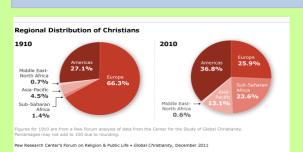


Reaching the Majority with 'ACT for Christians' Including feedback from a group member

Religious Diversity Index (RDI) 2010 Figures for South Africa (Pew Research Center) Christian

Muslim Unaffiliated Hindu Buddhist Folk religion Other Jewish Total pop



Countries	ESTIMATED 2010 CHRISTIAN POPULATION	PERCENTAGE OF POPULATION THAT IS CHRISTIAN	OF WORLD CHRISTIAN POPULATION
United States	246,780,000	79.5%	11.3%
Brazil	175,770,000	90.2	8.0
Mexico	107,780,000	95.0	4.9
Russia	105,220,000	73.6	4.0
Philippines	86,790,000	93.1	4.0
Nigeria	80,510,000	50.8	3.7
China	67,070,000	5.0	3.1
DR Congo	63,150,000	95.7	2.9
Germany	58,240,000	70.8	2.7
Ethiopia	52,580,000	63.4	2.4
Subtotal for the 10 Countries	1,043,880,000	40.4	47.8
Total for Rest of World	1,140,180,000	6.3	52.2
World Total	2,184,060,000	31.7	100.0

Christian Popu	lation by Global No	rth/Global Sout	n, 1910	
	ESTIMATED 1910 CHRISTIAN POPULATION	TOTAL WORLD	PERCENTAGE OF POPULATION THAT WAS CHRISTIAN	OF WORLD CHRISTIAN POPULATION
Global North	502,900,000	580,210,000	86.7%	82.2%
Global South	108,910,000	1,178,200,000	9.2	17.8
World Total	611,810,000	1,758,410,000	34.0	100.0
	sonding. Orum on Rengion & Public Life • 6	libbal Christianity, Decembr		bers. Figures may
new Research Center's P	sunding.	libbal Christianity, Decembr	er 2011	
hew Research Center's P	sonding. Orum on Rengion & Public Life • 6	libbal Christianity, Decembr	er 2011	PERCENTAGE OF WORLD CHRISTIAN
rew Research Center's P	erum on Rempion & Public Life • 6 Illation by Global No ESTIMATED 2010 CHESTIAN	rth/Global Sout	h, 2010 PERCENTAGE OF POPULATION	PERCENTAGE OF WORLD CHRISTIAN POPULATION 39.29
Christian Popu	idation by Global No ESTIMATED 2010 CHRISTIAN POPULATION	rth/Global Sout	h, 2010 PERCENTAGE OF POPULATION THAT IS CHRISTIAN	PERCENTAGE OF WORLD CHRISTIAN POPULATION
hew Research Center's P	Sending. South on Religion 6 Public Life • Collection by Global No ESTIMATED 2010 CHRISTIAN POPULATION 856,360,000	rth/Global Sout TOTAL WORLD POPULATION 1,240,250,000	PERCENTAGE OF POPULATION THAT IS CHRISTIAN 69.0%	PERCENTAGO OF WORLE CHRISTIAN POPULATION 39.2%

Major Chris Traditions Percentage of Ch population that	ıristian
Catholic 50.1%	Protestant 36.7%
Other Christian	
Percentages may n	

	January-November 2011	January-November 2012
	%	%
Protestant/Other Christian	52.5	51.9
Catholic	23.6	23-3
Mormon	1.9	2.1
Jewish	1.6	1.7
Muslim	0.5	0.6
Other non-Christian	2.4	2.6
No religious identity	15.0	15.6
No response given	2.5	2.2
Gallup Daily tracking		
GALLUP		

Rogiona	ESTIMATED 1910 CHRISTIAN POPULATION	PERCENTAGE OF POPULATION THAT WAS CHRISTIAN	OF WORLD CHRISTIAN POPULATION
Americas	165,890,000	95.9%	27.1%
Europe	405,760,000	94.5	66.3
Sub-Saharan Africa	8,560,000	9.1	1.4
Asia Pacific	27,510,000	2.7	4.5
Middle East-North Africa	4,070,000	9.5	0.7
World Total	611,810,000	34.6	100.0
Source: Pew Forum analysis Christianity. Population estim calculated from unrisunded in Pew Research Center's Forun Global Christianity, Decembe Christian Populat	ates are rounded to umbers. Figures may n on Religion & Public r 2011	the ten thousands. If y not add exactly due to Life	Percentages are
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Christianty, Population estimated actividated from unranded in actividated from unranded in Pew Research Certaer's Forum Global Christianily, Decembe Christian Populat Minglems Americas Europe Sub-Saharan Africa	unters are rounded to unters. Figures may non Religion & Public 7011 tion by Reginers 1011 ESTIMATED 2010 CHRISTIAN POPULATION 804,070,000 505,560,000 516,470,000	the ten thousands. If you add exactly due to the control of the co	PERCENTAGE OF WORLE CHRISTIAN 36.6% 25.9

(Excluding children under 16 Knysna, South Africa

Group Members

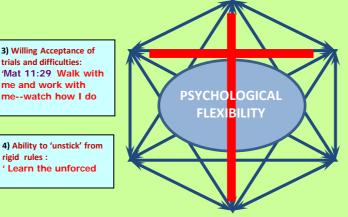
COMPASSIONATE AWARENESS TRAINING

..(it couldn't be'Christian' to have all this pain..)..discounting my experience led to more self condemnation...simple acceptance .. was like a huge weight had been lifted from my shoulders... not achieved by coercive 'caring' and fixing by others..it helped me to willingly accept my pain in

...oh no, I've been struggling with that thought again! Why can't I stop? The bible says just be transformed by the renewing of your mind.....oh no I can't be transformed...! I must be a really bad Christian..that lady on TV called it 'stinking thinkin'.....maybe my thought patterns stink and I stink too....:-(I learned that some thoughts are not worth my

Before ACT ... I rarely lived in the present moment. .. I spent most of my time obsessively making plans to counteract lack of control... or I would incessantly play back (stuffl) I regretted because I doubted myself. Now I can enjoy small things around me..my little girl's laughter, pretty colours, sunshine..(whilst I do occasionally worry about the future)... it is now within

> 1) Awareness of the grace of God in the Present Moment: Mat 11:28 "Are you tired? Worn out? Burned out on religion? Come to



6) Committed Action: 'Matt 11:30 Keep and you'll learn to live freely and

5) Clarity of personal

'... I won't lay anything heavy or ill-fitting on you....'

2)Ability to access the awareness of Self as spirit in Get away with me and you'll recover your

...before the training I second guessed most things I did....weighed them up against somebody else's interpretation of God's Word ...to view myself with compassion has been truly life-changing!

Grace features heavily with this and to be reminded, in the moment, of His unparalleled love for me, has enabled me to let go of a lot of the inner self...very surreptitiously during training ...'mini assignments' ...something so simple as just a phonecall or a cupboard decluttered , but always in the direction of my values. .. I gained confidence from these seemingly small acts... to know that I was physically and mentally helping myself to make

I found ..work on values to be most helpful. My main problems, before the training...I didn't actually know what my values were and therefore I found it impossible to follow them. ... discussions about my

Christian values...led me to a place where I understood what my personal values were... without losing my

- This is aimed specifically at Christian clients who indicate, without prompting, that they wish their spiritual values to be part of the therapy process.
- The practitioner does not need to be a Christian to use this protocol.



For FULL SIZE zoom to 400