

Relational Skills, Practiced Together

How LK10's simple rhythms build the relational brain skills that make church feel like secure attachment with God and each other.

Life Model Works and THRIVEToday identified a set of relational brain skills that help people grow in joy, resilience, and emotional maturity. LK10 weaves these skills into every gathering. From the first week of Church 101, participants practice them naturally, often long before they learn their names.

10

skills practiced
intentionally in our
rhythms

9

more skills practiced **as**
opportunities arise in
group life

5 of 5

foundational
capacity-building skills
practiced from day one

Three stages, one growing capacity

Each stage builds on the one before. The skills stay the same; the depth and ownership grow.

LEARN

Church 101

*6 weeks
90-minute weekly
sessions*

Participants practice two simple, reproducible rhythms as close to daily as possible: checking in, appreciation, quieting, a “church of two” (CO2), and praying Luke 10:2b. Joy, quiet, and appreciation become habits, and heart-to-heart connection with God and each other begins to feel normal.

LIVE

Communities of Practice

*6 to 8 people
two 90-minute
sessions a month*

Ongoing peer groups (Leader Teams) work through a 28-month curriculum of leader lessons on appreciation, maturity, conflict that leads to intimacy, and attachment. Members deepen family-style bonds, tell stories that engage the whole brain, and learn to stay connected through heavy emotions.

LEAD**Facilitator Training**

40+ hours
apprentice-style with
an LK10 Trainer

Facilitators observe, practice, and debrief. Here the skills become explicit: noticing relational circuits, seeing what God sees in each person, and recognizing which skill someone needs when they get stuck, so facilitators can nurture secure attachment in any context.

The skills at each stage

● Practiced intentionally ○ Practiced as opportunities arise – Not a focus

#	Skill and what it builds	Church 101	Communities of Practice	Facilitator Training
0	Relational Circuits Noticing when your relational brain is on, and turning it back on	–	–	●
1	Share Joy Being glad to be together, expressed through face and voice	●	●	●
2	Simple Quiet Calming yourself after joyful or upsetting moments	●	●	●
3	Form Bonds for Two Building close, mutual connection with one other person	●	●	●
4	Create Appreciation Cultivating gratitude that settles stress and builds belonging	●	●	●
5	Form Family Bonds Enjoying the relationships among the people you love	○	●	●
6	Heart Values from Suffering Finding the treasures hidden in our deepest hurts	–	○	○

#	Skill and what it builds	Church 101	Communities of Practice	Facilitator Training
7	Tell Synchronized Stories Stories that join what happened, what I felt, and what my body sensed	☐	☒	☐
8	Identify Maturity Levels Knowing your stage of maturity and noticing when you slip	—	☒	☐
9	Take a Breather Pausing before someone becomes overwhelmed	☐	☐	☐
10	Tell Nonverbal Stories* Connecting across cultures and generations through expression and tone	—	—	—
11	Return to Joy Staying connected through fear, anger, sadness, disgust, shame, and despair	—	☐	☐
12	Act Like Myself Remaining the same person when emotions run high	—	☐	☐
13	See What God Sees Seeing people and situations the way God sees them	—	—	☒
14	Stop the Sark Letting go of judging, blaming, and “I know best” thinking	☐	☐	☐
15	Quiet Interactively Reading cues and lowering the energy before it becomes too much	☐	☐	☐
16	High and Low Energy Responses Recognizing who revs up and who withdraws, and meeting them there	☐	☐	☐

#	Skill and what it builds	Church 101	Communities of Practice	Facilitator Training
17	Identify Attachment Styles Seeing the patterns that shape how we connect with God and others	—	○	○
18	Intervene Where the Brain Is Stuck Offering the kind of help the moment actually needs	●	●	●
19	Return to Joy from Complex Emotions** Recovering when several hard emotions combine	—	○	—

| A teal edge marks the five foundational skills that build emotional capacity. All five are practiced intentionally in LK10.

* Nonverbal storytelling is practiced most at LK10's in-person retreats and gatherings.

** Complex emotions are addressed through coaching for facilitators and their groups. For deeper training, we refer people to THRIVE Training.

What grows alongside the skills

Joy Fueled	Facilitators lead from joy: glad to be with people, compassionate with themselves, and working within their unique design.
Jesus Led	Groups learn to sense Jesus with them and listen together whenever they make a decision.
Training as Spiritual Moms and Dads	Leaders grow in maturity, pray Luke 10:2b, and draw out the strengths of others.
Communities of Practice	Daily rhythms and peer groups keep skills growing and give leaders ongoing support.
Nurturing Ecosystems of Grace	Every voice is heard, generations connect, and decisions are made together with God.

For facilitators: the four Ss

Facilitator Training puts the relational skills to work in the art of leading a group. Trainers and apprentices use the four Ss as a shared language for reflection, feedback, and mentoring.

Seeing

Paying attention to the group, each person, yourself, and Jesus all at once. Noticing when someone is bumped out and discerning what the whole group needs, including rest.

Serving

Inviting growth with brave questions, giving work back to the group, listening to Jesus together on hard problems, and engaging conflict with skill.

Setting Up for Success

Preparing heart and head beforehand, pacing the time well, and scaffolding each skill so the group understands what they are practicing and why.

Safety

Guiding people through heavy emotions, gently redirecting when needed, and creating a space where both the strong and the weak can grow.

How every skill is learned

1 Explain the skill	2 Share an experience	3 Model it	4 Reflect on what you noticed	5 Practice together
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Whole-brained and hands-on: people learn relational skills the way the brain grows them, in relationship and through practice.

Curious where to start?

Every path begins with a free Intro Call, where we listen to your context and help you find your next step, whether that is Church 101 for yourself, a Community of Practice, facilitator training, or consulting for your network.

LK10.com

Relational brain skills identified by Life Model Works and THRIVEToday. Skill summaries by LK10.