



DISCIPLESHIP DESIGN

Developing a Plan to Flourish as a Disciple

How does the Lord want you to grow as a disciple?

Answer this question prayerfully, trying to be as specific as possible.

You may also refer to your Discipleship 360° Assessment results, if you took the Assessment, found on the www.flourishmovement.org website.

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

Read through the four categories of activities below, and see sample questions for each category on the template on the next page. There is also a list of sample activities and sample designs included.

Activities should be SMART: Specific, Measurable, Achievable, Related to Vision, and Time Specific.

1. Activities to Engage with God:

- How do you want to engage with God in this area (daily prayer, fasting, solitude, etc.)?

2. Activities to Engage with Experiences:

- What types of experiences can you plan in order to foster growth?
- What are some experiences you've had that you can reflect on?
- What are some experiences that can help test and strengthen your growth?

3. Activities to Engage with Others:

- How do you want to engage with God alongside others?
- Who else can be brought along to help in your discipleship goals?
- Are there people to pray for you, hold you accountable, and give you feedback?

4. Activities to Engage with Knowledge and Truth:

- How do you want to engage with Scripture to aid in your growth?
- What other instruction or learning could be helpful in growing your discipleship?

**See how these questions fit into the Discipleship Design grid on the next page.
Create your own Discipleship Design on the blank template.**

This template is also available electronically at:

<https://www.flourishmovement.org/static/media/uploads/discipleshipdesignfd.pdf>

Also see sample activities, designs and additional resources in this packet.

Guiding Questions for Discipleship Designs

<p>Activities to Engage with God (Spiritual)</p> <p>Consider the relationship you want to have with God.</p> <p><i>How can you invite God into your desired growth in a relational way?</i></p> <p><i>How do you want to engage with God in this area?</i> For example, daily prayer, examen, through a spiritual discipline or practice.</p>	<p>Activities to Engage with Experiences (Experiential)</p> <p>I engage with real life situations.</p> <p>Consider how you can engage in real life situations to experience the goal/outcome you desire.</p> <p><i>What types of experiences can you have to foster the growth you are seeking in your goal/outcome?</i></p> <p><i>What are some experiences that can help test and strengthen your growth?</i></p>
<p>Activities to Engage with Others (Relational)</p> <p>I engage with other people.</p> <p>Consider the relationship you want to have with others, and how they can help meet your goal/outcome.</p> <p><i>What kind of person do you desire to be toward the people in your life?</i></p> <p><i>How do you want to represent the love and grace of God to others? How do you want to receive the love and grace of God from others?</i></p> <p><i>Who else can be brought along to help in your growth plan? Is there a community who can pray for you?</i></p>	<p>Activities to Engage with Knowledge and Truth (Instructional)</p> <p>I engage with Truth.</p> <p>Consider how you want to engage with knowledge and truth to aid in your growth.</p> <p><i>How do you want to engage with God's Word? What in God's Word might be helpful for you to read/study/meditate?</i></p> <p><i>What other materials could be helpful in the development of your plan, such as books, articles, journaling, etc.?</i></p>

Your Discipleship Design

Name: _____ Date: _____

Topic of Focus:

Goal: By _____ (date) I will: _____

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



Sample Activities for Discipleship Designs

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



Sample Discipleship Designs : Sample #1

Name: Sample Design #1 _____

Date: _____ 2/1/18

Topic of Focus: Strengthening Biblical Knowledge

Goal: By 5/31/18 (date) I will: 1) Possess a basic working knowledge of the names & order of the books/sections within the Bible.
2) Become familiar with the content and flow of the Book of Philippians.

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



Name: Sample Design #2 Date: 1/1/18

Topic of Focus: Discipline of Fasting

Goal: By 4/1/18 - Easter I will: Practice the regular discipline of fasting as a means to know and more freely love and serve Christ.

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



Name: Sample Design #3 Date: 9/1/18

Topic of Focus: Leading Small Group I will: Prepare to lead a small group.

Goal: By 11/1/19

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



Additional Resources for Discipling Others

Where is God leading me to grow?

Creating a Discipleship Design means first listening to where God might like you to grow, and joining the Spirit in the work that He has already begun or wants to begin. Ask God to lead you in this process.

Spend some time meditatively reading John 15:1-8, and ask the Lord to speak to you. Reflect on these questions, if they are helpful:

- Is there a word/phrase/image that stands out to you?
- What fruit has Christ born in you lately?
- Where might you need to be pruned, so that you can bear more fruit for Him?
- Explore the idea that God is the gardener, Jesus is the vine and you are the branches. What does God say to you through this imagery?

What can you celebrate in your life right now?

What is an area of struggle in your life right now?

How might God be using what is going on in your life to guide you towards an area of growth or focus?

Prayerfully look over your thoughts/notes and jot down any ideas that you have about what area(s) you would like to grow in as a disciple of Christ.



Additional Resources for Discipling Others

1. Determine a Topic/Focus

- What do I want strengthened in my life with Christ? (prayer, identity in Him, a spiritual practice, no shame/guilt, etc.)
- In what ways do I want my character to grow? (Read through Galatians 5:22-23 for the Fruit of Spirit.)
- What spiritual/Biblical knowledge or ministry skill do I want to acquire?
- What would I like to see more evident in my life?
- Where am I confused and desire clarity?
- Where am I disappointed or frustrated?
- Where is there some pain?
- What am I hungry for and desiring?
- What do I worry about in my life?

2. Determine an Outcome

Ask yourself: "How do I want to be different at the end of the process?"

"What will the change look like?"

Describe the change in terms of a **SMART** goal – **S**pecific **M**easurable **A**ttainable **R**elevant **T**imely

Example – "By July 1, I will no longer criticize my family when talking to others."

Common mistakes in formulating an outcome:

- not clear, precise, simple, attainable, or measurable
- not what I desire (internal "should") or not my own (external "should")

3. Choose Forming Activities

For each quadrant, ask: "In order to reach my outcome what shall I do with (God, Others, Truth, in Real Life Situations)?"

Common mistakes with Activities:

- too many activities
- too complex an activity
- not workable / realistic
- not enough "Experiential" activities
- not enough challenge so that I really need God
- no action-reflection-action-reflection rhythm

To improve your Discipleship Designs and better assess how you are doing:

- Specify the frequency of the activity (2x day, 1x week, etc.)
- Specify the "when" (at meal times, Sunday mornings, nightly 30 minutes before lights out, etc.)
- Take your Discipleship Design out DAILY and form a relationship with it - keep it in front of you every day; post it somewhere you will see it several times a day.
- Review it to force you to be attentive and assess in an ongoing way how you are doing with it.
- **Enjoy God in the process - see the Design as an invitation to grow, not a task to complete.**

Your Discipleship Design activities are open doors for God to enter into your life and meet with you!