

# *Three-Point Response*

## *Skill of Covering*

As men open up in your presence about some of the elements of their pose it is critical to realize that they are choosing the way of the heart: authentic and vulnerable.

When a person is vulnerable they often feel naked and fear rejection. They have taken a risk and we must cover their vulnerability by personally sharing back from a place of appropriate vulnerability.

Knowing your own heart at all four levels is the foundation for effectively connecting with others at all four levels of their heart. In the context of divine love, grace, and truth we then have the opportunity to experience the transformational power of authentic Biblical community as we “mourn with those who mourn, rejoice with those who rejoice, spur one another on to love and good deeds, and love one another deeply from the heart.”

This type of transformational community involves taking the risk of vulnerability. When we take off our mask and open our hearts to reveal our deep desires or pain, we often feel naked and fear rejection. When a man becomes vulnerable we must cover his vulnerability by responding to him from our own vulnerability. This is a mutual experience not an up and down experience. This is sharing from the heart not telling or fixing.

As you practice the 3 point response you will grow in knowing your own heart and expressing your heart to your brothers. Your brothers will feel loved, heard and valued.

Whenever a brother shares in a vulnerable way during your team meeting or in a peer meeting be aware of his need for covering through a 3 point response.

This skill is just as powerful when you celebrate with someone as when you mourn with them.

If you become aware of and adept at using this skill you will be amazed how often you will use it and how powerful it is in your life and the lives of those you connect with and care about, particularly your family. This is a primary skill that you will use in the follow through process.

When you respond you don't have to share all three points and you don't have to share in this order. The key is authentically and briefly sharing your heart. Brevity is important. The more you talk the greater the temptation to fall into telling instead of really sharing from your whole heart. You may then steal your brother's story.

### Identify

Don't start telling your story. You might in 2-3 sentences mention how you can relate.

"I can relate. "

"My heart is breaking as I hear your story."

"I am moved to tears by what you've gone through"

Purpose: cover their fear that something is wrong with them or that they are the only one who has ever experienced this.

### Affirm

"Thank you for sharing. That took a lot of courage."

"We are here with you."

"Your sharing helps me know that I'm not alone, others struggle just like I do."

You might actually use touch if appropriate

Purpose: by doing this you cover their fear of being rejected and left alone.

### Share from your whole heart how you are affected

at an **emotional level**

in your **desires** for him or yourself

any **choices** you want to make. Be careful with commitments. Make sure you will follow through.

"You give me courage to face my own pain."

"I admire you, I am drawn to you."

"I have hope that I can change."

"I am sad, broken hearted over what happened to you."

"I'm angry at what that person did or what happened to you."

"I long for you to know that someone does care and I'm willing to enter the battle with you."

"I believe that you can do this and I'm willing to walk with you."

Purpose: Sharing your own feelings, desires, and choices actually builds them up and gives them courage to face the challenge they are in.

In order to effectively respond from your whole heart to your brother's whole heart you have to KNOW your own heart. Then when you know your own heart you can respond to his heart with a 3 Point Response.

As each man shares let yourself be affected positively or negatively. Don't just analyze. Hear his heart with your heart. Then prepare to cover his vulnerability. If you are drawn to fix or tell, discern what is driving you and don't!

## Testimonies of the Pose

### Purpose of this exercise

- Begin to get a picture of the elements of the Pose Framework
- Grow in opening your heart to be affected by another brother
- Grow in knowing how you are affected
- Grow in knowing how to express your own heart to a brother
- Grow in knowing how to offer a safe place for your team to share their hearts

### First Brother Shares

As the first brother shares his Pose Framework let yourself be affected at all four levels of your heart.

### Two Facilitators Share

After brother finishes sharing his Pose Framework you will see two facilitators share what they experienced at all four levels of their hearts.

### Your Personal Response

Take several minutes to respond to the following questions.

It may be helpful for you to refer to the section on feelings and desires during this exercise.

#### *Knowing your own heart*

What did I see or hear that most affected me?

This may be positive, negative or neutral.

In light of that what feelings arose within me?

What am I desiring (this may be for yourself or the brother sharing)?

What do I want to choose to do in response to what I've experienced?

This may be in your own life or in how you might respond to this brother.

What did I see/learn about the elements of the Pose framework?

## **Debrief With Your Team**

Facilitator leads debrief with your whole team at your table.

Each man takes a moment to share how he was affected, particularly at the level of feelings and desires.

If there is time, a few men share what they saw/ learned about the elements of the Pose Framework or what questions they have.

## **Second Brother Shares**

As the second brother shares his Pose Framework let yourself be affected at all four levels of your heart.

## **Two Facilitators Share**

After he finishes two facilitators will share a 3 Point Response.

## **Your Personal Response**

Take several minutes to respond to the following questions.

It may be helpful for you to refer to the section on feelings and desires during this exercise.

### *Knowing your own heart*

What did I see or hear that most affected me?

This may be positive, negative or neutral.

In light of that what feelings arose within me?

What am I desiring (this may be for yourself or the brother sharing)?

What do I want to choose to do in response to what I've experienced?

This may be in your own life or in how you might respond to this brother.

## Debrief With Your Team

Facilitator leads debrief with your whole team at your table.

Each man takes a moment to share how he was affected, particularly at the level of feelings and desires.

If there is time, a few men can share what they saw/ learned about the elements of the Pose Framework or what questions they have.

Tonight and throughout the weekend be aware of what is happening in your own heart as you hear men share. Then take a risk and seek to share what you are experiencing particularly at the level of feelings and desires. As you do, you will learn how to effectively cover a person's vulnerability.

You will practice this skill throughout your Team Equipping follow-through process.

## *Identifying Your Pose Framework*

For some of you it may be simple to discern how your fallenness works itself out in your life: you clearly remember the events and patterns of your life that have shaped you and the impact of those events and patterns.

For others the events and patterns may have been more indirect.

Work backward:

See the strategies/pose.

Find the belief/lie underneath the pose.

Find the pain that feeds the belief.

Crises will reveal the negative events and patterns, your fears, and your strategies if you will slow down and let God speak to you:

With insight from men of understanding;

By appropriately listening to your critics.

Above all else, ask the Holy Spirit to guide you. Psalm 139:23-24

Today we just want to see this framework and seek to identify one element.

Review the reflection questions.

Do you have to remember the events or patterns of your life?

Do you have to understand the entire framework?

It is critical to grapple with the elements of your pose framework.