

Check-In Guide for Leaders

SESSION 3

Vision

A check-in is a scheduled, intentional conversation ideally within the session's weekly discipleship. This conversation should take 5 -10 minutes. Its purpose is to create space for honest reflection, encouragement, feedback, and mutual discernment in continuing growing discipleship. The disciple shares highlights of growth, the discipler offers feedback considering FACT, and together they identify next steps in establishing habits of a disciple.

Structure

Reflect and Celebrate

- Invite the disciple to share 1-3 highlights of growth since starting growing discipleship. Ask about joys in prayer, mission, or personal virtue.

Discern and Challenge

- Use the Leadership Examen to assess progress.
- Affirm growth, recognize where God is at work, and offer feedback.

Commit and Decide (Mutual)

- Share the upcoming content of growing discipleship including topics of vice and virtue, sacraments, and teachings of the Church. Ask for openness, participation, and willingness to attempt to grow in their discipleship with Christ.
- Ask if the disciple desires to continue commit to growing discipleship.
 - If yes: establish areas of growth and accountability, consider using the Leadership Examen as a resource.
 - If no: affirm friendship and community. Encourage continued Bible study and offer to revisit the invitation once a semester.

Appendix: Resources

SESSION 3

Practicals in a Discipleship Group with Multiple People

- For growing disciples who are attending regularly, are open to the content, and are taking steps toward Christ: place them in pairs to discuss the questions.
- For those who are often absent, closed off, or not taking steps in discipleship: meet with them directly, during or outside weekly discipleship, to highlight growth areas and mutually decide on continuation. They may still join a pair and be spoken with afterward.
- Take time to share "FACT" before they begin conversation, as to highlight growth or challenges in their pursuit of living as "FACT" (found in discipleship article 5.0)
- After pairs share, have each disciple text the discipler: one area of growth or joy, one area for improvement, and their decision to continue or conclude discipleship.
- The discipler should follow up as needed for clarification or further conversation, especially if perception and reality differ from the growing disciple's viewpoint.

Discipler's Preparation Checklist

- Pray for the disciple beforehand.
- Identify 1-2 affirmations + 1 growth challenge.
- Consider Sending out the following questions beforehand:
 - What's been the greatest joy in your prayer or mission recently?
 - Where do you feel most challenged in discipleship right now?
 - What would help you persevere and grow?

Example Check-In Questions from the Discipler

- What are 1-2 ways you have grown in the last couple of weeks through growing discipleship? What have been some of the highlights?
- What are challenges or difficulties in the topics we have covered that you want to grow in through growing discipleship?
- Would you allow me, as the discipler, to highlight places I have seen growth as well as potential areas of growth to start or continue in?
- We are going to cover new topics of: virtue and common pitfalls in the pursuit of virtue, teachings of the catholic church, and the sacraments of the Eucharist and reconciliation in the coming weeks. I am asking for your participation, honesty, and willingness to be challenged in these areas. Are you committed to continue growing discipleship?