

GIVING WARRIORS A NEW IDENTITY AND HOPE FOR LIFE



HOW TO LEAD **THE GROUP** *in getting present*



OPERATION RESTORED WARRIOR

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"Getting Present" is a practice rooted in prayer and helps to alleviate anxiety, stress, and other negative emotions. Follow these steps to help your group experience Jesus' presence and the benefits of "Getting Present."

First, tell the men get in a comfortable, upright posture while seated with their feet planted on the floor. Have them breathe in through their nose and out of their mouth.

COACHING POINT

Don't get too caught up in the breathing aspect of this. This is getting present, not meditation or relaxation.

Next, tell them, "With your eyes open, focus on something in the room and begin to describe it to yourself in detail." You'll begin to work through the 5 senses.

Ask, "What are the sounds you are hearing?" Pause 3-5 seconds for them to listen.

"What are you smelling?" Pause 3-5 seconds.

"What is the lingering taste in your mouth?" Pause 3-5 seconds.

Then you are going to guide the group, beginning from the bottom of their feet working your way up the body to the crown of the head.

Say, "We are going to start by moving from the ends of the toes, through the bottom of the feet, up through the ankles (*pause*). Continue moving up the calves, and the front of the shins; asking Jesus to take any muscular tension you feel in any area of the body."

COACHING POINT

Your tone is going to be slow, deliberate, and clear.

Say, "Continuing up through the knees and up the back of the legs, and all the way up the front of the legs. You can feel the seat beneath you. Move through the glutes and pelvis and into the low back."

COACHING POINT

A lot of guys have pain through this region, so remind them to release any pain or tension to Jesus.

Say, "You can feel your stomach moving in and out as your diaphragm expands and contracts with your breathing. Move up through your rib cage, all the way up to your collar bones (*pause*). Then, picking back up from your lower back; moving up your spine through your shoulder blades up to the base of the neck."

"Continue moving down both shoulders, releasing any pain, down the back of your arms through your triceps, across your elbows, down the back of your forearms, and the back of your hands to your finger tips (*pause*). Now go down your fingers, across your palms, up the underside of your forearms, over your biceps, and back up your shoulders, through your traps, to the base of your neck, releasing any tension (*pause*)."

COACHING POINT

Remember not to go too fast or slow through the arms portion.
Move down both arms simultaneously.

"Move up through the sides and back of the neck, and up the back your head, over your ears to your jaw, releasing any tension in your jaw and face. Move from your temples to the back of your head, and up to the very top of your head."

COACHING POINT

Next is the most critical portion

Say, "**You are now fully present, and in the room. Now, I want you to FEEL (don't say "imagine") Jesus, the Father, and Holy Spirit envelop you with an embrace. Their presence surrounds you completely with love and you can rest safely there.**" Give the men a couple seconds to feel this.

From there we go into some worship music as they are present with their hearts open. On the second and third days you will add in an additional piece. You will walk them through the first part as written above. Then you have them close their eyes. You will then walk them through their spiritual senses as you did above with their natural senses.

After they are feeling the embrace of the Trinity, you will say, "Now close your eyes. Look at the face of Jesus and the Father. What is their expression on their face towards you?" This is the day after the healing prayer, so they all saw Jesus. Give them a couple seconds to discern the look and take it in.

COACHING POINT

Holy Spirit will reveal it to you and you can tell them what you see.
Ex. Smiling, open, joyful, love, etc.

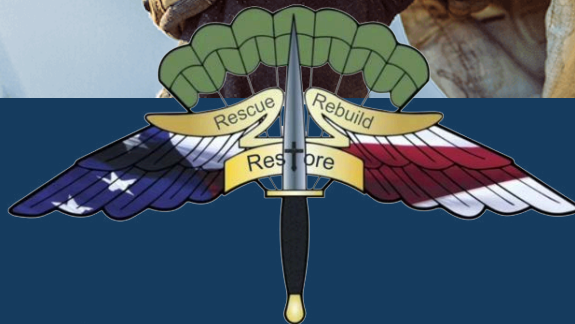
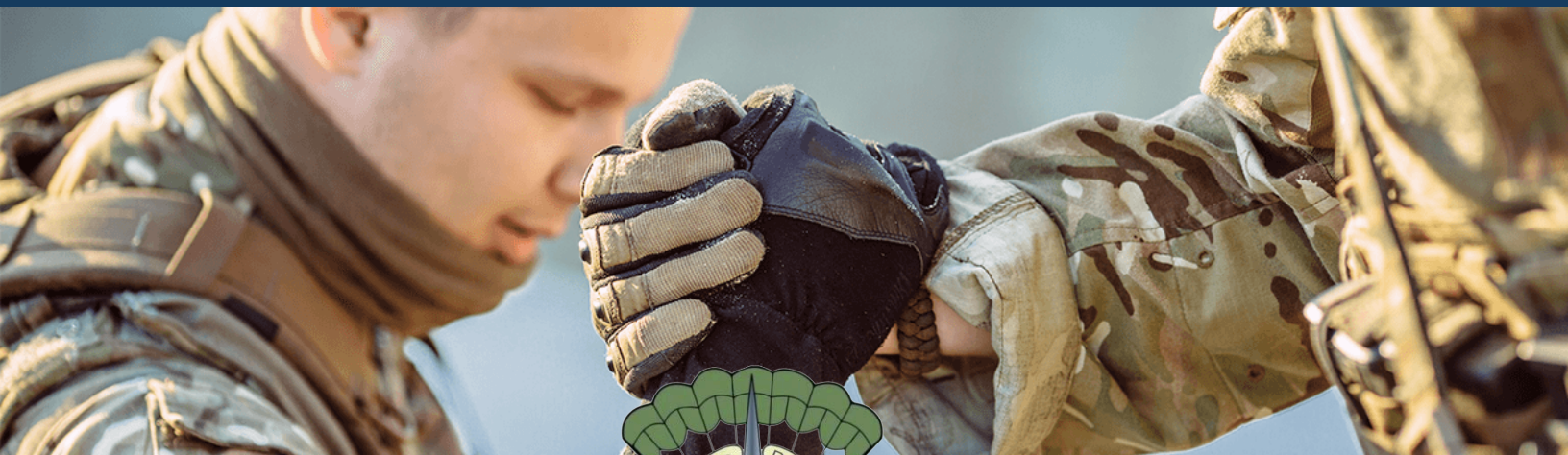
Next, you can ask, "What do you hear Them saying to you?" Pause for a couple seconds so they can hear what the Father, Jesus, and Holy Spirit are saying specifically to each of them.

COACHING POINT

You can share what you hear being said.

Next, ask, "What are you feeling as they embrace you?" Again, pause and let them feel what emotions are there. After a few moments, share what you are feeling- peace, love, joy, acceptance, safety, etc.

To end, remind them they have access to the Father, Jesus, and Holy Spirit any time they want. Encourage them to stay in an open heart posture as they listen to the music.



ABOUT OPERATION RESTORED WARRIOR



The Operation Restored Warrior story began on the side of a mountain in Colorado in 2003, when a retired U.S. Air Force medic, Paul Lavelle, invited Jesus into his life. Snowbound after dropping off a friend at Wild at Heart men's conference, Paul found himself sitting in on sessions, and a short while later, on the side of a mountain, he invited Jesus into his life.

Soon, Paul began to sense the Holy Spirit's leading to work with our military veterans, and especially to help them overcome the destructive effects of PTSD and other combat-related struggles and restore veterans to their original purpose as warriors.

In 2008, Paul launched ORW, with a specific call to fulfill the promises of Isaiah 61 among God's veteran warriors:

"The Spirit of the Sovereign LORD is on me, because the LORD has anointed me to proclaim good news to the poor. He has sent me to bind up the brokenhearted, to proclaim freedom for the captives and release from darkness for the prisoners, to proclaim the year of the Lord's favor..."

PURPOSE AND VISION

Purpose: ORW's purpose is to introduce veterans who have experienced the destructive effects of combat to the healing power of Jesus, and to see veteran warriors, their families, friends and communities discover their purpose in life.

Vision: ORW seeks to eliminate suicides among veterans, taking it from 22 per day to 0. We are working to accomplish this vision by restoring veteran warriors to a place of healing and freedom, so that they are able to fulfill their God-given purpose in life. We seek to be the "go-to" organization among veterans to provide healing, freedom and restoration.



OPERATION RESTORED WARRIOR

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