



WHOLE CHURCH

Whole Discipleship

Leader's Guide

v3.0.1



Building a Team

You should create a team of laity and clergy to work through this process together. Participation on this team should be by personal invitation. The pastor and local church leaders should strategize about who is best suited to participate. While there are no formal requirements, some basic guidelines should be followed:

- Servanthood attitudes. Non-dominating, reflective listeners, willing to face fears.
- FAT – Faithful, Available, Teachable.
- Should be given time to pray about it before committing.
- At least one new person (someone who has started attending regularly in the last three to five years).
- DO NOT simply use your church council or other formal church committee.

Teams should be no larger than nine people. This will allow for a good small-group dynamic and healthy conversation. At times during this process you may want to report out to a larger audience how you are progressing. Each team will need to designate a lay convener. This person should be part of the team and will be responsible for the process in partnership with the pastor.

Our Team

Name	Email	Phone Number

Grounded in Prayer

Your team should be grounded deeply in spiritual practice. You actually have an opportunity through this process to experiment with some discipleship practices that will be discussed along the way, like Wesleyan small groups and 1:1 discipleship guides. Do not shortchange this part of the process. It is one thing to discuss something in concept; it is another to have a chance to experience it.

Identify two or three spiritual formation activities you would like to use as part of this process. If you need ideas, refer to the *Spiritual Formation Booklet* found here: <http://www.wholechurch.org/participant-area/gather-pray/>. You may consider inviting other members of your team to lead an activity they are passionate about. The outline anticipates each activity taking fifteen to twenty minutes.

Our Spiritual Formation Activities

Activity	Leader

Feel free to customize the sessions to meet your needs. You may want to add singing or other worship practices to the start of each meeting. Allow your team to help select which activities you will continue based on what they are finding valuable. That said, the Wesleyan small group time should not be considered optional.

Team Sessions

Session 1: Team Formation

Introductions

Invite each person to share the following:

- Name
- What does being a disciple mean to you?
- From what you understand so far about this team, what are you most excited about?

Discuss Safe Space

All are encouraged treat one another as brothers/sisters in Christ, first and foremost. Anything shared in this space should be considered confidential. No one should feel compelled to share more than they want to.

Wesleyan Small Group Questions

Take turns answering the following. Pastor and lay convener should be prepared to go first.

- Where are you struggling in your faith right now?
- Where do you feel tempted in life?
- How are you overcoming those temptations?

Spiritual Formation Activities

Preparation for Session 2

Distribute *Whole Discipleship Workbook*.

Closing

Consider using the John Wesley Covenant Prayer¹ and Holy Communion.

Session 2: Defining Discipleship

Wesleyan Small Group Questions

Take turns answering the following.

- Where are you struggling in your faith right now?
- Where do you feel tempted in life?
- How are you overcoming those temptations?

¹ See *Spiritual Formation Booklet* (<http://www.wholechurch.org/participant-area/gather-pray/>)

Spiritual Formation Activity

Workbook Part 1

Preparation for Session 3

Review Part 2 of *Whole Discipleship Workbook* before your next meeting.

Closing

Consider using the John Wesley Covenant Prayer and Holy Communion.

Session 3: Finding a Guide

Wesleyan Small Group Questions

Take turns answering the following.

- Where are you struggling in your faith right now?
- Where do you feel tempted in life?
- How are you overcoming those temptations?

Workbook Part 2

Group Discussion on page 7 of the workbook.

Spiritual Formation Activity: Prayer Partners

Here you will have an opportunity to experience a part of what a 1:1 experience can be like. Break up your team into pairs or threes. Allow people to self-select who they are with. They will stay with the same partner for the rest of this process.

In turn, each person should share the following to the degree they are comfortable.

- A personal (meaning about you, not someone else) prayer request including any important background.
- A way that you have been inspired or impressed by your prayer partner.
- Name a time of the day you commit to lift your partner in prayer each day.
- Pray together.

Spiritual Formation Activity

Preparation for Session 4

Review Part 3 of *Whole Discipleship Workbook* before your next meeting.

Closing

Consider using the John Wesley Covenant Prayer and Holy Communion.

Session 4: Thinking Small

Wesleyan Small Group Questions

Take turns answering the following.

- Where are you struggling in your faith right now?
- Where do you feel tempted in life?
- How are you overcoming those temptations?

Workbook Part 3

Spiritual Formation Activity

Spiritual Formation Activity: Prayer Partners

Preparation for Session 5

Review Part 4 of *Whole Discipleship Workbook* before your next meeting.

Closing

Consider using the John Wesley Covenant Prayer and Holy Communion.

Session 5: Doing Good

Wesleyan Small Group Questions

Take turns answering the following.

- Where are you struggling in your faith right now?
- Where do you feel tempted in life?
- How are you overcoming those temptations?

Workbook Part 4

Spiritual Formation Activity

Spiritual Formation Activity: Prayer Partners

Preparation for Session 6

Review Part 5 of *Whole Discipleship Workbook* before your next meeting.

Closing

Consider using the John Wesley Covenant Prayer and Holy Communion.

Session 6: Building Up Your Core

Wesleyan Small Group Questions

Take turns answering the following.

- Where are you struggling in your faith right now?
- Where do you feel tempted in life?
- How are you overcoming those temptations?

Workbook Part 5

This discussion will likely take longer than previous sessions.

Spiritual Formation Activity: Prayer Partners

Preparation for Session 7

Review Part 6 of Whole Discipleship Workbook before your next meeting.

Closing

Consider using the John Wesley Covenant Prayer and Holy Communion.

Session 7: Taking the On Ramp

Wesleyan Small Group Questions

Take turns answering the following.

- Where are you struggling in your faith right now?
- Where do you feel tempted in life?
- How are you overcoming those temptations?

Workbook Part 6

Spiritual Formation Activity

Spiritual Formation Activity: Prayer Partners

Preparation for Session 8

Review Conclusion and Example of *Whole Discipleship Workbook* before your next meeting.

Closing

Consider using the John Wesley Covenant Prayer and Holy Communion.

Session 8: Where to Next?

Wesleyan Small Group Questions

Take turns answering the following.

- Where are you struggling in your faith right now?
- Where do you feel tempted in life?
- How are you overcoming those temptations?

Workbook Conclusion and Example

Where will your team go next? How will you start to build an intentional system of discipleship? Your team may continue to meet, expand, or shift focus. You don't have to do it all at once but you need to leave with some concrete next steps. You may find the *Creating Next Steps* process helpful with this. It can be found here:

<http://www.wholechurch.org/participant-area/act-reflect/>

Spiritual Formation Activity: Prayer Partners

Closing

Consider using the John Wesley Covenant Prayer and Holy Communion.

