



Meeting #2: Flourishing as a Disciple, Part 1

Agenda, Discussion and Homework (Approximately one hour)

Goal: To create space for God together, to listen to the Spirit's leading through teaching, reflection and sharing with one another, and to act on what we hear about growing a Christ-centered, flourishing church.

1. Prepare (5 minutes)

- Have each person offer a one-word check-in. (Think of one word that honestly describes how you feel right now. This is a way of connecting with each other and offering yourself to God.)
- Enter into a brief time of silence in order to still hearts, clear minds, and become attentive. Silence is a way of waiting, watching, and listening for the presence of God's Spirit in your midst. Meditate on Scripture:

Matthew 22:34-39 (NIV)

Hearing that Jesus had silenced the Sadducees, the Pharisees got together. One of them, an expert in the law, tested him with this question: "Teacher, which is the greatest commandment in the Law?" Jesus replied: "Love the Lord your God with all your heart and with all your soul and with all your mind. This is the first and greatest commandment. And the second is like it: Love your neighbor as yourself."

2. Listen (15 minute video) – "Flourishing as a Disciple"

3. Reflect on what we heard (2 minutes)

Reflect silently for a few moments on the key points of the video:

- Flourishing disciples grow in their love for the Lord with their:
 - Head - Know more of God through his Word and teaching.
 - Heart - Grow in intimacy with Jesus, and in the likeness of Him.
 - Hands - Live their faith out in their daily lives.
- Developing a personal Discipleship Design will help me to grow more into the image of Christ in areas in which I may be lacking.
- Four components of a Discipleship Design:
 - Engaging with God
 - Engaging with Truth
 - Engaging with others
 - Engaging in real life experiences



4. Share what we heard (30 minutes)

Break into small groups of 3 people for discussion around the following questions:
(15 minutes)

- In the video, Dana asked us to think about a person in our life who we consider to be a flourishing disciple. Who did you think of and why?
- Share with your group the area of discipleship in which you think God wants you to grow.

5. Decide how we will act differently based on what we heard. (15 minutes)

Take the next 15 minutes to begin working on your Discipleship Design using the worksheet on the next page. Your homework before the next meeting is to finish this design.

6. Pray as a group about becoming more mature disciples of Christ. (2 minutes)

Pray over the Discipleship Designs, and your commitment to grow through using them.

Additional Resources located on the e-course:

Discipleship Tim Fearer (Discipleship Initiative) - video on Connexions Design
360 Assessment link
Blank Discipleship Design template



Homework Assignment Meeting #2



To be completed by next meeting on _____(date)

Discipleship Design: Developing a Plan to Flourish as a Disciple

Prepare by reflecting on how the Lord wants you to grow as a disciple.

What kinds of activities could help you grow in this way?

Read through the four categories of activities below, and see sample activities for each category on the next page. Activities should be SMART- Specific, Measurable, Achievable, Related to Vision, and Time Specific.

See sample designs on pages 14 -16. On page 17 there is a blank template for you to fill in your own Discipleship Design. This Discipleship Design template is also available electronically on the *Becoming a Flourishing Church* e-course (flourishmovement.org).

- 1. Activities to Engage with God** - How do you want to engage with God in this area?
(daily prayer, examen, fasting, solitude, etc.)
- 2. Activities to Engage with Knowledge and Truth** - How do you want to engage with Scripture to aid in your growth? What other instruction or learning could be helpful in growing your discipleship?
- 3. Activities to Engage with Others** - How do you want to engage with God alongside others? Who else can be brought along to help in your discipleship goals? Are there people to pray for you, hold you accountable, and give you feedback?
- 4. Activities to Engage with Experiences** - What types of experiences can you plan in order to foster growth? What are some experiences you've had that you can reflect? What are some experiences that can help test and strengthen your growth?

