxwell

GOAL AREA:	
MAIN GOAL:	
Specific: Measurable: Achievable: Relevant: Time Sensitive:	
POSSIBLE PROBLEMS:	SOLUTIONS TO THOSE PROBLEMS:
REASON FOR SETTING THIS GOAL?	

“Stop talking yourself out of things God has called you to do.” – Steven Furtick

APPENDIX E

STRENGTHS FINDER

These answers might be talents, interests, character traits, or spiritual gifts!

“Life is too short, the world is too big and God’s love is too great to live ordinary.”
– Christine Caine

It’s important for you to know your strengths so you can make sure you build them! You will influence your world for God with greatest impact if you work towards building your strengths, instead of focusing on your weaknesses.

Things I am good at:

- 1.
- 2.
- 3.

Compliments I have received from others:

- 1.
- 2.
- 3.

What I like about myself:

- 1.
- 2.
- 3.

Obstacles I have overcome:

- 1.
- 2.
- 3.

Things I’ve done for others:

- 1.
- 2.
- 3.

Things that make me different:

- 1.
- 2.
- 3.

What I value most:

- 1.
- 2.
- 3.

Activities that make me happy:

- 1.
- 2.
- 3.

What patterns do you see in your answers? Do you see three common themes? These might just be your top strengths! These are areas of your life you should focus on and build!