



# IMPACT CULTURE NETWORK

## Foundations Class *Participant Guide*

**Live the *Standard*. Lead the *Change*.**

▶ [f](#) [@](#) [d](#) | @IMPACT CULTURE NETWORK | 7859 S ASHLAND AVE CHICAGO, IL

# IMPACT Foundations Participant Guide

IMPACT CULTURE NETWORK

A five-session journey to build a strong spiritual foundation — discovering who God is, who you are in Him, and how to live out your faith with purpose.

---

## Table of Contents

**1** **Welcome**  
A Message From Our Leaders • IMPACT Foundations Overview • Vision, Mission, and Mandate • What to Expect Over the Next 5 Sessions

**2** **Session 1**  
Identity + Mission

**3** **Session 2**  
Principles

**4** **Session 3**  
Alignment

**5** **Session 4**  
Community

**6** **Session 5**  
Transformation

**7** **Next Steps**  
Staying Connected • Joining the ICN Pathway • Living the Culture Daily

# Welcome to Impact Culture Network!

We are so glad you're here. It is truly an honor to walk alongside you as you begin this next step in your spiritual journey. Whether you've been following God for years or are just beginning to explore your faith, we want you to know... **You belong here.**

Our IMPACT Foundations class is an invitation to grow deeper in your relationship with God, to discover who you are in Him, and to step into the life He has designed for you. Over the next several sessions, you will explore the heart of our ministry while also being equipped to live out your faith with confidence and purpose.

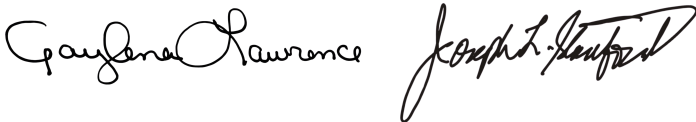
At Impact Culture Network, we believe that God is not just calling people to attend church, but to be transformed, to live aligned with His truth, and to carry His presence into every area of life. Our desire is to see you rooted in love, strengthened in your identity, and activated in your calling. **You are not here by accident. God is intentional, and so is your journey.**

As you engage with this workbook and the IMPACT experience, we encourage you to be open, honest, and expectant. Give God your "yes," and allow Him to do the work only He can do. We are excited to partner with you as you grow, discover, and step into all that God has for you.

Welcome to the ICN family! Let's live the standard and lead the change together.

*With love,*

**Dr. Gaylena Lawrence & Apostle Joseph L. Stanford**

Handwritten signatures of Gaylena Lawrence and Joseph L. Stanford. The signature of Gaylena Lawrence is on the left, and the signature of Joseph L. Stanford is on the right.



## Foundations Overview

IMPACT Foundations is designed to help you build a strong spiritual foundation by understanding who God is, who you are in Him, and how to live out your faith with purpose.

The ICN journey is about experiencing transformation. Over the next five sessions, you will be guided through key truths that shape your identity, strengthen your faith, and connect you to our ICN community that is committed to living out God's Kingdom in everyday life. At Impact Culture Network, we believe that faith is meant to be lived. This experience will help you move from simply knowing about God to actively walking with Him. From growing in relationship, to alignment, and ultimately, impact.

---

## The Pillars of IMPACT (Head ▪ Heart ▪ Hands)

Everything we do at Impact Culture Network is centered around three core dimensions: Head, Heart, and Hands.

### Head (Vision)

This is how we think and see. It represents understanding God's perspective and aligning our mindset with His truth. As you grow in your knowledge of God, your thinking begins to shift.

### Heart (Mission)

This is how we love and live. It reflects the posture of your heart toward God and people. God desires not just outward actions, but inward transformation that produces compassion, humility, and love.

### Hands (Mandate)

This is how we live it out. It represents action. Faith is not meant to stay internal. It is meant to be expressed through how we serve, lead, and influence the world around us.

Together, Head, Heart, and Hands create a full picture of spiritual growth: how you think, how you love, and how you live.

---

# Vision, Mission, and Mandate

At Impact Culture Network, we are guided by a clear vision, mission, and mandate that shape everything we do.

## Vision

*To align believers with God's heart, God's people, and God's culture—so His presence shapes every part of life.*

## Mission

*As an apostolic hub, we model God's love and truth, guiding believers into spiritual maturity and releasing God's presence in every sphere of influence.*

## Mandate

*Living the standard.  
Leading the change.*

Together, these form the foundation of who we are and what we are building.

## What to Expect Over the Next 5 Sessions

Each session of IMPACT Foundations is designed to build on the last, helping you grow step by step:



📌 As you move through each session, you will reflect, engage, and take action. This is not about perfection but progress. Give yourself permission to grow, to ask questions, and to fully engage in the process.

# Identity + Mission

*"Why Am I Here?"*

---

## Understanding Identity

Before God gives assignment, He establishes identity. You are not here by accident. You are designed with intention.

"I will praise You, for I am fearfully and wonderfully made; Marvelous are Your works, And that my soul knows very well."  
**Psalms 139:14, NKJV**

### Truth to Hold Onto

- I am created on purpose
  - My life carries meaning
  - My identity is rooted in relationship with God, not performance
- 

## Reflection

*Take a moment and write honestly.*

### What labels have I believed about myself?

Where did those labels come from? How have they influenced my decisions, confidence, or faith?

### Now consider:

What might God be saying about who I am? What would change if I truly believed I am chosen, loved, and called?

### Journal Prompt:

*God, who are You inviting me to become in this season?*

---

# Identity Audit & Exchange Exercise

Write in each column what God reveals to you.

Old Identity (Labels I Am Leaving)	New Identity (Truth I Am Receiving)

Now speak your new identity out loud:

"I've spent a long time believing I was [Label(s) you are leaving], but today I choose to believe I am [Truth you are receiving]."

---

## Understanding Mission

"Let your light so shine before men, that they may see your good works and glorify your Father in heaven." **Matthew 5:16, NKJV**

Identity leads to mission. ICN exists to:

- Develop disciples
- Shape leaders
- Influence culture
- Advance God's Kingdom

**You are part of that.**

### Reflect

- Where do I currently have influence? (family, work, community)
  - What would it look like to bring God's presence into those spaces?
-

# Head ▪ Heart ▪ Hands Activation

*Based on Session 1 – Identity & Mission:*

 **Head**

What I learned:

 **Heart**

What challenged me:

 **Hands**

What I will do:

---

## **Declaration**

"I am created with purpose.

I am called to grow.

I am part of what God is building.

I will live the standard and lead the change."

## **Session 1 Action Steps**

- Spend 10 minutes daily in prayer
- Reflect daily on your identity in Christ
- Invite someone to church

# Principles

*"How Do We Live This Out?"*

---

## Understanding Kingdom Culture

"He has shown you, O man, what is good; And what does the Lord require of you but to do justly, to love mercy, and to walk humbly with your God?" **Micah 6:8, NKJV**

The Kingdom of God operates differently from the world. Transformation happens when values change.

### The World Promotes

- Status
- Recognition
- Power

### The Kingdom Produces

- Humility
- Compassion
- Care
- Generosity

### Reflection

- Where do I see worldly values influencing me?
  - Where do I see Kingdom values growing in me?
-

# The Culture of ICN

Culture shapes how we think, how we treat people, how we respond to challenges, and how we represent God. At ICN, we move with principles such as:



Humility



Compassion



Care



Giving

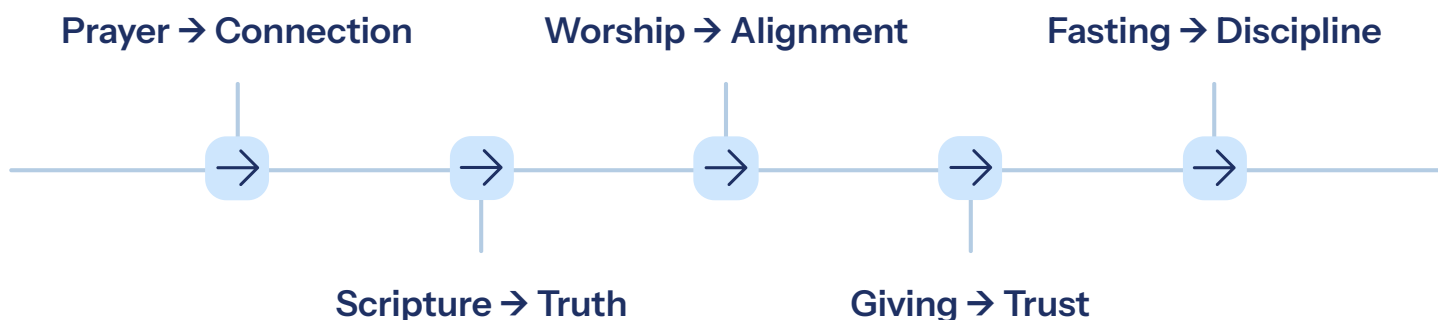
## Your Personal Contribution

Fill in: "At ICN, I want to help create a culture that feels like..."

---

## Spiritual Practices (Growth Tools)

Principles must be sustained by practice. These are not routines, but rather pathways to transformation.



## Self-Assessment

Which area needs strengthening? Prayer · Reading Scripture · Worship · Giving · Fasting

Why?

---

# Head • Heart • Hands Activation

*Based on Session 2 – Principles:*

## Head

What I learned:

## Heart

What challenged me:

## Hands

What I will do:

### **Declaration**

"I am becoming a person of discipline.

My life reflects God's values.

I am growing daily."

## Session 2 Action Steps

Choose ONE discipline you will commit to implementing this week. Write your plan:

- What will I do?
- When will I do it?
- How will I stay consistent?

# Alignment

*"Ordering My Life Around God"*

---

## Understanding Surrender

Alignment begins when control ends. You cannot follow God while holding onto everything.

"Trust in the Lord with all your heart, and lean not on your own understanding; In all your ways acknowledge Him, and He shall direct your paths." **Proverbs 3:5-6, NKJV**

### Reflection

- What am I trying to control right now?
  - What feels difficult to release to God?
  - What am I afraid might happen if I let go?
- 

## Hearing God

God speaks through:



Scripture



Prayer



Wise Counsel



The Holy Spirit

### Journal Prompt

*Sit quietly and ask: "God, what are You saying to me right now?"*

---

# Trusting God

*"Trust in the Lord with all your heart, and lean not on your own understanding; In all your ways acknowledge Him, and He shall direct your paths." Proverbs 3:5-6, NKJV*

Trust is movement without full understanding.

## Alignment Check

Where is God inviting you to adjust?

- Priorities
- Time
- Relationships
- Habits
- Thinking

In what specific area will you pursue alignment this week?

---

## Head ▪ Heart ▪ Hands Activation

*Based on Session 3 – Alignment:*

 **Head**

What I learned:

 **Heart**

What challenged me:

 **Hands**

What I will do:

### Declaration

"I release control.

I trust God's direction.

My life is aligned with His will."

## Session 3 Action Steps

- Read one scripture daily
- Ask: "What is God showing me?"
- Write one takeaway that you will implement in your life.

# Community

*"Why We Grow Together"*

---

## Understanding Community

Growth requires connection. Isolation weakens faith. Community strengthens it.

"And let us consider one another in order to stir up love and good works, not forsaking the assembling of ourselves together, as is the manner of some, but exhorting one another, and so much the more as you see the Day approaching." **Hebrews 10:24-25, NKJV**

### Reflection

- When have I felt most spiritually supported?
  - Where have I experienced isolation?
  - What kind of community do I desire?
- 

## Belonging vs. Attending

### Belonging means:

- Being present
- Serving
- Connecting
- Investing in others

### Your Personal Contribution

*Write the type of community you want to help build:*

"I want to be part of a community that..."

*Now reflect:*

- How can I help create that?
  - What do I bring to a community?
  - How can I encourage others?
  - Where might God be calling me to serve?
-

# Head ▪ Heart ▪ Hands Activation

*Based on Session 4 – Community:*

## Head

What I learned:

## Heart

What challenged me:

## Hands

What I will do:

### **Declaration**

"I belong here.  
I grow with others.  
I strengthen the body."

## Session 4 Action Steps

Choose one step you plan to take this week:

- Join a team
- Build a new connection
- Encourage someone intentionally

Write out an action plan for the step you chose, including who can hold you accountable.

# Transformation

*"Living a Changed Life"*

---

## Understanding Transformation

"And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God." **Romans 12:2, NKJV**

Transformation begins in the mind. God reshapes:



Thoughts



Beliefs



Habits



Priorities

### Reflection

- How has God already changed me?
  - What is different about my thinking now?
  - Where do I still need growth?
- 

## Growth Mindset Activity

"Growth for me looks like..."

"What I used to believe..."

"What I now believe..."

---

# The Process

Growth requires:



**Patience**




**Consistency**



**Correction**



**Commitment**

 Be encouraged. You are not behind. You are in process.

## Living It Out

Transformation should show in:

- How you treat people
- How you respond under pressure
- How you lead
- How you serve

## Final Reflection

Who is God shaping me to become?

Write your commitment: *"This is the life I am choosing to live..."*

---

# Head ▪ Heart ▪ Hands Activation

Based on Session 5 – Transformation:

 **Head**

What I learned:

 **Heart**

What challenged me:

 **Hands**

What I will do:

## Final Declaration

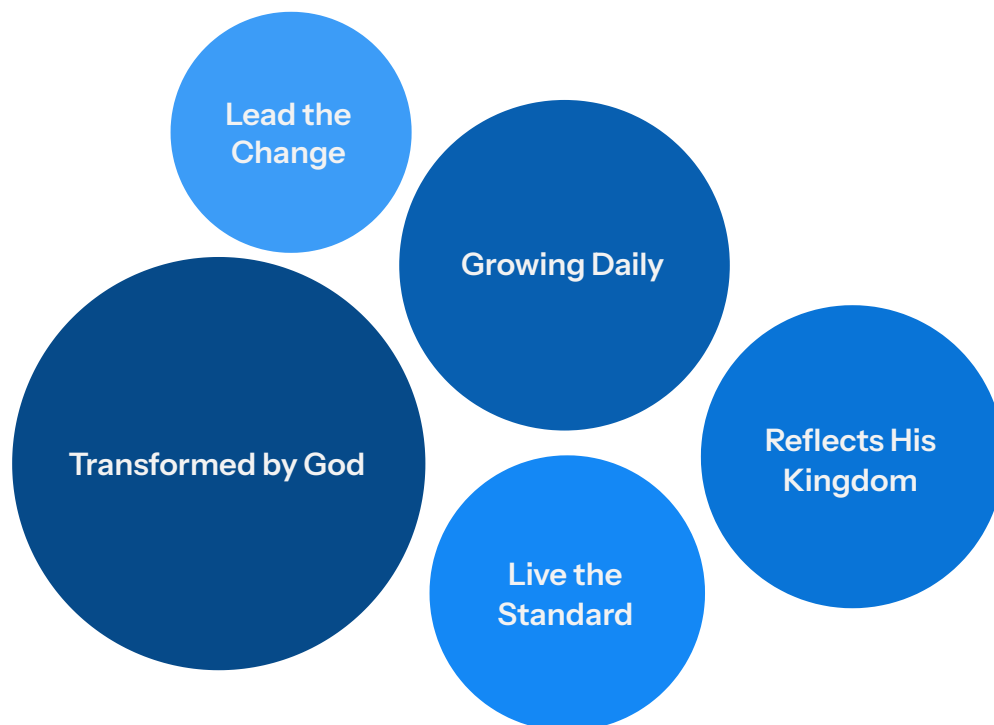
"I am **transformed by God**.

I am **growing daily**.

**My life reflects His Kingdom**.

I **live the standard**.

I **lead the change**."



# Next Steps

*"Keep Growing. Stay Connected. Live it Out."*

Welcome to the ICN family! You've completed IMPACT Foundations, but this is just the beginning. Spiritual growth is not a one-time experience. It's a lifestyle. As you continue your journey, these next steps will help you stay connected, grow consistently, and actively live out your faith within the Impact Culture Network family.

---

## ICN Membership Celebration — You Belong Here

We are excited to celebrate you! Our Membership Celebration is a special moment when we formally welcome you into the Impact Culture Network family as a declaration that you are part of what God is building here. During this celebration, you will:

- Be recognized as an ICN member
- Receive your membership certificate
- Be affirmed in your commitment to grow and serve
- Celebrate alongside our church family

 Additional details regarding date, time, and preparation will be shared with you.

---

## Stay Connected — Stay Engaged. Stay Growing.

Growth happens through consistent connection. Stay connected to everything happening at ICN by downloading our app:

### ICN Church App

Through the app, you can:

- Join our Members' Hub
- Watch and revisit messages
- Register for classes and events
- Access important resources

### Action Step

Download the ICN Church app and turn on notifications so you stay connected and informed.

Visit [get.theapp.co/qg74](https://get.theapp.co/qg74)

# Join a Ministry Team & Continue Growing

---

## Join a Ministry Team —

## Be Part of What God Is Building

You are not just called to attend. You are called to contribute. Serving is how we live out our faith and actively participate in what God is doing through ICN. There is a place for you, and your gifts matter.

When you serve, you:

Grow spiritually

Build meaningful relationships

Help strengthen the community

Impact others through your gifts

- Action Step:** Visit the Connect & Serve sections of our app to explore ministry teams and take your next step in serving and connecting with our ministry.
-

# Continue Spiritual Disciplines —

## Live It Out Each Day

Your growth doesn't stop here; it continues daily. Spiritual disciplines help you stay rooted in God and sensitive to His voice. As you practice them consistently, you will experience ongoing transformation.

Commit to:

- Daily prayer
- Reading and meditating on Scripture
- Worship throughout your week
- Living generously
- Partnering with the Holy Spirit in your everyday life

**Action Step:** Set aside intentional time each day to connect with God and invite the Holy Spirit to lead you in every area of your life.

---

You are not just finishing a class, you are stepping into a life. Stay connected. Stay consistent. Stay open to growth.

You are part of this house.

You are part of this mission.

You are part of what God is building.

Live the *Standard*. Lead the *Change*.