
UCM @ UBC

One to One Discipleship

A Guide to Help You in Your Discipleship Meetings

Our Goal:

Our goal is that each student would be growing in their relationship with Jesus Christ and become Christ like through regular, intentional 1 to 1 or 1 to 2 times together.

We recognize there are many things we do a campus ministry that can contribute to a person's growth in their relationship with Christ including Christian community, large group teaching and worship times, and acts of service. One to One Discipleship can be a great help to students as they grow in their relationship with Jesus. We recognize that as a campus ministry we have only a few years with each student, therefore in our 1 to 1 discipleship meetings we will focus on helping students in the following four areas:

1. Grow in their personal devotion to God
 2. Recognize God's active work in their own lives and become story tellers of this work
 3. Become gospel sharers
 4. Become disciple makers
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Suggestions for 1 to 1 Discipleship:

THE FIRST MEETING

Set the 'ground rules'

At the first meeting take time to talk about:

1. When, where, and for how long you will meet.
2. What the time will look like (perhaps sketch out a plan for the first couple of weeks)
3. What they hope to gain from meeting together (i.e. their hopes & expectations). How could you help them in their walk with Christ? (i.e. pray regularly for them, help them develop regular devotions, be a sounding board to their questions about faith)
4. Invite the person to share how they came to faith. If time permits share your testimony.
5. End each discipleship meeting by praying for each other

BIWEEKLY/WEEKLY MEETINGS:

Ongoing Discipleship

1. Ask the general "How are you doing this week?" questions, and check in about studies, roommates, etc... the stuff of daily life. (e.g. Are you learning anything new and exciting?) You want to get to know the person and care for them. You also want to discover what God is doing and saying in and through their life.
 2. Ask about their personal times with God. Ask if they have had any moments with God this week that have been special? Has God opened up their eyes to something new about His character; about someone in need around them that they can help; about sin in their life? Have there been any moments to praise Him this week? Or question Him?
 3. Begin teaching/modeling to them how to discern God's work in and through their life. Do this by sharing with them how you do your devotions. You may be journaling. Show them how and why you journal. Explain where you are reading. Explain how you read the Bible (perhaps you read daily, section by section rather than jumping around the Bible resulting in not really understanding the Bible). Share what God has been saying to you through your devotions, prayer times, Sunday sermons, TNT, Core etc.. Share enough to be open and honest with them-- be authentic and real.
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4. If you have decided to read a book from the Bible or a Christian book together, ask them about the readings. What stood out to them, why, and how might that apply to their life. Facilitate discussion for the purpose of provoking thought and growing knowledge. Let them discover insights about God, life, and themselves, but take an active role in helping to guide them.
 5. At some point in the term challenge them to meet with another student and begin to mentor and disciple that person. Once they take that step, regularly check up on how it is going and offer help or encouragement as they need it. Continue to remind them of Christ's calling to make disciples wherever we go (Matt. 28:19).
 6. Pray for them during the week. If, as a result of prayer, you sense that God is doing something specific in them, or wants to, then you may want to bring it up in your conversations with them to test if what you sensed in prayer was correct.

FOCUSED QUESTIONS TO ASK:

1. What is the most important thing in life as you head into this year? (**Question of Character**)
2. At the end of your life, what do you want to be known for? (**Question of Legacy**)
3. At this stage in your journey, what do you feel you need to learn next? (**Focus on the Present**)

PRAYING TOGETHER

Always take time to pray together, either at the beginning, in the middle, or at the end of your time together. This may be the only time they have for one-on-one prayer during the week, and/or, it will help to model for them how they can pray with others.

SPIRITUAL STORYTELLING ASSIGNMENT:

(Adapted from *Thirsty for God* by Bradley P. Holt)

At the end of the first meeting, give the student the following assignment. (Note: This is not the same as a testimony.)

- Write about your life.
 - Draw a line the width of your paper, and put your date of birth on the left end of the line and today's date at the right end. Mark off the years of time.
 - Then mark the turning points of your life—for example, when you entered a different school, moved, or changed in other ways.
 - Give simple titles to the spaces between the marks, making them the chapters of your life. OR, make a map of your life, a curving path with important choices or moves noted.
 - Then, consider each of these periods from the point of view of spiritual formations. Who was God for you during that time? Did you have spiritual experiences then? How did you think of your life? Who were the most important people to you? Did they serve as spiritual mentors or supports? What wounds or grief's did you suffer during each period? How do you look at them now?
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Resources for 1 to 1 Discipleship:

Our desire is that each student would set the following practical goals as a result of their discipleship relationship:

- Connect with God through the discipline of regular devotional time with Him.
- Recognize God at work in their lives through the discipline of preparing and then sharing their own testimony and testimonials.
- Are able with confidence to explain the gospel and share their faith with others
- Are multipliers – disciplined so that they in turn are able to disciple others.

Below are several practical topics with resources and goals that you can discuss during your discipleship meetings:

I. CONNECTING WITH GOD

Goal: That each student will know how they can spend time with God, and intentionally get in the habit of regularly setting aside time alone to meet with Him and feed themselves on His word. Explain what a daily, intentional, time alone with God can look like

Resource: UCM Connecting With God Prayer Journal. (Note the first few pages in the Journal and go over them with the person:

- “How Does God Speak To Us?”
- “Four Ways to Test an Impression”
- “Steps to follow in the use of a Prayer Journal.”

Other Resources:

- “24-hour Christian,” Earl Palmer
- Out of Solitude, Henri Nouwen
- Daily Devotional

Share how you may journal and then invite the other person to journal their time with God for one week. You could help them follow the pattern in ‘Connecting With God’. Be sure that the Insight has an application part to it. A sin to confess, a promise to hold on to, an action to follow. (NB: If a person does something every day for 5 weeks it becomes a habit. Having a regular devotional time alone with God is a wonderful habit to learn.)

II. TESTIMONY

Goal: That each student will be able to share with others about their journey with God and that each student is able to identify what God is doing and has done in and around them

Resource: UCM Leader's Guide A13 – Sharing your Testimony

Exercise: Go over the UCM Handout and write out your testimony and share it. Ask the person you are meeting with to share their testimony with you using the format found in the handout or another good resource. Once you feel they can confidently and clearly share, invite them to arrange one Thursday Night to share their testimony at a TNT.

III. SHARING THE GOSPEL

Goal: That each student will be able to confidently share the gospel with pre-Christians.

Resource: UCM Summit Training guide, Campus For Christ Evangelistic tools

Look at the UCM Handout in the Summit Training guide titled, 'One Verse Evangelism'. Both of you should become familiar enough with it to use it or another tool for evangelism.

Regularly pray together for an opportunity to share the Good News with at least one pre-Christian each school term.

VI. INDUCTIVE BIBLE STUDY METHOD

- Select a passage together
- Create observation, interpretation & application questions for Bible study purposes
- Identify what could use further research
- Familiarize with tools and resources (eg. Bible dictionary; lexicon)

Resources: UCM Summit Training Guide (Stream I & II), SICM Binder.

V. TIME MANAGEMENT

Goal: That each student will be able to create strategies for effective time management and goal setting, and get a firm grasp on how they are spending their time. Help them make sure there is time set aside for devotions with God, for themselves, for relationships, for studies, for service, for exercise, and for fun.

- goal-setting (intentional living)
- causes of wasted time/ineffective use of time
- strategies for effective use of time

Resources: UCM Summit Training Guide, Tools For Mentoring, The Passionate Church—shapes of living helps!

Exercise: Go over weekly time table and identify busy times/free times etc. What are the 'extras' each week and what are the mandatory bits? Do a time accountability chart for one week.

VI. ACCOUNTABILITY

Goal: That each student will understand the reason behind seeking accountability relationships.

- reasons for accountability
- topics to cover with accountability partner
- who to seek out for an accountability partner

Resource: Tools For Mentoring

VII. SPIRITUAL DISCIPLINES

Goal: That each student will gain an appreciation for the different disciplines :

- Prayer
- Fasting
- Simplicity
- Celebration
- Contemplation
- Study, Etc...

Resources: Richard Foster's *Celebration of Discipline*, Tools For Mentoring

Exercise: Pick one of the disciplines and try it out this week.

VIII. SEXUAL PURITY

Goal: That each student will talk about and explore what it means to be a sexually pure person today.

- accountability
- scripture
- articles
- pornography, body image, dress code, lust, thought life, 'how far is too far?'

Resources:

- Lauren F. Winner "Real Sex: The Naked Truth about Chastity";
- Arthur's handout on Why Sex Before Marriage is Sin.
- Sex & Dating (Tools For Mentoring)
- James' & Amber's talk Term 2, 2009

*For more ideas on what to cover during 1 to 1 discipleship look at "Discipling Objectives," a resource put together by UCM in Bellingham (copies are in the office).

Hoped for Results from 1 to 1 Discipleship:

It's impossible to measure spiritual growth. But here a few hoped for results for your one to one times:

- More likely to express the fruit of the Spirit [Love joy, peace, patience, kindness, gentleness, self-control]
- Have a greater love for God
- Have a greater love for people
- Have a greater commitment to the body of Christ
- More likely to share your faith with others
- More likely to disciple others
- Have a greater love of God's Word
- Have a greater understanding of the Bible
- More likely to obey God's Word

What Contributes to Making a Good Discipleship Relationship?

Over the years UCM leaders have said that these factors are important for them in 1 to 1 Discipleship.

- friendship
 - time commitment
 - prayer
 - encouragement
 - correction
 - honesty
 - authenticity
 - trust
 - mutual openness
 - freedom to express doubts
 - Bible study
 - teaching
 - good materials
 - regular meeting times
 - internationality
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