

# WAY OF DISCIPLESHIP BEING WITH GOD

## SESSION 7: BEING WITH GOD IN A BALANCED LIFE FACILITATOR'S NOTES

### CHECKLIST

- Have I got a good sense of the signposted resources? Which would be good to highlight with my group? Have I looked through the Rule of Life document? Have I checked the evaluation form link? Have I got the dates of the "Becoming like Christ" module to share?
- Are we having a meal together? What needs arranging?
- Have I got the technology set up, and does it work(!)?
- Is there a visual focus I want to offer for worship this week – image, candle, video?
- Who is doing tea/coffee?
- Are there any notices I need to share?
- Is there anyone in my group who has pastoral needs we should be aware of at the moment?

### WITH YOUR CO-FACILITATOR

- Are we using our different gifts well tonight?
- If we are running out of time, what shall we miss out or postpone?
- Who is doing what in the session? Clarity about who is leading which section really helps!
- Are we confident using DBS?
- Who among the participants can we encourage to use their gifts in leading, praying, or facilitating tonight? How much preparation will they need?
- What and who do we particularly want to pray for at the moment?
- How are we offering a good variety in our worship and prayer styles?

### REVIEW THE OUTCOMES FOR THIS SESSION

- To understand what fruitfulness means in discipleship and how it is nurtured.
- To understand why and how to rest and have a Sabbath, experiencing balance in my life.
- To be able to embrace times of pruning as necessary for growth in my lived experience.
- To understand why and how to experience the disciplines of silence and solitude.
- To develop a personal rule of life from a position of grace.
- To practise the Examen.



## FOR THIS SESSION YOU WILL NEED

- TV / Laptop / Wifi
- Ppt for session 7
- Any prayer materials or visual focus.
- Examen handout if you are using it for closing prayer

## 6.30 PM PREPARING MYSELF

You might like to use the poem "Let your God love you." and/or the Examen questions from the handout (Reviewing the day - what has made you thankful? What has disturbed you?) as a focus on God's presence with you as you lead tonight.

Take a moment to pray for each person in your group.

Commit yourself to the Lord this evening.

## 7 PM OPENING WORSHIP

Feel free to use the suggested activity, which aims to draw on different styles, or approaches, or to do something which reflects your own context or tradition if that is more helpful. (Available on separate Worship Aims Bible passage powerpoint)

Read out Psalm 131 slowly, and then ask people to reflect silently on the question, "What do you see when you look at God, looking at you?"

Give some time for thanksgiving - this is the last session of this module. This may be in open prayer, or people sharing in pairs what they are grateful for, or by passing something round to facilitate prayer/sharing.

## 7.10 PM INTRODUCTION - AIMS FOR THE EVENING

(You may want to miss this out if your group is less formal, or you are using the material one to one). (Available on separate Worship Aims Bible passage powerpoint)

- To understand what fruitfulness means in discipleship and how it is nurtured.
- To understand why and how to rest and have a Sabbath, experiencing balance in my life.
- To be able to embrace times of pruning as necessary for growth in my lived experience.
- To understand why and how to experience the disciplines of silence and solitude.
- To develop a personal rule of life from a position of grace.
- To practise the Examen.



## 7.15 PM FEEDBACK AND OPENING QUESTION

In their pairs from the end of the last session, ask people to feedback to each other how their experience of their response action(s) from last week has been - the emphasis is on mutual encouragement in accountability, not guilt!

Then in pairs ask people to discuss this question for 3 minutes: What practices of being with God have been developing in your life?

## 7.25 PM CORE TEACHING CONTENT

*The core content is designed to be as user-friendly, and as flexible/context-friendly, as possible. You can use the script and powerpoint provided, using your own material or approaches to reflect your context and teaching style. Because truth in the Scripture is often perceived through metaphor and story, the content will include at least one story example (although other "stories" are found in the Modelling section), and at least one visual example.*

*The whole of the content is produced in a booklet for each session – if you are not covering all the material, you may want to point participants to reading the booklet between sessions. It is a good idea to have a break halfway through.*

What quality of life does God want for me?

What kind of "fruit" is God hoping for?

Why is being with God at the heart of fruitfulness?

Why is Sabbath so important for being with God?

What are the benefits of Sabbath?

How do I practise a fruitful Sabbath?

How did Jesus (and others in the Bible) experience "being with God" in solitude and silence?

What are the benefits of solitude and silence?

How do I practise solitude and silence?

How can the practices which train me to "be with God" and pay attention to Him move from idea to reality?

**N.B. take people through the Rule of Life booklet briefly.**

***Following the content, you may like to give people a few minutes to think of any questions or reflections on the material, then facilitate a discussion based on any points raised for 5-10 minutes. They will have reflection time in smaller groups after the video, but this gives an opportunity for initial whole-group discussion. As facilitator you are not expected to have all the answers, but can help the group explore together.***

## 8.20 PM MODELLING/REFLECTION

Video and own experience. Show the video and, if time share from your own experience, remembering that real struggles can be as helpful as victories!

Discuss in pairs, and then together:

What might help you grow in having a good practice of Sabbath?

What steps towards solitude and silence could you take?

Model a response as facilitator(s) by offering your reflection first.



## 8.40 PM DISCOVERY BIBLE STUDY

Matthew 4: 1-11 (Available on separate Worship Aims Bible passage powerpoint)

See the instruction sheet for how to do DBS.

After you have read the passage and retold, use whatever method will enable most people to participate – talking in pairs, splitting questions up between different pairs, splitting into smaller groups with group members asking the five questions (this will disciple people through putting leading DBS into practice).

N.B. Encourage giving enough focus on the personal response questions in 3 and 4. As your group grows in trust, hopefully people will become more confident in sharing their responses together – as facilitator(s) taking the lead in this models your own discipleship and helps create openness in others.

## 9 PM PERSONAL RESPONSE AND ACTION FOR COMING WEEK.

Having learnt content, seen it modelled, reflected and heard each other, and listened to God in Scripture, each disciple will end with the questions, “What is God saying to me and what is my response?” Any actions they take will be self-generated. As this is the last session of this module they may want to meet up at some time they arrange independently.

Obviously this week the suggested response is developing a Rule of Life.

Ask people to reflect on this in pairs – they will never have to report back to the whole group. If they wish to help one another by meeting up outside of the group to do this they can arrange to do so.

There is no group feedback, but as facilitator you can share what you feel able in order to model gentle accountability and trust.

## 9.10 PM SIGNPOSTING

Make sure the participants know about the next module - "Way of Discipleship: Becoming Like Christ" and how to book on.

There are just a few extra handouts, and a Bible Project video as suggested follow-on activities so that the Rule of Life exercise can be emphasised.

Please point them to the online evaluation form: [www.dio.org.uk/wodf](http://www.dio.org.uk/wodf) If you have time and capacity they may like to complete it in the meeting, or in their own time. We would be very grateful for the feedback.



## 9.15 PM CLOSING PRAYER

*Use the suggested prayer or pray in whatever way is helpful.*  
(Available on separate Worship Aims Bible passage powerpoint)

You may like to give thanks for the time you have shared together and/or to use the Edwina Gateley poem in the Content Booklet and/or the Examen. It would be good to give the participants the experience of doing this.

## REVIEW AFTER GROUP HAS LEFT

What went well?

Where did I sense God's presence?

What can I do better?

Was anyone absent that I need to follow up on?

Is there anyone we want to follow up on after the module?

Is there anyone we could develop by supporting them in facilitating the next module?

Please pass on the names of those who have participated, and the number of sessions they have completed, to the Learning for Discipleship and Mission team - this will be helpful in encouraging future facilitators, and also knowing who has completed Way of Discipleship should they want to explore any licensed ministries.

Thank you so much for your commitment in discipling people through this course! Please continue to pray for your participants and if you have any feedback on the module Guy Donegan-Cross would love to hear from you.

