

- When will you review how things are going? After 3 months? At this stage you may want to change the format of your sessions together or you may not feel able to continue for whatever reason. It's a lot easier and less awkward to do this if you have already agreed a time-frame in advance. You may agree to continue the discipleship relationship less formally and meet up more occasionally.

Ultimately, **we just have to take the plunge and take the 'risk' of asking or offering to meet up with someone.**

The benefits of being encouraged in our walk with the Lord and becoming more like Him are worth it!

If you are new to Carey or would appreciate help in getting started with discipleship please contact Mike Davies at mike.pitpony@sky.com or Caroline Davies at c.a.davies@sky.com

USEFUL RESOURCES

Look on the [Carey website](#) for these short practical leaflets:

Studying the Bible One-to-One
and *Brief Overview of One-to-Ones*

One-to-One, A Discipleship Handbook

Sophie De Witt (short practical guide)

The Trellis and the Vine

Colin Marshall and Tony Payne

Fruitful Leaders Marcus Honeysett

Spiritual Mothering Susan Hunt

The Lost Art of Disciple Making

LeRoy Eims

The thegoodbook.co.uk also has a range of useful practical resources and Bible study guides. For example:

Titus: The Path to Godliness

Biblical Womanhood

Women of Faith from the Old/New Testament

One2One Series (John / Philippians / Psalms / Just Looking)



INTRODUCTION TO DISCIPLESHIP

A **disciple** of Jesus is simply a follower of Jesus – someone who enjoys a close relationship with him and wants to become more like him. A true disciple will long to see others becoming disciples too! We can introduce people to Jesus Christ for the first time or help them grow in their faith and walk more closely with him. This is simply what **discipleship** is all about.

At Carey we really want to encourage a culture and attitude of discipleship more widely across the fellowship. We aim to do this through the **nurturing of new believers and members, mentoring and 1 to 1 discipleship partnerships** based on Bible study, prayer and accountability.

We also want to promote the **development and training of future leaders** in the church across all the ministry groups.

There is a [Discipleship Course](#) for new Christians or those who want to be sure about the basics of living the Christian life.

GETTING STARTED

Take a look at the ministry you are involved in. Could you encourage someone to develop and exercise their gifts?

Think about people you know, those you find yourself chatting to regularly. Could you meet with them to encourage them in their faith? Could you pray with them about their day to day life as a Christian, discovering how the bible teaches and helps us in every situation, sharing from your own experience? Or would you like someone to meet with you to help you grow in your faith?

PUTTING INTO PRACTICE

There can often be uncertainty about what discipleship might mean in practice: *What do I have to offer or teach someone else? How much time will it take up? How often would I need to meet with someone? How much preparation is involved? What if it doesn't work out?*

Firstly, we all learn from the joys, encouragements, disappointments, even failure, in the Christian life. We can pass on to others what we have learnt from the Lord through his Word in these times. How we do this in practice varies enormously and there is no set “formula”.

The best way to start is to meet first (maybe over coffee or a meal) **to agree on how you'd like to spend your time together.** Are you going to study the Bible together regularly, or will it be more of a prayer partnership for example? Think about the following:

- What time of day suits you best and how often will you meet? Once a fortnight or once a month? Think about other commitments and what is appropriate. It's best to be realistic rather than starting something you can't maintain.
- How long should each session be? It's good to agree on this to keep focussed!