



# Resources for Christian Discipleship

Much has been written about Discipleship, particularly in recent years and these resources are by no means an exhaustive list. Offering resources is helpful, but the truth is that discipleship is more than courses, resources and the reflections of others.

Each of us has a unique understanding of our journey as a Christian Disciple. We've experienced what it means to follow Christ in good times and in bad. Along the way we've connected with others, formed relationships, shared moments, struggled with one another, cared for one another. In other words we each have our own story of Christian discipleship.

That sense of story is important and so it is hoped that these resources can help to offer opportunities for us to write another chapter in our story as Christian disciples, reflecting on what that means in our lives, Churches and communities.

## Foundational resources for growing disciples

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### **Compass: Exploring Christian Faith Together**

*Compass* is a short interactive course that introduces the Christian faith for those who wish to explore its meaning. Like any compass, it relates to a particular map and the one intended is Christian Discipleship in the Methodist Church.

*Compass* is intended as a guide in the journey of faith that will appeal to the beginner and also the well-travelled. It offers a process of learning and discovery, helping people to explore the significant aspects of Christian faith and to anchor them in their experience of life. At all points there is a chance to discuss, reflect and question in the context of a small group.

Sessions are as follows:

- Session 1: Glimpses of God
- Session 2: Meeting Jesus today
- Session 3: The difference Jesus makes
- Session 4: Empowered by the Holy Spirit
- Session 5: Life Together
- Session 6: Engaging with Scripture
- Session 7: Following Jesus
- Session 8: Called by name

For more information and to download a sampler go to:

<http://www.methodist.org.uk/deepening-discipleship/small-groups/key-resources/compass>

*Compass* can be ordered from Methodist Publishing

Tel: 0845 0178220 Online: [www.methodistpublishing.org.uk](http://www.methodistpublishing.org.uk)

### **Pilgrim: A Course for the Christian Journey**

Developed by the Church of England *Pilgrim* is a teaching and discipleship resource made up of a series of 6 session courses – some for those new to faith and some for those who wish to go further. Several of the courses are modelled around key texts within Christianity (e.g., the Creeds, Lord's Prayer, and Beatitudes).

[www.pilgrimcourse.org](http://www.pilgrimcourse.org)

### **Christianity Explored**

*Christianity Explored* is an informal 7-week course for people who'd like to investigate Christianity, or just brush up on the basics. Looking at Mark's gospel, it explores who Jesus is, why he came, and what it means to follow him.

A typical evening starts with a bite to eat or maybe just a few cups of coffee, then there's a chance to look at the Bible for yourself and ask any questions that you have. There is a short talk, or the DVD, and then a chance to chat about what you've just heard.

The material is so flexible that it is now being used in countless different formats including very small groups and even one to one, and in settings as diverse as homes, prisons and schools.

There is a youth edition of the course as well as follow up material called *Discipleship Explored*.

Website: [www.ceministries.com](http://www.ceministries.com) click the Christianity Explored tab.

## **Resources for exploring discipleship**

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### **Disciple**

Disciple is a 34-week 'high-commitment, transformative Bible study programme' that takes participants through the sweep of salvation history from Genesis to Revelation. Participants follow a disciplined pattern of daily home study leading up to a regular group meeting.

Anyone wishing to facilitate this course does need to be trained so if you are a trained leader looking for a group or are interested in forming or finding a group, please contact one of your Regional Learning and Development Officers. Lorna Valentine is currently the lead on Discipleship [valentinel@methodistchurch.org.uk](mailto:valentinel@methodistchurch.org.uk)

More information about Disciple is available on [www.methodist.org.uk/disciple](http://www.methodist.org.uk/disciple)

### **Talking of God**

A free small-group resource produced by the Methodist Church to help Christians develop confidence in sharing the stories of their faith in everyday life. The resource comprises 4 sessions and a concluding act of worship, and can be used over consecutive weeks or within one day.

Website: [www.methodist.org.uk/talkingofgod](http://www.methodist.org.uk/talkingofgod)

## Life on the frontline

This six-session DVD resource aims to inspire and equip Christians to make a difference on their 'frontlines', where they spend most of their time. Each session has a short film, discussion material, Bible reflections and stories relating to real life.

Life on the frontline is one of a number of resources developed by LICC to help nurture whole-life discipleship. Another helpful resource is *Fruitfulness on the frontline*.

## Build on the Rock: Faith, Doubt and Jesus

*featuring Bishop Richard Chartres, Dr Paula Gooder, Revd Joel Edwards and Revd David Gamble.*

A 5-week ecumenical course which starts by looking at faith and doubt. Is it wrong – or is it normal and healthy – for a Christian to have doubts? Is there any evidence for a God who loves us? We hear from many witnesses. At the heart of a Christian answer stands Jesus himself. We consider his 'strange and beautiful story' and reflect upon his teaching, his death, his resurrection and his continuing significance.

York Courses, PO Box 343, York YO19 5YB, UK Tel: 01904 466516

[www.yorkcourses.co.uk](http://www.yorkcourses.co.uk)

## Kingdom Discipleship

*David Bagwell (2009)*

This is a Celtic-inspired course on discipleship in daily life. It is not simply a study group to learn more about the Christian faith, but an opportunity to put our faith, such as it is, into practice. It's a very practical course as it involves each person in making a commitment, of their choosing, to try and live out some of the things discussed in the group sessions.

Available online at [www.methodist.org.uk](http://www.methodist.org.uk), search for **Kingdom Discipleship**.

The following direct link was valid at publication:

<http://www.methodist.org.uk/media/503570/dd-marketplace-kingdomdiscipleshipcourse.pdf>

## Resources for exploring next steps

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### Step Forward

Originally produced by the Guy Chester Centre and designed to be run over a 12 month period, this course encourages participants to feel more confident in their life, ministry and mission. Written by Mark Wakelin (President of the Methodist Conference, 2012/2013) in response to the 'Extending Discipleship and Exploring Vocation' within the Methodist Church.

Anyone wishing to facilitate this course does need to be trained so if you are interested in the course, please contact one of your Regional Learning and Development Officers. Lorna Valentine is currently the lead on Discipleship for the East Central Region

[valentinel@methodistchurch.org.uk](mailto:valentinel@methodistchurch.org.uk) 07799900467.

## **Participate!**

*Meg Prowting, Penny Fuller and Mike Seaton*

**Participate!** is an exciting seven-week programme designed to enable 9-14s to gain the understanding and skills needed to live out their Christian lives within the local church and wider community.

The material takes the approach that young people often find it difficult to establish their identity and role within the local church in the transition between being part of the children's group and settling in to a youth group. The resource provides practical guidance to help the whole church community think about their shared responsibility towards children aged 9-14 and to be involved in helping young people find their place in the church and community. Although aimed at the 9-14 age range, the material could be adapted for older young people.

Available from the Bible Reading Fellowship (BRF)

Website: [www.brfonline.org.uk/9781841018546/](http://www.brfonline.org.uk/9781841018546/)

## **The Chaplaincy Everywhere Course**

A small group resource for nurturing engagement in God's mission through chaplaincy.

Local, congregation led chaplaincy is one of the most effective ways to collaborate in God's mission in the world; local people responding to local needs over time can change the world! This seven session course is designed to take a group from being interested in the ministry of chaplaincy to actually planning a chaplaincy ministry and doing it.

Website: [www.methodist.org.uk/mission/chaplaincy/the-chaplaincy-everywhere-course](http://www.methodist.org.uk/mission/chaplaincy/the-chaplaincy-everywhere-course)

## **Lent resources with discipleship themes**

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### **Exploring Spiritual Practices**

*The Inspire Network*

A Lent course of seven sessions developed by the Inspire network of the Methodist Church. The aim of this course is to draw closer to God, through learning about, and using, the basic spiritual practices of Christian discipleship.

- Session 1 : Hunger and Thirst for God
- Session 2 : Exploring Fasting
- Session 3 : Exploring Using Scripture
- Session 4 : Exploring Prayer 1
- Session 5 : Exploring Prayer 2
- Session 6 : Exploring Fellowship
- Session 7 : Exploring Bread and Wine

Website: [www.methodist.org.uk/deepening-discipleship/spiritual-practices/exploring-spiritual-practices](http://www.methodist.org.uk/deepening-discipleship/spiritual-practices/exploring-spiritual-practices)

## **Faith at Work: Spirituality & discipleship for today's world...**

*Lincolnshire Chaplaincy Services*

A six week small group study course produced by Chaplains from Lincolnshire Chaplaincy Services. As well as traditional study material, the sessions use video clips of a variety of people in their contexts ranging from a dentist to a full time mum. Launched as a Lent resource for 2014, the course is suitable and accessible for use at any time of the year. Session are:

- The **CALLING** - to be a disciple throughout the week
- The **CHALLENGE** - remaining faithful despite everything
- The **CLOCK** - ticks on how do we fit it all in ?
- The moral **COMPASS** - how do we keep our integrity ?
- Showing **COMPASSION** - spirituality in action
- Making **CONNECTIONS** - we're all in this together!

Produced by Lincolnshire Chaplaincy Services in consultation with the major denominations.

E-mail: [faithatwork@lincschaplaincy.org.uk](mailto:faithatwork@lincschaplaincy.org.uk)

Website: [www.lincschaplaincy.org.uk](http://www.lincschaplaincy.org.uk) and follow the 'Faith at Work' link or [www.faithatwork.info](http://www.faithatwork.info)

## **Christ and the Chocolaterie**

*Hilary Brand*

A five-week course designed around the film *Chocolat*. As the course progresses, the attitudes and prejudices of individuals and of the Church in a fictional French community are examined which, in turn, enables the participants to examine their own attitudes and prejudices. The five sessions are:

- 1) giving up - the prelude to change;
- 2) giving out - the power of a gift;
- 3) getting wise - the possibility of change;
- 4) getting real - the power of acceptance;
- 5) growing up - the process of change.

There are also some very helpful leaders' notes and other resources at the back of the book. An additional resource needed to run the course will be the film *Chocolat* itself - preferably on DVD for easy access to the required scenes - as well as the facilities to show excerpts of it to the whole group.

London: Darton, Longman and Todd Ltd (2002)

## **Helpful Websites**

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### **Deepening Discipleship**

The Methodist Church Deepening Discipleship website pages help to equip us, as Christians, in our life-long journey of exploration into the heart of God's love as we follow Jesus in heart, imagination and imitation. The website contains helpful sections on Bible study resources and discipleship resources, as well as stories that people have shared.

Website: [www.methodist.org.uk/deepening-discipleship](http://www.methodist.org.uk/deepening-discipleship)

### **The Arthur Rank Centre (ARC)**

For over 40 years the Arthur Rank Centre has served both the spiritual and practical needs of the rural Christian community through a programme of community and social projects, resourcing and training. The Centre is not just a building but an enduring symbol of faith in the countryside.

The website includes lots of help, ideas and resources for those in rural contexts.

Website: [www.arthurrankcentre.org.uk](http://www.arthurrankcentre.org.uk)

### **Scripture Union - Bible Reading**

Reading the Bible is about developing a relationship with God, through dependence on the Holy Spirit. Scripture Union provides a range of tools to help, including its printed daily Bible guides for adults and *wordlive* online resource. There are also resources for children and young people including holiday club material which in 2015 has the theme of *Polar explorers*.

Website: [www.scriptureunion.org.uk](http://www.scriptureunion.org.uk)

### **Gospel Reflections prepared by Peter Ede**

These reflection notes from a Lincolnshire based local preacher link to the Sunday readings. They are provided to help people engage and live with the Gospel in their daily lives. The notes are designed for use in situations where people can talk together about how that Gospel passage speaks into their life. The design is such that the leader does not need any particular background knowledge so can be used for personal or group reflection as well as offering a starting point for service preparation.

Website: [www.gospelreflections4u.org.uk/](http://www.gospelreflections4u.org.uk/)

### **The DMLN East Central Team**

<http://www.methodist.org.uk/learning/network-regions/east-central-region>

Facebook homepage <https://www.facebook.com/pages/Discipleship-Ministries-Learning-Network-East-Central-Region/670821576338719>

Twitter feed <https://twitter.com/dmlnec>



Jane Bingham, Gill Thomas, Tim Woolley, Lorna Valentine, Nigel Pimlott (Left to right).

(Please note that Tim Woolley is not contactable until 1/9/16)