

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.