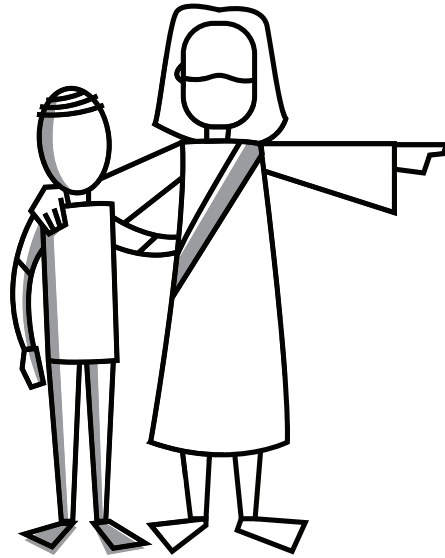


ZÚME

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MULTIPLYING DISCIPLES

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Zúme Training: Multiplying Disciples

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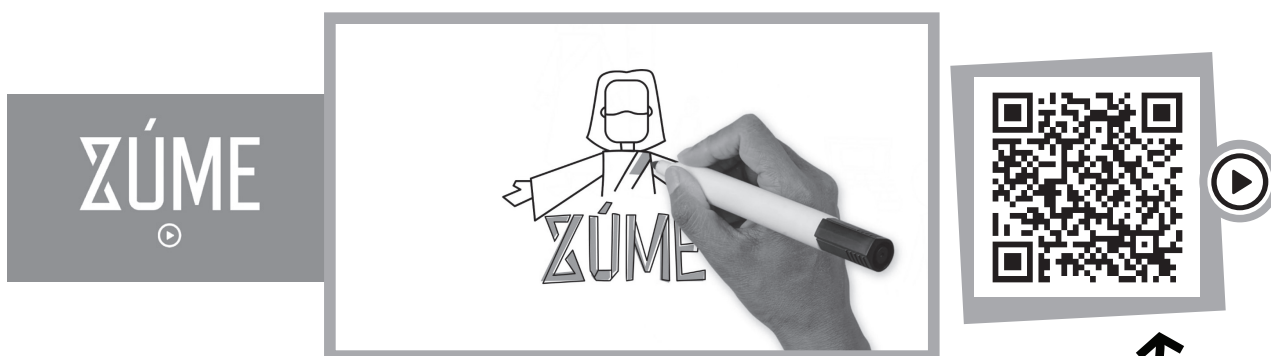
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ZÚME AUDIO/VIDEO CONTENT AVAILABLE!



Each Zúme Session includes video and/or audio content.
You can easily access this content with your
cell phone by scanning the session **QR CODE**.

www.zume.training

WELCOME



Introduction to Zúme

Have you ever wondered how the church got started?

How did a handful of followers of an obscure carpenter's son, all living in a small suburb in the Middle East, become a global revolution that now counts almost one-third of the human population as members?

The first church sent **ordinary people** around the world to tell others about Jesus. The first church sent ordinary people to stand before governors and generals and rulers and kings. The first church sent ordinary people to heal the sick, feed the hungry, raise the dead, and teach all of God's commands to everyone in the world.

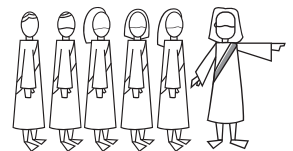
They gave away their possessions, rescued others out of debt, protected the poor, lifted up the least, and in many cases laid down their own lives for what they believed.

The first church sent ordinary people to change the world.

And they did.

But how? How did all this happen without buildings or staff or programs or budgets? How did it start? And how did it grow? The answer is—it started small. Just a handful of ordinary people.

And it grew because those ordinary people—people like me and you—were willing to say “yes” to whatever God asked them to do.





Ordinary people. **Simple steps. Obeying God. Changing the world.**

And at the center of it all was **Jesus**.

That was God's plan all along.

If you've ever wondered why you're here and what you can do to make a difference, you may want to learn more about Zúme Training.

Zúme Training is a course built for ordinary people to learn simple steps to obey God and change the world. And at the center of it all is Jesus.

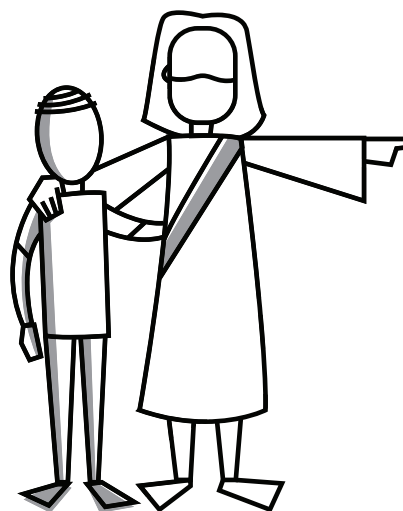
Ready for your first step?

Stop and pray right now.

Ask Jesus if Zúme Training is for you.

If He says "yes," then flip to the next page and get started.

Simple.



Welcome to Zúme Training!

We're glad you're here!

Zúme Training is a learning experience designed for small groups who follow Jesus to learn how to obey His Great Commission and make disciples who multiply.

Before You Start: Zúme Is NOT Like Other Trainings!

- First, Zúme is designed to be done as a group. Group exercises, discussions, and practicing of skills all will be better with others, so gather a group, if possible.
- Second, Zúme is about developing skills and building competence, not just gaining knowledge. In every session, the goal is fruitful action. The best outcome of the training will be a changed lifestyle and an experience of increased power in your faith.
- Finally, each time you see a QR code throughout this book, know that you have an option of watching a high quality video that corresponds to the content. Don't miss them!

Session Format

Zúme Training consists of 9 Basic Sessions and 1 Advanced Session. Each session is about 2 hours and includes:

- Video and Audio to help your group understand basic principles of multiplying disciples.
- Group Questions to help your group think through what's being shared.
- Simple Exercises to help your group put what you're learning into practice.
- Session Challenges to help your group keep learning and growing between sessions.

Opening and Closing in Prayer

Many followers of Jesus around the world have been praying for you and your group already, and we'll continue to pray as you work through this material. Be sure your group gets to pray, too.

At the beginning of each session, ask someone [or several] from your group to invite God's Holy Spirit to prepare your hearts and lead

your time together. Remember to thank God for the opportunity to know and love Him more—something He wants for everyone!

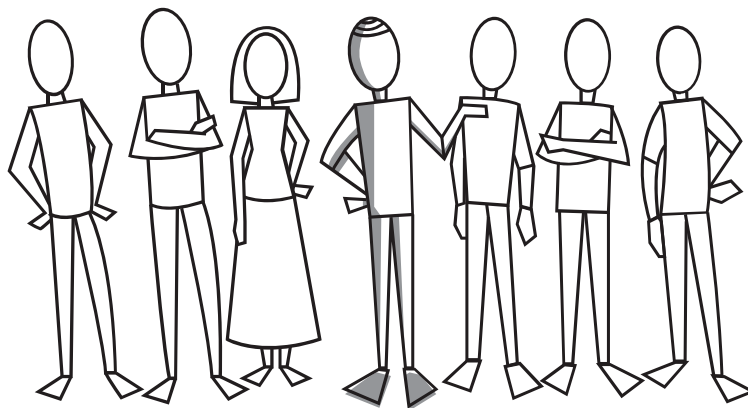
At the end of each session, you'll have a chance to pray again as a group. Be sure to take this opportunity to ask God to help you understand, apply, and share what He's teaching you with others. Remember to pray for specific needs in your group.

Group Discussions

You'll have a number of opportunities to talk through what you're learning with your group. Unless noted, Group Discussions should be about 10 minutes. Encourage everyone to take part and share their thoughts and perspectives. Make an extra effort to include those in your group who may be naturally quiet or reluctant to share. Don't miss out on something God might want to share through someone in your group.

Checking In

Throughout the course, your group will have a chance to check-in with each other to see how you're obeying and sharing what you've learned. Don't skip this important part of the training, but be careful not to become judgmental. Ask God for a gentle heart that helps others grow!





SESSION 1

In this session, your group will get an overview of Zúme Training, learn two basic principles of disciple-making, and discover two simple tools for making disciples who multiply—S.O.A.P.S. Bible Study and Accountability Groups



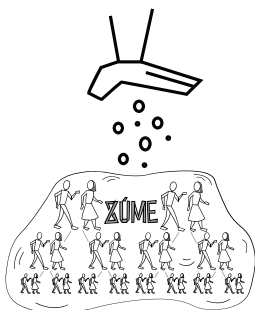
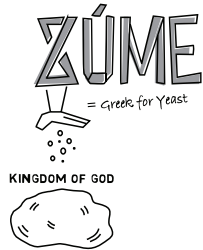
SESSION

1-1



Making Disciples—God Uses Ordinary People

Watch/Read and Discuss [15 min]



Welcome to Zúme Training. **Zúme** is the Greek word for “**yeast**.” Jesus tells us that the Kingdom of God is like a woman who took a small amount of “zúme” and put it into a great amount of dough. As she worked the yeast into the mix, it spread until all of the dough was leavened. Jesus was showing us that an ordinary person can take something very small and use it to make an impact that’s very big!

Our dream is to do what Jesus said—to help ordinary people around the world use small tools to make a big impact in God’s Kingdom!

Jesus’ final instructions to His followers were simple. He said—

“All authority in heaven and on earth has been given to me. Therefore—go and make disciples of all nations baptizing them in the name of the Father, and of the Son and of the Holy Spirit, teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age.” (Matthew 28:18–20)

Jesus’ command was simple—**make disciples**.

His instructions on how to do that were simple:

- Make disciples wherever you’re going
- Make disciples by baptizing them in the name of the Father, Son and Holy Spirit
- Make disciples by teaching them to obey all He commanded

So what are the steps to make a disciple?

1. We make disciples all the time—wherever we’re going and as we go.
2. When someone decides to follow Jesus—they should be baptized.
3. As they grow—we should teach every disciple how to obey everything that Jesus commanded.

Since one of the things He commanded is to make disciples, that means that every disciple who follows Jesus needs to learn how to make disciples too. Those disciples are to make disciples. And those disciples are to make disciples, too.

Multiplying disciples. That’s how Zúme works.

It’s like yeast—worked all through the dough until all of the dough is leavened. When Jesus gave this command to go make disciples, He also gave a promise.

Jesus said—

“I will be with you always. Even to the very end of the age.”

(Matthew 28:20, CEV)

Every follower of Jesus should count on the promise that Jesus is always with us, **because He is!**

That also means every follower of Jesus should commit to the fact that Jesus wants each of us to make disciples, because He does.

Jesus said—“All authority in heaven and on earth has been given to me. Therefore go and make disciples...” (Matthew 28:18b)

The **authority** that Jesus relies on when He sends us is His authority. Jesus says there is no authority higher than that.

No tradition has more authority.

No culture has more authority.

No law on earth has more authority.

Jesus said—Go and make disciples.

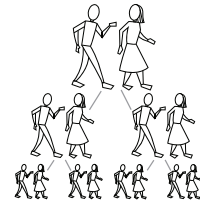
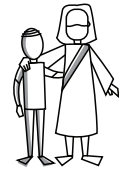
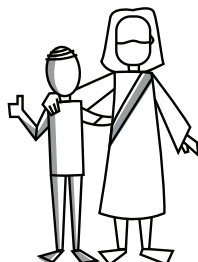
And like **Zúme**—like yeast—we’ll keep **going** and **growing** until all the work is done.

ACTIVITY [10 min]



Discuss the following question with your group:

If Jesus intended every one of His followers to obey His Great Commission, why do so few actually make disciples?



Share a LINK to this lesson with friends or post it on social media!



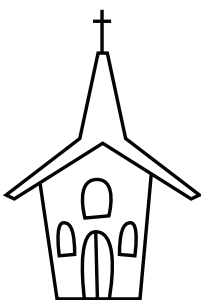
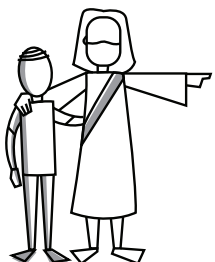
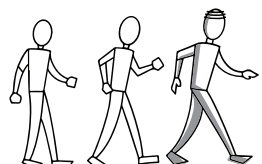
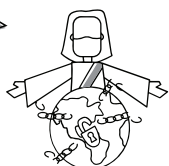
SESSION

1-2



What Is a Disciple? What Is the Church?

Watch/Read and Discuss [15 min]



What is a disciple? And how do you make one?

How do you teach a follower of Jesus to obey all of His commands? How do you take someone who's lived their life as a captive of the world and equip them to become a citizen of God's Kingdom?

The meaning of the word disciple is a follower. So a disciple is a follower of God. Jesus said—*"All authority in heaven and on earth has been given to me."* (Matthew 28:18) So in God's Kingdom, Jesus is our King. We are His citizens, subjects of His will. His desires, purposes, intentions, priorities and values are the highest and best. His Word is the law.

So what is the law of the Kingdom? What does Jesus tell His citizens to do?

Jesus said—*"Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength."* (Mark 12:30) Jesus said—*"Love your neighbor as yourself."* (Matthew 19:19b)

Jesus said that God's commands from the Old Testament—all the law and the prophets—can be summarized in these two things—Love God and Love People.

Jesus said—*Make disciples.* Jesus said—*Teach them to obey all that I've commanded.*

Since making disciples includes teaching them all that Jesus commanded—the New Testament can be summarized in this one thing—Make Disciples.

A disciple is a follower of Jesus who Loves God, Loves People and Makes Disciples.

What is a church?

You may be used to thinking of the church as a building—a place where you go. But God's Word talks about the church as a gathering—a people you belong to.

The word “church” is used in the Bible three different ways—

- **the universal church**—all the people who were, are and will ever be followers of Jesus
- **the city or regional church**—all the people who follow Jesus and live in or around a certain area of the world
- **the church at home**—all the people who follow Jesus and meet where one or more of them live.

A spiritual family—followers of Jesus who **love God, love people,** and **make disciples**, and who meet together locally, make up this last kind of church—the **church at home** or the simple church.

When groups of these simple churches connect to do something bigger, together, they can form a **city or regional church**.

All of those simple churches networked into regions and stretched across history make up the **universal Church**. That’s Church with a capital “C.”

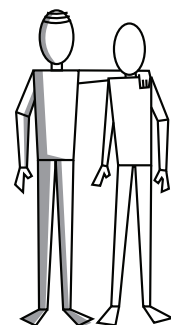
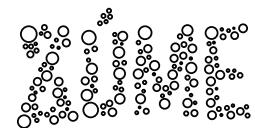
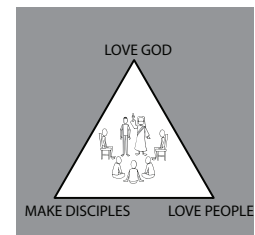
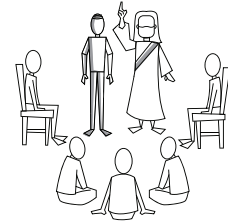
Simple churches are spiritual families with Jesus as their center and their King. Simple churches are spiritual families who love God, love others and make disciples who **multiply**.

Some churches have buildings and programs and budgets and staff, but simple churches don’t need any of these things in order to love God, love others and make disciples who multiply. And since anything extra makes a church more complicated and harder to multiply, our training leaves things like buildings and programs and budgets and staff to the city or regional church built from multiplying simple churches.

Remember “zúme” means “yeast”—a simple, single cell organism that reproduces quickly. With Zúme Training—we’re going to be like that yeast—**simple** and **multiplying**.

But before we start multiplying, let’s make sure we know what God wants reproduced. Because multiplication can be good, but not always. Cancer is multiplication. And it’s deadly.

So how do we reproduce life and not death? How do we make sure we’re disciples worth reproducing? That’s what we’re going to find out—together!





Share a LINK to this lesson with friends or post it on social media!

ACTIVITY [10 min]



Discuss the following questions with your group:

1. When you think of a church, what comes to mind?
2. What's the difference between that picture and what's described as a "Simple Church"?
3. Which one do you think would be easier to multiply and why?



SESSION
1-3



Spiritual Breathing—Hearing and Obeying God

Watch/Read and Discuss [15 min]

Breathing is life.

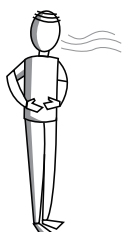
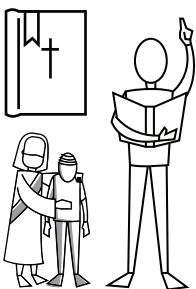
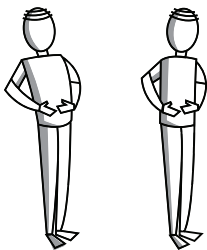
We breathe in. We breathe out. Life.

Breathing is just as important in God's Kingdom. In fact, God calls His Spirit—"breath."

In the Kingdom, we **breathe in** when we **hear from God**. We breathe in when we hear from God through His Word—the Bible. We breathe in when we hear from God through prayer—our conversations with Him. We breathe in when we hear from God through His body—the church or other followers of Jesus. We breathe in when we hear from God through His works—the events, experiences, and sometimes even the persecutions and sufferings He allows His children to go through.

In the Kingdom, we breathe out when we act on what we hear from God. We **breathe out** when we **obey**. Sometimes breathing out to obey means changing our thoughts, our words, or our actions to bring them into alignment with Jesus and His will. Sometimes breathing out to obey means sharing what Jesus has shared with us—giving away what He gave us—so that others can be blessed just as God has blessed us.

For a follower of Jesus—this breathing in and breathing out is critical. It's our very life.



Jesus said—*"the Son can do nothing by himself. He does only what he sees the Father doing. Whatever the Father does, the Son also does."* (John 5:19, NLT)

Jesus said—*"I don't speak on my own authority. The Father who sent me has commanded me what to say and how to say it."* (John 12:49, NLT)

Jesus said that every word He spoke and every work He accomplished was based on hearing from God and obeying what He heard.

Breathe In—Hear from God. Breathe Out—Obey what you hear and share it with others.

Jesus said that His followers would also hear from God because of His Holy Spirit—His breath—that would be breathed into every one of us who follows Him.

Jesus said—*the Helper, the Holy Spirit, whom the Father will send in my name, will teach you all things and remind you of everything that I have told you.* (John 14:26, ISV)

Breathe In—Hear from God. Breathe Out—Obey what you hear and share it with others.

Jesus was showing us how to live.

So how do we hear God's voice? How do we know what to obey?

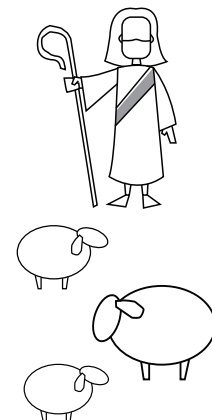
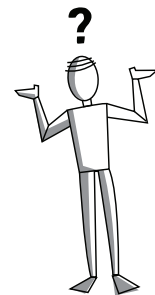
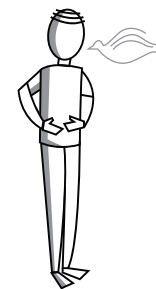
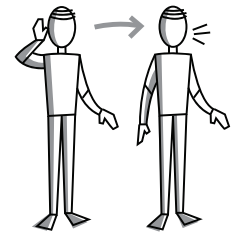
Jesus called Himself "The Good Shepherd." Jesus called His followers His "sheep."

Jesus said—*"My sheep hear my voice, and I know them, and they follow me."* (John 10:27, NASB1995)

Jesus said—*"Whoever belongs to God hears what God says. The reason you do not hear is that you do not belong to God."* (John 8:47)

As followers of Jesus, we have to be committed to hearing His voice. We hear His voice by being still. We hear His voice by focusing on Jesus. We hear His voice in our thoughts, our visions, our feelings, and impressions. We hear His voice when we write down and test what we hear.

Not every voice, not every thought, not every vision, feeling or impression is God's voice. Sometimes it is the voice of the enemy.





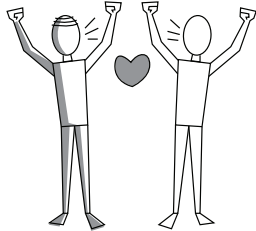
Jesus said our enemy is a *"liar and the father of lies."* Jesus said our enemy comes to *"steal and kill and destroy."*

But God says that we will hear from Him and we will know it is Him when He speaks. With practice and prayer, we can know God's voice better. We can learn to know whether what we hear is from God or another voice.

Here are some ways to test what we hear:

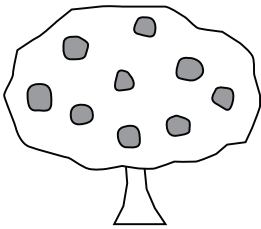
When Jesus speaks—His voice will always be consistent with what His written Word—the Bible—has already told us. His spoken voice will never contradict His written voice.

When Jesus speaks—His voice will give our hearts a sense of hope and peace. His voice will not leave us condemned or discouraged. Jesus does not condemn. Jesus corrects in love. Jesus' voice will not express the works of the flesh—*"sexual immorality, impurity and debauchery; idolatry and witchcraft; hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions and envy; drunkenness, orgies, and the like."* (Galatians 5:19–21a) These things are not from God's voice.



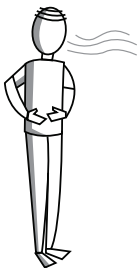
His voice will express the fruit of God's Spirit—*"love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control."* (Galatians 5:22b–23a)

When Jesus speaks—His voice gives us a sense of confidence instead of doubt. We experience inside ourselves a knowledge and peace that what we're hearing is from God. We may not hear everything at once. We may hear only part of what we eventually will need to know. But what we hear will be solid—not shifting or changing.



The good news for every follower of Jesus is that when we breathe in and hear from God and when we breathe out and obey what we hear and share with others what we've heard—God will speak even more clearly. His breath will breathe through us even more.

We will **hear** His voice more clearly. We will **know** His voice and not another's. We will **see** His work in the world and be able to join in and work with Him.



We breathe in. We breathe out. Life.

ACTIVITY [10 min]

Discuss the following questions with your group:

1. Why is it essential to learn to hear and recognize God's voice?
2. Is hearing and responding to the Lord really like breathing? Why or why not?



Share a LINK to this lesson with friends or post it on social media!

SESSION

1-4**S.O.A.P.S. Bible Reading***Watch/Read and Discuss [15 min]*

Jesus said—"make disciples of all nations, baptizing them in the name of the Father, and of the Son and of the Holy Spirit and teaching them to obey everything I have commanded you." (Matthew 28:19–20a)

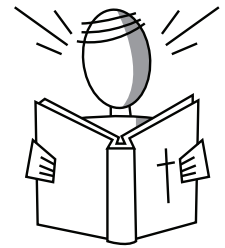
If every follower of Jesus is going to obey all that Jesus commanded, then they need to know what Jesus commands.

The Great Commandment and the Great Commission are a great summary of what God has to say to us, but if a follower is going to grow into the full measure of what God created them to be, then they need to know and obey even more.

S.O.A.P.S. stands for :

- **Scripture**
- **Observation**
- **Application**
- **Prayer**
- **Sharing**

It's a simple way to learn and remember an effective Bible study method that any follower of Jesus can use. Let's look at each section a little more.



When you read or listen to the Bible:

- **Scripture:** Write out one or more verses that are particularly meaningful to you, today.
- **Observation:** Rewrite those verses or key points in your own words to better understand.
- **Application:** Think about what it means to obey these commands in your own life.
- **Prayer:** Write out a prayer telling God what you've learned and how you plan to obey.
- **Sharing:** Ask God who He wants you to share with about what you've learned or applied.

Now, let's put S.O.A.P.S. to work:

S—Scripture—*"For my thoughts are not your thoughts, neither are your ways My ways," declares the LORD. "As the heavens are higher than the earth, so are my ways higher than your ways and my thoughts than your thoughts."* (Isaiah 55:8–9)

O—Observation—As a human, I'm limited in what I know and what I know how to do. God is not limited in any way. He sees and knows EVERYTHING. He can do ANYTHING.

A—Application—Since God knows everything and His ways are best, I'll have much more success in life if I follow Him instead of relying on my own way of doing things.

P—Prayer—Lord, I don't know how to live a good life that pleases You and helps others. My ways lead to mistakes. My thoughts lead to hurt. Please teach me Your ways and Your thoughts, instead. Let your Holy Spirit guide me as I follow You.

S—Sharing—I will share these verses and this application with my friend, Steve, who is going through a difficult time and needs direction for important decisions he's facing.

NOTE—As a follower of Jesus, we should be reading Scripture daily. A good guideline is to read through a minimum of 25–30 chapters in the Bible each week. Keeping a daily journal using the S.O.A.P.S. Bible Reading format will help you understand, obey and share even more.

SESSION

1-5

Accountability Groups*Watch/Read and Discuss [15 min]*

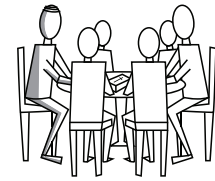
Jesus said—“From everyone who has been given much, much will be demanded; and from the one who has been entrusted with much, much more will be asked.” (Luke 12:48b)

Jesus shared many stories of accountability and told us many truths of how we will be held responsible for what we do and say. Jesus tells us these things now, so we can be ready for later. And because we will be accountable to Him one day, it's good to practice being accountable to one another now.

Accountability Groups are made up of two or three people of the same gender—men with men, women with women—who meet once a week to discuss a set of questions that help reveal areas where things are going right and other areas that need correction.

Every follower of Jesus will be held accountable, so every follower of Jesus should practice accountability with others.

NOTE—Everyone in an accountability group needs to understand that what is shared is confidential.

**ACTIVITY [45 min]**

Break into groups of two or three people of the same gender. Spend the next 45 minutes working together through the Accountability Questions on the next page.

Since you haven't done a group reading before this session, just skip over the questions about previous readings. Another list can be found in the appendix and is a great option as you get further into training.

WELCOME

SESSION 1

SESSION 2

SESSION 3

SESSION 4

SESSION 5

SESSION 6

SESSION 7

SESSION 8

SESSION 9

SESSION 10

APPENDIX

Accountability Questions

- How have your insights from last week's reading shaped the way you think and live?
- Who did you pass your insights from last week on to and how was it received?
- How have you seen God at work?
- Have you been a testimony this week to the greatness of Jesus Christ with your words and actions?
- Have you been exposed to sexually alluring material or allowed your mind to entertain inappropriate sexual thoughts?
- Have you acknowledged God's ownership in your use of money?
- Have you coveted anything?
- Have you hurt someone's reputation or feelings by your words?
- Have you been dishonest in word or action or exaggerated?
- Have you given into an addictive [or lazy or undisciplined] behavior?
- Have you been a slave to clothing, friends, work, or possessions?
- Have you failed to forgive someone?
- What worries or anxieties are you facing?
- Have you complained or grumbled?
- Have you maintained a thankful heart?
- Have you been honoring, understanding and generous in your important relationships?
- What temptations in thought, word, or action have you faced and how did you respond?
- How have you taken opportunities to serve or bless others, especially believers?
- Have you seen specific answers to prayer?
- Did you complete the reading for the week?

Congratulations!

You've completed Session 1.

Below are the next steps to take in preparation for the next session.

Obey

Begin practicing the S.O.A.P.S. Bible Reading between now and your next meeting. Focus on Matthew 5–7. Read that passage at least once a day. Keep a daily journal using the S.O.A.P.S. format.

Share

Spend time asking God who He might want you to start an Accountability Group with using the tools you've learned in this session. Share this person's name with the group before you go. Reach out to that person about starting an Accountability Group and meeting with you weekly.

Pray

Pray that God helps you be obedient to Him and invite Him to work in you and those around you!



SESSION 2

In this session, your group will learn the difference between producers and consumers in God's Kingdom. You'll also learn and practice two more simple tools for multiplying disciples—the Prayer Cycle and List of 100.

Check-In

Before getting started, take some time to check-in. At the end of the last session, everyone in your group was challenged in two ways:

- 1. You were asked to begin practicing the S.O.A.P.S. Bible Reading method and keeping a daily journal.
- 2. You were encouraged to reach out to someone about starting an Accountability Group.

Take a few moments to see how your group did this week.

Pray

Ask if anyone in the group has specific needs they'd like the group to pray for. Ask someone to pray and ask God to help in the areas the group shared.

Be sure to thank God that He promises in His Word to listen and act when His people pray. And, as always, ask God's Holy Spirit to lead your time together.

SESSION

2-1

Producers Versus Consumers*Watch/Read and Discuss [15 min]*

In His perfect plan, God created us to live in balance—to produce and to consume, to create and to use up, to pour out and to be filled so we can pour out again. But, in our broken world, people have rejected God’s plan, and many spend their energy living out just part of God’s perfect equation.

They learn but they don’t share. They are filled up but they never pour out. They consume but they don’t produce. If we’re going to make disciples who multiply, then we need to share with them how they can be producers and not just consumers. Here’s how—

God uses His **Written Word**—which we call **Scripture** or **The Bible**—to grow us spiritually.

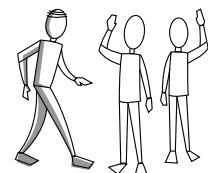
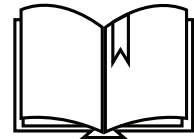
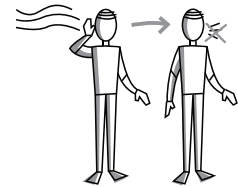
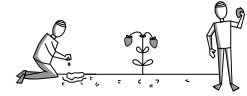
Every disciple needs to be equipped to learn, interpret, and apply Scripture. Over thousands of years and through many different authors, God spoke His Word into the hearts of faithful men who captured and shared what they heard. The Scriptures teach us God’s story, His plans, His heart, and His ways.

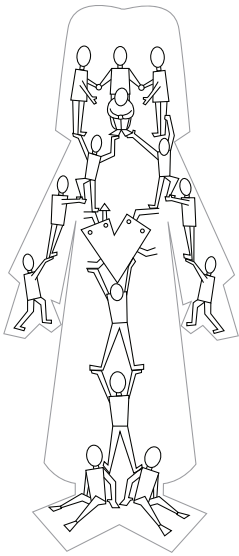
In an earlier session, you learned two simple tools—**S.O.A.P.S. Bible Study** and **Accountability Groups**. In an upcoming session, you’ll learn one more simple tool—**3/3 Groups**. These three tools work together to help equip new followers to learn, interpret, and apply God’s written Word. They will learn not to be just hearers of God’s Word but doers and sharers, also.

God also uses His **Spoken Word**—which we can discern through prayer—to grow us spiritually.

Prayer is speaking and listening to God. Prayer helps us know God more intimately and understand His heart, His will, and His ways. Prayer helps us to minister and serve others and helps us also to teach and share in specific ways that helps individuals or a group to know God better.

Two simple tools, **Prayer Walking** and **The Prayer Cycle**, help followers to develop a personal prayer life and learn to pray in ways that serve others. These tools help to develop a habit of praying without ceasing and learning to see the world from a spiritual perspective instead of only relying on what we can visibly see. When used consistently, they help a follower of Jesus increase their





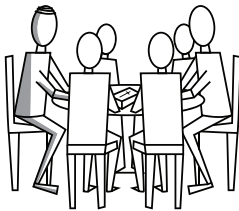
capacity for prayer and enhance their ability to hear from God and share what they hear.

God uses His **Body of Believers**—which we call the church or the followers of Jesus—to grow us spiritually.

As the gathering of believers, we are connected. God's Word says that in Jesus we are many parts of one body, and we all belong to each other. In other words, we're not just connected to God—we're connected with each other. God says to submit to one another. God says to serve one another.

Each of us has different strengths and each has weaknesses. God expects us to use our strengths to help others who may be weak. And He expects us to allow others to help us in our weakness using the strengths He has given them.

God's Word says God has given each of you some special abilities; be sure to use them to help each other, passing on to others God's many kinds of blessings.



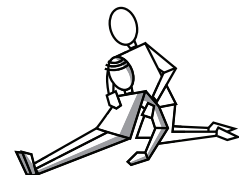
Simple tools like **3/3 Groups**, **Accountability Groups**, and **Peer Mentoring** help us to encourage one another to love and good works, by not only helping us to obey what God tells us to do, but also helping us find ways to share what we learn with others.

God also uses **Persecution and Suffering**—sacrifice and loss that we suffer on behalf of Jesus—to grow us spiritually.



When people oppress and hurt us because we love and obey Jesus, or when bad things happen even though we love and obey Jesus, God uses those persecutions and sufferings to refine our character and make us more like Jesus.

He develops our character, strengthens and purifies our faith, equips us for ministry, and allows us to serve others who are suffering in a special way—all while making Himself known more clearly to everyone who watches us and knows our pain.



God tells us that as followers of Jesus we should expect to be persecuted.

Jesus said—*"Blessed are you when people insult you and persecute you, and falsely say all kinds of evil against you because of Me. Rejoice and be glad, for your reward in heaven is great; for in the same way they persecuted the prophets who were before you."* (Matthew 5:11–12, NASB)

Simple tools like 3/3 Groups and Accountability Groups give followers of Jesus an opportunity to share the persecutions and sufferings they experience. These groups give you a chance to teach disciples that God's Word says we should expect hard times and to equip them in how to respond well by trusting God's love even when things go wrong.

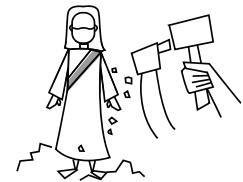
Scripture.

Prayer.

Body of Believers.

Persecution and Suffering.

These are all ways that God grows us to be more like His perfect Son, Jesus. Simple tools help us not to just be consumers of these good things that God has given us, but to be producers and sharers as well.



Share a LINK to this lesson with friends or post it on social media!

ACTIVITY [10 min]



Discuss the following questions with your group:

1. Of the four areas detailed above (Scripture, Prayer, Body of Believers, Persecution and Suffering), which ones do you already practice?
2. Which ones do you feel unsure about?
3. How ready do you feel when it comes to training others?



SESSION

2-2



The Prayer Cycle

Read & Pray [65min]



Jesus often taught His followers about the purpose, the practice, and the promises of prayer.

Jesus said—“Ask and it will be given to you; seek and you will find; knock and the door will be opened to you. For everyone who asks receives; the one who seeks finds; and to the one who knocks, the door will be opened.” (Matthew 7:7–8)

Jesus taught His followers that prayer isn’t for public praise, a selfish wish list, or a rambling speech we repeat over and over again. Jesus showed us that prayer has power because it’s a direct and ongoing conversation with our Father in heaven who loves us.

Like any good conversation, a good prayer means both sides get to listen—and speak. But speaking to the God who created the universe can seem intimidating. And actually hearing something back—well for most people that can be downright scary.

The good news is that getting better at prayer—having better and deeper conversations with a God who loves us—is not only possible, it’s exactly what God wants. But when prayer feels like learning a new language—how do you get better? The answer is simple—you practice.

The **Prayer Cycle** is a simple tool for practicing prayer that you can use by yourself and share with any follower. In just twelve simple steps—five minutes each—the Prayer Cycle guides you through twelve ways the Bible teaches us to pray. At the end, you’ll have prayed for an hour.

The Bible tells us—pray without ceasing. Not many of us can say we do that. But after this hour of prayer—you’ll be a step closer.

ACTIVITY—Practice the Prayer Cycle:

1. Spend the next 60 minutes in prayer, individually, using the following exercises as a guide.
2. Set a time for the group to return and reconnect. Be sure to add a few extra minutes for everyone to both find a quiet place to pray and to make their way back to the group.

The Prayer Cycle

PRAISE: Start your prayer hour by praising the Lord. Praise Him for things that are on your mind right now. Praise Him for one special thing He has done in your life in the past week. Praise Him for His goodness to your family.

WAIT: Spend time waiting on the Lord. Be silent and let Him pull together reflections for you.

CONFESS: Ask the Holy Spirit to show you anything in your life that might be displeasing to Him. Ask Him to point out attitudes that are wrong, as well as specific acts for which you have not yet made a prayer of confession. Now confess that to the Lord so that you might be cleansed.

READ THE WORD: Spend time reading in the Psalms, in the prophets, and passages on prayer located in the New Testament.

ASK: Make requests on behalf of yourself.

INTERCESSION: Make requests on behalf of others.

PRAY THE WORD: Pray specific passages. Scriptural prayers as well as a number of Psalms lend themselves well to this purpose.

THANK: Give thanks to the Lord for the things in your life, on behalf of your family, and on behalf of your church.

SING: Sing songs of praise or worship or another hymn or spiritual song.

MEDITATE: Ask the Lord to speak to you. Have a pen and paper ready to record impressions He gives you.

LISTEN: Spend time merging the things you have read, things you have prayed, and things you have sung and see how the Lord brings them all together to speak to you.

PRAISE: Praise the Lord for the time you have had to spend with Him and the impressions He has given you. Praise Him for His glorious attributes.





ACTIVITY [10 min]



Discuss the following questions with your group:

1. What is your reaction to spending an hour in prayer?
2. How do you feel?
3. Did you learn or hear anything? If so, what?
4. What would your life be like if you made this kind of prayer a regular habit?

SESSION
2-3**List of 100***Read and Participate [5 min]*

Jesus said—**Go and make disciples**... And His followers did just that.

They went to their family. They went to their friends. They went to people they knew in town. They went to people they worked with. They went.

Jesus said “Go” and they obeyed. And God’s family grew.

God has already given us the relationships we need to “Go and make disciples.” These are our family, friends, neighbors, co-workers, and classmates—people we’ve known all our lives or people we’ve just met. Being faithful with the people God has already put in our lives is a great first step in multiplying disciples. And it can start with the simple step of **making a list**.

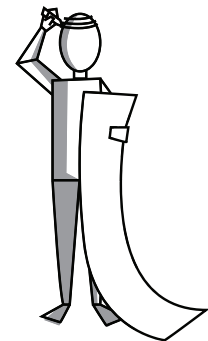
ACTIVITY [30 min]

*Have everyone in your group take the next 30 minutes to fill out their own relationships list using the **List of 100** form on the next few pages.*

On each line, write down a name and then mark that person’s spiritual status as either, “Disciple” [someone you believe is already a follower of Jesus], “Unbeliever” [someone you believe is not a follower of Jesus] or “Unknown.”

If anyone runs out of time before completing their list, they can finish at a later time.

Remember—The people on your List of 100 should be ones you know how to contact and you have an ongoing or long-term connection with.



LIST OF 100

1	Name Here	<input type="checkbox"/> Disciple	<input type="checkbox"/> Unbeliever	<input type="checkbox"/> Unknown
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Congratulations!

You've completed Session 2.

Below are the next steps to take in preparation for the next session.

Obey



Spend time this week praying for five people from your List of 100 that you marked as an “Unbeliever” or “Unknown.” Ask God to prepare their hearts to be open to His story.

Share



Ask God who He wants you to share this “List of 100” tool with. Share this person’s name with the group before you go and reach out to them before the next session.

Pray



Pray that God helps you to be obedient to Him and invite Him to work in you and those around you!



SESSION 3

In this session, we'll learn how God's Spiritual Economy works, and how God invests more in those who are faithful with what they've already been given. We'll also learn two more tools for making disciples:

- God's Story from Creation to Judgment
- Baptism

Check-In

Before getting started, take some time to check-in. At the end of the last session, everyone in your group was challenged in two ways:

- 1. You were asked to pray for five people from your List of 100 that you marked as an “Unbeliever” or “Unknown.”
- 2. You were encouraged to share how to make a List of 100 with someone.

Take a few moments to see how your group did this week.

Pray

Pray and thank God for the results and invite His Holy Spirit to lead your time together.

SESSION

3-1

Spiritual Economy*Read and Discuss [10 min]*

In this broken world, people feel rewarded when they take, when they receive, and when they gain more than those around them.

In His Scriptures, God tells His people—*“For my thoughts are not your thoughts, neither are your ways my ways.” (Isaiah 55:8)* God shows us in His Kingdom economy that we’re rewarded not by what we get—but by what we **give away**.

God says—*“I will save you, and you will be a blessing.” (Zechariah 8:13b)*

Jesus said—*“It is more blessed to give than to receive.” (Acts 20:35)*

Giving away what God gives us, and blessing others when God blesses us, is the foundation for the spiritual breathing we learned about before. We breathe in and hear from God. We breathe out and obey what we hear and share with others. When we are faithful to obey and share what the Lord has shared with us, then He promises to share even more.

Jesus said—*“Whoever can be trusted with very little can also be trusted with much,…” (Luke 16:10a)*

This is the path to deeper insights, greater intimacy, and living the abundant life God created us to live. This is the way we can walk in the good works God has already planned for us to do.

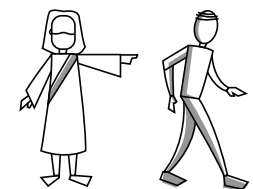
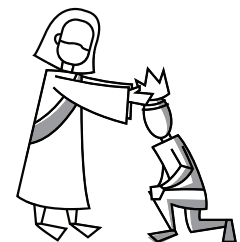
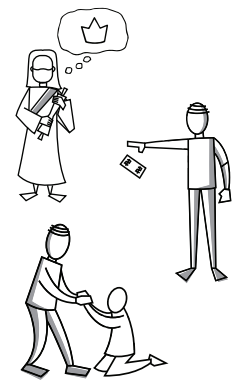
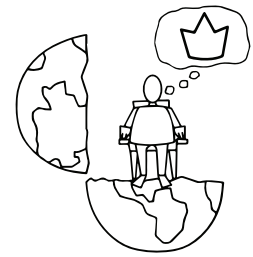
If we want to be blessed with God’s greatest reward, then we have to practice the two things that He promises to bless. We must—

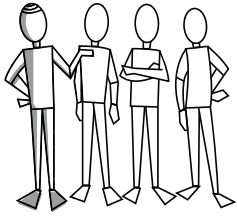
Obey and **share**.

Do and **teach**.

Practice and **pass on**—everything that God tells us to do.

If we want others to receive God’s greatest reward, then we have to show them how to do the same thing too. This is a major part of being a disciple and a major part of making disciples.





We are **followers** and **leaders**.

We are **learners** and **teachers**.

We are **blessed** and we are a **blessing**.

God doesn't want us to wait until we know everything before we start obeying and sharing. That day will never come. God doesn't expect us to be fully mature before we start multiplying. He wants us to multiply right away.



God wants us to **obey what we already know** and to **share what we've already heard**. And then He wants us to teach others to do the same. After all—that's obeying and sharing what He's already told us to do. **This is the path to maturity and growth.**



Share a LINK to this lesson with friends or post it on social media!

ACTIVITY [5 min]



Discuss the following question with your group:

What are some differences you see between God's Spiritual Economy and our earthly way of getting things done?

SESSION

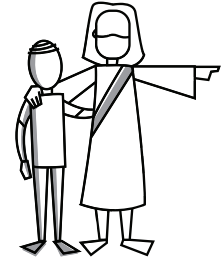
3-2

God's Story (The Gospel)*Read and Discuss [15 min]*

Jesus said—*"But you will receive power when the Holy Spirit comes upon you. And you will be my witnesses, telling people about me everywhere—in Jerusalem, throughout Judea, in Samaria, and to the ends of the earth."* (Acts 1:8, NLT)

Jesus believed in His followers so much that He trusted them to **tell His story**. Then He sent them around the world to do it. **Now, He's sending us.**

There's no one "best way" to tell God's story [also called The Gospel], because the best way will depend on who you are and who you're sharing with. Every disciple should learn to tell God's Story in a way that's true to Scripture, is authentic to the one sharing, and connects with the audience they're sharing with.

**ACTIVITY [12 min]**

Discuss the following questions with your group:

1. What comes to mind when you hear God's command to be His "witness" and to tell His story?
2. Why do you think Jesus chose ordinary people instead of some other way to share His good news?
3. What would it take for you to feel more comfortable sharing God's Story?

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APPENDIX


**SESSION
3-3**

God's Story (Creation to Judgment)

Read, Discuss and Practice [60 min]

One way to share God's good news is by telling God's Story from Creation to Judgment—from the beginning of humankind all the way to the end of this age.

When we tell God's story in this way, we can make it long or short, detailed or just broad strokes but always connected to the culture of the one who hears.

To help tell His Story across different cultures and world views, you can also use hand motions that make it easier to learn and teach.

Here is God's Story of Good News:

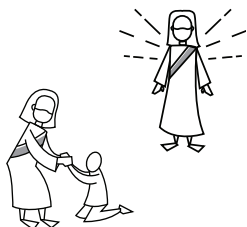
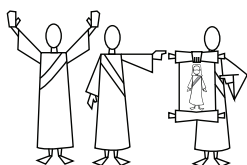
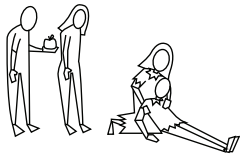
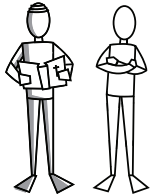
In the beginning, God made the whole world and everything in it. He created the first man and the first woman. He placed them in a beautiful garden. He made them part of His family and had a close relationship with them. He created them to live forever. There was no such thing as death.

Even in this perfect place, man rebelled against God and brought sin and suffering into the world. God banished man from the garden. The relationship between man and God was broken. Now man would have to face death.

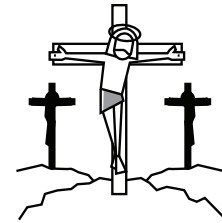
Over many hundreds of years, God kept sending messengers into the world. They reminded man of his sin but also told him of God's faithfulness and promise to send a Savior into the world. The Savior would restore the close relationship between God and man. The Savior would rescue man from death. The Savior would give eternal life and be with man forever.

God loves us so much that when the time was right, He sent His Son into the world to be that Savior.

Jesus is God's Son. He was born into the world through a virgin. He lived a perfect life. He never sinned. Jesus taught people about God. He performed many miracles showing His great power. He cast out many demons. He healed many people. He made the blind see. He made the deaf hear. He made the lame walk. Jesus even raised the dead.

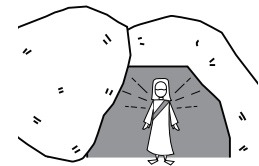


Many religious leaders were threatened and jealous of Jesus. They wanted Him killed. Since He never sinned, Jesus did not have to die. But He chose to die as a sacrifice for all of us. His painful death covered up the sins of mankind. After this, Jesus was buried in a tomb.



God saw the sacrifice Jesus made and accepted it. God showed His acceptance by raising Jesus from the dead on the third day.

If we believe in our hearts that God raised Jesus from the dead, and acknowledge Him as our Lord—our ruler and King—we will be saved.

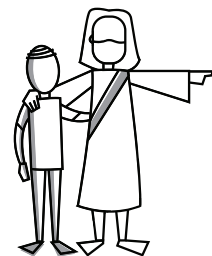


As believers we turn away from our sinful way of living and are baptized in Jesus' name, being "buried" in the water, dead to our old lives, and "raised" from the water as Jesus was raised from the dead, to live a new life following Him. God forgives us of all our sin and sends the Holy Spirit to live within us to enable us to follow God and to bring us back into His family again.



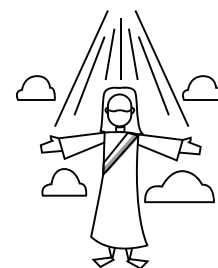
When Jesus rose from the dead, He spent forty days on earth. Jesus taught His followers to go everywhere and tell the good news of His salvation to everyone around the world.

Jesus said—*"Therefore, go and make disciples of all nations, baptizing them in the name of the Father, and of the Son and of the Holy Spirit; and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age."* (Matthew 28:19–20)



Jesus was then taken up before their eyes into heaven. One day, Jesus will come again in the same way He left. He will punish forever those who did not love and obey Him. He will receive and reward forever those who did love and obey Him. We will live forever with Him in a new heaven and on a new earth.

Because this story is true, I believed and received the sacrifice Jesus made for my sins. He has made me clean and restored me as part of God's family. He loves me, and I love Him and will live with Him forever in His Kingdom.



God loves you and wants you to receive this gift, as well.

Would you like to do that right now?



Share a LINK to this lesson with friends or post it on social media!

ACTIVITY [10 min]



Discuss the following questions with your group:

1. What do you learn about mankind (people) from this story?
2. What do you learn about God?
3. Do you think it would be easier or harder to share God's Story by telling a story like this?



ACTIVITY [45 min]

Break into groups of two or three and spend the next 45 minutes practicing telling God's Story.

Choose **5 people** from your **List of 100** that you marked as an "Unbeliever" or "Unknown." Have someone pretend to be each of those five people, and practice telling God's Story in a way that you think will make sense to that particular person.

You can use the Creation to Judgment Story or some other way you think will work well for the one you're sharing with. After you've practiced, switch. Pretend to be someone else's five people from their list. By the time you're finished, you'll be ready to share God's Story.

SESSION

3-4

Baptism*Read and Discuss [15min]*

Jesus said—*“Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit...”* (Matthew 28:19)

Baptism—or Baptizo in the original Greek language—means a drenching or submerging—like when you dye a cloth and it soaks in the color and comes out transformed.



Baptism is a picture of our new life, soaked in the image of Jesus, transformed in obedience to God. It is a picture of our death to sin, just as Jesus died for our sins; a burial of our old way of life, just as Jesus was buried; a rebirth to a new life in Christ, just as Jesus was resurrected and lives today.

If you have never baptized someone before, it may seem intimidating, but it shouldn't be. Here are some simple steps:

1. Find some standing water, deep enough to allow the new disciple to be submerged. This can be a pond, river, lake or ocean. It could be a bathtub or another way to gather water.
2. Let the disciple hold one of your hands with theirs and support their back with the other.
3. Ask two questions like these to make sure they understand their decision.
“Have you received Jesus Christ as your Lord and Savior?”
“Will you obey and serve Him as your King for the rest of your life?”
4. If they answer “Yes,” to both, then say something like this:
“Because you’ve professed your faith in the Lord Jesus, I now baptize you in the name of the Father, Son, and Holy Spirit.”
5. Help them lower into the water, then submerge them completely and raise them back up.

Congratulations! You’ve baptized a new follower of Jesus—a new citizen of heaven—a new child of the Living God. It’s time to celebrate!

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IMPORTANT REMINDER—Has everyone in your group been baptized? Have you? If not, then we encourage you to plan this before you complete even one more session of this training. Invite your group to be a part of this important day when you or someone in your group celebrate saying “yes” to Jesus.

ACTIVITY [10 min]



Discuss the following questions with your group:

- 1. Have you ever baptized someone?
- 2. Would you even consider it?
- 3. If the Great Commission is for every follower of Jesus, does that mean every follower of Jesus is allowed to baptize others? Why or why not?

Congratulations!

You've completed Session 3.

Below are the next steps to take in preparation for the next session.

Obey

Spend time this week practicing God's Story, and then share it with at least one person from your List of 100 that you marked as "Unbeliever" or "Unknown."

Share

Ask God who He wants you to train to use the Creation to Judgment story (or some other way to share God's Story). Share this person's name with the group before you go.

Pray

Pray that God helps you to be obedient to Him and invite Him to work in you and those around you!

IMPORTANT REMINDER—Your group will be celebrating the Lord's Supper in Session 4. Be sure to remember the supplies [bread and wine/juice].



SESSION 4

In this session, we'll learn how God's plan is for every follower to multiply! We'll discover how disciples multiply far and fast when they start to see where God's Kingdom "isn't." And, we'll learn that another great tool for inviting others into God's family is as simple as telling our story.

Check-In

Before getting started, take some time to check-in. At the end of the last session, everyone in your group was challenged in two ways:

- 1. You were asked to share God’s Story with at least one person from your List of 100 that you marked as “Unbeliever” or “Unknown.”
- 2. You were encouraged to train someone else in how to use the Creation to Judgment story (or some other way to share God’s story) with their friend.

Take a few moments to see how your group did this week.

Pray

Pray and thank God for the results and invite His Holy Spirit to lead your time together.

SESSION

4-1

3-Minute Testimony

Read [3 min]



Jesus told His followers—“*You are witnesses of these things.*” (Luke 24:48)

As followers of Jesus, we are “witnesses,” too—“testifying” about the impact Jesus has had on our lives. Your story of your relationship with God is called your **Testimony**. Everybody has a story. Sharing your Testimony is a chance to practice yours.

There are endless ways to shape your story, but here are some ways that seem to work well:

- **A Simple Statement**—You can share a simple statement about why you chose to follow Jesus. This works well for a brand new believer.
- **Before and After**—You can share your “before” and “after” story—what your life was like before you knew Jesus and what your life is like now. That’s simple and powerful!
- **With and Without**—You can share your “with” and “without” story—what your life is like “with Jesus” and what it would be like “without Him.” This version of your story works well if you came to faith at a young age.

When sharing your story, it’s helpful to think of it as part of a three-part process:

- **Their Story**—Ask the person you are talking with to share about their spiritual journey.
- **Your Story**—Then share your Testimony shaped around their experience.
- **God’s Story**—Finally share God’s story in a way that connects with their world-view, values, and priorities.

Your Testimony doesn’t have to be lengthy or share too many details to be impactful. In fact, keeping your story to around 3-minutes will leave time for questions and deeper conversation.

If you’re worried about how to get started—keep it simple. God can use your story to change lives, but remember—you’re the one who gets to tell it.



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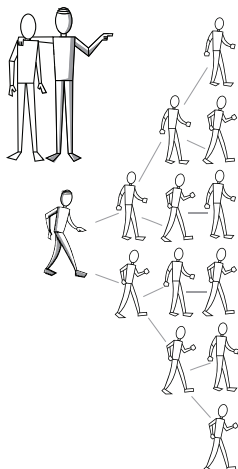
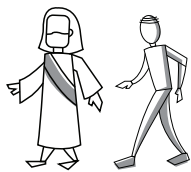
APPENDIX

ACTIVITY [45 min]

Break into groups of two or three and spend the next 45 minutes practicing sharing your Testimony.

Choose **five people** from your **List of 100** that you marked as an “Unbeliever” or “Unknown.” Have someone pretend to be each of those five people and practice your Testimony in a way that you think will make sense to that particular person.

You can use any of the patterns detailed above or some other way you think will work well for the one you’re sharing with. After you’ve practiced, switch. Pretend to be someone else’s five people from their list. By the time you’re finished, you should be able to tell your Testimony in about 3 minutes or less.



SESSION 4-2

God's Greatest Blessing

Read and Discuss [5 min]

When someone chooses to follow Jesus, how do you help them move down the right path? How do you help them become a producer in God's Kingdom and not just another consumer? How do you help them receive all the blessings that God is willing to give? You can start by telling them this...

It is a **blessing** to follow Jesus.

It is a **great blessing** to lead others to follow Jesus.

It is a **greater blessing** to start a new spiritual family.

It is God's **greatest blessing** to equip others to start new spiritual families.

You have chosen to follow Jesus and so God has blessed you. I want you to have God's great blessing, greater blessing and greatest blessing, too. Can I show you how?

If they want to know more, ask them to **make a list of one hundred people** they already know. Then ask them to **choose five people** from that list who do not know Jesus and they could share with right away.

You can say something like—

It is a blessing to follow Jesus. Who else do you want to share this blessing with?

If they are willing to choose their five people, then teach them to share their **testimony**—the story of what God is doing in their life. Teach them to share the **gospel**—the story of what God is doing in the world. Teach them how to share about God's great, greater, and greatest blessings.

Have them practice sharing these things at least one time for each of the five people they've chosen to share with. And remember—each time they practice sharing with you, you should pretend to be a different one of the five people from their list.

In each practice session, have them practice everything they've learned—

- Sharing their story.
- Sharing God's story.
- Inviting someone to become a follower of Jesus.
- Teaching about God's great, greater, and greatest blessings.

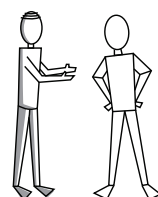
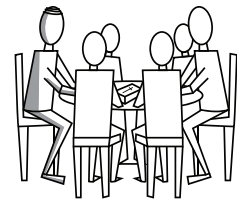
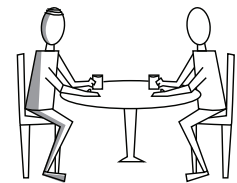
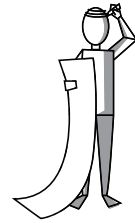
Ask them questions or make comments that you think the people on their list might ask/make.

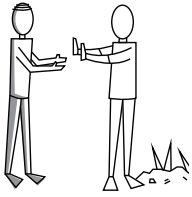
After they've practiced, ask to meet them again—just one or two days later if possible—to see how this sharing is going. Give them enough time to meet with the five from their list, but don't give so much time that they put it off or forget. Be sure to ask for a phone number or email address or another way to keep in touch.

Before you leave, pray with them that God will give the right words just as they've shared with you.

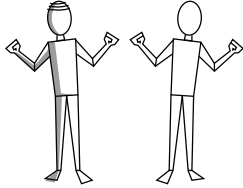
One or two days later, meet again and talk about how the sharing is going. If they haven't shared, then offer some additional steps to help them grow.

Offer to practice with them more. Offer to go with them right then to any of the five who might be available. Do everything you can to help them begin sharing.





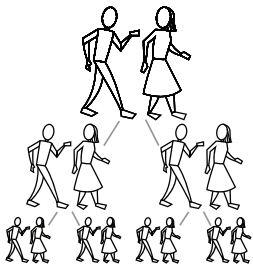
But don't talk about new things. Not yet. You want to give them the best opportunity to be faithful with what they've already learned before learning something new.



If they refuse or make excuses, then ask God if this is really "**good soil**" that will be fruitful for His Kingdom or if there is somewhere else where you should be investing.

If they have started sharing—**celebrate!**

Even if none on their list believed, be excited that they heard, obeyed and shared. That's being faithful. And since they've been faithful with a little, you should be glad to share more.

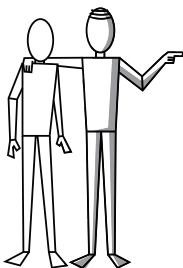


You can share about baptism and give them another tool they can use like prayer walking and accountability groups. You can ask them to choose some other people from their List of 100—people who don't know or follow Jesus.

Practice with them—just like before—with their story, with God's story, and with God's blessings. And pray!

Now if they shared and someone on their list believed—**really celebrate!** God's family is getting bigger!

Always ask if they shared about the great, greater and greatest blessing, because this is a simple tool that keeps God's family growing.



If someone they shared with believed but they didn't share about God's blessings, be sure to go over it again. Have them practice sharing the blessings, how a new follower of Jesus can make a list, how they can share their story, share God's story, and share the blessings—all so that a new follower of Jesus can learn to share, too.

After you've practiced, send them back to that new believer so they can continue sharing.



What about those who have shared AND someone on their list believed AND they shared the blessings?

When that happens, you should be **overjoyed**.

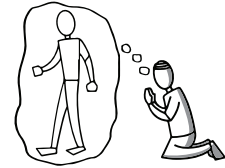
This person is what God's Word calls "**good soil**"—someone who may grow God's family in ways that are greater than you've ever seen!

Whenever you find someone like this, make plans to meet with them often. Invest heavily in their spiritual development. Share new lessons like Baptism and How to Start a 3/3 Group.

Now they can begin to grow a spiritual family—starting with those same new followers of Jesus.

Since they are so faithful, you can be excited to share as much as you can and see what God does next. Always take one step at a time. Always give them a chance to learn, obey, and share what they know.

Pray for this person—as often as you can—thanking God for allowing you to share and learn with them and always asking Him to give them His **greatest blessing**.



ACTIVITY [10 min]



Discuss the following questions with your group:

1. Is this the pattern you were taught when you first began to follow Jesus? If not, what was different?
2. After you came to faith, how long was it before you began to disciple others?
3. What do you think would happen if new followers started sharing and discipling others, immediately?


SESSION
4-3

Duckling Discipleship

Read and Discuss [5 min]

Have you ever seen a group of ducklings out for a walk?

No matter where you are in the world, it always looks the same.

A Mother Duck leads and her ducklings follow—one by one—all in a row. The Mother Duck leads. The little ducks follow.

But if you look even closer, you'll see something else is happening, too. Each little duckling is actually playing two roles—at exactly the same time.

Each little duckling is a **follower**, because it's following the Mother Duck or another duckling that's walking right in front of it.

And, at exactly the same time—Each little duckling is a **leader**, because it's leading the duckling (or ducklings) that's walking right behind it.

So is the duckling a follower or a leader? It's both.

And that's why ducks "out for a walk" have everything to do with making disciples.

God wants His family to grow far—and so **He expects every follower to be a leader**, every believer to be a sharer, and every disciple to be a disciple maker—at exactly the same time.

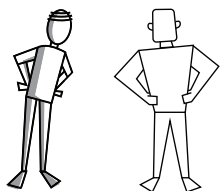
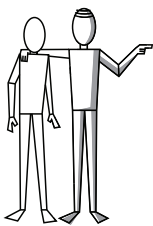
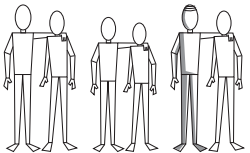
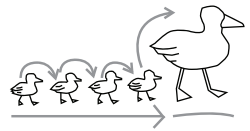
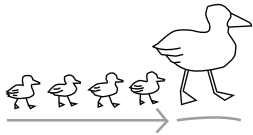
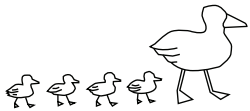
One of the traps we fall into, as disciples and disciple-makers, is the false belief that we have to know **everything**, or even a lot of things, before we share **anything**.

But that's not how discipleship works.

Disciples are like ducklings. To be a leader, they don't have to know everything. They just have to be one step ahead.

God wants His family to grow in faithfulness—and so **He expects every leader to be a follower**, every sharer to be a believer, and every disciple-maker to be a disciple—at exactly the same time, too.

Another trap we fall into, as disciples and disciple-makers, is the false belief that someone, somewhere knows everything and if we just find and follow them, then we're set.



But that's not how discipleship works, either.

In God's Kingdom, there's only one "Mother Duck" that all of us follow—and that's Jesus Christ.

No missionary. No pastor. No seminary professor. Only Jesus deserves the full measure of our faith.

The rest of us are "in process."

There will always be someone closer to Jesus that we can follow. And there will always be someone further away that we can lead. But no matter our position, our eyes—and our hearts—should always be fully fixed on Jesus.

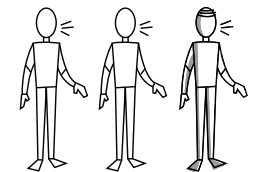
In the Bible, Paul, who wrote much of the New Testament and started many of the first churches, didn't just write—"Follow me." He wrote, "Follow me as I follow Christ." (1 Corinthians 11:1, MEV)

Paul knew what ducklings everywhere know and what every disciple should know, too—every leader in God's Kingdom has to be a follower—and all of us follow Jesus.

In the Bible, Paul also wrote: "Share the things that you have heard from me in the presence of many witnesses with faithful men who will be able to teach others also." (2 Tim 2:2, MEV)

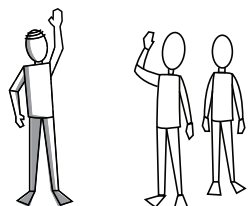
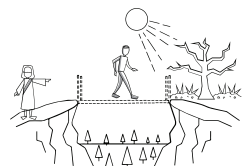
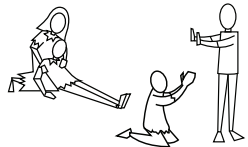
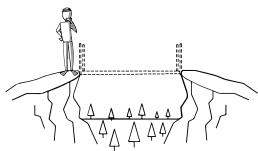
Paul knew what ducklings everywhere know and what every disciple should know, too. Every follower in God's Kingdom has to be a leader—and all of us should lead like Jesus, laying down our lives for others.

If you want to see God's family grow far and grow in faithfulness, then think of discipling like ducklings—**become a follower and a leader at exactly the same time.**





Share a LINK to this lesson with friends or post it on social media!



ACTIVITY [10 min]



Discuss the following questions with your group:

1. What is one area of discipleship (reading/understanding the Bible, praying, sharing God's Story, etc.) that you want to learn more about? Who is someone that could help you learn?
2. What is one area of discipleship that you feel you could share with others? Who is someone that you could share with?

SESSION

4-4

Eyes to See

Read and Discuss [5 min]

As humans, we think about, focus on, and work for things that we can see. We call it reality. The way things are. But the Kingdom grows more quickly when we focus on things we can't see. Things that aren't there. Or things that aren't there, yet.

There are places all around us where God's will is not being done on earth as it is in heaven—giant gaps where brokenness, pain, persecution, suffering, and even death are a part of normal, everyday life.

Every disciple—every follower of Jesus—needs to be able to **see** not just where God's Kingdom is, but where God's Kingdom "isn't." Kingdom work is about entering into those gaps and into those dark places and working to close the chasms and bring light and life during our time here on earth.

We can see where God's Kingdom "isn't" in two ways—through people we already know and through people we haven't yet met.

The first way, is through people we already know—our **ongoing relationships** of friends and family, coworkers, classmates, neighbors and more. This is the way God's Story travels **fastest**. We love and care about these people because we know them already. It's natural.

Jesus told a story of a selfish rich man—arrogant in life and now being punished in hell. The rich man begged—"send Lazarus to my

father's house, for I have five brothers. Let him warn them, so that they will not also come to this place of torment.”(Luke 16:27b–28) Jesus showed us how even the selfish and suffering have some love and concern for those close to them.

The people we know are placed in our lives because God loves us and wants us to love them. We need to be good stewards of those relationships with love, patience, and persistence.

Disciples multiply when they're concerned for the people God has placed around them and they have a plan to do something about it. You can help increase their care by building a simple plan to multiply in just a few steps. Here's how—

Have them write a List of 100 people they already know. Have them break that list into three categories:

- Those who follow Jesus.
- Those who don't follow Jesus.
- Those who they're not sure whether they follow or not.

For the followers—disciples can equip and encourage them to be more fruitful and faithful. For the non-followers—disciples can learn how to share and introduce them to a loving God. For those who they're not sure—disciples can learn to invest their time and learn more.

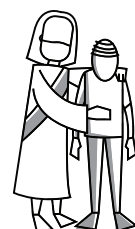
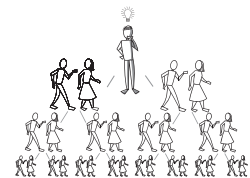
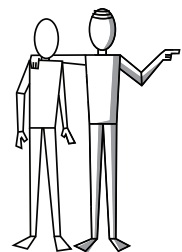
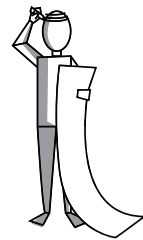
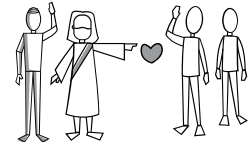
And, as mentioned earlier, there's also a way we see where God's Kingdom isn't through people we haven't met.

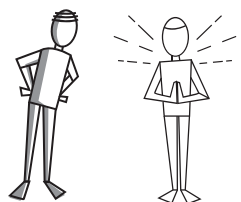
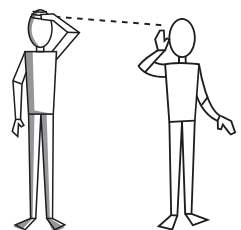
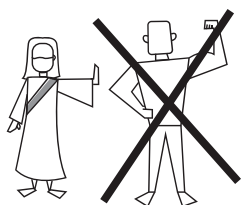
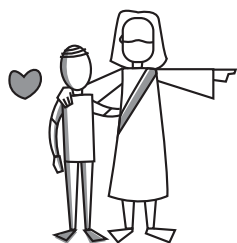
These are people **outside our relationships**—people we don't know, neighbors we've never said more than “hello” to, businessmen and women we pass on the street, strangers in every village, town or city we've never even visited, yet.

Jesus said—*“go and make disciples of all nations.” (Matthew 28:19)*
Jesus said—*“Then you will tell everyone about me in Jerusalem, in all Judea, in Samaria, and to the ends of the earth.” (Acts 1:8, CEV)*

Sharing with people we know is the way God's Story travels **fastest**. Sharing with people we don't know yet is the way God's Story travels **farthest**.

It is not natural to love and care about people we don't know. It's supernatural and evidence of the Holy Spirit at work in our lives.





God's favorites are the least, the last, and the lost. These are the ones He pours out His heart to over and over again.

If we want to be like God, then these are the ones we have to invest our lives in.

God commands us to go. And part of going is to go, not just to those who are close by, but also to those who live in the spiritually darkest corners of the world—people who sometimes have never even heard the name Jesus.

God's Word says—*"God opposes the proud but gives grace to the humble."* (James 4:6, NLT)

As followers of Jesus we must give grace as He gives it—to the humble, to the desperate, and to the lost.

Disciples multiply when they're concerned for the people God's placed in their lives.

Disciples multiply even more when they're concerned for the people God has placed nowhere near them. But even then they still need a plan.

You can help increase a disciple's care for others and build a simple plan to multiply by training them to look for the people God has already prepared to hear.

Jesus said—*"As soon as you enter a home, say, 'God bless this home with peace. If the people living there are peace-loving, your prayer for peace will bless them. But if they are not peace-loving, your prayer will return to you.'"* (Luke 10:5–6, CEV)

We call someone who God has already prepared to hear, a **person of peace**—someone responsive to God's message and faithful in **obeying** and **sharing** with others.

In a place where we know very few people, instead of sharing with our friends, families, co-workers, classmates and neighbors, we train a person of peace how to reach theirs.

The best results always come when we focus on the faithful. Remember faithfulness is demonstrated by obeying what God tells us and sharing it with others.

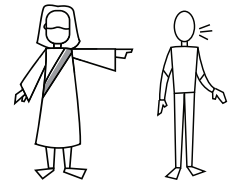
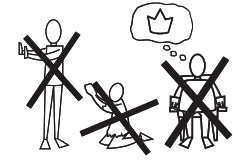
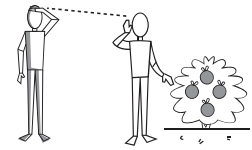
Faithful people who obey and share are like the good soil that Jesus talked about.

Jesus said—*“But a few seeds did fall on good ground where the plants grew and produced 30 or 60 or even 100 times as much as was scattered.”* (Mark 4:8, CEV)

- Faithful people don’t have hard hearts that reject God’s Word.
- Faithful people don’t fall away when they’re persecuted or when times get hard.
- Faithful people aren’t distracted by the worries of this world or riches that don’t last.
- Faithful people are like the demon-possessed man in the Gerasenes who obeyed and shared what Jesus showed him.

One faithful man who obeyed and shared produced many, many people who wanted to know Jesus more.

Opening our eyes to see where the Kingdom isn’t and reaching out through people we know and people we don’t know yet is how disciples multiply and God’s Kingdom grows far and fast.



ACTIVITY [10 min]



Discuss the following questions with your group:

1. Who are you more comfortable sharing with—people you already know or people you haven’t met, yet?
2. Why do you think that is?
3. How could you get better at sharing with people you’re less comfortable with?

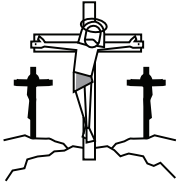


Share a LINK to this lesson with friends or post it on social media!

SESSION
4-5**The Lord's Supper***Read and Participate [10 min]*

Jesus said—*"I am the living bread that came down from heaven. Whoever eats this bread will live forever. This bread is my flesh, which I will give for the life of the world."* (John 6:51)

Holy Communion or "The Lord's Supper" is a way to celebrate our intimate connection and ongoing relationship with Jesus. Here's a simple way to celebrate—



When you gather as followers of Jesus, spend time in quiet meditation, silently considering and confessing your sins. When you are ready, have someone read this passage from Scripture—

"For I received from the Lord that which I also delivered to you, that the Lord Jesus in the night in which He was betrayed took bread; and when He had given thanks, He broke it and said, 'This is my body, which is for you; do this in remembrance of me.'"

(1 Corinthians 11:23–24, NASB1995)

Pass out bread you have set aside for your group, and eat. Continue the reading—

"In the same way, He took the cup also after supper, saying, 'This cup is the new covenant in My blood; do this, as often as you drink it, in remembrance of Me.'"

(1 Corinthians 11:25, NASB1995)

Share the juice or wine you have set aside for your group, and drink. Finish the reading—

"For as often as you eat this bread and drink the cup, you proclaim the Lord's death until He comes."

(1 Corinthians 11:26, NASB1995)

Celebrate in prayer or singing. You have shared in The Lord's Supper. You are His, and He is yours!

ACTIVITY [10 min]

Spend the next 10 minutes celebrating The Lord's Supper with your group.

Congratulations!

You've completed Session 4.

Below are the next steps to take in preparation for the next session.

Obey



Spend time this week practicing your 3-Minute Testimony, and then share it with at least one person from your List of 100 that you marked as "Unbeliever" or "Unknown."

Share



Ask God who He wants you to train with the 3-Minute Testimony tool. Share this person's name with the group before you go.

Pray



Pray that God helps you to be obedient to Him and invite Him to work in you and those around you!



SESSION 5

In this session, we'll learn how Prayer Walking is a powerful way to prepare a neighborhood for Jesus, and we'll learn a simple but powerful pattern for prayer that will help us to meet and make new disciples along the way.

Check-In

Before getting started, take some time to check-in. At the end of the last session, everyone in your group was challenged in two ways:

- 1. You were asked to share your 3-Minute Testimony with at least one person from your List of 100 that you marked as "Unbeliever" or "Unknown."
- 2. You were encouraged to train someone else with the 3-Minute Testimony tool.

Take a few moments to see how your group did this week.

Pray

Pray and thank God for the results and invite His Holy Spirit to lead your time together.

SESSION

5-1

Prayer Walking*Read [5 min]*

God's Word says that we should petition, pray, intercede, and give *"thanksgiving for all people, for kings and all those in authority—that we may live peaceful and quiet lives in all godliness and holiness. This is good, and pleases God our Savior, who wants all people to be saved and to come to a knowledge of the truth."* (1 Timothy 2:1–4)



Prayer Walking is a simple way to obey God's command to pray for others. And it's just what it sounds like—praying to God while walking around. Instead of closing our eyes and bowing our heads, we keep our eyes open to the needs we see around us and bow our hearts to ask humbly for God to intervene.

You can prayer walk in small groups of two or three or you can prayer walk by yourself. If you go in a group—try having everyone pray out loud, a conversation with God about what everyone is seeing and the needs that God brings to their hearts. If you go by yourself—try praying silently when alone and out loud when you pray with someone you meet along the way.

Here are *four* ways you can know what to pray for during your Prayer Walk:

OBSERVATION—What do you see? If you see a child's toy in a yard, you might be prompted to pray for the neighborhood's children, for families or for schools in the area.

RESEARCH—What do you know? If you've read up about the neighborhood, you might know something about the people who live there, or if the area suffers from crime or injustice. Pray about these things and ask God to act.

REVELATION—The Holy Spirit may nudge your heart or bring an idea to mind for a particular need or area of prayer. Listen—and pray!

SCRIPTURE—You may have read part of God's Word in preparation for your walk or, as you walk, the Holy Spirit may bring a Scripture to mind. Pray about that passage and how it might impact the people in that area.

Here are *five* areas of influence that you can focus on during your prayer walk:

GOVERNMENT—Look for and pray over Government centers such as courthouses, commission buildings, or law enforcement offices. Pray for the area’s protection, for justice and for godly wisdom for its leaders.

BUSINESS AND COMMERCE—Look for and pray over Commercial centers such as financial districts or shopping areas. Pray for righteous investments and good stewardship of resources. Pray for economic justice and opportunity and for generous and godly givers who put people before profits.

EDUCATION—Look for and pray over Educational centers such as schools and administration buildings, vocational training centers, community colleges, and universities. Pray for righteous educators to teach God’s truth and protect the minds of their students. Pray that God would intervene in every effort to promote lies or confusion. Pray that these places would send out wise citizens who have a heart to serve and lead.

COMMUNICATION—Look for and pray over Communication centers such as radio stations, tv stations, and newspaper publishers. Pray for God’s Story and the testimony of His followers to be spread throughout the city and around the world. Pray that His message is delivered through His medium to His multitudes and that God’s people everywhere will see God’s work.

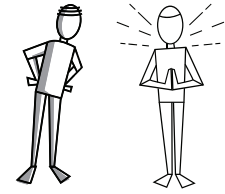
SPIRITUALITY—Look for and pray over Spiritual centers such as church buildings, mosques, or temples. Pray that every spiritual seeker would find peace and comfort in Jesus and not be distracted or confused by any false religion.

SESSION

5-2

Person of Peace*Read and Discuss [15 min]*

In an earlier session you were introduced to the idea of a **Person of Peace**. In this session we'll go into more detail about who that person might be and how to know when you've found one. A Person of Peace can help rapidly reproduce disciple-making even in a place where followers of Jesus are few and far between.



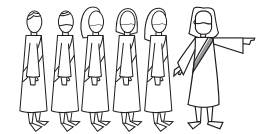
When Jesus sent out His disciples to new territory to make disciples, He gave them a simple but strategic command.

Jesus said—"Carry no money belt, no bag, no shoes; greet no one on the way. Whatever house you enter, first say, 'Peace be to this house.' If a man of peace is there, your peace will rest on him; but if not, it will return to you. Stay in that house, eating and drinking what they give you; for the laborer is worthy of his wages. Do not keep moving from house to house." (Luke 10:4-7, NASB1995)



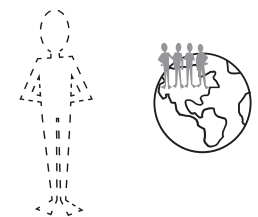
But what does all that mean?

When we think of making disciples, our first thought might be—We better get our finances in order, pick an obvious target, and have a clear plan of action. If Jesus said—"Go," we better "go" and keep on going! Tell Everyone! Everywhere! All the time! But Jesus, in His instructions, seemed a lot less worried about finances and fervor, and a lot more concerned about **focus**.



Jesus wanted His disciples looking for—and investing in—a Person of Peace.

When you want to make disciples in a place where not many—or maybe even any—exist, then looking for a Person of Peace might be the most important thing you do.

**A Person of Peace is:**

- Someone who is **open** to hearing Your Story, God's Story, and the Good News of Jesus.
- Someone who is **hospitable** and **welcomes** you into their home or their workplace or to join events with family and friends.
- Someone who **knows others** (or is **known by others**) and who is excited to draw together a small group or even a crowd.



WELCOME

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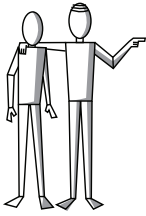
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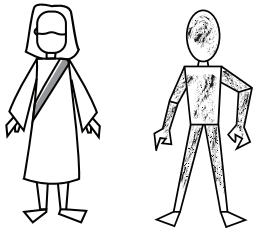
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APPENDIX



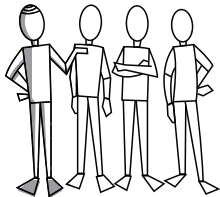
- Someone who is **faithful** and **shares** what they learn with others—even after you're gone.

In the Bible, we learn of Jesus and His followers meeting Persons of Peace that are a little—unexpected.



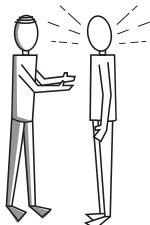
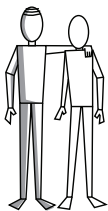
In Samaria, Jesus met a woman at a well. She was open to Jesus, willing to be hospitable and answer His request for a drink. We learn she had five husbands and was living with still another man, and so in a small town, she was sure to be known by others. And after Jesus spoke to her, she was faithful and shared—so much and so quickly that the entire town asked Jesus to stay and share with them, too. And He did.

So, if a Person of Peace can live almost anywhere, do almost anything, and be almost anyone we know or meet—**How do we find one?**



Here are three simple ways—

1. We **ask** for recommendations from people in the community—Who's someone that's trusted here? Is there someone in this place who thinks of others before themselves? If we hear the same name again and again—we try to meet them, share spiritual ideas, and see if they're open to hear and share.
2. We **offer** to pray for someone while Prayer Walking, or at work, or at a game—wherever there's an opportunity—and then turn that prayer into a spiritual conversation.
3. We **introduce** spiritual ideas into every conversation to see if God is working in a person's life. If they are open and willing, then we ask if they would be willing to gather a group to discuss even more.



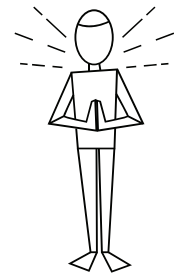
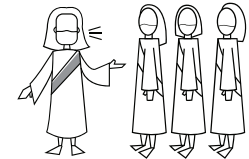
Ask for recommendations, **offer** to pray, and **introduce** spiritual ideas. These are all ways we can begin the process of finding a Person of Peace.

And no matter how we find them, remember Jesus said a Person of Peace is someone we should be spending most of our disciple-making time with. It's easy to think that the most "fair" use of our time is to give away a little bit of ourselves to everyone, equally. But Jesus said—and showed—that He doesn't want us to be shallow with everyone but to give deeply to a few.

Jesus often attracted crowds, but the Bible tells us again and again that Jesus would draw away from those crowds to spend most of His time with just twelve of His closest followers. There were a number of times, where Jesus would invest even more time with a smaller group of just three. If Jesus, who had much more power, much more energy, much more authority, discipline, wisdom, knowledge, understanding and compassion, chose to spend His time investing deeply in just a few and told His own disciples to do the same, doesn't it make sense that we should follow and share His perfect pattern?

A Person of Peace.

They're not easy to find—maybe one in a thousand. But like a hidden treasure that's worth the search, their value in growing God's family can't be measured.



ACTIVITY [10 min]



Discuss the following questions with your group:

1. Can someone who has a "bad reputation" (like the Samaritan woman or the demon-possessed man in the Gadarenes) really be a Person of Peace? Why or why not?
2. What is a community or segment of society near you that seems to have little (or no) Kingdom presence? How could a Person of Peace (someone who is OPEN, HOSPITABLE, KNOWS OTHERS and SHARES) accelerate the spread of the Gospel in that community?



Share a LINK to this lesson with friends or post it on social media!

SESSION
5-3**The B.L.E.S.S. Prayer**
Read and Practice [20 min]

As you walk and pray, be alert for opportunities and listen for promptings by God's Spirit to pray for individuals and groups you meet along the way.

You can say, "We're praying for this community, is there anything in particular we can pray for you about?" Or say, "I'm praying for this area. Do you know anything in particular we should pray for?" After listening to their response you can ask about their own needs. If they share, pray for them right away. If the Lord leads, you may pray about other needs as well.

Use the word **B.L.E.S.S.** to help you remember five different ways you can pray for those you meet on your Prayer Walk:

- **Body** [health]
- **Labor** [job and finances]
- **Emotional** [morale]
- **Social** [relationships]
- **Spiritual** [knowing and loving God more]

In most cases, people are grateful you care enough to pray.

If the person is not a Christian, your offer to pray may open the door to a spiritual conversation and an opportunity to share your story and God's story. You can invite them to be a part of a Bible study or even host one in their home.

If the person is a Christian, you can invite them to join your Prayer Walk or train them how to Prayer Walk and use simple steps like praying for areas of influence or the B.L.E.S.S. Prayer to grow God's family even more.

ACTIVITY [15 min]

Break into groups of two or three and spend the next 15 minutes practicing the **B.L.E.S.S. Prayer**. Practice praying the 5 areas of the B.L.E.S.S. Pray for someone AND practice how you would train others to understand and use the B.L.E.S.S. Prayer, too.

SESSION

5-4

Practice Prayer Walking

ACTIVITY [60–90 min]

Break into groups of two or three and go out into the community to practice **Prayer Walking**.

Choosing a location can be as simple as walking out from your current session to a nearby area to pray, or planning and praying about a prayer walking route to a specific location. Go as God leads, and plan on spending 60–90 minutes on this activity.



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Congratulations!

You've completed Session 5.

Below are next steps to take in preparation for the next session.

Obey



Spend time this week practicing Prayer Walking by going out alone or with a small group at least once.

Share



Spend time asking God who He might want you to share the Prayer Walking tool with before your group meets again. Share this person's name with the group before you go.

Pray



Before you go out on your Prayer Walking activity, be sure to pray with your group as you end your time together. Thank God that He loves the lost, the last, and the least—including us! Ask Him to prepare your heart and the hearts of those you'll meet as you walk to be open to His work.



SESSION 6

In this session, we'll learn how God uses faithful followers—even if they're brand new—much more than ones with years of knowledge and training who just won't obey. And we'll get a first look at a way to meet together that helps disciples multiply even faster.

Check-In

Before getting started, take some time to check-in. At the end of the last session, everyone in your group was challenged in two ways:

- 1. You were asked to spend some time Prayer Walking.
- 2. You were encouraged to share the Prayer Walking tool with someone else.

Take a few moments to see how your group did this week.

Pray

Pray and thank God for the results and invite His Holy Spirit to lead your time together.

SESSION

6-1

Faithfulness*Read and Discuss [15 min]*

In this session, we'll learn how **faithfulness** is a much better measure of spiritual maturity than knowledge and training. There are two ideas that have caused a number of problems in the church today. The first is the idea that someone's spiritual maturity is connected to how much they know about God's Word. They act as if "**right belief**"—or **orthodoxy**—is a good measure of someone's faith. The second is the idea that someone's ability to lead requires a "full training" before they begin in ministry. They act as if **complete knowledge**—is a good measure of someone's ability to serve.

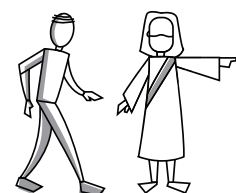
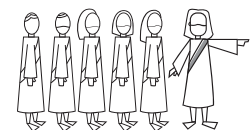
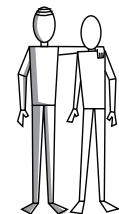
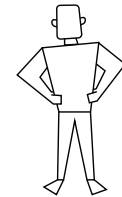
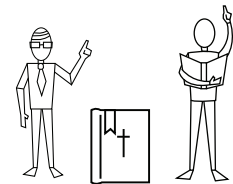
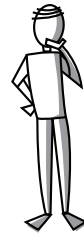
The problem with the first idea—relying on orthodoxy—or "right belief" is that Satan, himself, knows more Scripture than any human. **God's Word** says—*"You believe that there is one God. Good! Even the demons believe that—and shudder."* (James 2:19) A better measure of someone's spiritual maturity is **orthopraxy**—"right practice." We should be much more concerned with **faithfulness** in **obeying** and **sharing** than measuring maturity based only on what we know.

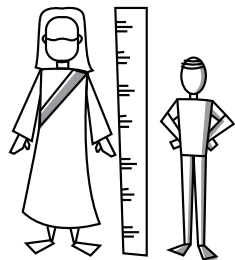
The problem with the second idea—that someone must be fully trained before they lead—is that no one is ever fully trained. Jesus modeled sending out young leaders, who still had many things to learn, to do some of the most important work in the Kingdom.

God's Word says—*"Jesus called together his twelve disciples and gave them power and authority to cast out all demons and to heal all diseases. Then he sent them out to tell everyone about the Kingdom of God and to heal the sick."* (Luke 9:1–2, NLT)

These men, were sent before Peter shared his belief that Jesus was Savior—something we'd consider a first step of faith. And even after being sent, Jesus rebuked Peter multiple times for mistakes and Peter would still later deny Jesus. Other followers argued over who was the greatest and what role each would play in God's future Kingdom. They each still had a lot to learn but Jesus put them to work sharing what they already knew.

Faithfulness—more than knowledge—is something that can start as soon as someone begins to follow Jesus. Faithfulness—more than training—is something that can be measured by what we do with what we've been given.





If we **obey** and **share** what we hear with others, we are faithful. If we hear but we refuse to obey and share, we are unfaithful. As we multiply disciples, let's make sure we're measuring the right things.



Share a LINK to this lesson with friends or post it on social media!

ACTIVITY [12 min]



Discuss the following question with your group:

Think about God's commands that you already know. How "faithful" are you in terms of obeying and sharing those things?

SESSION
6-2**3/3 Group Format**
Read and Practice [75 min]

In this session, we'll learn how a **3/3 Group** (Note: Pronounce as "Three-Thirds") is a method of meeting that helps followers of Jesus help one another follow Jesus more closely.

Jesus said—"where two or three have gathered together in My name, I am there in their midst." (Matthew 18:20, NASB1995) That's a powerful promise, and one that every follower of Jesus should take advantage. But, when you come together as a group, how should you spend your time?

A 3/3 Group is one that divides their time together into 3 parts so that they can practice obeying some of the most important things that Jesus commands.

This is how it works:

The first third of the group's time is spent Looking Back at what's happened since we've been together. The middle third of the group's time is spent Looking Up for God's wisdom and direction through Scripture, discussion, and prayer. The final third of the group's time is spent Looking Forward to how we can each apply and obey what we've learned.

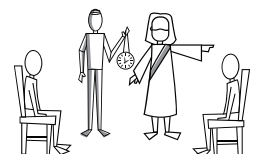
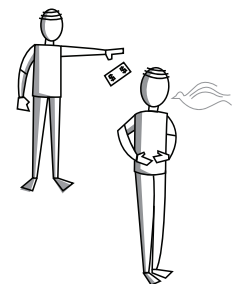
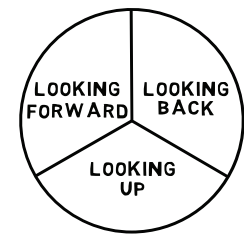
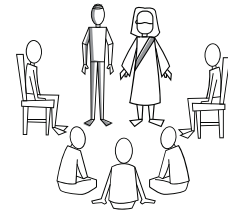
In this session your group will be guided through a SHORT version of a 3/3 Group to help prepare you for a FULL version in real life.

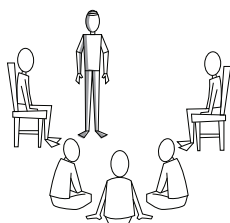
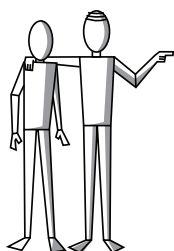
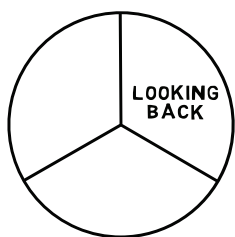
Remember the session on spiritual breathing? Breathe in, hear from God. Breathe out, obey what you hear and share it with others. That's what a 3/3 Group is all about.

A 3/3 Group is one that divides their time together into three parts, so that they may practice hearing from God and obeying and sharing some of the most important things that Jesus commands.

This practice session should last a little over an hour, and it will move quickly. If you have a large group or one that likes deep discussions, you might want to ask one member of the group to help keep you on track with a watch or timer.

In real life, these steps will move at a slower pace, but while you're practicing be sure to keep going so you don't run out of time. Don't skip any steps—they're all important!





Remember a 3/3 Group is not the same as a Bible Study—that's on purpose! Treat this experience as an opportunity to learn a NEW way to meet and see what good God has planned for your time together.

Ready to go? Let's get started!

LOOKING BACK

We'll spend the first third of our time looking back by caring for each other through giving thanks, sharing our struggles, and praying for other members of our group. We'll also check in to see if each person in the group has had the opportunity to obey and share what they learned the last time we were together.

Step One—Giving Thanks.

Take some time to have each person share something they are thankful for.

Step Two—Sharing Your Struggles and Praying for One Another.

Now have each person in your group briefly share something they are struggling with. Have someone else pray for them about what they share.

Step Three—Focusing the Group.

Every time you meet, you'll want to take time and remember why you're together—to love God, to love others, to share Jesus, and help others to also share Him.

There are many ways to focus the group on the mission, but for this practice session have someone read **Matthew 22:37–38** out loud to the group.

Step Four—Checking In.

This is the part that some groups want to skip, because it means asking questions that can sometimes be hard.

***Please don't skip.**

Jesus loved His followers enough to ask hard questions. If we want to be like Jesus, we should love one another enough to do as he did.

In this step, you'll have each person in the group report on whether they obeyed what they heard God ask them to do the last time you were together.

In each Zúme session, we've modeled these commitments in our Looking Forward step where we ask you to Obey, Share, and Pray. We model accountability in our Looking Back step where we ask you to Check-In on those same commitments. If you haven't been spending a lot of time on these steps up to now in the training, this is a good time to start.

Part of loving God is to obey what He tells us. Part of loving one another means helping someone obey what they hear from God. Love means taking someone's commitments seriously—and showing them love graciously—all at the same time.

Have each person answer the following questions:

- *How have you obeyed what you've learned so far?*
- *Who have you trained in what you've learned?*
- *Who have you shared your story or God's story with since we've been together as a group?*

As we finish up the Looking Back section of our 3/3 Group, here's something to help your sessions go even better:

ZÚME COACHING TIP

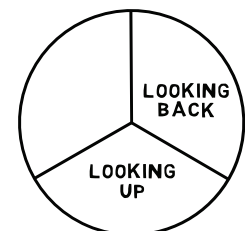
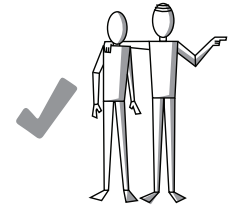
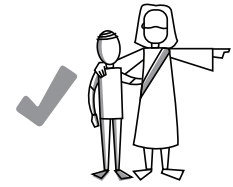
Sometimes in a group, one person might be talking most of the time. Don't let this happen. If others aren't getting a chance to speak, gently remind the group that each person should be heard. If the situation continues, a private, gentle conversation after the gathering with the "talker" would be in order, reminding them of each person's value.

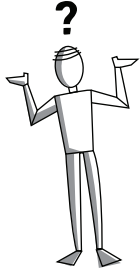
LOOKING UP

During the middle third of our time together, we invite God's Holy Spirit to lead our group to better understand God's Word. We'll read a passage from the Bible out loud and then ask and answer some simple questions as a group to help explore and better understand God's purposes and plans.

Step One—Invite God's Holy Spirit to Lead

Take a moment to pray. Talk with God simply and briefly. Ask His Holy Spirit to teach you from the passage you are about to read.





Step Two—Read God’s Word and Ask Questions

Have someone in the group read from the Bible. For this practice session, read **Luke 18:9–14**. If there are oral learners—people who don’t read well or prefer to learn by hearing—in your group, make sure you read through the passage at least twice. When you’ve finished reading, the group should answer these two questions:

1. *What did you like about this passage?*
2. *What did you find challenging or hard to understand?*

Remember stick to the passage and keep it simple!

Now have someone else read the same passage a second time, and then have the group answer these two questions:

3. *What can we learn about people from this passage?*
4. *What can we learn about God from this passage?*

That’s the end of the Looking Up section of our 3/3 Group, and here’s something to help your sessions go even better:

ZÚME COACHING TIP

When you’re studying God’s Word, focus on His words instead of other books, teachers, or opinions. Instead of asking, “What do you think this means?” ask “What does this passage say?”

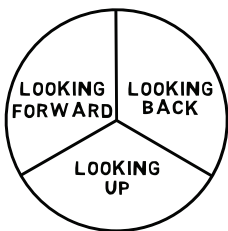
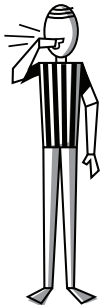
If someone in your group likes to teach, gently remind them that God’s Holy Spirit and perfect Word can teach the group. We’re all here to learn, together. And don’t be afraid of silence or a pause in the discussion. God is working even when it’s quiet.

Stay focused on His Word, stick to the passage, and trust God to do the rest.

LOOKING FORWARD

In the last third of our time, we’ll focus on looking forward to discover how we can obey and train others by what we’ve learned from God’s Word.

Each member of the group asks God a few simple questions and then waits for His answer in prayer. Then we share and practice our commitments and pray to end our time together.



Step 1—Praying for God’s Purpose

Have each person in your group pray silently and ask God these questions:

5. *God, how can I obey and apply what You’re teaching me?*
6. *Who can I train from this passage so they can learn to obey and love You more?*
7. *Who would You have me share my testimony or Your good news of Jesus with?*

Ask God’s Holy Spirit to give you specific answers, specific names, and specific steps that you can take in the time between now and when your group meets again.

Step 2—Gathering Commitments

Ask each person in your group to share what they heard from the Lord for each question.

Someone may not have heard anything from the Lord on one, two, or even all three questions. They can simply report that they didn’t hear.

But remember, the group should hear from the Lord. Jesus said—*“My sheep hear My voice.” (John 10:27, ESV)* And the more specific your obedience steps are, the easier it will be to obey them before we meet again.



Step 3—Practicing Your Plan

Before you end your time together, have your 3/3 Group break into smaller groups of two or three and practice what you've heard the Lord ask you to do. Remember—practice isn't obeying, training or sharing, but it does get you ready to do those things better.

Have each smaller group end its practice time together in prayer. Pray specifically for those people and plans God has put on your hearts.

If you have oral-learners in the group, set aside part of your practice time to re-read the passage of God's Word you read earlier. This will help the entire group to be ready to share with others they meet between meetings.

If you haven't already, break into groups to practice and pray. Anyone who doesn't have specific commitments should practice sharing their testimony story or God's Story.

As you bring your group back together, take a moment to celebrate! You've completed the Looking Forward section and have now practiced the entire 3/3 Group Format.

If you haven't already, break into groups to practice and pray. Be sure to take turns, letting others guide the group through the process. You don't have to be a gifted teacher, just follow these simple steps.

Before you go, here's one more suggestion to help your sessions go even better:

ZÚME COACHING TIP

Around the world, 3/3 Groups often share the Lord's Supper, or a meal and more casual conversations as part of their time together.

God gave us this kind of fellowship—intentional learning and growth and intentional living and relationship—to help strengthen, encourage, and build us up to be more like His Son, Jesus.

And that's it—your group has now practiced all three parts—Looking Back to check in on what we've accomplished since the last time we met, Looking Up to understand what God has for us to learn in this time together, and Looking Forward to put into action what God has put on our hearts while we're apart.

3/3 Groups—a simple and practical way to meet that helps us become more like Jesus.

WELCOME

SESSION 1

SESSION 2

SESSION 3

SESSION 4

SESSION 5

SESSION 6

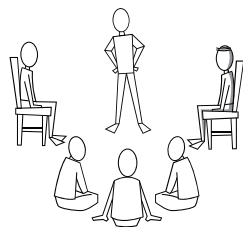
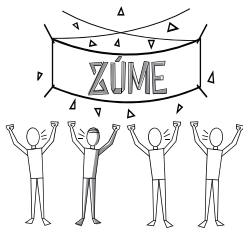
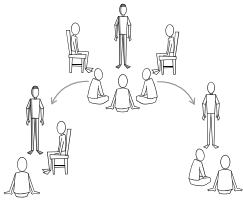
SESSION 7

SESSION 8

SESSION 9

SESSION 10

APPENDIX

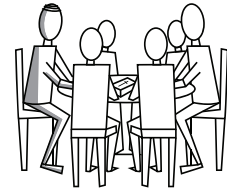
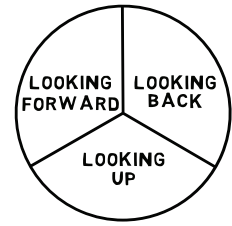


SESSION

6-3

3/3 Group Format Discussion*Discuss [12 min]***ACTIVITY [12 min]*****Discuss the following questions with your group:***

1. Did you notice any differences between a 3/3 Group and a Bible Study or Small Group you've been a part of (or have heard about) in the past? If so, how would those differences impact the group?
2. Could a 3/3 Group be considered a Simple Church? Why or why not?



Share a LINK to this lesson with friends or post it on social media!

WELCOME

SESSION 1

SESSION 2

SESSION 3

SESSION 4

SESSION 5

SESSION 6

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SESSION 8

SESSION 9

SESSION 10

APPENDIX

Congratulations!

You've completed Session 6.

Below are next steps to take in preparation for the next session.

Obey



Spend time this week practicing Faithfulness by obeying and sharing at least one of God's commands that you already know.

Share



Think about what you have heard and learned about Faithfulness in this session, and ask God who He wants you to share it with. Share this person's name with the group before you go.

Pray



Thank God for His Faithfulness—for fulfilling every promise He's ever made. Ask Him to help you and your group become even more Faithful to Him.

A stylized illustration in the background of the slide. On the left, two figures stand near large, 3D letters that spell out 'NEW'. One figure is pointing towards the right. On the right side, a group of figures is shown in motion, walking or running. The figures are simple line drawings with some wearing hats or carrying items. The overall style is modern and graphic.

SESSION 7

In this session, we'll learn a Training Cycle that helps disciples go from one to many and turns a mission into a movement. We'll also practice the 3/3 Group Format and learn how the way you meet can impact the way you multiply.

Check-In

Before getting started, take some time to check-in. At the end of the last session, everyone in your group was challenged in two ways:

- 1. You were asked to practice Faithfulness by obeying and sharing one of God’s commands.
- 2. You were encouraged to share the importance of Faithfulness with someone else.

Take a few moments to see how your group did this week.

Pray

Pray and thank God for the group’s commitment to faithfully following Jesus and invite God’s Holy Spirit to lead your time together.

SESSION

7-1

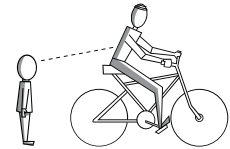
The Training Cycle

Read and Practice [15 min]



Jesus said—“the Son can do nothing of Himself, unless it is something He sees the Father doing; for whatever the Father does, these things the Son also does...” (John 5:19, NASB1995)

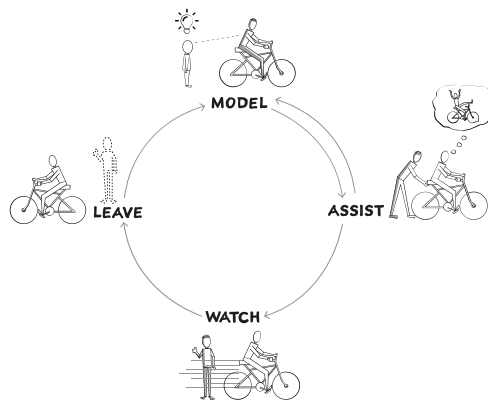
Have you ever learned how to ride a bicycle? Have you ever helped someone else learn? If so, chances are you already know **the training cycle**.



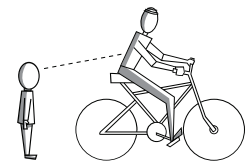
It's as easy as **model, assist, watch, and leave**.

Think back—before you ever rode a bicycle, you probably saw someone else ride one first. That's **modeling**.

MODEL, ASSIST, WATCH and LEAVE.



Modeling is simply showing someone else an example of how it's done. When a child first sees someone else riding a bike, they get the idea right away. Modeling is like that—it doesn't have to be done often, and usually it only needs to be done once.

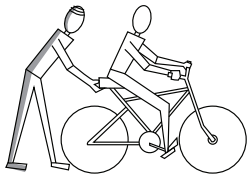


Think back to that first bike ride. Did you want to just watch? Or were you excited to get on and give it a try? What if nobody ever gave you the chance? Too much modeling can actually hurt the training process. Modeling is about showing someone just a little—and then giving them a try.

So what happened on that first ride? Did they just give you the bicycle and walk away? Probably not. When most people learn how to ride a bike, someone is right there for the first few pedals. Walking along side and keeping you on track.



That's **assisting**.



Model, Assist, Watch and Leave.

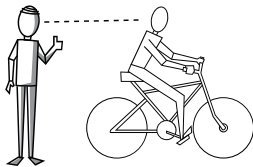
Assisting is allowing a learner to practice a skill but making sure the falls aren't too hard. Assisting takes longer than Modeling. But not too long. It requires some hand-holding, some direction and some coaching, but it's just about passing on the basics. It's not about getting someone to be "perfect." It's about getting them to pedal.

Can you imagine someone running alongside you as you started to pedal fast and gain some speed? They wouldn't last long, and you'd never learn to keep your balance.



Assisting is about getting someone going and allowing them to steer a little on their own. And when they start to move, they're actually modeling for the next learner on the way.

Even when no one else's hands are on the bike, it doesn't mean you're all alone. Usually there's someone keeping an eye out—but from a distance.



That's **watching**.

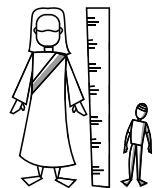
Model, Assist, Watch and Leave.

Watching is influencing a learner until they're competent in their skill, all without having to step in and take control.

In bike riding, someone can get up and going fairly quickly, but that doesn't mean they know all the rules of the road.

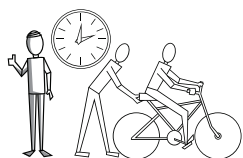


Watching is about making sure someone's going to be safe—even when no one's around. Watching is about making sure not just that someone knows what to do, but also that they'll do it—even when no one's looking.



In this phase of the Training Cycle, the learner will grow and teach others how to grow—so they will teach others how to grow—and so then those others will teach others how to grow. Disciples who make disciples who make disciples who make disciples. All the way down to the third and fourth generation.

Watching is about making sure a learner matures and is not just willing but also able to help others. Watching takes a while. It may be ten times as long as Modeling and Assisting, combined. It may be longer. But the wait is always worth it.



Eventually—the rider just rides the bike.

That's what **leaving** is all about.

Model, Assist, Watch and Leave.

Leaving is like a graduation. A student becomes a teacher. A worker becomes a co-worker. A disciple becomes a friend.

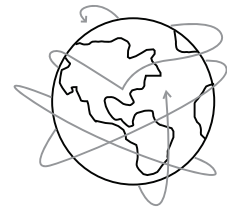
In bike riding, the one who teaches you to ride doesn't go along for every ride you take. At times they may ride with you. At times you ride separately, or with others, or alone. LEAVING is about giving one last gift to someone you love—the gift of freedom.

Leaving is about equipping someone to go where you've already gone, and also encouraging them to go where you haven't gotten to yet.

Model, Assist, Watch and Leave.—The Training Cycle.

From one to many.

From a mission to a movement.



ACTIVITY [10 min]



Discuss the following questions with your group:

1. Have you ever been a part of a Training Cycle?
2. Who did you train? Or who trained you?
3. Could the same person be at different parts of the Training Cycle while learning different skills?
4. What would it look like to train someone like that?



Share a LINK to this lesson with friends or post it on social media!

SESSION

7-2

Practice the 3/3 Group Format*Read and Practice [90 min]***ACTIVITY [90 min]**

Have your entire group spend the next 90 minutes practicing the 3/3 Group Format using the pattern in the 3/3 Group Format section, on page 76–80.

- **LOOK BACK**—Use last week’s Session Challenges to practice “Faithfulness.”
- **LOOK UP**—Use **Mark 5:1–20** as your group’s reading passage and answer questions 1–4.
- **LOOK FORWARD**—Use questions 5, 6, and 7 to develop how you will Obey, Train, and Share.

REMEMBER—Each section should take about 1/3 [or 30 minutes] of your practice time.

ACTIVITY [10 min]

Discuss the following questions with your group:

1. What did you like best about the 3/3 Group? Why?
2. What was the most challenging? Why?

Congratulations!

You've completed Session 7.

Below are next steps to take in preparation for the next session.

Obey



Spend time this week obeying, training, and sharing based on the commitments you've made during your 3/3 Group practice.

Share



Pray and ask God who He wants you to share the 3/3 Group Format with before your group meets again. Share this person's name with the group before you go.

Pray



Thank God that He loves us enough to invite us into His most important work—growing His family!

The background of the slide features a stylized illustration. On the left, a figure with long hair and a beard, wearing a robe, stands with arms outstretched, pointing towards the right. To the right, a group of people, including men and women in various attire, are walking in a line, following the leader. The entire scene is rendered in a simple, line-art style with a grey and white color palette. The title 'SESSION 8' is prominently displayed in the upper right quadrant.

SESSION 8

In this session, we'll learn how Leadership Cells prepare followers in a short time to become leaders for a lifetime. We'll learn how serving others is Jesus' strategy for leadership. And we'll spend time practicing as a 3/3 Group.

Check-In

Before getting started, take some time to check-in. At the end of the last session, everyone in your group was challenged in two ways:

- 1. You were asked to practice obeying, training, and sharing based on your commitments during 3/3 Group practice.
- 2. You were encouraged to share the 3/3 Group Format with someone else.

Take a few moments to see how your group did this week.

Pray

Pray and thank God for giving your group the energy, the focus and the faithfulness to come so far in this training. Ask God to have His Holy Spirit remind everyone in the group that they can do nothing without Him.

SESSION

8-1

Leadership Cells*Read and Practice [15 min]*

Jesus said—“Whoever wishes to become great among you shall be your servant.” (Matthew 20:26b, NASB1995)

One becomes two. Two become four. Four become eight.

Individual multiplication. Generational increase. Exponential growth.

This is the model God built into His creation. This is the way God intends His family to grow.

We’ve already learned the 3/3 pattern that turns consumers into producers, learners into leaders, and disciples into disciple-makers. Leadership Cells work well when a group is mobile.

Nomads, students, military personnel and seasonal workers who already follow Jesus work great in a **Leadership Cell**. Because of their culture, their profession or their season of life—they may have a hard time establishing an ongoing group, but they can absolutely be trained how to start groups in each place they travel.

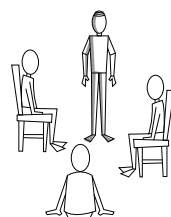
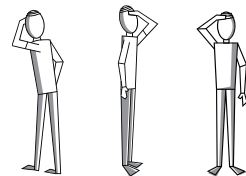
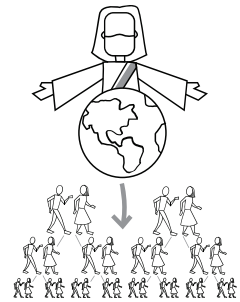
Leadership Cells also work well when a group of people come to faith at the same time. A family, a network of friends, or even a small village can be trained in a short time to become producers for a lifetime—even without individual follow-ups or spiritual coaching.

Look Back—Look Up—Look Forward.
Learn—Obey—Share.

This way of meeting together produces ongoing spiritual growth in individual believers and ongoing reproductive growth in a group of followers of Jesus. This pattern helps disciples multiply.

But what if a group is together for only a short period of time? Can they still grow and reproduce God’s Kingdom?

Leadership Cells are a way to put the 3/3 pattern to work when you know there’s a limit to how long a group can be together. Leadership Cells help learners become leaders who will then start new groups, train new churches, and begin more Leadership Cells to grow God’s family. Leadership Cells equip individual believers in a short time to learn reproductive patterns that last a lifetime.





ACTIVITY [10 min]



Discuss the following questions with your group:

- 1. Is there a group of followers of Jesus you know that are already meeting or would be willing to meet and form a Leadership Cell to learn Zúme Training?
- 2. What would it take to bring them together?

NOTE—Leadership Cells are 3/3 Groups that only meet for a limited and pre-determined length of time [like this Zúme Training course]. The purpose is to equip a group of people to go out and establish their own groups or establish another Leadership Cell at the conclusion of the training period.

SESSION

8-2

Practice the 3/3 Group Format*Read and Practice [90 min]***ACTIVITY [90 min]**

Have your entire group spend the next 90 minutes practicing the 3/3 Group Format using the pattern in the 3/3 Group Format section, on page 78–79.

This time:

- **LOOK BACK**—Use last session’s Obey, Train, and Share challenges to check-in with each other.
- **LOOK UP**—Use **Acts 2:42–47** as your group’s reading passage and answer questions 1–4.
- **LOOK FORWARD**—Use questions 5, 6, and 7 to develop how you will Obey, Train, and Share.

Rotate leadership in the group throughout the session so that everyone has a chance to lead, pray, or ask questions. Encourage and coach one another in what’s going right, what could be better with a little practice, and what a good next step would be for each member of the group to grow even more.

REMEMBER—Each section should take about 1/3 [or 30 minutes] of your practice time.

WELCOME

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APPENDIX

Congratulations!

You've completed Session 8.

Below are next steps to take in preparation for the next session.

Obey



Spend time again this week obeying, sharing, and training based on the commitments you've made during this session's 3/3 Group practice.

Share



Pray and ask God who He wants you to share the Leadership Cell tool with before your group meets again. Share this person's name with the group before you go.

Pray



Thank God for sending Jesus to show us that real leaders are real servants. Thank Jesus for showing us the greatest service possible is giving up our own lives for others.

The background features a stylized illustration in a grey, line-art style. On the left, two figures stand; one is taller and points towards the right, while the other is shorter and holds a rectangular object. In the center, the word 'NEW' is written in large, bold, block letters. On the right, a group of figures is depicted in motion, walking towards the right. The overall design is modern and minimalist.

SESSION 9

In this session, we'll learn how linear patterns hold back Kingdom growth and how non-sequential thinking helps you multiply disciples. We'll discover how much time matters in disciple-making and how to accelerate our pace. We'll learn how followers of Jesus can be a part of two churches to help turn faithful, spiritual families into a growing city-wide body of believers. Finally, we'll learn how a simple 3-Month Plan can focus your efforts and multiply your effectiveness in growing God's family exponentially.

Check-In

Before getting started, take some time to check-in. At the end of the last session, everyone in your group was challenged in two ways:

- 1. You were asked to practice obeying, training, and sharing based on your commitments during 3/3 Group practice.
- 2. You were encouraged to share the Leadership Cells tool with someone else.

Take a few moments to see how your group did this week.

Pray

Pray and thank God that His ways are not our ways and His thoughts are not our thoughts. Ask Him to give each member of your group the mind of Christ—always focused on His Father’s work. Ask the Holy Spirit to lead your time together and make it the best session yet.

SESSION

9-1

Non-Sequential

Read and Practice [15 min]



Breaking the habit of thinking in a linear pattern is a way to accelerate Kingdom growth.

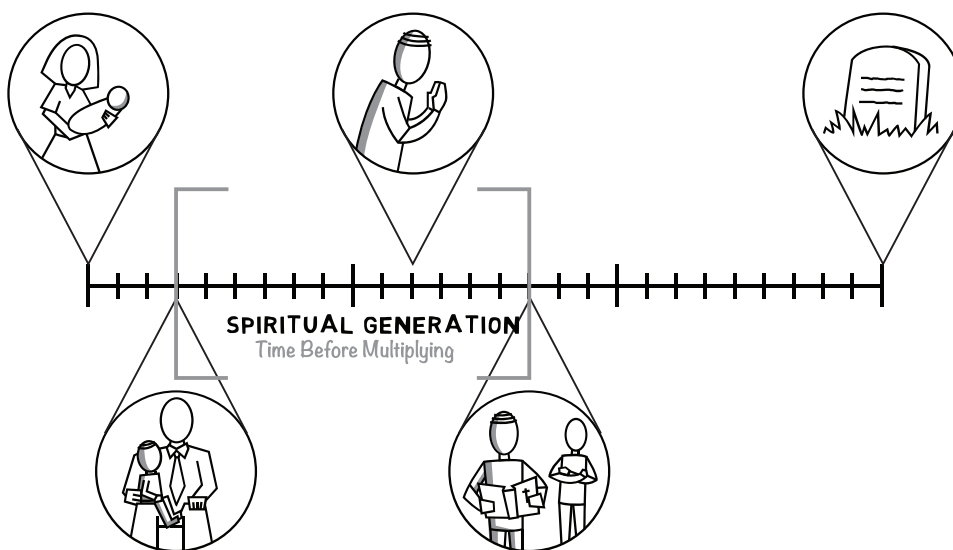
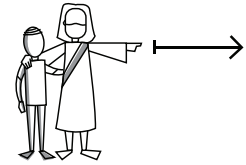
To make disciples who make disciples more quickly, we have to keep in mind that multiple things can happen at the same time and there is not a certain order in which they need to happen.

We have to learn the power of **non-sequential** growth.

When people think about disciples multiplying, they often think of it as a step-by-step process. First prayer. Then preparation. Then sharing God's good news. Then building disciples. Then building churches. Then developing leaders. Then reproduction. When we learn this way, Kingdom growth seems to be an easy-to-follow, linear and sequential process.

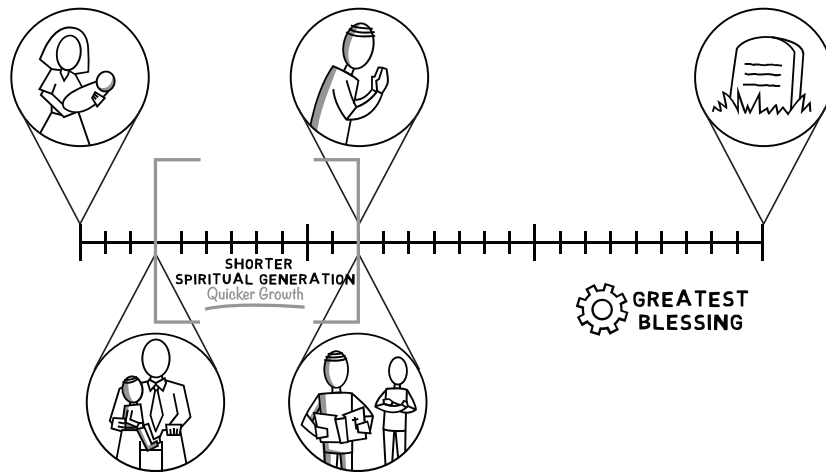
One problem is that's not how it always works. A bigger problem is that often, that's not how it works best.

This line represents a person's life. First is birth. Then there is the first time they hear God's good news. Next is when they choose to follow Jesus. After that is when they first share their story and God's story and they begin to multiply. Finally, the last event in the sequence is when life ends.



So from first hearing about Jesus to first sharing about Jesus is what we could consider a spiritual generation. This is the amount of time before multiplying. This is the amount of time before God's family grows. This is how discipleship is usually taught.

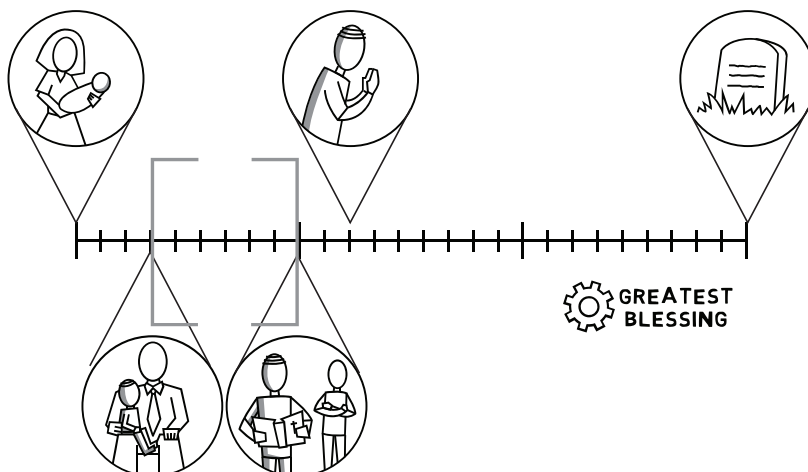
But when we use a pattern like Greatest Blessing—watch what happens.



Now a new disciple starts multiplying immediately. The spiritual generation shortens. Someone hears God's good news sooner. God's family grows more quickly. More people are saved for eternity.

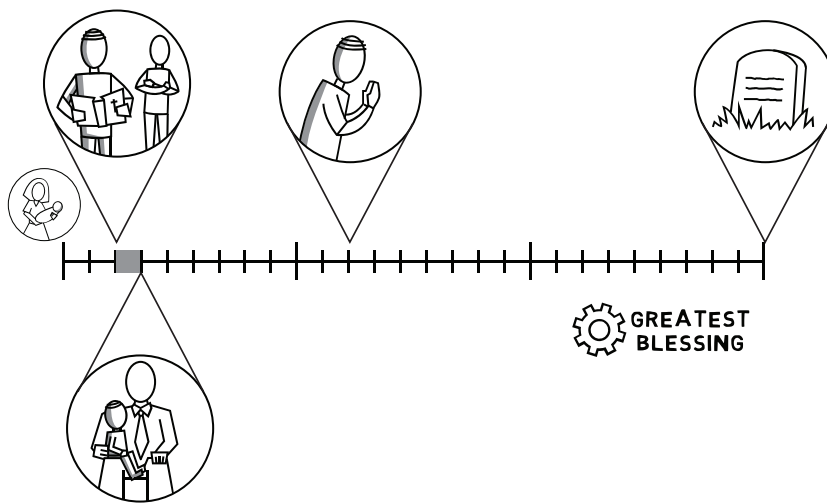
And all of it—simply by moving when they multiply.

But what if we keep going? What if someone starts multiplying even earlier? What if they begin to share after they first hear instead of after they first believe? Some are open to gathering a group and sharing what they learn from God's Word with friends and family before they ever say "yes" to Jesus.



If we show those people how to gather a group and share what they learn and show others how to do the same, God's family grows even faster.

Now discipleship is a path to Jesus, and not just something we share after salvation. This is a way a family or friends or even a village can come to follow Jesus. But what if someone can multiply even sooner? What if someone could share God's ways before they even meet God's Son?

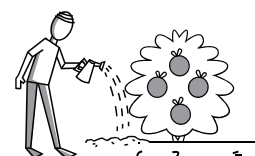
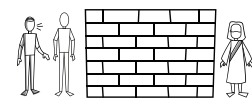
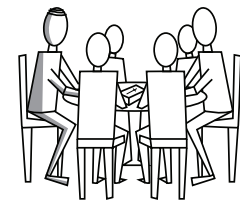


Sometimes a group may be unable or not ready to hear God's good news immediately. But this group can still learn God's patterns—through efforts like community development or leadership training. This group can begin multiplying God's patterns—learning—obeying—sharing—and teaching others to do the same even before they first hear about Jesus.

When this happens, God's ways are imprinted into willing hearts. His patterns are woven into a community and individual lives. Then, when God has prepared His way—God's good news can reveal the truth they've been receiving all along. This is the way an institution, a community, or even a country can come to follow Jesus.

Non-Sequential growth still requires "What's essential?" thinking. No matter what process—the biggest question is always the same—Who is the good soil that will be faithful? Who will learn and practice and share God's ways?

Uncovering this good soil—discovering these good hearts—is worth all of our time and energy and effort. These are the ones we pour out our hearts to. These are the ones we pour out our lives for. These are the ones who grow God's Kingdom best.



ACTIVITY [10 min]

Discuss the following questions with your group:

1. What is the most exciting idea you have heard in this session? Why?
2. What is the most challenging idea? Why?

SESSION

9-2

Pace*Read and Practice [15 min]*

In this session, we will learn why multiplying matters and why multiplying quickly matters even more. This session is about **pace**.

Pace is about time—how quickly or slowly things happen. Pace matters because where we all spend our eternity—an existence that outlasts time—is determined in the short time we call “life.”

God’s Word tells us that God is patient with us— “*not wanting anyone to perish, but everyone to come to repentance.*” (2 Peter 3:9) (To turn around and follow Him.) God gives us more time because He knows we only have a short time to do all He’s called us to do and to reach all He’s called us to reach.

To follow Jesus more closely, we have to pursue His people more quickly. We can’t just take our time. We have to increase our pace.

The global church—all followers of Jesus, together—is larger than it’s ever been. The global church—all followers of Jesus, together—is a larger portion of the world’s population than ever before. But even with those large numbers—the global church is not growing faster than the global population.

That means that while there are more of us who follow Jesus than ever before, there are even more who are not following Jesus and will spend their eternity separated from Him, more than there have ever been before.

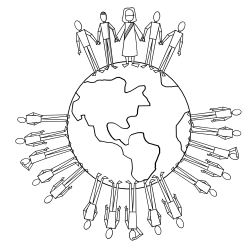
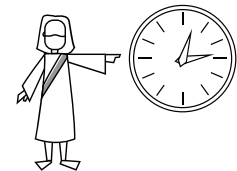
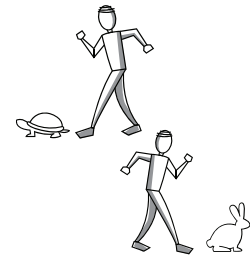
Making disciples who multiply matters. Start with just one disciple. If they multiply and make a new disciple once every eighteen months—an entire year and a half—and then those disciples do the same—in ten years, there will be sixty-four new followers of Jesus.

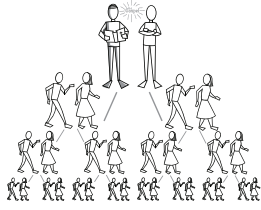


Sixty-four people will spend their forever with a loving God.

But what if they moved a little faster? What if they increased their PACE?

If they multiply now in four months—a quarter of year—instead of eighteen months, and those disciples do the same—in ten years, there will now be a billion new followers of Jesus.

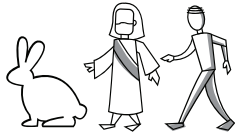




Think about that—instead of less than one hundred, **more than one billion**—all by increasing PACE.

Going from eighteen months to four months means we're moving four-and-a-half times faster. And that acceleration applied to every disciple over the course of ten years means God's family is growing fifteen million times faster.

Less than a hundred. More than a billion.



Pace matters.

ACTIVITY [10 min]



Discuss the following questions with your group:

1. Why is pace important?
2. What do you need to change in your thinking, your actions, or your attitude to be better aligned with God's priority for pace?
3. What is one thing you can do, starting this week, that will make a difference?

SESSION

9-3

Part of Two Churches*Read and Practice [15 min]*

In this session, we'll learn how followers of Jesus can be a **part of two churches** to accelerate growth and help turn a faithful spiritual family into a growing city-wide body of believers.

In God's Word—we learn that His perfect plan is for us to live as a spiritual family. The Bible talks about this family as a church in three forms:

- The **universal church**—the gathering of all the believers who were, who are, and who will be.
- The **regional or city church**—the gathering of all the believers in a city or a part of a country.
- The **simple church**—the gathering of believers who meet in a small group like in a building or a home.

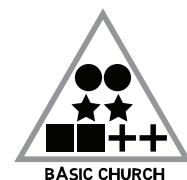
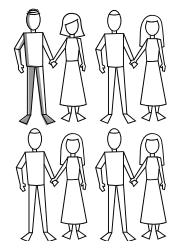
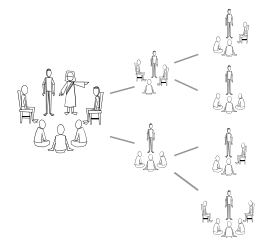
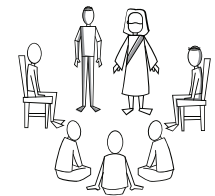
This smallest group—this elemental church—is the spiritual family that lives life together and it works best when that family can meet and work together for months or years at a time.

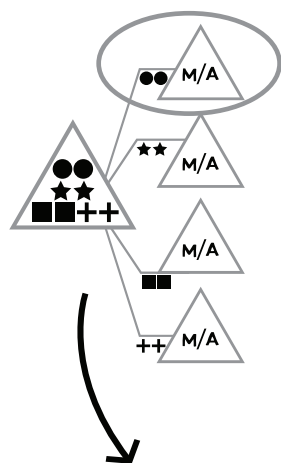
At the same time, Jesus instructed His followers that they should be continuously starting new spiritual families, growing them to be more like Jesus, and helping them learn how to start new spiritual families, too.

Jesus told us—*"make disciples of all nations, baptizing them in the name of the Father, and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you."* (Matthew 28:19–20) So how do these two things come together—how can we be a part of a church and be in the process of starting new churches—all at the same time?

Imagine a basic church—just four families. Each pair of symbols represent a different couple who lead their home. All four couples are a part of one church—this is their ongoing spiritual family. This spiritual family is who they do life with—the brothers and sisters who encourage them in love and good works.

But these same couples are also each working to start a new spiritual family. They're not participating in the same way they do with their own small group family, but they are helping to model and assist as a new spiritual family gets started and grows.

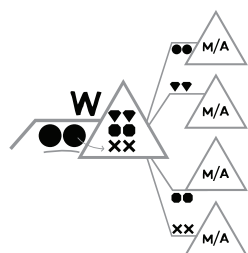




Imagine this—just one church starting four new churches at the exact same time. This is how fast God can grow His family. This is how the church can increase its pace.

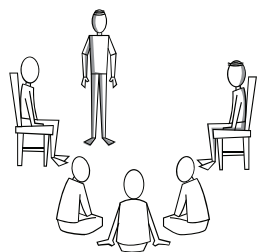
In an earlier session, we learned about the training cycle—Model, Assist, Watch and Leave and we know that these first two phases—Model and Assist are meant to be moved through quickly—to keep new followers healthy and growing in their faith.

So what happens with the original church and the four churches that they've started?

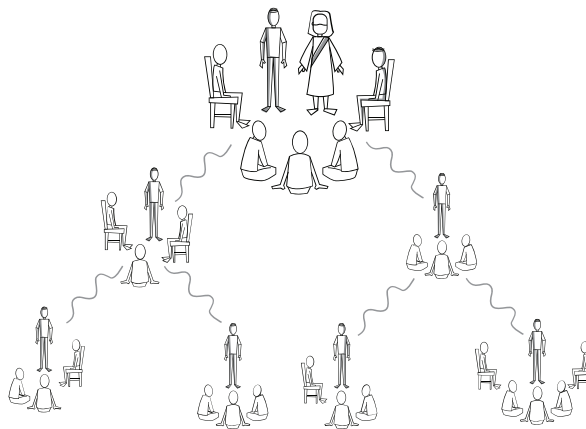


After helping them launch by modeling and assisting, these couples (original church) have already helped these new churches (1st generation) begin modeling and assisting, as well (for 2nd generation).

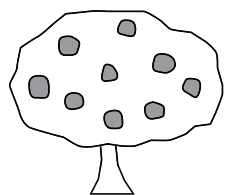
For these four new churches (1st gen), our couples (original church) are now in the Watch phase—keeping an eye on the progress of these new churches (1st gen) and coaching as they Model and Assist new churches (2nd gen) they help to start on their own.



Most people will not be able to Model and Assist for more than one other spiritual family at a time. But they can watch over and coach multiple churches and help them connect with peer mentors as they grow.

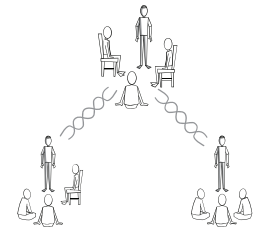


That means one single spiritual family—one small group church—can be part of launching many other small group churches at exactly the same time. That's a lot of fruit.



So what happens to all these churches as they grow and start new churches that start new churches that start new churches? How do they stay connected? How do they live life as an extended spiritual family?

The answer is that all of these simple churches are just like the cells in a growing body and they connect together and network into a city or regional church. The churches are related. They share the same spiritual DNA. They are all connected out of the same first multiplying family. And now—with some guidance—they come together as a larger body to do even more.



ACTIVITY [10 min]



Discuss the following questions with your group:

1. What are some advantages of maintaining a consistent spiritual family that gives birth to new groups that grow and multiply?
2. How does this compare to continually growing a family and then splitting it to multiply?

SESSION

9-4

Create a 3-Month Plan*Read and Practice [30 min]*

In His Bible, God says, “*For I know the plans I have for you*”, declares the LORD, “*plans to prosper you and not to harm you, plans to give you hope and a future.*” (Jeremiah 29:11) God makes plans, and He expects us to make plans, too. He teaches us through His Word and His work to look ahead, see a better tomorrow, make a plan for how to get there, and then prepare the resources we’ll need on the way.

A 3-Month Plan is a tool you can use to help focus your attention and efforts and keep them aligned with God’s priorities for making disciples who multiply. Spend the next 30 minutes praying over, reading through, and then completing the commitments listed in the Three Month Plan.

PRAY—*Ask God what He specifically wants you to do with the basic disciple-making tools and techniques you have learned over these last nine sessions. You can remember them in terms of the Greatest Blessing.*

It’s a Blessing to ... S.O.A.P.S. Bible Reading, Accountability Groups, Prayer Cycle

It’s a Great Blessing to ... Share your 3-Minute Testimony and God’s Story, Prayer Walking

It’s a Greater Blessing to ... Start a 3/3 Group

It’s the Greatest Blessing to ... Start a Zúme Group

LISTEN—*Take at least 10 minutes to be as quiet as possible and listen intently to what God has to say and what He chooses to reveal. Make an effort to hear His voice.*

COMPLETE—*Use the rest of your time to complete the Three Month Plan worksheet. You can write it out on a piece of paper. If you are logged in to www.zume.training, you can fill out your form digitally and link it to your group.*

You do not have to commit to every item, and there is room for other items not already on the list. Do your best to align your commitments to what you have heard God reveal to you about His will.

SESSION

9-5

My 3-Month Plan

- ☐ I will share My Story [Testimony] and God's Story [the Gospel] with the following individuals:

- ☐ I will invite the following people to begin an Accountability Group with me:

- ☐ I will challenge the following people to begin their own Accountability Groups and train them:

- ☐ I will invite the following people to begin a 3/3 Group with me:

- ☐ I will challenge the following people to begin their own 3/3 Groups and train them:

- ☐ I will invite the following people to participate in a 3/3 Hope or Discover Group [see Appendix]:

- ☐ I will invite the following people to participate in Prayer Walking with me:

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APPENDIX

My 3-Month Plan *(continued)*

☐ I will equip the following people to share their story and God's Story and make a List of 100 people in their relational network:

☐ I will challenge the following people to use the Prayer Cycle tool on a periodic basis:

☐ I will use the Prayer Cycle tool once every _____ [days/weeks/months].

☐ I will Prayer Walk once every _____ [days/weeks/months].

☐ I will invite the following people to be part of a Leadership Cell that I will lead:

☐ I will encourage the following people to go through this Zúme Training course:

☐ Other commitments:

SESSION

9-6

Share Your 3-Month Plan*Share [30 min]***ACTIVITY [15 min]*****In groups of two or three.***

Take turns sharing your 3-Month Plans with each other. Take time to ask questions about things you might not understand about plans and how others will meet their commitments. Ask them to do the same for you and your plan. Find a training partner(s) that is willing to check in with you to report on progress and challenges and ask questions after 1, 2, 3, 4, 6, 8 and 12 weeks. Commit to doing the same for them.

ACTIVITY [15 min]***In your full training group.***

Discuss and develop a group plan for starting at least two new 3/3 Groups or Zúme Training Groups in your area. Several of your group members may have just completed and saved your individual Three-Month Plans to your Zúme group. On this step, if no one from your group has filled out a digital copy on the website of your Three-Month Plan, it is highly recommended that you do this together now. You can find the Three-Month Plan on the www.zume.training website when you are logged in.

Remember, your goal is to start Simple Churches that multiply. 3/3 Groups and Zúme Training Groups are two ways to do that. Discuss and decide whether these new Groups will be connected to an existing local church or network or whether you'll start a new network out of your Zúme Training Group.

Congratulations!

You've completed Session 9.

Below are next steps to take in preparation for the next session.

Obey

You may not know it, but you now have more practical training on starting simple churches and making disciples who multiply than many pastors and missionaries around the world!

Set aside time on your calendar each week to continue to work on your Three Month Plan, and plan check-ins with your training partner at the end of week 1, 2, 3, 4, 6, 8, and 12. Each time you're together, ask about their results and share yours, making sure you're both working through your plans. Prayerfully consider continuing as an ongoing spiritual family committed to multiplying disciples.

Share

Pray and ask God who He would have you share Zúme Training with by launching a Leadership Cell of future Zúme Training leaders.

Pray

Be sure to pray with your group before you end your time together. Thank God that He has created and gifted each of you with exactly the right talents to make a difference in His Kingdom. Ask Him for wisdom to use the strengths He has given you and to find other followers who help cover

your weaknesses. Pray that He would make you fruitful and multiply—this was His plan from the very beginning. Pray that God will help you to be obedient to Him and invite Him to work in you and those around you!

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APPENDIX

A stylized illustration in the background shows several figures. On the left, two figures are standing; one is pointing towards the right. On the right, a group of figures is walking in a line, some carrying briefcases. The entire illustration is rendered in a light gray, line-art style.

SESSION 10

ADVANCED TRAINING

In this advanced training session, we'll take a look at how we can level-up our Coaching Strengths with a quick checklist assessment. We'll learn how Leadership in Networks allows a growing group of small churches to work together to accomplish even more. And we'll learn how to develop Peer Mentoring Groups that take leaders to a whole new level of growth.

Check-In

Before getting started, take some time to check-in.

At the end of the last session, everyone in your group was challenged in two ways:

1. You were asked to prayerfully consider continuing as an ongoing spiritual family committed to multiplying disciples.
2. You were encouraged to share Zúme Training by launching a Leadership Cell of future Zúme Training leaders.

Take a few moments to see how your group has been doing with these items and their Three Month Plans since you've last met.

Pray

Pray and thank God that He is faithful to complete His good work in us. Ask Him to give your group clear heads and open hearts to accomplish the great things He wants to do in and through you. Ask the Holy Spirit to lead your time together and thank Him for His faithfulness, too. He got you through!

SESSION

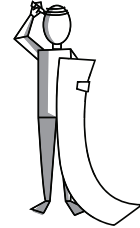
10-1

Coaching Checklist

Read and Discuss [15 min]



The **Coaching Checklist** is a powerful tool you can use to quickly assess your own strengths and vulnerabilities when it comes to making disciples who multiply. It's also a powerful tool you can use to help others—and others can use to help you.



Jesus said—“*Greater love has no one than this: to lay down one's life for one's friends.*” (John 15:13) Jesus told us, then showed us again and again that God's family grows best when we are willing to give up our wants for God's will.

The Coaching Checklist is a simple tool you can use to help guide you as you assist others through various parts of Zúme Training like The Training Cycle or their List of 100.

What skills are you seeing develop in others? What areas still need to be developed?

Having a Coaching Checklist will help you to stay focused and engaged as you develop followers of Jesus into leaders in God's family, everywhere you go.

Yes, it takes time and effort. Yes, it means sacrifices and giving up our preferences for God's perfect plan. And yes, more than all of that, it's worth it.

The Coaching Checklist is a simple tool from the Zúme Toolkit to help keep you in life's greatest game—God's Work.

WELCOME

SESSION 1

SESSION 2

SESSION 3

SESSION 4

SESSION 5

SESSION 6

SESSION 7

SESSION 8

SESSION 9

SESSION 10

APPENDIX

COACHING CHECKLIST (Self-assessment)
Use the following steps to take this quick [5-minutes or less] self-assessment:

- **STEP 1**—Read through the Disciple Training Tools in the far left column of the Checklist. (*Checklist on following page.*)
- **STEP 2**—Mark each one of the Training Tools, using the following method:
 - o If you’re unfamiliar or don’t understand the Tool:
 - check the **BLACK** column
 - o If you’re somewhat familiar but still not sure about the Tool:
 - check the **DARK GRAY** column
 - o If you understand and can train the basics on the Tool:
 - check the **LIGHT GRAY** column
 - o If you feel confident and can effectively train the Tool:
 - check the **WHITE** column

COACHING CHECKLIST (Training Others)

- BLACK:**
Train with new information and make sure of understanding.

DARK GRAY:
Stop and stay with them until they have the basics.
- LIGHT GRAY:**
Watch out for consistent competence.

WHITE:
Go ahead and leave them and find others to develop.

MODEL (Unaware)	ASSIST (Unskilled)	WATCH (Competent)	LEAVE (Skilled)
MENTOR’S ROLE			
Mentor gives Direction & Information	Mentor gives Direction & Support	Mentor gives Support & Encouragement	Mentor receives Updates
HOW PLANS ARE MADE			
Mentor Decides	-Mentor/ee Discuss -Mentor Decides	-Mentor/ee Discuss -Mentee Decides	Mentee Decides

Coaching Checklist

TRAINING TOOL	MODEL (unaware)	ASSIST (unskilled)	WATCH (competent)	LEAVE (skilled)
Duckling Discipleship				
Tell Your Story [Testimony]				
Tell God's Story [Gospel]				
Stewardship of Relationships—List of 100				
Pace				
Non-Sequential Ministry				
3/3 Group Format				
Simple Church—Love God/Others, Make Disciples				
Being Part of 2 Churches				
Training Cycle				
Accountability Groups				
Self-Feeding:				
● Reading the Word Daily [Obey]				
● Prayer—Talk & Listen [Prayer Cycle]				
● Body Life—Fellowship [One Another's]				
● Persecution & Suffering				
Eyes to See Where the Kingdom Isn't				
Looking for Person of Peace [Mt. 10, Lk. 10]				
Prayer Walking				
Being a Church:				
● Fellowship [Eat Together, One Another's]				
● Praise & Worship				
● Bible [Obey, Train]				
● Tell people about Jesus [Share]				
● Baptism				

ACTIVITY [10 min]



Discuss the following questions with your group:

- 1. Which Training Tools did you feel you would be able to train well?
- 2. Which ones made you feel vulnerable as a trainer?
- 3. Are there any Training Tools that you would add or subtract from the Checklist? Why?

REMEMBER—Be sure to share your Coaching Checklist results with your Zúme Coach and/or your training partner or other mentor. If you’re helping to coach or mentor someone, share this tool to help assess which areas need your attention and training.

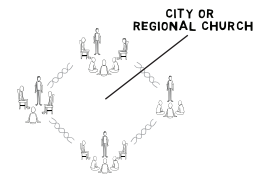
SESSION
10-2**Leadership in Networks**
Read and Discuss [15 min]

In this session, we'll learn how **leadership in networks** allows a growing group of small churches to work together, grow new leaders, and accomplish even more of the good things God has planned for His people.



So what happens to churches as they grow and start new churches, that start new churches, that start new churches? How do they stay connected? How do they live life together as an extended spiritual family?

The answer is that all of these simple churches are just like the cells in a growing body and they connect and network into a city or regional church. The churches are related. They share the same spiritual DNA. They are all connected out of the same first multiplying family. And now—with some guidance—they come together as a larger body to do even more.

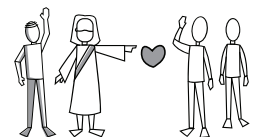


At the city and regional level, God's Word shows that the growing body of believers is served by a new group of leaders. In the New Testament, the church calls these servants elders and deacons, shepherds and overseers of the flock.



We learn in God's Word that the multitude of small home churches in the city of Jerusalem were served by a group of seven servants—or deacons.

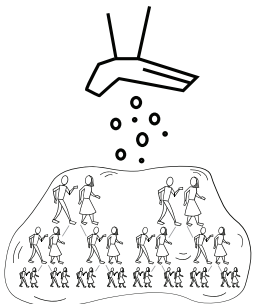
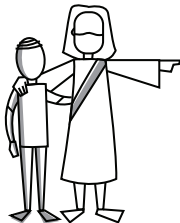
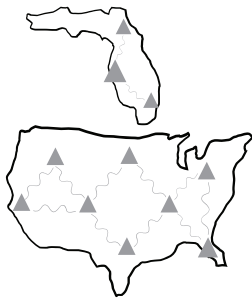
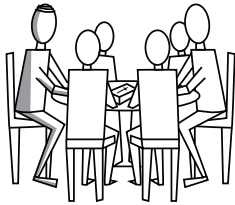
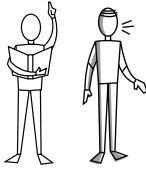
We learn in God's Word that the multitude of home churches in the city of Ephesus were served by a small group of elders—shepherds who were to follow the model of the Good Shepherd Jesus and lay down their lives for their flock.



In the city or region, we also see a group of five leadership gifts given.

God's Word says—*"Christ Himself gave the apostles, the prophets, the evangelists, the pastors and teachers, to equip his people for works of service, so that the body of Christ may be built up."* (Ephesians 4:11–12)





These spiritual gifts are given not so a small group can do all the work of the church but so they could serve and prepare the followers of Jesus to do the work—so the whole body of believers could work together to accomplish all God has in His heart to do.

In addition to or in place of meeting with their own spiritual family, these leaders meet and pray and fellowship and encourage one another in much the same way that any simple church in a home would. The 3/3 pattern is used in leadership training meetings and peer mentoring.

The **Four Fields** pattern is used for planning, evaluation, and coaching at higher levels just as it is at the local level.

When the leaders meet they share what is happening not only as individuals but also across their network. They represent the families and share about the well-being of the ones they serve.

A good place for a network of spiritual families to center is the place where that network starts. A church network that launches from Tampa will start as a city church in Tampa. As they grow and serve throughout the state, they will act on behalf of the network in Florida. As they send and serve around the country and around the world, they begin to function at a national or even international level.

Jesus said—*“If you are faithful in little things, you will be faithful in large ones.”* (Luke 16:10a, NLT)

These networks of churches remain connected because of their common spiritual DNA and shared beginnings. Sometimes the networks split off into multiple networks based on language, opportunities to meet or other reasons. This is part of growth and not a problem.

The willingness of simple churches and individual followers to learn, obey and share God’s Word is the spiritual DNA of a movement. If it is passed on successfully from generation to generation, from church to church, and from believer to believer, then everything needed to begin a new movement of multiplying disciples is already present in every spiritual family and in every follower of Jesus.

When movements launch movements, that’s when we start to see the “leaven” working through the dough of a city or a state or even a nation. That is how the Kingdom of God comes in such a way that God’s will is being done on earth as it is in heaven. That is how we can finish the Great Commission by making disciples of all nations.

ACTIVITY [10 min]

Discuss the following question with your group:

Are there advantages when networks of simple churches are connected by deep, personal relationships? What are some examples that come to mind?

SESSION
10-3

Peer Mentoring Groups

Read [5 min]



The Coaching Checklist is a powerful tool you can use to quickly assess your own strengths and vulnerabilities when it comes to making disciples who multiply. It's also a powerful tool you can use to help others—and others can use to help you.

Jesus said—“A new command I give you: Love one another. As I have loved you, so you must love one another. By this everyone will know that you are my disciples, if you love one another.” (John 13:34–45, NIV)

A **Peer Mentoring Group** consists of people who are leading and starting 3/3 Groups. It also follows a 3/3 format and is a powerful way to assess the spiritual health of God's work in your area.

Peer Mentoring Groups use leader-to-leader mentoring with individual followers of Jesus, with simple churches, with ministry organizations or even with a global simple church network that reaches around the world.

Peer Mentoring Group participants look at objective indicators following Jesus' strategy for ministry and ask questions and give feedback. These sessions are not meant to inflate anyone's ego or make anyone feel inferior. They are meant to instruct and inspire. Use this simple format:

LOOK BACK [1/3 of your time]

During the first third—spend time in prayer and care just like you would in a basic 3/3 Group. Then spend time looking at the group's vision and faithfulness in previous commitments:

- How well are you abiding in Christ? [Scripture, prayer, trust, obedience, key relationships?]
- Did your group complete your action plans from the last session? Review them.

LOOK UP [1/3 of your time]

Have the group discuss the following simple questions:

1. How are you doing in each section of the Four Fields diagram?
2. What is working well? What are your biggest challenges?
3. Review your current generational map.
4. What challenged you or what did you find hard to understand?
5. What is God showing you recently?
6. Are there any questions from seasoned leaders or other participants?

LOOK FORWARD [1/3 of your time]

Spend time in silent prayer with everyone in the group asking the Holy Spirit to show them how to answer these questions:

7. What action plans or goals would God have me put into practice before our next time together? [Use the Four Fields tool to help focus your work.]
8. How can my mentor or other group members help me in this work?

Finally spend time as a group talking to God in prayer.

Have the group pray so that each member is prayed for and ask God to prepare the hearts of all those the group will reach out to during their time apart.

Pray for God to give each member of the group the courage and strength to apply and obey what God has taught them in this session. If a seasoned leader needs to pray specifically for a newer leader, this is the perfect time for that prayer.

Since these groups often meet at a distance, you are unlikely to be able to celebrate The Lord's Supper or share a meal, but be sure to make time to check-in about health and family and friends.

ACTIVITY [60 min]

Break into groups of two or three and work through the 3/3 sections of the Peer Mentoring Group format.

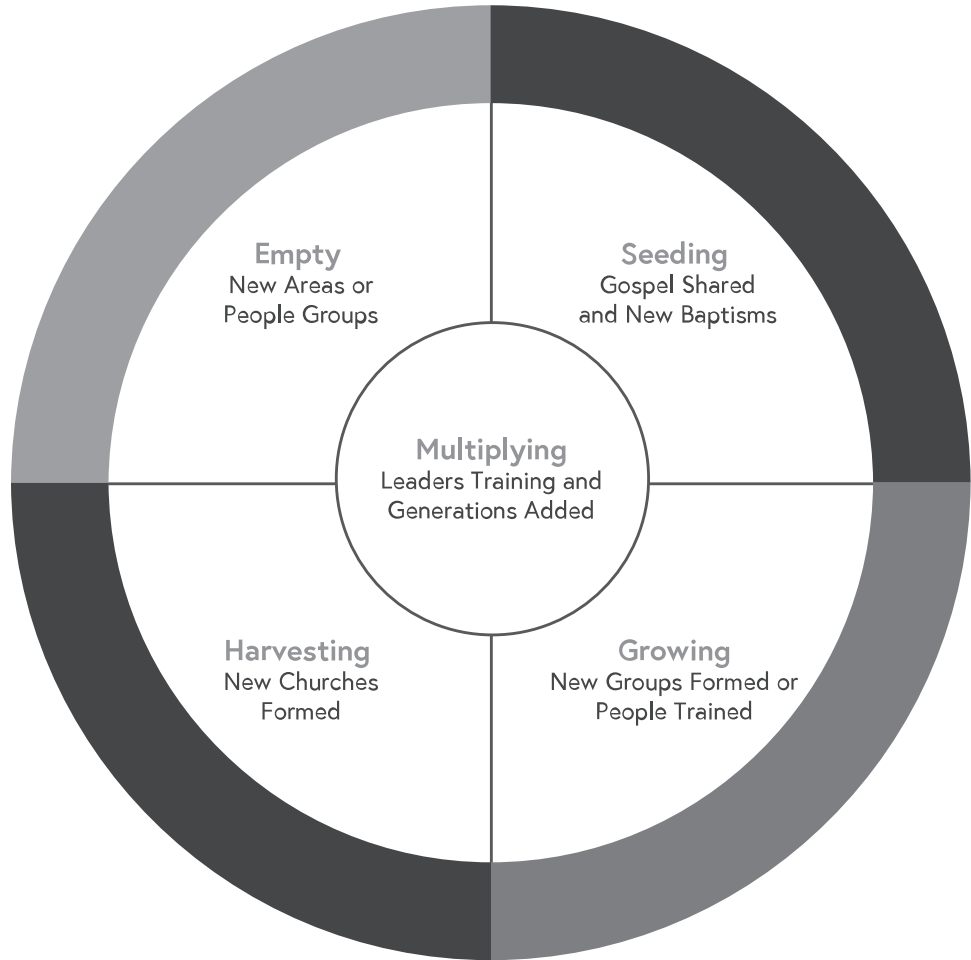
Peer Mentoring is something that happens once a month or once a quarter and takes some time for the whole group to participate, so you will not have time for everyone to experience the full mentoring process in this session.

To practice, choose one person in your group to be the “mentee” for this session and have the other members spend time acting as peer mentors by working through the suggested questions list and providing guidance and encouragement for the mentee’s work.

By the time you’re finished, everyone should have a basic understanding of asking and answering.

REMEMBER—Spend time studying the *Four Fields Diagnostic Diagram* and *Generational Map* in the *Peer Mentoring Groups* section of your *Zúme Training Guide*. Make sure everyone in your group has a basic understanding of these tools before asking the suggested questions.

Four Fields Diagnostic Diagram



Multiplying Field: With whom, how, and when are you filtering for faithful people, equipping them and holding them accountable for reproduction?

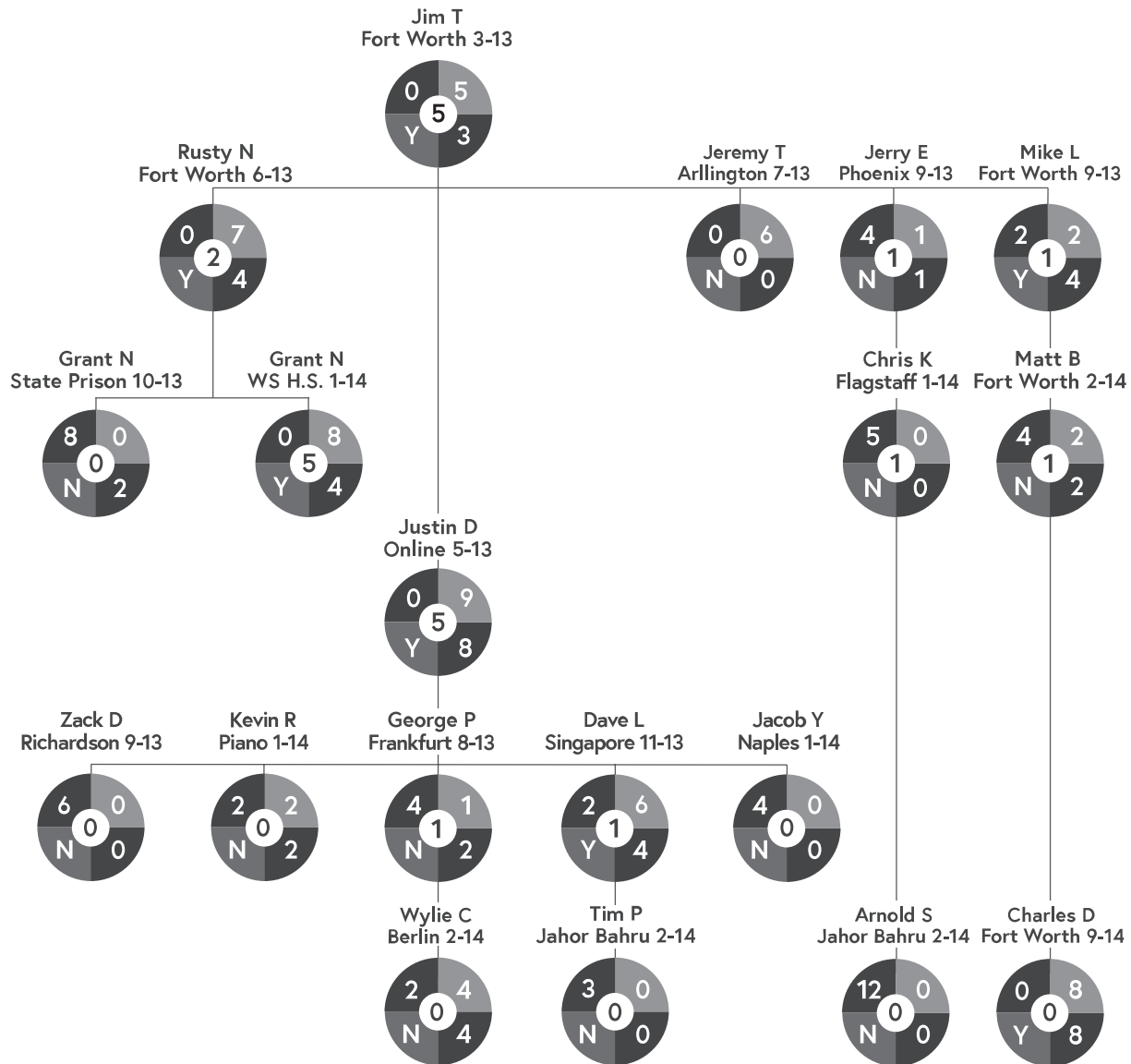
Empty Field: Where or with whom [what people groups] are you planning to extend the Kingdom?

Seeding Field: Where or with whom are you sharing the good news of the Kingdom? How are you doing that?

Growing Field: How are you equipping people and growing them spiritually, individually and in their natural networks?

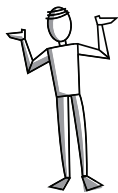
Harvesting Field: How are new spiritual families [simple churches] being formed?

Simple Church—Generational Map



Group Leader Name
Location/Start Date





CONGRATULATIONS on completing Zúme Training!

You and your group are now ready to take leadership to a new level! Here are a few more steps to help you KEEP GROWING!

You may not know it but you now have more formal training on starting simple churches than most pastors around the world.

The real question is—What are you going to do with it? Jesus said—If you're faithful in little things, you'll be faithful in large ones, too.

That's good news because if you've been putting your training to work throughout your Zúme Training sessions, then Jesus says you'll put the rest of it to work, too.

One of the ways you can put what you know to work is by helping spread the word about Zúme Training and inviting others to go through the training, too. When you're praying and thinking about who to invite, be sure to think about places where no one is likely to be trained. You may have friends or family or co-workers from other parts of your state, of your country or even around the world.

So pray about who God might want you to invite to Zúme Training. And then ask.

Remember as part of Zúme Training, you have coaches standing by to answer any questions you might have or to help you take simple steps as you get started. Be sure to connect with them. That's what they're there for.

You can also locate other people pursuing this type of ministry by becoming involved with zume.vision and 24:14. Find out more at: **www.zume.vision** and **www.2414now.net**.

And, as always, you'll have access to additional materials at **<https://zume.training>** and the companion site **<https://zume.vision>**.

We're praying for you as you go.

You're already answered prayer.

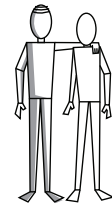
NEXT STEPS

GET A COACH

Sign up for your free personal coach today!

Just finished your training? Looking for some guidance as you continue to put what you've learned into practice? Zúme offers free online coaching by experienced practitioners who want to see you become a faithful disciple who makes disciples.

www.zume.training/get-a-coach/



JOIN THE COMMUNITY

Be part of our multiplying disciples community!

Zúme is a community of practice for those who want to see disciple making movements. Our vision is to saturate the world with multiplying disciples in our generation. Check out how others are implementing Zúme Training in their lives and communities.

www.zume.training/join-the-community/



ZÚME RESOURCES

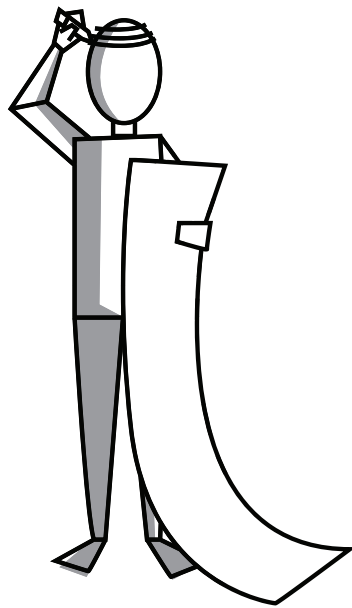
Check out helpful disciple making tools!

Here are some links to other great resources we believe will challenge and assist you on your disciple making journey.

www.zume.training/resources/



APPENDIX



3/3 Group Series

HOPE SERIES [FOR SEEKERS]

Use the following passages for the “LOOK UP” portion of your group. Your group may need more than one meeting for some of the passages.

1. Hope for the sinner: Luke 18:9–14
2. Hope for the poor: Luke 12:13–34
3. Hope for the runaway: Luke 15:11–32
4. Hope for the lost: Luke 19:1–10
5. Hope for the grieving: John 11:1–44
6. Hope for the seeker: John 3:1–21

SIGNS OF JOHN [FOR SEEKERS]

Use the following passages for the “LOOK UP” portion of your group. Your group may need more than one meeting for some of the passages.

1. Turning of water into wine: John 2:1–12
2. Healing of the royal official’s son: John 4:46–54
3. Healing of the paralytic: John 5:1–17
4. Feeding of the five thousand: John 6:1–14
5. Walking on water: John 6:16–24
6. Healing of the man born blind: John 9:1–41
7. Raising Lazarus from the dead: John 11:1–46

START TRACK: THE FIRST 8 MEETINGS

This is appropriate for people who are already Christians but have not been in this type of group before. The practice portion is guided and generic for these 8 sessions. Individualized practice is begun in subsequent meetings.

1. TELL YOUR STORY

LOOK UP: Mark 5:1–20. Pay particular attention to verses 18–20.

PRACTICE: Practice telling your story. You will need to prepare your story and be prepared to share it with people when you tell them about Jesus. Here is how you can tell your story:

- Talk about your life before following Jesus—Describe your feelings [pain, loneliness], questions [what happens after death?], or struggles you had before following Jesus.
- Talk about how you became a follower of Jesus—Tell them about Jesus! The essential story of Jesus is: We have all offended God with our sins. We will die because of our sins. But we are saved from death when we put our faith in Jesus, who died for our sins, was buried, and raised from the dead.
- Talk about your life after following Jesus—Tell them about how Jesus changed your life. Tell of the joy, peace, and forgiveness Jesus gave.
- Invite a response—Your story should ask for a response. End with a question that will help you discover the person's level of spiritual interest. Ask something like: "Would you like to know how you can be forgiven?" or "Would you like God to change your life?"
- Keep it brief [three minutes or less]—Your story should be short and interesting. Do not be boring and do not talk so long that the listener loses interest.
- Choose five people to tell.—Pray. Ask God to show you which five people you know to whom He wants you to tell your story to this week.

2. TELL JESUS' STORY

LOOK UP: 1 Corinthians 15:1–8; Romans 3:23; Romans 6:23

PRACTICE: Have everyone in your group practice telling Jesus' story using the Evangecube or using another simple method. Tell your story and Jesus' story to five people this week. Do this every week.

3. FOLLOW & FISH

LOOK UP: Mark 1:16–20

PRACTICE: Make a List—Get a blank piece of paper and write the names of one hundred people that you know [family, friends, neighbors, co-workers or school mates] who need to hear about Jesus. Tell your story and Jesus' story to five people this week. Do this every week.

4. BAPTISM

LOOK UP: Romans 6:3–4; Acts 8:26–40

PRACTICE: Find nearby water [bathtub, pool, river, lake] and baptize all new believers. Continue to immediately baptize people as they become believers. To learn more about baptism, see Acts 2:37–41; 8:5–13; 8:36–38; 9:10–19; 10:47–48; 16:13–15; 16:27–34; Acts 18:5–9 and 1 Corinthians 1:10–17; Acts 19:1–5; Acts 22:14–17. Tell your story and Jesus' story to five people this week. Do this every week.

5. THE BIBLE

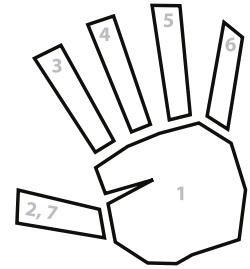
LOOK UP: 2 Timothy 3:14–16

PRACTICE: Memorize and recite the seven Bible study questions [questions 1–7 in the Simple Meeting Format]. Tell your story and Jesus' story to 5 people this week. Do this every week.

6. TALK WITH GOD

LOOK UP: Matthew 6:9–13

PRACTICE: Use your hand to learn how to talk with God. As a group pray through Jesus' prayer in Matthew 6:9–13 using your hand as a guide.



- 1. Palm = Relationship.** As the palm is the foundation for our fingers and thumb, time alone with God is the foundation for our personal relationship with him. "Our Father in heaven..." [Matthew 6:9]
- 2. Thumb = Worship.** Our thumb reminds us that we must worship God before we ask for anything. "...hallowed be your name." [Matthew 6:9]
- 3. First Finger = Surrender.** Next we surrender our lives, plans, family, finances, work, future, everything. "your Kingdom come, your will be done..." [Matthew 6:10]
- 4. Middle Finger = Ask.** Then we ask God to meet our needs. "Give us today our daily bread." [Matthew 6:11]
- 5. Fourth Finger = Forgive.** Now we ask God to forgive our sins, and we must forgive others. "And forgive us our debts, as we also have forgiven our debtors." [Matthew 6:12]
- 6. Little Finger = Protect.** Then we ask for protection. "And lead us not into temptation, but deliver us from the evil one." [Matthew 6:13]
- 7. Thumb [Again] = Worship.** And we end just as we began—we worship Almighty God—"For Yours is the Kingdom and the power and the glory forever. Amen."
[Matthew 6:13, NASB, 1995]

Tell your story and Jesus' story to five people this week. Do this every week.

7. HARD TIMES

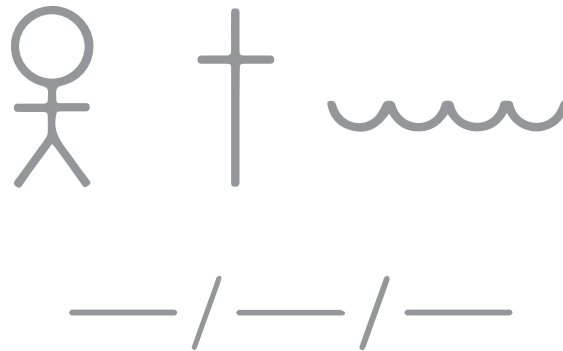
LOOK UP: Acts 5:17–42; Matthew 5:43–44

PRACTICE: Share with the group about a difficulty you have faced because of your new faith; consider difficulties you may face; role play how you will respond—with boldness and love—as Jesus teaches. Pray as needs come up. Pray for each person after they share. Tell your story and Jesus’ story to five people this week. Do this every week.

8. BECOME A CHURCH

LOOK UP: Acts 2:42–47; 1 Corinthians 11:23–34

PRACTICE: Discuss what your group needs to do to become like the church described in the passages. As a group, on a blank paper, draw a dotted line circle representing your own group. Above it, list three numbers: the number regularly attending [stick figure], the number believing in Jesus [cross] and the number baptized after believing [water].



If your group has committed to be a church, make the dotted line circle solid. If you regularly practice each of the following elements then draw a picture of the elements inside your circle. If you do not do the element or you wait for an outsider to come do it, then draw the element outside the circle.



1. Commitment to be a church: solid line instead of dotted line
2. Baptism—water
3. Bible—book
4. Commemorate Jesus with bread and cup—cup
5. Fellowship—heart
6. Giving and ministry—money sign
7. Prayer—praying hands
8. Praise—raised hands
9. Telling people about Jesus—friend holding hands with a friend he led to faith
10. Leaders—two smiling faces

What is your group missing that would help make it a healthy church?

Tell your story and Jesus' story to five people this week. Do this every week.

WHERE NEXT?

Go through 3/3 Discover or 3/3 Strengthen (below) or select a book of the Bible like John or Mark [choose only one story per meeting].

DISCOVER SERIES

[For Groups That Need Bible Background & Familiarity]
Use the following passages for the “LOOK UP” portion of your group. Your group may need more than one meeting for some of the passages.

Discover God

Who God is and what He is like.

1. Creation—Genesis 1
2. Creation of People—Genesis 2
3. Disobedience of People—Genesis 3
4. Noah and the Flood—Genesis 6:5–8:14
5. God’s Promise with Noah—Genesis 8:15–9:17
6. God Speaks to Abraham—Genesis 12:1–7; 15:1–6
7. David becomes King of Abraham’s Descendants
—1 Samuel 16:1–13; 2 Samuel 7:1–28
8. King David and Bathsheba—2 Samuel 11:1–27
9. Nathan’s Story—2 Samuel 12:1–25
10. God Promises Savior will come—Isaiah 53

Discover Jesus

Who Jesus is and why He came.

1. Savior Born—Matthew 1:18–25
2. Jesus’ Baptism—Matthew 3:7–9, 13–15
3. Crazy Man Healed—Mark 5:1–20
4. Jesus Never Loses Sheep—John 10:1–30
5. Jesus Heals the Blind—Luke 18:31–42
6. Jesus and Zaccheus—Luke 19:1–9
7. Jesus and Matthew—Matthew 9:9–13
8. Jesus is the Only Way—John 14:1–15
9. Holy Spirit Coming—John 16:5–15
10. Last Supper—Luke 22:14–20
11. Arrest and Trial—Luke 22:47–53; 23:13–24
12. Execution—Luke 23:33–56
13. Jesus is Alive—Luke 24:1–7, 36–47; Acts 1:1–11
14. Believing and Doing—Philippians 3:3–9

STRENGTHEN SERIES

[For New Believers or Groups That Need Discipling Focus]

Jesus Says—Learn to obey the basic commands of Jesus. Keep sharing Jesus with people on your list.

1.1 Learn and do—John 14:15–21

1.2 Repent, Believe, Follow—Mark 1:14–17; Ephesians 2:1–10

1.3 Be baptized—Matthew 28:19; Acts 8:26–38

1.4 Love God, Love People—Luke 10:25–37

Jesus Also Says—Learn to obey the basic commands of Jesus. Keep sharing Jesus with people on your list.

2.1 Talk with God—Matthew 6:9–13. Learn and practice Jesus' model of prayer

2.2 Remember and Commemorate Jesus—Luke 22:14–20; 1 Corinthians 11:23–32

2.3 Give—Acts 4:32–37

2.4 Pass it on—Matthew 28:18–20

Follow as I Follow—Make disciples. Pass on to others what you have learned. Teach these people to pass it on too.

3.1 Find a Disciple—2 Timothy 1:1–14

3.2 Pass it on—2 Timothy 2:1–4, 14–16

3.3 Teach them to teach others—2 Timothy 3:1–17

3.4 Hard times—2 Timothy 4:1–22

Multiply Your 3/3 Group—Gather your disciples into new groups.

4.1 Get Started and make a plan—Luke 10:1–11. Listen to Jesus' instructions as you start a new group.

4.2 Gather Together—Acts 2:14–47

4.3 Person of Peace—Mark 5:1–20; 6:53–56. Look for people willing to share their story about Jesus. Start a group with that person & their friends & family.

4.4 Who is ready—Matthew 13:1–9, 18–23

Lead—Learn how to lead a 3/3 Group.

5.1 Model [lead like this]—John 13:1–17

5.2 Model [don't lead like this]—3 John 5–14

5.3 Assist—Mark 4:35–41

5.4 Watch—Luke 10:1–11, 17, 20

5.5 Leave—Matthew 25:14–30

Go: Local—Learn how to reach your local community.

6.1 Go local—Acts 1:1–8

6.2 Help the poor. Share the good news—Luke 7:11–23

6.3 Go where God sends—Acts 10:9–48

6.4 Go with a plan—Acts 13:1–3; 32–33; 38–39; 4:21–23; 26–27

Go: Global—Learn how to reach the ends of the earth.

7.1 Go: Global—Acts 1:1–8; Matthew 28:19–20

7.2 Go where God sends—Acts 8:26–38

7.3 God loves every people group—John 4:4–30; 39–41

7.4 Go with a plan—Acts 13:1–3; 32–33; 38–39; 14:21–23; 26–27

Remember the Basics—Learn what to do when you meet.

8.1 Jesus is First—Philippians 2:1–11

8.2 Talk with God—Matthew 6:9–13

8.3 Community—Hebrews 10:23–25

8.4 The Bible—2 Timothy 3:10–17

Commit—Learn to stay strong and keep following Jesus.

9.1 Disobedience—Jonah 1

9.2 Commit—Jonah 2

9.3 Obey—Jonah 3

9.4 Obey all the way—Jonah 4

9.5 Use it or Lose it—Matthew 25:14–30

WHERE NEXT?

Choose your own Bible passages and keep meeting. Use the same questions and 3/3 Group Meeting format. Don't stop meeting.

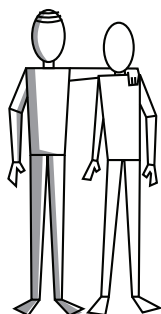


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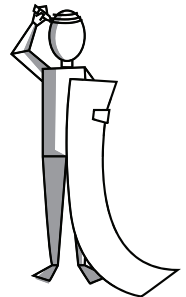
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