

Body Life Design Team: The Foundation of the Paradigm Shift

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I was recently asked how I would spend eight hours of team building.

“I would start with Body Life Design Team (BLDT).”

“But what if I only had two hours?” you may wonder.

“Body Life Design Team.”

Why? Team issues crumble under the simplicity and depth of these three profound and foundational truths. As a consultant for the Birkman Method and a trainer of the Grip-Birkman, it's easy to be swallowed by overly complex assessment. The valuable understanding of our spiritual Gift and supernatural DNA, comprehending both the natural and the supernatural interaction always give us more than enough material to cover which is highly valuable. The assessments provide direction setting wisdom to the recipient, and the team can finally embrace a common language of communicating around their all-too-familiar struggles. The value, however, is not in any assessment by itself. It is not in the common language an assessment provides. It's not even in the safety of a team build we provide for critical conversation as master facilitators.

The power is when we understand the *core paradigm shift in transforming from “I” to “We.”*

The truth is all unifying power of any training or assessment without the embrace of the BLDT principles is void. It won't happen. And therefore, I will not start a training with any group without the introduction including BLDT.

1. Body Life – your significance is settled.

Our search for significance drives self-centered and self-glorifying position jockeying. The ladder mentality consumes us as we strive to prove ourselves through religious positioning of good works, great growth, and significance-laden fruit. We want to make sure that our actions for the Kingdom match our internal passion, creating a conflicted understanding of grace and action which all-too-often is welded with the image of earning God's favor or blessing.

Instead, this idea frees teams to not only understand but to embrace the idea that there is nothing I can do or say to increase God's love towards me. It sounds so simple. Instead, however, teams struggle over the crowns in heaven, or the jewels of sanctification. They politicize conversations and relationships to leverage their value and contribution, bastardizing Kingdom work through often undetected insecurities of self-worth. God's view of you sets free the expectations and demand, allowing love and unity to once rule where striving to find Kingdom significance once dominated.

2. Design – you have a unique role to play.

Guilt, past failure, and lack of skill or experience often overshadow the beautiful inclusion of each person into God's beautiful symphony of Body Life. Believers become bystanders as they remain paralyzed by the inability to embrace a God who calls them to engage in His glorious Plan. Sometimes it may be the vastness of the need where we feel gravely overmatched, or maybe the

view of personal self-pity or insignificance leaving us pointing out other saints to fulfill the purposes. The haunting of words “You’re not ready yet” or “This isn’t a good fit for you” leave people as consumers in today’s teams and churches. Leaders who fail to equip others, who neglect to release team members, who feel the vision is only theirs to fulfill over time devalue the true opportunities of the Body.

God is clear. He has given each person gifts for them to use in equipping and serving the Body. Each person has a role to play. We must allow people to soak in the excitement of getting in God’s Game – and never allow them the opportunity of complacency or false sense of insignificance on the sidelines of spectatorship.

3. Team – everyone must commit to building unity.

Unity is a choice and a process. It is not a one-time-end-all-decision. It is an active battle ground being fought today. For many, it’s simply easier to function alone. It’s quicker. It’s more efficient, and perhaps even more effective for a narrowed view of purpose. However, it’s not God’s plan. I am not called to be the Body. You are not called to be the Body. **We** are called to be the Body. And therefore, we must operate in our own uniqueness fulfilling the Head of the Body’s purposes.

We often are confronted with conflict, and forming sides of support is translated into spiritualized gossip and ministry partnerships which leave wounded without attempted healing, support, or restoration. We hide behind success, tasks, or humor to present the flimsy front of unity. It fools only those who choose ignorance, and hinders the charisma and full-functionality of Christ’s Body.

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These three principles start the “I” to “We” paradigm shift. Often, in discussion, I’ll come back to these principles. In training they lay a foundation proving the ground is level at the foot of the cross. As coaches and trainers, rather than giving a team build training as an opportunity for self-discover and unintended entitlement of “this is how God made me,” we now have set the stage for a shift in our thinking.

When we embrace the BLDT at a heart level, the impact of all training is suddenly more than an assessment or quality teaching. It is a Body Life creating, Design owning, and Team transcending opportunity for impact.

Is it truly foundational and necessary?

Yes. It is.

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