



Discipleship Program - Men or Women

Duration: 20-22 sessions

Quarter 1: Being with Jesus

- **Resource:** *Walking with God* - John Eldredge
- **Goal:** Cultivate intimacy with Jesus through awareness, prayer, and listening.

Week

1. **Orientation & Covenant:** Vision, expectations, journaling, and prayer rhythm.
 - a. Practice: Create a personal worship rhythm (Scripture & silence)
2. **Hearing God's Voice:** Listening prayer & conversational intimacy.
 - a. Reading: Eldredge, Part 1
 - b. Practice: 3 day prayer journal
3. **Walking Daily with God:** Obedience and discernment in ordinary life.
 - a. Reading: Eldredge, Part 2
 - b. Practice: "God Sightings" reflection
4. **Barriers to Hearing God:** Naming distractions, cultivating stillness
 - a. Reading, Eldredge, Part 3
 - b. Practice: 2 hour solitude retreat
5. **Learning to Abide:** Drawing life from the Vine
 - a. Reading: Eldredge, Part 4
 - b. Practice: Abide reflection - "What keeps me rooted?"
6. **Integration & Story Night:** Sharing personal God-stories.
 - a. Practice: Share one example of hearing and obeying God.

Quarter 2: Becoming like Jesus

- **Resource:** *Essential Guide to Becoming a Disciple* - Greg Ogden
- **Goal:** Form Christlike character through intentional spiritual practices, accountability, and transformation.

Week

7. **The Call to Discipleship:** Responding to Jesus' invitation.
 - a. Reading: Ogden Ch. 1-2
 - b. Practice: Share "Why I said yes to Jesus"
8. **Transformation of the Heart:** Letting Christ shape motives and desires.
 - a. Reading: Ogden Ch 3-4
 - b. Practice: Daily examen prayer
9. **Life in Community:** The power of accountability and vulnerability.

- a. Reading: Ogden Ch 5-6
- b. Practice: Introduce covenant check-ins
- 10. **The Mind of Christ:** Renewing our thinking through Scripture
 - a. Reading: Ogden Ch. 7-8
 - b. Practice: HEAR journaling on Romans 12
- 11. **The Fruit of the Spirit:** Growing in love, joy, peace, and self-control.
 - a. Reading: Ogden Ch 9-10
 - b. Practice: 2-hour spiritual retreat; journal fruit you see developing.
- 12. **Rule of Life (Preview):** Introduction to spiritual rhythms for sustainability.
 - b. Practice: Draft a weekly rhythm of prayer, work, and rest.

Quarter 3: Doing what Jesus did

- **Resource:** *The Master Plan of Evangelism* - Robert Coleman
- **Goal:** Engage Jesus' method - life-on-life discipleship and missional living

Week

- 13. **Jesus' Strategy:** Multiplying through relationship.
 - a. Reading: Coleman Ch 1-2
 - b. Practice: Map 3 people in your sphere of influence
- 14. **Modeling and Equipping:** Walking with others intentionally.
 - 1. Reading: Coleman Ch 3-4
 - 2. Practice: Shadowing exercise - how Jesus taught by example
- 15. **Delegation & Empowerment:** Training through participation.
 - 1. Reading: Coleman Ch 5-6
 - 2. Practice: Practice spiritual conversations
- 16. **The Great Commission Life:** Everyday discipleship.
 - 1. Reading: Coleman Ch 7-8
 - 2. Practice: use "Three Circles" gospel tool
- 17. **Serving and Sacrificing:** Love expressed in mission.
 - 1. Practice: Local service project or outreach as a group.
- 18. **Reflections:** Debrief outreach and name where you see God working.

Quarter 4: Multiplying for Jesus

- **Resource:** *Growing Up* - Robby Gallaty
- **Supplement:** *Practicing the Way: Rule of Life Builder* - John Mark Comer
- **Goal:** Prepare to multiply by launching D-Groups, reviewing covenant, and establishing sustainable rhythms

Week

- 19. **The Call to Multiply:** Why disciple-making matters.
 - 1. Reading: Gallaty Ch 1-2
 - 2. Practice: Write a one-sentence discipleship purpose.
- 20. **Selecting the Right People:** Faithful, Available, Intentional, Teachable, Humble.
 - 1. Reading: Gallaty Ch 3

2. Practice: Identify 4-6 potential D-Group members.
21. **Leading with Purpose:** Covenant, structure, and accountability.
 1. Reading: Gallaty Ch 4-5
 2. Practice: Review D-Group covenant
22. **Sustainable Leadership:** Crafting a personal Rule of Life (Comer).
 1. Reading: *Practicing the Way* Rule of Life Guide.
 2. Practice: Share Rule of Life & multiplication plan.
23. **Commissioning & Celebration:** Praying over future groups
 1. Practice: Each leader shares next-step plan for D group launch

Beyond: Coaching Circle (Quarter meetings)

- Peer coaching, spiritual check-ins, and story sharing
- Focus: Encouragement, accountability, and ongoing learning among new disciple-makers