

# DEEPENING DISCIPLESHIP

LENT COURSE 2025

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# SESSION ONE

## KNOWING ME, KNOWING YOU

Psalm 46:10



### PRESENTATION

- Why have a partner on the course?
- All the models of the Kingdom of God are corporate:
  - > Body of Christ
  - > Stones in a temple
  - > Branches in a vine
  - > Proverbs ('iron sharpens iron')



### SESSION AIMS

- Think about where we are and how we got here.
- Recognise our own place in the body of Christ.
- Reflect on the journey of being called and the meaning of discipleship.
- Sustain a life that continually seeks and honours God by developing some key discipleship practices.



### ACTION

- Have a conversation with your partner about your questionnaires and make notes on that conversation.



### DISCUSSION

- Group contact.
- Rules of engagement.
- Confidentiality.
- Commitment to moving forward.
- Listening and speaking.
- Introduction to Reflective Practice (see page 5).
- Introduction to Ignatian Examen (see page 5).



## ACTION

- What life experiences have shaped you in your journey of discipleship?
- Reflect on Jesus' baptism in Mark 1:9.
- Mark important events on your timeline below.
- Have a conversation with your course partner about your timeline.



## CONSIDER

- When will you meet your course partner again?
- What will you take away from this session?
- What was helpful? What was unhelpful?
- Is there anything you will introduce into your life?
- Is there anything you will work at removing from your life?



## WORSHIP

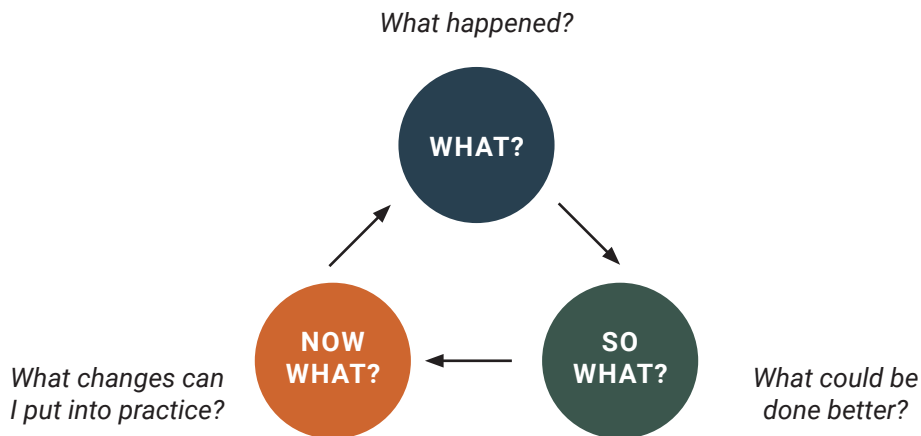


## ACTIONS FOR SESSION TWO

- Flesh out your timeline and consider how it might be useful in reflecting on your discipleship journey.
- Complete the learning styles questionnaire.
- Arrange to meet with your course partner.

# EXTRAS FOR SESSION ONE

## BORTON'S MODEL OF CRITICAL REFLECTION



## IGNATIAN EXAMEN

This is a version of the five-step Daily Examen that St. Ignatius practiced:

1. Become aware of God's presence.
2. Review the day with gratitude.
3. Pay attention to your emotions.
4. Choose one feature of the day and pray from it.
5. Look toward tomorrow.

# SESSION TWO

## LAY ALL YOUR LOVE ON ME

Mark 1:9-11



### PRESENTATION

- Up – In – Out.
  - UP: How do we relate to God?
  - IN: How do we relate to church family?
  - OUT: How do we relate to people who are not yet part of the church family?
- In this sessions we will be focusing on UP.
- Learning Styles: What is our preferred way of learning?
  - Reading - Auditory - Kinaesthetic - Dialogue - Visual
- How does this affect the way we relate to God?



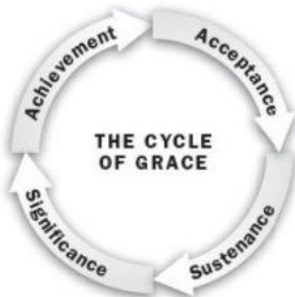
### SESSION AIMS

- Think about our status as beloved children of God.
- See our identity in Christ as a springboard for future growth.
- Consider how we listen to God.



### ACTION

- Have a conversation with your partner about your learning styles and make notes on that conversation.
- Watch Rob Bell's 'Nooma' video on discipleship.
- Have a conversation with your course partner about the video and make notes.





## DISCUSSION

In contrast to Jesus' relationship with his Father, consider these things:

- How do people generally find affirmation?
- Where does a sense of self worth come from?
- Cycle of Grace vs. Cycle of Work. Note the direction of travel.



## ACTION

- Have a conversation with your course partner about the idea of grace vs. works. Consider that one matches your understanding of yourself.
- Make notes on the conversation.



## LISTENING TO GOD

- When we pray, do we speak to God or listen to God or try to do both? Discuss with your course partner.
- How do we know when God is guiding us?
- When listening to God, do you engage more spiritually, biblically, emotionally or physically? Discuss this with your course partner.



## CONSIDER

- When will you meet your course partner again?
- What will you take away from this session?
- What was helpful? What was unhelpful?
- Is there anything you will introduce into your life?
- Is there anything you will work at removing from your life?



## WORSHIP



## ACTIONS FOR SESSION THREE

- Reflect on where your motivation comes from: works or grace?
- Try to spend at least five to ten minutes each day this week with no phone, radio, television, books, or conversation. What is God saying to you?
- Arrange to meet with your course partner.

# SESSION THREE

## THANK YOU FOR THE MUSIC

Acts 2:42-47



### PRESENTATION

- What is the church?
- What is the purpose of the church?
  - Fellowship? Worship? Teaching? Continuity of tradition? Sacraments?



### SESSION AIMS

- Identifying what role we have as individuals in our Church family?
- Consider what the church is and why it exists.

#### *Working Definitions*

Definition 1:

'The church is the gathered people of God, coming together to encourage one another in spiritual growth, mutual help and comfort.'

Definition 2:

'A group of believers in Jesus Christ who are learning to live by the indwelling Lord together.'

'The church is the only society that exists for the benefit of those who are not its members.'

*(William Temple, 1881-1944)*

'To worship is to quicken the conscience by the holiness of God.'

*(William Temple, 1881-1944)*

'The church is a hospital for sinners, not a museum for saints.'

*(Source Unknown)*





## ACTION

- Have a go at writing your own definition of what church is.



## DISCUSSION

- What is church?
- Discuss with your course partner:
  - What is at the heart of following Jesus?
  - How does the church fit into being a disciple of Jesus?
  - What is your role in the Body of Christ?



## ACTION

- Complete the questionnaire entitled 'Church Life' in the Appendix.
- Discuss your answers with course partner.



## CONSIDER

- When will you meet your course partner again?
- What will you take away from this session?
- What was helpful? What was unhelpful?



## WORSHIP



## ACTIONS FOR SESSION FOUR

- Consider your role within the Body of Christ.
- What do you need to *stop* doing in the church family?
- What do you need to *start* doing in the church family?
- Arrange to meet with your course partner.

# SESSION FOUR

## I HAVE A DREAM

Acts 10:47-48



### PRESENTATION

- Up — In — Out
  - Where have we got to so far?
- Definitions and Misconceptions.
  - Defining evangelism, mission, and outreach.
  - Change is a dirty word.
  - Hospitality. Testimony. Confidence.
- How to share the gospel. (And how not to.)
  - Adrian Plass 'Bad Outreach' sketch.
  - Pray for the person.
  - Witness to what you know not what you don't.



### SESSION AIMS

- Reprise the Up — In — Out idea.
- Grow in confidence in being a witness to the Gospel.
- Draft a testimony about your faith journey.
- Identify someone to pray for.



### DISCUSSION

Discuss with your course partner:

- Most Christians don't want to tell others about Jesus. True or false?
- Is sharing the gospel about getting someone to believe in Jesus?
- What stops you sharing the gospel?

*Open discussion with the rest of the group around these issues.*



## ACTION

- Write down your story of knowing Jesus. Where did it start? What's changed? (10 minutes)
- With your course partner, take it in turns to share your story. Talk about how it felt to tell the story and hear the story.
- Take five minutes to listen to God about who He is leading you to pray for.



## CONSIDER

- When will you meet your course partner again?
- What will you take away from this session?
- What was helpful? What was unhelpful?



## WORSHIP



## ACTIONS FOR SESSION FIVE

- Is there someone for whom you can pray who isn't a Christian, that they will have an encounter with God?
- How can you show that person hospitality and kindness?
- Arrange to meet with your course partner.

# SESSION FIVE

## I STILL HAVE FAITH IN YOU

Matthew 3:17



### PRESENTATION

- Being a Christian is not a marathon or a sprint, but a relay race,
- Each person supporting the next person, passing on what they have.
- It is not easy,
- The foundations that you have enable you to press on.
- It is never too late to try new things, for example:
  - Praying in a different way.
  - Taking up a Bible reading plan.
- Talking with other Christians about how you are getting on.
- At the heart it is about loving God, and loving each other.



### SESSION AIMS

- Identify what we will be taking away from the course.
- Understand ourselves a little better, especially in terms of:
  - How we relate to God.
  - Where we fit into the family of the church.
  - Who we can pray for and aim to share the gospel with.
- Commit to deepening our discipleship.



### DISCUSSION

- Give your course partner two encouraging things you appreciate about them.
- Offer two spiritual things you feel you could work on about yourself.
- Listen to the support your partner offers you.

*Open discussion with the rest of the group around these issues.*



## DISCUSSION

- Words of wisdom from the group.
- Being a Christian today:
  - What is helpful? What is hard?
- Working with others in the church:
  - What is helpful? What is hard?
- Sharing the gospel:
  - What is helpful? What is hard?



## CONSIDER

- Where to go from here?
- What areas of the Christian life would you like support in?
- What do we do as a church that we should stop doing?
- How can we be more pro-active in taking the gospel to the new housing developments?



## WORSHIP



## ACTION

- Don't just pray but reflect on *how* we pray, knowing we are God's beloved children.
- Don't just go to church, but be an active part of our church family.
- Identify one (or more) person with whom you could share the gospel and pray for them.
- If sharing with your partner has been helpful, consider continuing to meet up to share your journey and have some support as you move forward.

# APPENDIX

## QUESTIONNAIRE ABOUT CHURCH LIFE

*Jot your answers in your own notebook, keeping them together with your other notes from the course.*

*Remember — these are your opinions. There are no right or wrong answers!*

1. Does Sunday worship fulfil your expectations of worshipping Jesus? If not, what is missing?

2. What part of Sunday worship do you look forward to?

*Please answer all that apply on a scale of 1 to 10 (with 1 being 'not at all' and 10 being 'absolutely love it':*

- Having an encounter with God.
- Building relationships with fellow believers.
- Singing hymns and songs.
- The sermon/teaching.
- The fellowship after the service.
- The prayers.
- The liturgy (the spoken bits).
- The opportunity to deepen my faith.
- Hearing stories about what God is doing locally and internationally.
- Other. (Please elaborate if you can.)

3. How well do you feel that our Sunday worship meets the needs of those who are visiting the church for the first time?
4. Do you feel you are an integral part of the church family? Why?
5. What is the best thing you find about being part of the church?
6. Explain what part of church life you feel could be done better.
7. Is there any part of church life to which you could contribute more?
8. On a scale of 1 to 10, how likely are you to bring someone you know to this church? (*With 1 being 'unlikely' and 10 being 'highly likely'.*)

