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## \*\*WORKBOOK PAGE – OPS 101\*\*

### \*\*Flat Fight\*\*

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### \*\*Nugget of Wisdom\*\*

Lack of focus on anything can end up with catastrophic consequences.

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### \*\*First General Order\*\*

Before beginning, come together as a group to briefly discuss prayer needs and pray for God's guidance, wisdom, and protection over this time.

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### \*\*Mission\*\*

Think back to a time in your childhood, typically between the ages of 10 and 13, when you lost focus and experienced the consequences. This does not have to involve fear or punishment; it can be something simple. What happened when your attention shifted away from what mattered? What might the outcome have been if you had stayed focused? Consider everyday examples—studying for a test and not getting the result you wanted, choosing distraction over responsibility, or allowing something small to become something bigger. As you reflect, also consider the present. Did you remain focused this past week? Did you notice the magnet on the refrigerator, or did it fade into the background? What does that reveal about your habits, your awareness, and your discipline? The purpose is to recognize how easily focus is lost and how important it is to maintain it in the areas that matter most.

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### \*\*Mission Execution\*\*

This is where you tell your own story. It does not have to be one centered on fear, but it should be something that affected you deeply. Allow yourself to be led, and tell the story honestly. The person listening must focus on absorbing the emotion—listening without interruption, without trying to fix it, and without analyzing it.

Simply listen and absorb what the other person felt. As you tell your story, consider whether there were conflicting truths—where someone did both right and wrong—and how that shaped your beliefs, your responses, and your relationships today.

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### ### \*\*Questions\*\*

1. As you listened to your partner, what emotions did you sense in them beyond the words they were saying?
2. What personality traits do you believe were formed or strengthened through that experience?
3. How did that experience influence how you judge right and wrong today?
4. Do you find it difficult to see both good and bad in the same person? Why or why not?
5. Can you identify any strongholds or patterns in your life that developed from how you interpreted right and wrong growing up?

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### ### \*\*This Week's Mission\*\*

This week's mission is simple. Get a flashlight and create a small scenario somewhere in your home—a pantry, a closet, under a sofa, or any place where light is needed. One of you will perform a task, such as pretending to put in a screw or complete a simple job, while the other holds the flashlight without instruction. Pay attention to how well the light follows the need. Then pause and explain what would have helped. Reverse roles, choose a different area, and create a new scenario. Take time to enjoy this—pop some popcorn, laugh, and make it something you look forward to. The purpose of this exercise is to begin learning focus and attention to detail. As you do this, remember that the flashlight is not the point. The real goal is learning to recognize where your partner needs you. Is she becoming frustrated trying to fix an earring or adjust a dress? Are you frustrated because you are late and cannot find your keys? Are you paying enough attention to step in and relieve the stress that everyday life brings? Use this as a training ground to better see and respond to each other's needs.

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### ### \*\*Closing Prayer\*\*

Father, let Your Holy Spirit make me aware, especially for my spouse, but those in need who surround me each day. Train me to be a disciple to perform what is needed.

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This one's strong.