

FOLLOWING JESUS – APPRENTICESHIP GUIDE

The student is not above the teacher, but everyone who is fully trained will be like their teacher.

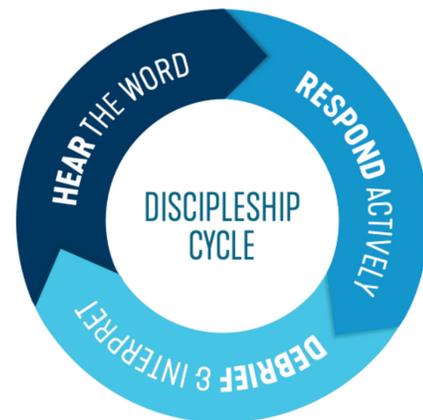
- Jesus (Luke 6:40)

"The greatest issue facing the world today is whether those who are identified as 'Christians' will become disciples – students, apprentices, practitioners – of Jesus Christ, steadily learning from Him how to live the life of the Kingdom of the Heavens into every corner of human existence."

- Dallas Willard

The goal of discipleship/apprenticeship is to become more like Jesus. To learn to follow him and to do the things that he did. As a Christian leader on campus, how do you help someone grow as an apprentice of Jesus? We created this apprenticeship guide as a series of simple discipleship cycles to help leaders make disciples.

The central tool in this guide is the Discipleship Cycle. It starts with **Hearing the Word** and exploring what God is saying in a particular scripture. You'll then move to **Actively Respond** with a simple exercise and a challenging application to help you put what you've heard into action that week. Finally, you'll **Debrief and Interpret** to reflect and learn from your experiences together (either at the end of your meeting or at the start of the next meeting).



This guide is meant to be used in partnership with the Following Jesus Bible Study Series - a series of ten Bible studies you and your friends can do on campus. Each discipleship cycle uses the same scripture passage as the Bible study for that week. This means that you can host Bible study sometime during the week, and then invite a few people to meet again to go deeper and grow as apprentices of Jesus. You can use the material in the order they were written, but each discipleship cycle can also be used independently. Either way, we suggest starting with the "Explore Your Network" and "Invite Well" sections, which can also be treated as one longer activity.

One final note. This Apprenticeship Guide gathers training resources from several InterVarsity websites that have been shortened for the sake of simplicity. Our desire is to give you ministry tools that could be used in a 45-60 minute session. We included links to additional resources if you decide you want more training.



EXPLORE YOUR NETWORK



HEAR

Read John 1:35-51

Upon meeting Jesus, Andrew and Philip have an immediate impulse to go out and invite other people to meet him too. Why do you think people are so eager to introduce their friends to Jesus?



RESPOND

Go and do

From the very start, Jesus' movement spread through networks of relationships. People who encountered Jesus couldn't wait to invite their friends to meet him. As a follower of Jesus, how do you think Jesus wants to move through your network?

A network map is a helpful way to visualize your network of relationships and to explore what God is doing in your context. Here are a few simple steps to create a network map. You can do this individually, but it can also be really powerful to create a communal network map as a group.

- On a sheet of paper write your name in the middle and draw a circle around it. (If you're doing this as a group, use a large poster board or piece of butcher paper and write the name of your campus in the middle)
- From there, draw lines to other circles, representing different "corners of campus" - spaces where you spend time and have relationships. Your name might be surrounded by circles that say places like, "biology department", "library", "soccer team", "sorority", "coffee shop" or "dorm". The point is to draw an image for each of your relationships. Each circle represents a different network of relationships.
- Next, around those circles, write the names of people you know in each of those places.
 - Put an asterisk (*) on any name you've had spiritual conversations with.
 - Highlight names of anyone who is a Christian.
 - Underline key people in each network who can open doors or build trust with the community.
- Finally, take a step back and look over your network map in a posture of prayer.
 - What is God showing you about the networks of people that he's surrounded you with?
 - Ask God to highlight specific people or corners of campus. How is God already at work in those people and places?
 - If you created a communal network map, what is God showing you about the different corners of campus that you're connected to together?





Reflect on what you learned

- As you look at your network map, what stands out to you about who you see?
- What do you know (or not know) about the spiritual journeys of these people?
- Are there particular people you want to get to know better?
- Are you connected to mostly other Christians? Mostly non-Christians?
- Your network map isn't just a list of names. Each line represents a relationship between you and another person. How strong are those lines?
- What do you notice about yourself and the way God has connected you?
- Pray over your network map and ask God to move in the lives of the people you know on campus!

ADDITIONAL RESOURCES



THE **MINISTRY PLAYBOOK**

If you want to learn more about using network maps to identify networks of people, cultivate them, and join what God is already doing then check out this course in the Ministry Playbook.



INVITE WELL



HEAR

Read John 1:35-51

What do you notice about the way invitations happened in this story?

Why do you think the invitation to “come and see” was so compelling?



RESPOND

Go and do

Invitations are critical in campus ministry. They’re key junctures where people decide whether to take a step deeper – by joining a community, going to a Bible study, or choosing to follow Jesus – or stick to the status quo. We need to do all we can to make our invitations compelling, to cast our vision well and to engage others. As much as possible, we want to avoid making awkward or unclear invitations. It’s important that we prepare to make good invitations, even if the exercise itself feels awkward at the moment.

On a blank sheet of paper, write the name of one of your friends you listed on your network map. You can write a general invitation for several friends, but we find it helpful to begin with someone specific in mind. Use the following steps to write an invitation to next week’s Bible study (or some other event you have coming up).

- **STEP 1:** The Ask – What, specifically, are you asking for? What specific details do they need to know?
- **STEP 2:** Personal Connection – Brainstorm connections that make your invitation personal. (Could you walk over to Bible study together after class? Do they have other friends who attend? Will there be a snack they like?)
- **STEP 3:** Relevance – Think about what makes this invitation relevant and valuable to the invitee. (Have they expressed interest in the Bible? Have they been wanting to grow in their faith? What do you think they would gain from this experience?)
- **STEP 4:** Putting it Together – Organize all the pieces and write out your invitation to make sure it flows.

Once you’ve crafted a compelling invitation, it’s time to practice and refine it. Share your invitation with one of your friends in this meeting. Make sure you tell them who the invitation is for. Ask them to help by giving kind, constructive feedback. Focus on making your passion clearer, removing confusing language, and tightening your message.



FINAL STEP: We didn't just spend 20-30 minutes learning how to make good invitations for nothing. The purpose of all of this was to learn to be like Andrew and Phillip, who invited their friends to Jesus. Look at your network map again. Who are you going to invite to Bible study next week? Pick 3-5 people on your list and use the compelling invitation you just wrote (and practiced) to invite them to our next Bible study.



Reflect on what you learned

- How did your invitations go?
- What felt challenging about inviting people to Bible study?
- What did you learn about making a good invitation that you didn't know before?

ADDITIONAL RESOURCES



THE **MINISTRY PLAYBOOK**

If you want to learn more about how to make great invitations and help people say yes to opportunities to experience Jesus then check out this course in the Ministry Playbook.



TAKE A RISK OF GENEROSITY



HEAR

Read John 2:1-11

Who in the story was aware that a miracle had taken place?

A pool full of top-notch wine is more than enough for this wedding. Why do you think Jesus makes so much? And why such excellent wine?

What does this reveal about Jesus and his generosity?



RESPOND

Go and do

When the servants obey Jesus and take a risk, they see the glory of Jesus revealed! One way to take a risk in following Jesus would be to emulate his generosity in this passage. When people who don't know Jesus experience unexpected generosity, it raises curiosity about who he is. When we experience generosity we experience the lavishness of God in our lives. Let's do the same for our friends!

Is there a group on campus that would not expect you to be generous with them? Some of you have relationships with people in other clubs, friends on sports teams, or maybe groups of people who hang out at specific locations on campus. If it's helpful, refer back to the network map you worked on together in the previous exercise. Choose one group, and brainstorm ways that you can be generous with them this week. This could mean bringing pizza to the Gamers Club and hanging out with them, or providing free coffee to people in your dorm. Be generous, and do this in community.

Here are a few simple ideas:

- Buy coffee or lunch for a friend or classmate.
- Give out snacks or drinks as a group in a public space on campus.
- Offer to clean or take trash out for people in a dorm on campus.
- Pick your own act of generosity!



DEBRIEF

Reflect on what you learned

- What was the response to your generosity?
- Did anyone get into conversations about why you were being generous? If so, what did you say?
- What do you think generosity communicates about God's family to your friends?



SHARE YOUR STORY



HEAR

Read John 4:1-42

As soon as the Samaritan woman in John 4 encountered Jesus and turned from her old life, her immediate next step was to tell her whole community what Jesus had done for her. Part of what it means to follow Jesus is to tell our story of what Jesus has done for us.

How do you feel about sharing parts of your life with others?



RESPOND

Go and Do

One of the ways that our friends learn about Jesus is through hearing the story of how he has impacted our lives. For many of them, your friendship with them might be their only reminder of God. When we share about what God is doing in our lives it gives them a glimpse at what relationship with Jesus looks like. For this reason, we are going to learn to share that story with others.

Pick one of the options below and take a few minutes to reflect and write down the answers to the following questions. Then synthesize your reflections into a clear story.

OPTION 1 - What has God done in your life lately?

1. What is something that Jesus has done for you in the last couple months? How have you recognized God's presence in your life?
2. Where have you experienced forgiveness, healing, or provision? If it is appropriate, get into specifics.
3. Has God shown you any signs of his love for you? How did you recognize those things? How did that impact you?

OPTION 2 - How did you become a follower of Jesus?

1. Before: Describe your life before encountering Jesus and choosing to follow him. How did you define yourself? (Before following Jesus, people often find their value through their family, their success, their hobbies, friends, etc).
2. Jesus: How did you recognize Jesus pursuing you and getting involved in your life? How has God's love changed how you view yourself? How are you different?
3. Today: How has being embraced into God's family and following Jesus shaped how you live and how you see your future?



FINAL STEP: Go back to your Network Map from the exercise we did together on week 1 and look over the people you know who are not following Jesus. Who will you share your testimony with this week? You've prepared a story to share, now make a plan for who you'll share it with and when and where you'll share it. We want to challenge you to stretch yourself and to share what the Lord has done in your life with three of your friends this week!



Reflect on what you learned

- What was it like to remember what the Lord has done for you and share it with others?
- What do you think would happen in your friendships if you shared what the Lord is doing in your life more often?
- Is there anything you would have done differently?



PRAY FOR PEOPLE



HEAR

Read John 6:1-14

Even though the disciples didn't initially understand what Jesus was doing, they got to participate in a miracle and all twelve of them left with a basketful of leftover bread and fish as a reminder of Jesus' miraculous power.

How might Jesus be inviting you to join him in miraculous provision this week?



RESPOND

Go and Do

Think about the spiritual needs of your campus. Are your friends struggling with worrying, do they have fears, are they lacking the resources they need to get by? Who do you know who is in need of God's provision or power? Could you take a risk by offering to pray for them this week? Write down the names of friends you want to pray for. If you are having trouble thinking of people, spend a few minutes reviewing your network map.

Jesus often sent his disciples out in pairs to minister together. If you are on a residential campus, pair up with someone in this meeting and schedule when you will visit people and offer to pray for them. If you are on a commuter campus and only do ministry during the day, go out in pairs right now and offer to pray for your friends. If your friends are not on campus today, offer to pray for strangers. You can pray for people on your list, but you can also practice with strangers. Challenge yourself whenever possible by offering to pray for people who are different from you. When Jesus sent the disciples to feed the crowd, they interacted with Galileans from all walks of life; farmers, bakers, merchants, soldiers, tax collectors, and so on. Your campus also has students and faculty from diverse backgrounds. Take a risk and pray for them.

How to Pray for Others:

1. Listen to people. What are they saying? What are they yearning for? Don't be too quick to give them answers to whatever they're experiencing. It's important to be present in the moment.
2. Listen to the Holy Spirit. As you heard their story, were there scripture passages that came to mind? Were there words of encouragement that came to you as you listened? Pray these over them.
3. Make space. Before you finish praying for them, ask the Holy Spirit to give you and your friends other words of encouragement. Ask God to make himself known in the situation.





Reflect on what you learned

- How did your friends respond when you offered to pray for them?
- Did the Lord meet your friends in significant ways during the prayer?
- What are you learning about praying for people on campus and the ways God can use you to be a blessing in their lives?

ADDITIONAL RESOURCES



THE **MINISTRY PLAYBOOK**

Offering to pray for people in the moment is only one way to serve them. You could also organize a larger prayer meeting that you can invite people to. If you want ideas on Leading a Prayer Meeting check out this course in the Ministry Playbook.



PRACTICE SPIRITUAL VISION



HEAR

Read John 5:17-20

Here, Jesus reveals an incredible insight that was at the center of his approach to ministry. Every single thing that Jesus did - every healing, every miracle, every life-giving conversation – was an act of looking and seeing his Father at work in the world around him and then joining in that work.

Read John 4:27-38

When Jesus looked at this town in Samaria what did he see his Father doing? And when he interacted with the woman at the well, how do you think he saw his Father at work in her life?

Read John 6:5-7

How would you explain the difference between what Jesus sees and what his disciples see? Why was Jesus able to see his Father actively working in the world around him while his followers could not?



RESPOND

Go and Do

This week's scripture challenges us to see our campus through a different perspective: God's eyes. Most of what we experience of the world comes to us through our senses. We interact with our environment through sight, sound, smell, taste, and touch. Jesus was aware of these things, but he also had a spiritual sense. He was looking for evidence of God at work in the world. With practice, we can embrace Jesus' posture of expectancy as we explore for God at work around us in the everyday places of our lives.

In pairs (if possible), go to different places on campus and pay attention to what you see. Ask your Father what he wants you to notice. Ask him to help you "lift your eyes" to see how he is working in that place. What do you notice about the people in that place? Are they interacting with others, reading a book, listening to music, or looking at their phone? As you take notice, what do you hear God saying about them? Ask him.

Don't just be a spectator. Pay attention to how God could be inviting you to join in. Are there people that God is inviting you to talk to or pray for? Is God highlighting needs that you and your community could play a part in meeting? Follow Jesus' example in John 4 and don't hesitate to interact with people who are different from you. Take a risk and see what God does!





Reflect on what you learned

- Where did you go this week to practice seeing as God sees?
- Was there anything you heard from the Holy Spirit as you watched people? Did the Lord give you any words from scripture?
- If you took a risk to talk to people, how did that go?

ADDITIONAL RESOURCES



THE **MINISTRY PLAYBOOK**

If you want to learn more about what it means to practice spiritual vision and depend more on the Holy Spirit, check out this course in the Ministry Playbook.



SHARE THE GOSPEL



HEAR

Read John 9:1-41

What risks does the man who was healed take as he tells the story of what Jesus has done for him? How does his relationship with Jesus change as he tells others about him?

How has telling others what Jesus has done for you impacted your faith?



RESPOND

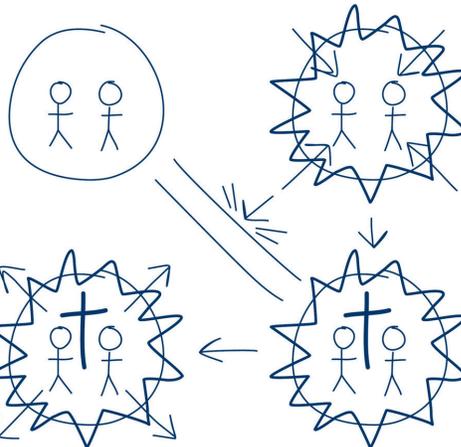
Go and Do

This week we are going to learn to share the story of Jesus with our friends. If you've never done it before, the task can feel daunting. We all have fears about sharing our faith. "What should I say? What should I not say? How will they respond?" Those are all questions we've asked as we've thought about evangelism. Most of the time our fears take us to the worst case scenario; we will look like fools and they'll say "no" to Jesus. But you don't know that. And like everything else we do in life, sharing our faith is easier the more we do it. So this week we're going for it!

There are different ways of communicating what Jesus' life, death, and resurrection mean. In fact, this is nothing new. Even the gospel writers had different ways of talking about what Jesus had done. Some talked about Jesus' death being a ransom (Mark 10:45), others likened his death to a shepherd laying his life down for the sheep (John 10:11), and still others referred to Jesus' sacrifice as a substitute for our sin (1 Peter 2:24). All of those images are true. The point is, there are different ways of communicating what Jesus has done. We love using a gospel diagram called **The Big Story** to communicate the gospel. Let's take a look at it:

Circle 1: Designed for Good

The world was designed for good. Meant to be in loving relationship with God, in harmony with creation, and true community with each other.



Circle 2: Damaged by Evil

Our self-centeredness damaged God's world (sin). We still add to the mess. On our own, we can never be who we long to be.

Circle 4: Sent Together to Heal

God wants us to join his resistance effort against evil. With the Holy Spirit, we forgive, fight injustice and oppression, and submit to Jesus' leadership in our lives.

Circle 3: Restored for Better

God loves the world too much to leave it this way. Jesus came to restore the world for better. Evil and sin died on the cross with him. Resurrection means evil doesn't have the final say.



Today we will learn how to use this diagram. Here are your instructions:

1. Grab a clean sheet of paper and a pen.
2. Using the Big Story diagram on the previous page and the additional resources to the right, get familiar with the gospel.
3. Practice drawing the circles to share the gospel story. To the best of your ability, put it in your own words.
4. Take turns practicing sharing the gospel in pairs.
5. Give each other feedback.

For additional help, check out the links below for a more thorough script of the Big Story and a video example:



script



video

Our exercise today is meant to help you practice sharing the gospel, but to actually learn how to share the gospel you're going to need to get out there and do it. And do it a lot. The more you practice with real people, the easier it will get. There's no way around it.

Before our next meeting, share the gospel with three of your non-Christian friends. If you don't know who to share with, look at your network map and ask God to show you who to share with.



Reflect on what you learned

- What was challenging about this activity? What fears came up for you as you tried sharing the gospel with your friends?
- How is this diagram useful in sharing the gospel? Have you used other diagrams in the past, and if so, how is this one different?
- What did you learn about sharing the gospel through this exercise?

ADDITIONAL RESOURCES



THE MINISTRY PLAYBOOK

In our experience, it takes time and repetitions to learn to tell the gospel effectively. If you are interested in receiving more training in this please visit the Ministry Playbook course on sharing the gospel.



EXPLORE A NEW CORNER



HEAR

Read John 12:20-36

Let's unpack the grain metaphor that Jesus is using. Why is it necessary for a grain of wheat to "fall into the earth" in order to bear the fruit of multiplication? Is any of that possible while a grain of wheat remains on the stalk?

How does this metaphor relate to what Jesus is about to go through?

What implications does Jesus make for his own followers? How would you feel if you were one of Jesus' followers hearing this?



RESPOND

Go and do

In our passage for this week the grain image makes sense. If a seed is going to multiply, it can't stay on the stalk. It must die to itself (be planted in the ground) to produce more seeds. Jesus knew that his death would bring about the spreading of the kingdom of God through his disciples. And in the same way, the gospel on our campus will spread only if seeds are planted to bring about that multiplication. That planting happens through us. As we die to ourselves - our comfort, our wants and desires - and use our time and resources to love people, the gospel spreads. Christian revivals don't exist without believers choosing to die to themselves as Jesus did. Jesus said that "Whoever serves me must follow me; and where I am, my servant also will be." So, the question for us as followers of Jesus is always, "where is Jesus calling us to follow him"?

This week we want to encourage you to be more intentional about reaching a corner of your campus. It could be a team you're on, a group of friends you hang out with, or a study group you are part of. Or maybe, the Lord is calling you to reach a group of people that is radically different from you. Throughout history followers of Jesus have taken risks to minister in new places and to people who didn't look like them, speak their language, or who had different beliefs than they did. Let's spend time today asking the Lord if there are open doors in one of these places on your campus to start a prayer group or bible study. Maybe you've been intentional about praying with your friends already, and maybe some of them have already come to bible study. Take a moment to imagine what your campus would look like if there were bible studies and prayer circles in every corner. If revival is coming to your campus, could it start with people like you?



Over the last several weeks we've learned to be generous, share our testimonies, pray for people, practice spiritual seeing, and share the gospel. You have been taking risks for the Lord. Let's take a minute to pray and listen, asking God to show us where he's calling us to follow him.

As we pray and listen, you may have a specific place come to mind (a dorm, a department, a neighborhood, a coffee shop) or you may have a group of people come to mind (your soccer team, your sorority sisters, specific classmates or friends). Maybe the Lord is inviting you to minister cross-culturally. Remember, Jesus is already present and active in each of those places and in the lives of those people. As his followers, we are invited to join him! If you feel like Jesus is inviting you to follow him to a specific place or people, then take time this week to be present in that place and to pray for those people.

Take the next 30 minutes to pray together and practice spiritual vision for your campus. If it's helpful, use the following questions to guide you:

- Where have you seen Jesus at work on your campus?
- How have people responded to your invitations?
- Are there people in those places you can partner with to start something new?

How is Jesus inviting you to follow him in these places? Be specific.



Reflect on what you learned

- What was it like to pray together and ask the Lord to show you where to go?
- Did you recognize Jesus calling you to follow him to a specific place or people?
- As you think about reaching a new corner on your campus, what excites you?
How do you feel challenged?



SERVE SOMEONE



HEAR

Read John 13:1-20, 34-35

Imagine you were one of Jesus' followers who was seated around this table. How would you feel about Jesus washing your feet?

Jesus clearly expected his followers to do as he had done. Jesus even went as far as to say that love for one another is how all people would recognize disciples of Jesus. Why do you think Jesus considers our love for one another to be the defining mark of a follower of Jesus?



RESPOND

Go and do

Jesus was abundantly clear with his followers: because he served them, they were supposed to serve one another. As a community that is seeking to follow Jesus together, we are called to serve.

Perhaps the Lord is inviting you to serve the people that you identified in your network map or in the Explore a New Corner discipleship cycle. Serving others speaks volumes about God's love for them. A few years ago, Rachel felt called to serve the cleaning ladies in her dorm. She noticed that they worked long hours and looked tired at the end of the day. Rachel prayed and the Lord invited her to clean with them, and take on some of the work they did. Eventually others in her bible study joined Rachel in serving, and after a few weeks they all became friends with the cleaning crew. This opened opportunities for spiritual conversations, and eventually Rachel and her friends started a bible study with the cleaning ladies. If the Lord has put a specific group of people on your hearts, serving them is a great way to build relationships and begin sharing God's love for them.

Who is God calling you to serve? Take a minute of silence to listen and see if God brings a person or a group to your mind.

Make a simple plan for how you will serve them in a tangible way this week!



DEBRIEF

Reflect on what you learned

- What was the response to your acts of service this week?
- How do you think that working together to serve and meet needs on your campus communicated the love of God to people?
- How would the culture on your campus change if more people served each other like Jesus washed his disciples' feet?



ABIDE IN JESUS



HEAR

Read John 15:1-17

What does a branch receive from the vine it's attached to in order to bear fruit?

Jesus repeated the word "remain" 11 times in this short passage. This word is often translated as "abide" or "dwell". What do you think it means to "remain" in Jesus as a branch remains on a vine?

List out all of the things that Jesus says we receive as we "remain" in him.



RESPOND

Go and do

Following Jesus does not happen by accident. In the same way that a branch remains in the vine, we must also remain in Jesus. When we don't remain in him, we wither away spiritually like a branch that has been cut from its source of nutrients. What rhythm of "remaining" in Jesus can you put into practice this week?

Open up your schedule and make a plan to set aside 20-30 minutes each day for the next week to intentionally rest in Jesus' love and spend time "abiding" in his Word.

Picking the same time each day could help you build this practice into a habit, but just doing it is what really counts! Consider what obstacles might keep you from following through with your plan. Anticipating these challenges can help you overcome them.

Remember, abiding in Jesus doesn't have to be complicated. Spending time with Jesus can look a lot like our times together in Bible study. Read a passage in the Bible, spend some time paying attention to what Jesus might be saying to you through it, and then respond by talking to Jesus about what you're seeing and telling him what you want to do in response.

Some of us might not be used to spending 20-30 minutes on our own, abiding with Jesus. Or we might not be used to reading the bible. If that's you, we suggest using a devotional guide like "Seeking God's Face" or "Lectio 365" to guide you in abiding:



Seeking God's
Face



Lectio 365





Reflect on what you learned

- How was your experience of abiding in Jesus this week? What was challenging about keeping that rhythm?
- Did you have a preference between choosing your own scripture passages or using a devotional?
- How would our experience of God be different if we committed ourselves to doing this every day?
- In what ways does Jesus' grapevine imagery make more sense now?

ADDITIONAL RESOURCES



THE **MINISTRY PLAYBOOK**

Learning to abide in Jesus is at the core of what it means to follow him. If you need help cultivating intimacy in community, please visit our course in the Ministry Playbook.



PRACTICE THE HOLY SPIRIT EXAMEN



HEAR

Read John 16:7-15

According to Jesus in John 16:7, The Holy Spirit dwelling in us is even better than Jesus in the flesh right next to us. Do you value the Holy Spirit's presence in your life that much?

What are some of the different things that Jesus said the Holy Spirit would do? List them out.



RESPOND

Go and do

Learning to recognize how the Holy Spirit is working in your life, speaking to you and leading you, is something that takes practice. One resource to help us develop this skill is a spiritual exercise called The Examen. It's basically a simple daily rhythm of reflection to cultivate awareness of God's work in your life. For the next week, each night when you go to bed, take a few minutes to reflect back on your day asking these questions:

- How did I recognize the Holy Spirit's presence with me today? Were there any points where I sensed the Holy Spirit speaking to me or inviting me to do something?
- Where did I miss out on an opportunity to partner with the Holy Spirit? Were there any moments when I chose to not respond to what the Holy Spirit was saying? Were there moments when I let the noise of life drown out the Spirit's voice?
- After reflecting, take a moment to thank God for his presence with you today. Release the missed opportunities, yield yourself to God, and invite the Holy Spirit to meet you in fresh ways tomorrow.

Let's practice doing this together for the next 20 minutes so that we know what to do each night on our own. If you are easily distracted, put your phone away. Use a journal or a sheet of paper to write a short answer to each of the above questions.



DEBRIEF

Reflect on what you learned

- How did it go? Were you able to stick with this rhythm for a week?
- Where did you feel excited in your reflections? Where did you feel disappointment?
- How do you think your relationship with the Holy Spirit would be different if you embraced this rhythm of reflection every day?



CREATE YOUR OWN DISCIPLESHIP CYCLE



HEAR

What Scripture will you share?



RESPOND

What is an immediate way they can actively respond to the Word?



DEBRIEF

How will you help them reflect and learn from their experience?

