

Growing Discipleship Plan

Session	Date	Done	Activity/Content	Habits of the Spiritual Life	Shared Experiences	Opportunities for Mission
Session 01			Article 3.0 Dust of the Rabbi + Prayer Challenge ¹			
Session 02			Article 3.1 Spiritual Breathing + Check-in ²			
Session 03			Article 3.2 Friendship + Depth Chart ³ + Check-In ²			
Session 04			Article 3.3 Big Three [†] + Freedom Plan ⁴			
Session 05			Articles 3.4 Eucharist			
Session 06			Article 3.5 Confession			
Session 07			Article 3.6 Teaching of the Apostles			
Session 08			Article 4.0 Moral Authority / Big Three + Check-In ²			
Session 09			Article 4.1 Faithfulness to His Church			
Session 10			A Look Ahead to Mission ⁵			
Session 11			Article 4.2 High Call and FACT Examination			

¹**Prayer Challenge:** The Prayer Challenge begins in session 1 of the Growing Discipleship plan to prepare for a further conversation on prayer. The hope is that the disciple begins praying immediately. Then, if they recognize a need for assistance with prayer, the prayer article will be discussed in the next session.

²**Check-in:** A scheduled time for an intentional conversation about how a disciple is growing in key areas, particularly daily prayer and the Big Three. Check-ins should be scheduled regularly. During the check-in goals should be set, reviewed, and adjusted as necessary. These are times for encouragement, vision casting, and accountability.

³**Depth Chart:** Within Growing Discipleship, the Depth Chart activity need not include the more robust Depth Chart as seen in Acts. At this stage, simply creating a list of people, praying for them, and beginning to invest in them is appropriate.

⁴**Freedom Plan:** Use of a Freedom Plan should accompany the conversation for session 4. This conversation should occur in a one-on-one setting. Ideally, a freedom plan would be created within 1-4 weeks and reviewed at the next check-in.

⁵**A Look Ahead to Mission:** This is a "pulling back of the curtain" to allow the disciple to see where Growing discipleship is headed (ideally, to Commissioned Discipleship). Revealing these items can remove obstacles to future engagement (i.e. misperceptions about the direction of discipleship or lack of familiarity with FOCUS tools) and prepare them for Commissioned Discipleship. This should be done before the High Call. Resources to introduce at this time are the Missionary Discipleship Roadmap, Acts, and the commitments to Commissioned Discipleship (Note: Commissioned Discipleship commitments are location specific).

A full explanation of each resource is not necessary, though the discussion should include things like an introduction to mission in the Missionary Discipleship Roadmap, a discipleship chain in Acts, and some of the Commissioned Discipleship commitments

[†]This article numbering follows the online text at focusequip.org, which includes an additional article: 3.3 Free to Love: Christian Character and "The Big 3." The printed book, Foundations for Discipleship, omits this article and numbers the Eucharist as 3.3 and Confession as 3.4.

Commissioned Discipleship Plan

Session	Date	Done	Activity/Content	Bible Study Plan ¹	Habits of the Spiritual Life	Shared Experiences	Opportunities for Mission
Session 01			Article 5.0 Vision for Missionary Discipleship				
Session 02			Article 5.1 Incarnational Evangelization				
Session 03			Article 5.2 The Power of Your Testimony				
Session 04			Article 5.3 Leading a Transformative Bible Study				
Session 05			Article 6.3 Intercessory Prayer				
Session 06			Prepare bible study with discipler & set-up Acts for study	Initial gathering w/ casual fellowship, share testimony ¹			
Session 07			Recap how Bible study went and review Article 2.0 to prepare to share the Gospel	Crux 1			
Session 08			Article 5.4 Sharing the Gospel	Crux 2			
Session 09			Article 5.5 Walking with Others in Discipleship	Crux 3			
Session 10			Article 6.0 Pursuing Christ-like Character	Crux 4			
Session 11			Practice sharing the Gospel with discipler, contact regular participants to schedule sharing the Gospel	Crux 5			
Session 12			Discipler goes with disciple to share the Gospel with participants	Share the Gospel with Bible study participants & challenge them to invite friends to Bible study			
Session 13			Article 6.1 Deeper Prayer	Participants bring friends to Bible study (fun night)			
Session 14			Article 6.2 Works of Mercy	Salvation History 1 Begin Growing Discipleship with new disciples			
Session 15			Article 6.4 Embracing the Cross in Mission	Salvation History 2			

¹The commissioned disciple may start a Bible study as early as is appropriate, though a Bible study should begin within 8 weeks. In this example, the disciple begins leading a Bible study after session 6, but it could begin sooner or slightly later.