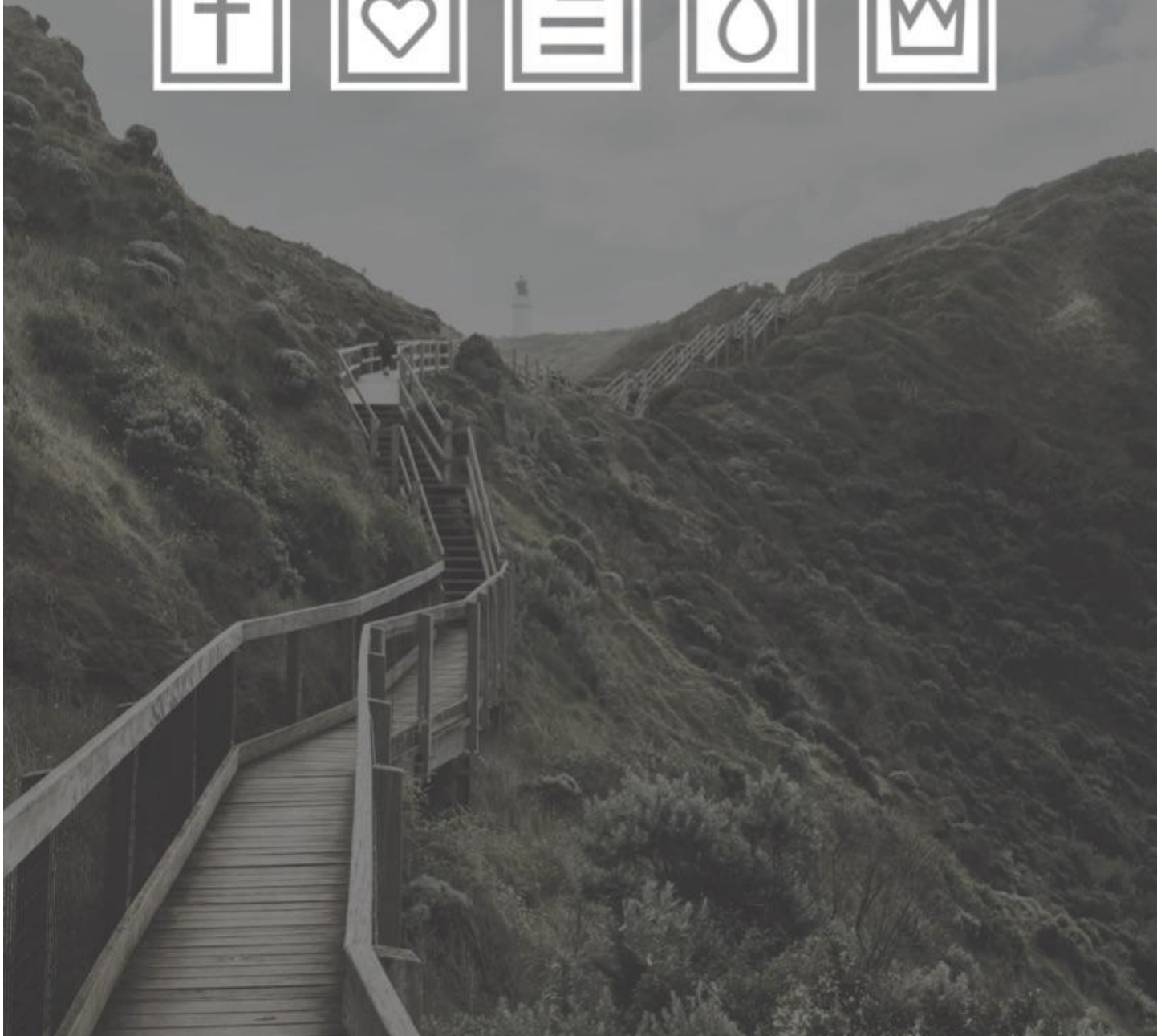


DISCIPLE EQUIP



Dear Disciple,

The greatest invitation we've ever received is when Jesus calls us and says, "Follow me." Whether you were called as a young child, as someone who has some years under their belt, or like me, as a college student finding their own faith after leaving home, all of us at some point have to ask the question, "What is this journey I'm on?"

So often people make commitments to follow Jesus without ever getting this question answered. But if we've literally *given our lives up* to follow Jesus, we must seek to understand where this journey goes and how we go about getting there. Plus, an invitation to follow Jesus is an invitation to follow in all of His ways – not just for myself, but participating in His call to "go make disciples."

Perhaps you've had someone in your life who has discipled you. It may have been a parent or a teacher, a coach, a pastor or a friend. For most of us, we've been discipled by a myriad of people. And that's the beauty of being a part of the church. God has gifted His people with a diversity of personalities, abilities, and even spiritual ministries, which all contribute to the ongoing growth and health of the church - both individually and collectively. And if we want to embrace this call from Jesus to be disciples who multiply disciples, every one of us needs to be equipped.

Disciple Equip is designed to do just that, to help us grow in community as disciples who multiply disciples. It's a learning community that helps us to walk this journey together for a season so we're set on a course to walk this journey for the rest of our lives!

Throughout Disciple Equip we'll focus on the following signposts:

- *Follow* - Surrender our lives to follow Jesus daily
- *Love* - Receive God's love and give His love to others
- *Trust* - Believe God's truth and invite others to believe God's truth
- *Change* - Be transformed by God's Spirit and help others to be transformed
- *Multiply* - Be his citizens and build his kingdom legacy through our words and works

Jesus said, "Follow me." It's an invitation for everyone. This is an invitation for you. So no matter what's happened in your past, or what's going on in your present, you have an invitation to join Jesus on His mission to reconcile, heal and transform to the glory of God. May we all enjoy being together *with* Jesus and become *like* Jesus so we can live *for* Jesus.

Let's Make Heaven Crowded,

Pastor John Lindow

Disciple Equip | Our Approach

Equipping disciples to multiply disciples.

What to Expect

In the gospels, we see an example of how Jesus, the greatest disciple-maker ever, equipped his disciples to minister on his behalf. At AHCC we have adopted some principles from Jesus' ministry that guide how we equip disciples: *Teaching, Apprenticeship, and Immersion.*

Teaching, Apprenticeship, Immersion

In *teaching* we have our hearts formed by God's Word. Teaching can occur in a conversation, sermon, class, community group, Bible study, podcast, book, etc. Teaching is designed to give us the knowledge, concepts and biblical principles to implement in our lives. God's desire, and our goal, is to receive biblical truth in a way that moves our hearts and informs our actions. Teaching will lead to apprenticeship.

In *apprenticeship* we put heart change and learning into practice. Apprenticeship is taking the teaching principles and applying them to practices, habits and rhythms that cultivate deeper love and relationship with God and others. The practices you learn in your weekly/bi-weekly group gatherings will flow into living out those practices in your everyday lives: immersion.

In *immersion* we apply apprenticeship practices to our everyday lives. It's the difference between looking at, and studying, a pool of water and diving in. Being immersed is a completely different experience. We are shaped far more by our regular everyday habits than by thinking new thoughts. Immersion is taking the truth of the teaching, the practices of apprenticeship, and forming new habits which strengthen our love for the Lord and others. Immersion is the most powerful growth time because it allows the biblical framework to take root in our everyday lives. As you know, our vision as a church is Christ-like disciples growing in head, heart and hands through everyday gospel living. Therefore, it will be up to you to make the most of the growth opportunity set before you.

Each of these three steps have been designed to work together in a focused direction. Like so many things, you'll get out of this what you put into it. Invest your heart and mind in welcoming the Lord Jesus and what He wants for you. Avail yourself to His Word, His people (you and your group), and you will be ready for Him to use Disciple Equip in a powerful way in your life that will, by His grace, last for years to come.

Daily Devotional






A huge part of being with Jesus and becoming like Him is spending time with Him through His Word. You will be encouraged to utilize our *Listen, Learn, Live* tool for the daily devotionals included in this workbook. There are brief passages of scripture each day along with 3 sections of questions that will help you to dig deeper and apply the text to your life.

Family Application

We want to help every disciple grow in following Jesus. At AHCC, our Kids and Youth Ministry seek to help youth know God, love God and live on mission with Him. If you're a parent, you know that every moment is a teachable moment. Throughout the every-day complexities of life as a family, you have the opportunity to engage your kids in an age-appropriate manner to strengthen their relationship with and understanding of God (Deut 6:7-9).

We want to encourage your whole family to participate in Disciple Equip in meaningful ways. You may choose to practice something like the ACTS prayer model with one another, or walk your kids through the Listen, Learn, Live Bible study in order to teach them how to read the Bible for themselves.

THE JOURNEY

TOPIC	KEY VERSES	SPIRITUAL FORMATION	SPIRITUAL DISCIPLINE
Disciple	Genesis 12:1-3; 15:17-21 Deut. 6:1-7:9 Luke 9:23-25 John 15:9-10 Luke 14:25-33	Jesus is calling us to be his disciples so we spend time with him to become like him and seek to live like him	Story-formed Testimony
Follow 	Luke 5:1-11 John 1:1-14 Col 1:15-20 Phil 2:1-11 Eph 2:1-10	Jesus is life so we find new life in him and daily surrender our lives to follow him	Baptism, Communion, and Fellowship with God through Prayer
Love 	1 John 4:7-19 John 13:1-20, 34-35 2 Cor 5:20 Eph 4:11-16 Luke 10:25-37 Matt 5:43-48	God is love so we receive God's love and give God's love to others	Sacrificial Service Inside and Outside the Church
Trust 	Proverbs 3:5-6 John 6:28-29 Luke 24:13-35 John 15:1-11 2 Tim 3:16-17 2 Pet 1:19-21	God has spoken to us so we believe God's truth, live by that truth and share God's truth with others	Bible Study Daily Examen Study God's Natural Revelation Study God's Supernatural Revelation
Change 	2 Cor 5:16-18 Col 3:1-17 2 Cor 3:18 Luke 6:43-47 Eph 4:17-19 Rom 12:1-2 Gal 5:16-26 Acts 1:8	God has given us his Spirit so we are being changed by God and help others be changed by God	Root to Fruit Tool
Multiply 	Mat 28:16-20 Acts 1:1-8 Acts 2:1-4 Acts 2:42-47 Acts 8:26-40	Jesus has established his kingdom on earth so we participate in his kingdom and multiply disciples, leaders and churches	BLESS Model



DISCIPLE

Disciple Equip

Week 1

Disciple Equip | Disciple

Equipping disciples to multiply disciples.

Teaching Notes

Luke 9:23-25 - [23] And he said to all, “If anyone would come after me, let them deny themselves and take up their cross daily and follow me. [24] For whoever would save their life will lose it, but whoever loses their life for my sake will save it. [25] For what does it profit a person if they gain the whole world and loses or forfeits themselves?

A **disciple** is a _____ .

Discipleship is _____ with Jesus to _____ like Jesus so we can _____ like Jesus.

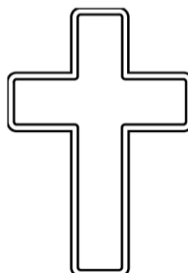
Why do we need to be discipled by Jesus? The answer is found in the Story of God:



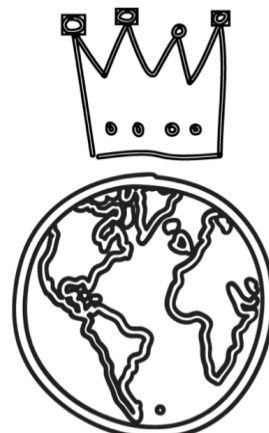
Creation



Fall



Redemption



New Creation

Group Guide | Disciple

*Our equipping model is: **Teaching, Apprenticeship, and Immersion** (see 'What to Expect' at the beginning of the workbook). Now that we have completed the primary teaching, each week as you meet with your group, you will move to apprenticeship, which will occur through engaging in conversation around the week's topic and/or activity. At the close of each group meeting is a time to explore immersion, which you will practice separately from this time.*

Below you will find the goal and schedule for the group gathering. The schedule is important to follow in order to complete all that's laid out in a reasonable amount of time. If you normally share a meal (optional), plan on adding that time to the two hour block we have allotted for discussion and activity.

Goal:

To understand what it means to be a disciple of Jesus. To solidify our understanding of the *Story-Formed Testimony* so we can use this format to share our own stories to build trust and relationship with our group.

Schedule:

Start Time¹	Length	Item
6:00pm	30 min	Meal (optional)
6:30pm	5 min	Prayer
6:45pm	15 min	Watch Apprenticeship Activity Video
7:00pm	70 min	Practice Apprenticeship Activity (see next page). Formulate and Share Stories. Depending on group size, consider splitting up into 2 or more groups in order to have enough time. If you have a co-ed group, split up men and women. Allow for around 10 minutes per person.
8:00pm	10 min	Debrief - what did you enjoy or struggle with in this activity?
8:10pm	10 min	Immersion explanation
8:20pm	5 min	Closing Prayer

¹ This is assuming a 6:00pm start time, suggested and based on when most groups meet

Apprenticeship Activity | The Story-Formed Testimony

Apprenticeship is taking the teaching principles and applying them to practices which cultivate deeper love and relationship with God and others. The ultimate aim of a Story-formed testimony is to show how Jesus is the hero of your life. Each section below represents a movement of your story to share with others and reveal how Jesus is the hero (ex. Paul's testimony in Acts 22).

Creation - Identity

Creation is all about identity. During this portion, share your story of origin (family upbringing, school, experiences, etc.) and how it shaped you. Who or what made you who you are today, or shaped you into the person you've become?

Questions to help you craft this portion of your story:

- What was your upbringing like?
- Apart from knowing Jesus, what most defined you?
- Who or what most shaped the person you were before Jesus?

Fall - Brokenness

The fall is all about brokenness. The world is not as it should be. We are not as we should be. Brokenness is all around us *and* in us. In this movement of your story, share what has destroyed or threatened your identity and where your hope was during this time.

Questions to help you craft this portion of your story:

- How was your life broken (before Christ)?
- How did you try to solve your brokenness?
- In this time of your life, what did you put your hope in that failed you?
- How did the brokenness cause pain in you and others?

Redemption - Solution

Redemption is about rescue, deliverance and salvation. Everyone is in need of a savior who rescues, delivers and saves. During this movement of your story, share how you came to see that Jesus is a far better Savior than who or what you were looking to for deliverance. He is the only true hero of everyone's story!

Questions to help you craft this portion of your story:

- How did Jesus address your brokenness?

- How did Jesus rescue and redeem you from sin and your slavery to it?
- How is Jesus better than what you put your hope in previously?
- How is Jesus the hero of your story?

New Creation - Hope

In every one of us there is a deep longing for all things, inside and out, to be made new. We search for a fulfillment we don't have yet; the happy ending. It's this hope which drives us toward the future. In the last part of your story, share what the Spirit has changed in you, the hope you now have which fulfills the longing in your heart.

Questions to help you craft this portion of your story:

- What impact does your new hope have on your life?
- What is different about your life because you follow Jesus?
- How do you show your hope in the promises of Jesus?

Immersion Activities

In *immersion* we apply apprenticeship practices to our everyday lives. This is taking the disciplines you learn with your group and beginning to make habits from them - all so we can be with Jesus to learn from Jesus how to live like Jesus!

Be Disciples

1. BIBLE STUDY - Spend devoted time in God's word *every day* for the remainder of Disciple Equip. Consider utilizing the *Listen, Learn, Live* Bible study practice included in this workbook's daily devotionals.

Multiply Disciples

1. Think of someone outside your group who needs to hear your story and plan to share it with them this month. Pick a Christian friend you could share your story with for practice in a safe environment and debrief the experience.

Day One Devotional | Disciple

Spend 15 minutes meditating on **Genesis 12:1-3; 15:17-21**; Use the **Listen, Learn, Live** worksheet below to help you understand and apply this Scripture to your life.

Listen to God as He speaks to you through His word.

Pray and ask God to illuminate the Scriptures. What's a word, verse, statement or idea that jumps out at you? For context, it may be helpful to read the text before and after your selected passage.

Learn about Him and His will for us.

Question to ask about the text: what does it mean? Deeply examine the passage:

- What is the context of this passage?
- What does it reveal about...
 - ...Who God is?
 - ...Who we are as human beings?
 - ...His will for us?

Live with Him and for Him.

Questions to ask about the text: how does it apply to our lives? What do we need to believe or do in light of this truth? What do I need to repent of?

Day Two Devotional | Disciple

Spend 15 minutes meditating on **Deut. 6-7; John 15:9-10**. Use the **Listen, Learn, Live** worksheet below to help you understand and apply this Scripture to your life.

Listen to God as he speaks to you through His word.

Pray and ask God to illuminate the Scriptures. What's a word, verse, statement or idea that jumps out at you? For context, it may be helpful to read the text before and after your selected passage.

Learn about Him and His will for us.

Question to ask about the text: what does it mean? Deeply examine the passage:

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 - ...His will for us?

Live with Him and for Him.

Questions to ask about the text: how does it apply to our lives? What do we need to believe or do in light of this truth? What do I need to repent of?

Day Three Devotional | Disciple

Spend 15 minutes meditating on **2 Samuel 7:8-16**. Use the **Listen, Learn, Live** worksheet below to help you understand and apply this Scripture to your life.

Listen to God as he speaks to you through His word.

Pray and ask God to illuminate the Scriptures. What's a word, verse, statement or idea that jumps out at you? For context, it may be helpful to read the text before and after your selected passage.

Learn about Him and His will for us.

Question to ask about the text: what does it mean? Deeply examine the passage:

- What is the context of this passage?
- What does it reveal about...
 - ...Who God is?
 - ...Who we are as human beings?
 - ...His will for us?

Live with Him and for Him.

Questions to ask about the text: how does it apply to our lives? What do we need to believe or do in light of this truth? What do I need to repent of?

Day Four Devotional | Disciple

Spend 15 minutes meditating on **Luke 9:23-25**. Use the **Listen, Learn, Live** worksheet below to help you understand and apply this Scripture to your life.

Listen to God as he speaks to you through His word.

Pray and ask God to illuminate the Scriptures. What's a word, verse, statement or idea that jumps out at you? For context, it may be helpful to read the text before and after your selected passage.

Learn about Him and His will for us.

Question to ask about the text: what does it mean? Deeply examine the passage:

- What is the context of this passage?
- What does it reveal about...
 - ...Who God is?
 - ...Who we are as human beings?
 - ...His will for us?

Live with Him and for Him.

Questions to ask about the text: how does it apply to our lives? What do we need to believe or do in light of this truth? What do I need to repent of?

Day Five Devotional | Disciple

Spend 15 minutes meditating on **Hebrews 9:15; 13:20-21**. Use the **Listen, Learn, Live** worksheet below to help you understand and apply this Scripture to your life.

Listen to God as He speaks to you through His word.

Pray and ask God to illuminate the Scriptures. What's a word, verse, statement or idea that jumps out at you? For context, it may be helpful to read the text before and after your selected passage.

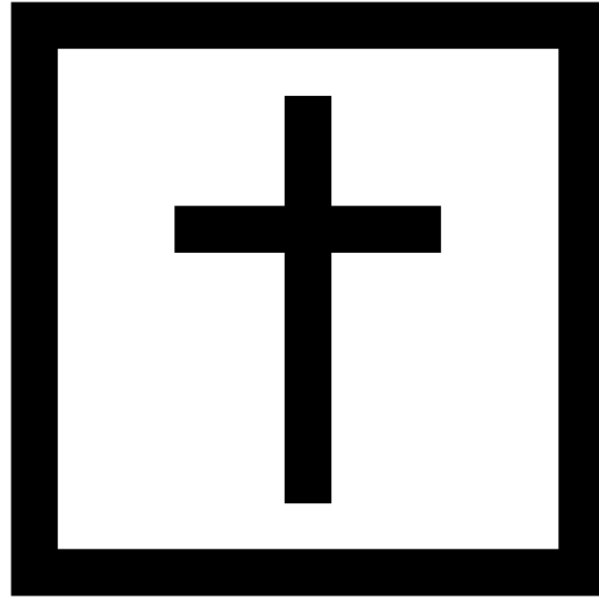
Learn about Him and His will for us.

Question to ask about the text: what does it mean? Deeply examine the passage:

- What is the context of this passage?
- What does it reveal about...
 - ...Who God is?
 - ...Who we are as human beings?
 - ...His will for us?

Live with Him and for Him.

Questions to ask about the text: how does it apply to our lives? What do we need to believe or do in light of this truth? What do I need to repent of?



FOLLOW
Disciple Equip
Week 2

Disciple Equip | Follow

Equipping disciples to multiply disciples.

Teaching Notes

Who is Jesus?

John 1:1-5, 14 [1] In the beginning was the Word, and the Word was with God, and the Word was God. [2] He was in the beginning with God. [3] All things were made through him, and without him was not anything made that was made. [4] In him was life, and the life was the light of men. [5] The light shines in the darkness, and the darkness has not overcome it.

[14] And the Word became flesh and dwelt among us, and we have seen his glory, glory as of the only Son from the Father, full of grace and truth.

Luke 5:1-11 [1] On one occasion, while the crowd was pressing in on him to hear the word of God, he was standing by the lake of Gennesaret, [2] and he saw two boats by the lake, but the fishermen had gone out of them and were washing their nets. [3] Getting into one of the boats, which was Simon's, he asked him to put out a little from the land. And he sat down and taught the people from the boat. [4] And when he had finished speaking, he said to Simon, "Put out into the deep and let down your nets for a catch." [5] And Simon answered, "Master, we toiled all night and took nothing! But at your word I will let down the nets." [6] And when they had done this, they enclosed a large number of fish, and their nets were breaking. [7] They signaled to their partners in the other boat to come and help them. And they came and filled both the boats, so that they began to sink. [8] But when Simon Peter saw it, he fell down at Jesus' knees, saying, "Depart from me, for I am a sinful man, O Lord." [9] For he and all who were with him were astonished at the catch of fish that they had taken, [10] and so also were James and John, sons of Zebedee, who were partners with Simon. And Jesus said to Simon, "Do not be afraid; from now on you will be catching people." [11] And when they had brought their boats to land, they left everything and followed him.

Group Guide | Follow

*Our equipping model is: **Teaching, Apprenticeship, and Immersion** (see 'What to Expect' at the beginning of the workbook). Now that we have completed the primary teaching, each week as you meet with your group, you will move to apprenticeship, which will occur through engaging in conversation around the week's topic and/or activity. At the close of each group meeting is a time to explore immersion, which you will practice separately from this time.*

Goal:

To leave everything and follow Jesus, surrendering every area of our lives to Him. Learn and practice the ACTS (see next page) (Adoration, Confession, Thanksgiving, Supplication) prayer model for the purpose of utilizing it daily and teaching to others. Groups grow deeper in their relationships. Individuals begin/continue to pray every day.

Schedule:

Start Time	Length	Item
6:00pm	30 min	Meal (optional)
6:30pm	5 min	Opening Prayer
6:35pm	15 min	Debrief Immersion from last week - how did it go?
6:50pm	40 min	Discussion time. Questions: <ol style="list-style-type: none">1. What do you think it means to leave everything and follow Jesus?2. What do you think are reasons we struggle with this?3. How do we face our fears and leave everything?4. Are there any areas of your life which you hesitate to surrender to Jesus? Why?
7:30pm	15 min	Watch Apprenticeship Activity Video
7:45pm	20 min	Practice Apprenticeship Activity (see next page). Pray together, utilizing the ACTS prayer model.
8:05pm	10 min	Debrief - what did you enjoy or struggle with in this activity?
8:15pm	10 min	Immersion explanation
8:25pm	5 min	Closing Prayer

Apprenticeship Activity | ACTS Prayer Model

Apprenticeship is taking the teaching principles and applying them to practices which cultivate deeper love and relationship with God and others. The ACTS prayer model is one way of building a prayer time and praying with others.

Why do we pray?

How do we pray?

Matthew 6:9-13 [9] Pray then like this: “Our Father in heaven, hallowed be your name. [10] Your kingdom come, your will be done, on earth as it is in heaven. [11] Give us this day our daily bread, [12] and forgive us our debts, as we also have forgiven our debtors. [13] And lead us not into temptation, but deliver us from evil.

In your group, set your phones aside and take a minute in silence before God. Then pray together using the **ACTS** prayer model. You’ll be led by your group leader. Feel free to use Scripture during your prayer. **The ACTS prayer model:**

Adoration

“God, I praise/worship/love you for...”

Confession

“God, please forgive me/us for...”

Thanksgiving

“Thank you God for...”

Supplication (requests)

“Lord, I ask that you would...” “Father, help me...”

Immersion Activities | Follow

In *immersion* we apply apprenticeship practices to our everyday lives. This is taking the disciplines you learn with your group and beginning to make habits from them - all so we can be with Jesus to learn from Jesus how to live like Jesus!

Be Disciples

1. BIBLE STUDY - Spend devoted time in God's word *every day* for the remainder of Disciple Equip. Consider utilizing the *Listen, Learn, Live* Bible study practice included in this workbook's daily devotionals.
2. PRAYER - Spend a devoted time in prayer *every day* for the remainder of Disciple Equip. Consider using the ACTS prayer model or praying through Scripture (e.g. Psalms). Consider asking a friend to be a prayer partner and pray together.

Multiply Disciples

1. PRAYER - Pray with someone else this week. Consider sharing the ACTS prayer model with them. If you have kids, take time this month to teach them the model and practice as a family.

Day One Devotional | Follow

Spend 15 minutes meditating on **Luke 5:1-11**. Use the **Listen, Learn, Live** worksheet below to help you understand and apply this Scripture to your life.

Listen to God as He speaks to you through His word.

Pray and ask God to illuminate the Scriptures. What's a word, verse, statement or idea that jumps out at you? For context, it may be helpful to read the text before and after your selected passage.

Learn about Him and His will for us.

Question to ask about the text: what does it mean? Deeply examine the passage:

- What is the context of this passage?
- What does it reveal about...
 - ...Who God is?
 - ...Who we are as human beings?
 - ...His will for us?

Live with Him and for Him.

Questions to ask about the text: how does it apply to our lives? What do we need to believe or do in light of this truth? What do I need to repent of?

Day Two Devotional | Follow

Spend 15 minutes meditating on **John 1:1-14**. Use the **Listen, Learn, Live** worksheet below to help you understand and apply this Scripture to your life.

Listen to God as He speaks to you through His word.

Pray and ask God to illuminate the Scriptures. What's a word, verse, statement or idea that jumps out at you? For context, it may be helpful to read the text before and after your selected passage.

Learn about Him and His will for us.

Question to ask about the text: what does it mean? Deeply examine the passage:

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Live with Him and for Him.

Questions to ask about the text: how does it apply to our lives? What do we need to believe or do in light of this truth? What do I need to repent of?

Day Three Devotional | Follow

Spend 15 minutes meditating on **Colossians 1:15-20**. Use the **Listen, Learn, Live** worksheet below to help you understand and apply this Scripture to your life.

Listen to God as He speaks to you through His word.

Pray and ask God to illuminate the Scriptures. What's a word, verse, statement or idea that jumps out at you? For context, it may be helpful to read the text before and after your selected passage.

Learn about Him and His will for us.

Question to ask about the text: what does it mean? Deeply examine the passage:

- What is the context of this passage?
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 - ...Who God is?
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 - ...His will for us?

Live with Him and for Him.

Questions to ask about the text: how does it apply to our lives? What do we need to believe or do in light of this truth? What do I need to repent of?

Day Four Devotional | Follow

Spend 15 minutes meditating on **Philippians 2:1-11**. Use the **Listen, Learn, Live** worksheet below to help you understand and apply this Scripture to your life.

Listen to God as He speaks to you through His word.

Pray and ask God to illuminate the Scriptures. What's a word, verse, statement or idea that jumps out at you? For context, it may be helpful to read the text before and after your selected passage.

Learn about Him and His will for us.

Question to ask about the text: what does it mean? Deeply examine the passage:

- What is the context of this passage?
- What does it reveal about...
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 - ...His will for us?

Live with Him and for Him.

Questions to ask about the text: how does it apply to our lives? What do we need to believe or do in light of this truth? What do I need to repent of?

Day Five Devotional | Follow

Spend 15 minutes meditating on **Ephesians 2:1-10**. Use the **Listen, Learn, Live** worksheet below to help you understand and apply this Scripture to your life.

Listen to God as He speaks to you through His word.

Pray and ask God to illuminate the Scriptures. What's a word, verse, statement or idea that jumps out at you? For context, it may be helpful to read the text before and after your selected passage.

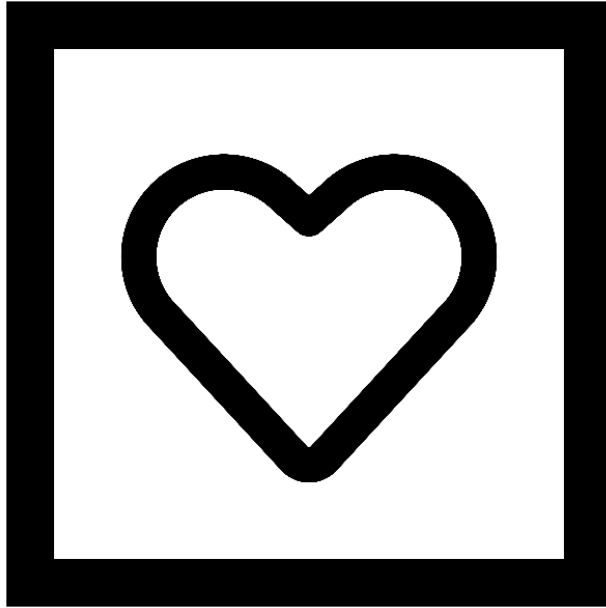
Learn about Him and His will for us.

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- What is the context of this passage?
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 - ...His will for us?

Live with Him and for Him.

Questions to ask about the text: how does it apply to our lives? What do we need to believe or do in light of this truth? What do I need to repent of?



LOVE

Disciple Equip

Week 3

Disciple Equip | Love

Equipping disciples to multiply disciples

Teaching Notes

1 John 4:7-12 [7] Beloved, let us love one another, for love is from God, and whoever loves has been born of God and knows God. [8] Anyone who does not love does not know God, because God is love. [9] In this the love of God was made manifest among us, that God sent his only Son into the world, so that we might live through him. [10] In this is love, not that we have loved God but that he loved us and sent his Son to be the propitiation for our sins. [11] Beloved, if God so loved us, we also ought to love one another. [12] No one has ever seen God; if we love one another, God abides in us and his love is perfected in us.

What is Love?

Love is _____ giving yourself for the _____ of another.

Group Guide | Love

*Our equipping model is: **Teaching, Apprenticeship, and Immersion** (see ‘What to Expect’ at the beginning of the workbook). Now that we have completed the primary teaching, each week as you meet with your group, you will move to apprenticeship, which will occur through engaging in conversation around the week’s topic and/or activity. At the close of each group meeting is a time to explore immersion, which you will practice separately from this time.*

Goal:

To love the individuals in your group and those outside by meeting their needs. Have the group work together to serve someone either inside and/or outside the group. Consider the areas to serve the greater AHCC family through established ministries such as Community Groups, Kids, Youth, Greeting, Coffee, Music, Production, Technology, Facilities or in other creative ways. Explore ways to serve your neighborhood.

Schedule:

Start Time	Length	Item
6:00pm	30 min	Meal (optional)
6:30pm	5 min	Opening Prayer
6:35pm	10 min	Debrief Immersion from last week - how did it go?
6:45pm	45 min	Discussion time. Questions: <ol style="list-style-type: none">1. Do you find it hard to accept God’s unconditional love for you?2. What do you do when you find it hard to love someone?3. What is one impactful way someone has loved you?4. What is one impactful way you have had the opportunity to love someone else?
7:30pm	15 min	Watch Apprenticeship Activity Video
7:45pm	25 min	Practice Apprenticeship Activity (see next page). Create a plan to serve others in your group and with your group.
8:10pm	10 min	Immersion explanation
8:20pm	5 min	Closing Prayer

Apprenticeship Activity | Service

Apprenticeship is taking the teaching principles and applying them to practices that cultivate deeper love and relationship with God and others. Jesus shows us that a primary expression of love is serving others (Luke 10:25-37; John 13:3-7).

Service to others is both *planned* and *spontaneous*.

The only way to cultivate the desire to practice _____ service is by regularly practicing _____ service.

1. Serve one another in your group.

- Spend 5 minutes and write down a single need you have that someone else can meet this month. Take turns sharing as a group.
- As other people are sharing, listen to the Holy Spirit, and prayerfully consider how you could serve one person in your group. Who will you serve?

2. Serve others with your group.

- Is there a need your group can meet in the church, your neighborhood, or the greater region? Discuss it and make a plan of how to accomplish it.

Making a practice of serving others is crucial in the life of a disciple. On the next page, find several opportunities to serve our church and greater community. Is there a way you can get involved in serving the people of AHCC or serving the community with AHCC?

Serving AHCC

Ministry	Description	Leader	Contact info
First Impressions	Serve the church on Sundays - includes <i>Coffee and Greeting</i>	TBD	leah@arborheights.org
Kids	Serve our kids during our Sunday gathering (includes Nursery).	McKenzie Garceau	mckenzie@arborheights.org
Youth	Serve our 6th through 12th graders through Wednesday night Youth Group, Sunday Grapple or the Student Leader Team.	Linnea McDonald	linnea@arborheights.org
Tech Team	Use the gift of technology to unite God's people in worship. AV, web development, photography, and other tech skills	Leah Bullchild	leah.fitzerald@disney.com
Music	Use the gift of music to unite God's people in worship. Those with musical abilities are invited to audition and serve here.	TBD	john@arborheights.org
Events	Serve during special events and celebrations	Ana Terrazas	campanita79@msn.com
Facilities	Have building maintenance skills? Help maintain the church building and grounds.	Chuck Gilbert	cagilbert60@gmail.com?
Men's	Serve men through informal gatherings, community and discipleship	John Lindow	john@arborheights.org
Women's	Serve women through an annual retreat, bible study, quarterly gatherings and mentoring	TBD	info@arborheights.org
Global Missions	Join our Global Missions Team and help foster our partnership with IncaLink and missions opportunities	Randy Newburn	rnewburn@gmail.com
Prayer Team	Join a group of believers committed to praying for the church body and community	Joelle Briggs	briggs.joelle@gmail.com

Safety & Security Team	Keep our church community safe and secure	Tanya Gurb	freetlg@gmail.com
Creative Arts	Have a good eye for interior design and décor? Join our Creative Arts Team to use your gifts	Charnell Bolger	charnellbolger@yahoo.com
Meals Ministry	Provide meals to our church community in times of need	Joelle Briggs	briggs.joelle@gmail.com
Serving the Community With AHCC			
Arbor Heights Elementary	Serve the teachers, students and families of AHE by support programs and service opportunities	Charnell Bolger	charnellbolger@yahoo.com
Stay & Play	Serve kids and families at an open gym for the community on Friday mornings	McKenzie Garceau	mckenzie@arborheights.org
ARK Preschool	Serve in our neighborhood focused preschool meeting Monday through Thursdays from 8:45 to 11:45 am	Leah Barham	leah@arborheights.org
ARK Park	Our neighborhood park behind AHCC that serves the community through activities and outdoor fun	TBD	info@arborheights.org

Immersion Activities | Love

In *immersion* we apply apprenticeship practices to our everyday lives. This is taking the disciplines you learn with your group and beginning to make habits from them - all so we can be with Jesus to learn from Jesus how to live like Jesus!

Be Disciples

1. BIBLE STUDY - Spend devoted time in God's word *every day* for the remainder of Disciple Equip. Consider utilizing the *Listen, Learn, Live* Bible study practice included in this workbook's daily devotionals.
2. PRAYER - Spend a devoted time in prayer *every day* for the remainder of Disciple Equip. Consider using the ACTS prayer model or praying through Scripture (e.g. Psalms).
3. SERVICE - Serve one another in your group by meeting stated needs. Serve our church and our greater community. Take our SHAPE Assessment to learn about your gifts and calling.

Multiply Disciples

1. PRAYER - Share how to pray with one person this week. Pray with them.
2. SERVICE - As you serve others is there someone who you can invite to come along with you? Perhaps a friend or family member? A co-worker? Could be a Christian or non-Christian.

Day One Devotional | Love

Spend 15 minutes meditating on **1 John 4:7-19**. Use the **Listen, Learn, Live** worksheet below to help you understand and apply this Scripture to your life.

Listen to God as He speaks to you through His word.

Pray and ask God to illuminate the Scriptures. What's a word, verse, statement or idea that jumps out at you? For context, it may be helpful to read the text before and after your selected passage.

Learn about Him and His will for us.

Question to ask about the text: what does it mean? Deeply examine the passage:

- What is the context of this passage?
- What does it reveal about...
 - ...Who God is?
 - ...Who we are as human beings?
 - ...His will for us?

Live with Him and for Him.

Questions to ask about the text: how does it apply to our lives? What do we need to believe or do in light of this truth? What do I need to repent of?

Day Two Devotional | Love

Spend 15 minutes meditating on **John 13:1-20, 34-35**. Use the **Listen, Learn, Live** worksheet below to help you understand and apply this Scripture to your life.

Listen to God as He speaks to you through His word.

Pray and ask God to illuminate the Scriptures. What's a word, verse, statement or idea that jumps out at you? For context, it may be helpful to read the text before and after your selected passage.

Learn about Him and His will for us.

Question to ask about the text: what does it mean? Deeply examine the passage:

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 - ...His will for us?

Live with Him and for Him.

Questions to ask about the text: how does it apply to our lives? What do we need to believe or do in light of this truth? What do I need to repent of?

Day Three Devotional | Love

Spend 15 minutes meditating on **2 Corinthians 5:20; Ephesians 4:11-16**. Use the **Listen, Learn, Live** worksheet below to help you understand and apply this Scripture to your life.

Listen to God as He speaks to you through His word.

Pray and ask God to illuminate the Scriptures. What's a word, verse, statement or idea that jumps out at you? For context, it may be helpful to read the text before and after your selected passage.

Learn about Him and His will for us.

Question to ask about the text: what does it mean? Deeply examine the passage:

- What is the context of this passage?
- What does it reveal about...
 - ...Who God is?
 - ...Who we are as human beings?
 - ...His will for us?

Live with Him and for Him.

Questions to ask about the text: how does it apply to our lives? What do we need to believe or do in light of this truth? What do I need to repent of?

Day Four Devotional | Love

Spend 15 minutes meditating on **Luke 10:25-37**. Use the **Listen, Learn, Live** worksheet below to help you understand and apply this Scripture to your life.

Listen to God as He speaks to you through His word.

Pray and ask God to illuminate the Scriptures. What's a word, verse, statement or idea that jumps out at you? For context, it may be helpful to read the text before and after your selected passage.

Learn about Him and His will for us.

Question to ask about the text: what does it mean? Deeply examine the passage:

- What is the context of this passage?
- What does it reveal about...
 - ...Who God is?
 - ...Who we are as human beings?
 - ...His will for us?

Live with Him and for Him.

Questions to ask about the text: how does it apply to our lives? What do we need to believe or do in light of this truth? What do I need to repent of?

Day Five Devotional | Love

Spend 15 minutes meditating on **Matthew 5:43-48**. Use the **Listen, Learn, Live** worksheet below to help you understand and apply this Scripture to your life.

Listen to God as He speaks to you through His word.

Pray and ask God to illuminate the Scriptures. What's a word, verse, statement or idea that jumps out at you? For context, it may be helpful to read the text before and after your selected passage.

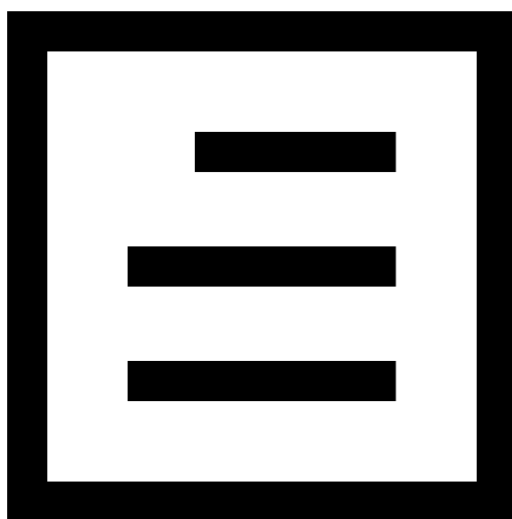
Learn about Him and His will for us.

Question to ask about the text: what does it mean? Deeply examine the passage:

- What is the context of this passage?
- What does it reveal about...
 - ...Who God is?
 - ...Who we are as human beings?
 - ...His will for us?

Live with Him and for Him.

Questions to ask about the text: how does it apply to our lives? What do we need to believe or do in light of this truth? What do I need to repent of?



TRUST

Disciple Equip

Week 4

Disciple Equip | Trust

Equipping disciples to multiply disciples

Teaching Notes

The foundation of any relationship is _____.

John 6:28-29 [28] Then they asked him, “What must we do to do the works God requires?” [29] Jesus answered, “The work of God is this: to believe in the one he has sent.”

Proverbs 3:5-6 [5] Trust in the Lord with all your heart and lean not on your own understanding; [6] in all your ways submit to him, and he will make your paths straight.”

For trust to be real, it must be _____.

2 Timothy 3:14-17 (NET) [14] You, however, must continue in the things you have learned and are confident about. You know who taught you [15] and how from infancy you have known the holy writings, which are able to give you wisdom for salvation through faith in Christ Jesus. [16] Every scripture is inspired by God and useful for teaching, for reproof, for correction, and for training in righteousness, [17] that the person dedicated to God may be capable and equipped for every good work.

Group Guide | Trust

*Our equipping model is: **Teaching, Apprenticeship, and Immersion** (see 'What to Expect' at the beginning of the workbook). Now that we have completed the primary teaching, each week as you meet with your group, you will move to apprenticeship, which will occur through engaging in conversation around the week's topic and/or activity. At the close of each group meeting is a time to explore immersion, which you will practice separately from this time.*

Goal:

For individuals to prioritize and grow in the discipline and desire for spending time in God's Word. To experience the ways in which God speaks through His Word. To learn the Daily Examen as a means of private prayer and Spirit-led reflection.

Schedule:

Start Time	Length	Item
6:00pm	30 min	Meal (optional)
6:30pm	5 min	Opening Prayer
6:35pm	10 min	Debrief Immersion from last week - how did it go?
6:50pm	45 min	Discussion time. Questions: <ol style="list-style-type: none">1. What challenges do you face with getting into God's Word?2. What is the biggest barrier in your life to enjoying time with God in His Word?3. Does your life show that spending time in God's Word is important to you? Why or why not?4. Who is someone you can share God's word with? Are there any barriers in sharing?
7:30pm	15 min	Watch Apprenticeship Activity Video
7:45pm	15 min	Practice Apprenticeship Activity (see next page). For the Daily Examen, if possible, create a quiet environment and give each person plenty of space. Set phones to silent and away from the group to free from distraction.
8:00pm	15 min	Debrief - what did you enjoy or struggle with in this activity?
8:15pm	10 min	Immersion explanation
8:25pm	5 min	Closing Prayer

Apprenticeship Activity | Daily Examen

Apprenticeship is taking the teaching principles and applying them to practices which cultivate deeper love and relationship with God and others. The Daily Examen (that’s Latin, not a typo!) is a tool disciples can use to step away from the busyness and noise of daily life in order to be still with God, allow him to search our hearts and ground ourselves in the person of Jesus.

Psalm 139:1-8, 23-24 [1] O LORD, you have searched me and known me! [2] You know when I sit down and when I rise up; you discern my thoughts from afar. [3] You search out my path and my lying down and are acquainted with all my ways. [4] Even before a word is on my tongue, behold, O LORD, you know it altogether. [5] You hem me in, behind and before, and lay your hand upon me. [6] Such knowledge is too wonderful for me; it is high; I cannot attain it. [7] Where shall I go from your Spirit? Or where shall I flee from your presence? [8] If I ascend to heaven, you are there! If I make my bed in Sheol, you are there!

[23] Search me, O God, and know my heart! Try me and know my thoughts! [24] And see if there be any grievous way in me, and lead me in the way everlasting!

The Daily Examen

This can be practiced in as few as 5 minutes, but the more time spent, the greater the benefit.

1. **Presence.** Become aware of God’s presence. Consider praying contemplative prayer (like repeating “*you are here, I am with you*” or the Jesus prayer: “*Jesus Christ, Son of God, have mercy on me, a sinner*”) to be still and know that he is God (Ps. 46:10). Spend at least a couple minutes in silence to quiet your heart.

2. **Gratitude.** Spend a couple minutes sharing gratitude for the previous day.

3. **Examen.** Invite God to search your heart in silence and humility. Pay attention to your attitudes, actions, and emotions in the past day. Is there any sin, pain, or fear you need to bring to God? What have you been feeling? Where are you anxious or nervous?

4. **Prepare.** Pray toward the next day (or week) ahead. Are there things you are excited for or dreading? How can you invite God to shape your attitudes and actions as you prepare?

Immersion Activities | Trust

In *immersion* we apply apprenticeship practices to our everyday lives. This is taking the disciplines you learn with your group and beginning to make habits from them - all so we can be with Jesus to learn from Jesus how to live like Jesus!

Be Disciples

1. BIBLE STUDY - Spend devoted time in God's word *every day* for the remainder of Disciple Equip. Consider utilizing the ***Listen, Learn, Live*** Bible study practice included in this workbook's daily devotionals.
2. PRAYER - Spend a devoted time in prayer *every day* for the remainder of Disciple Equip. Consider utilizing the Daily Examen or the ACTS prayer model.
3. SERVICE - Serve one another in your group. Serve our church and our greater community.
4. DAILY EXAMEN – Take 5-10 minutes each evening to practice the Daily Examen.

Multiply Disciples

1. PRAYER - Share with one person this week what God is teaching you through prayer.
2. SERVICE - As you serve others is there someone who you can invite to come along with you? Perhaps a friend or family member? A co-worker? Could be a Christian or non-Christian.
3. BIBLE STUDY - As you study the Bible, share with someone what you're learning. Could you teach someone the ***Listen, Learn, Live*** Bible study practice? Offer to study the Bible with someone else or consider starting a Bible study at work, home, or with friends.
4. DAILY EXAMEN – Tell a friend about the Daily Examen and share with them what God is teaching you through it.

Day One Devotional | Trust

Spend 15 minutes meditating on **Psalm 19**. Use the **Listen, Learn, Live** worksheet below to help you understand and apply this Scripture to your life.

Listen to God as He speaks to you through His word.

Pray and ask God to illuminate the Scriptures. What's a word, verse, statement or idea that jumps out at you? For context, it may be helpful to read the text before and after your selected passage.

Learn about Him and His will for us.

Question to ask about the text: what does it mean? Deeply examine the passage:

- What is the context of this passage?
- What does it reveal about...
 - ...Who God is?
 - ...Who we are as human beings?
 - ...His will for us?

Live with Him and for Him.

Questions to ask about the text: how does it apply to our lives? What do we need to believe or do in light of this truth? What do I need to repent of?

Day Two Devotional | Trust

Spend 15 minutes meditating on **Romans 1:18-25**. Use the **Listen, Learn, Live** worksheet below to help you understand and apply this Scripture to your life.

Listen to God as He speaks to you through His word.

Pray and ask God to illuminate the Scriptures. What's a word, verse, statement or idea that jumps out at you? For context, it may be helpful to read the text before and after your selected passage.

Learn about Him and His will for us.

Question to ask about the text: what does it mean? Deeply examine the passage:

- What is the context of this passage?
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 - ...His will for us?

Live with Him and for Him.

Questions to ask about the text: how does it apply to our lives? What do we need to believe or do in light of this truth? What do I need to repent of?

Day Three Devotional | Trust

Spend 15 minutes meditating on **Luke 24:13-25**. Use the **Listen, Learn, Live** worksheet below to help you understand and apply this Scripture to your life.

Listen to God as He speaks to you through His Word.

Pray and ask God to illuminate the Scriptures. What's a word, verse, statement or idea that jumps out at you? For context, it may be helpful to read the text before and after your selected passage.

Learn about Him and His will for us.

Question to ask about the text: what does it mean? Deeply examine the passage:

- What is the context of this passage?
- What does it reveal about...
 - ...Who God is?
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 - ...His will for us?

Live with Him and for Him.

Questions to ask about the text: how does it apply to our lives? What do we need to believe or do in light of this truth? What do I need to repent of?

Day Four Devotional | Trust

Spend 15 minutes meditating on **2 Timothy 3:16-17**. Use the **Listen, Learn, Live** worksheet below to help you understand and apply this Scripture to your life.

Listen to God as He speaks to you through His Word.

Pray and ask God to illuminate the Scriptures. What's a word, verse, statement or idea that jumps out at you? For context, it may be helpful to read the text before and after your selected passage.

Learn about Him and His will for us.

Question to ask about the text: what does it mean? Deeply examine the passage:

- What is the context of this passage?
- What does it reveal about...
 - ...Who God is?
 - ...Who we are as human beings?
 - ...His will for us?

Live with Him and for Him.

Questions to ask about the text: how does it apply to our lives? What do we need to believe or do in light of this truth? What do I need to repent of?

Day Five Devotional | Trust

Spend 15 minutes meditating on **2 Peter 1:19-21**. Use the **Listen, Learn, Live** worksheet below to help you understand and apply this Scripture to your life.

Listen to God as He speaks to you through His Word.

Pray and ask God to illuminate the Scriptures. What's a word, verse, statement or idea that jumps out at you? For context, it may be helpful to read the text before and after your selected passage.

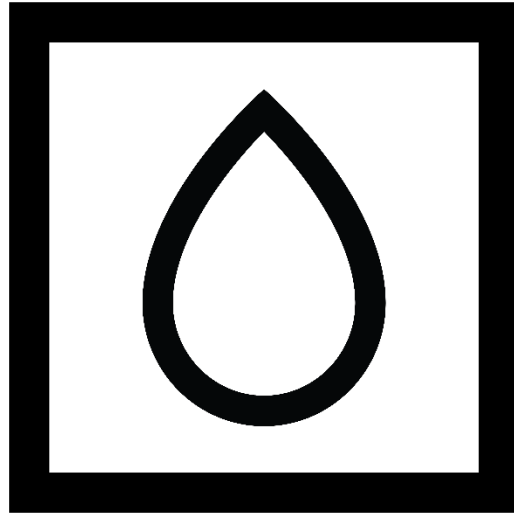
Learn about Him and His will for us.

Question to ask about the text: what does it mean? Deeply examine the passage:

- What is the context of this passage?
- What does it reveal about...
 - ...Who God is?
 - ...Who we are as human beings?
 - ...His will for us?

Live with Him and for Him.

Questions to ask about the text: how does it apply to our lives? What do we need to believe or do in light of this truth? What do I need to repent of?



CHANGE

Disciple Equip

Week 5

Disciple Equip | Change

Equipping disciples to multiply disciples.

Teaching Notes

How does the Holy Spirit change us? Through...

1. _____.
2. _____.
3. _____.

Why do we resist the Holy Spirit changing us? Answer: the _____.

Living by the Spirit

Galatians 5:16-25 (NET) [16] But I say, live by the Spirit and you will not carry out the desires of the flesh. [17] For the flesh has desires that are opposed to the Spirit, and the Spirit has desires that are opposed to the flesh, for these are in opposition to each other, so that you cannot do what you want. [18] But if you are led by the Spirit, you are not under the law. [19] Now the works of the flesh are obvious: sexual immorality, impurity, depravity, [20] idolatry, sorcery, hostilities, strife, jealousy, outbursts of anger, selfish rivalries, dissensions, factions, [21] envying, murder, drunkenness, carousing, and similar things. I am warning you, as I had warned you before: Those who practice such things will not inherit the kingdom of God! [22] But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, [23] gentleness, and self-control. Against such things there is no law. [24] Now those who belong to Christ have crucified the flesh with its passions and desires. [25] If we live by the Spirit, let us also behave in accordance with the Spirit.

Group Guide | Change

*Our equipping model is: **Teaching, Apprenticeship, and Immersion** (see 'What to Expect' at the beginning of the workbook). Now that we have completed the primary teaching, each week as you meet with your group, you will move to apprenticeship, which will occur through engaging in conversation around the week's topic and/or activity. At the close of each group meeting is a time to explore immersion, which you will practice separately from this time.*

Goal:

To embrace our new identity in Christ and the lifelong journey of becoming more like Him by the work of His Holy Spirit in us. Engage in personal reflection by going through the *Root to Fruit* exercise. This tool helps us drill down to our hearts while giving us a framework to walk with others as the Holy Spirit changes them.

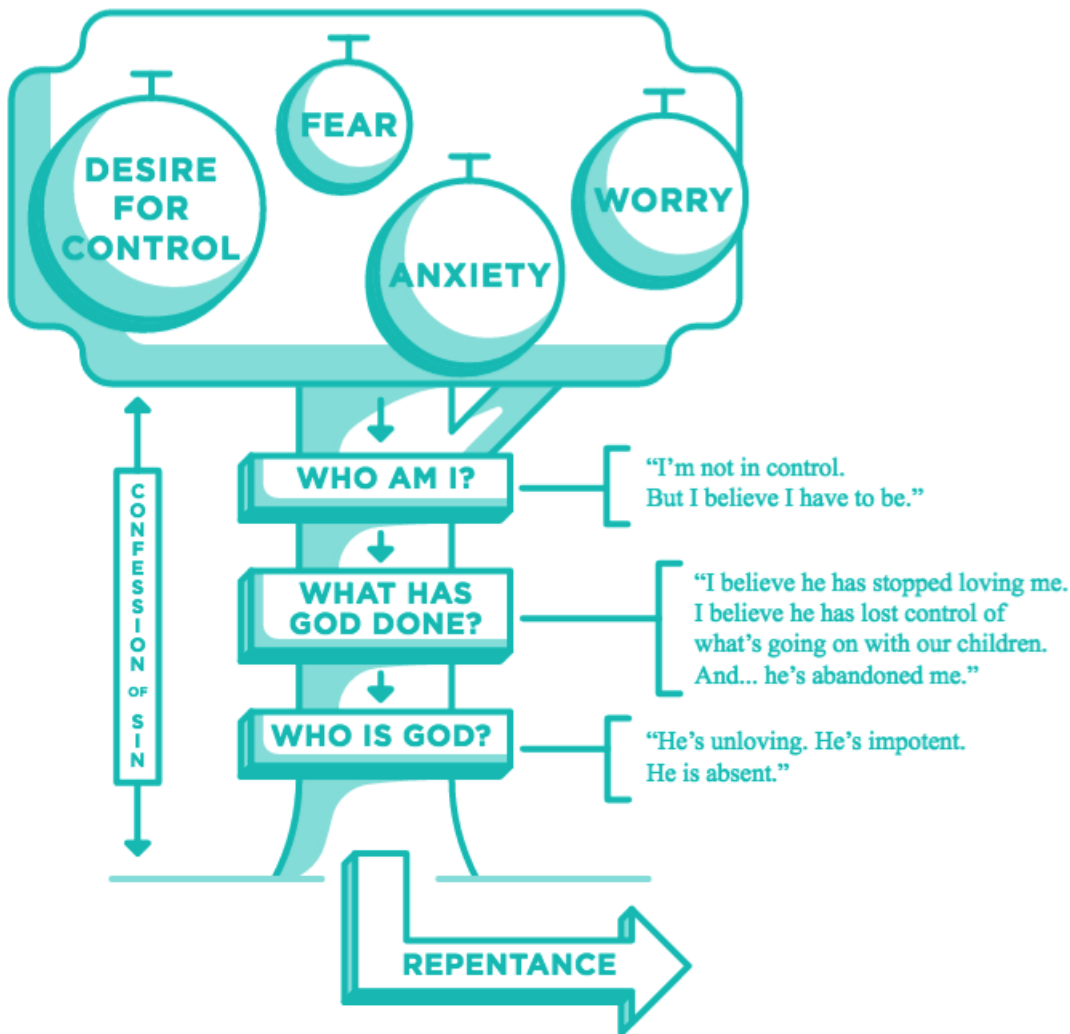
Schedule:

Start Time	Length	Item
6:00pm	30 min	Meal (optional)
6:30pm	5 min	Prayer
6:45pm	10 min	Debrief Immersion from last week - how did it go?
7:00pm	15 min	Watch Apprenticeship Activity Video
7:15pm	30 min	Practice Apprenticeship Activity (see next page). Go from fruit → root and root → new fruit .
7:30pm	30 min	Debrief your results. Have at least a few people share what they discovered or where they got stuck in processing what was going on in their heart. Depending on group size, consider splitting up into 2 or more groups in order to have enough time. If you have a co-ed group, split up men and women. Allow for around 10 minutes per person.
8:00pm	15 min	Debrief - what did you enjoy or struggle with in this activity? How could you help someone else go from fruit → root and root → new fruit ?
8:15pm	10 min	Immersion explanation
8:25pm	5 min	Closing Prayer

Apprenticeship Activity | Root to Fruit Exercise

Luke 6:43-45 [43] “For no good tree bears bad fruit, nor again does a bad tree bear good fruit, [44] for each tree is known by its own fruit. For figs are not gathered from thornbushes, nor are grapes picked from a bramble bush. [45] The good person out of the good treasure of his heart produces good, and the evil person out of his evil treasure produces evil, for out of the abundance of the heart his mouth speaks.

Every difficulty we face is an opportunity for the Holy Spirit to change us. This *Fruit to Root* exercise can be used to intentionally pursue that change. Pray first, then share by describing a difficult situation you’ve experienced lately. Below is a graphic illustrating this exercise.



Go from **fruit** → **root**.

Behavior (Fruit)

1. What happened? (Circumstance)

2. What did you do? (Words + Actions)

Heart (Root)

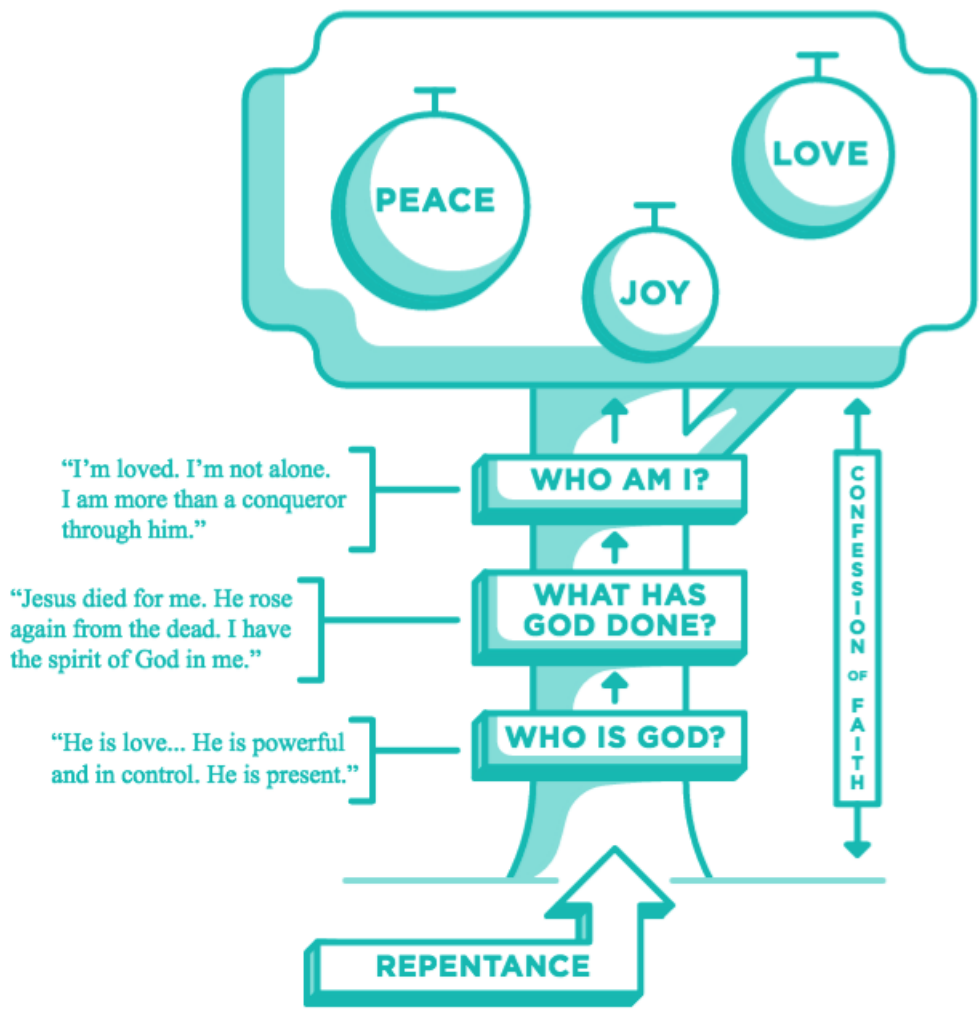
1. What were you thinking? Feeling? Wanting? (Thoughts / Emotions / Desires)

2. What lies were you believing about yourself at that moment?

3. What lies were you believing about God at that moment?

4. What does that say about who you believe God is?

Is there sin, fear, or pain you need to confess to God?



Now go from **root** → **fruit**. Allow your repentance and confession to lead to Spirit-empowered changed desires, beliefs, and living - if you can, list specific scripture verses to state God's truth for each question. Go from a **changed heart** → **changed behavior**.

Changed Heart (Root)

1. Who is God? What truth(s) about God changes your view of this situation?

2. What has God done and what is He doing?

3. Who does God say you are?

Changed Behavior (Fruit)

1. In light of who God is, what He has done, and who He says you are...

...How should you now live?

After asking questions, pray and invite the Holy Spirit to continue working in this area. If time allows, after one person asks questions of another, switch roles. Close by praying a celebratory prayer of God's faithfulness in your lives.

Immersion Activities | Change

In *immersion* we apply apprenticeship practices to our everyday lives. This is taking the disciplines you learn with your group and beginning to make habits from them - all so we can be with Jesus to learn from Jesus how to live like Jesus!

Be Disciples

1. BIBLE STUDY - Spend devoted time in God's word *every day* for the remainder of Disciple Equip. Consider utilizing the ***Listen, Learn, Live*** Bible study practice included in this workbook's daily devotionals.
2. PRAYER - Spend a devoted time in prayer *every day* for the remainder of Disciple Equip. Consider utilizing the Daily Examen or the ACTS prayer model.
3. SERVICE - Serve one another in your group. Serve our church and our greater community.
4. DAILY EXAMEN – Take 5-10 minutes each evening and practice the Daily Examen.
5. GOING DEEPER - Each week, spend a devoted time allowing the Holy Spirit to expose areas of sin, fear, or pain. Consider utilizing the ***Root to Fruit*** exercise. This could be done in conjunction with the Daily Examen.

Multiply Disciples

1. PRAYER - Share with one person this week what God is teaching you through prayer.
2. SERVICE - As you serve others is there someone who you can invite to come along with you? Perhaps a friend or family member? A co-worker? Could be a Christian or non-Christian.
3. BIBLE STUDY - As you study the Bible, share with someone what you're learning. Could you teach someone the ***Listen, Learn, Live*** Bible study practice? Offer to study the Bible with someone else or consider starting a Bible study at work, home, or with friends.
4. DAILY EXAMEN – Share the Daily Examen with a friend and how God is using it in your life.
5. GOING DEEPER - Avail yourself to opportunities to walk with others in their sin, fear, or pain. Consider teaching someone else the ***Root to Fruit*** exercise.

Day One Devotional | Change

Spend 15 minutes meditating on **2 Corinthians 3:18; 5:15-18**. Use the **Listen, Learn, Live** worksheet below to help you understand and apply this Scripture to your life.

Listen to God as He speaks to you through His Word.

Pray and ask God to illuminate the Scriptures. What's a word, verse, statement or idea that jumps out at you? For context, it may be helpful to read the text before and after your selected passage.

Learn about Him and His will for us.

Question to ask about the text: what does it mean? Deeply examine the passage:

- What is the context of this passage?
- What does it reveal about...
 - ...Who God is?
 - ...Who we are as human beings?
 - ...His will for us?

Live with Him and for Him.

Questions to ask about the text: how does it apply to our lives? What do we need to believe or do in light of this truth? What do I need to repent of?

Day Two Devotional | Change

Spend 15 minutes meditating on **Colossians 3:1-17**. Use the **Listen, Learn, Live** worksheet below to help you understand and apply this Scripture to your life.

Listen to God as He speaks to you through His Word.

Pray and ask God to illuminate the Scriptures. What's a word, verse, statement or idea that jumps out at you? For context, it may be helpful to read the text before and after your selected passage.

Learn about Him and His will for us.

Question to ask about the text: what does it mean? Deeply examine the passage:

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Live with Him and for Him.

Questions to ask about the text: how does it apply to our lives? What do we need to believe or do in light of this truth? What do I need to repent of?

Day Three Devotional | Change

Spend 15 minutes meditating on **Proverbs 4:23, Luke 6:43-47**. Use the **Listen, Learn, Live** worksheet below to help you understand and apply this Scripture to your life.

Listen to God as He speaks to you through His Word.

Pray and ask God to illuminate the Scriptures. What's a word, verse, statement or idea that jumps out at you? For context, it may be helpful to read the text before and after your selected passage.

Learn about Him and His will for us.

Question to ask about the text: what does it mean? Deeply examine the passage:

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Live with Him and for Him.

Questions to ask about the text: how does it apply to our lives? What do we need to believe or do in light of this truth? What do I need to repent of?

Day Four Devotional | Change

Spend 15 minutes meditating on **Ephesians 4:17-19; Romans 12:1-2**. Use the **Listen, Learn, Live** worksheet below to help you understand and apply this Scripture to your life.

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Day Five Devotional | Change

Spend 15 minutes meditating on **Galatians 5:16-26**. Use the **Listen, Learn, Live** worksheet below to help you understand and apply this Scripture to your life.

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Pray and ask God to illuminate the Scriptures. What's a word, verse, statement or idea that jumps out at you? For context, it may be helpful to read the text before and after your selected passage.

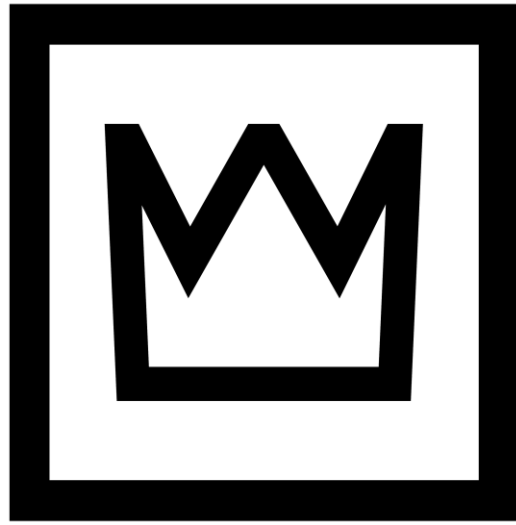
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MULTIPLY

Disciple Equip

Week 6

Disciple Equip | Multiply

Equipping disciples to multiply disciples.

Teaching Notes

How do we participate in God’s kingdom on earth?

1. _____
2. _____
3. _____

Matthew 28:18-20 [18] And Jesus came and said to them, “All authority in heaven and on earth has been given to me. [19] Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, [20] teaching them to observe all that I have commanded you. And behold, I am with you always, to the end of the age.”

Acts 1:6-8 [6] So when they had come together, they asked him, “Lord, will you at this time restore the kingdom to Israel?” [7] He said to them, “It is not for you to know times or seasons that the Father has fixed by his own authority. [8] But you will receive power when the Holy Spirit has come upon you, and you will be my witnesses in Jerusalem and in all Judea and Samaria, and to the end of the earth.”

Group Guide | Multiply

*Our equipping model is: **Teaching, Apprenticeship, and Immersion** (see 'What to Expect' at the beginning of the workbook). Now that we have completed the primary teaching, each week as you meet with your group, you will move to apprenticeship, which will occur through engaging in conversation around the week's topic and/or activity. At the close of each group meeting is a time to explore immersion, which you will practice separately from this time.*

Goal:

To deeply desire to be a part of God's work on earth and understand our part in multiplying disciples. To gain a robust understanding of the Gospel and to be able to share it with others.

Schedule:

Start Time	Length	Item
6:00pm	30 min	Meal (optional)
6:30pm	5 min	Opening Prayer
6:45pm	10 min	Debrief Immersion from last week - how did it go?
7:00pm	30 min	Discussion time. Questions: <ol style="list-style-type: none">1. How has the church disciplined you?2. What is your part in our disciple-multiplying church?3. Who can you invest in?4. What fears, worries and concerns do you have?
7:30pm	15 min	Watch Apprenticeship Activity Video
7:45pm	45 min	Practice Apprenticeship Activity (see next page). Practice sharing your faith with one another.
8:15pm	10 min	Debrief - what did you enjoy or struggle with in this activity?
8:25pm	5 min	Immersion explanation
8:30pm	5 min	Closing Prayer

Apprenticeship Activity | BLESS Model

1 Peter 3:15-16 (NET) [15] But set Christ apart as Lord in your hearts and always be ready to give an answer to anyone who asks about the hope you possess. [16] Yet do it with courtesy and respect, keeping a good conscience, so that those who slander your good conduct in Christ may be put to shame when they accuse you.

BLESS

BLESS focuses on five missional practices we can engage to naturally introduce people to Jesus Christ.

Step One: Begin With Prayer (B)

Begin by asking God, “Where are you already at work? Where do you want me to join you in the work you are doing in my family, friends and others you are seeking to draw toward yourself? Ask the Lord to open their hearts and draw them to Himself.

Step Two: Listen With Care (L)

To BLESS others, begin with listening rather than talking. Jesus often engaged people by asking them questions and loving them through conversation. When people are heard and understood, they feel safe and valued. Get curious and ask good questions. Listen deeply to people’s dreams and pain. What’s more, listen for evidence of God’s work in their lives so you can participate in the work God is already doing. Listen well so you can learn how to BLESS others!

1. Would you call yourself a good listener? Why or why not?
2. How would you define “good” questions?
3. Make a list of “good” questions you could be asking

Close with some time praying for those people and those conversations.

Step Three: Eat Together (E)

To BLESS others, seek creative ways to share meals together. Through the simple act of eating together, we practice hospitality, build community and deepen relationships. Jesus commonly ate and drank with those he sought to engage, such as Matthew, Zacchaeus, the Samaritan woman and many others. We can richly BLESS others through missional hospitality.

1. What would it look like to open up your home to others?
2. What concerns do you have with this?
3. How does eating together break down barriers and build relationships?

Step Four: Serve With Love (S)

Perhaps the most powerful way to BLESS others is by serving them in love. Jesus’s ministry was characterized by service (Matthew 20:28), and he showed the full extent of his love to his disciples by serving them (John 13:1-17). We too can have a profound impact through service. As you listen deeply and build community with others, you will discover meaningful opportunities to serve them. As we freely and joyfully serve others, they will begin to experience the love of Jesus in tangible ways. God longs to love others through you.

1. What are some immediate opportunities for service you can think of?
2. What things might affect my ability to serve others?

Step Five: Share Your Story (S)

Once you begin building relationships and earning trust, look for opportunities to BLESS others by sharing the story of how Jesus transformed your life and the world. You don't need a script and you don't need a dramatic story. When you set Christ apart in your heart, you become different. You experience grace. You know what it is like to be forgiven. You know what it means to have purpose. You handle relationships differently than you once did. You make financial decisions differently than before. You approach career priorities differently than others. Your heart has grown for God's mission to extend the whole gospel to the whole world. Jesus changes everything. You can tell the story.

1. What are some stories you can tell about the difference Jesus has made in your life?

Immersion Activities | Multiply

In *immersion* we apply apprenticeship practices to our everyday lives. This is taking the disciplines you learn with your group and beginning to make habits from them - all so we can be with Jesus to learn from Jesus how to live like Jesus!

Be Disciples

1. BIBLE STUDY - Spend devoted time in God's word *every day* for the remainder of Disciple Equip. Consider utilizing the ***Listen, Learn, Live*** Bible study practice included in this workbook's daily devotionals.
2. PRAYER - Spend a devoted time in prayer *every day* for the remainder of Disciple Equip. Consider utilizing the Daily Examen or the ACTS prayer model.
3. SERVICE - Serve one another in your group. Serve our church and our greater community.
4. DAILY EXAMEN – Take 5-10 minutes this evening to practice the Daily Examen
5. GOING DEEPER - Each week, spend a devoted time allowing the Holy Spirit to expose areas of sin, fear, or pain. Consider utilizing the ***Root to Fruit*** exercise.
6. BLESS – Who are two people you are praying for? Ask God for courage to keep following each step.

Multiply Disciples

1. PRAYER - Share with one person this week what God is teaching you through prayer.
2. SERVICE - As you serve others is there someone who you can invite to come along with you? Perhaps a friend or family member? A co-worker? Could be a Christian or non-Christian.
3. BIBLE STUDY - As you study the Bible, share with someone what you're learning. Could you teach someone the ***Listen, Learn, Live*** Bible study practice? Offer to study the Bible with someone else or consider starting a Bible study at work, home, or with friends.
4. DAILY EXAMEN – Think of another person you could teach the Daily Examen to and share what God is doing in your life through it.
5. GOING DEEPER - Avail yourself to opportunities to walk with others in their sin, fear, or pain. Consider teaching someone else the ***Root to Fruit*** exercise.
6. BLESS - Make a point of connecting with someone and move toward having spiritual conversations every week. Continue to depend on the Holy Spirit to direct you and give you wisdom as you do. Who is one other person you can teach this model to?

Day One Devotional | Multiply

Spend 15 minutes meditating on **Matthew 28:16-20**. Use the **Listen, Learn, Live** worksheet below to help you understand and apply this Scripture to your life.

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Questions to ask about the text: how does it apply to our lives? What do we need to believe or do in light of this truth? What do I need to repent of?

Day Two Devotional | Multiply

Spend 15 minutes meditating on **Acts 1:1-8**. Use the **Listen, Learn, Live** worksheet below to help you understand and apply this Scripture to your life.

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Day Three Devotional | Multiply

Spend 15 minutes meditating on **Acts 2:1-4**. Use the **Listen, Learn, Live** worksheet below to help you understand and apply this Scripture to your life.

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Day Four Devotional | Multiply

Spend 15 minutes meditating on **Acts 2:42-47**. Use the **Listen, Learn, Live** worksheet below to help you understand and apply this Scripture to your life.

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Day Five Devotional | Multiply

Spend 15 minutes meditating on **Acts 8:26-40**. Use the **Listen, Learn, Live** worksheet below to help you understand and apply this Scripture to your life.

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Additional Study | Discipleship

In addition to the references listed below, much of what you see in Disciple Equip was collected and compiled from the books and ministry experiences of Jim Putman, discipleship.org, the Elders of Resurrection Church in Tacoma, WA and the Elders of Trinity in West Seattle, WA.

1. bibleproject.com
Helpful explanation of each book of the Bible and key biblical themes and words.
2. *The Great Omission, The Divine Conspiracy* by Dallas Willard
3. *The Spirit of the Disciplines* by Dallas Willard
4. *You Are What You Love* by James K.A. Smith
5. *The Relational Soul* by Richard Plass and James Cofield
6. *Life Together* and *The Cost of Discipleship* by Dietrich Bonhoeffer
7. *Side By Side* by Ed Welch
8. *Emotionally Healthy Spirituality* by Peter Scazzaro
9. *A Long Obedience in the Same Direction* by Eugene Peterson
10. *How People Change* by Dr. Paul David Tripp
A book on how transformation in the life of the Christian occurs.
11. *Gospel Fluency* by Jeff Vandersteldt
A book that describes how the Gospel impacts our everyday lives as disciples.

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