



PARTICIPANTS WORKBOOK

NAME

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SESSION 1 : DISCIPLES

◆ ACTIVITY 1

Then Jesus came to them and said, “All authority in heaven and on earth has been given to me. Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age.”

Matthew 28:18-20 (NIV)

Discipleship is the ongoing, lifelong process of growing to live more fully as a follower of Jesus Christ’

◆ BIBLE STUDY 1

‘Those who accepted his message were baptised, and about three thousand were added to their number that day. They devoted themselves to the apostles’ teaching and to the fellowship, to the breaking of bread and to prayer.’ Acts 2:41-42 (NIV)

- Q1** Can you remember any of the words or actions that form part of the baptism or confirmation services?
- Q2** In what ways might the act of baptism or confirmation be significant in the life of a disciple?
- Q3** How might you explain to people the significance of baptism or confirmation?
- Q4** If we all have gifts, how can we learn more about them and about our role in the church?

◆ ACTIVITY 2

- Q1** How do you ‘view’ the church – as bricks and mortar, as a body, as the people who worship there? What does 'church' mean to your growth as a disciple?
- Q2** In what ways do you see yourself as part of the church?



◆ BIBLE STUDY 2

‘For we are God’s handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.’ Ephesians 2:10 (NIV)

‘I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well.

My frame was not hidden from you when I was made in the secret place, when I was woven together in the depths of the earth.

Your eyes saw my unformed body; all the days ordained for me were written in your book before one of them came to be..’ Psalm 139:14-16 (NIV)

Production line vs Handcrafted

Q1 *What do these passages have to tell us about how we have been created?*

Q2 *What implications does this have for us?*

EXPERIENCES

The person we are today has been moulded by both the positive and the challenging experiences we’ve gone through. God can use all of these experiences for good as He is at work in and through us.

Write down below three experiences that have been most influential in shaping the person you are today.

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◆ SUMMARY

Q1 Does your church offer opportunities to use our gifts?

Q2 How do we help one another to grow as disciples of Christ?





PERSONAL REFLECTION: SESSION 1 GROWING AS A DISCIPLE

A disciple is someone who has made a commitment to following Christ and is seeking to live their life as a Christian.

Jesus summarises the disciple's call in Mark 8:34: "If anyone wants to be my follower, he must deny himself, take up his cross, and follow me."

Accomplishing such a challenging assignment requires growing in our understanding of what it means to be a Christian, expanding our personal knowledge of biblical truth, and applying daily what you learn. Through the presence of His indwelling Spirit, God enables us to know, follow, and serve Him.

Scripture also encourages personal examination as an element of growth as a disciple:

'Search me, God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting.'

Psalm 139:23-24 (NIV)

'Each one should test their own actions. Then they can take pride in themselves alone, without comparing themselves to someone else.' Galatians 6:4 (NIV)

'Be very careful, then, how you live—not as unwise but as wise.' Ephesians 5:15 (NIV)

In this Personal Reflection we invite you to use the discipleship reflection tool to help you to think carefully about your spiritual development, related to six specific spiritual disciplines: abiding in Christ; living in the Word; praying in faith; sharing fellowship with believers; witnessing to the world; ministering to others.

Before completing your responses, spend some time in prayer, asking God to guide your thoughts and responses as you consider your journey as a disciple.

This is a personal reflection exercise designed to aide you personally, however if you would find it helpful to discuss your responses with someone, we would encourage you to speak to your vicar, parish priest or minister, or perhaps one of the group leaders. The scale used is designed to help you to reflect and identify areas for growth, not a scoring system for you to compare yourself to others.



There are three steps to the reflection:

- Step 1** Answer the questions in the **discipleship reflection tool**.
- Step 2** Draw your **Discipleship Wheel**.
- Step 3** Review the **discipleship growth suggestions** and identify some actions you will commit to taking as you take the next steps in your discipleship journey.

As you complete this reflection, the temptation might be to think your efforts are central to growth as a disciple. **Remember, becoming Christ-like centres on His work in us and not our work for Him.** Our role as His disciple is to listen, abide and follow faithfully.

Acknowledgement and credit for this reflection tool: www.lifeway.com/discipleship

◆ **STEP 1: DISCIPLESHIP REFLECTION TOOL** ◆

As you complete the reflection, avoid rushing. Listen for God’s voice to encourage and challenge you. Consider this experience as one-on-one time with Him.

Use the scale below to respond to each statement.

Never - 1 Seldom - 2 Occasionally - 3 Frequent - 4 Always - 5

		RESPONSE
ABIDE IN CHRIST		
1	I practice a regular quiet time and look forward to that time with Christ.	
2	When making choices, I seek Christ’s guidance first.	
3	My relationship with Christ is motivated more by love than duty or fear.	
4	I experience life change as a result of my worship experiences.	
5	When God makes me aware of His specific will in an area of my life, I follow His leading.	
6	I believe Christ provides the only way for a relationship with God.	
7	My actions demonstrate a desire to build God’s kingdom rather than my own.	
8	Peace, contentment, and joy characterise my life rather than worry and anxiety.	
9	I trust Christ to help me through any problem or crisis I face.	
10	I remain confident of God’s love and provision during difficult times.	
Abide in Christ Total		
LIVE IN THE WORD		
1	I regularly read and study my Bible.	
2	I believe the Bible is God’s Word and provides His instructions for life.	
3	I evaluate cultural ideas and lifestyles by biblical standards.	
4	I can answer questions about life and faith from a biblical perspective.	
5	I replace impure or inappropriate thoughts with God’s truth.	
6	I demonstrate honesty in my actions and conversation.	
7	When the Bible exposes an area of my life needing change, I respond to make things right.	
8	Generally, my public and private self are the same.	
9	I use the Bible as the guide for the way I think and act.	
10	I study the Bible for the purpose of discovering truth for daily living.	
Live By God’s Word Total		

PRAY IN FAITH

1	My prayers focus on discovering God’s will more than express sing my needs.	
2	I trust God to answer when I pray and wait patiently on His timing.	
3	My prayers include thanksgiving, praise, confession, and requests.	
4	I expect to grow in my prayer life and intentionally seek help to improve.	
5	I spend as much time listening to God as talking to Him.	
6	I pray because I am aware of my complete dependence on God for everything in my life.	
7	Regular participation in group prayer characterises my prayer life.	
8	I maintain an attitude of prayer throughout each day.	
9	I believe my prayers impact my life and the lives of others.	
10	I engage in a daily prayer time.	
Live By God’s Word Total		

FELLOWSHIP WITH BELIEVERS

1	I forgive others when their actions harm me.	
2	I admit my errors in relationships and humbly seek forgiveness from the one I’ve hurt.	
3	I allow other Christians to hold me accountable for spiritual growth.	
4	I seek to live in harmony with other members of my family.	
5	I place the interest of others above my self-interest.	
6	I am gentle and kind in my interactions with others.	
7	I encourage and listen to feedback from others to help me discover areas for relationship growth.	
8	I show patience in my relationships with family and friends.	
9	I encourage others by pointing out their strengths rather than criticising their weaknesses.	
10	My time commitments demonstrate that I value relationships over work/career/hobbies.	
Build Godly Relationships Total		

WITNESS TO THE WORLD

1	I share my faith in Christ with non-believers.	
2	I regularly pray for non-believers I know.	
3	I make my faith known to my neighbours and/or fellow employees.	
4	I intentionally maintain relationships with non-believers in order to share my testimony.	
5	When confronted about my faith, I remain consistent and firm in my testimony.	
6	I help others understand how to effectively share a personal testimony.	
7	I make sure the people I witness to get the follow-up and support needed to grow in Christ.	
8	I encourage my church and friends to support mission efforts.	
9	I am prepared to share my testimony at any time.	
10	My actions demonstrate a belief in and commitment to the Great Commission (Matthew 28:19-20).	
Witness To The World Total		

MINISTER TO OTHERS

1	I understand my spiritual gifts and use those gifts to serve others.	
2	I serve others expecting nothing in return.	
3	I sacrificially contribute my finances to help others in my church and community.	
4	I go out of my way to show love to people I meet.	
5	Meeting the needs of others provides a sense of purpose in my life.	
6	I share biblical truth with those I serve as God gives opportunity.	
7	I act as if other's needs are as important as my own.	
8	I expect God to use me every day in His kingdom work.	
9	I regularly contribute time to a ministry at my church.	
10	I help others identify ministry gifts and become involved in ministry.	
Minister To Others Total		

◆ STEP 2: YOUR DISCIPLESHIP WHEEL ◆

For a visual representation of your discipleship reflection complete the following steps:

Step 1

On the dotted line in each discipline section of the circle plot a point corresponding to your total score for that spiritual discipline.

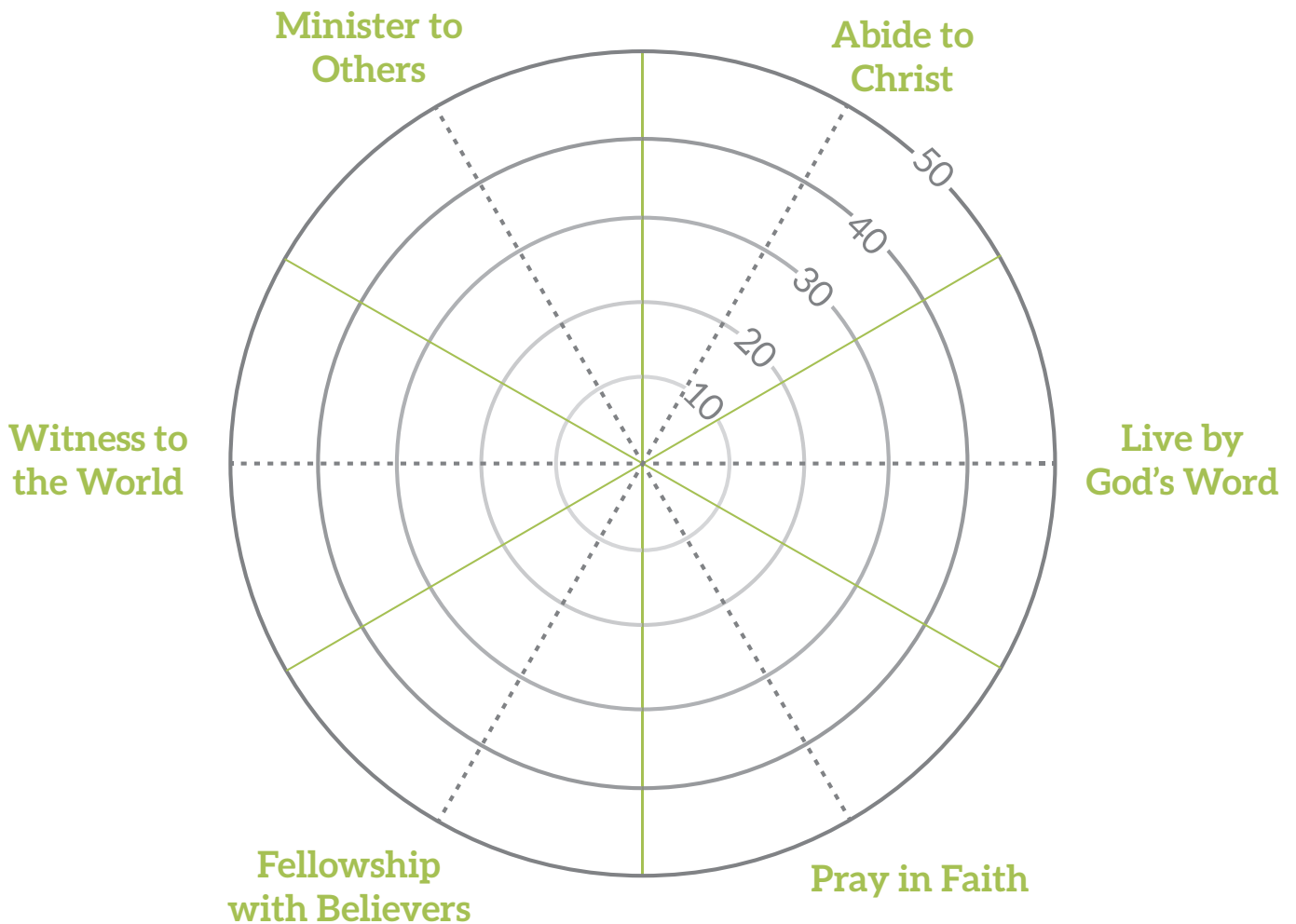
Step 2

Connect the plotted points with curved lines similar to the lines of the circle.

Step 3

Using a pencil or marker shade the areas in each section between the lines you drew and the centre of the circle.

The shaded areas reveal your personal discipleship wheel at this point in your discipleship journey. Use this information to identify, in step three, the things you will commit to, to enable you to grow as a disciple in the spiritual disciplines where you have less shading.



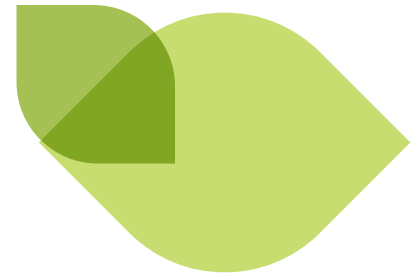
◆ STEP 3: DISCIPLESHIP GROWTH ACTIONS ◆

The following suggestions may help you to identify the actions you plan to commit to taking as you take the next steps in your discipleship journey. We suggest you choose four actions and write them in the space on page 12 of the **Participants Workbook**.

See these as suggestions to get you started rather than as a list of the only possibilities. Trust God to guide you as you identify those actions that you are committing to.

ABIDE IN CHRIST

1. Attend a corporate act of worship each week.
2. Set aside a specific time and location for a regular quiet time.
3. Establish a practice of preparation for worship through prayer and confession.
4. Learn about and consider practicing biblical fasting.
5. Study to learn about your identity in Christ.
6. Regularly thank God and give Him praise in all situations.
7. Make a list of things that hinder your spiritual growth and seek God's help to remove those hindrances.
8. Plan to take a retreat, a dedicated space where you can spend some time growing in your faith.



LIVE IN THE WORD

1. Memorise one Scripture verse each week.
2. Memorise passages of Scripture.
3. Take notes from the sermons you hear and other Bible study experiences each week. Spend time evaluating how the study applies to your life.
4. Establish a regular time for personal Bible study. Take notes from the study and evaluate how the biblical truth applies to your life.
5. Use commentaries and other study resources to enrich your Bible study.
6. Read one chapter from the Bible each day and seek to apply it to your life.
7. Read one chapter from the Bible each day. Meditate on the character of God described in the chapter.
8. Participate in an ongoing small group Bible study.



PRAY IN FAITH

1. Pray regularly each day.
2. Participate in the prayer ministry of your church.
3. Enlist a prayer partner and meet regularly for prayer.
4. Journal your prayers and record God's answers.
5. Create a weekly pattern of prayer, praying for a different topic on each day of the week.
6. Set reminder alerts on your smartphone to remind you to pray at various times of the day.
7. Participate in the global 'Thy Kingdom Come' annual prayer movement.

FELLOWSHIP WITH BELIEVERS

1. Ask family members to identify ways you can improve your relationships with each one.
2. Ask friends to identify ways you can improve your relationships with each one.
3. Make a list of people who have hurt you in the past and ask God for help to forgive them.
4. Participate in an ongoing small group to build relationships with other believers.
5. Invest in your family relationships by spending positive time doing things with them.

WITNESS TO THE WORLD

1. Write your testimony and practice sharing it.
2. Make a list of non-Christians you know and begin praying regularly for them.
3. Begin building relationships with the non-Christians on your street.
4. Begin building relationships with non-Christians at work.
5. Invite an unchurched friend to church, Bible study or church event.
6. Include a specific missions focus in your prayers.
7. Share your testimony as God provides the opportunity.
8. Think of creative ways of witnessing to the people you meet regularly in the places you spend time each week.

MINISTER TO OTHERS

1. Volunteer for a ministry in your church where you can use your spiritual gifts, interests, and natural abilities.
2. Send encouragement notes to people who have helped you in your discipleship journey.
3. Visit someone who may be homebound or lonely.
4. Volunteer to babysit for a single parent in your church to give them a night out.
5. Commit to donating food to a Foodbank each week.

MY DISCIPLESHIP ACTIONS

In the coming months as I grow as a disciple of Jesus Christ I plan to:

1.
2.
3.
4.





SESSION 2: YOUR SHAPE

◆ ACTIVITY 1

Spiritual gifts

what spiritual gifts has God given you?

Hearth's desire

what are you really passionate about?

Abilities

what are you naturally good at?

Personality

how do you usually relate to people and situations?

Experiences

what have been your positive and negative experiences and what have you learned from them?

SPIRITUAL GIFTS

They're not natural talents, personality traits or the same as the Fruits of the Spirit.

They are special abilities that God gives to individuals to serve others. Paul tells us that it is the Holy Spirit who decides which gifts to give to each person.

'Now about the gifts of the Spirit, brothers and sisters, I do not want you to be uninformed.'... 'There are different kinds of gifts, but the same Spirit distributes them.'
1 Corinthians 12:1 and 4 (NIV)

- Romans 12:4-8
- 1 Corinthians 12:1-11, 27-28
- Ephesians 4:11-12



SPIRITUAL GIFTS

'Each of you should use whatever gift you have received to serve others, as faithful stewards of God's grace in its various forms. If anyone speaks, they should do so as one who speaks the very words of God. If anyone serves, they should do so with the strength God provides, so that in all things God may be praised through Jesus Christ.'

1 Peter 4:10-11 (NIV)

All God's people have spiritual gifts but we have to use them for them to grow. The Bible says we can ask God for other gifts and at any time God may give us new gifts for the benefit of the Church.



Mark in the table which gifts are: 1. definitely me 2. maybe me 3. definitely not me.

Gift	Description	Bible reference	Identified in me?
Administration	To organise	1 Corinthians 12:28	
Apostle	To see the big picture and pioneer new things	Ephesians 4:11	
Discerning spirits	To discern whether something is from God	1 Corinthians 12:10	
Evangelist	To effectively communicate the good news to people who aren't Christians	Ephesians 4:11	
Exhortation	To encourage others	Romans 12:8	
Faith	To confidently trust in God for particular things	1 Corinthians 12:9	
Giving	To provide resources for people's needs	Romans 12:8	
Healing	To call on God to heal supernaturally	1 Corinthians 12:9,28	
Helps	To help others	1 Corinthians 12:28 Romans 12:7	
Interpretation of tongues	To understand and communicate the meaning of an unknown language	1 Corinthians 12:10	
Knowledge	To know God's way forward	1 Corinthians 12:8	
Mercy	To empathise with those who suffer, and provide practical help so as to encourage those in need	Romans 12:8	
Miracles	To call on God to do supernatural acts	1 Corinthians 12:10,28	
Pastor	To care for the growth of believers	Ephesians 4:11	
Prophecy	To speak out truth from God in order to encourage or correct believers and to speak to non-Christians of God's truth	1 Corinthians 12:10 Romans 12:6	
Leadership	To set a vision for others and motivate others to fulfil it	Romans 12:8	
Teaching	To understand and communicate the truth of God in a clear and relevant way	Romans 12:7	
Tongues	To speak an unknown language	1 Corinthians 12:10	
Wisdom	To discern God's way forward in complex situations	1 Corinthians 12:8	

HEART

What do you really love to do?

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What are the situations in which you would love to make a difference?

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ABILITIES

Use this space to make a note of the things you are naturally good at?

The list provided overleaf may help to ignite your thinking about this.

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SESSION 2 : EXPLORING YOUR ABILITIES

A disciple is someone who has made a commitment to following Christ and is seeking to live their life as a Christian.

Acting	Serving
Hosting	Repairing
Building	Recruiting
Listening	Welcoming
Analysing	Pioneering
Singing	Critiquing
Designing	Teaching
Cooking	Translating
Talking	Encouraging
Facilitating	Dancing
Organising	Sewing
Writing	Drumming
Directing	Exploring
Performing	Introducing
Motivating	Supporting
Learning	Discerning
Enthusing	Reporting
Competing	Envisioning
Planning	Advocating
Advising	

PERSONALITY

There is no such thing as a good personality or a bad personality. We can be people of good or bad character, but personality is a different thing.

Whilst passion will help us work out the 'where' of using our spiritual gifts and abilities, understanding our personality will go a long way to helping us work out 'how' we will use our gifts and abilities.

We discover what our personality is like in two main ways:

1. how we relate to people
2. how we respond to different situations.

People

Put a mark on the scale where you think you are:

Outgoing  reserved

Self-expressive  self-controlled

Cooperative  competitive

Situations

Put a mark on the scale where you think you are:

High risk  low risk

People  projects

Team  alone

Routine  variety



PERSONAL REFLECTION: SESSION 2 YOUR SHAPE FOR GOD'S SERVICE

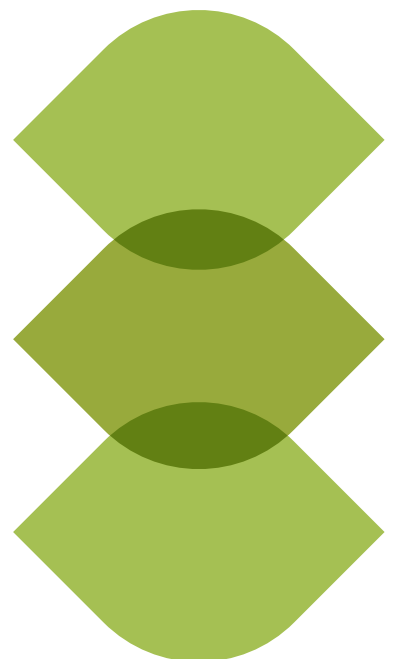
This Personal Reflection exercise invites you to spend some time reflecting on your *SHAPE* in light of the person God has created you to be.

Take the notes you made during the session on handout 1 and spend some time prayerfully reflecting upon them and what they mean for your life as a disciple in God's service.

You might find it helpful to talk to some trusted friends, asking them what they would say your personal gifts and skills are.

Use the space below to write a concise statement about yourself, based on what you now know about your *SHAPE*. What has God revealed to you about the person you are through this process?

Having done this, spend some time in prayer, thanking God for each element of your *SHAPE* and the person He has created you to be.





SESSION 3 : USING OUR GIFTS IN GOD'S SERVICE

◆ INTRODUCTION

'...anyone who wants to be important among you must be your servant.'

- We must approach our service with a servant heart
- We must develop our 'character of service'
- We should test out any calling – how do we do this? Is now the right place, context, time?
- Having resilience skills so that when service is hard, we remember that God has called us to this.
- Serving in the widest possible contexts – not just within the church but in the wider world as Christ's ambassadors.

◆ BIBLE STUDY 1

'You call me 'Teacher' and 'Lord,' and rightly so, for that is what I am. Now that I, your Lord and Teacher, have washed your feet, you also should wash one another's feet. I have set you an example that you should do as I have done for you. Very truly I tell you, no servant is greater than his master, nor is a messenger greater than the one who sent him.'

John 13: 13-16 (NIV)



In what ways do you use your gifts to serve others and what difference does this make?

◆ BIBLE STUDY 2

'Whatever you do, work at it with all your heart, as working for the Lord, not for human masters, since you know that you will receive an inheritance from the Lord as a reward. It is the Lord Christ you are serving.' Colossians 3: 23-24 (NIV)

'We are therefore Christ's ambassadors, as though God were making his appeal through us. We implore you on Christ's behalf: Be reconciled to God.' 2 Corinthians 5:20 (NIV)

Invite the group to reflect on their experiences of serving others outside of the Church.

Q1 How do you see yourself as an Ambassador of Christ and his Church in how you use your gifts?

Q2 In what ways are you currently serving the Lord Christ?

◆ ACTIVITY

Think of a time when you have found serving God hard work and how you have seen God at work as you have used your gifts even though you haven't see an obvious result or outcome until much later.

◆ REFLECT AND SHARE

Firstly, consider individually, and then briefly with the group, how might the Church - both local and wider - test any calling and why should we do this?

Then in pairs, consider how we might go about identifying whether God is calling us to serve Him in a particular way.

How will we test that call and how might we say no to opportunities we are presented with that where we do not feel called to serve?





PERSONAL REFLECTION: SESSION 3 IN HIS SERVICE

This Personal Reflection exercise invites you to review the places where you already serve, to consider how aligned this service is with your *SHAPE*. It also leads you to prayerfully consider, in light of what you have learnt through the sessions, what new opportunities God may be calling you to explore in His service.

Before you begin, you should make sure that you have your response to the **Session 2 Personal Reflection** to hand.

Step 1

CURRENT SERVICE

List below all the ways in which you feel you are currently serving God and His kingdom. This could be volunteering within your church, serving in the community, or other commitments that you have made, motivated by your faith.

For each area or act of service you list, give it a score based on how in tune with your *SHAPE* it is. (10 = completely attuned, 1 = not attuned at all).

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Step 2

FUTURE SERVICE

Spend some time asking God to reveal to you those areas or acts of service that He is inviting you to explore and to possibly step into. Again, for each area or act of service you list, give it a score based on how in tune with your *SHAPE* it is. (10 = completely attuned, 1 = not attuned at all).

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Step 3

RE-ALIGNMENT

Consider whether there are any areas of service, perhaps those that are not attuned with your *SHAPE*, that you feel it may be time for you to step away from. Make a plan to discuss this with your parish priest, minister, group leader or someone in a leadership position within that area or act of service.

Make a plan to discuss one or more of the areas or acts of service that you feel God may be inviting you to explore with your parish priest, minister, group leader or someone in a leadership position within that area or act of service.

Make a note of those plans below:

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INDIVIDUAL REVIEW INFORMATION

One-to-one Individual Review meetings are a really important final part of the *SHAPE* sessions. These meetings are entirely optional and it is your decision whether to take up this opportunity or not. The meeting is designed to provide you with the opportunity to reflect on your participation in the sessions and what God has been saying to you through them. We suggest the meeting lasts for approximately one hour.

These meetings should be relaxed and informal and are designed to be of benefit to you. They should not be used by the person you are meeting with to simply try and get you to sign up to a particular volunteering role they have in mind for you, and we have given them instruction regarding this!

It is your responsibility to arrange this personal one-to-one session with someone of your choosing: this could be your parish priest or minister, or perhaps one of the group leaders.

During the session, you will be invited to discuss how you can put the insights about your *SHAPE* and gifts into practice – for example, looking at practical ways in which your unique *SHAPE* might enable you to serve God more fully through the Church or in your job, in the community, or through your other relationships and activities.

This meeting should also provide you with an opportunity to pray with your parish priest or minister about what God has been saying to you through your participation in the sessions.

Step 1

INVITATION

Decide who you will ask to have the Individual Review meeting with you.
Invite them to support you in this way.

Step 2

INFORMATION

Give them a copy of the '**Individual Review: Information for Individual Review Facilitators**' handout which you should have been given at the end of Session 3.

Step 3

PREPARE

Make sure you prepare for the meeting, arrive in good time, and thank your facilitator afterwards.

◆ POTENTIAL QUESTIONS TO EXPLORE

- What stood out to you most about the *SHAPE* sessions?
- What did you learn about yourself and your *SHAPE*?
- How would you describe your *SHAPE* to me?
- What area of service are you going to explore in light of your personal discoveries?
- What can I do to support you as you embark on this journey?
- Would you find it valuable to meet again to see how things have progressed, perhaps in six or 12 months?