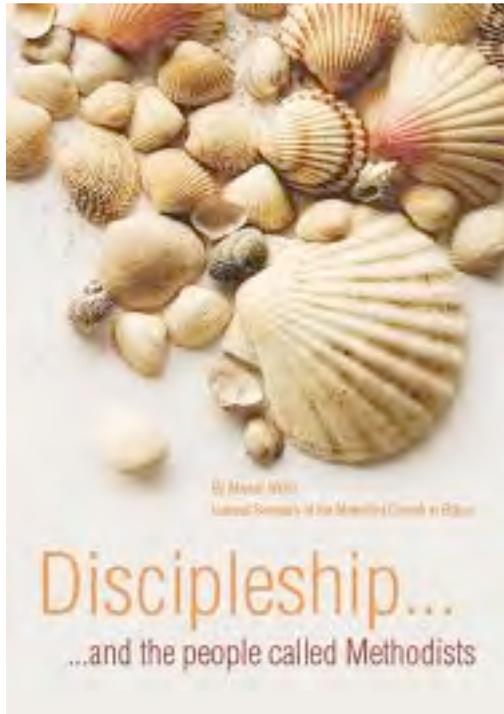


Discipleship Courses & Resources



It has been said that the
**‘ABC of church life
is Attendance, Buildings and Cash
but the primary focus should be
on D Discipleship.’** Mark Greene LICC

The Methodist Church
For Individuals, House Groups, Churches and Circuits



What is discipleship?

'Discipleship is a journey into the heart of God's love. It is a life-long process of following Jesus and being made more like him. Often the church has tended to think of discipleship as something that is done with young converts. But this radically downplays the core place that discipleship should have in the life of individual believers and of the church. Followers of Christ never stop being disciples. Being disciplined is as important for long-established as for new Christians. It's a task for life.'

Courses

The courses outlined here can be used to help put Discipleship back at the heart of a House Group or Church.

Communication

Please keep us informed via the training officer of the Discipleship courses you are setting up and we will advise you of others running the same course so you can network if you wish.

Information

This leaflet puts together details of many courses and resources to enable House Groups, Church Leaders and Circuit Leaders to ensure an appropriate programme of Discipleship is taking place in The Methodist Church.

Further details

The website details are given to allow exploration of more details. Many of courses available are also listed and evaluated on the [Fresh Expressions website](#).

A suggestion for getting started

If you would like to start something for a small group the Just 10 material is very well produced and easy to use.

A Life Worth Living

Sessions	9	Session time	1.5 hrs + meal
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Materials: Study manual, leaders manual, text book & DVD

Features & benefits

This is a follow-on programme to Alpha that follows the Alpha style including a meal. The sessions are: New heart, New Purpose, New attitude, New responsibilities, New friendships, New confidence, New ambitions, New resources, New generosity.

Produced by: Nicky Gumble, Alpha

Cost: £41 Leader £2 Participant

Web details: alphafriends.org **Availability:** Methodist Book Centre

Apprentice

Sessions	5	Session time	1.5 hrs min
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Materials: Study guide, text book & DVD

Features & benefits

The materials link to talks and worship at Spring Harvest.

Sessions are: Journeying, Longing, Believing, Questioning, Belonging.

This course is new and there are likely to be a further 5 sessions released.

Comment: *'Steve amazes us with an array of wonderful stories and brilliant quotes that we shall long remember and often use. Imitating Jesus he gives us parables that profoundly affect how we look at life and journey on life's way.'* Tony Campolo.

Produced by: Steve Chalk

Cost: £34.45 Leader £7 For a study manual

Web details: store.springharvest.org **Availability:** Methodist Book Centre

Obtaining materials

Most publications can be ordered from the Methodist Book Centre at <http://www.methodistbookcentre.co.uk/> Tel. 01782 212146

Beta

Sessions	10	Session time	1.5 hrs
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Materials: Facilitators manual, participants manual & videos

Features & benefits

The ten sessions are: Introduction, Relationships, Community, Sin and Atonement, Forgiveness and Reconciliation, Depression, Loss and Change, Stress and Coping, Suffering and Wholeness, Self and God.

The aims of the course are said to be: fosters genuine fellowship, deepens individuals' self-understanding and promotes personal development and maturity, provides a safe, psychologically informed platform for pastoral care within the church and community, inspires 'next steps' in pastoral care, deepens Christian faith.

Comments: *'This (course) bridges the gap between what we believe as Christians and what we actually experience in real life.'* (businessman)
'What attracted me to Beta was the chance to have more honesty in the church' - Canon Alan Hargrave, Ely Cathedral

Produced by: University of Cambridge

Cost: £113.85 There are free example materials on the web site.

Web details: beta-course.uk

Availability: beta-course.uk

Discipleship Explored

Sessions	8	Session time	1.5 hrs + meal
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Materials: Study manual, leaders manual & DVD

Features & benefits

This is a follow-on programme to Christianity Explored although you don't need to have done Christianity Explored. The sessions are: Confident in Christ, Living in Christ, standing together in Christ, Transformed by Christ, Righteous in Christ, Knowing Christ, Rejoicing in Christ, Content in Christ. The course is based on the book of Philipians.

Produced by: Goodbook Company, Barry Cooper

Cost: £36 Leader £3 Study Guide

Web details: christianityexplored.org

Availability: Methodist Book Centre

Disciple

Sessions	34	Session time	2.5 hrs min
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Materials: Study manual, text book, teachers guide & DVD

Features & benefits

The course covers about two thirds of the Bible. Participants do 30-45 minutes reading per day as well as the 2.5 hour group session each week. The course is from United Methodists USA. Group leaders are trained on a one day training course. Details from the training officer.

Comments: *'Disciple is a journey of biblical discovery in the company of others which will change you, and inspire new ways in you to make a difference for the kingdom.'* Revd Dr Martyn Atkins General Secretary of the Methodist Church

Produced by: United Methodists USA

Cost: Leader £120 + reference books £50 per participant

Web details: methodist.org.uk & methodistpublishing@methodistchurch.org.uk

Availability: Methodist Publishing 01733 235962

Dysciple

Sessions	12	Session time	1 hr
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Materials: Book called 'Dysciples, why I fall asleep when I pray, and twelve other discipleship dysfunctions. Includes personal and group study'

Features & benefits

This is a book divided into 12 sessions each with an individual and group study section. It deals with real issues that affect everyday discipleship. The 12 sessions are: Dissatisfied, Despairing, Disorientated, Disgruntled, Dismissive, Disconnected, Distant, Disappointed, Dispensable, Disturbed, Dispassionate, Disloyal, Disqualified.

Comments: *'Once again Krish has done what he does best he has created an easy and fun book to read that has a deep underlying ad thought provoking message which is so relevant to today's culture. This book will speak to all of us who often feel too inadequate in being disciples – but want to try.'* Andy Reed MP for Loughborough

Produced by: **Cost:** £8.99

Availability: Methodist Book Centre

Emmaus Stage 2 Nurture

Sessions	15	Session time	1.5 hrs
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Materials: Combined Leaders and participants manual + group leaders book

Features & benefits

This is a follow on course to the Emmaus Stage 1 an Alpha equivalent.

The course covers these sessions

PART 1: WHAT CHRISTIANS BELIEVE

Believing in God

We need God in our lives

The life and ministry of Jesus

The death and resurrection of Jesus

The Holy Spirit

Becoming a Christian

PART 2: HOW CHRISTIANS GROW

Learning to pray

Reading the Bible

Belonging to the Church

Sharing Holy Communion

PART 3: LIVING THE CHRISTIAN LIFE

Living God's way

Serving the Lord

Your money and your life

Learning to love

Sharing the faith

Produced by: Church of England

Cost: Leaders £22.50 Participants £6 Free sample materials can be downloaded from the website.

Web details: e-mmaus.org.uk

Availability: Methodist Book Centre

Emmaus Stage 3 Growth – Knowing God

Sessions	16	Session time	1.5 hrs
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Materials: Leaders manual with CD of handouts and presentations.

Features & benefits

This can be used as a follow-on from Stage 2 or as a standalone course. The sessions are grouped into: Living the gospel, Knowing the Father, Knowing Jesus, Come Holy Spirit.

Produced by: Church of England

Cost: £22.50 Free sample materials can be downloaded from the website.

Web details: e-mmaus.org.uk

Availability: Methodist Book Centre

Emmaus Stage 3 Growth – Growing as a Christian

Sessions	21	Session time	1.5 hrs
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Materials: Leaders manual with CD of handouts and presentations.

Features & benefits

This can be used as a follow-on from Stage 2 or as a standalone course. The sessions are grouped into Growing in prayer , Growing in the Scriptures, Being Church, Growing in worship, Life death and Christian hope.

Produced by: Church of England

Cost: £22.50 Free sample materials can be downloaded from the website.

Web details: e-mmaus.org.uk

Availability: Methodist Book Centre

Emmaus Stage 3 Growth – Christian Lifestyle

Sessions	18	Session time	1.5 hrs
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Materials: Leaders manual with CD of handouts and presentations.

Features & benefits

This can be used as a follow-on from Stage 2 or as a standalone course. The sessions are grouped into Living images, Overcoming evil. Personal identity, Called into life.

Produced by: Church of England

Cost: £22.50 Free sample materials can be downloaded from the website.

Web details: e-mmaus.org.uk

Availability: Methodist Book Centre

Emmaus Stage 3 Growth – Your Kingdom Come

Sessions	16	Session time	1.5 hrs
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Materials: Leaders manual with CD of handouts and presentations.

Features & benefits

This can be used as a follow-on from Stage 2 or as a standalone course. The sessions are grouped into The Beatitudes: Your kingdom come among us & The kingdom: Your kingdom come through us

Produced by: Church of England

Cost: £22.50 Free sample materials can be downloaded from the website.

Web details: e-mmaus.org.uk

Availability: Methodist Book Centre

Foundations21

Sessions	12	Session time	2 hrs
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Materials: Web based

Features & benefits

This is a new online Discipleship course that can be taken as a group or as an individual. The course is structured into rooms on the website. Although it can be done individually it is more supportive to work through as a small group.

The twelve rooms are:

Jesus, The Bible, God the Father, The cross and resurrection.

The Holy Spirit, The church, Prayer, Worship, Intimacy with God, Christian lifestyle, Christian ministry, Christian mission.

Comments: *'One of the great challenges we face today is how to equip Christians for daily living as committed disciples of Jesus Christ. Foundations21, with its flexible and personalised approach to lifelong Christian learning, is an imaginative and invaluable resource for churches that want to help people to grow in their faith.'* - **Alan Johnson**, Chief Executive, Spring Harvest

'The course is beautifully produced with good clear instructions.'

'To be able to go to the local café church for an evening and take a laptop to do the course with friends, could be a wonderful experience.'

Produced by: Foundations21

Cost: Free

Web details: foundations21.org.uk

Availability: Website

Imagine

Sessions	1 or 2	Session time	2 hrs
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Materials: Study prompt, text book & DVD

Features & benefits

This could be used by the leadership of a church or circuit or a house group when considering Discipleship. It takes a rounded and applied look at what it means to be a Christian Disciple in the work place, family, home and church today. It also focuses on the support required to be a Disciple.

Produced by: London institute for Contemporary Christianity

Cost: £20

Web details: licc.org.uk

Availability: Methodist Book Centre

Freedom in Christ

Sessions	13	Session time	2 hrs
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Materials: Leaders manual, workbook, text book & DVD

Features & benefits

A popular follow-on from Alpha or as a stand-alone programme.

The focus is on spiritual and emotional aspects affecting

Discipleship. Supported by newsletter and regional events.

Sessions are: Where did I come from?, Who am I now?, Choosing

to Believe the Truth, The World's View of Truth, Our Daily Choice,

Demolishing Strongholds, The Battle For our Minds, Handling

Emotions Well, Forgiving from the heart, Walking in Freedom

Every Day, Relating to others, Where are you Heading?, Staying

on the right path. A free sample pack is available from the web

site.

Comments: 'A great course' Mark Stibbe

Produced by: Freedom in Christ **Cost:** £70

Web details: fcm.org.uk **Availability:** Methodist Book Centre

Living Faith

Sessions	10	Session time	1.5 hrs
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Materials: Leader's guide, Study guide & DVDs

Features & benefits

The sessions are entitled: The story and message of the Bible,

The Hebrew scriptures, The world, Life and ministry of Jesus, The

Gospel testimonies to Jesus, Paul and the outward movement, A

brief history of Christianity, Christian doctrines and beliefs, Other

religions and beliefs, Growing in and sharing Christ, Living

Christianly in the world. The sessions are based on 10 30-minute

DVD presentations. The Leader's guide and sample materials can

be downloaded free on the website.

Comments: '*Living Faith's great strength is it's substance and scholarship.*'

Produced by: Tom Wright, Bishop of Durham & John Schwarz

Cost: £60 Includes 5 study guides

Web details: spck.org.uk/livingfaith

Availability: spck.org.uk/livingfaith

Living the Life

Sessions	18	Session time	1 hr
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Materials: DVD, leaders manual and study guide

Features & benefits

The sessions are entitled Who is God? And what's he like?, Who am I? And why am I here?, If God really is God – Why is life so hard?, God's rescue plan for the human race, Becoming a disciple of the king, Forgiveness, Building on a good foundation, Feeding on the living bread, Dynamic praying, Weeding my patch, Finding my destiny, Fellowship in the Church, My life is not my own – the key to giving, Living the life in the marketplace, Recreation, The final journey, Prospects of glory, Pressing on!

Produced by: Peter Horrobin Director Ellel Ministries

Cost: £90 includes 10 study guides

Web details: ellelministries.org

Availability: shop.ellelministries.org

Just 10

Sessions	10	Session time	1.5 hrs min
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Materials: Study manual, text book & DVD

Features & benefits

This is based on the popular presentations around the country by J John. Each session is based on one of the 10 commandments. Sessions are: Find contentment, Hold to the truth, Prosper with a clear conscience, 'Affair proof' your relationships, Manage your anger, Keep the peace with your parents, Catch your breath, Take God seriously, Know God, Live by priorities. This has been well received in House Groups.

Comments: *'I know people's lives have been greatly impacted by the just10 series. J John really brings God's values right into the 21st century'* Tom Wright, Bishop of Durham

'As we explored the 10 commandments with J John he opened them up in a fresh new way. It was amusing, informative, challenging and relevant to today' Lesley from Hanley

Produced by: J John, Philo Trust

Cost: £40 Leader £10 For each study manual

Web details: philotrust.com **Availability:** Methodist Book Centre

Celebration of Discipline

Sessions	13	Session time	1.5 hrs min
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Materials: Book with study guide

Features and benefits

This is a book by Richard Foster that has been praised by many as the most important contemporary book on Christian spirituality it helps to discover a richer spiritual life with joy, peace and a deeper understanding of God. It explores inward disciplines of meditation, prayer, fasting and study; the outward disciplines of simplicity, solitude, submission and service; and the corporate disciplines of confession, worship, guidance and celebration.

Comments: Richard Foster has 'found' the spiritual disciplines that the modern world stored away and forgot' Eugene Peterson

Produced by: Hodder & Stoughton

Cost: £8.99

Availability: Methodist Book Centre or other book retailer

Life with God

Sessions	9	Session time	1.5 hrs min
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Materials: Book

Features and benefits

This book by Richard Foster can be used for group study of the Bible. Many of us want to make the Bible the foundation of our way of life but struggle to make sense of it or know where to start reading. 'This book grows out of a deep heartfelt concern that you and I and all peoples everywhere might discover the life with God to which the Bible witnesses so eloquently.'

Produced by: Hodder & Stoughton

Cost: £8.99

Availability: Methodist Book Centre or other book retailer