



CHI ALPHA
CHRISTIAN FELLOWSHIP

**CORE GROUP SERVANT LEADER
TRAINING MANUAL**





Leadership Retreat 2018 Schedule

Friday

1:00 pm – 2:00 pm	Registration: All Leaders
2:00 pm – 5:00 pm	Master Plan of Evangelism and PROAPT
5:30 pm – 7:00 pm	Dinner
7:15 pm – 8:00 pm	Speed-Relating
8:00 pm – 9:00 pm	Worship and Word Snacks!
9:00 pm – 10:00 pm	Share and Prayer with Co-Leaders

Saturday

8:00 am – 8:50 am	Breakfast
9:00 am – 10:00 am	Welcome & Vision
10:15 am – 10:55 am	Session 1
11:05 am – 11:45 am	Session 2
11:55 am – 12:35 pm	Session 3
12:35 pm – 1:35 pm	Lunch
1:45 pm – 2:25 pm	Session 4
2:40 pm – 3:30 pm	Team Building Game
3:30 pm – 6:00 pm	Free Time Snacks!
6:00 pm – 7:00 pm	Dinner
7:00 pm – 8:00 pm	Worship and Word
8:00 pm – 8:50 pm	Calendar and Event Sign-ups Snacks!
9:00 pm – 11:00 pm	Planning Time with Co-Leaders

Sunday

8:00 am – 8:50 am	Breakfast
9:00 am – 10:00 am	Worship and Word
10:00 am – 11:00 am	Cleaning



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The Master Plan of Evangelism

Excerpts and Lessons from Robert Coleman's book, *Master Plan of Evangelism*.

The Master's Method [excerpt from *Discipleship by Design* by Harvey Herman]

The Importance of Method: if you aim at nothing, you will hit it.

"The days of His flesh were but the unfolding in time of the plan of God from the beginning. It was always before His mind. He intended to save out of the world a people for Himself and to build a church of the Spirit which would ... come in glory and in power...

No one was excluded from His gracious purpose. His love was universal ... God wanted all men to be saved and to come to a knowledge of the truth. To that end Jesus gave Himself to provide a salvation from all sin for all men.

His life was ordered by His objective. Everything He did and said was a part of the whole pattern. It has significance because it contributed to the ultimate purpose of His life in redeeming the world for God. This was the motivating vision governing His behavior. His steps were ordered by it.

This is why it is so important to observe the way Jesus maneuvered to achieve His objective. The Master disclosed God's strategy of world conquest. He had confidence in the future precisely because he lived according to that plan in the present.... He could not afford to take a chance. Weighing every alternative and variable factor in human existence, he conceived a plan that would not fail."

(Master Plan of Evangelism, Robert Coleman, pp.17-18)

Is Bigger Always Better – what's the best way to reach the world?

Super Evangelist (SE): converts 50 people a year.

Faithful Discipler (FD): 3 new converts each year, training them to reach/disciple others

Year	1	4	6	10
SE				
FD				

***Beyond the numerical advantage,
what other advantages are there with the Faithful Discipler model?***



SELECTION: People were His method

What positive qualities did the people have that Jesus chose?

- _____
- _____
- _____

Selection demands that we choose.

Everything done with the few is for the salvation of the multitudes.

“One must decide where he wants his ministry to count—in the momentary applause of popular recognition or in the reproduction of his life in a few chosen individuals who will carry on his work after he has gone. Really it is a question of which generation we are serving.” -- *Master Plan*, p. 37

ASSOCIATION: He stayed with them

It is important to see that Jesus’ disciples were not taught in a classroom and then asked to recite their lessons in Doctrine 101 and Practical Theology 212, but discipleship with Jesus meant that class was always in session. They didn’t just learn doctrine, they participated in doctrine. And as time went on, rather than giving less time to the Twelve, He actually gave more. As the final days of Jesus’ ministry approached, the intensity of Jesus’ time with the disciples magnified.

How could the principles of association be implemented in a Core Group?

Association requires that we are deliberate. It is a relational process!

The key to association is to remember that together is always better than alone.

CONSECRATION: Carry your own cross

Jesus’ disciples were not asked to make a statement of faith or to recite a creed. They were first asked to follow. What did that mean for them? What does it mean for us?

“Following Jesus seemed easy enough at first but that was because they had not followed him very far. It soon became apparent that being a disciple of Christ involved far more than a joyful acceptance of the Messianic promise: it meant the surrender of one’s whole life to the Master in absolute submission to His sovereignty.” -- *Master Plan*, p. 53



The kind of consecration we are looking for...

Set apart to: _____

Set apart from: _____

IMPARTATION: He gave Himself away

“But we were gentle among you, like a mother carrying for her little children. We loved you so much that we were delighted to share with you not only the gospel of God but our lives as well, because you have become so dear to us.” 1 Thessalonians 2:7-8

Impartation involves:

- transparency:
- vulnerability:

Impartation is about what is _____ more than _____.

“We cannot give something that we do not possess ourselves.” – Coleman

DEMONSTRATION: He showed them how to live

“His method was to get the disciples into a vital experience with God, and to show them how He worked, before telling them they had to do it.” *Master Plan*, p. 82

What are some of the things Jesus taught by demonstration?

“Those of us who are seeking to train people must be prepared to have them follow us, even as we follow Christ (1 Cor 11:1). We are the exhibit.” – Coleman

What about if I don't know how to do something, or I don't do it right?



“Our weaknesses need not impair discipleship when shining through them is

”

– Coleman

DELEGATION: Turning from an audience to an army

Jesus’ disciples were to take over the mission of spreading the message and power of the gospel everywhere. And to learn how to do that, they learned how to do a few smaller things first.

Luke 9:1-6 Jesus sends out the 12

Luke 10:1-24 Jesus sends out the 72

Guidelines to the delegation process:

- 1)
- 2)
- 3)
- 4)
- 5)

SUPERVISION: He held them accountable for what was entrusted to them.

It involves clarification of purpose, helping them to process what has happened, and affirmation.

- After the disciples were sent out to do the work of the Kingdom of God, they were expected by the Lord to return in order to share their experience with the group.
 - “... when the apostles returned, they reported to Jesus what they had done.”
Luke 9:10
- During these sharing times with the disciples, Jesus would caution against pride in accomplishments.
 - “However, do not rejoice that the spirits submit to you, but rejoice that your names are written in heaven.” Luke 10:20



REPRODUCTION: Our goal is to replicate ourselves

“A barren Christian is a contradiction. A tree is known by its fruit.” *Master Plan*, p.107

Make sure that all your goals and methods are _____.

2 Timothy 2:2

Billy Graham recognized the tremendous potential of this plan when used properly in the church. In response to the question, “If you were a pastor of a large church in a principal city, what would be your plan of action?” Mr. Graham replied, “I think one of the first things I would do would be to get a small group of 8 or 10 or 12 people around me that would meet a few hours a week and pay the price (selection, association, consecration)! It would cost them something in time and effort. I would share with them everything I have, over a period of years (impartation). Then I would actually have 12 ministers among the laypeople who in turn could take 8-12 people to teach them (demonstration, delegation, supervision). I know one or two churches that are doing that, and it is revolutionizing the church (reproduction).” *Master Plan*, p.111





Four Reasons Why

... we study the Bible

1. _____: we commune with Him as we learn more about Him.
 - a. Reading Scripture doesn't cause God to love you more, it causes you to love God more.

2. _____: we live by truth not emotions.
 - a. Scripture builds us to be strong, steady and substantial.

3. _____: we increase our understanding of our faith, which increases our boldness to speak about it, and sharpens what we speak into other's lives.

4. _____: we grow healthier hearts and increase our desire for intimacy with God. Our desires will drift if not tethered to God's word.
 - a. A healthy heart is a grateful heart.

 - b. We hunger for what we feed ourselves.

*Food for thought: Can you imagine the difficulty of trying to make a disciple who doesn't read the Bible?
Or, what would it be like to pursue a life of faith without these 4 traits?*





This tool helps you study the Bible. Instead of just reading a passage and fishing for something to speak to you, these steps will help you think about the passage more holistically and in context. Use this as a worksheet to fill out as you go. Eventually, you will no longer need to follow such a strict guide because the steps will come more naturally.

Date _____ Today's Passage _____

1. __ Pray (Pray...Preview the text "Here I am Lord; come by your Spirit and teach me; I trust that you will speak.")

2. __ Read (Read the text you will study 1-3 times... slowly)

3. __ Observe (What it says—copy down the verse(s) you feel God is speaking to you by either: affirming you, convicting you, and saying something you don't understand. Also ask— What is it saying about God? What is it saying about me? Who? How? Why?)

Interpret the above material by "them, then":

- a. What did it mean to the original recipients
- b. Paraphrasing it
- c. Listing comparisons and contrasts
- d. List all warnings, advice, and promises
- e. Note any "if, then" statements

Now stop and spend some time in quiet reflection

4. __ Apply (What does it mean to "us, now"?)
 - a. What truth should I believe?

 - b. What am I to do... and how will it affect my actions, attitudes, relationship with God or others?

 - c. How can I do something about this in the next 48 hours?

5. __ Pray (See the ACTS Prayer Plan)

6. __ Tell What: _____

To Whom: _____

When: _____





Why Core Groups?

The Vision Statement of Chi Alpha:

Chi Alpha at UVA is a passionately-devoted, diverse, missional community of the Spirit—building lifelong followers of Jesus.

Defining the “Win” for Chi Alpha.

We believe that discipleship happens most naturally in the context of meaningful relationships. We believe that discipleship happens best with a group of people who are “doing life” together. We believe that meaningful relationships are most likely to be developed in the dynamic of a vibrant small group.

- Simply stated the “Win” for Chi Alpha is to see students get involved in a vibrant _____.

Defining the win for Core Groups

- _____ with one another (Great commandment)

Anchor #1: Real _____

Are the members of your core group hanging out together outside of core group and developing deeper friendships with each other?

What are we doing as a small group to provide opportunities for relationships to grow throughout the week?

- _____ in their relationship with Jesus Christ (Great commandment)

Anchor #2: Real _____

Is Christ’s passions (deals with desires) and character (deals with actions) growing in their life?

Is the core group engaging in authentic discussion of Scripture and Spiritual topics? Are the leader’s having _____ with the members of their group?

- _____ out to non-christians (Great Commission)

Anchor #3: Real _____

Can each core group member tell you a person that they are purposefully seeking to influence towards Christ?

What is the core group doing to partner with them in reaching out? Are we an audience or an army?





First Year Core Group Formation

1. _____
2. _____
3. _____

What will seem _____ and _____ to everyone else
 will take a lot of _____ for you.

Stages of Follow Up

The 3 stages of Fall Blitz:

1. **Summer Names:** names from orientation, Facebook, or expressed interest.
2. **Mission:UVA:** move-in, the Activities Fair, Smores, Mug Party, etc.
3. **Post-MNL:** names received at the first MNL on Core Group interest cards.

The _____ follow-up:

- After receiving their information, we must make _____ contact with the student within 2 days about core group. A week later is too late!

Definition of personal: _____

- If your contact isn't home, come back again later.

Follow-up: How Does That Play Out?

1. _____ that God will lead you to the faithful guys or girls that He would desire you to pour your life into.
 - Your recruitment starts now – in prayer! Make the people you meet during follow up _____.
2. _____ with as many new people as possible.



3. _____ -- sounds simple, but is often forgotten!
4. Take a _____ in the student.
 - Keep things fresh by asking atypical questions
 - Everyone's favorite topic is generally themselves
5. _____ what a Core group is to the new friends you are making.
 - Core group is:

6. _____ the person to come at a time and place that you have predetermined.
They can't say yes if you don't ask!
 - Inviting to the Mug Party -- meet at 9:45 PM outside of O-Hill Dining Hall
 - Inviting to your first Core Group event. What are some ideas for what to do that first week?

 - Invite them and **walk with them** to MNL.
 - If you set a time to meet, be on time. It's not fashionable to be fashionably late.
7. _____ again! Trust God to perform a miracle before your eyes by providing contacts, interest, conviction, friendship, and commitment. These things coming together are always a miracle of God's Spirit working hand-in-hand with our efforts.



Follow-Up Scenarios: What Could Happen Anyway?

Scenario 1:

Scenario 2:

Scenario 3:

Scenario 4:

The Formation Phenomenon: Core Group

Remember what you're hoping to create:

A context where several students, who have demonstrated a desire to be faithful to the Lord will gather together weekly for mutual love, training, and encouragement. They probably will not know each other, but they need to make strong commitments to each other if true spiritual growth is to occur. Honestly, that this would ever develop is a real miracle! And that is exactly what you are trusting Jesus to do – use you to create a miracle! But how does this miracle come into being?

Divine Sovereignty + Human Responsibility

“_____ like it depends on God and _____ like it depends on you.”

_____ – “The prayer of a righteous man is powerful and effective.” (James 5:16)

- Pray for all the names you receive, the events you're bringing them to, and be sure that prayer is a major part of your planning meetings!

_____ now. This way you have more time to devote to getting to know your new friends!

- How you want to connect with people in Mission:UVA.
- Your first Core Group event.
- The content and structure for the first few weeks of Core Group.



Let There Be Partying!

1. See yourself as the _____ of every party.

2. In the first _____ of an event, a person decides whether or not they will ever come back.

3. _____
 - When you see someone alone at a party, approach them to figure out who they are, where they came from, what they enjoy doing — then try to introduce them to someone else you know who has that thing in common.

 - Never abandon them to be alone!

 - The goal is that a new person would walk away feeling like they know many new people, and would be recognized and welcomed if they returned.





Hybrid Core Group Formation

Now, What's a Hybrid Group?

A Hybrid Group is a primarily second year group that is going to reach out to certain first-years that they meet. The group will eventually be first- and second-years.

5 Ways to form a Hybrid Group:

1. Your _____ Group(s)!
2. Move-in weekend/_____
3. The first _____
4. Reaching out to your friend groups
5. _____ Years

Your Current Core Group(s)

Your recruitment has _____!

- _____ with the guys and girls you expect to return.
 - Make a _____ of them!
 - The more personal the better.
 - Invite them again to everything
 - Send an e-vite to your first Core Group hang out
 - Take them food
 - Pool basketball
 - Write them a note
 - Other ideas: _____
 - _____
 - _____

- Be _____ about when and where Core Group is starting again.
 - Tips for upperclass groups:



- Consider a _____ location for your Core Group, since upperclassmen are more scattered.
 - Remember _____ for those who are coming from farther away.
- Hang out _____!
- Give them _____ to get involved during Mission:UVA and Fall Blitz.
 - Other ideas:
 - Challenge them to bring a _____ to your next Core Group event.
 - Upperclass students have _____! Link up with first-year leaders to take first-years to church.

Merging Groups

- Every merge is _____
 - Talk to your co-leaders about who will create your _____
 - Make a _____ for how the merge can be most successful
- _____ the merge
 - Decide what you're going to do about the _____
 - This is a great time to talk about God's heart to be _____!
- Identify people in your Core Group that can _____ the merge
- _____ settings will help foster new relationships within the group
 - Take out two or three guys or girls to get to know each other

Upperclass Group Follow-Up

Things to remember:

- _____ that God will lead you to guys or girls that desire to be in a Core Group.
 - Be on the lookout for _____/_____ students.
- You don't have to be _____ by the names you get on a list! Use your relational networks, and think of who you might invite to Core Group this year.



- Ask each person in your Core Group to invite _____ friend to your first Core Group hang out!

Move in Weekend/Activities Fair/First MNL

The 48 hour follow-up:

- After meeting a student, we make _____ contact with them within 48 hours about Core Group. A week later is too late!
- Personal contact means _____. So if your contact isn't home, come back again later!
- Take someone from your _____ with you
 - Start right now to infuse your Core Group with a _____ mentality.

What do you do with these names?

1. _____ that God would guide you and go before you!
2. _____ – sounds simple, but is often forgotten (Let them in on where your hometown is, your major, what activities you enjoy, etc. There may be an opportunity to make a connection!)
3. Take a _____ in the student.

Ask questions! Everyone's favorite topic is generally _____!

4. _____ what a Core Group is to the new friends you are making.

This may provide a chance to share your own testimony from Core Group, and maybe even the good news of Jesus to someone who has never heard it clearly.

5. _____ the person to come at a predetermined time and place. They can't say yes if you don't ask!
 - Inviting to the Mug Party – Meet 9:45pm outside of O-hill Dining Hall
 - Next Core Group Event
 - Core Group – the time/day/place you meet
 - First MNL

Remember to be _____ to meet them, and make it _____ for them to make it to Chi Alpha (going and picking them up, walking with them). This could be what it takes for someone to hear the Gospel for the first time!



Current Friend Groups

- More people mobilized is always a good thing!
 - This is about more _____.
- We can get all our groups to believe that what God does **in** you, He wants to do _____ you.
 - Second year groups already know what it's like to be a part of the community of Chi Alpha. Now it's their chance to _____ that with others!
 - Let's turn each Core Group from an _____ to an _____.
- Missional _____ groups are great places to bring friends. They are small enough so that a new person can get to know a couple of people around them, but large enough that they won't feel like the only new person there!
 - What could it look like for your groups to be missional _____?
 - In what pockets of the University do you have influence?
 - Look out for international students on Grounds and in your classes.

First-Years

How are we supposed to meet first-years for my group?

- You _____ be given a list of first-years. Those will go to leaders of first-year groups.
- You and your group are _____ to meet them in other places and invite them to your group.
- What if we meet them and there's _____ on who is following up with them?
- What are some _____ and _____ that you can meet first-years that wouldn't typically be followed up on?





Upperclass Core Group Formation

3 Ways to form an Upperclass Core Group:

1. Your _____ Core Groups(s)!
2. Fall Blitz _____
3. _____ your current Core Group

Your Current Core Group(s)

- Your recruitment has _____!
- _____ with the guys and girls you expect to return.
 - Make a _____ of them!
 - The more _____ the better
 - Invite them back.
 - Send an e-vite to your first Core Group hang out.
 - Take them cookies
 - Write a letter/note
 - Other ideas: _____

- Be _____ about when and where Core Group is starting again.
 - Consider a _____ location for your Core Group, since upperclassmen are more scattered.
 - Remember _____ for those who are coming from farther away.
 - Consider a _____ if several of the students live together.
- Hang out _____!
- Give them _____ to get involved during Mission:UVA and through Fall Blitz.



- Make a _____ for how merging groups can be most successful.
 - Every merging group is _____.
 - Identify people in your Core Group that can _____ the merge.
Who will they be?

 - _____ the merge.
 - Make a new _____.
 - This is a great time to talk about God's heart to be _____!
 - _____ settings will help foster new relationships within the group!
 - Take out two or three guys/ girls to get to know each other.
Who will they be?

Fall Blitz Follow Ups

The _____ follow-up:

- After our first meeting, we make _____ contact with the student within 48 hours about Core Group. This means _____. A week later is too late! If your contact isn't home, come back again later!
- Take someone from your _____ with you. Use this opportunity to infuse your Core Group with a _____ mentality!

Who will these students be?

What do you do when you follow-up:

1. Before you go, _____ that God would guide you and go before you!
2. _____. Sounds simple, but it is often forgotten. Let them know how you got their contact information and something about yourself, such as where your hometown is, your major, what activities you enjoy, etc. This is an opportunity to make a connection!
3. Take a _____ in the student.



Ask questions! Everyone's favorite topic is generally _____.

4. _____ what a Core Group is.

A Core Group is: _____

5. _____ the person to come at a time and place you have predetermined. They can't say yes if you don't ask!

- The Mug Party
- Next Core Group Event
- One-on-one hangout
- Core Group - time/day/place you meet
- First MNL

Remember to be _____ to meet them, and make it _____ for someone to make it to Chi Alpha - going and picking them up, walking with them. This could be what it takes for someone to hear the Gospel for the first time!

6. Don't leave without exchanging _____.

Mobilizing Your Group

- More people mobilized is always a good thing!
 - This is about _____ nets.
- We can get all our Core Groups to believe that what God does ____ you, He wants to do _____ you.
 - We believe that orienting the vision of your Core Group _____ will positively impact the health of your Core Group!
 - Upperclass Core Groups already know what it's like to be a part of the community of Chi Alpha. Now it's their chance to _____ that with others!
 - Let's turn each Core Group from an _____ to an _____.
 - Ask each person in your Core Group to invite _____ friend to your first Core Group hang out!
 - Upperclass students have _____! Link up with First year leaders to take First years to church.



- Missional _____ groups are great places to bring friends. They are small enough so that a new person can get to know a couple of people around them, but large enough that they won't feel like the only new person there!
 - Your missional brother-sister group is there to help you live out real responsibility on Grounds!
 - What could it look like for your group to be missional _____?
 - In what pockets of the University do you have influence?
 - Look out for _____ and _____ students on Grounds and in your classes
 - Think together about what mutual friends you might have within your Core Group family!





Stages of Core Group

This year you are going on a journey with your Core Group! You will start in a few weeks with a group of strangers. The goal for your group is to be transformed into a brotherhood/sisterhood that is dynamically living out the three anchors by the end of the year.

A year is a long time! What is supposed to happen in your Core Group over the course of the academic year? What is possible? What is your goal as a leader? The 3 stages of Core Group help define your role as a Core Group leader throughout the year. While there is a general sense of progression, these stages are never “complete” and can occur simultaneously.

I. Starting the Journey: CONNECT

A. What happens at the first Core Group?

i. Typical First Week of Core Group

1. Ice Breaker
2. Bible Study
 - a. What will it take to realize these benefits?
3. History Giving

Ice Breaker:

- This may be the first time some of the people in this room are meeting, and this could be the first time some people in the room are attending a Bible study.
- Consider asking people to share something about themselves that is _____ and even **fun to** _____.

Bible Study:

- Start off the year with our **Acts 2** or **Ecclesiastes** introductory study to talk about what Christian community looks like, and what characteristics community has.
- You can keep this **short**.
- Use this as a launching point to cast vision for the importance of **commitment** as an absolutely essential ingredient to the development of a trust-filled group.

History Giving!

- _____ is essential.
- You set the _____ by sharing first. People will only share to the depth of what the leader shares. Think though what you are going to say, don't just show up without putting any thought into your story.
- Histories can take 5-8 minutes per person - this enough information to dive into!



- Consider this prompt: What milestones or major events impacted who you are today and how you understand God?
- How you _____ to what people share can make or break a group. Affirm vulnerability when it happens.
- Creating an _____ to facilitate connection

B. Atmosphere - In what kind of environment should a Core Group take place to facilitate sharing and help people feel more welcome?

1. _____ off, _____ on. Appropriate music at appropriate times.
2. Keep it _____.
3. Make it refreshing- Something to _____ and something to _____. Serve your group when possible.
4. Get your group members involved in helping to set the atmosphere. The more they feel responsible, the higher a level of _____ they will exhibit.
5. Make a big deal of _____ who enters the room. Welcome them and engage them in conversation. "Love and laughter plow the heart."
6. _____ on time, and _____ on time.
7. Make sure that there is _____ between Core Groups so that a level of familiarity can be reached. This will make people comfortable and more likely to share. Have a stable meeting place; don't meet in different places all the time!
8. Obstacles to a successful Core Group atmosphere can include:
 - Strange or low _____.
 - People passing through all the time.
 - Allergies
 - Unusual seating arrangement - _____ should try to sit on level or below Core Group members.
 - Too much or too little _____.
9. Where should your Core Group be?

What can you and your co-leaders do to make Core Group a more comfortable space?

C. **People collection** versus **Core Group formation**



II. Hitting the Road: GROW

A. A growing style of Leadership

Over the course of the year, your leadership style will move from **authoritative** to **democratic**.

AUTHORITATIVE

- Maintains strong control, yet actively involves members in the discussions.
- Is active and energetic, and seeks the involvement of others.
- Is prepared to give necessary direction and support.
- Uses communication skills to involve others.
- Takes responsibility until others can assume it.
- Uses personal power to empower others.

In Bible study

- Prepares and asks questions, then elicits members' responses.

This style of leadership is helpful in the beginning stages of a group's life. As the group matures, flexibility and sensitivity become imperative.

DEMOCRATIC

- Shares control with members.
- Believes in other people.
- Ensures that others have leadership opportunities.
- Makes certain that if he withdraws, the group will not fall apart.
- Sees that the group discusses all policies.

In a Bible study

- Involves others in leading the Bible study.

This is the most appropriate leadership style for a small-group Bible study.

What leadership styles need to be avoided?

-
- Determines goals and policies.
 - Talks too much, focuses attention on self.

This is not an appropriate leadership style for a Core group.

LAISSEZ-FAIRE (French for "_____")

Characteristics

- Exercises minimal control, allowing members to direct.
- Doesn't prepare; lets discussion drift.
- Causes the group to accomplish very little.
- Makes no attempt to regulate events, or make plans.

This type of leadership is highly discouraged. The vacuum allows a domineering member to take charge.



B. Key Ingredients for a Healthy Core Group

1. **Commitment:** How do you continue to keep the glue strong?
 - a. _____: Follow up on students that don't show up to Core Group or events. Show them that you care about them and that they were missed!
 - b. _____: As leaders we need to model commitment by attending and being on time to XA events.
2. **Openness and vulnerability** - For us to get the most out of Core Group we need to be real with one another. We need to be able to say when we are doing well and when we are not.
3. **Confidentiality** - In order for people to be real and open we need to be able to trust one another that what is shared in the Core Group is confidential to the group.
4. **Affirmation** - A healthy Core Group is a place where people feel valued and accepted. There is nothing you have done or can do that will make us not love and care for you.
5. **Accountability** - A healthy Core Group is a group in which people are accountable to each other.
6. **Prayer** - A healthy Core Group is a group that lifts each other up before the throne of grace and asks Him for the blessings they need.

C. _____

Affirmation says _____.

- It is an affirming experience to share from your personal life and have a group of people who are interested in you and care. But, what is called for here is a planned session in which affirmation is the primary focus. This is an opportunity to go beyond the non-verbal expressions of acceptance and verbalize your growing love and concern for each other.
- This is a time to express to each other the strengths you have observed and the _____ qualities you most appreciate. It is also appropriate to use this time to celebrate _____ that has occurred!

1. Proverbs says more about the _____ than any other topic!

a. Proverbs 12:25:

b. Proverbs 25:11:

2. Affirmation will be your _____ Core Group of the year. (But can be done in the fall too!)



III. The Destination: _____

A. _____ versus _____.

- Giving your Core Group a mission.
- Outreach Team - pancakes, tabling, 2x2s
- Serving together will strengthen the community of your Core Group as you rally around the mission of reaching others for Jesus.

B. We want to _____ and _____!

- We see every student as made in the image of God, and pursue them as the lost sheep of infinite worth.
- Making room for one more - the _____ principle
 - This serves as a constant reminder that our goal is to reach one more student.





First Meeting of the Year

(Sample Agenda)

Disclaimer: This is to be used as a tool! Not a club!

- Start with an ice-breaker or something fun that will help people get comfortable and get to know each other.
- Have time of opening prayer
- Cast vision of what can happen in core groups and how great they can be—tell a personal experience possibly.
- Talk about what you plan on core group being like for the year (how often, how long, etc)
- Do a Bible study quickly like the one below
- Discuss what it will take to see these benefits realized in this group
- Look at the characteristics of a Healthy Core group (emphasis importance of commitment)
- Do History giving!!!— Go fairly quickly on everything listed above so you have plenty of time for history giving. Make sure you end on time!! So either state everyone may not get to share tonight up front, or make sure everyone shares.
- Have people draw their “Do this” Partner for the week if you decide to actually do this :)

Cast vision for strong Christian community!

What is Christian community? What are characteristics of it? What are its benefits?

Talk about the importance of getting to know each other. Our goal is to walk with Jesus together and if we are going to go on this journey together then we need to get to know each other. You can use the analogy of our lives being a book. We just met recently, but our book is on page 230 and we have no idea what pages 1-230 say. So, if we are going to walk out the next pages together then, we need to get the Cliffnotes version of what the beginning of the story says. So, we are going to spend the majority of the first weeks building relationships and really getting to know each other. Then, we will be ready to grow leaps and bounds in the weeks ahead.





Real Community: Acts

This study is meant as an introductory study, not an in-depth study. We typically suggest 15–20 minutes for the study. It can easily be expanded with more discussion questions. This is great to use with History Giving at the beginning of the school year.

Acts 2:42–47

This passage gives us a glimpse of what the 1st century church was like.

What did they do when they were together?

- They shared their lives—How much of their lives did they share?
- They ate together and prayed together; fellowship literally means to share the substance of your life. They learned together. They worshipped together. They were full of joy and sincere—we need to have sincere community, not superficial.
- What do you think are some of the keys to having a sincere community rather than a superficial one?

How often were they together? How often do you think people have to be in contact with each other in order to experience *real community*?

What was the result of their time together?

They were filled with an awe of God (Encouraged), God did works among them (Power), and the Lord added to their number daily (Fruit).

How do we accomplish it?

In our lives what are some things that stand in the way of experiencing this kind of community?

What can we do purposefully to see *real community* happen in our Core Group and be able to experience the awesome blessings of it?

After discussing the above question, pass out and go over the *Key Ingredients for a Healthy Core Group*. Any introduction or starting Scripture verses can go here; some people prefer to put them in italics.





Key Ingredients for a Healthy Core Group

1. **Commitment**—The backbone to a healthy Core Group is commitment. Commitment to Jesus and commitment to one another, which results in a commitment to the Core Group.
2. **Openness and honesty**—For us to get the most out of Core Group we need to be real with one another. We need to be able to say when we are doing well and when we are not.
3. **Confidentiality**—In order for people to be real and open we need to be able to trust one another that what is shared in the Core Group is confidential to the group.
4. **Affirmation**—A healthy Core Group is a place where people feel valued and accepted. There is nothing you have done or can do that will make us not love and care for you.
5. **Accountability**— A healthy Core Group is a group in which people are accountable to each other.
6. **Prayer**—A healthy Core Group is a group that lifts each other up before the throne of grace and asks Him for the blessings they need.





Core Group Format

How do Core Groups change lives?

Five Aspects of Core Group

Planning
Worship
Content
Sharing
Prayer

Planning

There are three reasons to plan:

1. _____

Prayer is consequential. It reminds us of our position for God, and how we depend entirely on His Spirit to move in our Core Groups. Without His power, we are just a social group that gathers without any real eternal purpose.

2. _____

What looks organic and natural to your Core Group members is actually the result of intention and planning.

- If you are organized, your group will run more smoothly. Spontaneity is only helpful if it is the product of careful planning and discipline.
- If you plan ahead, you will be less stressed out. You will be able to run your Core Group, rather than your Core Group running you (off the edge of a cliff).

3. _____

Planning will unify you and your co-leader(s) as you spend time together in the trenches.

- Spend time getting to know one another. Choose now to be committed to each other and to love each other sacrificially.
- Your relationship with each other as co-leaders will be an example to your Core Group members. They will learn from you as you collaborate and spend time with each other, and work together and serve each other.



Plan Ahead Now

Commit to _____.

Choose a study and plan the layout of your first few weeks of Core Group.

Spend time together as co-leaders building relationship and dreaming together for what you want Core Group to look like.

Set a time to meet weekly to plan Core Group. This could be for an hour, or at minimum a half an hour. It might be difficult to coordinate schedules, but planning is so important, it will be worth the effort!

See “3 Reasons to Plan” in the Appendix for more on Planning, as well as FAQ’s and a sample schedule for an hour-long planning time.

Worship

Below are some tips of how to lead worship in your Core Group.

Music

- Sing familiar songs; if you are going to do a new song, take time to teach it to the group.
- ALWAYS _____
- If you don’t play an instrument, sing songs a capella, use YouTube, or create a playlist (preview YouTube videos before you use them!!!).
- Have a group member bring an instrument and play to accompany singing.
- As you sing, encourage people to change their posture (kneeling, bowing, standing, etc.)
- Have people draw a picture of what they think of when they hear a certain worship song.

Scripture

- Divide the group in half and have them read _____ a passage that you have chosen. Psalms are great for this!
- Open a group time with a response to God in silence giving them a verse or thought to meditate on.
- Have people write down a name of God from Scripture that is meaningful to them right now and have them explain why it is meaningful at this particular time and pause and give Him glory for who He is.
- Go around having each member of the group read a verse and put their own name in the verse. For example, Mary reads aloud Psalm 13:5-6 as “But I, Mary, trust in your unfailing love; my heart rejoices in your salvation. I, Mary, will sing to you Lord, for you have been good to me.”

Other Worship Ideas

- Ask someone before the meeting to share a testimony of God’s working in their life over the past week or so.
- Have time for people to write their own Psalm and read them out loud.
- Have each student tell the group an attribute of God that has been especially meaningful to them and why.
- Use art or writing to challenge the group to find new ways to worship God.



- Use the “Sacred Pathways” assessment to survey your group and see how they most relate to God and center worship around that subject! (ex. Naturalists, Sensates, Traditionalists, Ascetics, Activists, Caregivers, Enthusiasts, Contemplatives, Intellectuals).

Remember this is a great part of the meeting to begin to _____. It gives people responsibility and responsibility will cause people to begin to take ownership of the group.

Content

The Content component of Core Group should be accomplished by assisted, self-discovery. This means it should be a _____ not a _____. The members should be encouraged to be mutually supportive of each other’s applications. Everyone should be involved, learning, and sharing.

Options for Content

- Scripture
 - A book of the Bible.
 - Go through scripture topically (cover a different relevant topic each week—decide before the semester starts what topics you want to cover).
- A book written by a Christian author based on Scripture.

At least one semester we want you to study a book of the Bible to teach people how to study a book of the Bible in its context. We would also suggest you do a Gospel-centered study before Fall Retreat. This is a great opportunity to begin to ground students in a strong biblical foundation.

Choosing What to Study

- Pray and ask God what He is working in your own heart
- Ask your Servant Mentor for ideas
- Gauge group needs during history giving
- Consider an overview of the Bible

We have studies on a good number of books of the Bible. You can find those on our website. For first year groups, we recommend that you start with the Anchors Bible Study, which can also be found on our website.

Tools for Leading a Bible Discussion

1. _____ - We need to be attentive, active listeners. Being a good listener is an art and is as important as any other form of communication. Remember the importance of body posture.
2. _____ - Call out people by name and ask for information or their opinion. Ask members who may tend to be quiet. Ask observation and interpretation questions.
3. _____ - When the meaning of what has been said is vague, clarification is needed. Example: “I am not sure what you meant. Could you please restate that?”
4. _____ - Part of active listening. Listeners restate the speaker’s thoughts in their own words. Example: “What I heard you saying is.... Is that it?” “Mark, your central concern is...” “David, your reaction seems to be...”



5. _____ - This involves asking people to give reasons for what they said, and should be done in a positive, non-argumentative way. Example: "Can you please show me where you find that in the passage we are studying?"
6. _____ - When a group member continues to address all his questions and comments to the leader rather than the group, use redirecting. Example: "Tom, what do you think about Mike's last question?" "How would you answer that, Tom?"
7. _____ - This involves expanding a line of thought in a discussion. Example: "Does anyone have anything they would like to add to what has been said?"
8. _____ - At various points in a group discussion, it is helpful to briefly summarize and highlight what has been said.
9. _____ - **This is HUGE.** It is always important to recognize and affirm the person who is talking. You might say "Thank you for that comment." "That is an interesting point." Never come out and say that is wrong... but be affirming and gentle in offering correction. Affirm the person before you offer any criticism.
10. _____ - Use "I" messages instead of "you" messages. To say "I feel" or "I think" is much more direct and helpful than "Some people think" or "some people believe."

A note on handling talkative and silent members:

For _____ members use non-verbal communication. Don't let them sit right across from you but instead maybe next to you. Limit eye contact and when they pause, break in and regain the floor.

For _____ members do the opposite. Make frequent eye contact. Sit across from them. Call on them to answer a question you present to the group, do not be afraid to use names, e.g. "Jason, how does that apply to your life?"

_____ of Scripture

In Core Group, there should always be some application time involved and discussed. The goal is not lecture, but group discovery of how to integrate truth into living.

A good application is not simply "how does this apply to your life?" It is much more _____ and

_____. Some better examples would be:

- Let's talk about why it is so hard for you and me to start spiritual conversations with seekers.
- Are there fears or other barriers you face in communicating the Gospel?
- How do you feel when you picture yourself talking to an unsaved person about Christ?

Application questions will get at people's _____, _____, _____,

_____. Only then can we truly encourage and pray for one another.

A good guide for application from 2 Timothy 3:16-17:

"All Scripture is God breathed and is useful for **teaching, rebuking, correcting, and training** in righteousness, so that the man of God may be thoroughly equipped for every good work"

Teaching—Ask "How will this truth change my life, my church, my family, my work?"



Rebuking—Ask “Where do I fall short? Why do I fall short? How can we evaluate ourselves as a group?”

Correcting—Ask “What will I do about it? What will I correct? How will others help me do this?”

Training in righteousness—Ask “What practices, relationships, and experiences will I pursue so that I might train myself to be like Christ?”

Sharing

Core Group is as much about building relationship as it is about studying the Bible. Throughout Core Group meetings, we want to create authentic opportunities for Core Group members to share.

Each person comes to community with three social needs:

1. The need for _____. We meet this with history giving and participation.
2. The need for _____. We meet this by affirming them.
3. The need for _____. We meet this with responsibility.

Three Levels of Sharing

1. _____
2. _____
3. _____

Note: As the levels move up in number, the risk increases. This is a sign of how your group is doing and how they can grow, not how good of a leader you are.

Three Opportunities to Share:

1. _____

Using group openers is a basic, yet essential, small group skill. Icebreakers and share questions are designed to facilitate discussion about members' personal lives and to help them open up more freely. They are **not** designed for simple **yes** and **no** answers.

Use your own judgment with these questions and statements. Some of them are built to share deep emotions; others are more surface level and fun. Gauge where your group is and plan your icebreaker accordingly. As your group moves deeper throughout the semester/year, feel free to use deeper icebreaker questions.

Sample Group Opener Questions:

- If you suddenly lost your eyesight, what would be the thing you missed seeing the most?
- Who is the most famous person you've known or met? How did it happen?
- What is your biggest fear about death?
- What's the worst storm or disaster you've been in? What was it like?



What day of your life would you most like to relive? Why?
What has been one of the greatest adventures you have ever been on?

2. _____

This is an opportunity for peak communication among Core Group members. As you set the tone at the start of the year for vulnerable sharing, Core Group members know they have a space to share vulnerably throughout the rest of the year.

3. _____

These are personal and spiritual questions that can be asked while reading through Scripture at Core Group, as with application and text questions, to get at the Core Group members' thoughts, experiences, and feelings with the text.

Sharing should also occur organically. As a leader, look for opportunities to get to know your Core Group members as you pursue them in conversation. As you have learned already, discipleship is as much about doing everyday activities together as it is having meetings and Bible studies.

For more on facilitating sharing, check out the Facilitating Sharing Handout in the Appendix.

Prayer

Prayer is an extremely important part of any Core Group meeting. It reminds us that we need God, and it invites His power and presence into the Core Group meeting.

1. Prayer teaches your members to _____.

- Many students have not experienced prayer, and others might not have a well-developed idea of what prayer is.
- You will model prayer for your group, and disciple them by example and by teaching them to participate in prayer.

2. Prayer is _____.

- When you pray, God moves on behalf of your Core Group and Core Group members.
- Pray to open each Core Group. Invite God's presence into the meeting.
- Pray to close each Core Group. You might want to take prayer requests and pray for each other. This is a great way to learn to be vulnerable with needs, and to bear one another's burdens.



Tips for Prayer in Core Group

- When you pray out loud in the group, keep your prayers honest, authentic and from the heart.
- S-Guide: Short, Simple, Spirit-led, and Silence is ok!
- You may have to limit time for prayer requests.

Some Ideas for Prayer in Core Group

- Hot seat prayer- put someone in the middle and pray for them and then everybody takes turn in the hot seat.
- Divide into groups of two or three and pray for each other.
- Pray for the person on your right and left and go around the circle and the rest of the group agrees in prayer.
- Have each person write a prayer out and read it to the rest of the group.
- Pray through a Psalm out loud together.
- Pray at different times during the meeting each week.—Sometimes at the beginning, end or middle.
- Pick a portion of scripture to pray for one another during the week. (Col 1:9-14)
- If there is someone in the group with a special passion for prayer, make them the prayer coordinator for the group. Each meeting they write down the requests and keeps track of the answers. If the group has an emergency, they call the prayer coordinator, who will notify the rest of the group.
- Have each member write down a request for the week on a piece of paper. Fold the piece of paper and put it in a hat. Pass the hat, each member agreeing to pray for the person they pick and to call and encourage them during the week.
- Pick a country or need on campus to pray for and make that the sole purpose of your prayer time.





1:1 Discipleship

A disciple makes disciples who make disciples.

Why Do We Value Discipleship?

1. Because _____ told us to!

Matthew 28:18-20 “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.

2. Paul teaches us about _____ discipleship. We are to pour into someone in such a way that they will, in turn, pour into others. We are to reproduce ourselves as Core Group leaders by the time we leave.

2 Timothy 2:2 “And the things you have heard me say in the presence of many witnesses entrust to reliable men who will also be qualified to teach others”

This is the Master’s plan of Evangelism. That we would make disciples who make disciples who make disciples.

A Discippler Job Description (or What Do We Expect From You)

1. What is Discipleship?
 - a. Building _____
 - b. Emptying your _____ (you’re not Maxwell House!)
 - i. Your most important discipleship meeting is with _____
 - c. Goal: that they would love _____ more and that they would know the _____ the _____ makes in their lives
2. Pastoring versus Discipling
 - a. _____ all the names with your co-leaders.
 - b. _____ in your Core Group should be met up with once a semester.
 - c. Jesus disciplined the _____
 - i. Focus on FAT students



F

A

T

- ii. This for your own _____
- iii. This is a strategic use of our _____

- d. Jesus pastored the _____
 - i. More _____, life processing, and counseling
 - ii. Content is more about the _____ (*real devotional life*)
 - iii. Focus on helping them take the next step to knowing more of Christ.

4. Scheduling a Meeting

- a. Have a _____
- b. Some parts of the discipleship process are ----- _____, they're not _____.
- c. We'd like you to have no more than _____.

“But how can I get them all done if that’s the case?”

1. The _____ of every student every week:
Meet with the FAT students _____. Meet with everyone else **once a month or once a semester!**
2. **Schedule a 2:1** (see 2:1 resource). It’s a great way to encourage spiritual friendships and vulnerability among your Core Group. Make sure members that you are pairing together for a 2:1 would be _____ and _____ with each other.
3. **Raise up a FAT student** within your Core Group to aid in discipleship meetings on a case by case basis. (see Raise-Up Resource)
 - a. Use this student to meet-up with 1 or 2 Core Group members that they can relate to and help encourage
 - b. Be sensitive of **timing**. This strategy may serve best 2nd semester. You want every Core Group member to be able to enjoy being a member before you give them a task (especially true for first year groups).
 - c. Make sure to **continue to meet up** with the raised up student to give them help where they need it.



Content: BUT WHAT AM I SUPPOSED TO DO?

Beforehand:

Pray

Ask the Lord how you can partner with what He has in store for those students.

Ask if there is any way your Core Group member needs to be

_____, _____, or _____.

Prepare

Is there anything from the previous discipleship meeting that needs _____?

During:

Content

1. Be sure to process relationship before task.
2. _____.
 - a. Resources are an easy, no brainer way to do this.
 - b. What if you brought something from your own devotional life?
 - c. What if you turned to the Scripture instead of just paraphrasing it?
 - d. What if you agreed to read some things before your next meeting to partner with what the Spirit is teaching them?
3. We want to be _____ not just _____.

After:

Follow-up

1. Pray for them!
2. _____ your discipleship meeting so that you remember!
3. _____.



Some Helpful Meeting Thoughts.

1. Put the phone away.
2. Find a place where people can truly be vulnerable.
3. Remember, you are just one part in their relationship with Christ.
4. Put your Bible on the table.

Your first few One on Ones:

First Meeting	Second Meeting	Third Meeting	Fourth Meeting





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Foundations of Christianity

This three-part Bible study provides a good foundation of the basics of Christianity. Great for those new to the Christian faith, especially international students. This study was originally published in *Chi Alpha's International Student Friendship Ministry* handbook.

Study 1: Overview of Christianity

What is the Bible?

What kind of books do you enjoy reading? What have you heard about the Bible? The Bible is a unique book.

- Written by over 40 men: shepherds, doctors, priests, tentmakers, kings
- It was written over a time period of around 1600 years (~1500BC to ~AD100).
- Parts were written on three different continents (Asia, Europe, & Africa) and in Hebrew and Greek.
- Big Book with 66 smaller books.
- Its influence on our world and on many people's lives has been tremendous. It's the most translated book ever. Portions translated in over 2,000 languages (Shakespeare is 50).
- A living document with power to change the reader. The Author is alive and meets us as we read.

Look at the Bible's table of contents to see the Bible's two main divisions.

1. The Old Testament books were written hundreds of years *before* Christ. Show God's plan of redeeming the world, God's dealing with ancient Hebrews.
2. The New Testament books were written after Jesus' earthly life. They show Jesus's ministry and the founding of the Christian community.

What is Christianity?

- What were your impressions of Christianity before you came to America?
- Christianity is *not*:
 - Just a code of behavior. Going to church, doing good things, living a moral life. Some who do these things are not Christians. Eph. 2:8–9
 - Just a philosophy of life: Believing the right things; the right mental attitude. Some people have good philosophies of life, but are not Christians! (Mt. 7:21–23)
 - Just a way to get to heaven; a decision; only a way to relieve our fear of death. Christianity affects a person's daily life now and their eternal future.
 - Just an American religion; Simply a part of American culture or family tradition. It began in the Middle East. There are more Christians in South America and Africa than U.S. Many Christians come from families that are not Christian.
- Christianity *is* a *relationship* with God.
- A true Christian is a person who has *chosen* to believe in Jesus, *receive* Him, and let Him be *the Lord* of their life.



Who is God and what is He like?

Read Genesis 1:1.

- If God made the material universe, what does this tell us about God what He is like?

Read Genesis 1:26–30.

- Verse 26 says people were made in the image of God. In what ways do you think God and man are alike? In what ways are they different?
- How does God relate to and treat the first people? (See verses 28–30.)
- What gives God the right to tell people what to do?

Read Psalm 139:1–12, 23–24.

- The poet writes of how much God knows him and that God has placed His hand on him. How does the writer think and feel about God? How does it make YOU feel?

Questions for Reflection

- If God is as we have looked at here today, how does that make you feel about Him?
- Why do you think God wants a person to do more than just believe in his mind that there is a God?
- Was there anything in the talk on Christianity that was surprising to you? Any questions?

Study 2: After Creation, What Went Wrong?

Broken Covenant

A *covenant* is a strong agreement between two people wanting to form a relationship. Talk about what your understanding of a covenant is! How would you define it? Talk about God, who created humans, as being the God who wants to form relationships with humankind. He's a personal God.

Read Genesis 2:16-17 and Genesis 3:1-7.

Talk about what you notice. We see that God provided for humans all the food and provision they could ever want, and made just one rule about the fruit they could not eat. This was a rule in the covenant of their relationship. We see that Adam and Eve broke the covenant by disobeying that rule. This disobedience is sin.

Talk about sin. What is your understanding of sin? It is missing God's standards, breaking our relationship with Him. Obeying God's rules is the standard. When we disobey God, we are in rebellion against Him. When Adam and Eve disobeyed, the covenant relationship was broken, which led to Adam and Eve feeling shame for the first time.

Read Genesis 3:8-10 and Genesis 3:21.

Why does God ask Adam and Eve where they are? God knows relationship is broken, His closeness no longer available to His created. He knew that Adam and Eve cannot overcome the gap between themselves and Himself, and He knows we cannot overcome this gap, either. What is God's response?

Reconciliation. What does reconciliation mean? Discuss the need for restoration in broken relationships. When He made man and woman, God could have forced relationship with Him. Why wouldn't He? Talk



about God's character and how He wants to be in relationship with us, wanting us to choose relationship with Him. Instead of killing Adam and Eve for disobeying, God provided for them, showing His reconciliatory nature.

So, what's God's plan? God had a plan from the beginning to reconcile humankind. He promised to send someone who would pay the penalty for sin so that we can be brought back into relationship. Jesus, who was God and perfect, would come to earth as a man. When He died on the cross, He would bridge the gap between Man and God so we would have a way to enter relationship with God.

What about the rest of the Old Testament?

After creation, the people continued to multiply. God chose Abraham and his descendants to be God's people through whom Jesus would be born. This nation of Israel was to have a covenant relationship with God. The Old Testament tells the history of the people of Israel, the Jews. Creator God provided special laws for them to follow and gave them kings and prophets to direct them on how to live. He wanted them to have faith in God that would lead to obedience. Much of the time they failed. Creator God continued to tell them that a Promised one, a Messiah, would come and pay the full penalty for their sins. These Jews were then supposed to tell the rest of the world about the One True God and the opportunity to be reconciled and have an intimate relationship to God. That was God's plan.

Prophecy in the Old Testament

Jeremiah was a prophet that let the Israelites, God's people, know that a new covenant was coming. This covenant would be based on God's forgiveness through Jesus, and not obeying laws.

For an example, read Jeremiah 31:31-34 and discuss. What strikes you about this prophecy? What does it show us about the nature of God's new covenant with His people? Talk about how this covenant is available to us. Talk about God using prophecy to guide His people so that when Jesus, the fulfillment of Old Testament prophecy came, His people would recognize His Son.

Study 3: The Life of Jesus in the New Testament

Start out by discussing who you think Jesus is, or what you have heard about Him from other people, leading into a discussion about what we learn about Jesus in the New Testament.

Who is Jesus?

He is the Son of God who fulfills the new covenant, restoring righteous relationship between man, woman, and God. He is the fulfiller of the covenant. Jesus' birth was a result of God's glorious plan, it was no accident. Read Luke 1:26-38 about His miraculous conception, looking back to how this passage fulfilled the prophecy given in Micah 5:2.

Throughout the Gospels, or accounts of Jesus' life, we read about the ministry, teachings, and claims of Jesus. He healed people, taught them about God, and claimed to be their (and our) savior. His life and ministry reflects God's desire to have a relationship with us. Jesus is the humble servant who washed the feet of His disciples, He is holy and without sin, and a friend to the friendless such as tax collectors and prostitutes. He was also a teacher who taught about the authority of Scripture, revealing the truth about life.



Jesus shows us in His ministry that He is the provider for our needs. He is the one who blessed children and healed the sick with touch. He met big and small needs, and even powerfully raised a friend from the dead. Throughout His ministry, He also made claims about Himself. These claims revealed His nature to His followers, that He is the Savior of the world, the Son of God, the Bread of Life, and many more.

The Death of Jesus

At Passover in the third year of Jesus' ministry, Jesus addressed His followers as they ate and drank together. He took a cup of wine and said, "This cup...is the new covenant in my blood." Read this story in Luke 22. This teaches us that His death was neither accidental nor man's idea, but God's. He later tells His accusers that He has come for this purpose, to lay down His life for those He loves. He laid down His life to restore relationship between God and His people. Jesus is Redeemer, He is man and woman's final payment and atonement for sin. Jesus was crucified and buried in the tomb of a friend.

The Resurrection of Jesus

After Jesus died on a Roman cross, He was raised back to life three days later, just as He had prophesied He would. When a few women came to His tomb, He was no longer there! He appeared to them in resurrected form, showing that He conquered sin and death. The prophecies had been fulfilled! The resurrection of Jesus shows God's acceptance of Jesus' sacrifice for man and woman. A while after His resurrection, Jesus ascended to be with God the Father, sending His Spirit to dwell with us. We can pray to Jesus and talk with Him anytime.

Covenant Relationship

God's reconciliation plan is much older than two thousand years. He's been calling to us like He called to Adam and Eve in the garden, "Where are you?" from the beginning. The way back to God came by Jesus' death and resurrection. To win us back to an intimate covenant relationship with God forever was God's original and ultimate plan. We come to relationship by faith in His grace, accepting the sacrifice Jesus made on the cross for our behalf. For our part, we must choose repentance. We must choose to confess our sin and turn from it, accepting God's free gift of salvation. We must turn from our sin and follow Jesus. When we ask, God forgives us. For His part, He will fulfill our lives, transform us into who He created us to be, and allow us to be with Him forever.

End by reading John 3:16-17 and John 14:6. What do these verses tell us about Jesus? What new impressions do you have about God as our creator? What about Jesus? End by talking about what it looks like to study the life of Jesus. Good resources to bring are PROAPT and Why We Read Scripture as a first step to a devotional life.





2:1 Resource

Some notes taken from “Michelangelo or the Tumbler” by Richard Lamb

Jesus said to “Go and make disciples.” With Jesus as our example we must look to his discipleship methods. One observation is that there’s no record of Jesus spending one on one time with any of his followers. His sole disciple-making context was a gathered group of disciples. Because of this and because of our experiences with the two on one method, we have chosen to adopt this as our new context for discipleship.

Benefits of 2:1s

1. Emphasizes Peer Relationships - “Connecting”
 - A. Helps build relationships among Core Group members.
 - B. Helps create community for some who may not have it already.
 - C. Helps friendships go deeper & become more God-centered.
 - D. Models vulnerability and trust needed for relationships.
 - E. Provides more community-mindset instead of individualism.
2. Time Management for Leaders
 - Allows leaders to meet up with all of the Core Group members who are Faithful, Available & Teachable.
3. Truly allows for your Core Group to - “Reach”
 - Allows room for members to bring friends or new people to join the Core Group and be met up with.
4. Lifelong Disciples and Disciplers - “Growing”
 - A. Provides an easier transition from college to the local church where 1:1 discipleship is rare.
 - B. Prevents “discipler idolatry” where the younger disciple becomes dependent on and loyal to their mentor for spiritual growth & they can’t learn easily from someone else.
 - C. Prevents people from seeming helpless to grow apart from a ready-made 1:1 discipleship relationship.

FAQs about 2:1s

1. How should I pick pairs?

There are a couple of different ways to go about this. You can pick pairs based on current relationships, to help foster them towards greater vulnerability and God-centeredness. You can also choose people who don’t know many others in your group so that it gives them a friend. Sometimes it is also beneficial to pair a quiet or guarded person with a person who is naturally more open.

2. How often should we meet?

Meetings can be every week or every other week. You can decide based on your schedule. The norm is every other week.

3. Where should we meet?

You can meet with 2 people anywhere you would have previously met with 1 person. Keep in mind that the setting of your 2:1s (and 1:1s if you happen have any of those) is important. Make sure there is enough privacy that the students can feel safe sharing personal information.



4. What should we talk about?

The first couple of meetings are good for sharing, sharing beyond what has been shared already in Core Group. Come prepared with a few questions for them that dive deeper into their lives (family, school, dreams, spiritual) than you have gone already in Core Group. Remember to share first – you set the tone ☺

After the first couple meeting or two you can shift to a content-based 2:1 where you might all read a book of the Bible together (there in the 2:1 or for homework), read a book or study the competencies together. Don't forget to continue to have share-time as part of your 2:1 – Jesus often seized “teachable moments” which were usually times when someone was ready to learn because of their own immediate circumstances.

Here are 5 questions that are always good to bring with you – you can choose one or two for everyone to share or they can choose themselves, which they would like to share:

1. How are relationships between you and your significant others?
2. What has God been speaking to you lately?
3. How do you feel about yourself?
4. How is your schedule and how are you using your time?
5. How have you seen the Spirit at work in your life this week?

5. What should I do at the first meeting?

Talk about expectations for your 2:1s.

- A. Vulnerability
- B. Frequency
- C. Content
- D. Best friends?

6. What is my role as a mentor?

Being a disciple-maker is a process of “iron sharpening iron” and there will surely be conflict, reconciliation, time spent, communication, learning to work together & challenging one another. You are not a passive observer in your 2:1s, rather you're setting the tone and providing a place for growth in maturity and spiritual understanding of God that leads to a deeper relationship with Him. The people in your 2:1s will learn *from* you, but also learn *with* you. We're commanded to love one another (John 15:12,17) and to serve one another (John 13:14). As you love and serve the people you are mentoring you are following Christ's example.





Raise-Up Resource

Occasionally Core Group leaders find themselves in a situation where, due to time constraints and sheer numbers, they cannot effectively meet up with every member of their Core Group. This is ok! We have several effective solutions including time management/adjusting the frequency of meetings, the option for 2:1's, and raising-up a member of your Core Group to help. This resource dives into the details of how to empower a strong member of your Core Group to help with discipleship.

Benefits of the Raise-Up Strategy:

- Time management for Core Group leaders: You will have more time and energy to focus on the Faithful, Available, and Teachable students. By reducing the number of meetings you have, you will be able to up the quality each meeting!
- A great way to help ALL members of your Core Group get effectively met up with.
- A chance to empower and encourage a strong member of your Core Group. They will feel honored and blessed that you saw potential in them.
- Truly allows for your Core Group to be a reaching Core Group. By increasing the mentorship capacity of Core Group, you make more room for new members!
- Will help encourage deeper peer friendships among your Core Group.

How to select a Raise-up member:

This person should be one of your strongest Core Group members. Think of someone you plan on recommending for leadership. They should be:

- Faithful, Available, and Teachable.
- Have a strong commitment to your Core Group.
- Have a solid walk with the Lord and a strong devotional life.
- Have the ability to connect well with others and listen well.
- For upperclass groups, perhaps this is someone who could have qualified for leadership but chose not to for various reasons.

What they will do:

The Raise-Up member will strategically meet with 1 or 2 Core Group members every other to every 3rd week.

The Timing:

We want Core Group members to enjoy the benefits of and function within the Core Group structure before we empower them to serve the Core Group. This means, if you are leading a first year group, the Raise-up strategy may not be recommended until second semester.

The Raise-Up Role

You are choosing a member to raise-up to intentionally meet with 1 to 2 Core Group members maximum. You are NOT raising up an additional Core Group leader to help with the other aspects of leading. We want this to be a positive encouraging experience for the Raise-up member, and one that would encourage them to want to continue on into official leadership. Therefore we recommend the following things.



- Strategically choose the 1 or 2 people they meet with. It needs to be someone they naturally get along with and will enjoy meeting with.
- You, as the Core Group leader, should be meeting with the FAT people in your group. Utilize the Raise-up member to meet with someone who may not *yet* be in this category. Hopefully the intentional focus of the Raise-up member will help bring that student into the FAT category.
- Help set the framework for what their meetings should look like. Since they have not been through official Core Group training, help take the pressure off them. Some of their meetings may go deep, others may look more like an intentional accountability friendship.
- Equip them with any resources they may need. Introduce them to the resources on the website and the competencies.
- Continue to meet with the Raise-up member! Because you have asked them to serve, they should now be one of your number one focuses! Ask how their meetings are going. Give encouragement. Offer insight when helpful.
- Pray together with them!





Four Areas to Ask About

This tool is used to help you mentor students. Often we ask many questions about 1 or 2 of the areas below, while neglecting the others. While not exhaustive, this tool helps you think more holistically about a student, and gives you a space to record notes from your meetings.

Name: _____

Date: _____

Personal & Relational

Issues of your past and your future dreams.
Friendships, roommates, boy/girlfriend,
co-workers, finances.

Family

Issues from relationships in your immediate
family and extended family.

Academic

Issues from coursework, study habits, time
management, grades, choice of major.

Spiritual

Issues relating to your relationship with God
(i.e. background, sin issues, devotional life).





ABC's of Ministry

(sample)

NAME: _____

DATE: _____

ASSESS THE NEED While you were home for Christmas break, you got into several disagreements with your father. It culminated with a big argument over your choice of Social Work as a major. Your father wants you to be in pre-law and then go to the law school he attended. You came back to school not on speaking terms with your father. You feel Social Work is where the Lord wants you. Your father is not a Christian.

BUILD A BIBLICAL FOUNDATION

The issue is reflected by two contrasting principles:

1. We are to honor our parents (Dt. 21:20; Prov. 20:11; 23:22; 30:11,17; Mk. 7:10; Eph. 6:2), and
2. We are to live a whole-hearted commitment to Christ (Mt. 10:37-39; 16:24-28; Lk. 14:26-35)

CREATE MEASURABLE GOALS

In faith we will strive to:

1. Reestablish lines of communication within the next 10 days.
2. Seek to come to mutual understanding between you and your father on the level of your feelings concerning this issue.
3. Seek reconciliation.
4. Before Spring Break, attempt to clearly explain the decisions you are making in terms your father will understand.

DEVELOP A PLAN OF ACTION

1. Write a letter asking for forgiveness for leaving the house in frustration and anger. Do it within the next 3 days. I will review it with you.
2. Call your father a day after he has received it. Ask for forgiveness again over the phone.
3. Ask for a time when you can go home to explain why you desire this major.
4. Illicit much prayer support from you Core Group.

ESTABLISH PROPER SUPPORT I will pray with you, Tom, and will help you write the letter. If you desire, I will be with you throughout the entire process, whatever happens. I'll check with you next Tuesday to see how the phone call went.





The ABC's of Ministry

NAME: _____

DATE: _____

ASSESS THE NEED	
BUILD A BIBLICAL FOUNDATION	
CREATE MEASURABLE GOALS	DEVELOP A PLAN OF ACTION
ESTABLISH PROPER SUPPORT	





Keeping Track of Your 1:1s

Student Name _____

• Use this to keep track of weekly one-on-one conversations (Trust me, you won't remember!). Make one for each student you meet with.

• Record what you talked about, what Jesus did during the one-on-one, prayer requests, and any "assignment" given (i.e. scripture to meditate on, PROAPT to do, person to talk to)

• Use these weekly records to ask Jesus what his long-term vision for that person is, and how you can help them get there. Record that in the top vision box. Long-term Vision: What is God trying to do in their life?

Date: _____

What we talked about today?

Prep for next week:

Date: _____

What we talked about today?

Prep for next week:

Date: _____

What we talked about today?

Prep for next week:

Date: _____



What we talked about today?

Prep for next week:

Date: _____

What we talked about today?

Prep for next week:

Date: _____

What we talked about today?

Prep for next week:

Date: _____

What we talked about today?

Prep for next week:





The Engel Scale

The Complete Process

Often we assume that conversion, someone moving across the line of faith, is the goal of evangelism. But so many other steps had to happen to get someone to that point! There is a bigger, more holistic process within which evangelism is a part.

This tool is adapted from James Engel and Wilbert Norton's book, *What's Gone Wrong with the Harvest?*

There is a great divide between evangelism and discipleship - we see them as completely separate and unrelated. In reality they are both part of the same process! The goal of this bigger process is complete transformation of a person into the Kingdom of God through Jesus Christ. Evangelism is a word to describe all the steps to get someone to the line of faith - but we don't stop there! Does the Great Commission (see Matthew 28:16-20) tell us to go into the world and make converts?... NO! We are to make disciples! And the discipleship process never really ends - we all have more to learn, areas to grow in, and character to shape. So you see, evangelism is just pre-conversion discipleship!

This scale is just a simplified representation of all the steps in the evangelism/ discipleship process. The scale ranges from someone like Elijah (stage 8) who was whisked away into heaven, all the way to the church in Athens (stage 1) who didn't even know about Jesus. There are values assigned originally by Engel, which just shows that 0 (the line of faith) is not the beginning of the process! Of course, no one can judge where someone is on the scale; only God knows because only He can see a man's heart. However, this can be helpful in evangelism or discipleship when thinking about how to bring someone farther along on the process. The mission of God (and our commission with Him) is to make disciples, or simply move people toward the bottom of the scale (and even further!).

Original
Engel Scale

Stage 1 –	IGNORANCE OF CHRIST (may be exposed, but pays no attention)	-10 -9
Stage 2 –	AWARENESS OF CHRIST (sees Christ as an option)	-8 -7
Stage 3 –	UNDERSTANDING OF CHRIST (what knowing Christ means)	-6 -5
Stage 4 –	PERSONAL INVOLVEMENT WITH CHRIST (what Christ can do for me)	-4 -3
Stage 5 –	DECISION FOR CHRIST (I want or don't want Christ)	-2 -1
Stage 6 –	REGENERATION (Disciple-making – theological)	0 +1
Stage 7 –	INCORPORATION INTO BODY OF CHRIST (Disciple counted – strategic)	+2 +3
Stage 8 –	WITNESSING FOR CHRIST	...





Wise Decision Making

Whether big or small, making godly decisions is key to following Christ in your daily life. Taken from 1 Corinthians chapters 6, 8, and 10, this resource can help you think through many aspects of making a decision. You may use this as a worksheet to fill out as you answer the questions. The first step to making a decision is to pray: “God lead me and guide me. Purify my motives - get rid of any selfishness or unrighteousness within me. I want to serve you in anything and everything, putting you first! Help me open my heart and mind to the best way to think about this situation, even if it’s new to me.” Try to wait and listen to God’s voice throughout this process. From 1 Corinthians, we can ask ourselves the following questions.

1. Is it good for me?

1 Corinthians 6:12a says, “Everything is permissible for me...but not everything is beneficial.” Is this decision beneficial to you and those around you?

2. Can it control me?

1 Corinthians 6:12b says, “Everything is permissible for me...but I will not be mastered by anything.” Another question you could ask is whether or not this decision is habit-forming. How would it impact other areas of your life?

3. Does it encourage someone to do something she thinks is wrong? Is it a stumbling block for him?

1 Corinthians 8:12 says, “When you sin against your brothers in this way and wound their weak conscience, you sin against Christ.” Ask yourself if your actions will cause someone else to stumble and what the consequences might be.

4. Does it glorify God?

1 Corinthians 10:31 says, “So whether you eat or drink or whatever you do, do it all for the glory of God.” Ask yourself what your motivations are.

May you be blessed in wisdom as you make decisions for the glory of God!





Asking Good Questions

For many leaders, a one-on-one setting can be intimidating. There are times when you don't know what to say or how to get someone to open up. You walk away from the table thinking, "Did we even get anywhere? Or did we just catch up on funny YouTube videos...?" This resource is a compilation of the Chi Alpha staff's favorite and essential questions for one-on-ones. You probably won't (nor should you) ask all of them in one sitting. Before you meet with someone, look over this list and decide on one or two questions you want to ask. You also may want to record what was asked or shared, so you can remember to follow-up next time.

Favorite Go-To Questions:

- Where would you like to grow?
- What has God been speaking to you?
- How are the relationships in your life?
- What did you think about the message at Monday Night Live?
- Where have you seen the Spirit at work in your life in the past week?
- What has been the highlight or low-light of your week?
- How do you think your past impacts you today?
- What have you been reading lately?
- How was your weekend?

General "Checking In" Questions:

- What has God been saying to you lately?
- How is your schedule and how are you using your time?
- How is it between you and your significant others?
- How do you feel about yourself?
- Where have you seen the Spirit at work in your life this past week?
- What have you been reading lately?
- How was your weekend?
- How was your small group?
- How can I support you in prayer?

Difficult, Important Questions:

- How are classes going? Are you going to all of them all the time?
- Are you struggling in any particular class? If so, are you seeking help?
- How would you describe your relationship with God right now?
- Have you been consistent in prayer and Bible reading?
- What have you been reading about?
- What are you learning about God? about yourself?
- What are you trying to apply?
- What have you been praying about?
- What did you learn from a recent sermon/teaching that you are applying?
- Have your words and actions given glory to God this week?



- Have you been exposed to sexually alluring material this week?
- Have you coveted something that does not belong to you?
- Have you been honoring, understanding, and charitable in your important relationships this week?
- Have you been thinking of your finances this week?
- Have you damaged another person by your words, either behind their back or face-to-face?
- Have you given in to any addictive behavior this past week?
- Have you continued to harbor anger or bitterness toward another?
- Have you secretly wished for another's misfortune so that you might excel?
- Have you been completely honest with me?





Common Topics and Helpful Scripture to Use

Depending on what your student is dealing with, it can be helpful to have an entire meeting on one of these topics. Look at the Scripture and do a PROAPT study. This is also a helpful way to confront issues in someone's life by looking at Scriptures about the subject.

Worry

Philippians 4:6-7

"Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."

Matthew 6:25-34 (see also Luke 12:22-34)

"If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you, O you of little faith? So do not worry... But seek first his kingdom and his righteousness, and all these things will be given to you."

John 14:27

"Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid."

God's Will/Future & Decision-Making Concerns

Jeremiah 29:11-12

"For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you, plans to give you hope and a future. Then you will call upon me and come and pray to me, and I will listen to you."

Isaiah 30:21

"Whether you turn to the right or to the left, your ears will hear a voice behind you, saying, 'This is the way; walk in it.'"

Philippians 4: 12-13

"I have learned the secret of being content in any and every situation whether well fed or hungry, whether living in plenty or in want. I can do all things through him who gives me strength."

Resources: "The Purpose Driven Life"

Weariness

Isaiah 40:27-31

"Even youths grown tired and weary, and young men stumble and fall; but those who hope in the Lord will renew their strength."

Psalms 62:5-6

"Find rest, O my soul, in God alone; my hope comes from him. He alone is my rock and my salvation; he is my fortress, I will not be shaken."



Matthew 11:28-30

“Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.”

Sex & Dating/Lust

Philippians 4:8

“Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.”

Matthew 5:28-29

“But I tell you that anyone who looks at a woman lustfully has already committed adultery with her in his heart. If your right eye causes you to sin, gouge it out.”

2 Corinthians 6:14

“Do not be yoked together with unbelievers. For what do righteousness and wickedness have in common? Or what fellowship can light have with darkness?”

Resources: “Every Man’s Battle”, “Every Woman’s Battle”

Self-Esteem/Body Image/Knowing who you are in God

Luke 3:22

“You are my Son, whom I love; with you I am well pleased.”

John 15:15-16

“I have called you friends, for everything that I learned from my Father I have made known to you. You did not choose me, but I chose you and appointed you to go and bear fruit.”

Resources: “Do You Think I’m Beautiful”, “Captivating”, “Wild at Heart”, “Lady-in-Waiting”

School/Exams

James 1:5

“If any of you lacks wisdom, he should ask God, who gives generously to all without finding fault, and it will be given to him.”

Temptation/Sin

Hebrews 4:14-16

“Therefore, since we have such a great high priest who has gone through the heavens, Jesus the Son of God, let us hold firmly to the faith we profess. For we do not have a high priest unable to sympathize with our weakness, but we have one who has been tempted in every way, just as we are—yet was without sin. Let us then approach the throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.”

2 Corinthians 10:5

“We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.”



God's forgiveness/God's nearness

Joshua 1:9

"Be strong and courageous. Do not be terrified; do not be discouraged, for the LORD your God will be with you wherever you go."

Psalms 103: 8-12

"The LORD is compassionate and gracious, slow to anger, abounding in love. He will not always accuse, nor will he harbor his anger forever; he does not treat us as our sins deserve or repay us according to our iniquities. For as high as the heavens are above the earth, so great is his love for those who fear him; as far as the east is from the west, so far has he removed our transgressions from us."

Romans 8:38-39

"For I am convinced that neither death nor life, neither angels nor demons,^[a] neither the present nor the future, nor any powers, ³⁹neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord."

Holy Spirit and Gifts of the Spirit

Acts 2: 38-39

"Repent and be baptized, every one of you, in the name of Jesus Christ for the forgiveness of your sins. And you will receive the gift of the Holy Spirit. The promise is for you and your children and all who are far off—for all whom the Lord our God will call."

Romans 8:26-27

"The Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us with groans that words cannot express. And he who searches our hearts knows the mind of the Spirit, because the Spirit intercedes for the saints in accordance with God's will."

1 Corinthians 12-14

Lists of the gifts, explanation of tongues and prophecy.





Discipling Objectives

Have you ever sat across a coffee shop table from a Core Group member and felt that rush of panic as you realize that you have no idea what to talk to them about? As you scramble to think of something meaningful to fill the next hour you wonder to yourself—“isn’t there a better way to do this thing called *discipling*?” The answer is YES!

The following are a set of *discipling objectives* designed to help you lead a Core Group member systematically through the basics of our faith and help them learn to “obey everything we have been commanded” (Matt. 28:19). There are 21 objectives here—**more than enough** to bring meaningful content and direction to your one-on-ones this year. We certainly don’t expect that you would use all of them with every Core Group member. Instead, tailor these ideas to your specific ministry and trust God to lead you in anointed times of discipling this year!

For each discipling objective there are several scripture passages given as a basis for study, discussion, and meditation. Use these (or others) to base all that you do and to stay fresh on the authority of God’s Word. Next, you will find some activities to guide your time with your Core Group member and, finally, some extra resources (book titles) to guide you into further study of this topic.

The Practice of Daily Solitude and Devotion

Scripture – *Mark 1:35* The example of Jesus; *Exodus 33:7-11* Moses and the Tent of Meeting; *Psalms 5:3* The example of David; *Daniel 6:10* The example of Daniel

Suggested Activities – Do a Bible study on the communion between Jesus and His Father; Have a quiet time together; Pray through a Psalm together; Agree to hold each other accountable to daily quiet times.

Other Resources – *Out of Solitude*, Nouwen; *Beyond the Quiet Time*, Alister McGrath; *Streams in the Desert*, Cowman; *The Pursuit of God*, A.W. Tozer

A Worshipful and Thankful Heart

Scripture – *Hebrews 13:15*; *John 4:21-24*; *1 Thessalonians 5:18*; *Psalms 1-150*

Suggested Activities – Read a psalm together and use it as a guide to a time of praise and thanksgiving; Share an extended time of worship in song (with or without instruments); Encourage each other to share at least one thanksgiving a day with someone.

Other Resources – *Celebration of Discipline* (Ch. 11), Richard Foster; *The Practice of the Presence of God*, Brother Lawrence

Christian Fellowship

Scripture – *Acts 2:42-47* Example of the early church; *1 John 1:3*; *Hebrews 10:24-25*; *Psalms 122:1*

Suggested Activities – Invite him/her to Monday Night Live and Church; Share a meal together; Spend a Saturday doing something fun together!

Other Resources – *We Really Do Need Each Other*, Reuben Welch; *Life Together*, Dietrich Bonhoeffer



Separation from Sin/Confession

Scripture – 2 Corinthians 6:14-7:1; 1 John 1:5-2:2; 2 Timothy 2:19-22; Romans 6:12-14; 1 John 1:9; James 5:16

Suggested Activities – Read, study, and pray over 2 Corinthians 6:14-7:1 together; Share an instance when you overcame a particular temptation; Pray with her/him about this struggle; Confess your sins to one another and pray for each other.

Other Resources – *Lifestyle Discipleship* (Ch. 7,8), Jim Petersen; *Men Made New*, John Stott; *Celebration of Discipline* (Ch. 10), Richard Foster

The Necessity of Forgiveness

Scripture – 1 John 1:9 Assurance of forgiveness; *Psalm 32:1*; *Matthew 18:21-25* Forgiving others; *Matthew 5:23-26*

Suggested Activities – Share your own testimony of sin forgiven; Encourage him/her to seek reconciliation in a broken relationship.

Other Resources – *Life Together*, Dietrich Bonhoeffer

Reading and Hearing the Word

Scripture – 1 Timothy 4:13; *Deuteronomy 17:19*; *Nehemiah 8:1-3*

Suggested Activities – Introduce her/him to a Bible reading plan; Regularly read portions of Scripture when you meet together; Read an entire book of the Bible together; Model the importance of attentively listening to and taking notes of sermons.

Other Resources – *How to Read the Bible for All Its Worth*, Fee & Stuart

Inductive Bible Study

Scripture – *Ezra 7:10* The example of Ezra; *Acts 17:11* Example of the Bereans; 2 Timothy 2:15; 3:15-17

Suggested Activities – Teach the PROAPT method of Bible study; Study a passage of Scripture together; Discuss how to use a concordance, cross references, study notes and other helps in the Bible.

Other Resources – *How to Read the Bible for All Its Worth*, Fee & Stuart

Scripture Memory

Scripture – *Colossians 3:16*; *Deuteronomy 6:6-7*; *Proverbs 7:1-3*

Suggested Activities – Find Scriptures with meaningful application to your lives and agree to commit them to memory.

Meditation on the Word

Scripture – *Psalm 1*; *Joshua 1:8*; *Philippians 4:8*



Suggested Activities – Study the topic of meditation, using one of the resources below; Find and use a devotional book as a guide to reflection (i.e., *My Utmost For His Highest*, *Streams in the Desert*, etc.).

Other Resources – *Celebration of Discipline* (Ch. 2), Richard Foster; *Meditation: A Practical Guide to a Spiritual Discipline*, McCormick & Fish; *Contemplative Prayer*, Thomas Merton

The Power of Prayer

Scripture – *1 Thessalonians 5:17; Matthew 6:6-13; Luke 18:1-8; Philippians 4:6-7; Matthew 21:22; James 5:17*

Suggested Activities – Study the Lord’s Prayer together and use it as a guide to prayer; Regularly share prayer requests and pray for one another; Start a prayer group in your dorm or living area; Pray the prayers of Paul (Ephesians 1:17-23; Philippians 1:9-11).

Other Resources – *Prayer*, Richard Foster; *Power Through Prayer*, E.M. Bounds; *Prayer*, Hallesby; *Touch The World Through Prayer*, Wesley Duewel; *The Transforming Friendship*, James Houston

Servanthood – The Attitude of Christ

Scripture – *John 13:1-17* Christ washing the Disciples’ feet; *1 Corinthians 13:1-7; 1 John 3:17-18*

Suggested Activities – Participate in ministries that serve the elderly; Discover ways to serve the students in your dorm/living area.

Other Resources – *Celebration of Discipline* (Ch. 9), Richard Foster; *The Mark of the Christian*, Francis Schaeffer

Submission to Godly Authority

Scripture – *Hebrews 13:17*

Suggested Activities – Discuss their previous relationships to people in authority and whether these were positive or negative experiences; Discuss why God would command submission to authority.

Other Resources – *A Tale of Three Kings*, Gene Edwards; *Celebration of Discipline* (Ch. 8), Richard Foster

Faith

Scripture – *Hebrews 11; Romans 4:18-25; Ephesians 6:16*

Suggested Activities – Read and study Hebrews 11 together; Discuss what it means to trust God and share areas of your life where you want to grow in faith.

The Tongue

Scripture – *Ephesians 4:29; Proverbs 18:6-7; 26:20; Colossians 4:6; James 1:26; 3:1-12*

Suggested Activities – Study James 3:1-12 together; Agree to hold each other accountable in the use of your words.



The Use of Time

Scripture – *Ephesians 5:15-17; Proverbs 6:6-11; Psalms 90:10,12; Colossians 4:5*

Suggested Activities – Introduce them to the use of a time management system or schedule sheets (can be found on Discipleship Resources page of www.xaatuva.com); Encourage them to “make the most of every opportunity” by piggy-backing tasks and relational time.

Other Resources – *The Tyranny of the Urgent*, Charles Hummel (InterVarsity Booklet)

The Use of Money and Giving

Scripture – *Proverbs 3:9,10,27; 11:24-25; 2 Corinthians 9:6-8; Luke 6:38; Galatians 6:6; Malachi 3:10*

Suggested Activities – Make a list of Scriptural principles on giving; Help her/him to develop their budget and giving goals.

Other Resources – *Rich Christians in an Age of Hunger*, Ronald Sider; *Freedom of Simplicity*, Richard Foster; *Daring to Live on the Edge*, Loren Cunningham

Seeking the Will of God

Scripture – *Psalms 119:105* Direction through God’s Word; *Proverbs 15:22* Obtaining godly council; *John 16:13* The Holy Spirit’s ministry in our lives

Suggested Activities – Share a personal experience of determining God’s will for your life; Help him/her seek out Biblical guidance regarding the decision; Seek out several people who can offer godly council.

Other Resources – *Finding God’s Will*, Paul Little

The Ministry and Gifts of the Holy Spirit

Scripture – *John 14:16,17; 16:5-16; Romans 8:26; Ephesians 5:18; Romans 6:5,6; Zechariah 4:6; Romans 12:3-8; 1 Corinthians 12 & 14* The Gifts of the Holy Spirit

Suggested Activities – Do a study together on the person and ministry of the Holy Spirit; Discuss the various gifts of the Holy Spirit and how they might be expressed in the Body of Christ; Pray and be open to God giving these gifts to you.

Other Resources – *I Believe In the Holy Spirit*, Michael Green

Personal Testimony

Scripture – *Acts 26:1-12* Paul’s testimony; *John 9:25* A former blind man’s testimony; *1 John 1:3* Declare what you have experienced

Suggested Activities – Prepare a three-minutes written testimony, including a few Scriptures; Share your testimonies with each other; Share it with someone who doesn’t know Christ in the next week; Study Acts 26 together, noting Paul’s approach.



Witnessing

Scripture – *Mark 16:15; Matthew 29:18-20; John 4:1-42* The example of Jesus and the Woman at the Well; *Colossians 1:28-29; Romans 1:16; 1 Corinthians 2:1-5* Proclaiming Christ in the power of the Spirit

Suggested Activities – Discuss the essential elements of the Gospel and organize your thoughts into a systematic and brief presentation; Go witnessing together; Pray for non-Christian friends together, Start in investigative Bible study for seekers.

Other Resources – *Living Proof*, Jim Peterson; *How to Give Your Faith Away*, Paul Little; *Out of the Salt-Shaker*, Rebecca Pippert; *Truth to Tell*, Lesslie Newbigin

Being a “World Christian”

Scripture – *Acts 1:8; Mark 16:15; Luke 24:47; Matthew 9:35-38*

Suggested Activities – Introduce him/her to cross-cultural missions projects and missionaries; Pray together for the advancing of the Gospel around the world; Use a map and missionary letters to guide your prayers; Start a missions prayer group; Encourage giving to missionary needs; Read and discuss missionary biographies and books on missions.

Other Resources – *Touch the World Through Prayer*, Wesley Duewel; *Operation World*, Patrick Johnstone





Affirmation Ideas

- Symbolic gifts: have members draw names. Assign members to bring a symbolic gift for that person the next meeting. Each person presents the gift and explains its significance. These gifts are symbolic – at the end of the meeting everyone gives back their gift to its original owner.
 - Ex) bring a rock: “Dave, you have such a strong, steady, rock solidness about you. You are a man of integrity and of your word, you are faithful and your assurance of your faith really encourages me.”
 - Ex) perfume: “Susan, you have a beautiful joy about you that is a wonderful fragrance. When you enter a room, your joy spreads for all of us to enjoy and your fragrance is a witness to those who don’t know Christ.”
- Hot-seat night: prayer and exhortation. Pray for the gifts of the Holy Spirit to move. Each person to pray, share Scripture, exhorting word, etc. for person in the hot seat.
- Biblical character study: leader picks out Biblical characters and assigns one to each member of Core group. Each member picks out four positive traits to bring back to the group and share. Have sheet of paper for each person with all the Biblical names and spaces to write the four positive traits. Have each member write what one Biblical character reminds them most of each person in group and why. Then go around group and share.
- Group member appreciation night: each member of the group has a piece of paper with their name at the top of it. Lines are drawn on the paper to create enough boxes for all of the people in the group. At the top of the sheet is the sentence “I appreciate this person because he/she...” – pass the sheets around the room, asking each member to complete the sentence by filling in the box. After all the sheets have been passed to everyone in the room, return the sheet to its owner. Optional: then have members share what impresses them most about the affirmation they received from the others in the group.
- “It’s a wonderful life”: In advance, the leader secretly asks three close friends of each group member to write out what the world would be like if that person had never been born. Before reading these aloud, the leader sets up the scene from the classic movie when George Bailey tells the angel it would be better if he had never lived, and the angel Clarence had an idea to show him how the world would have suffered. After viewing the video, read the letter aloud for each person. Allow time for the group to comment.





Brother Sister Ideas

As you consider Brother-Sister group hang-outs, think through how to make these settings a place where you can Invest & Invite new friends to Chi Alpha! Missional Brother-Sister groups are great places to bring friends -- they're small enough that someone can feel known, but large enough that they won't feel like the only new person there! Brother-Sister groups can be very effective in welcoming others to be a part of our dynamic community!

Food

- Go out to dinner
- Thanksgiving Feast at a house
- Dinner where the guys make the meats and the girls make the sides
- Ice Cream is always a winner
- Downtown Mall foods (crepes, dumplings, Splendor's)
- Cook Out runs
- Chipotle
- Meet for dinner before Core Group
- IHOP after everyone's Core Group

Adventure

- Scavenger Hunt
- Apple picking at Carter's Mountain
- Picture Scavenger Hunt
- Sunrise Hikes
- Hikes in general
- Sardines
- Pranks at Fall Retreat

Sports

- Sand Volleyball Courts by Mem Gym or Slaughter
- Attend UVA sports games together
- Frisbee
- Wallyball

Movies

- The Paramount occasionally has free showings for special events
- Movie Night at a House

Random

- Swing Dancing
- Joint Brother Sister Core Group and invite your Family Pastor to facilitate.
- Sitting together at MNL
- Game Night (Pictionary, cards, telephone...)
- Started a facebook group for the family in order to announce interesting things for us to do as a family

Day Trips

- Richmond for the day. Jumpology (jumpology.us) Carytown (carytownrva.com) \$2 movies (byrdtheatre.com) Short Pump (shortpumpmall.com)
- Roller Skating in Staunton at Skatetown. 1311 Barterbrook Rd Staunton, VA 24401 ph. (540) 885-3798





Facilitating Core Group Sharing

1. Model what you want the other members to do.

You, more than anyone else, will determine the character of your group. If the tone you set is defensive, suspicious, and shallow, you will have a defensive, suspicious, and shallow group. Modeling you ideally means being vulnerable, taking the steps (at the proper moment) to show what you want to happen. (This does not, of course, mean shocking your group by some sort of “true confession”. It means modeling an attitude of openness in which they are free to share as deeply as they want.) You cannot teach this from a book. The members of your group will have it modeled for them firsthand.

2. Deal with experience, not ideas.

To discuss on a theoretical level is a sure way to kill in depth sharing. This includes doctrinal discussions. It is possible to play intellectual ping-pong, bouncing ideas off each other without ever going any deeper than the conceptual level. But when we share what we have discovered to be true through what we have experienced, we share ourselves, and in so doing we share all that Christ is to us and has done for us. We show others not what we think, but what we feel, what we are, and what we know to be true from experience.

3. Deal with the here and now.

The past is interesting, and at times it is valuable to share it, but the focus of a small group meeting should be kept on what is happening *now*. What has happened to others is interesting, but the focus is not on others and how God dealt with them, but on how God is dealing with *us*. Speaking of the past or of other people’s experiences is very often superficial chit-chat. (There are exceptions, of course such as when a person opens up and shares something that they have experienced that made a significant impact upon their life and helped make them the way they are today. This is valuable sharing of the past.)

4. Don’t interrupt.

The key here is listening to the person who is speaking and letting him or her have a chance to really share what he or she would like. If the individual is sharing something that really means a lot to them, it might mean that the agenda for the evening must be canceled in order to let them share what is on their heart. This would not apply, of course, to a person who is simply dominating a discussion on a much more shallow level.

5. Don’t probe.

Encourage each person to share what they want to, but don’t make them share what they do not want to. If someone in the group starts to probe, say something like, “Let’s let Jill tell it the way she sees it.” or “Why don’t we give Jill a chance to finish what she has to say?”

6. Don’t give advice.

Advice is cheap and sometimes disastrous. If someone in the group has had an experience that is applicable to the person’s situation, allow them to share the experience, but do not go on to draw the conclusion for the person. If the person specifically asks for advice, tell what you *might* do if you were in their place.



7. Don't judge.

When someone shares a sin or a divergent outlook, the move of the group will stand the crucial test. The person should not be put down. If he or she is, they will possibly never open up like that again. The group should accept them as they are. Only to the extent that the group accepts the person for themselves will they be able to make a really lasting change in their life.

(Numbers 4-7 are from Lyman Coleman, *Groups in Action*)





Fruit of the Spirit

1. Love
 - a. Agape: divine love which is unmerited and unconditional
 - b. The source/fountain from which all other fruit flow (1 Cor. 13)
 - c. Self-sacrificial giving of self to others – Jesus is the prime example
2. Joy
 - a. Someone who walks with a sense of understanding about what Jesus has done for them
 - b. Someone who isn't easily affected by circumstances
 - c. Paul wrote, "Rejoice in the Lord always. I will say it again: Rejoice!" from prison (Philippians 4:4)
3. Peace
 - a. Hebrew concept referring to a condition of wholeness
 - i. Peace in circumstances: doesn't worry or fear much
 - ii. Peace with God
 - iii. Peace with fellow man
 - b. Someone who doesn't stir up trouble, but is a peace-maker (Matt. 5:9)
4. Patience
 - a. Ability to put up with others even when it is not easy
 - b. Slow to become angry
 - c. Not easily offended and takes everything in stride
 - d. Doesn't give up on people
 - e. Passive side of love
5. Kindness
 - a. Active side of love
 - b. Doing good deeds for others
 - c. Willing to serve others
 - d. Being able to bless those who persecute you
6. Goodness
 - a. Conveys the idea of benevolence and generosity towards someone else
 - b. Willing to go the second mile when it is not required (Matt. 5:41)
7. Faithfulness
 - a. One who lives out of his trust in God over the long-haul
 - b. Someone who is full of faith
 - c. A person of their word
 - d. Reliable and trustworthy
8. Gentleness
 - a. Word in Greek is difficult to translate: conveys the sense of humility toward oneself (proper estimation of oneself before God)
 - b. Considers others before themselves
 - c. Doesn't try to push others around or manipulate
 - d. Respectful and honoring
 - e. A submissive and teachable spirit towards God and others
9. Self-control
 - a. Mastery over one's desires and passions
 - b. The quality that allows one to walk in the world, and yet keep his garments unspotted from the world
 - c. Able to take a stance against excesses of various kinds



Directions for Fruit of the Spirit Affirmation

- Read through the Fruit of the Spirit (Gal. 5: 22-23)
 - Choose two that you think God is establishing in you
 - Choose one that you really need to grow in
 - Choose one which is a strength for each person in the group and why
- Go in a circle three times telling each round

Rules

- When affirming, you can't say, "I haven't known you long yet, but..."
- You must look at the person being affirmed and they must look back at you
- You can only say in return, "Thank you, I appreciate that" or similar
- Do not talk in third person – talk to the person
 - Ex. "Jason, I think..."





Ideas for History Giving

Great Ideas

- Take 2 weeks to give histories. First week, have them talk about who they are and some of their experiences that molded them, but have them leave out their spiritual history. Week two, have them share their spiritual journey.
- Tell three things about yourself, include one lie – others in the group need to guess the lie.
- Tell one thing about yourself that no one else in the group knows about, having each person write it down and giving them all to one person. That person reads them off and people vote who they think the person actually is.
- Draw a picture that represents you: interests, dreams, family, passions. Then have each person in the group explain their picture.
- Draw an impacting spiritual experience, then explain it to the group.
- Divide paper into four quadrants: draw four spiritually impacting moments through spiritual journey – good or bad, then explain each quadrant.
- Draw a timeline of your spiritual journey, explain the significant events: limit the number of events to three or four per person, depending on the number in your group.

Other Ideas

- Take m&m's from a bowl, for each m&m tell something that you don't think anyone else has ever done.
- Draw an abstract picture of your face and explain it to the group.
- Magazine collage: either on a separate sheet of paper, or buy journals for everyone and decorate over, then laminate and explain to the group.
- Tell an embarrassing moment.
- Tell your first kiss story.
- Draw your kitchen table growing up.
- Tell about a time you got in trouble at school.
- Explain the story about a scar that you have.
- Tell a favorite high school memory.
- Tell a family trip story.
- Tell a story about a time that you were sick at school.
- Tell a strange habit about yourself.
- Icebreaker for history giving could be to get a fact about each person in the group before the group meets, then having the group guess which fact goes with which person.
- Another icebreaker: have people tell the group what 3 items they would take with them if their house was burning down. Then have them explain why. This will show you what each person really holds dear.





Planning a Week in Prayer

Ever feel overwhelmed by all the things for which you want to pray? It can be frustrating, or even paralyzing, as your list of prayer requests grows and grows! This is a tool that will help you divide up your prayer requests so that you focus on only a few each day, but still cover them all throughout the week.

Planning a weekly schedule for prayer can help you better manage your prayer life. The idea is simple: make a list of the things you want to pray for consistently, and then break your prayers up throughout the week. So on Monday, maybe you pray for your family; Tuesday, you pray for your roommate; Wednesday you pray for your professors; and so on. Post the list somewhere you can find it or see it easily (i.e. front of Bible, journal, mirror). You should experience more peace and consistency in your prayer life!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday





Prayer Focus

Identify two or three whom you feel led to pray for their salvation. List the names of all those identified in the group on each card so that all of you pray for each one of the lost souls weekly. We recommend that you keep this card in your Bible as a bookmark for your daily reading so that each time you open your Bible you are reminded to pray for these people.

1. Lord, I pray that You draw _____ to Yourself (John 6:44).
2. I pray that _____ seek to know You (Acts 17:27).
3. I pray that _____ hear and believe the Word of God for what it really is. (1 Thess. 2:13).
4. I ask You, Lord, to prevent Satan from blinding _____ to the Truth (2 Cor. 4:4, 2 Tim. 2:25,26).
5. Holy Spirit, I ask You to convict _____ of his/her sin and need for Christ's redemption (John 16:8-11).
6. I ask that You send someone who will share the Gospel with _____ (Mt. 9:37-38).
7. I ask that you give me the opportunity, the courage, and the right words to share the Truth with _____ (Col. 4:3-6, Eph. 6:19-20).
8. Lord, I pray that _____ turn from his/her sin and follow Christ (Acts 17:30-31; 1 Thess. 1:9-10).
9. Lord, I pray that _____ would put all of his/her trust in Christ (John 1:12, 5:24).
10. Lord, I pray that _____ confess Christ as Lord, take root and grow in faith and bear much fruit for Your glory (Rom. 10:9-10; Col. 2:6-7; Luke 8:15).

“Brethren, my heart’s desire and my prayer for them is for their salvation.” Romans 10:1





This is a commonly used tool to help you study the Bible. Instead of just reading a passage, and fishing for something to speak to you, these steps will help you think about the passage more holistically and in context. Use this as a worksheet to fill out as you go. Eventually, you will no longer need to follow such a strict guide because the steps will come more naturally.

Date _____ **Today's Passage** _____

1. ___ **Pray** (Pray...Preview the text *"Here I am Lord; come by your Spirit and teach me; I trust that you will speak."*)
2. ___ **Read** (Read the text you will study 1-3 times... slowly)
3. ___ **Observe:** (What it says—copy down the verse(s) you feel God is speaking to you by either: affirming you, convicting you, and saying something you don't understand. Also ask— What is it saying about God? What is it saying about me? Who? How? Why?)

Interpret the above material by:

- a. What did it mean to "them, then", the original recipients
- b. Paraphrasing it
- c. Listing comparisons and contrasts
- d. List all warnings, advice, and promises
- e. note any "if, then" statements

Now stop and spend some time in quiet reflection

4. ___ **Apply** (What does it mean to "us, now")
 - a. What truth should I believe?
 - b. What am I to do... and how will it affect my actions, attitudes, relationship with God or others?
 - c. How can I do something about this in the next 48 hours?

5. ___ **Pray** (See the ACTS Prayer Plan)

6. ___ **Tell** What: _____
 To Whom: _____
 When: _____





Discovery Bible Study

You are about to embark on a great adventure! Whether you are in a small group of 3 or 4, or a Core Group, this tool will help you and your friends discover more of who God is through understanding the Bible. The Discovery Bible Study method is not like other Bible studies. There is no lesson to prepare, nor specific text questions. The outline given below is the only tool you need to facilitate a great discussion! Below is a detailed explanation of the outline, followed by a skeleton outline that you can print off and put in your Bible.

The Discovery Bible Study is best done in a group of three or more. The goal of the Discovery Bible Study is not to conduct a one-way Bible lesson, but instead to show students how they can learn from and make sense of Scripture and to introduce them to different Christian disciplines, such as worship, prayer, community, service, and accountability. This makes DBS great for seekers, international students, as well as mature believers. Because content is driven by questions and conversation, there is no limit to the depth of learning and application a group can experience.

Connect

The first portion of the DBS should be focused on your relationships with members of the group. First, ask everyone to share two things: one thing they are thankful for this week, and one thing that has been difficult or stressful this week. This creates a basis for worship and praise, and for leaning on one another as a community. Optionally, ask the group how they have applied last week's lesson and with whom they shared. This introduces accountability to the group.

Discover

Now turn to the passage for the week. The passage could be as short as a few verses, or as long as a story that covers several chapters. It is important to make sure everyone has a Bible, so bring a few extra in case. First, ask one student to read the passage aloud. Next, have another student read the passage aloud while the other students listen with Bibles closed. Last, have another student retell the story in their own words. After the retelling, ask the group if anyone has anything to add, or if anyone saw something different in the passage.

Next, guide discussion with four basic questions:

1. What does this passage tell us about God?
2. What does this passage tell us about people?
3. What does this passage tell us about the relationship between God and people?
4. What other questions do you have about the passage?

During discussion, keep the following ground rules in place:

1. Keep discussion to the passage. It is especially important to reign in students who have more Bible knowledge and may be prone to drawing connections with passages that are unfamiliar to others in the group.



- 2. Don't teach, facilitate conversation through questions.** If a student makes a questionable comment, rather than correcting, ask, "Can you show me where in the passage you see that?" Or ask, "What does everyone else think about that idea?" Allow the group to self-edit.
- 3. Keep to the time allotted and redirect tangents.**

Apply

It is important to always end discussion with an application question. Have each person in the group answer the following question: "If this passage is true, how should it change how you live this week?" Students respond with: "I will...". This teaches the importance of obedience to God's word. By asking, "If this passage is true...", you empower the student to obey even if they aren't a Christian yet.

Finally, have students identify people they can share the passage with this next week. This teaches students the importance of sharing God's word with other people, and can give them practice doing evangelism before they even become Christians!

Serve

In closing, return to the needs shared at the beginning of the study and discuss how as a group you can help one another as a group this week.

Prayer

Close the study with prayer. This should not always be done by the facilitator.





Three Reasons to Plan

Creating a Space for Intentional Core Group Planning

What are the benefits of a weekly core group planning time?

1. Prayer

- Prayer is not just relational- it works! Pray specifically and boldly for your core group.
- Prayer helps us to be reminded of our position before God, and that all of our success comes from Him. Having consecrated time for core group, rather than conditional, reminds us to pursue Him in both the trial and the triumph of leading.
- Philippians 4:6-7 "Be anxious for nothing, but in everything, by prayer and supplication with thanksgiving, let your requests be made known to God. And the peace of God, which surpasses all comprehension, shall guard your hearts and your minds in Christ Jesus."

2. Preparation

- Your study will be better when you have more minds working together catching flaws, doing idea exchange, and evaluating what each member needs.
- The core group night itself will flow better when all the leaders know what is going to happen, have already thought about their responses to study questions/how to guide conversation, and have prayed beforehand to catch a shared vision for the goal of the night.
- Proverbs 24:27 "Prepare your work outside; get everything ready for yourself in the field, and after that build your house."

3. Partnership

- Planning time is also to bond you as a leader team; catch up on how you're doing, how each other's mentorship meetings are going, how you're feeling about core group. Ex. If someone is having a difficult semester in nursing/Comm/bio lab, vulnerability in planning will help you to know and jointly figure out how to bear the load.
- Also, remember that you are a model not just in leading core group, but interacting outside of it. Your relationship with your co-leader WILL be noticed by those in your group. Planning together will help that relationship outside to be more connected and effective.
- Planning time provides a space to healthily work out conflict or confusion rather than experience tension in core group or the rest of your week.
- Ecclesiastes 4:9-12 "Two are better than one, because they have a good reward for their toil. For if they fall, one will lift up his fellow. But woe to him who is alone when he falls and has not another to lift him up! Again, if two lie together, they keep warm, but how can one keep warm alone? And though a man might prevail against one who is alone, two will withstand him—a threefold cord is not quickly broken."



	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Study (What? Who will lead it?)						
Sharing (How will you facilitate a sharing time? Who will lead?)						
Worship (How will you worship and center everyone?)						
Prayer (How will you handle prayer this week?)						
Socially outside of core group						
One on One plan/topic						



	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12
Study (What? Who will lead it?)						
Sharing (How will you facilitate a sharing time? Who will lead?)						
Worship (How will you worship and center everyone?)						
Prayer (How will you handle prayer this week?)						
Socially outside of core group						
One on One plan/topic						





Notes



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