

WHAT TO DO WHEN YOU MEET

Meet together 2-4 times per month (60-90 minutes) for about 9-12 months. Here is a sample format; you can do this!

SP3 CHECK-IN: How are you doing in these areas? (10-20 min)

- Spiritually? (Interacting with Jesus, other Jesus followers, and those who don't follow)
- Personally? (Self-care, relationships, parenting)
- Professionally? (Career, financially)
- Physically? (Mind, exercise, eating)

COACHING DEBRIEF: Review and reflect on what was discussed from the last conversation guide. (5-10min)

CONVERSATION GUIDE: Use any of the guides provided by our church (20-30 min, see inside for examples)

Learn is (re)discovering information.

Do is acting on what we learned.

Coach is reviewing what we do together and evaluating how it was done.

SP3 CHECK-OUT: How could you grow spiritually, personally, professionally or physically based on our conversation? (10-20 min)

Prayer (5-10 min) Pray for each other based on your conversation.



We are a family of Fearless Followers, pursuing **Jesus** and actively making Him known!

www.FearlessFollower.org/InTraining
for more help and resources on how to journey together.



IN TRAINING

Living the Life God Designed,
Becoming More Like Jesus!

Our Dream: Every Fearless Follower would be in an intentional discipling relationship.

Our desire is for every Fearless Follower to be disciplined and then disciple others. In these relationships, followers of Jesus help each other follow Jesus well and fearlessly live the life God has designed them to live.

These relationships may occur between two or more people who decide to walk together, regardless of where a person is at in their current relationship with Jesus. **A TRAINER** is faithful, available, intentional, and relational (FAIR) in their growing relationship with Jesus and takes the initiative to move the discipling relationship forward. A person **IN TRAINING** is faithful, available, spiritually open, and teachable (FAST) in their relationship with Jesus and others.

This is a discipleship initiative and not a program. The tools offered are given only as aids and not requirements.

BEING A DISCIPLER (TRAINER)

- Be transparent in sharing your life and relationship with Jesus.
- Provide a holistic approach to discipleship: spiritual, emotional, relational, and physical health.
- Offer a listening ear, be humble in spirit and a faithful presence to the person(s) you disciple.

BEING A DISCIPLE (TRAINEE)

- Spiritually hungry and have a desire to grow in your relationship with Jesus.
- Willing to learn from another person incorporating a Learn - Do - Coach approach.
- Transparency is key, be honest with yourself and another person.

BEING HONEST GUIDE #1

LEARN is (re)discovering information. It can be very difficult to be honest when being dishonest will make us - or something we've done - look more favorable in the eyes of another. In this conversation we'll discuss the idea that telling the truth is an act of love toward God.

READ THESE PASSAGES AND DISCUSS:

Genesis 12:10-20, Genesis 26:1-10, Genesis 27:1-41, Proverbs 12:1-23

Pick a passage, or more than one, and answer these questions with each other:

- 1. What does this passage say? (Read it twice.)
- 2. What is God teaching me?
- 3. What will I do or change based on what I've read?

DO is acting on what we learned. Honestly share with each other how you're doing Spiritually, Personally, Professionally, and Physically.

COACH is reviewing what we did and evaluating how it was done.

- 1. How does this conversation impact your desire to be honest with others?
- 2. In each of our conversations, we'll discuss how we're doing Spiritually, Personally, Professionally, and Physically. How do you feel about that?
- 3. What can we do to create an environment of honesty between us?

HEARING GOD GUIDE #2

LEARN is (re)discovering information. God is always speaking to us. It's usually not an audible, out-loud voice like when we speak to each other, but God speaks to us in many ways. He speaks through our conscience, dreams, others, our situations, and His Word. Once we better understand how to hear God, we can respond to His promptings in our life.

READ THESE PASSAGES AND DISCUSS:

Job 33:12-18, Psalm 46:7-11, John 10:1-16, 1 Kings 19:9-18, Matthew 10:16-20

Pick a passage, or more than one, and answer these questions with each other:

- 1. What does this passage say? (Read it twice.)
- 2. What is God teaching me?
- 3. What will I do or change based on what I've read?

DO is acting on what we learned. Meet in a new, outdoor location (weather permitting). Go for a walk in nature (through the woods, on a quiet beach, etc.), and leave your phone in your car. Ask God to reveal Himself during this time and simply practice being quiet, externally and internally.

COACH is reviewing what we did and evaluating how it was done.

- 1. How did God reveal Himself to you?
- 2. What can you do in your everyday life to help you hear God in each moment?
- 3. How did acting on this topic of hearing God go for you?

1 2 3 4 5
Bad So-so Great

- 3. What could be done to raise your number by one?
- 4. What help do you need from me to help you get there?

LEARN is (re)discovering information. A Fearless Follower is someone who trusts God. This is easy when life is going well, but when relationships fall apart, deals fall through and diagnoses come, our trust in God can waiver. In this conversation we'll explore responding to God with trust, even when things are difficult.

TRUSTING GOD GUIDE #3

READ THESE PASSAGES AND DISCUSS:

2 Samuel 7:18-29, Psalm 31, Jeremiah 17:5-18, Matthew 14:22-36, Hebrews 11

Pick a passage, or more than one, and answer these questions with each other:

- 1. What does this passage say? (Read it twice.)
- 2. What is God teaching me?
- 3. What will I do or change based on what I've read?

DO is acting on what we learned. Reflect on Psalm 31. Discuss the circumstances that led David to trust God. Share with each other the circumstances in your life that lead you to trust God. Share with each other an area in your life where you believe God is asking you to trust Him. Through the week, pray for this area(s) in each other's lives.

COACH is reviewing what we did and evaluating how it was done.

- 1. How did praying for each other's trust in God impact your own trust in God?
- 2. In what area(s) of your life do find yourself needing to trust God?
- 3. What would happen if you decided to trust God in this area(s) of your life?

www.FearlessFollower.org/InTraining for more conversation guides.

BIBLE READING GUIDE #4

LEARN is (re)discovering information. Reading the Bible is reading God's words written to us. The Bible has many different styles of writing within it, but using a simple Bible study method will help you confidently read God's words and take steps toward shaping your life around His plan for you.

READ THESE PASSAGES AND DISCUSS:

Psalm 93:1, 2 Timothy 3:16-17, 1 Samuel 15:22-24, Hebrews 4:12-13, Isaiah 55

Pick a passage, or more than one, and answer these questions with each other:

- 1. What does this passage say? (Read it twice.)
- 2. What is God teaching me?
- 3. What will I do or change based on what I've read?

DO is acting on what we learned. Talk through how the steps above were helpful. What would you add to this, based on how you study the Bible? Between this conversation and the next, study two of the passages above using the steps below on your own, and when we connect again, we'll discuss how it went.

READ the passage through twice. Make general observations about repetition, keywords, etc.

LISTEN as you read, or perhaps after you've read, consider what God is teaching you through this passage. Some people find it helpful to journal or pray during this time.

DO what you've learned. Once you've read through the passage and determined something God's asking you to do or stop doing, be courageous enough to act on what you've learned.

COACH is reviewing what we did and evaluating how it was done.

- 1. What excites you about reading the Bible?
- 2. How often would you like to read the Bible?
- 3. What kind of environment do you need to do this well?
- 4. What will you need to do to make that happen?