

KAIO

KNOWLEDGE | AWARENESS | INTENTIONALITY | OBEDIENCE

KAIO SMALL GROUPS

ADAM BOWER



Contact us

Praise Community Church is the home of KAIO Teams, which were founded and originally located in York, PA. We believe in this format and its influence for all Christian believers. If you wish to begin a KAIO Team ministry in your church or local area, we would love to help you get started through our simple four-session seminar, or to come along side your ministry and support you in any way that we can.

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"Now, wherever doctrine is preached, where there is no discipline, it cannot have its full effect upon the hearers."

– John Wesley

"If we can't live as a different breed of people on this earth, we have no right to live here.

*If we get back to being a people that is really baptized in obedience,
submissive to the total will of God.*

Not concerned about human opinion,

Not asking for more to spend prodigally on ourselves.

But say, 'oh God, I want this life of mine adjusting.'

So that when I stand in front of your awesome presence

As James says, 'We will not be ashamed of his appearance.'"

– Leonard Ravenhill



Introduction

*"It's one thing to teach people the commands of Jesus.
It's another thing all together to equip them to obey them."*

Adam Bower

When I first decided to write this training manual, I was approached by a dear friend of mine who encouraged me to write this section. He felt it was imperative to inform the reader about my own personal history with God and with the church in order to provide each person who reads this manual a greater understanding of my own journey. I believe KAIO is a true gift and strategy from God Himself to bring an end to what I experienced the majority of my Christian life. Indeed, as I look back upon my own history and all of the years that I had been exposed to and a part of Christianity, one conclusion has remained in my purview: What we live is what we believe, not what we say.

We are an educated people. We cherish what we know both inside and outside of the church, and we've been taught that what we know and believe is best assessed through test-taking and our ability to answer questions. But the biblical understanding of true knowledge and true believing is more than simply saying the right things. It's living the right things.

¹⁷ Even so faith, if it has no works, is dead, being by itself. ¹⁸ But someone may well say, "You have faith and I have works; show me your faith without the works, and I will show you my faith by my works." – James 2:17-18

Talk is cheap. It's not a matter of talking the talk. It's about walking the walk.

Although I grew up as a United Methodist, I have had the privilege and honor to be affiliated with many other streams of thought, theologies, and philosophies of the Christian life. As a Methodist, we were taught to cherish the life and legacy of John Wesley. It was, after all, his life and relationship with God that helped shape and mold the theology of the Methodist church, a theology that I had *apparently* agreed to and believed as my own at the finale of my confirmation. But if I truly believed in the things that caused John Wesley to live the way he did, wouldn't I live like John Wesley? Wouldn't the same fruit that he bore be evident in my own life? Isn't that simple? Isn't that common sense?

As a Methodist, we sang some of the most theologically rich hymns ever written and participated in activities like Sunday school and youth group. Even so, I never heard anyone share a testimony about what God was doing in them and through them outside of when they first professed to

believe in Christ and His sacrifice. It was as if we were all waiting to get through with this wretched life so we could get to heaven. And yet I couldn't help but sense in my heart that something was immensely wrong. Something inside of me knew that there were inconsistencies between what we were singing, learning, and ultimately living.

I was told I loved God and said that I loved God, but I knew my life didn't reflect it. If you had subpoenaed me to appear before a court of law to stand trial, in order to determine whether or not I loved God, my life wouldn't muster any evidence to support my claim. My mouth would have made a lot of confessions, but I would have ultimately been found guilty.

One day as a young teenager, I read this verse:

"If you love Me, you will keep My commandments." – **John 14:15**

This verse did two things for me: 1.) It brought validity to what I had been sensing concerning what we say with our mouths and live with our lives, and 2.) It revealed to me what I also knew about myself. I was educated. I said more than my life could reinforce. I was taught, but I wasn't disciplined.

Later in life I made the jump from being a part of a mainline denomination to becoming a charismatic believer (one who believes that the gifts of the Spirit are still in operation today and that God speaks to His children through the Holy Spirit, and still performs miracles and signs and wonders). Although I was excited to be a part of a group of people who had personally experienced a great majority of the things written in the Bible in their own lives, I quickly began to notice the same pattern of life that was found in my childhood. Along with a great majority of other charismatic Christians, I became impressed with what I now understood to be true. I felt like my doctrine and theology were more correct than ever. Over time, I became aware that I was falling back into that same old familiar rut. I settled for the knowledge that I acquired as opposed to the life I was living.

Please do not misunderstand anything that I have said up to this point. I am in no way, shape, or form claiming that education is wrong. Teachers exist in the body of Christ for a reason. But the moment we become more fascinated with what we know as opposed to how we live, we are in error. Knowledge is not meant to take the place of a relationship with God or a life of good deeds. Knowledge should deepen our experience with God and bring about repentance in our thinking that leads to change.

There is also nothing wrong with the songs we sing or some of the things we do in church today. But I have this sense that people, like me, have grown weary about singing the things they want to live and learning about the things they want to experience. The truth is that you will not stand before Christ one day and be judged for what you sang or for the services you attended or missed. Paul informs us of this day by writing the following:

For we must all appear before the judgment seat of Christ, so that each one may be recompensed for his deeds in the body, according to what he has done, whether good or bad.

– 2 Corinthians 5:10

We will be judged for how we lived, not for what we claimed we believed with our mouths. True believing always produces a life that looks just like what the mouth boasts in.

I believe with all of my heart that people want to do the will of God and if they could press a button and achieve it, they would. However, convenience, busyness, and isolation has caused people to move through the day without an urgency to their heart's intent. That's why this manual has been written. This manual will show you and teach you what a life of practical obedience looks like; one that leads to a life of honoring and following the voice of God on a daily basis. More than likely, some of you are already following the principles listed in this manual. But for those who desire to be obedient to their Father and don't know how to get there, I welcome you to join me on this journey that has radically changed my life.



KAIO

**FAITH WITHOUT
WORKS IS DEAD**

Anytime you begin to talk about obedience and good deeds, people within the church tend to squirm. They cherish the idea that they are saved by grace through faith, and that salvation is a gift from God not dependent upon our works (see Ephesians 2:8-9). This is true. It's biblical and foundational to our understanding of the nature of salvation. However, KAIO is in no way, shape, or form seeking to justify someone before God on the basis of his/her deeds. Rather, it's simply providing an outlet for this question: Now that you've been saved, what are you going to do with your salvation?

Please don't misunderstand me. I am not saying that it's time to "get busy" and prove to God that we love Him. He already knows whether you do or don't. In a previous section, I referenced John 14:15. It says this: "If you love Me, you will keep My commandments." Through this verse, Jesus was saying that the evidence of our love for Him is in the act of keeping His commandments. In other words, it's when we cherish what He has said and desire to be obedient to it that we demonstrate we love Him.

However, as I had mentioned earlier, we have become fascinated with what we *think* we know and what we *think* we believe. This knowledge has only served to puff many of us up. The scriptures are clear that it is love that edifies (see 1 Corinthians 8:1). Jesus said that the whole Law and the prophets depend on these two statements: to love the Lord your God with all your heart, soul, and mind, and to love your neighbor as you love yourself (see Matthew 22:37-40). Through our knowledge we thought we were becoming more like Christ when in reality our heads were only getting larger.

Indeed, we have placed more of an emphasis on what we confess with our mouth than what we live with our lives in the church today. In the world, we have such sayings as these:

- "Put your money where your mouth is."
- "Actions speak louder than words."
- "Don't just talk the talk. Walk the walk."

In other words, "Don't just tell me; show me!" If the world is aware of the fact that it's not enough to talk a good game and hold such a standard, the church should be willing to adopt such criteria as well.

In an effort to help each reader understand this discrepancy within the church between what we say and what we live, I have compiled a list of some of the commonly held beliefs today among a great majority of Christians. As you read these, you will more than likely find yourself nodding along in agreement. I want to challenge you to consider what such statements of faith would look like if they were actually lived out. Please note that these beliefs are listed in no particular order. This list is certainly not exhaustive, nor does it characterize every Christian's belief system.

- *I believe that the Bible is the infallible and inspired word of God.*
 - If we really believed that, wouldn't we be reading it every day in an effort to understand what it says and apply it to our lives?
 - If we really believed that, wouldn't the written word of God carry a greater weight of influence in our lives than the opinion of people and the circumstances of life?

- *I believe that Jesus Christ is the only way to the Father and the only true source of salvation, and that I will one day spend eternity with Him.*
 - If we really believed we were going to heaven, how could we have a bad day?
 - If we really believed we were going to heaven, wouldn't we have a lot more joy, a lot more peace, and a greater perspective on life?

- *I believe that those who do not accept Jesus Christ as their Lord and Savior will one day spend eternity apart from Him in hell.*
 - If we really believed that people were going to hell, wouldn't we be more concerned about one another's eternal well-being?
 - If we really believed that people were going to hell, wouldn't we cry for them and be motivated to pray for them and witness to them?

- *I believe that I will one day stand before Jesus at the white throne of judgment and give an account for my life.*
 - If we really believed that, wouldn't we be more zealous to see good deeds in our lives?
 - If we really believed that, wouldn't we be more watchful for His return and more alert for the purpose of prayer?

- *I believe that Jesus Christ died for me on my behalf and that His blood was shed for the forgiveness of my sin.*
 - If we really believed that, wouldn't our identity be intact?
 - If we really believed that, wouldn't we see and live as though our lives had meaning and value to God?

If I believe something in my heart, I will live it in my life. This is simple, basic logic. How many people have sat through the instruction of D.A.R.E (Drug Awareness Resistance Education) in their schools and have read about the hazards of cigarette smoking only to use drugs and smoke a lot of cigarettes?

What does this reveal? It reveals that knowledge is not enough. Just because you “know” something doesn’t mean you live something. Think with me. There isn’t one cigarette smoker that wouldn’t look you in the eye and tell you that they believe that cigarettes can cause different forms of cancer and yet they are still smoking! What does this mean? It means they really don’t believe that they could get cancer; otherwise, they’d kick their habit!

Think with me some more. If you say you believe in the benefits of recycling and then don’t recycle, you’re either a liar at best or a hypocrite. Our society and churches are filled with this kind of incongruence. James’ letter is an indictment against such a lifestyle. Many of us have fallen prey to what James warns us of through his letter on more than one occasion by writing the following things:

- **James 1:22** – But prove yourselves doers of the word, and not merely hearers who delude themselves.
- **James 2:14-17** – ¹⁴ What use is it, my brethren, if someone says he has faith but he has no works? Can that faith save him? ¹⁵ If a brother or sister is without clothing and in need of daily food, ¹⁶ and one of you says to them, "Go in peace, be warmed and be filled," and yet you do not give them what is necessary for *their* body, what use is that? ¹⁷ Even so faith, if it has no works, is dead, *being* by itself.
- **James 2:20** – But are you willing to recognize, you foolish fellow, that faith without works is useless?
- **James 2:24** – You see that a man is justified by works and not by faith alone.
- **James 3:4-5** – ⁴ Look at the ships also, though they are so great and are driven by strong winds, are still directed by a very small rudder wherever the inclination of the pilot desires. ⁵ So also the tongue is a small part of the body, and *yet* it boasts of great things.
- **James 4:17** – Therefore, to one who knows *the* right thing to do and does not do it, to him it is sin.
- **James 5:12** – But above all, my brethren, do not swear, either by heaven or by earth or with any other oath; but your yes is to be yes, and your no, no, so that you may not fall under judgment.

James is definitely not contradicting Paul’s doctrinal statement that we are justified by faith (see Romans 5:1). He’s saying that faith *looks* like something. Although I cannot tangibly see your faith, I should always be able to see the conviction of your faith in a tangible way. In other words, there should be evidence for what it is you believe.

It’s not a sin to say, “I’m still working on this verse and I believe it to this degree, but I want to believe it whole heartedly.” That’s called integrity. James isn’t the only one encouraging us to let our yes be yes and our no, no. Jesus made this statement as well (see Matthew 5:37).

The problem is that we have taught people to say “yes” with their mouth and “no” with their lives. Jesus says that this type of deception is from the evil one. We cannot assume that someone believes something simply because they confess it. We must encourage one another to say “yes”

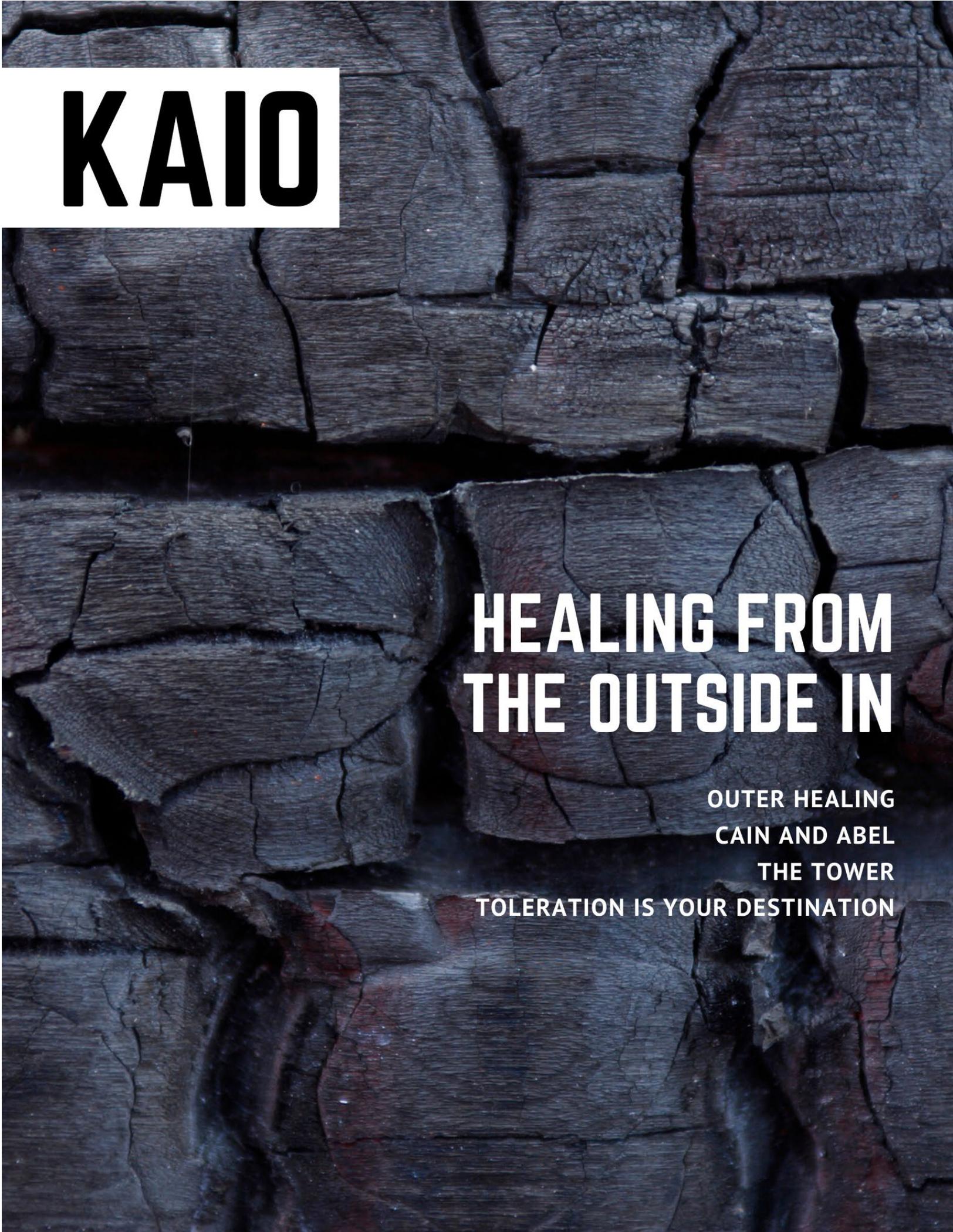
with our lives. This is exactly what KAIO does. It provides a place for us to live out Hebrews 10:23-25.

²³ *Let us hold fast the confession of our hope without wavering, for He who promised is faithful.*

²⁴ *And let us consider how to stir up one another to love and good works, ²⁵ not neglecting to meet together, as is the habit of some, but encouraging one another, and all the more as you see the Day drawing near. - **Hebrews 10:23-25***

Jesus didn't merely come to tell us He loved us. He showed us. Obedience to God is the outward expression of our love for Him. To obey Him is to love Him and that's the purpose of KAIO. It is designed to crush lukewarm Christianity and set the heart of the believer on fire to love God and love others.

With all that being said, sometimes our inability to do the will of God is an issue of faith in the heart. Other times it's an issue of creating environments that assist the "will." People can have the faith, believe the right things, but not have the awareness and intentionality to execute the will of God.



KAIIO

**HEALING FROM
THE OUTSIDE IN**

OUTER HEALING

CAIN AND ABEL

THE TOWER

TOLERATION IS YOUR DESTINATION

Outer Healing

What is outer healing? Great question. Inner healing is a simple concept: fix something on the inside so that you can see the results on the outside. I have experienced this time and again with my journey with the Holy Spirit. He shows me that I believe a lie, and then He reveals the truth. Outer healing deals with fixing what's on the outside so that healing can happen on the inside.

For example, in the Sermon on the Mount, Jesus says, "If therefore you are presenting your offering at the altar, and there remember that your brother has something against you, leave your offering there before the altar, and go your way; first be reconciled to your brother, and then come and present your offering (Matthew 5:23-24)." Another example of this is when Jesus says that where we put our treasure there our heart will be also (Matthew 6:21). He is showing us that an outward action dictates the inward reality.

Sometimes we have to do something on the exterior to fix the "thing" on the interior. We see this in Proverbs chapter three, where the author is pleading with his son to make good choices so that it would go well for him. Sometimes the lack of fruit in our lives is not because we need inner healing; we need to do a better job with what we've received. Sometimes things go wrong because of a lack of stewardship.

I believe practicing the right choices can lead to healing. We do this with our children. Sometimes things are a spiritual issue, but other times they are not. In a lot of cases, it's a matter of the "will." We know that it's a spiritual issue when someone can't stop a specific behavior on their own, or can't start a healthy one. Change is hard, though. Sometimes it requires not just extra effort but a strategy, goals, vision, problem-solving, and accountability. Change is hard to do on your own, which is why people often don't change overnight. Certain things can change in the blink of an eye, where God in His mercy lifts a burden off someone, but other things God leaves for us to handle with our own will. We have charge of the Master's things. You are in charge of your diet, sleep patterns, and daily exercise. On top of that, we all have roles that we need to steward as sons, daughters, husbands and wives, employees, and employers. We have also been given twenty-four hours a day to steward and spend in such a manner that one day we might hear God say, "Well done good and faithful servant!"

What if our decisions over time corporately have been spent progressively more on ourselves in unhealthy ways? Instead of loving God and others, we have been burning the candle at both ends, doing stuff but not stuff that matters. Culture keeps selling isolation, convenience, and busyness. Change cannot take place in any one of those environments. "Outer Healing" is about reprioritizing your life to become the person you were meant to be. It's healing through doing something on the outside instead of discovering something on the inside. It's about having a clean conscience knowing that you spent yourself wisely and are headed in the direction that God would have you going.

What's so amazing about this process is how simple it is. If I were to ask you, how could you love God more? Would you have an answer immediately? Or how about this one: how could you love yourself more? How could you be more excellent at work? I think we have answers to these questions, and I don't think our hands are tied when it comes to our priorities. I believe that the most important things are never urgent. Those things which seem urgent keep us busy and distracted, missing the bigger picture and why we are here.

I believe in the power of small groups. I think they can provide an environment for real transformation to take place. I don't believe in coming together in groups for the sake of discussing opinions. We don't have time for that because we have some growing to do for ourselves. Do you know why change is so hard? It's hard because the things that matter most never give you a report card at the end of the week. The Bible will never grow legs and walk into your room in the morning and hand you a note that says, "read me." Your kids will never "flunk" you as a parent. Jesus won't make you hang out with Him in prayer. The things that matter most don't have a built-in alarm to remind us to tend to them. We can be one another's alarm, though. We can spur each other on toward the best version of ourselves!

Cain and Abel

Genesis 4:3-7 – ³ So it came about over time that Cain brought an offering to the LORD of the fruit of the ground. ⁴ And Abel, on his part also brought of the firstlings of his flock and of their fat portions. And the LORD had regard for Abel and for his offering; ⁵ but for Cain and for his offering He had no regard. So Cain became very angry and his countenance fell. ⁶ Then the LORD said to Cain, "Why are you angry? And why has your countenance fallen? ⁷ "If you do well, will not your countenance be lifted up? And if you do not do well, sin is crouching at the door; and its desire is for you, but you must master it."

Here God rolls out the most basic form of advice I have ever heard: "If you do good, won't you feel good." What if that's it? What if a lot of what we are trying to find for ourselves isn't a deliverance issue, purpose problem, or a destiny disconnect, but rather a lack of faithful stewardship with what we have? What if our lack of the fruit of the Spirit is from not doing an excellent job with what is right in front of us? I know that sounds too simple, but what if it's true? Here you have Abel, who brings the right kind of sacrifice, and he gets to enjoy the favor of God. Then you have Cain who brings a less than pleasing sacrifice, and he gets to enjoy sin crouching at his door, which brings up another point: what if the root of some sin is the result of us not doing an excellent job with what we have? We unconsciously know we could be doing better, and we feel shame instead of the fruits of the Spirit, so we try to shortcut joy by finding something to relieve the guilt. We want to feel good without doing a good job, therefore sin is crouching at the door.

I have heard it said that this story is about the root of Cain's sin being jealousy, but that's not true at all. The origin of Cain's sin is doing something half-hearted. Sin comes to his door because he didn't bring the proper sacrifice. What if that is why sin still comes to our door? What if the next phase in your life is an issue of stewardship? Would you let other people challenge you like never before to be the most loving individual in all aspects of your life?

The Tower

Luke 14:28-30 – ²⁸ "For which one of you, when he wants to build a tower, does not first sit down and calculate the cost, to see if he has enough to complete it? ²⁹ "Otherwise, when he has laid a foundation, and is not able to finish, all who observe it begin to ridicule him, ³⁰ saying, 'This man began to build and was not able to finish.'

I was recently frustrated with some specific troubling cycles in my life. I diet maybe four times a year and always lose ten pounds, but in two months I put it all back on plus some. I am not as intentional with my three children as I would like to be. Giving my child a device or sitting them in front of a screen is so easy, convenient, and stimulating, but not helpful relationally. These two issues became heavy on my conscience, and so I finally asked the Holy Spirit for help. I felt like He said, "You don't calculate the cost of change. You don't bring enough supplies to finish the tower." I immediately thought of this teaching and looked it up and began to read it.

In the days of Jesus, there were towers on the walls of cities. The role of the tower was to be manned by a soldier. The soldier was to make the town aware if an enemy was coming. There was nothing worse than the enemy coming to a city and seeing a tower with only a foundation. It let the enemy army know that this is a city that does not have a wise ruler. It said, "This city is an easy target. They will not be able to match wits with us. They lack the common sense of mathematics, let alone war strategy." It would be better to have fewer towers that are finished rather than lots of towers that only had foundations.

If you want to build a tower, the first thing that you do is “sit down.”

It's bizarre how little we sit down anymore to prepare our lives. We have filled our days with conveniences and busyness. The priorities are never pressing until they are, and then it is often too late. To sit down is to plan. To plan is to impact your life instead of letting your life impact you. If we don't have goals and a plan, we will never get to where God is calling us to be. Just think of all the time we spend in a week. The best use of anyone's day is creating a list of priorities and tasks and then accomplishing the tasks, so that ultimately what is most important receives the time that it deserves. We meet in a group to make sure we're planning our lives so that we end up with a finished tower.

Then you calculate the cost.

This is where I often fail. I either decide to do too much or not do anything well. I can also underestimate how hard something is to do and not bring enough to the table. Changing is not easy, and it requires a lot of attention, time, and focus. If we are going to continue to turn into the image of Jesus, then we cannot take it lightly or assume it will all work out. We are the "x" factor when it comes to our own life. Often people just cast things unto God as if their life is His responsibility, but the Bible is clear that your life is your own to steward. He is not going to judge Himself on judgment day – it will be you that is judged. That is why we meet... so that we could appraise one another honestly in how we're doing, both with our mouths and our lives.

To see if you have enough to complete it.

We need to be able to say "no." We have time, we have energy, and we have effort. We can become who we are meant to be in Christ. We need to take everything we have and put it in that direction. We have enough to complete the tower, but not if we are trying to build other things as well. The Christian walk is relatively easy in the sense that we know what our next steps are. Imagine yourself more loving tomorrow than what you are today. What does that version of yourself look like? We meet in a group to make sure we are putting first what matters most.

Toleration is your Destination

What you tolerate in your life controls where you end up in your future. I remember somebody saying one day, "If you want to understand what it is you tolerate, then look in the mirror." Of course, it was about body image, but none the less it's very accurate. If I wanted to see what you tolerate with your relationship with God, all I would have to do is look at your prayer life. If I wanted to know what you tolerate in marriage, I would just have to watch you for one week to see if there is intentional connecting. If you can tolerate being out of shape, then you will be. If you can tolerate a crumbly marriage, you will have one. We tend to sink to the lowest denominator when it comes to our expectations for ourselves. We are in control of our expectations, and we get to set them, but most of the time we are delusional with what we desire and what we allow. It doesn't matter what you want, it only matters what you will allow. What you allow is the floor - what you desire is the ceiling. You will always stand on the floor, so the secret to getting where your desires are is to raise the floor. Our tolerance for mediocrity in our relationships becomes the anchor that holds us down. This invites sin to crouch at the door.

If I could be one thing for you, it would be a mirror. I would want to reflect back to you where you are at so that you could get to where you want to be. There is no midterm grading system when it comes to Judgment Day. There is no report given every twenty years. We need one another to be honest and candid reflections of what we're doing and where we'd like to be. We are not condemned to mediocrity. We were created for excellence in every aspect of our lives! This does not happen by accident and it won't happen without a strategy in which we gather around one another. You know this is why you are here. You are not here to try to find happiness. You are here to have meaning and responsibility and spend yourself on God and others in love. There is nothing like getting to the end of the day and knowing you have intentionally spent yourself, aware of the will of God in your life and stewarding what He has entrusted to you.

"And let us consider how to provoke one another to love and good deeds," – Hebrews 10:24

This verse is a double command. The first thing we are called to do is "katanoeo," which means to "consider, think of, notice, observe, see; look; see-through, be aware of." Peter is doing this when he perceives his dream about the unclean animals. Jesus does this with men's hearts to discern their motives. So, to "katanoeo" is to really give your thoughts and attention to one thing. The second thing we are called to do is "paroxusmos," which means encouragement, sharp argument, or disagreement. Paul and Barnabas do this when they separate. So, let me paraphrase the above statement, "Let's take the time with one another to intentionally have the necessary conflicts, so that we might look and act more like Jesus."

Problem #1: We are not known.

Being truly known is not easy to do in this culture. We don't know one another. The biggest complaint I hear from people is that they don't have any relationships in the church. I think on some unconscious level, and I could be wrong, people over time have traded their friends in for their phone, and they've begun to connect through apps instead of face-to-face interaction. If people are presenting the best versions of themselves, how will we ever be provoked to change the worst parts of ourselves? How can I spur you on toward love if I don't know where you are currently or where you are going? I need to know you so that I can show you what more love in your life could look like.

Problem #2: Unknown sin.

Confessing our sin to one another isn't too popular these days. Sin pulls a trick frequently in our ability to recognize it in our lives. If we do something wrong, we can very easily justify it or not even notice it. When Cain killed his brother, Abel, he felt he was in the right. Sin can keep our chin held high so that we never look at ourselves to see how we are doing. There are three types of sin. The first is doing the wrong thing. The second is not doing the right thing. The third is something that was OK in the last season but is not OK in the next season. Confessing our "Point A" is the most significant step in getting from "Point A (where we are)" to "Point B (where we could be)."

Answer: Small Groups

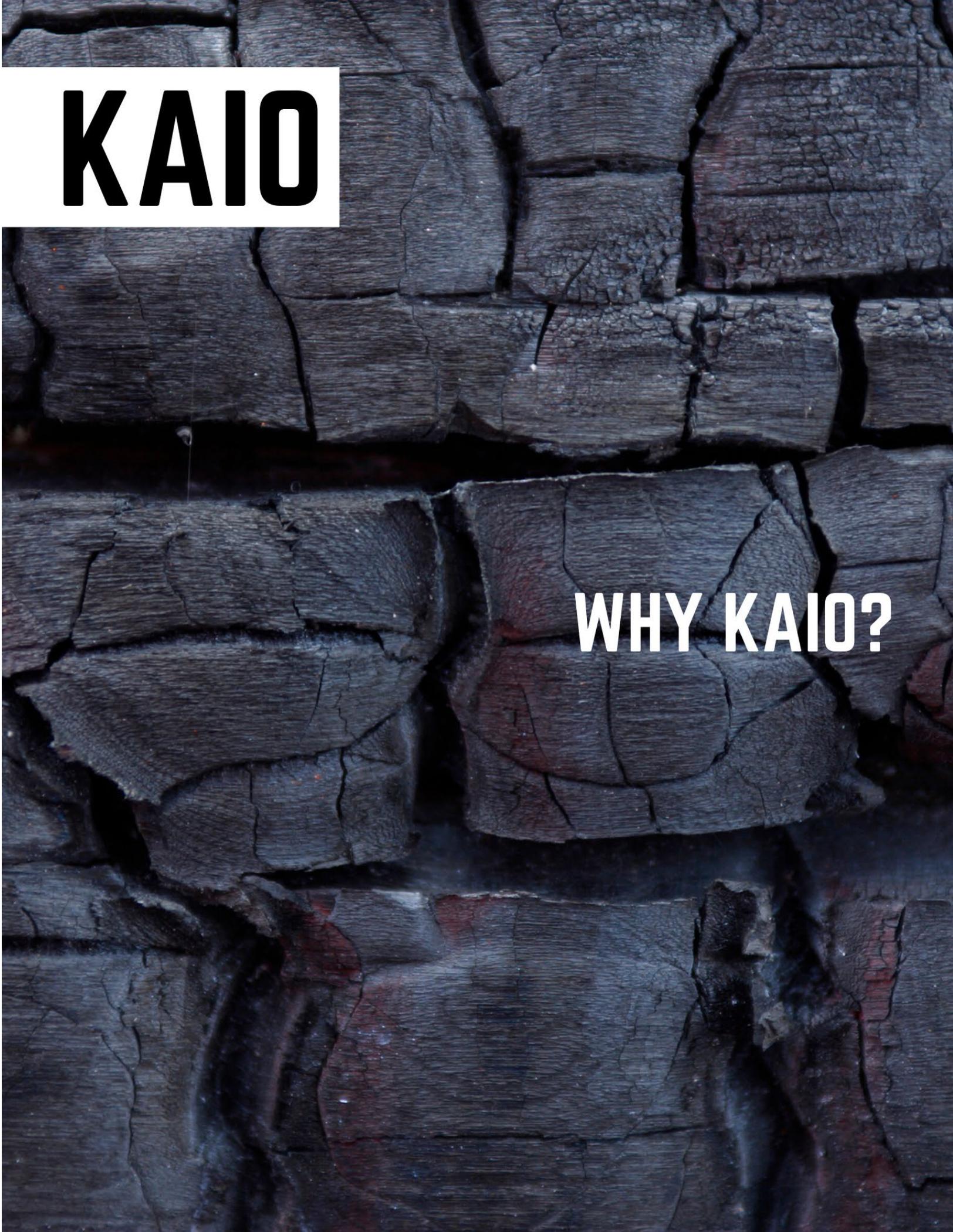
If we can be the three following things together, I believe God can do great things. The first is authenticity. If we are vulnerable, God can partner with us and deliver us out of the places he never intended us to be. Confess your sins to one another, and he will be faithful to cleanse us of all unrighteousness. Unrighteousness is not the absence of righteousness, but it is the presence of something else. Unrighteousness is something spiritual that needs to be cleaned off, and I don't want it on me.

The second is accountability. If we will let people speak into our lives in the parts that are going well and the parts that are going awry, I believe that God will trust us with things we never thought possible.

The third is discipline. If I can set my priorities and spend my day in the manner that God intended, not the easy way but the narrow way, then God knows where we could be in five years. I would love to spend one hour a week on my life with fellow believers, stirring each other up to do better than we ever have before.

KAIO Task List

Someone can be motivated and flying high one day and then find themselves overwhelmed in the weeds the next day. As Christians, we create systems that keep us motivated, regardless of our internal mood. This is why we pray and seek God first. Another method is "accountability," so we can become who we can be in Christ. The KAIO groups present the opportunity for us to spur one another on toward love and good deeds through direct accountability from our KAIO task list. The KAIO task list allows us to write down the different areas of our life that we want to reflect Christ more, whether in marriage, parenting, church, the workplace, or in the community. After this we are challenged to write what we should do in task form along with the time in which we'll do it. Each week the group will hear how we are doing with this journey of becoming love in the different aspects of our lives. For example, if someone wants to be a better spouse, all they would need to do is write down the specific weekly or daily tasks it requires to be one, and through encouragement and accountability, the person rises to the occasion.

The background of the entire image is a close-up, high-contrast photograph of dark, charred wood. The wood is heavily cracked and split, revealing a lighter, reddish-brown inner layer. The texture is rough and uneven, with deep shadows in the cracks and highlights on the raised surfaces. The overall color palette is dark, ranging from deep black to dark charcoal, with some reddish-brown tones visible in the wood's grain.

KAIIO

WHY KAIIO?

I believe KAIO is a tool that is equipped with the necessary principles to help unite what we say with what we live. Below is a list of some common problems that the Lord revealed to me one day in prayer that are found within the lives of believers today, which KAIO seeks to address.

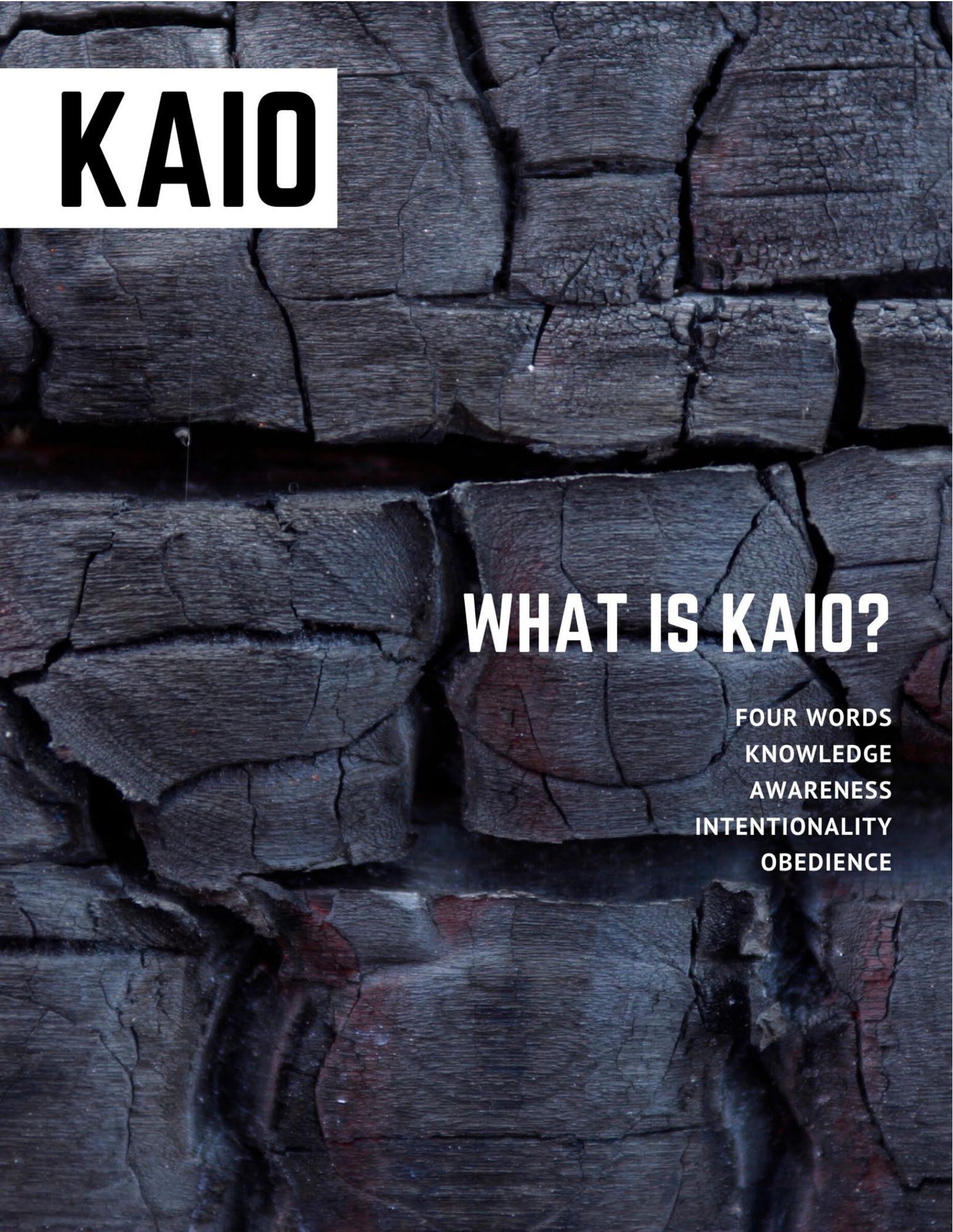
1. **HEAD KNOWLEDGE** – There is an over-abundance of learning and an increase in study with no outlet to practice what we have heard.
2. **WE ARE NOT COMING TO HIM** – The Bible encourages us to know Jesus and to come to Him (see Hebrews 4:15-16, 10:19-22). Unfortunately, we feel more comfortable running to the spiritual professionals. Since we do not ask what God would have us do, we do not experience His will in our lives.
3. **LACK OF AWARENESS** – We lack awareness for the areas in our lives where we must be obedient to God.
4. **LACK OF INTENTIONALITY** – We lack knowledge in the arenas of life where obedience can be practically lived out and applied.
5. **LACK OF ACCOUNTABILITY** – We have a habit of being private when it comes to our relationship with God. We seem to have forfeited unity and community in the name of freedom and privacy.
6. **MISUNDERSTANDING GRACE** – Obedience and good works are bad words according to modern day preaching. Again, we aren't talking about being justified by our works. Grace empowers us to live like Jesus, not to have an excuse to look like the world.
7. **ISOLATION** – Now more than ever people are isolated. If technology and convenience are our core values, how can we begin to foster community?
8. **VAGUE LOVE** – We all know that we should love God and love people, but the world does not yet know us by our love.
9. **MINISTERING INSTEAD OF EQUIPPING** – The leaders have become the ministers rather than the people. The leaders of the church are to equip the people as ministers. Instead, we have become hospitals that care for the wounded rather than military bases that train and send people out.

I have spent many years seeing with my eyes what is wrong within the church, but I didn't know how to address it. I believe God has addressed these issues and more through KAIO. The attempts I've tried in the past have all failed. I've tried preaching passionately, bringing in big named guest speakers, outreach, discipleship classes, and encouraging people to share testimony. They seemed to scratch the itch, but never brought satisfaction. The one thing I've learned from my mistakes and failures is this: an individual doing the will of God in their own life is the backbone of the will of God being done on the earth. Testimony is the mode of transportation that brings encouragement to others and brings the Lord glory.

KAIO is designed to be a testimony-generating machine that fosters obedience through relationship and keeps the fire of the Holy Spirit burning. It encourages a small group of people to come together and spur one another on toward love and good deeds. Forget your previous small group experiences. KAIO is much different. KAIO small groups do not gather around learning and information. They rally around hearing the voice of God and obeying it, sharing testimony, and encouraging and edifying one another.

These groups will offer a reprieve for the hypocrisy that's present in so many believers' lives, and secondarily it should bring about renewed integrity. Your group should cause you to live every day in such a way as to be attentive to what God is saying and asking you to do. They will fine-tune your spiritual senses and cause you to be more intentional about loving God and others.

How KAIO addresses the previously mentioned problems, and how KAIO groups work to bring about this kind of change among believers will be explained in later sections.



KAIIO

WHAT IS KAIIO?

**FOUR WORDS
KNOWLEDGE
AWARENESS
INTENTIONALITY
OBEDIENCE**

Kaio

Meaning: to kindle, burn

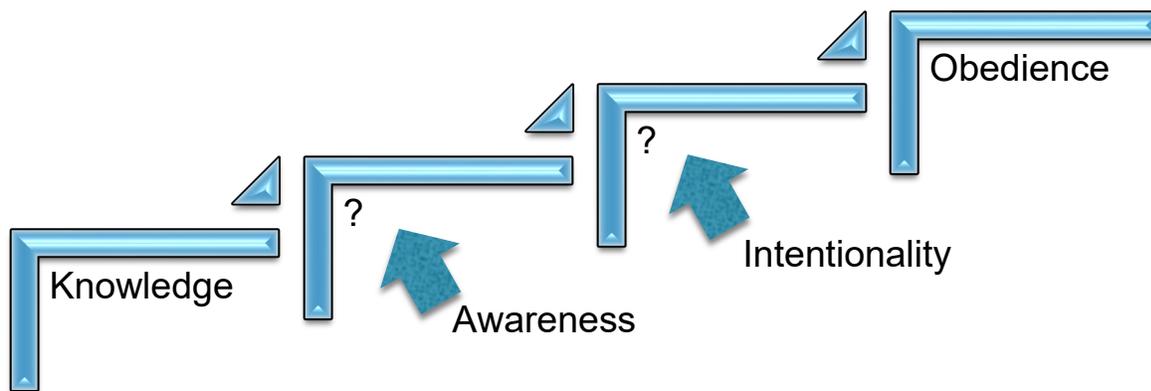
Usage: alight, blazing, burned, burning, burns, light

"He was the lamp that was KAIO and was shining and you were willing to rejoice for a while in his light. – John 5:35

And they said to one another, "Were not our hearts KAIO within us while He was speaking to us on the road, while He was explaining the Scriptures to us?" – Luke 24:32

Four Words

One day in prayer, God showed me the following vision:



There were two integral steps missing. Knowledge was not enough for obedience to come about. Then I saw the two missing words appear: Awareness and Intentionality.

Through this vision, God had revealed to me that there are opportunities around us at all times to be obedient. However, some of us lack the awareness of these opportunities. Those of us that are aware of these opportunities, however, are not always intentional about being obedient or lack the knowledge to practically do whatever it is God is asking us to obey.

This vision also revealed the fact that having the knowledge that God wants me to obey His commands creates an awareness of what it is that God wants me to be obedient to. Being aware that God wants me to be obedient leads to intentionally applying what it is that God wants me to do in practical ways. In other words, intentionality knows how to be obedient and how to walk it out. When I possess these three things (knowledge, awareness, intentionality), the result is obedience.

Let me explain this process in greater detail in the following section.

Knowledge:

What kind of knowledge are you referring to?

- When using the word knowledge, I am referring to the study of, acquaintance with facts, truths, or principles. Having the knowledge of something in this way doesn't necessarily mean it will be applied through the person's life.

What do you mean by that?

- For example: When I was 12, my parents believed I was old enough to be on my own in the house. When they would leave, they would sometimes say, "Make sure you take out the trash." I had the knowledge of what I should have done, but that doesn't mean I applied it or acted upon it. When they came home and saw the trash still in the pantry this became the very evidence that suggested that I did not obey my parents' command. Perhaps I didn't hear correctly or understand what they said, or perhaps I chose not to act.

What makes KAIO different?

- We are currently under the mindset in the church that says: if we accumulate enough knowledge about something, then we might be changed. This is not true biblically speaking. This is modern, psychological view, and it shows our overemphasis on education. We learn the most by doing, not by sitting and hearing. The emphasis in the Bible is to be a doer of the word, not merely a hearer (see James 1:22). Unfortunately, we have trained generations to be professional hearers.

Are you saying we should just stop learning and accruing more knowledge?

- Yes and no. If what you are learning is not visible in your life, then yes. You're not actually learning it. It is easier to learn about Jesus than it is to live like Him, but the call is to "follow Him" and not learn about Him. The only way to be like Him is to practice and try. As Christians, we often end up learning instead of asking. We can't obey something that we do not know. The knowledge that I am referring to is the knowledge of what God is asking you to do, which comes through relationship. It's having the knowledge of something specific that God has commanded you to do. There is also a 'knowing' that is available to us in the "go" of the gospel – in being obedient to what God asked you to do. When we pray, "Your will be done on earth as it is in heaven," we are essentially asking this question: Father, what is in your will for me to perform today so that heaven might come down to earth? We see this principle in effect with the disciples time and again, where they discovered who Jesus is and who they are through receiving specific commands, such as these:
 - o "You feed them."

- “Go from town to town preaching the good news...”
- “Heal the sick.”
- “Cast out demons.”
- “Cast your net onto the other side of the boat.”
- “Peter, cast your line into the sea and bring me a fish.”
- “Roll back the stone.”
- “Go into town and retrieve me a colt.”
- “Prepare the Passover meal.”
- “Put your hand in my side.”
- “Go to Jerusalem and wait.”
- “Feed my sheep.”
- “You will meet a man named Cornelius.”
- “Find a man by the name of Ananias.”

These instructions were crucial to understanding who Jesus is and who we are to Him. In fact, I would say that the commands of Jesus are the one way in which we grow in our relationship with Him. This knowledge was specific and it almost always carried the questions who, where, when, what, and how? The “why” was not answered until they obeyed.

Are you saying we should be asking God what to do?

- Having the knowledge of what Jesus commands is powerful. Jesus trained His disciples by telling them to do specific things. In doing the specific things that Christ called them to, Jesus became more than just the Christ. He became their Master. I have the utmost respect for the written word. It is how we are to discern the voice of God. Beyond that realization, you were made for a relationship in which you hear specifically what God is calling you to do and you are called to respond.

So, you’re saying there is more than just reading the Bible?

- Yes. We were told that the Holy Spirit would lead us and guide us into all truth (see John 16:13). The Pharisees were rebuked for simply studying the scriptures to try to know about God when God stood before them in the flesh. In John 16:7, Jesus tells us that it’s to our advantage that He’s gone away and that the Holy Spirit has come to us. Now that the Spirit dwells within us, we ought to ask Him what He would have us do.

Any final comments on knowledge?

- The power of God is that He knows who is in need, who is praying, and what they’re praying for. The power of the believer is that they have access to this knowledge through relationship. We want to know God’s directions, not in some vague way, but so that we can respond to His instructions and release the Christ in us that’s the hope of glory (see Colossians 1:27).

Awareness:

When you say the word “awareness,” what do you mean?

- Awareness is the result of being alert, watchful, and conscious of the knowledge we have been given. This is where disciplines become important. All the great saints of the ages had patterns and disciplines to help them stay aware of the truth that they knew. Fasting is a great example. Every time our belly rumbles we are reminded of the spiritual reality that we are seeking.

How does someone become aware?

- Take dieting for example. If someone wants to lose weight, they must be aware of the factors involved. How much do I currently weigh? How much weight do I want to lose? What is causing me to be overweight? How am I going to lose the weight? What am I currently doing that is causing me to have these unhealthy habits in my life? Everyone knows how to lose weight, exercise more, and eat less, but not everyone is aware of why they are not already engaged in these healthy habits. Identifying the problem *and* the solution is the way we become aware.

How did the disciples stay aware of the commands they were given?

- The one advantage that the disciples had was that when Jesus told them to do something, they would have to answer for their obedience to what was said. Imagine Jesus telling you to go and do something for Him and you know that in about an hour He is going to ask you what you did with what He told you to do. The disciples were incredibly aware of their instructions from Jesus. It was at the forefront of their every thought. They had a one-track mind. We, on the other hand, do not have that face-to-face encounter that they had with Jesus in the flesh. We do have, however, a day set in the future in which we will be held accountable for all that Jesus has done for us and said to us.

Why don't we have a culture of awareness?

- The flesh, the world, and the enemy seek to snuff it out or contain it. If the enemy can get you to be satisfied with the knowledge of something, he has done his job well. If you know that healing is in the atonement (the finished work of the cross) and that God can heal the sick, but you don't lay your hands on the sick and pray, then you have settled for the knowledge that the sick can be healed. The same is true for all that we learn. The enemy tries to get us to form an opinion rather than to be aware. We create doctrines and theologies and camp there, but we never get around to perceiving the needs around us. We grew up on earth, not in heaven. On earth there is discouragement, sickness, depression, possession, oppression and hypocrisy, but there are none of these things in heaven. Satan tries to get us to accept this life and what seems to be our experience. He

was able to convince Eve of a lie by using her experience and rational thinking to twist the word of what God said, and she settled for something less than God's will in her life.

How do we practice awareness?

- We are called to judge ourselves according to our own faith. Your faith is expressed by the life that you live. By examining your life, you can see what you currently believe. Remember, it's not about a confession of the mouth. Everything Jesus commanded his disciples to do we are commanded to do also because "the great commission" in Matthew 28:20 says, "...teaching them to obey all that I have commanded you." There is a grace available to do what it is that He has commanded. Ask God, "What are you commanding me to do? What's next? What truth is the Holy Spirit going to guide me into now?" It's already on our hearts, we just need to ask the question.

Intentionality:

What kind of intentionality?

- Another word we can use that captures what I mean when I use the word "intentionality" is purpose. Purposefully living out commands requires the knowledge of the command and its awareness. There is one thing that I want to be intentional around and it is this: doing the will of God while I am on the earth. Both Jesus and the disciples were intentional about carrying out the commands they were aware of. It was Jesus who said that His food was to do the will of His Father (see John 4:34).

How were the disciples intentional?

- The disciples followed Jesus. This was their intentionality. They said "no" to something (doing what they always did) and "yes" to something else (following Jesus). This is what intentionality is: a choice.

How can we be intentional?

- KAIO provides you the opportunity of being intentional by saying, "Yes, God. I want to follow You. I am willing to be held accountable, choose You, and try to do what it is You're telling me to do." KAIO also positions you as a part of a group of people who have said the same things in their hearts. Through KAIO, you will intentionally set aside the time to meet the expectations of your group and be held accountable for what it is you are doing with the knowledge you understand to be true. Intentionality fuels obedience.

What happens when we are not intentional?

- When we aren't intentional, we run the risk of becoming lukewarm. Without intentionality, we lack the ability to apply what it is that we know and are aware of. KAIO forces you to do something with what you're hearing. You either obey or neglect what you've heard.

Very Important:

- It is important that we understand how God wants the job done. Any one in their own effort can get from point A to point B. We understand the will of God for our life through Jesus Christ, who has revealed it. How God wants us to get there might be different for all of us. The reason He has different processes for His children is so that we remain with Him during the process. Be aware of the Holy Spirit telling you the "how" to being more loving.

Obedience:

Why is obedience emphasized?

- Jesus emphasized it and it was the life He modeled. The whole point in being saved wasn't limited to simply going to heaven, but rather becoming like Him. He was obedient even unto death (see Philippians 2:8). Obedience without God is impossible, but now that God lives in us, all things are possible with Him.

Obedience seems like a scary, overbearing word. What if we're not successful in our obedience?

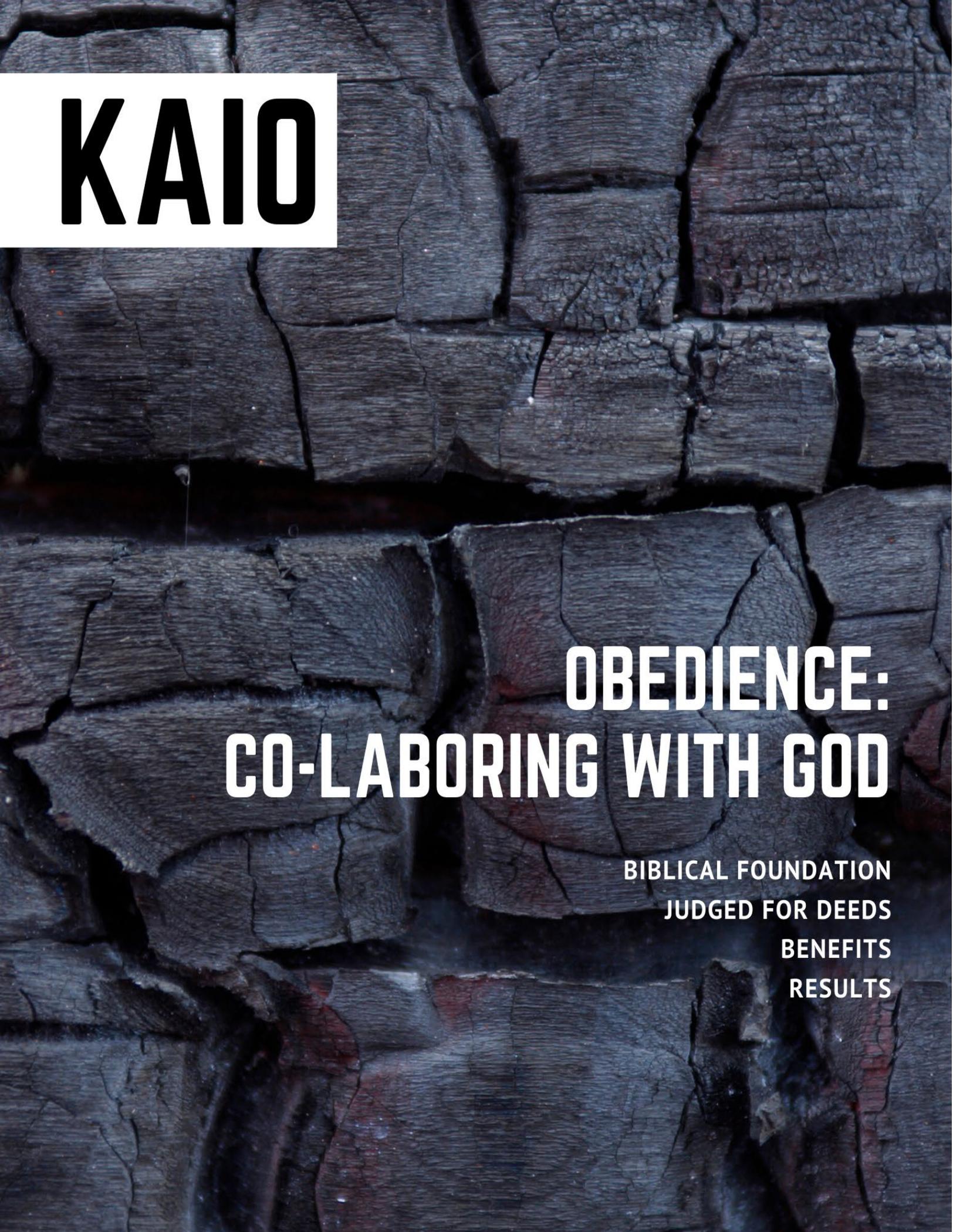
- The answer is simple. We live in a success-driven culture where trying is not rewarded, only outcomes and results. This is not true in the kingdom of God. In the kingdom, trying is the same as succeeding. How many sermons have you heard on Peter getting out of the boat? We admire him because he tried. Being obedient is rewarded in heaven regardless of whether or not it was successful. The disciples were killed for doing what God said. Were they not successful? I hear people say, "It must not have been God, I didn't see the results." You are not called to get results. You are called to be obedient to what you hear. This is the most amazing truth. We only fail when we fail to try.

Do you have any scriptural evidence to support your claim?

- The parable of the talents is a great example (see Matthew 25:14-30). The servant who buried his talent in the ground was punished for not being obedient, not because he didn't produce anything. Not trying to bring the kingdom is the only way you can fail. If you are trying, you are successful.

How can we be obedient?

- God will speak to you. Your only obligation is to discern them (comparing them to the Bible) and then do them. He said, "Go." If we are going in His name to do what we believe He wants, we have already succeeded.



KAIO

**OBEDIENCE:
CO-LABORING WITH GOD**

**BIBLICAL FOUNDATION
JUDGED FOR DEEDS
BENEFITS
RESULTS**

Biblical Foundation

We are something, therefore, we live out or manifest something. Fish swim and birds fly, and a Christian does the will of the Father. There is a battle for your attention, time, and money out there in the world, but the Christian finds his thoughts drifting to the one with whom he belongs. God saw how valuable you were and bought you with a price, and at the same time, he thought it better for him to go so that the Holy Spirit would come and do ministry with you. Those who see their value have a testimony. You are precious to God, and KAIO is a system that provokes you to spend your valuable life for His sake, that one who saved you.

Jesus says:

John 3:19-21 – ¹⁹ "And this is the judgment, that the light is come into the world, and men loved the darkness rather than the light; for their deeds were evil. ²⁰ "For everyone who does evil hates the light, and does not come to the light, lest his deeds should be exposed. ²¹ "But he who practices the truth comes to the light, that his deeds may be manifested as having been wrought in God."

- People who *practice* the truth come to the light.
- As we come to the light, the light will reveal that we are able to accomplish what we did in the flesh through God's power.
- Unbelievers will recognize God because of these deeds.

Matthew 7:21 – "Not everyone who says to Me, 'Lord, Lord,' will enter the kingdom of heaven; but he who does the will of My Father who is in heaven.

- Jesus placed emphasis upon those who "do the will of God," not those who confess with their mouth that they know God (those that say, "Lord, Lord").

Matthew 12:49-50 – ⁴⁹ And stretching out His hand toward His disciples, He said, "Behold My mother and My brothers! ⁵⁰ For whoever does the will of My Father who is in heaven, he is My brother and sister and mother."

- Jesus actually qualifies His family by those who do the will of His Father.

Matthew 25:38-40 – ³⁸ And when did we see You a stranger, and invite You in, or naked, and clothe You? ³⁹ When did we see You sick, or in prison, and come to You? ⁴⁰ The King will answer and say to them, 'Truly I say to you, to the extent that you did it to one of these brothers of Mine, *even the least of them*, you did it to Me.'

- God is crediting good deeds to those who did it for the least of these.

John 14:15 – "If you love Me, you will keep My commandments."

- We know that Jesus loves us because He demonstrated it through His sacrifice (see 1 John 4:10 and Romans 5:8).
- Similarly, we do not love with word or with tongue only, but in deed and truth (see 1 John 3:18).

John 14:21 – "He who has My commandments and keeps them, he it is who loves Me; and he who loves Me shall be loved by My Father, and I will love him, and will disclose Myself to him."

- Jesus describes links the definition of love directly to obedience to what He has said.
- We don't get to decide how we are going to love God, He decides.
- The evidence that we love God is found in our keeping of His commandments.
- Because we love God through obedience, He will reveal Himself to us in greater ways.

Matthew 5:16 – "Let your light shine before men in such a way that they may see your good works, and glorify your Father who is in heaven."

- Your good works cause onlookers to not only see the One that motivates your deeds; it also causes them to give Him glory.

Paul says:

Ephesians 2:10 – For we are His workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them.

- You were created to manifest good works through Christ, works that were prepared for you to accomplish before God created the world.

Titus 2:7-8 – ⁷ in all things show yourself to be an example of good deeds, *with* purity in doctrine, dignified, ⁸ sound *in* speech which is beyond reproach, in order that the opponent may be put to shame, having nothing bad to say about us.

- Every believer is called to be an example in all things through good deeds.
- Good works silence the voice of the enemy. He can't accuse us when we are doing good from a pure heart. He can accuse you, however, of apathy and knowing so much yet living so little.

Titus 2:14 – who gave Himself for us, that He might redeem us from every lawless deed and purify for Himself a people for His own possession, zealous for good deeds.

- We become zealous for good deeds when we understand that we've been forgiven and set free from our lawless deeds.

Titus 3:8-9 – ⁸ This is a trustworthy statement; and concerning these things I want you to speak confidently, so that those who have believed God may be careful to engage in good deeds. These things are good and profitable for men. ⁹ But shun foolish controversies and genealogies and strife and disputes about the Law; for they are unprofitable and worthless.

- God wants us to make every effort and be careful to engage in good deeds. It's easier to engage in talking a good game and fall prey to arguing about senseless things and voicing our opinion. Talk is cheap.

Titus 3:14 – And let our *people* also learn to engage in good deeds to meet pressing needs, that they may not be unfruitful.

- All things are being renewed through Christ, including our ways of thinking and living. We engaged in evil deeds apart from Christ, and now that we are in Him, and He in us, we are engaging in a different lifestyle. These good deeds result in the bearing of fruit.

Hebrews 10:24 – and let us consider how to stimulate one another to love and good deeds,

- It's important that we'd be intentional about encouraging one another to love and manifest good deeds. The four ways of doing this are 1.) correct teaching, 2.) upward accountability, 3.) encouragement, and 4.) testimony. All of these are emphasized in the KAIO format and will be discussed later.

Hebrews 13:16 – And do not neglect doing good and sharing; for with such sacrifices God is pleased.

- My Father is pleased when I try to be obedient to what He has said. I have offered my life as a living sacrifice (see Romans 12:1).

James says:

James 2:14-20 – ¹⁴ What use is it, my brethren, if a man says he has faith, but he has no works? Can that faith save him? ¹⁵ If a brother or sister is without clothing and in need of daily food, ¹⁶ and one of you says to them, "Go in peace, be warmed and be filled," and yet you do not give them what is necessary for *their* body, what use is that? ¹⁷ Even so faith, if it has no works, is dead, *being* by itself. ¹⁸ But someone may *well* say, "You have faith, and I have works; show me your faith without the works, and I will show you my faith by my works." ¹⁹ You believe that God is one. You do well; the demons also believe, and shudder. ²⁰ But are you willing to recognize, you foolish fellow, that faith without works is useless?

- Simply put, we are either living this thing or we aren't. We are either talking a good game or living one. The evidence that we believe is seen through how we live.

James 3:13-14 – ¹³ Who among you is wise and understanding? Let him show by his good behavior his deeds in the gentleness of wisdom. ¹⁴ But if you have bitter jealousy and selfish ambition in your heart, do not be arrogant and so lie against the truth.

- Wisdom is always personified. The root meaning of the word 'wise' in the Greek language is "skilled builder." People who visited Solomon came to see His wisdom through the way he had built his kingdom. His wisdom was witnessed in the walls, the gardens, the infrastructure, and the temple. Similarly, our wisdom is shown through our lives.

Peter says:

1 Peter 2:12 – Keep your behavior excellent among the Gentiles, so that in the thing in which they slander you as evildoers, they may on account of your good deeds, as they observe *them*, glorify God in the day of visitation.

- The world will not always understand the way you live. They may even revile it. But your excellent behavior will result in praise from the observer on the day Jesus returns.

John says:

1 John 2:3-6 – ³ And by this we know that we have come to know Him, if we keep His commandments. ⁴ The one who says, "I have come to know Him," and does not keep His commandments, is a liar, and the truth is not in him; ⁵ but whoever keeps His word, in him the love of God has truly been perfected. By this we know that we are in Him: ⁶ the one who says he abides in Him ought himself to walk in the same manner as He walked.

- The evidence that we know God and have His love, and the truth in us is that we keep His commandments.

Judged for Deeds:

"Some of you here this morning, you don't need more 'light' (knowledge). This will only make it worse for you at the Judgment. What you need is more obedience. Some of you have known what you needed to do for years and you hold back. Do you remember some of those awesome words Jesus said to the disciples, 'I have many things to tell you but you cannot bare them!' I say reverend, the Almighty God, do not say that to me at the Judgment Seat! Don't make me stand before John Wesley, Charles Finney and all the great saints of the ages and say, 'Ravenhill, I had many things to tell you but you were so preoccupied with this and preoccupied with that, I couldn't get through to you, and if I could you weren't mature enough to handle it!' Five minutes inside of eternity I believe every one of us will wish we would have sacrificed more, prayed more, loved more, sweated more, grieved more, wept more!"

– Leonard Ravenhill

Scriptural Support:

2 Corinthians 5:10 – For we must all appear before the judgment seat of Christ, so that each one may be recompensed for his deeds in the body, according to what he has done, whether good or bad.

Revelation 20:11-13 – ¹¹ Then I saw a great white throne and Him who sat upon it, from whose presence earth and heaven fled away, and no place was found for them. ¹² And I saw the dead, the great and the small, standing before the throne, and books were opened; and another book was opened, which is *the book of life*; and the dead were judged from the things which were written in the books, according to their deeds. ¹³ And the sea gave up the dead which were in it, and death and Hades gave up the dead which were in them; and they were judged, every one *of them* according to their deeds.

- Make no mistake, there isn't one person alive or dead that won't stand before the white throne of God.
- Saved or unsaved, we will all have this one thing in common: we will be judged for the deeds done in the body.
- Obedience is the standard by which we will be judged.
- On the day of judgment, you will not have the opportunity to tell God what you believed. Your life will be your witness and the evidence for what you believed.

Benefits:

There are several benefits to a lifestyle of obedience. Here is a list of those benefits and their location in scripture: (added periods)

- | | |
|---|---------------|
| 1. We will be blessed in all that we do. | James 1:25 |
| 2. We will have a firm foundation. | Matthew 7:24 |
| 3. We will not be deceived. | James 1:22 |
| 4. We will not fall under judgment. | James 5:12 |
| 5. We will not take counsel from the enemy. | Matthew 5:37 |
| 6. We will not forget our identity. | James 1:23 |
| 7. We will bring God glory. | Matthew 5:16 |
| 8. Christ will manifest himself to us. | John 14:21 |
| 9. We will have a good conscience. | 1 Timothy 1:5 |
| 10. We will please God. | Hebrews 13:16 |
| 11. We will prove that we really love Him. | John 14:15 |
| 12. Purify our souls. | 1 Peter 1:22 |

Besides these biblical promises concerning the outcome of obedience, KAIO also provides members of the group the opportunity to live out the following verses, which also brings fulfillment

to Jesus' command to love one another (see John 13:34). The following commands would be impossible to live out if we were not involved in one another's lives. KAIO provides this added benefit:

1. **John 13:35** – "...love one another."
2. **Romans 12:10** – "Be devoted to one another... Honor one another above yourselves."
3. **Romans 12:16** – "Live in harmony with one another..."
4. **Romans 15:7** – "Accept one another..."
5. **1 Corinthians 1:10** – "...be perfectly united in mind and thought."
6. **Galatians 5:13** – "... serve one another in love."
7. **Ephesians 4:2** – "Be completely humble and gentle; be patient, bearing with one another in love."
8. **Ephesians 4:32** – "Be kind and compassionate to one another..."
9. **Ephesians 5:21** – "Submit to one another out of reverence for Christ."
10. **Colossians 3:13** – "Bear with each other and forgive..."
11. **Colossians 3:16** – "Let the word of Christ dwell in you richly as you teach and admonish one another with all wisdom..."
12. **1 Thessalonians 5:11** – "Therefore encourage one another and build each other up..."
13. **Hebrews 3:13** – "But encourage one another daily, as long as it is called Today, so that none of you may be hardened by sin's deceitfulness."
14. **Hebrews 10:24** – "And let us consider how we may spur one another on toward love and good deeds."
15. **Hebrews 10:25** – "Let us not give up meeting together..."
16. **1 Peter 1:22** – "Now that you have purified yourselves by obeying the truth so that you have sincere love for your brothers, love one another deeply, from the heart."
17. **1 Peter 3:8** – "Live in harmony with one another; be sympathetic, love as brothers, be compassionate and humble."
18. **1 Peter 4:9** – "Offer hospitality to one another without grumbling."
19. **1 Peter 5:5** – "Clothe yourselves with humility toward one another..."
20. **1 John 1:7** – "have fellowship with one another..."

Here are some other practical benefits of being a part of a KAIO group:

1. It serves as practice grounds to learn how to hear from God.
2. It serves as an outlet to hear testimony and give it.
3. You have an accountability partner.
4. Obedience is encouraged and practiced on a weekly basis.
5. It serves as an opportunity to encourage one another and be encouraged.
6. It helps to increase the awareness of God's will and member's giftings.
7. It provides the opportunity for faith to grow through the hearing of testimony.
8. It provides a safe place for the confession of disobedience.
9. It provides a group of people that will help you test what you are hearing according to scripture.
10. It provides accountability for living out a better version of yourself.

Results:

The result of KAIO are these three things:

1. A foundation of seeking Him first through prayer and scripture reading.
2. Weekly obedience to the leadings of the Holy Spirit.
3. Excellence in loving those around us.

Scriptural Support:

Luke 10:17-19 – ¹⁷ And the seventy returned with joy, saying, "Lord, even the demons are subject to us in Your name." ¹⁸ And He said to them, "I was watching Satan fall from heaven like lightning. ¹⁹ "Behold, I have given you authority to tread upon serpents and scorpions, and over all the power of the enemy, and nothing shall injure you."

- The disciples brought the will of heaven to earth by being obedient to Jesus' command to heal the sick (see Luke 10:9).
- Their obedience resulted in Satan falling like lightning. They reclaimed enemy occupied territory.

“RED DAWN” – A Modern Day Example

In 1984, a movie named Red Dawn was released. This movie featured a plot where the Soviets Russia militants were seeking to occupy the western half of the United States. The movie also highlights a sheriff's family from a small town, namely his two teenage sons. When the invasion

begins, the two teens grab their hunting rifles and recruit a small band of other peers from their high school and retreat up to their hunting cabin in the mountains in an effort to seek refuge. The town becomes overrun with the enemy and the inhabitants are coerced into obeying the Soviets' orders. Trouble makers and those who would try to resist are either shot or put in prison.

Threatened by the enemy and armed with their rifles, the "band of teens" begin to fight back. They win a small fight, which results in an increase in courage. They loot the enemies' weapons and begin to train and practice using what they have.

The small band of teens begins to use guerilla warfare tactics against the enemy to create confusion. They make it too costly for the enemy to remain, and remind the town's people that this is their home and the enemy has no right to be there. After some time, they are joined by a US Army officer who comes along side of them to train them and help them. The battles escalate and the teens dub themselves "wolverines" after their high school mascot. By the end, most of them are dead, but their fame has spread throughout the land and it inspires more resistance groups to come together and torment the enemy, eventually earning an ultimate victory.

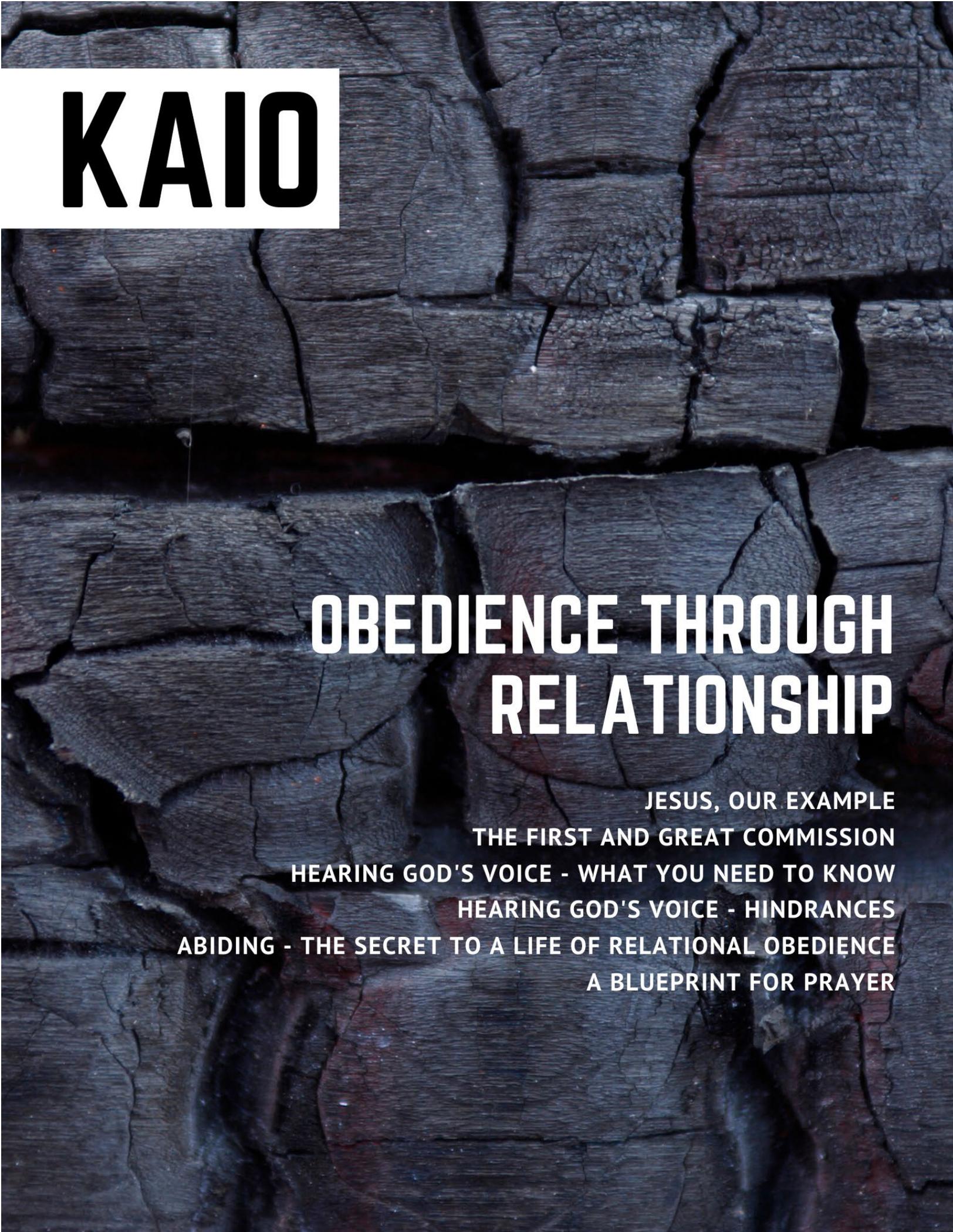
Lessons from the Movie:

1. Those who tried to resist the enemy *alone* were exposed and immediately executed.
2. The wolverines lived in the mountains above enemy occupied territory and never lost sight of the enemy's location.
3. The teenage sons honored their father's dying request which was this: to kick the enemy's butt for coming to the United States.
4. There were times when some wanted to give up, but the other members of the group encouraged one another to stay and reminded one another of what was at stake.
5. The teens lived life together.
6. They used what they had to torment the enemy.
7. Outside help was sent in, but not until they had drawn enough attention to themselves through their exploits.
8. They learned as they went and practiced. They tried and tried and tried.
9. They laid their lives down and were not afraid to lose them.

Scriptural Support:

Ephesians 5:14-17 – ¹⁴ For this reason it says, "Awake, sleeper, And arise from the dead, And Christ will shine on you." ¹⁵ Therefore be careful how you walk, not as unwise men but as wise, ¹⁶ making the most of your time, because the days are evil. ¹⁷ So then do not be foolish, but understand what the will of the Lord is.

- The enemy is the ruler of this world and the days are currently under his influence. It's time for us to reclaim what is rightfully ours as the sons and daughters of God.
- It's time for us to awaken and see ourselves for who we really are, and exercise the authority that's been given us by obeying all that God commands us to do (see Matthew 28:18-20).
- The will of the Lord is the life and teachings of Jesus. We must understand why it is that He came so that we may follow His example: "The Son of God appeared for this purpose, to destroy the works of the devil" – 1 John 3:8.
- If Jesus did it and if He said, "Follow Me," we can do *it*, too.



KAIO

OBEDIENCE THROUGH RELATIONSHIP

**JESUS, OUR EXAMPLE
THE FIRST AND GREAT COMMISSION
HEARING GOD'S VOICE - WHAT YOU NEED TO KNOW
HEARING GOD'S VOICE - HINDRANCES
ABIDING - THE SECRET TO A LIFE OF RELATIONAL OBEDIENCE
A BLUEPRINT FOR PRAYER**

Jesus, Our Example:

The following scripture will provide the proper framework for understanding this particular section:

John 14:6 – Jesus said to him, “I am the way, the truth, and the life; no one comes to the Father but through Me.”

Jesus is the way. Although these beloved words of our risen Savior are often read in the context of Jesus being the way to eternal life (which He is), there is still an even greater implication. Jesus, in all that He said and did, is the way to live and the way to think. He modeled a life every single one of us was created for, otherwise, He never would have said, “Follow Me” (see Matthew 4:19). One of the things that Jesus revealed to us was what it looked like to have a relationship with the Father. And because of the verse listed above, this is now possible! We have access to the Father through the death and sacrifice of Jesus (see Hebrews 10:19-22).

Within this relationship that Jesus had with the Father, He illustrated what obedience looked like. Jesus, Himself, used the following words to convey this idea:

- **John 5:19** – Therefore Jesus answered and was saying to them, “Truly, truly, I say to you, the Son can do nothing of Himself, unless it is something He sees the Father doing; for whatever the Father does, these things the Son also does in like manner.”
- **John 5:30** – “I can do nothing on My own initiative. As I hear, I judge; and My judgment is just, because I do not seek My own will, but the will of Him who sent Me.”
- **John 6:38** – “For I have come down from heaven, not to do My own will, but the will of Him who sent Me.”
- **John 8:28** – “When you lift up the Son of Man, then you will know that I am He, and I do nothing on My own initiative, but I speak these things as the Father taught Me.”

Jesus also says this concerning the obedience He lived out through the relationship with His father:

- **John 4:34** – Jesus said to them, “My food is to do the will of Him who sent Me and to accomplish His work.”

In his letter to the Philippians, Paul condenses the life of Jesus and His ministry in this beautifully written synopsis while also revealing the example we are called to follow:

- **Philippians 2:3-8** – ³ Do nothing from selfishness or empty conceit, but humility of mind regard one another as more important than yourselves; ⁴ do not merely look out for your own personal interests, but also the interests of others. ⁵ Have this attitude in yourselves which was also in Christ Jesus, ⁶ who, although He existed in the form of God, did not regard equality with God a thing to be grasped, ⁷ but emptied Himself, taking the form of a bond-servant, and being made in the likeness of men. ⁸ Being

found in appearance as a man, He humbled Himself by becoming obedient to the point of death, even death on a cross.

Here are some key points to ponder in consideration of the above verses:

1. Everything Jesus did and said was shown to Him and said to Him out of His relationship with His father.
2. Jesus' mission on the earth was to be obedient to the One who sent Him and to fulfill why He was sent.
3. Obedience was comparable to food for Jesus. It satisfied Him, gave Him pleasure, and sustained Him.
4. Obedience required humility and the surrender of your will.

The First and Great Commission:

After creating both man and woman, God gave them a commission. He said to them, "Be fruitful and multiply, and fill the earth, and subdue it; and rule over the fish of the sea and over the birds of the sky and over every living thing that moves on the earth" (Genesis 1:28). This commission was *spoken* to both the man and woman. Although Eve later heeded the voice of the serpent and Adam the voice of his wife (see Genesis 3:1-6, 17), they were created to hear and obey their Creator.

After teaching, training, and equipping the disciples for three years, Jesus offers His friends these words after having been raised from the dead and appearing to them: "All authority has been given to Me in heaven and on earth. Go therefore and make disciples of all the nations, baptizing them in the name of the Father and the Son and the Holy Spirit, teaching them to observe all that I commanded you..." (Matthew 28:18-20). In order to teach someone what's been commanded of you to do, you first need to be taught yourself. You need to hear directly from the Master yourself and obey what you are told.

Other Noteworthy Examples:

In fact, the Bible is filled with people who lived out of this principle of obeying through relationship. Hebrews 11 contains many such examples. Here are a couple of them:

- **Hebrews 11:7** – By faith Noah, being warned by God about things not yet seen, in reverence prepared an ark...
- **Hebrews 11:8** – By faith Abraham, when he was called, obeyed...

The reason these men were able to do what they did by faith is because faith is created when you *hear* the word of the Lord (see Romans 10:17). Indeed, faith is relational. It's the byproduct of a relationship with God.

Hearing God's Voice – What You Need to Know:

Please keep in mind that this is not a manual on how to hear God's voice. There are plenty of wonderfully written materials to assist you in that area. If this is an area of interest for you, you should pursue that desire to be equipped to hear God's voice in a greater way. That being said, here are some key points that will help you position yourself to hear from God in a greater way. They will assist you in your KAIO prep and training:

1. Believe you can hear the voice of God.
2. Know that He loves you and wants to tell you things. It's one of the roles the Holy Spirit plays in your life (see John 14:26, John 15:26, and John 16:13).
3. Desire to hear His voice.
4. Give Him the opportunity to speak to you. Unplug. Turn every distraction off. Silence is very important.
5. Ask Him questions and wait for Him to answer. Be specific.
6. Pay attention to spontaneity, especially if the thought seems to have no point of origin that you can recall. What are you seeing and hearing?

Hearing God's Voice – Hindrances:

One of the greatest hindrances to hearing God's voice is some of the lies many of us have come to believe concerning this idea. Here is a list of some common lies people have believed and how to fight against them:

- 1) I can't hear His voice.
 - You've already heard it... - "In these last days, God has spoken to us through His Son... (Hebrews 1:2)." Jesus is the word of God toward man in the flesh.
 - Jesus said, "My sheep hear my voice... (John 10:27)." Jesus says you do hear His voice. If He says you do, you do!
 - "Faith comes by hearing and hearing by the word of Christ (Romans 10:17)." Hearing someone say that you do hear His voice should increase faith within you that you can and already do hear.
- 2) What I hear won't be as significant compared to what everyone else hears.
 - It's not a competition.
 - It will be significant to you because it's for you... The fact that God is talking to us is amazing.

- 3) What if I won't be able to hear His voice (fear of failure)?
- Anxiety and worry seek to snatch the truth away from us every time (see Matthew 13:22).
 - Again, Jesus says you can... He's the truth!
 - Practice, practice, practice... Give it a chance.
 - Rather than anticipate that you won't be able to, anticipate that you will be able to! Flip the script.
- 4) Because I made a lot of mistakes this week, He will have nothing to say to me... and even if He were to say something to me, He'd probably tell me how angry He is with me (the weapons of guilt, shame, condemnation).
- God is not angry with you. He loves you.
 - *Nothing* can separate you from the love of Christ (see Romans 8:38-39).
 - Confess whatever it is you've done. Receive forgiveness. Move on.
- 5) I've tried this before and it doesn't work. Why should this time be any different (the voice of history or experience)?
- Don't anticipate failure. Don't let what didn't happen determine what will happen and what can happen.
 - Again, Jesus said, "My sheep hear my voice..." Is anyone's name omitted from that statement? Is anyone's name not included? Does it say, "My sheep hear my voice except for _____?"
- 6) I'm too distracted.
- There's a good chance that this is true. There is so much noise in our lives that it might be a good idea to turn it off from time to time. Unplug.
 - Set your mind on things above (see Colossians 3:2).

Abiding – The Secret to a Life of Relational Obedience:

In John 15, Jesus explains the recipe for what a lifestyle of relational obedience looks like. He uses the analogy of a vine and branches to illustrate that obedience and fruit-bearing are only accomplished if we stay connected to Him and abide in His love (see John 15:1-5). As a result, the Father is glorified when we bear much fruit and it is also the evidence that we are Jesus' disciples (see John 15:8). When we are obedient to what the Father asks us to do out of a relationship with Him, the reward is twofold (see John 15:10-11):

1. We will abide in His love because our conscience is clean.
2. We will have joy and it will be made full.

In Summary:

What does all of this mean up to this point?

1. It means you were created to hear. You were created to be in fellowship with your Father.
2. You were created to obey out of a mutual loving relationship.
3. The prefix 'co' means together or with. God *commissions* His sons and daughters because it's a mission He wants to carry out with you relationally.
4. Intimacy with God is the key to relational obedience and the bearing of fruit.
5. You will have joy.

To abide in Him looks differently from day to day because we find ourselves in situations and environments.

- We might be distracted
- Struggling with unforgiveness
- In a place of distress
- In need of discipline
- Anxiety is speaking louder than God seems to be
- In a growth spurt
- Overwhelmed with joy
- In a place of high expectations

A Blueprint for Prayer

Prayer is one of the benefits we now have. We are able to come directly to the Father because Jesus Christ has made a way (Hebrews 10:19-22). The Holy Spirit is our guide and teacher during this time. The Holy Spirit and scripture have led me to the following places in prayer. Over time I have learned to walk out these paths with God's help and direction.

Place #1 – Before You Pray

- The big picture of prayer

- The goal of prayer is to know Him.
 - Jesus Himself said that eternal life is to know the only true God and His Son (John 17:3).
 - Throughout John 15, Jesus invites us to abide in Him. The abiding process yields a twofold reward: 1.) the opportunity to grow in relationship with Him

and 2.) to bear fruit. It's the ability to abide in Him (i.e. to make your home in Him) through prayer that causes us to know Him. The more we know Him, the more we look like Him. This is the fruit that is born out of intimacy with Jesus through prayer.

- Jesus is the image of the invisible God and the exact representation of the Father's nature (Colossians 1:15 and Hebrews 1:3). This is made plainly evident throughout scripture. Jesus Himself answered Philip's request to see the Father by saying, "If you have seen me (Jesus), you have seen the Father (John 14:9)." These truths are the foundation for our prayer life. We are not praying to someone we don't know. We are starting with the One who has been revealed in human flesh.
- Because God went to the extreme of causing the Word to become flesh, and because He has sent the Spirit to reveal Jesus to us in a greater way, we can conclude that God desires that we would know Him rightly. One of the ways that God discloses Himself to us is through obedience to His commands (John 14:21) and one of the things He commands us to do is to seek first His kingdom and His righteousness (Matthew 6:33). This is accomplished through a prayer life that seeks, asks, and knocks (Matthew 7:7).
- Because the goal of our instruction is love from a pure heart, a good conscience, and a sincere faith (1 Timothy 1:5), we must learn to take prayer more seriously. The motive of love is formed within me as I humble myself before Him in prayer and ask Him to make such things my reality.
- Love in us and love for our other brothers and sisters of the faith is the evidence that we are His disciples (John 13:35).

- Seeing what you can become

- Have high expectations for yourself.
 - We are meant to become like Jesus and do the things Jesus did; otherwise, He never would have said such things as "follow Me," and tell us that the things He did we will do and even greater things (John 14:12).
 - We've been given a spirit of power, love, and discipline (2 Timothy 1:7). We've also been blessed with every spiritual blessing that is in Christ (Ephesians 1:3). It's not biblical to expect anything less but these realities to manifest in our lives through a relationship with Christ.
 - Another way to maintain a high expectation for yourself other than discovering who you now are through Christ in the Bible is to spend time with other Christians who have fruit in their lives. As iron sharpens iron, so one person sharpens another (Proverbs 27:17).

- Have a plan

- Set apart time to seek God and grow in relationship with Him.
 - Find a time and a place where you can be free from distraction (i.e. early in the morning).

- Schedule a second time to set apart in case the first time falls through.
- Put a boundary of time around your goal to be in prayer.
 - Decide ahead of time how long you can be in prayer (this will increase over time)
 - The goal is to stay put for as long as your spiritual muscles can endure
- You are not going to find yourself riding a passion train for ten years constantly fired up about prayer. Tribulation will come, distractions and temptations will come, so have a plan.
- Titus 2:11-14 is about making a daily plan to focus on the things of God; If Christ were to return today, what would He find you doing? (“If you fail to plan, you plan to fail.”)
- A man’s heart plans his way, But the Lord directs his steps. – Proverbs 16:9

- Let Prayer Cost You Something

- There are two types of prayer, the ongoing prayer without ceasing, and then there is the going into a lonely place to be with Him in secret.
- We are choosing God instead of something else, sleep, TV, entertainment, or friends.
- If we are going to say “yes!” to Him we have to be able to say “no!” to the world
- Choosing God consistently is good for the conscience and in turn good for our spiritual ears

- Journal

- Have a journal to take notes and record what is heard or learned. – Habakkuk 2:2
- If God is really communicating or if we really expect Him to it might be worth writing down.
- Maintaining a journal is also like getting on a scale. It’s good to see the numbers and how often you are journaling just like it is to monitor your weight on a scale.
- God speaks the truth so what he said yesterday is still good today

Place #2 – Preparation of the Heart

- Rid yourself of every distraction.

- Therefore, since we have so great a cloud of witnesses surrounding us, let us also lay aside every encumbrance, and the sin which so easily entangles us, and let us run with endurance the race that is set before us. – Hebrews 12:1
- If you find your head swimming with to-do’s and random thoughts, take a moment and write down whatever you need to write down so that God isn’t sharing you during this time with distractions. Write a list of chores, people you need to call, whatever you must jot down so that you can give God all your heart.
- “I will give them a heart to know Me, for I am the LORD; and they will be My people, and I will be their God, for they will return to Me with their whole heart.” – Jeremiah 24:7
- Set your minds on things above, not on earthly things. – Colossians 3:2

- If distracted through guilt, condemnation, or shame, stand firm.

- Re-affirm forgiveness.
- Thank Jesus for the cross and meditate on His love for you.
- Thank Him that he wants to be with you, to love you, and to teach you.

- If convicted by Holy Spirit...

- Ask for forgiveness.
- Forgive someone who you may have issue with.
- Repent, and ask for His wisdom for what repentance looks like. (Restitution)
- 'Those whom I love, I reprove and discipline; be zealous therefore, and repent. – Revelation 3:19
- If we confess our sins, He is faithful and righteous to forgive us our sins and to cleanse us from all unrighteousness. – 1 John 1:9

- If you have concerns or anxieties cast them unto Him.

- Sometimes our minds will not let go of what they're dwelling on because of fear.
- The Character of God stands in stark opposition to worry and anxiety. Begin to thank God for who HE is that directly applies to the situation. If it's money problems he is provider. If we are depressed and lonely he said he would never forsake us or leave us.
- Humble yourselves, therefore, under the mighty hand of God, that He may exalt you at the proper time, casting all your anxiety upon Him, because He cares for you. – 1 Peter 5:6-7

Place #3 – Being Before God

- Understand this time is sanctified.

- Sanctified time is holy time set apart between you and your good and Holy Father.
- He wants to be with you, he wants to speak with you, to lead and guide you into all truth.
- He wants you to be like Him and desires to be with you, seek first His righteousness.
- If you really believe that you are with God during your prayer time don't dismiss thoughts or any impressions you may get during this time. If your friend pops into your mind ask God, "What are you trying to show me with my friend?" He might want you to pray for them, or call them later. If you see an image, take it to God. Just don't dismiss anything because that is the opposite of what faith would do at that time. Faith says "I am with God and I am seeing something, so I am going to investigate it with God, because he might be the author of the image."

- Align yourself with your Father.

- Understand that you are approaching your Father. His heart toward you surpasses your wildest dreams.
- He is raising you to be like Him. The more you know Him the more you understand about His ways, and the more you can be trusted.
- Jesus said "call no man on earth your Father for you have one Father who is in heaven."
- His plan is to make you like Him by renewing your mind.

- Begin to give Him thanksgiving for spiritual realities and physical realities.

- Spiritual – For example, the cross, forgiveness of sins, a place prepared in Heaven, the Holy Spirit
- Physical – life, breath, family, job, every good and perfect gift.
- Tell Him what these things mean to you and why they are important.
- Until we are thankful we will not have the right perspective to pray. It's like trying to have a face-to-face conversation with a person who is on the moon; we are not even in the same atmosphere. God wants us to approach Him with thanksgiving because it's the only reality that makes sense in light of who we are, what we have been given, and who God is. The Prayer of thanksgiving makes sense; He will always hear it.
- Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. – Philippians 4:6

- Always tell God why and what it means to you.

- When thanking God, make sure you expound upon why you are thankful.
- Give thanks to the Lord, for He is good; His love endures forever. – 1 Chronicles 16:34
- For everything God created is good, and nothing is to be rejected if it is received with thanksgiving, because it is consecrated by the word of God and prayer. – 1 Timothy 4:4-5

- Meditation on the Lord.

- Meditate on His Desire, His Character, His Ways, His Creation and what you love about them.
- Telling God what you love about the four things listed above is what a child honoring His father looks like.
- Meditate on Him day and night (a focus on Him and what you love about Him). – Psalm 1:2-3

Place #4 – The Center of Prayer

- Communion.

- The body and blood of Christ is the center of prayer because the expression of God and His heart toward me is made known through them.
- The Father wants me to know that I was worth such a high price to be redeemed in His eyes.
- The blood forgives me of my sin, the body of Christ removes the effects of sin!
- I am made free and new in this communion and it is the most wonderful and mysterious adventure on the planet.
- Jesus said, "Do this in remembrance of me." So, let's be obedient, take communion, and let the Holy Spirit teach us all the dimensions of this wonderful sacrifice!
- Do I mean literally get bread and wine? Of course not, but don't let a single day go by without remembering what He did.

- Three Questions

There are three questions that I have learned to ask Holy Spirit in prayer. Below is an example of time spent with Holy Spirit asking these questions:

1. Why did Jesus Christ come to die on my behalf?
 - To fulfill Biblical prophecy, Destroy the works of the enemy, Reveal the Father, and Forgive us of our sins.
 - He died for multi-faceted reasons but His love for us is the motive for why he desired all these effects.

2. What does that mean?
 - If he has destroyed the works of the Devil, what are his works?
 - If God is overthrowing the enemy's authority what does that look like?

3. What does that look like in my life?
 - Practically speaking, if Jesus came to destroy the works of the Devil, I was one of Satan's best projects before Jesus got through to me.
 - Christ has destroyed the old man, he has crucified him and has buried him (Romans 6).
 - This means if I ever get a thought or feeling like the old me use to get, I can put it down because that old me no longer exists, for I am a new creation!

Place #5 – Seeking His Face

- Be Still and Know.

- Sit quietly and still and let Him reveal truth.
 - If you hear scripture find it and write it down.
 - If someone or a situation comes to mind, write it down.
 - If you began to see a vision, write it down.
 - If you hear phrases write them down.
- Ask Him for His wisdom about what you saw and heard and let Him reveal truth (John 14:26).
 - Write it down.

- If you see or hear nothing, begin to ask, seek and knock.

- Ask a question.
- Seek wisdom for a situation.
- Seek encouraging words for others.
- Ask for a Bible verse, and let one come to mind and read it.
- Ask for wisdom around a Bible verse.
- Ask for His will to be done in your life and allow yourself to see what that is at this current time.
- "You have not because you ask not." – James 4:2b

- Ask God for more...

- These are two things that we are told He would give us. I believe the two are tied together. It's like asking God to Father you more.
- How much more will your Father in heaven give the Holy Spirit to those who ask him! – Luke 11:13
- If any of you lacks wisdom, let him ask of God, who gives generously to all without reproach, and it will be given to him. – James 1:5
- But the Counselor, the Holy Spirit, whom the Father will send in my name, will teach you all things and will remind you of everything I have said to you. – John 14:26
- But when He, the Spirit of truth, comes, He will guide you into all the truth... – John 16:13

- Hearing through His word.

- Choose a chapter in the Bible or part of a chapter and read it aloud.
- Stop after every phrase and give thanks for anything about the four following areas
 - His Heart and Desire
 - His Character
 - His Ways
 - His Creation
- Tell Him what it means, tell Him why it's important to you, and tell Him what it reveals about Him (Psalm 150:1).
- If we are to be trusted with what He wants to say now, we must be trustworthy with what He has said.
- Find time and have a plan for reading scripture.
- This guards our heart and allows us to discern His voice and to not be deceived.

Place #6 – Post Alone Time

- Judge yourself according to your faith.

- Don't scrutinize yourself but understand where you still need to trust God in your life. Identify where there is fruit and where you still need to grow.
- Your life lived is what you believe in your heart, and until your life looks like His life let's not become satisfied with how much of Christ we look like, but let's move onto full maturity in Him.
- Matthew 7:16 – ... you will know them by their fruit.
- "Every branch in Me that does not bear fruit, He takes away; and every *branch* that bears fruit, He prunes it, that it may bear more fruit (John 15:2)."

- Reflection

- Grab a hold of what He has revealed about Himself and meditate on that throughout the day.
- If He has revealed something that has grabbed your heart keep praying on it, talk to others about it, and share what God is doing in you through your alone time.

- Continue to give thanks for His goodness and His identity as your Father.
- Continue to invite Him to teach you and show you (ask for more of the Holy Spirit and wisdom).

Conclusion

These are not steps that we follow, these are simply familiar paths that the Holy Spirit has walked me down in prayer. There are other paths and other places that I have not been yet. By no means is this an exhaustive list but just a place to start to look around with the Holy Spirit to see what the Lord might say. Abiding in Him and being with Him is one of the greatest privileges we have that Christ has won for us. Let us not neglect such a gift.



KAIO

KAIO MEETING DESIGN

THE FIRST MEETING

THE SECOND MEETING: STEP 1 - INTENTIONAL PREPARATION

STEP 2 - VISION

STEP 3 - PARTNER UP & SHARE

STEP 4 - COME TOGETHER & SHARE TESTIMONIES

STEP 5 - BECOMING LOVE TASK LIST

The First Meeting

At the first meeting there is only one assignment that must be completed before arrival and that is this: EVERYONE has read this KAIO book. Below are the discussion questions to be used for the first meeting.

1. Did everyone read the KAIO manual?
2. What stuck out to you the most when you read it?
3. Were you surprised at the emphasis on obedience in the New Testament?
4. How do you feel about becoming love more intentionally in your own life?
5. Are you committed to this process and all of the intentional preparation?

After reviewing these questions go over the following steps so everyone knows what is expected of them for future meetings.

The Interview

The interview begins on page 65 and is to be completed during the first meeting with partners.

The Second Meeting: Step #1 – Intentional Preparation

KAIO features five homework assignments that every participating member is encouraged to complete before every weekly meeting. These tasks require each person to be intentional and not casual. Before you read what is required, I would like to remind everyone that the following list describes the normal Christian life and has been what Christians have practiced for two millennia. Unfortunately, our culture has bred an insufficient view of commitment and busy schedules that have caused most of us to lose sight of these important things. Every person should come prepared to each meeting having accomplished the following:

1. **Setting Aside Time to Pray and Read** – Two disciplines that KAIO is founded upon is prayer and scripture reading. From week to week, each participant will record in their journals when they plan to pray, what they actually prayed and for how long, what scripture they planned on reading, and what scripture they did read.
2. **Praying for a Command** – During this time, the participating member is asking God specifically what it is that He wants that person to do this week. Here are some helpful tips to aid you in this assignment:
 - a. Wait upon the Lord. Don't rush. Let Him speak to you directly.

- b. Because God and His word are “one,” the Holy Spirit will ask you to be obedient to a biblical principle. Keep in mind that there are over one thousand commands in the New Testament alone. Whatever it is that God is asking you to do, it should be able to fit within the parameters of one of these commands.
- c. Let the command be specific. If God tells you to “love your spouse,” ask Him what that looks like practically and how He wants you to do it.
- d. Ask him questions such as: Who? What? Where? When? How?
- e. Pay attention to any verses that may come to mind.

3. **Complete ‘Becoming Love’ Task List** – This is a weekly strategy in becoming love in all aspects of your life.
4. **Intentional Obedience** – This assignment requires each participating member to be obedient to the command they received from God through prayer the week prior. Their obedience is lived out during the week between meetings.
5. **Contact Your KAIO Partner** – This assignment requires that each participating member be accountable to contact their KAIO partner at least once during the week between meetings and discover the following: Will they be at the upcoming meeting? How are they doing?

Step #2 – Vision

The vision for the group is shared by the KAIO leader at the beginning of each meeting. The vision should contain the following points:

Leader reads the following reasons that the group meets:

- Our desire in this meeting is to be inspired, challenged, and transformed as we spur one another on into love and good deeds (Hebrews 10:24).
- Priorities are never urgent and often unintentionally ignored. We want to have a plan for "becoming love" in our different roles so that we can do well at what matters most.
- Often, we must make ourselves uncomfortable to see real transformation. We put ourselves in vulnerable spots so that we may grow. That is what this group is about: humbling ourselves to receive more grace to become who we are meant to be.

Step #3 – Partner Up & Share

Each KAIO group should consist of 6-10 people (no more). Each participating member will be assigned a “buddy” of the same sex. This buddy is their partner and should be established during

the first KAIO meeting. The assignment of partners is left to the leader's discretion. He or she may assign partners, give members the opportunity to choose their own, or utilize a lottery system (i.e. place the names of each member in two separate bowls – one for the men and one for the women – and draw names). During this part of the meeting, each member will be asked the following five questions by their partner:

1. Did KAIO feel like you were going through the motions or did it feel relational with God?

- KAIO is meant to be done in communion with God. KAIO, like all things, can be something that you go through the motions with. Humility and honesty concerning participation are a must.

2. Did you follow your prayer plan and scripture?

- The prayer plan is your plan. An important aspect of prayer is being consistent and humble in our prayer lives.
- Do not get lost in self examining whether your prayer time feels successful. Look for the fruit that is developed in season.

3. Did you do what it was that God was asking you to do last week?

4. If so, what fruit did you see from your obedience?

- Trying is fruit. Doing something you wouldn't ordinarily do is a testimony.

5. Are you completing your strategy to "become love?" Were you able to execute the checklist you have implemented?

- One of the benefits of KAIO is that each participating member will increase in the awareness of what it is that God is asking them to do. This also means that if they are not obedient to what God has asked them to do, their conscience runs the risk of being violated. James 4:17 says this: "...to one who knows *the* right thing to do and does not do it, to him it is sin." Confessing disobedience and receiving forgiveness from God is the key to keeping your conscience clean and running the race of faith. Confession does not foster guilt, shame, and condemnation. It alleviates it.

6. What has God asked you to do this upcoming week?

- Remember, we are looking for specifics. Encourage the person to go into detail.

NOTE: Although the KAIO meeting itself does not promote time to share struggles until the end, each member should be encouraged to be available for their partner if they need help or encouraged outside of the meeting. We are called to help bear one another's burdens (see Galatians 6:2).

Step #4 – Come Together & Share Testimony

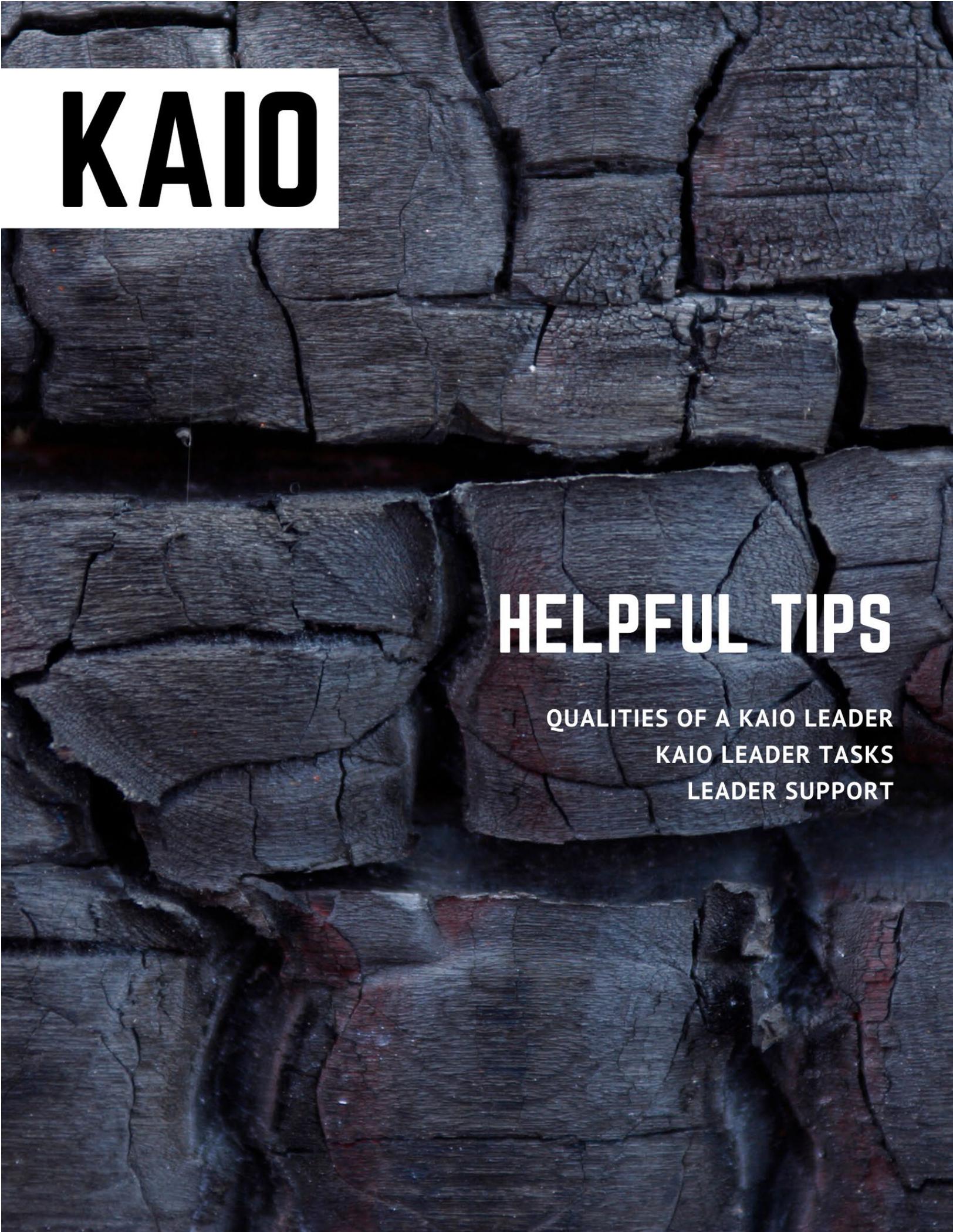
During this time of the meeting, KAIO members are encouraged to share testimonies with the entire group. The testimonies should be the result of whatever it was that God was asking you to do the week prior. Each member should be encouraged to abide by the following criteria when sharing:

- Testimonies should be simple and to-the-point. The goal is to bring God glory and encourage others.
 - o For example – The group does not need to know the time of the day, how you were dressed, and what happened the day before.
- Be aware of the time. Strive to keep testimonies one to three minutes in length.
- Encourage everyone to share.
- Celebrate “trying.” It takes more faith to try something than it does to do something you know you’ll succeed at.

Step #5 – Becoming Love Task List

Update the group on how your KAIO task list is going. During this last step, we want people to feel free to share progress or problems.

- If someone is having an issue with their strategy, let them share and then come back to them if there is any remaining time to pray for them and help them with strategy.
- If someone is trying to overcome something that is very personal to them and does not want to share all the specifics that is fine.
- With remaining time, let the team pray for and brainstorm a more effective strategy for the one who might be struggling. The struggle might not be with the strategy but the will and effort of the person, or perhaps even more spiritual in nature.
- Let this also be a time of edification and let the group keep them in prayer during the week and communicate encouragement in that way.



KAIO

HELPFUL TIPS

QUALITIES OF A KAIO LEADER
KAIO LEADER TASKS
LEADER SUPPORT

Qualities of a KAIO Leader:

Being a leader of a KAIO group is a wonderful privilege. For the sake of the protection and health of the group and leader, it's imperative that the leader possess the following qualities:

- The leader should have a clear understanding of their identity and value through the love of Jesus Christ (we do not need leaders trying to search for such things through his or her role as the leader).
- The leader should be above reproach (not practicing sin), temperate (have self-control), respectable (honored among the people), hospitable, gentle, and manage his or her own household well (see 1 Timothy 3:2-3).
- The leader should not be a new convert, but someone who has a history with the Lord and a life that reveals his or her convictions (see 1 Timothy 3:6).

KAIO Leader Tasks:

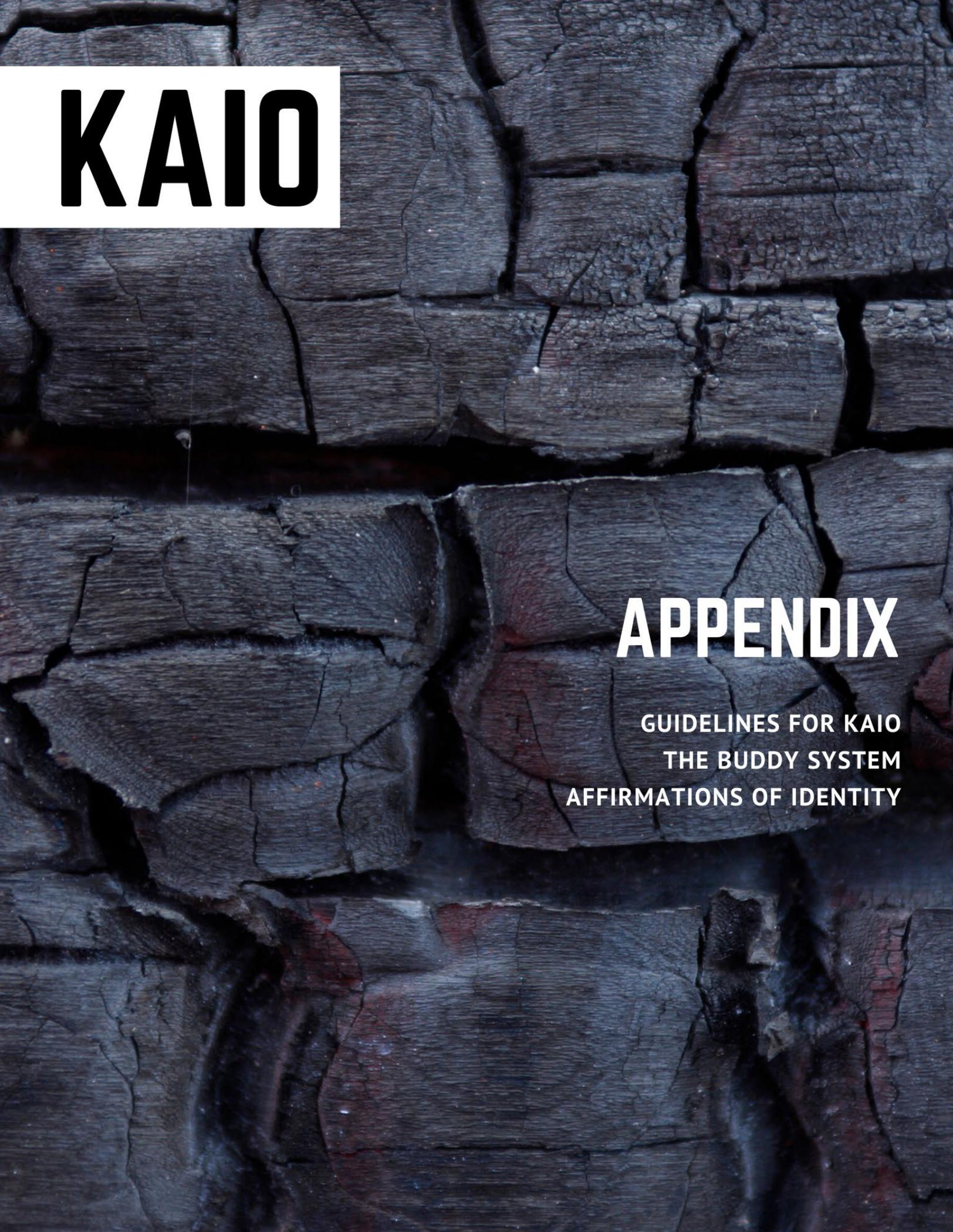
The KAIO leader is responsible for and must carry out the following during every meeting:

- Share the vision of KAIO with the group at the beginning of the meeting.
- Keep the KAIO members on task. Members should either be sharing testimonies, partnering up with their partners to answer the five questions, or sharing KAIO task lists.
- Tactfully put an end to the sharing of opinions and long rants by reminding the members that the goal of KAIO is to spur one another on to love and good deeds.

Leader Support:

Although not mandatory, KAIO permits the option of having leader support. These people would function in the manner that their role suggests: to support the leader. These people should also possess the same qualities as the leader, but their task is to solely do the following:

- Encourage the leader before, after, or during meetings.
- Bring support to the direction of the leader by reminding other members of the task at hand and supporting the leader's decision to bring an end to any fruitless discussion that does not support the vision of KAIO.
- Lead the KAIO meeting if the leader is incapacitated or has an emergency.



KAIO

APPENDIX

**GUIDELINES FOR KAIO
THE BUDDY SYSTEM
AFFIRMATIONS OF IDENTITY**

Guidelines for KAIO:

1. Try, try, and try! Practice makes better.
2. Enjoy the gifting of the people in your group and the effect of God in them.
3. Do not compare yourself to other people in the group.
4. Set aside time each week to hear and receive specific instructions for yourself from God. Write them down and be ready to share them with your partner during the meeting.
5. Call your partner at some point during the week and find out how they are doing. Spur them on!
 - a. Ask your partner if they will be at the meeting. You are accountable for them. If they are not there, be sure to know where they are and why.
 - b. Absence deflates momentum.
6. Discouragement, shame, and guilt are not permitted within the group. You are only allowed to be challenged and feel convicted. This is not a group of people who wallow in self-pity. It's a group of people who are desiring and trying to do the will of their Father.
7. When sharing testimony, be aware of time.
 - a. Honor all testimony that is shared.
8. Small talk and advice giving is discouraged. Wait to participate in such activities at the end of the meeting.
9. Utilize your partner if you need help. Discussion time is not the time to problem solve. Wait until the end or when you are alone with your partner. Call them on the phone if needed.

The Buddy System:

"Never leave a buddy behind."

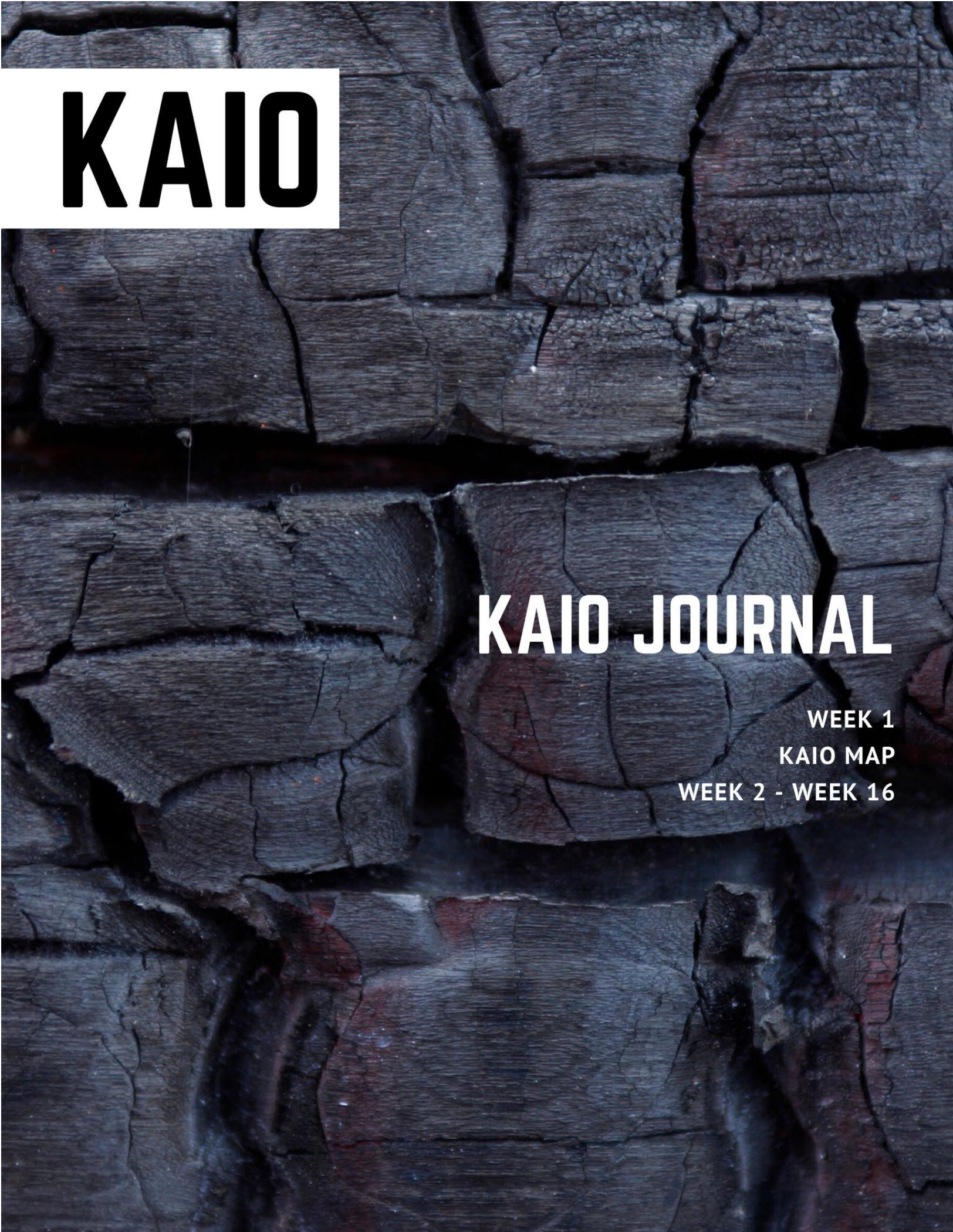
1. Touch base with your buddy once per week.
 - Call your buddy to see how they are making out with their assignment.
 - Make sure your buddy can make it to the group.
 - If they can't make it, make sure you still have time to meet with or call them to answer the five questions.
2. Bring your testimony.
 - Glorifying God is accomplished through love and good deeds.
 - Your testimony can be as simple as you trying to do something you wouldn't ordinarily do.
 - Make sure that you and your buddy are not just "attending" the KAIO group, but are also equipped with a testimony.
3. When your buddy is going through a tough season...
 - If your buddy is going through a hard time, be there for them, especially the day before the KAIO meeting. Call him or her.

- Do everything you can to help carry any load that may be weighing your buddy down during this time.
- 4. Be your buddy's buddy...
 - Don't be surprised at how quickly your relationship grows.
 - Hold one another accountable.
 - Encourage one another and pray for one another.
- 5. Help your buddy to...
 - Communicate efficiently and use specific details.
 - See the importance of trying.
 - See their gifting and patterns.

Affirmations of Identity:

The following is a compilation of biblical truths that each KAIO member may choose to meditate on at his or her leisure:

- Because of Christ and His redemption, I am completely forgiven and fully pleasing to God. I am totally accepted by God (Romans 5:1 and Colossians 1:21-22).
- I am a child of God (John 1:12 and 1 John 3:1).
- I am radically and unconditionally loved by my Father. There's nothing I have done to earn it (John 3:16, Romans 5:8, and 1 John 4:10).
- There is nothing that can separate me from the love of Jesus Christ (Romans 8:38-39).
- I died with Jesus. I was buried with Jesus. I was raised with Jesus (Romans 6:3-8).
- Through Christ, I have become a new creation. All things have become new. I am no longer a slave to sin (2 Corinthians 5:17 and Romans 6:7, 11).
- I have been spared from the wrath of God, what should have fallen on me has fallen on Jesus, and I am forever grateful (Romans 5:9).
- I have become the righteousness of God in Christ Jesus (2 Corinthians 5:21).
- I have been reconciled to God through Christ and have been presented as holy, blameless, and beyond reproach (Colossians 1:21-22).
- I am seated with Jesus in heavenly places (Ephesians 2:6).
- I have been bought with the precious blood of Jesus Christ. My life is valuable to God the Father and my life is no longer my own. (1 Corinthians 6:20).
- I have received a spirit of adoption. I am wanted by my Father! (Romans 8:15).
- The same Spirit that raised Christ from the dead also lives in me (Romans 8:11).
- The works Jesus did I will do and even greater works (John 14:12).



KAIO

KAIO JOURNAL

WEEK 1

KAIO MAP

WEEK 2 - WEEK 16

Week 1

Interview

What life situations cause anxiety or stress in your life?

Examples: family problems, financial issues, concern for future

1. _____
2. _____
3. _____

Do you have time wasters in your life (unproductive time that is of no benefit?)

Examples: excessive entertainment, social media, or time that isn't yielding anything productive

1. _____
2. _____
3. _____

Do you try to relieve stress in an unhealthy way?

Examples: overeating, excessive media, alcohol, pornography, drugs

1. _____
2. _____
3. _____

Is your own conscience being violated by something you are doing? Is there something you are doing and you know it's wrong and it bothers you, or were bothered by it at one time and have grown numb to it?

1. _____
2. _____
3. _____

Is your conscience violated by something you are NOT doing? Is there something that you could be doing but are neglecting to do the right thing?

Examples: not spending ample time with spouse, kids, and/or God, not reading scripture

1. _____
2. _____
3. _____

Do you have things that are not good for your energy level? Are you not taking good care of yourself?

Examples: poor sleep schedule, poor diet, lack of exercise

1. _____
2. _____
3. _____

Is there some responsibility you are avoiding? Something that might be getting worse over time because it isn't being dealt with?

1. _____
2. _____
3. _____

How could you be more loving towards...

(Write N/A if it does not apply, or if nothing comes to mind.)

God

1. _____
2. _____
3. _____

Yourself

1. _____
2. _____
3. _____

Your Spouse

1. _____
2. _____
3. _____

Your Children

1. _____
2. _____
3. _____

Your Parents

1. _____
2. _____
3. _____

The Church Body

1. _____
2. _____
3. _____

Your Community

1. _____
2. _____
3. _____

Step #1: Identify the change.

Thank you for your vulnerability! In discussing your life, is there anything that is weighing heavy on your heart that you would want to change?

1. _____
2. _____
3. _____

Step #2: What is the goal you are trying to accomplish?

Please list the problems that were stated in the interview. What is the solution to these problems, and can they be written in a goal format?

(This needs to be quantitative in some way, trackable, measurable, traceable, task-oriented, or time-oriented.)

Problem	Solution (goals)
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Step #3: Strategy.

What do you need to do? Can you break those things down into a weekly or daily task list?

Remember to pray and ask Holy Spirit for His strategy. He knows what principles need to be implemented. He is also aware of what our role is and what His role is in change. We are not going through religious motions. We are partnering with the Holy Spirit to be transformed.

List them on the page called 'Personal KAIO Task List.'

KAIO Map

We all have roles that we fulfill in our lives. We are a part of families and systems. We are called to do all things to the Glory of God and become the very thing that Christ is in these roles. Therefore, I am called to be the best reflection of love and humility in these specific relationships. I want to become more like Christ in the responsibilities he has already given me. The following is a pool of roles we most likely engage in daily for ourselves, as sons or daughters, fathers or mothers, children of God, employees or employers, members of a local church, neighbors, and community members. We will write down the roles that we wish to improve upon on the KAIO map on the next page. We are merely imagining ourselves as better stewards and creating a plan in that direction.

The task and time are self-explanatory. For us to be better stewards, we must carve out time to do specific things at specific times. This map is meant as a plan to execute throughout the year. As we get more used to improving on particular roles we can adopt the tasks of other roles. Use the KAIO map as a priority list, putting the most critical tasks first. You do not need to fill out all the spaces. These will become part of your weekly habits along with your prayer and scripture plan that you decide on for yourself.

Example of a KAIO Task List

1. Role 1: Christian

- Prayer ... Daily, 30 minutes
- Scripture ... Bible App daily (Bible in one year, assigned reading)
- Obedience to what I hear ... Testimony once a week
- Fasting ... Breakfast and Lunch on Tuesday

2. Role 2: Husband

- Baths for kids ... Daily, after dinner
- Cleaning with the kids ... Daily, 7:15
- Giving her time ... Daily, 7:15 – 8:15

3. Role 3: Father

- Fun Time ... Daily, 6:00-6:45PM
- Create schedule & execute ... Daily

4. Role 4: Self

- Weigh myself daily ... Daily, 6:00AM
- Log food in app daily ... Daily, all day

5. Role 5: Worker

- Create to-do list ... Daily, 9:30PM the night before

Personal KAIO Task List

This is your opportunity to fill in what tasks you would like to focus on. You do not need to fill out every line. Write down any additional areas of your life (roles you play) below. Decide which tasks you are focusing on for each role and write down the time in which it will be done. Keep in mind that the point is to be challenged, not overwhelmed or underwhelmed.

1. Christian

- Prayer ... _____
- Scripture ... _____
- Obedience to the what I hear ... Weekly
- _____ ... _____
- _____ ... _____

2. _____

- _____ ... _____
- _____ ... _____
- _____ ... _____
- _____ ... _____
- _____ ... _____

3. _____

- _____ ... _____
- _____ ... _____
- _____ ... _____
- _____ ... _____
- _____ ... _____

4. _____

- _____ ... _____
- _____ ... _____
- _____ ... _____
- _____ ... _____
- _____ ... _____

5. _____

- _____ ... _____
- _____ ... _____
- _____ ... _____
- _____ ... _____
- _____ ... _____

KAIO Weekly Worksheet: Week 2

1. Vision

Leader reads the following reasons that the group meets:

- Our desire in this meeting is to be inspired, challenged, and transformed as we spur one another on into love and good deeds (Hebrews 10:24).
- Priorities are never urgent and often unintentionally ignored. We want to have a plan around "becoming love" in our different roles so that we can do well at what matters most.
- Often, we must make ourselves uncomfortable to see real transformation. We put ourselves in vulnerable spots so that we may grow. That is what this group is about: humbling ourselves to receive more grace to become who we are meant to be.

2. Partner Discussion

(For groups with five or more people)

- Did KAIO feel like you were going through the motions or did it feel relational with God?
Yes or No
- Did you do your prayer plan this week? Yes or No
- Did you do your scripture plan this week? Yes or No
- Did you do what it was that God was asking you to do last week? Yes or No
- Are you completing your strategy to "become love" through your KAIO task list?
Yes or No
- What has God asked you to do this upcoming week?

3. Sharing with the Group

Please share your testimony from obedience to Holy Spirit this week.

- How did your KAIO task list go this week?
- Do you need to add more tasks to your KAIO task list or remove some?
- Did you learn anything about yourself or the process this week?

KAIO Weekly Worksheet: Week 3

1. Vision

Leader reads the following reasons that the group meets:

- Our desire in this meeting is to be inspired, challenged, and transformed as we spur one another on into love and good deeds (Hebrews 10:24).
- Priorities are never urgent and often unintentionally ignored. We want to have a plan around "becoming love" in our different roles so that we can do well at what matters most.
- Often, we must make ourselves uncomfortable to see real transformation. We put ourselves in vulnerable spots so that we may grow. That is what this group is about: humbling ourselves to receive more grace to become who we are meant to be.

2. Partner Discussion

(For groups with five or more people)

- Did KAIO feel like you were going through the motions or did it feel relational with God?
Yes or No
- Did you do your prayer plan this week? Yes or No
- Did you do your scripture plan this week? Yes or No
- Did you do what it was that God was asking you to do last week? Yes or No
- Are you completing your strategy to "become love" through your KAIO task list?
Yes or No
- What has God asked you to do this upcoming week?

3. Sharing with the Group

Please share your testimony from obedience to Holy Spirit this week.

- How did your KAIO task list go this week?
- Do you need to add more tasks to your KAIO task list or remove some?
- Did you learn anything about yourself or the process this week?

KAIO Weekly Worksheet: Week 4

1. Vision

Leader reads the following reasons that the group meets:

- Our desire in this meeting is to be inspired, challenged, and transformed as we spur one another on into love and good deeds (Hebrews 10:24).
- Priorities are never urgent and often unintentionally ignored. We want to have a plan around "becoming love" in our different roles so that we can do well at what matters most.
- Often, we must make ourselves uncomfortable to see real transformation. We put ourselves in vulnerable spots so that we may grow. That is what this group is about: humbling ourselves to receive more grace to become who we are meant to be.

2. Partner Discussion

(For groups with five or more people)

- Did KAIO feel like you were going through the motions or did it feel relational with God?
Yes or No
- Did you do your prayer plan this week? Yes or No
- Did you do your scripture plan this week? Yes or No
- Did you do what it was that God was asking you to do last week? Yes or No
- Are you completing your strategy to "become love" through your KAIO task list?
Yes or No
- What has God asked you to do this upcoming week?

3. Sharing with the Group

Please share your testimony from obedience to Holy Spirit this week.

- How did your KAIO task list go this week?
- Do you need to add more tasks to your KAIO task list or remove some?
- Did you learn anything about yourself or the process this week?

KAIO Weekly Worksheet: Week 5

1. Vision

Leader reads the following reasons that the group meets:

- Our desire in this meeting is to be inspired, challenged, and transformed as we spur one another on into love and good deeds (Hebrews 10:24).
- Priorities are never urgent and often unintentionally ignored. We want to have a plan around "becoming love" in our different roles so that we can do well at what matters most.
- Often, we must make ourselves uncomfortable to see real transformation. We put ourselves in vulnerable spots so that we may grow. That is what this group is about: humbling ourselves to receive more grace to become who we are meant to be.

2. Partner Discussion

(For groups with five or more people)

- Did KAIO feel like you were going through the motions or did it feel relational with God?
Yes or No
- Did you do your prayer plan this week? Yes or No
- Did you do your scripture plan this week? Yes or No
- Did you do what it was that God was asking you to do last week? Yes or No
- Are you completing your strategy to "become love" through your KAIO task list?
Yes or No
- What has God asked you to do this upcoming week?

3. Sharing with the Group

Please share your testimony from obedience to Holy Spirit this week.

- How did your KAIO task list go this week?
- Do you need to add more tasks to your KAIO task list or remove some?
- Did you learn anything about yourself or the process this week?

KAIO Weekly Worksheet: Week 6

1. Vision

Leader reads the following reasons that the group meets:

- Our desire in this meeting is to be inspired, challenged, and transformed as we spur one another on into love and good deeds (Hebrews 10:24).
- Priorities are never urgent and often unintentionally ignored. We want to have a plan around "becoming love" in our different roles so that we can do well at what matters most.
- Often, we must make ourselves uncomfortable to see real transformation. We put ourselves in vulnerable spots so that we may grow. That is what this group is about: humbling ourselves to receive more grace to become who we are meant to be.

2. Partner Discussion

(For groups with five or more people)

- Did KAIO feel like you were going through the motions or did it feel relational with God?
Yes or No
- Did you do your prayer plan this week? Yes or No
- Did you do your scripture plan this week? Yes or No
- Did you do what it was that God was asking you to do last week? Yes or No
- Are you completing your strategy to "become love" through your KAIO task list?
Yes or No
- What has God asked you to do this upcoming week?

3. Sharing with the Group

Please share your testimony from obedience to Holy Spirit this week.

- How did your KAIO task list go this week?
- Do you need to add more tasks to your KAIO task list or remove some?
- Did you learn anything about yourself or the process this week?

KAIO Weekly Worksheet: Week 7

1. Vision

Leader reads the following reasons that the group meets:

- Our desire in this meeting is to be inspired, challenged, and transformed as we spur one another on into love and good deeds (Hebrews 10:24).
- Priorities are never urgent and often unintentionally ignored. We want to have a plan around "becoming love" in our different roles so that we can do well at what matters most.
- Often, we must make ourselves uncomfortable to see real transformation. We put ourselves in vulnerable spots so that we may grow. That is what this group is about: humbling ourselves to receive more grace to become who we are meant to be.

2. Partner Discussion

(For groups with five or more people)

- Did KAIO feel like you were going through the motions or did it feel relational with God?
Yes or No
- Did you do your prayer plan this week? Yes or No
- Did you do your scripture plan this week? Yes or No
- Did you do what it was that God was asking you to do last week? Yes or No
- Are you completing your strategy to "become love" through your KAIO task list?
Yes or No
- What has God asked you to do this upcoming week?

3. Sharing with the Group

Please share your testimony from obedience to Holy Spirit this week.

- How did your KAIO task list go this week?
- Do you need to add more tasks to your KAIO task list or remove some?
- Did you learn anything about yourself or the process this week?

KAIO Weekly Worksheet: Week 8

1. Vision

Leader reads the following reasons that the group meets:

- Our desire in this meeting is to be inspired, challenged, and transformed as we spur one another on into love and good deeds (Hebrews 10:24).
- Priorities are never urgent and often unintentionally ignored. We want to have a plan around "becoming love" in our different roles so that we can do well at what matters most.
- Often, we must make ourselves uncomfortable to see real transformation. We put ourselves in vulnerable spots so that we may grow. That is what this group is about: humbling ourselves to receive more grace to become who we are meant to be.

2. Partner Discussion

(For groups with five or more people)

- Did KAIO feel like you were going through the motions or did it feel relational with God?
Yes or No
- Did you do your prayer plan this week? Yes or No
- Did you do your scripture plan this week? Yes or No
- Did you do what it was that God was asking you to do last week? Yes or No
- Are you completing your strategy to "become love" through your KAIO task list?
Yes or No
- What has God asked you to do this upcoming week?

3. Sharing with the Group

Please share your testimony from obedience to Holy Spirit this week.

- How did your KAIO task list go this week?
- Do you need to add more tasks to your KAIO task list or remove some?
- Did you learn anything about yourself or the process this week?

KAIO Weekly Worksheet: Week 9

1. Vision

Leader reads the following reasons that the group meets:

- Our desire in this meeting is to be inspired, challenged, and transformed as we spur one another on into love and good deeds (Hebrews 10:24).
- Priorities are never urgent and often unintentionally ignored. We want to have a plan around "becoming love" in our different roles so that we can do well at what matters most.
- Often, we must make ourselves uncomfortable to see real transformation. We put ourselves in vulnerable spots so that we may grow. That is what this group is about: humbling ourselves to receive more grace to become who we are meant to be.

2. Partner Discussion

(For groups with five or more people)

- Did KAIO feel like you were going through the motions or did it feel relational with God?
Yes or No
- Did you do your prayer plan this week? Yes or No
- Did you do your scripture plan this week? Yes or No
- Did you do what it was that God was asking you to do last week? Yes or No
- Are you completing your strategy to "become love" through your KAIO task list?
Yes or No
- What has God asked you to do this upcoming week?

3. Sharing with the Group

Please share your testimony from obedience to Holy Spirit this week.

- How did your KAIO task list go this week?
- Do you need to add more tasks to your KAIO task list or remove some?
- Did you learn anything about yourself or the process this week?

KAIO Weekly Worksheet: Week 10

1. Vision

Leader reads the following reasons that the group meets:

- Our desire in this meeting is to be inspired, challenged, and transformed as we spur one another on into love and good deeds (Hebrews 10:24).
- Priorities are never urgent and often unintentionally ignored. We want to have a plan around "becoming love" in our different roles so that we can do well at what matters most.
- Often, we must make ourselves uncomfortable to see real transformation. We put ourselves in vulnerable spots so that we may grow. That is what this group is about: humbling ourselves to receive more grace to become who we are meant to be.

2. Partner Discussion

(For groups with five or more people)

- Did KAIO feel like you were going through the motions or did it feel relational with God?
Yes or No
- Did you do your prayer plan this week? Yes or No
- Did you do your scripture plan this week? Yes or No
- Did you do what it was that God was asking you to do last week? Yes or No
- Are you completing your strategy to "become love" through your KAIO task list?
Yes or No
- What has God asked you to do this upcoming week?

3. Sharing with the Group

Please share your testimony from obedience to Holy Spirit this week.

- How did your KAIO task list go this week?
- Do you need to add more tasks to your KAIO task list or remove some?
- Did you learn anything about yourself or the process this week?

KAIO Task List

GOALS	TASKS	SUN	MON	TUES	WED	THUR	FRI	SAT
Prayer								
Scripture								
Obedience to what I heard								

²⁴ and let us consider how to stimulate one another to love and good deeds, ²⁵ not forsaking our own assembling together, as is the habit of some, but encouraging one another; and all the more, as you see the day drawing near. – **Hebrews 10:24-25**

KAIO Weekly Worksheet: Week 11

1. Vision

Leader reads the following reasons that the group meets:

- Our desire in this meeting is to be inspired, challenged, and transformed as we spur one another on into love and good deeds (Hebrews 10:24).
- Priorities are never urgent and often unintentionally ignored. We want to have a plan around "becoming love" in our different roles so that we can do well at what matters most.
- Often, we must make ourselves uncomfortable to see real transformation. We put ourselves in vulnerable spots so that we may grow. That is what this group is about: humbling ourselves to receive more grace to become who we are meant to be.

2. Partner Discussion

(For groups with five or more people)

- Did KAIO feel like you were going through the motions or did it feel relational with God?
Yes or No
- Did you do your prayer plan this week? Yes or No
- Did you do your scripture plan this week? Yes or No
- Did you do what it was that God was asking you to do last week? Yes or No
- Are you completing your strategy to "become love" through your KAIO task list?
Yes or No
- What has God asked you to do this upcoming week?

3. Sharing with the Group

Please share your testimony from obedience to Holy Spirit this week.

- How did your KAIO task list go this week?
- Do you need to add more tasks to your KAIO task list or remove some?
- Did you learn anything about yourself or the process this week?

KAIO Weekly Worksheet: Week 12

1. Vision

Leader reads the following reasons that the group meets:

- Our desire in this meeting is to be inspired, challenged, and transformed as we spur one another on into love and good deeds (Hebrews 10:24).
- Priorities are never urgent and often unintentionally ignored. We want to have a plan around "becoming love" in our different roles so that we can do well at what matters most.
- Often, we must make ourselves uncomfortable to see real transformation. We put ourselves in vulnerable spots so that we may grow. That is what this group is about: humbling ourselves to receive more grace to become who we are meant to be.

2. Partner Discussion

(For groups with five or more people)

- Did KAIO feel like you were going through the motions or did it feel relational with God?
Yes or No
- Did you do your prayer plan this week? Yes or No
- Did you do your scripture plan this week? Yes or No
- Did you do what it was that God was asking you to do last week? Yes or No
- Are you completing your strategy to "become love" through your KAIO task list?
Yes or No
- What has God asked you to do this upcoming week?

3. Sharing with the Group

Please share your testimony from obedience to Holy Spirit this week.

- How did your KAIO task list go this week?
- Do you need to add more tasks to your KAIO task list or remove some?
- Did you learn anything about yourself or the process this week?

KAIO Weekly Worksheet: Week 13

1. Vision

Leader reads the following reasons that the group meets:

- Our desire in this meeting is to be inspired, challenged, and transformed as we spur one another on into love and good deeds (Hebrews 10:24).
- Priorities are never urgent and often unintentionally ignored. We want to have a plan around "becoming love" in our different roles so that we can do well at what matters most.
- Often, we must make ourselves uncomfortable to see real transformation. We put ourselves in vulnerable spots so that we may grow. That is what this group is about: humbling ourselves to receive more grace to become who we are meant to be.

2. Partner Discussion

(For groups with five or more people)

- Did KAIO feel like you were going through the motions or did it feel relational with God?
Yes or No
- Did you do your prayer plan this week? Yes or No
- Did you do your scripture plan this week? Yes or No
- Did you do what it was that God was asking you to do last week? Yes or No
- Are you completing your strategy to "become love" through your KAIO task list?
Yes or No
- What has God asked you to do this upcoming week?

3. Sharing with the Group

Please share your testimony from obedience to Holy Spirit this week.

- How did your KAIO task list go this week?
- Do you need to add more tasks to your KAIO task list or remove some?
- Did you learn anything about yourself or the process this week?

KAIO Weekly Worksheet: Week 14

1. Vision

Leader reads the following reasons that the group meets:

- Our desire in this meeting is to be inspired, challenged, and transformed as we spur one another on into love and good deeds (Hebrews 10:24).
- Priorities are never urgent and often unintentionally ignored. We want to have a plan around "becoming love" in our different roles so that we can do well at what matters most.
- Often, we must make ourselves uncomfortable to see real transformation. We put ourselves in vulnerable spots so that we may grow. That is what this group is about: humbling ourselves to receive more grace to become who we are meant to be.

2. Partner Discussion

(For groups with five or more people)

- Did KAIO feel like you were going through the motions or did it feel relational with God?
Yes or No
- Did you do your prayer plan this week? Yes or No
- Did you do your scripture plan this week? Yes or No
- Did you do what it was that God was asking you to do last week? Yes or No
- Are you completing your strategy to "become love" through your KAIO task list?
Yes or No
- What has God asked you to do this upcoming week?

3. Sharing with the Group

Please share your testimony from obedience to Holy Spirit this week.

- How did your KAIO task list go this week?
- Do you need to add more tasks to your KAIO task list or remove some?
- Did you learn anything about yourself or the process this week?

KAIO Weekly Worksheet: Week 15

1. Vision

Leader reads the following reasons that the group meets:

- Our desire in this meeting is to be inspired, challenged, and transformed as we spur one another on into love and good deeds (Hebrews 10:24).
- Priorities are never urgent and often unintentionally ignored. We want to have a plan around "becoming love" in our different roles so that we can do well at what matters most.
- Often, we must make ourselves uncomfortable to see real transformation. We put ourselves in vulnerable spots so that we may grow. That is what this group is about: humbling ourselves to receive more grace to become who we are meant to be.

2. Partner Discussion

(For groups with five or more people)

- Did KAIO feel like you were going through the motions or did it feel relational with God?
Yes or No
- Did you do your prayer plan this week? Yes or No
- Did you do your scripture plan this week? Yes or No
- Did you do what it was that God was asking you to do last week? Yes or No
- Are you completing your strategy to "become love" through your KAIO task list?
Yes or No
- What has God asked you to do this upcoming week?

3. Sharing with the Group

Please share your testimony from obedience to Holy Spirit this week.

- How did your KAIO task list go this week?
- Do you need to add more tasks to your KAIO task list or remove some?
- Did you learn anything about yourself or the process this week?

KAIO Weekly Worksheet: Week 16

1. Vision

Leader reads the following reasons that the group meets:

- Our desire in this meeting is to be inspired, challenged, and transformed as we spur one another on into love and good deeds (Hebrews 10:24).
- Priorities are never urgent and often unintentionally ignored. We want to have a plan around "becoming love" in our different roles so that we can do well at what matters most.
- Often, we must make ourselves uncomfortable to see real transformation. We put ourselves in vulnerable spots so that we may grow. That is what this group is about: humbling ourselves to receive more grace to become who we are meant to be.

2. Partner Discussion

(For groups with five or more people)

- Did KAIO feel like you were going through the motions or did it feel relational with God?
Yes or No
- Did you do your prayer plan this week? Yes or No
- Did you do your scripture plan this week? Yes or No
- Did you do what it was that God was asking you to do last week? Yes or No
- Are you completing your strategy to "become love" through your KAIO task list?
Yes or No
- What has God asked you to do this upcoming week?

3. Sharing with the Group

Please share your testimony from obedience to Holy Spirit this week.

- How did your KAIO task list go this week?
- Do you need to add more tasks to your KAIO task list or remove some?
- Did you learn anything about yourself or the process this week?

