



Session #2: Flourishing as a Disciple Part 1

Agenda, Discussion and Homework (Allow 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:

- A. Flourishing disciples...grow in their love for the Lord through their:
 - Head - They know more of God through his Word.
 - Heart - They grow in intimacy with Jesus and in the likeness of Him.
 - Hands - They live their faith out in their daily lives.
- B. Developing a personal design for discipleship will help me to grow more into the image of Christ in areas in which I may be lacking.
- C. Four components of design for discipleship:
 - 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)

- A. In the video, Dana asked us to think about a person in our life that we consider a Flourishing disciple. Who did you think of and why?
- B. 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 design for discipleship using the work sheet on the next page. Your homework before the next session is to finish this design.

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

Pray over the designs and your commitment to grow through using them.

Additional Resources located on the e-course.

Tim's video on Connexions design
360 Assessment link
Blank discipleship design template

Homework Assignment Session #2



To be completed by next session on _____(date)
Bring this completed worksheet to your next session.

Developing a Plan to Flourish as a Disciple

From your reflection in preparation for this session, how does the Lord want you to grow as a disciple?

What activities will you need to do in the following categories in order to be transformed toward the above goal?

Activities should be SMART - Specific, Measurable, Achievable, Related to Vision, and Time Specific. (On page 13 there are sample activities to get you thinking, and then on pages 14 - 16 there are sample designs in final form. On page 17 there is a blank template for you to write on. This 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, ect.)
- 2. Activities to engage with knowledge and truth** - How do you want to engage with scripture to aid in your growth? What other materials could be helpful in the development of your design?
- 3. Activities to engage with others** - How do you want to engage with God in this area? Who else can be brought along to help in your design? Is there a community that can pray for you, hold you accountable, and give you feedback?
- 4. Activities to engage with experiences** - What types of experiences can you have in order to foster growth? What are some isolated experiences that can help test and strengthen your growth upon which you can reflect?

Sample Activities for Discipleship Designs

<p>Activities to Engage with God (Spiritual)</p> <p>petitionary prayer / listening prayer / prayer walking / spiritual readings of scripture (lectio divina, Wesleyan spiritual reading, Puritan scripture conversations) / scripture memorization / meditation /contemplation / dream interpretation / exercising-receiving spiritual gifts of communication (word of knowledge, prophetic speech, tongues, interpretation of tongues, visions) / confession / repentance / reciting creeds & confessions / waiting on God / silence / solitude / fasting / Examen / praise / giving thanks / singing / giving / journaling / devotional practices / dancing before the Lord / listening to spiritual music / listening to scripture / listening to devotional writings or poetry / contemplating spiritual works of art / participation in Lord's Supper / healing prayer / anointing with oil / power encounter</p>	<p>Activities to with Experience (Experiential)</p> <p>challenging assignments / workshop / learning by doing / on-the-job-training / on-the-street ministry / short term assignment / short term mission / field trips / cross-cultural experiences / practicing skills / offering ministry / receiving ministry / partially-planned experiences / partially-equipped-for experiences / hardship / exposure to difficulty / exposure to new realities / travel / relief work / social work / praying for others (healing, "deliverance," etc.) imposed pressure / deadlines / sink-or-swim experiences / testing / activities requiring faith / association with what is foreign / internships / simulations / role play / entrusted with responsibility / going beyond what I think I can do / discomfort and pain / failure / persecution / playing to strengths / fruitfulness / success / celebration / using of head knowledge / simple obedience</p>
<p>Activities to Engage with Others (Relational)</p> <p>Intercessory prayer, / interviewing / observing role model / mentoring / coaching / consulting / work group / seeking counsel / spiritual direction / group participation / covenant group / sharing coffee / time with friends / time with family / networking / group reflection / group study / group prayer / group meal / giving testimony / giving encouragement / giving account / confrontation giving correction / serving together / recreation – play / meals together / hospitality / visitation / care / sharing / reconciliation / conflict resolution</p>	<p>Activities to Engage with Knowledge and Truth (Instructional)</p> <p>Bible study / listening to sermons-teaching / Q&A / consultations / seminars / classes / degree programs / books / articles / CDs / DVDs / YouTube clips / watching a film / researching / writing (articles, papers, plays, sketches, curricula, sermons, stories, poetry) / creating power point / creating videos / audio-visual / internet / quizzes / case studies / problem-based learning / round table discussion / taking notes / sharing notes / study groups / creating lessons, teaching, speeches / homework / debate / kinesthetic learning activities / demonstrations / analysis / evaluation / role play</p>

Sample #1

Name: Sample Design #1

Date: 2/1/17

Topic of Focus: Strengthening Biblical Knowledge

Goal: By 5/31/17 (date) I will: 1) Possess a basic working knowledge of the names & order of the books/sections within the Bible.

2) Become familiar with the content and flow of the Book of Philippians.

<p>Activities to Engage with God (Spiritual)</p> <ol style="list-style-type: none">1) 1x a day - Ask God to give me understanding and a command of the material I want to learn.2) 1x a day - Ask God to speak to me and guide me as I read Philippians and prepare a section to share.	<p>Activities to with Experience (Experiential)</p> <ol style="list-style-type: none">1) Prepare and present on a section from Philippians to the youth group at my church.2) Write out from memory the books of the Bible in order of appearance in table of contents.
<p>Activities to Engage with Others (Relational)</p> <ol style="list-style-type: none">1) At least 2x a week converse with parents about what I am reading in Philippians.2) Every other week meet with Pastor Bob for an hour to discuss Philippians (usually Thurs / 2pm).3) Ask my mom, dad, Pastor Bob to pray daily for my growth in knowledge of the Bible /Philippians.	<p>Activities to Engage with Knowledge and Truth (Instructional)</p> <ol style="list-style-type: none">1) Regularly read through Philippians, making annotations and writing questions in a notebook.2) Use reference book / on-line resources as needed.3) Study, get familiar with, and memorize a chart of Bible books – using any variety of methods.

Sample #2

Name: Sample Design #2

Date: 1/11/17

Topic of Focus: Discipline of Fasting

Goal: By 4/16/17 - - Easter (date) I will: Practice the regular discipline of fasting as a means to know and more freely love and serve Christ.

<p>Activities to Engage with God (Spiritual)</p> <ol style="list-style-type: none">1) Daily ask God to help me reach goal.2) Daily ask God to show me any obstacles preventing me from reaching my goal.3) Daily ask God to speak and minister to me while exploring and establishing the discipline of fasting.	<p>Activities to with Experience (Experiential)</p> <ol style="list-style-type: none">1) Guided by my notes from interviews, prayer and reading, try a wake-up until dinner water fast and take notes / journal about my experience.2) Try a full day fast (using what I have learned from resources and partial day fast) by March 20th.3) Start some level of regular fasting by Lent.
<p>Activities to Engage with Others (Relational)</p> <p>Activities to engage with others (Relational)</p> <ol style="list-style-type: none">1) Ask 3 faithful friends to pray for me each day to reach my outcome.2) Interview two Christians who regularly fast and take notes for use as I explore by January 20th.3) Invite a friend to explore fasting with me by January 15th.	<p>Activities to Engage with Knowledge and Truth (Instructional)</p> <ol style="list-style-type: none">1) Make a list of and examine all passages in the New Testament on fasting by February 1st.2) Read an article on fasting, taking notes for use as I explore by February 1st.

Sample #3

Name: Sample Design #3

Date: 9/1/16

Topic of Focus: Leading Small Group

Goal: By 1/1/17 I will: Prepare to lead a small group.

<p style="text-align: center;">Activities to Engage with God (Spiritual)</p> <ol style="list-style-type: none"> 1) Daily ask God for help and wisdom as I learn to lead a small group. 2) Daily ask God to show me insights about leading a group as I study His word. 	<p style="text-align: center;">Activities to with Experience (Experiential)</p> <ol style="list-style-type: none"> 1) Observe Bob and Sally's leadership of small group for one month. 2) Attend, if appropriate, 2 other small groups. 3) Assist in the leadership of small group for the month of October. 4) Take primary leadership of small group for the month of November.
<p style="text-align: center;">Activities to Engage with Others (Relational)</p> <ol style="list-style-type: none"> 1) Ask my current small group leaders, Bob and Sally, to pray for me as I seek to learn how to lead a small group. 2) Interview three small group leaders about their experiences in leading a small group. 3) Meet every 2 weeks to talk to Bob and Sally to give me guidance in leading a small group. 	<p style="text-align: center;">Activities to Engage with Knowledge and Truth (Instructional)</p> <ol style="list-style-type: none"> 1) Read the gospels daily during this time and journal about the characteristics of leadership as seen in Jesus. 2) Read a chapter a week in "Leading Small Groups with Purpose".

Becoming a Flourishing Church Activity

Name: _____ Date: _____

Topic of Focus:

Goal: By _____ (date) I will: _____

<p>Activities to Engage with God (Spiritual)</p>	<p>Activities to with Experience (Experiential)</p>
<p>Activities to Engage with Others (Relational)</p>	<p>Activities to Engage with Knowledge and Truth (Instructional)</p>