

Growing Discipleship Plan

Session	Date	Done	Content for Discipleship	Habits of the Spiritual Life	Shared Experiences	Opportunities for Mission
Session 01			Article 3.0 Dust of the Rabbi + Prayer Challenge			
Session 02			Article 3.1 Spiritual Breathing + Prayer Check-In			
Session 03			Article 3.2 Fellowship + Praying for Others + Discipleship Check-In			
Session 04			Article 3.3 Free to Love + Virtue Plan*			
Session 05			Article 3.4 The Eucharist + Discipleship Prayer Challenge			
Session 06			Article 3.5 Confession			
Session 07			Article 3.6 The Apostles' Teaching + Church's Teaching on Mission			
Session 08			Article 4.0 Moral Authority + Big Three + Discipleship Check-In			
Session 09			Article 4.1 Faithfulness to the Church			
Session 10			Look Ahead to Mission + MDR + Leadership Examen			
Session 11			Article 4.2 The High Call			

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

** **Immersive Experience:** It is highly encouraged that each Growing Disciple participate in an immersive encounter with Christ during this phase (e.g. retreat, mission trip, Catholic conference, extended time in adoration, etc.).

† 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	Content for Discipleship	Bible Study Content	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			Preparing Bible Study	Initial Gathering ¹			
Session 07			Review Gospel Article 2.0	Crux 1			
Session 08			Article 5.4 Sharing the Gospel + Bible Study Recap	Crux 2			
Session 09			Practice Gospel Presentations	Crux 3			
Session 10			Article 5.5 Walking with Others in Discipleship	Crux 4			
Session 11			Gospel Presentations	Crux 5			
Session 12			Transformative Discipleship ² + Vision for Plan of Discipleship	Crux 6			
Session 13			Article 6.0 Pursuing Christ Like Character	Depth Chart Activity			
Session 14			Article 6.1 Deeper Prayer	Fun Night			
Session 15			Article 6.2 Works of Mercy	Salvation History 1			
Session 16			Article 6.4 Embracing the Cross on Mission	Salvation History 2			

¹ The commissioned disciple may start a Bible study as early as is appropriate, though a Bible study should ideally 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.

² This article follows the online text at FOCUS Equip, where it serves as an introduction and is not numbered. In the printed book, *Foundations for Discipleship*, it appears on page 2 as the "Leader's Introduction."