EXPONENTIAL MINISTRY

MAKE DISCIPLE-MAKERS

Red Course Book

EXPONENT GROUP

Learn to disciple others in the ordinary rhythms of life. This course provides a simple and clear pathway to begin the disciple-making journey for every day followers of Jesus.



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OVERVIEW

COURSE CONTENT

In a time where the world and Church are becoming more and more polarized, people want someone they trust to engage with about life's most challenging questions. If you are able to have those meaningful conversations and help others as they seek answers to their questions, you will become a part of their transformational journey into life with God.

To authentically engage in discipling relationships requires both skill and intentionality. This course will help you to cultivate skills to help those you are in relationship with discover God through a step-by-step process.

You will learn to,

- Partner with God as a coworker in drawing people to God's heart.
- See opportunities to minister to others in the ordinary rhythms of life.
- Engage in spiritual conversations that begin the discipling process.
- Learn where, how and with whom to begin discipling.
- Discover new pathways of prayer and how to multiply those practices into communities of new disciples.



Course Overview

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Each unit of this workbook pairs with video or audio from our online Ecourse content. The assignments that follow are intended to be completed at your own pace but after viewing the video instruction for their respective unit.



OVERVIEW

HOW TO USE THIS WORKBOOK

Each unit of this course focuses on developing a new skill and a new prayer practice. Use this workbook to take notes as you learn, this will help record the experiences of your change team through your development in discipling and help you to reproduce this learning among others.

WORK IN TEAM

While the course is designed to help you individually, our hope is that you complete it as part of a team that includes both others in community and your church leaders as well. To that end, you can see the corresponding journal from our Blue Course. The discussions that your team can have throughout these sessions will help you build your ongoing ministry plan.

PACE FOR THE COURSE

The course is broken up into units, with every unit divided into skills and practices for you to implement. You can move through the units at your own pace, but we would recommend meeting with your team either biweekly or monthly in order to check in and learn from one another. We would further recommend that you not move on from a unit before you have met your respective goals.

BUILD YOUR PLAN

At the end of the Blue Course workbook, you will find a 90 day plan. Research has shown that it takes 21 days to form a habit and 90 days to develop a lifestyle. It is our intention to help every participant form a lifestyle of disciple making and Kingdom advancement, and to guide churches through building a plan out of your firsthand experience of discipleship.



OVERVIEW

COMMONLY USED TERMS

PERSON OF PEACE

This is a person that is opening themselves up to what the Holy Spirit is drawing them into. They become open to God's invitations to relationship and extend this to others in their spheres of influence.

DISCOVERY BIBLE STUDY

The Discovery Bible Study method allows people to discover truths from the Bible in groups, rather than being taught by a leader. It is a simple and reproducible way to study the Bible that enables anyone to learn from the Bible regardless of how much or how little knowledge they have prior to beginning.

CHANGE TEAM

It is our hope that you complete this course as part of a team of local Christians. This workbook is designed to walk your team through the development of skills and practices to then "retrain" with others in your community in how to disciple others. If you are taking this course as an individual and need help gathering a team to support your learning, feel free to reach out to any of our coaches at www.exponentgroup.org

BLUE COURSE

The course you are beginning is designed for developing skills in discipling others, but is also part of a larger offering from Exponent Group for congregations seeking resources for transformation. If you find this material helpful, then you may consider completing the church leader section of this course (contained in our Blue Course and workbook), which is designed to help congregational leaders and full-time ministers as they walk with churches through change.



Starting Spiritual Conversations

To complete this section please listen to the following recordings:

- Red Course Introduction (video)
- Foundations for Evangelism (Mosaic video)
- Evangelism Skills 1 (video)

Unit Overview

Our goal in this unit is to learn to have spiritual conversations with others in ways that are natural enough and communicate clearly enough that they can respond receptively, if they wish to. There are three things we want to keep in mind as we initiate conversations:

- IF WE CAN'T HAVE A CONVERSATION, WE CAN'T HAVE A SPIRITUAL CONVERSATION
- WE DO NOT HAVE AN AGENDA FOR OTHER PEOPLE, WE HAVE AN AGENDA FOR OURSELVES.
- IF WE ONLY KNOW HOW TO HAVE ONE KIND OF CONVERSATION, WE CAN ONLY HAVE ONE KIND OF CONVERSATION.

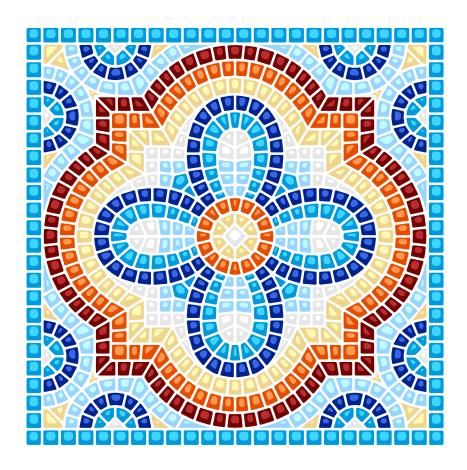
By the end of this unit, our hope is that you have identified opportunities for evangelism in your daily life, have prepared multiple spiritual statements applicable to the conversations you regularly engage in, and have practiced making spiritual statements in 5 or more interactions before beginning Unit 2.



Gospel as Mosaic

(Watch Video: Foundations for Evangelism)

The task of evangelism is like building a picture for someone of God and God's Kingdom, but that picture is built one piece at a time over the course of conversations in relationship. While the Cross is at the center of this picture, if it's the only piece we try to put up then people still don't know what they're looking at.



As we have organic interactions around subjects like money, politics, relationships at work, home, and play, we can pay attention to how these things are informed by our identity as disciples and makes statements that communicate our faith in the midst of everyday conversations.



Evangelistic Maxims

Fill in the following blanks with the maxims from the Foundations in Evangelism video, include any thoughts or questions below:

• Maxim 1:	
Maxim 2:	
• Maxim 3:	



What conversations am I having?

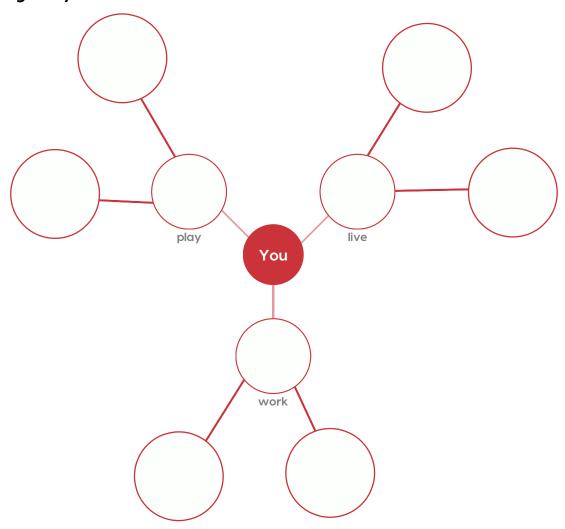
Complete this section after viewing the Evangelism Skills 1 video. Reflecting on the previous month, write down recent conversations from where you live, work δ play:

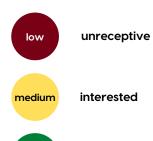
What was shared?	Why was this shared?	How would you follow up?
Complaining about coworker	Venting, possibly for solidarity	Ask about how to have healthy conflict?



Mapping Relationships

Fill in the following prayer map with the names of those you see regularly through work, life, and play. With your change team, begin praying for your conversations with these individuals:





high

hungry

Indicate next to each relationship above the level of spiritual receptivity you would anticipate in conversation.



Creating Spiritual Statements

Write Possible "Statements" for the following topics

	Family	Work	Money
1	About how discernment is an important skill I want my kids to learn	About how I see my job as a part of living out my faith	About the things I'm glad I tithe toward
2			
3			
4			
5			

We encourage you to think through various scenarios or emotional states you might need to address with respect to each topic: hopeful, disappointed, stressed, confused, etc. Use the reflections on your recent conversations as a guide.



Creating Spiritual Statements

a c s	Reflecting on normal conversations from recent months and your relationship mapping, write down what conversations you can try to initiate this next month, and set goals with your change team for how many times you will attempt to make a spiritual statement:		

We would recommend that you make at least 5 attempts at spiritual conversations before moving onto the next unit.



Following Up on Conversations

To complete this section please listen to the following recordings:

- Evangelism Skills Pt. 2 (video)
- SASHET (video)

Unit Overview

There are three ministry skills we want to cover in this unit:

- Asking good spiritual questions after a statement
- "Recycling" conversations between contacts
- Beatitude Evangelism

Our prayer practice for this unit will focus on developing emotional intelligence and growing in our discernment as we pursue discipling others. Before moving on to Unit 3, we would recommend attempting 5 or more conversations and reviewing SASHET at least once with your change team.



Following Up on Conversations:

Describe your initial conversations:

(please watch Evangelism Pt. 2 when completing this assignment)

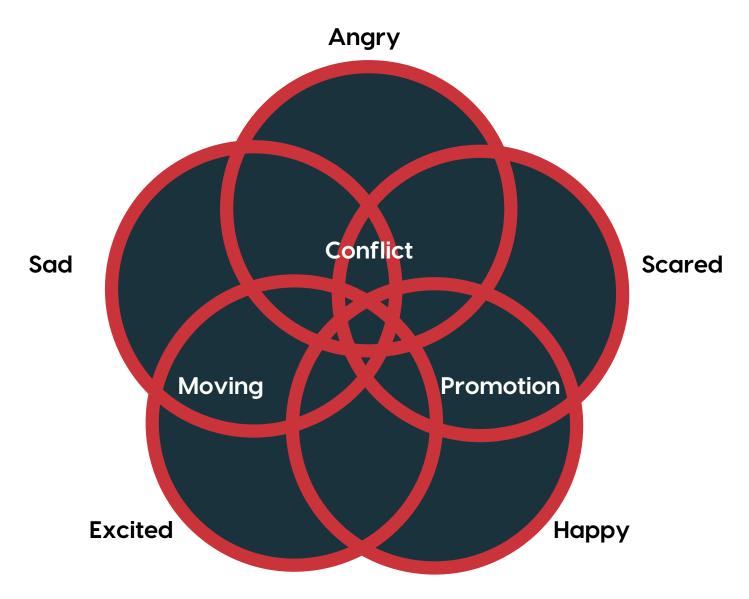
- How were your spiritual statements received?
- What would you say differently if you were in the same scenario?
- How do you plan to follow up based on the skills from this unit?

We would recommend that you complete this review before beginning the prayer practice for this unit.



SASHET Outline

This practice helps us navigate the many overlapping emotions that accompany important experiences. We often identify only our most dominant emotion when we communicate with others and SASHET lets us practice communicating, both to God and one another, with nuance and emotional intelligence.





SASHET Practice One

Describe your experience in prayer and conversation via group SASHET.

- What feelings of others did you relate to?
- What feelings do you think "lost" people would identify with?
- How, if applicable, did God respond when you shared your feelings in prayer?

	What will you share from this experience with others?		

We would recommend that you meet your conversation goals before moving on to the next unit.



Having Deeper Conversations

To complete this section please listen to or review the following recordings:

- SASHET (if review needed)
- Evangelism Skills Part 3 (video)
- Tips on Following Up (podcast)

Unit Overview

There are two ministry skills we want to cover in this unit:

- Faciliating discovery in conversations (oral bible study)
- "Re-placing" pieces of the mosaic

Our prayer practice for this unit will continue to focus on developing emotional intelligence and growing in our discernment as we pursue discipling others. Before moving on to Unit 4, we would recommend attempting 5 or more conversations and reviewing SASHET an additional time both in prayer and with your change team.



Spiritual Conversation Practice:

Describe your recent conversations:

(please watch Evangelism Pt 3 when completing this assignment)

- How were your spiritual comments and questions received?
- What would you say differently if you were in the same scenario?

 How do you plan to follow up based on the skills from this unit? 				

We would recommend that you complete this review before beginning the exercises for this unit.



Beatitude Evangelism

Write several possible "Blessings" for the people you are sharing with, consider listing the following 1) Qualities you admire about them; 2) Areas you might ask their advice in; 3) Scriptures or stories you might like their insights about

	Contact 1	Contact 2	Contact 3
1			
2			
3			
4			
5			

You may consider using the reflections from your SASHET discussion as a way to practice "recycling" conversations and also affirm others in their ability to help you navigate a complex emotional situation.



SASHET Practice

Describe your continued experience in prayer using SASHET:

- What fruit emerged from this practice that is worth sharing with your change team?
- What fruit is worth sharing with those you're seeking to disciple?
- What would be helpful self-talk when you experience any "difficult" emotions again?

We would recommend that you meet your conversation goals before moving on to the next unit.



Facilitating Reflection for Disciple-Makers

To complete this section please listen to or review the following recordings:

- Asking Good Conversational Questions (video)
- Asking Good Reflection Questions (video)

Unit Overview

There are two ministry skills we want to cover in this unit:

- Faciliating reflection for disciple-makers through asking good questions
- Ongoing practice in spiritual conversations

Our prayer practice for this unit will focus on addressing resentment and unreconciled relationships. This is an important trait to develop not only for us as disciples of Jesus, but will give us insight into how to lead communities of new believers through similar emotional obstacles and conflict in their own faith formation.

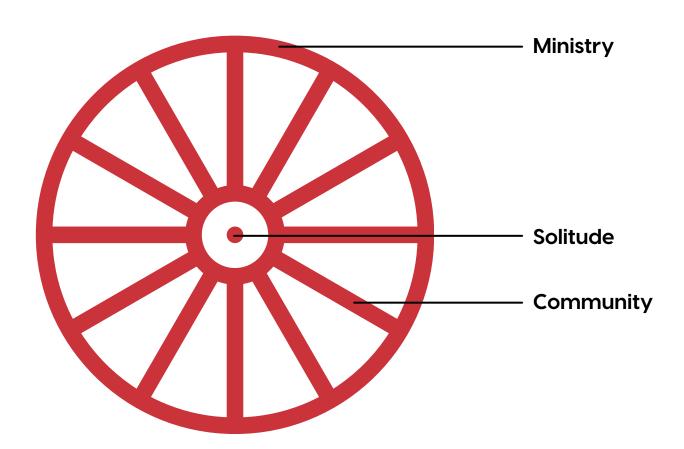


Reflecting on Spiritual Formation

The life of a disciple can be thought of like a wheel:

(please watch both videos from this unit before completing the assignments)

- The Hub is our interior life of prayer (Solitude)
- The Spokes are the relationships that support us (Community)
- The Rim is the work that flows out of our interior and relational lives (Ministry).





Wheel Questions (Individual)

Reflecting on the previous weeks of ministry and prayer:

- What has God been forming in you? (Solitude)
- What has God been doing in those around you? (Community)

Where is God inviting you to disciple others? (Ministry)

We would recommend that you practice praying for "enemies" several times before meeting with your change team to discuss the wheel together.



Praying for Enemies

For our purposes, we will define enemies as anyone toward whom we feel resentment or would wish to avoid interacting with. With that in mind, practice the following prayer for anyone who qualifies.

We would also strongly encourage you to begin praying this for the other churches in your city, particularly those in the communities you are ministering among.

God bless _____. Give them success and honor above what you give me. Make their plans and efforts more fruitful than my own.

Bless their relationships and help them to grow in respect and affection in the eyes of those around them. Give them greater wisdom and recognition than you do me. Give them a sense of belonging above what you give to me. In all ways, raise _____ above me, and help them to know that they are loved by you and valued in your Kingdom.

"ENEMIES" PRAYER



"Enemies" Prayer Reflection

Reflecting on this spiritual discipline:

•	What mal	kes this a	difficult	practice?
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"Enemies" Prayer Continued

Often, in this practice, our internal voices come up with "stories" to justify not wishing to bless others above ourselves. Describe those "stories," if applicable, and reflect on how Jesus might respond to each. How does changing these stories play into reconciliation with those you are praying for?

Reflect on what qualities you might bless or affirm in these "enemies." Ho might you use beatitude evangelism as a means of reaching out in these relationships?	



Wheel Reflection (Group)

Gather with your change team to talk through the Wheel questions. Record your reflections here from the group discussion of the wheel:

• How did the group help you reflect more deeply following your individual

- What were the most helpful follow up questions you were asked?
- What were the best follow up questions you asked?
- reflections?

We would recommend that you meet your conversation goals before moving on to the next unit.



Studying Scripture with New Disciples

To complete this section please listen to or review the following recordings:

- Identifying a Person of Peace (video)
- Discovery Bible Study (video, podcast, & pdf)

Unit Overview

There are two ministry skills we want to cover in this unit:

- Asking others to gather for engaging scripture
- Faciliating a bible study with new disciples

Our prayer practice for this unit will continue to focus on addressing resentment and unreconciled relationships. This is an important trait to develop not only for us as disciples of Jesus, but will give us insight into how to lead communities of new believers through similar emotional obstacles and conflict in their own faith formation.



Spiritual Conversation Practice:

Reflecting on the previous months conversations:

(please watch the Person of Peace video when completing this assignment)

- What was your friend's reaction when you asked for their input?
- What insights did they have from the scripture?
- How did it go trying to not interpret or explain the meaning to them?

How will you follow up?



PRINCIPLES OF DISCOVERY BIBLE STUDY

DBS QUESTIONS PRINCIPLES OF (please watch DBS video here) **QUESTIONS** CONNECT What are you thankful for? Focus of worship What is a struggle or need you're Confession and "One dealing with? Another" Ministry How can we help each other Accountability with those struggles? **DISCOVER** What does this passage say? What seemed important? What seemed confusing? Teaching / Scripture What does this passage teach us about God? What does this teach us about life? **APPLY** How will we put this into Obedience practice this week? With whom can you process Outreach what you are learning? Evangelism + Discipleship



Notes on DBS

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We would recommend that you meet your conversation goals before moving on to process with your team.



"Enemies" Prayer Reflection

Describe your continued practice:

- What, if anything, does God say as you engage in this practice?
- What relationships are you being called to reconcile directly?

How will you share this experience	ce with others?

We would recommend that you complete this practice before moving on to process with your team.



Wheel Questions (Group)

Gather with your change team to talk through the Wheel questions. Record your reflections here from the group discussion of the wheel:

- What were the most helpful follow up questions you were asked?
- What were the best follow up questions you asked?

reflection	o,o , o .	 	.,	your individu

We would recommend that you meet your conversation goals before moving on to the next unit.



Unit 6: Imaginging

Praying with Scripture

To complete this section please listen to or review the following recordings:

- Imaginative Prayer (video)
- DBS (if review needed)

Unit Overview

There are three ministry skills we want to cover in this unit:

- Ongoing practice in evangelism
- Facilitating Discovery Bible Study
- Sharing our prayer lives with others

Our prayer practice for this unit will focus on redeeming our imaginations as a source of discernment in prayer. It is our hope that you will engage in the imaginative prayer practice at least twice in this unit and attempt to share with others at least once from your experience in prayer thus far in the course.



Unit 6: Imagining

Spiritual Conversation Practice:

Describe your recent spiritual conversations:

- Where do you see yourself becoming more natural in conversations?
- What are you learning about the spirituality of your friends and neighbors?
- Which of the evangelistic skills do you need the most practice in?

 Which do you find most natural to the interactions you're having?

We would recommend that you complete this review before beginning the exercises for this unit.



Unit 6: Imagining

Imaginative Prayer

(Please watch the Imaginative Prayer video when completing this assignment)

Read John 4:1-42

Imagine yourself as the woman in the story and "relive" the story in your mind. We would recommend that you try and stay "in the prayer" for at least 15 minutes.

As you reconstruct and experience the story in your imagination, reflect on the following:

- Why are you going to the well alone in the middle of the day?
- What is your first impression upon seeing Jesus?
- How does his request for water make you feel?
- What is his tone and body language like?
- What emotions do you feel when he reveals how well he knows you?
- Imagine the townspeople when you come to tell them about Jesus.
- How do they look at you as you approach?
- Do you feel hesitant to share with them?
- What is it that you want them to experience about Jesus that has brought you here?



Unit 6: Imagining

Imaginative Prayer Reflection

Describe your experience of imaginative prayer:

- What surprised you?
- What was confusing or challenging?
- What, if anything, did God reveal in this experience?

 What will you share out of this experience with others?



Unit 6: Imagining

Discovery Bible Study Practice

Using the same passage from John 4, gather with your change team to read together and walk through the DBS questions (from previous unit):

- Discuss your experience of participating in DBS
- What would you do differently next time you do DBS?
- How did the imaginative prayer practice inform your reading of the passage?
- How will you put the passage into practice?

How do you plan to share this with someone?



Unit 6: Imagining

Imaginative Prayer Reflection

Try the practice again with a gospel story of your choosing. Pick a character in the story and try to direct yourself through the imaginative prayer.

Describe your experience of imaginative prayer:

- What surprised you?
- What was confusing or challenging?
- What, if anything, did God reveal in this experience?

What will you share out of this experience with others?	

We would recommend that you meet your conversation goals before moving on to the next unit.



What have we learned so far?

To complete this section please listen to or review the following recordings:

- Training Wheel (pdf and podcast)
- Imaginative Prayer (if necessary for review)

Unit Overview

There are two ministry skills we want to cover in this unit:

- Ongoing practice in evangelism
- Peer Spiritual Direction

Our prayer practice for this unit will continue to focus on redeeming our imaginations as a source of discernment in prayer. It is our hope that you will engage in the examen prayer practice at least twice in this unit and attempt to share with others at least once from your experience in prayer thus far in the course.



Spiritual Conversation Practice:

Describe your recent spiritual conversations:

- Where do you see yourself becoming more natural in conversations?
- What are you learning about the spirituality of your friends and neighbors?
- How did it go sharing from your prayer practice?
- What was difficult about sharing from prayer?

 How might this experience help you understand how "lost" people feel when sharing with you?]

We would recommend that you complete this review before beginning the exercises for this unit.



The Examen Prayer

The examen is another form of imaginative prayer. Instead of scripture, we enter back into memories from our past, asking God to aid in healing and self-discovery. These may be moments from long ago or just our reflections at the end of the day. Either way, we ask God to enter into our imagined memory, walk with us through it, and use the prayer to make us aware of God's presence in the past and teach us what we need to learn for the present.

Begin: I become aware of the love with which God looks upon me as I begin this examen.

Gratitude: I reflect on and note the gifts that God's love has given me during this time, and I give thanks for them.

Confession: I identify the feelings of regret, guilt, insecurity, or shame attached to this memory and listen for what God has to say in response to them.

Review: I identify the motives for the choices I made in this memory, both healthy and unhealthy.

Grace: I smile and ask God to be gracious with me, as I continue to grow and mature. I identify where I should extend grace to others in the future.

Transition: Aware of God's presence with me, I express thanks and conclude my examen.

We would recommend that you take several minutes of silent reflection for each step of the examen so the whole exercise may take about 15-30 minutes.



Examen Prayer Reflection

Describe your experience of praying the Examen:

- What surprised you?
- What was confusing or challenging?
- What, if anything, did God reveal in this experience?

• What will you share out of this experience with others?						

We would recommend that you practice sharing out of the examen practice before meeting with your change team to talk through the wheel.



Reflection Questions (Individual)

Record your reflections here from the last 6 Units:

- If you were beginning this course over, what do you know now that you wish you'd known then?
- What are your biggest areas of growth since beginning this course?
- What are the biggest areas you need to grow in as your ministry continues?
- Who, in your congregation, would you feel confident in training what you've learned so far?



Wheel Reflection (Group)

Gather with your change team to talk through the Wheel questions. Record your reflections here from the group discussion of the wheel:

- What were the most helpful follow up questions you were asked?
- What were the best follow up questions you asked?
- How did the group help you reflect more deeply following your individual reflections?

How purpo	this	practice	different	now	that	you	better	understand	it's

We would recommend that you meet your conversation goals before moving on to the next unit.



How do we reproduce what we've learned?

To complete this section please listen to or review the following recordings:

- Letting Ministry Relationships "Fail" (podcast)
- Final Course Video

Unit Overview

There are three ministry skills we want to cover in this unit:

- Ongoing Practice in Evangelism
- Assessing Ministry Relationships
- Reproducing Discipleship

Our prayer practice for this unit will continue to focus on redeeming our imaginations as a source or discernment in prayer. It is our hope that you will engage in the examen prayer practice at least twice in this unit and attempt to share with others at least once from your experience in prayer thus far in the course.



Spiritual Conversation Practice:

Describe your recent spiritual conversations:

- Where do you see yourself becoming more natural in conversations?
- What are you learning about the spirituality of your friends and neighbors?
- How did it go sharing from your prayer practice?
- What was difficult about sharing from prayer?

 How might this experience help you understand how "lost" people fee when sharing with you? 	;

We would recommend that you complete this review before beginning the exercises for this unit.



Assessing Ministry Relationships

(Listen to the "Letting Ministry Relationships 'Fail" podcast when completing this assingment)

Reflect on the discipling relationships you've developed throughout this course and record your thoughts below. Use the various practices you've learned to discuss your discernment for each scenario and the decisions you might make in response to each (both in prayer and in conversation):

- Interested in us but not our faith
- Interested in discussing faith but not in changing
- Breakdown from transience

 Breakdown from conflict Disagreements over ongoing ministry 	



Examen Prayer Reflection

Describe your experience of continuing to pray the Examen:

- What surprised you?
- What was confusing or challenging?
- What, if anything, did God reveal in this experience?

What will you share out of this experience with others?



Wheel Reflection (Group)

Gather with your change team to talk through "the Wheel" questions. Record your reflections here from the group discussion of the wheel:

- What opportunities to disciple others do you need to support your change team through?
- What discipleship opportunities do you need your team to support you in?
- How will your change team begin to "reproduce" this learning process for others around you?

Who will you commit to discipling in ways that they can disciple others?	>



Case Study

Gather with your change team, as needed, to talk through the following case study:

You have found a couple who are people of peace. After several weeks of positive spiritual conversations they begin to gather others to meet in their home for a DBS, but before the first meeting you are informed that they have suddenly broken up. They are both still interested in pursuing discipleship but not together, and they inform you that their friends are conflicted about joining either party for fear of offending the other person.

- What skills or practices from this course might you implement in prayer before responding?
- What skills or practices from this course might you implement in how you facilitate conversations with this household?
- How does the potential of disciples reproducing the ministry you model through this experience impact your decision making?



Case Study

Gather with your change team, as needed, to talk through the following case study:

You have started a new house church with about a dozen new disciples. You have read through most of one of the gospels together, but when you come to the church meeting this week there is palpable tension in the room. It is clear that there has been some sort of conflict, but in your initial conversation people seem to be avoiding mentioning it. One person in particular seems to have been crying before you came in the door and the dynamic in the room is awkward to the point of distraction.

- What skills or practices from this course might you implement in how you respond?
- What scripture might you turn to as a group to engage this issue as a part of your church meeting?
- How does the potential of disciples reproducing what you model through this experience impact your decision making?
- How might this represent an opportunity for spiritual conversations in other relationships, for both you and these new disciples?



Case Study

Gather with your change team, as needed, to talk through the following case study:

You connect with some graduate students from East Asia. They have studied scripture with you for the semester and are now preparing to go back home after graduation, to China and Korea. This group has read through most of the Book of John but you will not have time to go through the complete Passion and Resurrection stories before it is time for them to leave town.

- What feelings emerge for you in this experience?
- What conversations do you try to have before the end of the semester?
- What do you prepare them for as they leave?
- How will you set them up for ongoing ministry as they no longer live and work in proximity to you?



Case Study

Gather with your change team, as needed, to talk through the following case study:

You have successfully started a few DBS groups, and in one of them you have a few people who come from a church background but left faith earlier in their lives. One in particular, Paul, is actually the grandson of an important pastor in this community who - although he has passed away - is still viewed with respect. You noticed that Paul assumes leadership naturally but it is often bossy and authoritarian in a way that is inhospitable to the other seekers in the room. He tells you he is proud to be a church leader just like his grandfather. Several people approach you and mention that they like the group less since it "has changed" and it is clear that they referring to this new dynamic.

- How do you handle this conflict?
- What is at stake in the approach you're modeling?
- What are the implications for these new disciples imitating your response in the future?
- How might this represent an opportunity for spiritual conversations in other relationships, for both you and these new disciples?



