

Workshop or Presentation: Momentum 02

Name of your Session: “Discipleship That Works”

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DESCRIPTION: The mission of the UMC is to make disciples of Jesus Christ for the transformation of the world. Sometimes it’s difficult to find practical, easy-to-use discipleship-building experiences. I’ve come to discover two such experiences that have formed the foundation of my own discipleship plan at the churches I’ve served: Discipleship Huddles and Scripture Journaling.

CONTENT:

Discipleship Huddles were created by Mike Breen and 3DMovement (<https://3dmovements.com>), and help provide practical disciple-making practices for Christians of all growth stages. As Rev. Nicole Reilley puts it, Discipleship Huddles are “lightweight and low maintenance” – something that churches of any size can easily incorporate into their ministry. Once you experience huddles yourself, you can lead them in your ministry setting. The two huddles are as follows:

- Huddle 1 – Learning to hear God speak into your life
- Huddle 2 – Learning how God has wired you for ministry (in the local church)

Discipleship Huddles use “LifeShapes” to help cement simple faith practices into the lives of participants. The primary LifeShapes from Huddle I include:

- ***The Learning Circle*** (and “*Kairos moments*”) – a systematic way to process any moment in life to ascertain what God might be saying to you through it.
 - Note: This is the foundation of Discipleship Huddles, and quite honestly, the most powerful part of the experience! Each gathering, participants share from their own experience, and seek to discover God’s message for them.
- ***The Semi-circle*** (and *Living in Rhythm*) – The Biblical rhythm is one that moves from rest to work, as we seek to abide in Christ. We often find ourselves striving for more. The semi-circle reminds us that fruitfulness best comes from incorporating this rhythm.
- ***The Triangle*** (and *The Fullness of Life in Christ*) – Jesus lived his life in three directions: up (towards God), in (towards his close community), and out (towards the larger world). The triangle invites us to be intentional about the ways we relate to each of these areas in our lives. There are specific questions in each of these directions that help us to do this.

To sign up to participate in a Discipleship Huddle, visit Nicole Reilley’s website:

<http://www.lightweightlowmaintenance.com/huddles/>

Scripture Journaling – According to the REVEAL study, the #1 strategy for moving people forward in discipleship is regular reflection on the Bible. We are living in a time when biblical literacy is no longer the norm. Many in our churches feel intimidated when it comes to reading Scripture. Scripture Journaling is a simple process for ***reading the Bible devotionally***. In fact, when following these guidelines, Bible reading literally becomes prayer-time!

The elements of Scripture Journaling can be easily remembered by the acronym SOAP:

- ***S*** – ***Scripture*** (what is the passage you’re reflecting on?)
- ***O*** – ***Observation*** (what does this say about God, life, humankind, etc.?)

- **A – Application** (how does it specifically apply to your life?)
- **P – Prayer** (what would you like to say to God in light of this learning?)

While Scripture Journaling can be done on ANY passage from the Bible, it's helpful to provide your congregation with a reading plan. The plan that I use goes through the Hebrew Scriptures once and the New Testament twice each year. (NOTE: However, the goal is not to read through the Bible in a year, but rather to hear God speak to us through the Bible!)

Ways that I've come to use Scripture Journaling in my local church:

- **Individual Use** (people come to develop their own pattern of reading scripture devotionally)
- **A Journaling Group** (gather at a location to journal individually, then share as a group)
- **Staff Meeting** (I use the passage for the upcoming Sunday to lead my staff through)
- **Church Meetings** (I use a simplified version at EVERY church meeting to get people reflecting on Scripture. This also helps set the culture of Biblical engagement at the church.)
- **Youth Group/Confirmation** (Give our young people the tools to engage with the Bible for a lifetime of growth)
- **As part of a regular small group** (Use with any established small group by adding an interactive reflection on Scripture to the regular gathering time)

For more details (and to get my yearly reading plan), go to <https://pumchurch.com>. Click on the I'M NEW drop-down menu at the top of the page... and select SCRIPTURE JOURNALING.

And of course you can email me with any questions you may have along the way!