



WORKSHOP

TWO

lifeonlife

DISCIPLESHIP IN PRACTICE

Welcome Letter



Welcome to the Life on Life Workshop Two!

We are so glad that you are here! We are continuing to trust that the Lord will use this process to help you to make and deploy mature and equipped followers of Christ through your churches.

Our desire for this workshop is to help you continue to grow your movement of Life on Life Missional Discipleship by going deeper in relationships with the men and women in your groups. We will look at how Jesus spent time with His disciples and how He brought them towards maturity and leadership.

THINK BIG
START SMALL 
GO DEEP

We look forward to walking with you through this growing movement in your churches, and we are thankful to the Lord that He has given you a passion to make and deploy mature and equipped followers of Christ in your church for your community and the world.

Remember, gospel-centered discipleship is not just passing on knowledge, it is sharing life together. As we continue this process together, we want to remind you again to think big, start small, and go deep.

We are with you and for you,

The Life on Life Staff Team

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A PDF copy of this notebook can be accessed on
lifeonlife.org/notebooks



Finding Time for Life on Life Missional Discipleship

1. What is Equipping?

The _____ View

The _____ View

The _____ View

2. Who Is to Do the Pastoring?

Owner = _____

Employer = _____

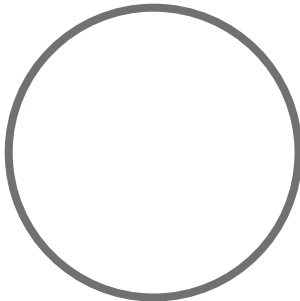
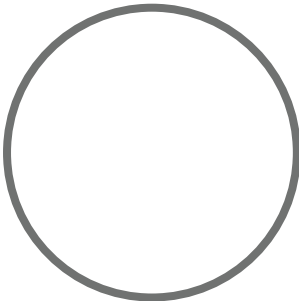
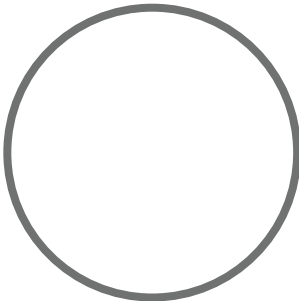
Employee = _____

Customer = _____



3. How Does One Balance Time Between Pastoring and Leading-Equipping?

Three Options





Finding Time for Life on Life Missional Discipleship

4. To Whom Does the Pastor Give Care?

- 1) His Personal _____.
- 2) The _____ & _____.
- 3) _____ who has a legitimate need with no one equipped to minister to them.

5. What Is Required for a Pastor to be an Effective Leader-Equiper?

- 1) The pastor must be faithful to focus only on his _____ responsibilities.
- 2) The layman must be willing to be _____ and to be a _____.

Table Discussion

In light of the what you heard, what are the implications for you as the pastor and leaders of the church?

Devotion: John 12



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Four Aspects of the Heart



Four Aspects of the Heart



What are you *thinking*?

What are you *feeling*?

What *desires* are touched in you?

What *choices* do you want to make?

Exercise

Answer the Four Questions of the Heart in the space above.



Pursuing the Heart: HEAR

HEAR Skills

Holy Spirit

Trust and Believe that the Holy Spirit is speaking to them, and that He has much better things to say than you do.

Engage the Whole Heart

Be completely attentive to them, and listen thoroughly to all four aspects of their heart (be listening to your whole heart too).

Ask Open and Powerful Questions

Ask open-ended and powerful questions that guide the person to hear from the Holy Spirit and to make choices from their deep desires.

What are you thinking?

What are you feeling?

What desires are touched in you?

What choices do you want to make?

Respond from Your Heart

After pursuing their heart first, share how this conversation has impacted your own whole heart (not your own story), and then rejoice in what the Holy Spirit has done.

HEAR Exercise



Holy Spirit

Engage the Whole Heart

Ask Open and Powerful Questions

What are you *thinking*?

What are you *feeling*?

What *desires* are touched in you?

What *choices* do you want to make?

Respond from your heart

Table Discussion

What was most significant to you about discipling from the heart?

How could these skills deepen your discipling?



HEAR Exercise

PLEASANT FEELINGS

Open Alive Unique Optimistic Positive
 Confident Happy Free Eager Determined
 Reliable Joyous Warm Blown-Away Excited
 Fulfilled Amazed Fortunate Good Strong
 Interested Love Thankful Delighted Brave
 Reassured Receptive Important Peaceful Bold Secure
 Satisfied Ecstatic Elated Encouraged Capable Daring
 Touched Surprised Jubilant Safe Content Challenged
 Sympathetic Relaxed Blessed Awesome

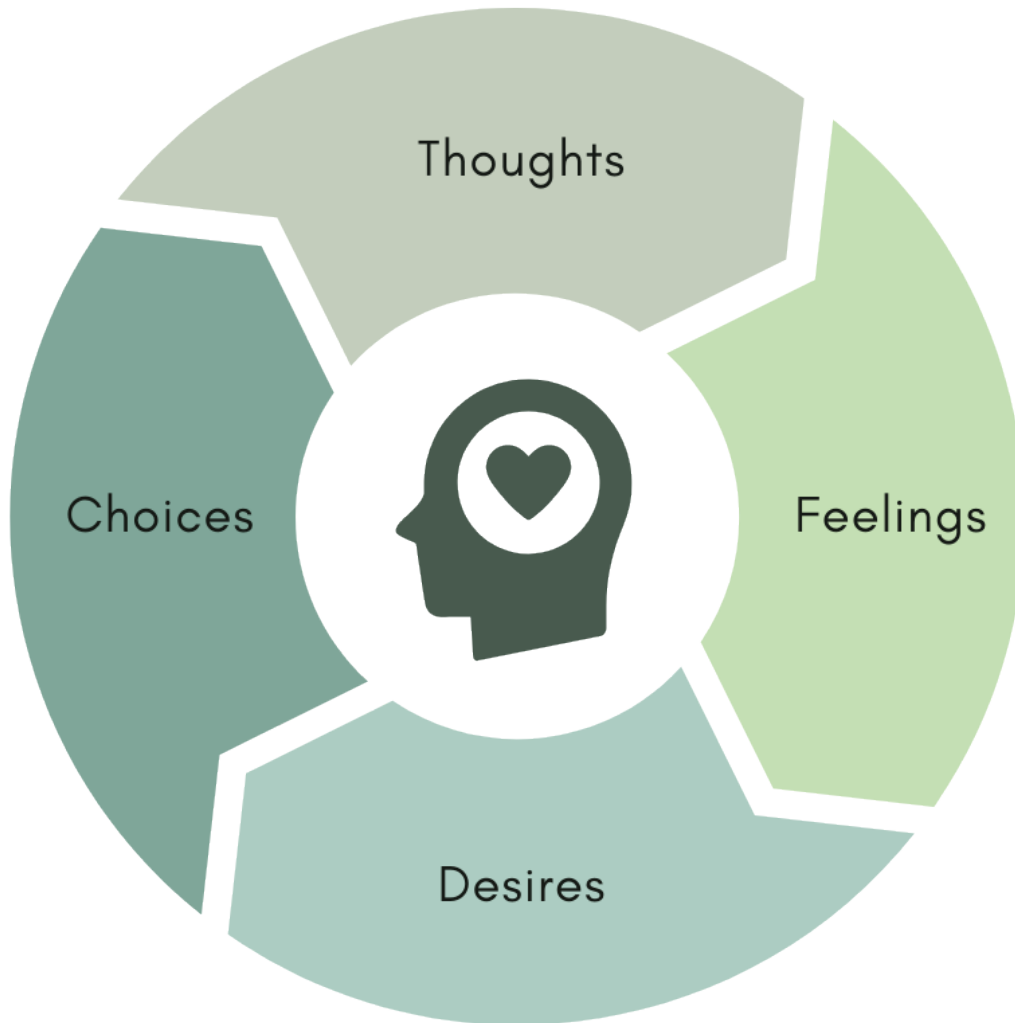
UNPLEASANT FEELINGS

Angry Confused Useless Disillusioned Sad Annoyed
 Irritated Hostile Uncertain Disrespected Crushed Grief Sorrowful
 Enraged Indecisive Hurt Hurt Deprived Impotent Anguish
 Bitter Disappointed Hesitant Dejected Ashamed Desolate Alone
 Depressed Lonely Tense Rejected Repugnant Desperate Unhappy
 Betrayed Doubtful Dismayed Indifferent Scared Desperate Discouraged
 Diminished Powerless Reserved Neutral Wronged Tormented
 Despair Humiliated Weary Heartbroken Alienated Fearful Wary
 Worried Disintrested Helpless Terrified Agonized Frustrated Paralyzed
 Anxious Panic

Used with permission from Wellspring Group. Engaging the Heart 5



Four Aspects of the Heart



It is a fluid model. It is an art not a science. Your goal is to love the other person well, not to complete the steps of HEAR. At times, you may just need to be with the other person before asking any questions, particularly when you need to empathize or mourn with the other person. Here you ask questions only to clarify the situation and to know how to be present with the other person. Once you've been present with the other person, then you can move onto other questions. Defining action steps is dependent on how many steps in the model you can authentically move through. Don't press. Listen and follow your intuition.



Association

MORE IS
CAUGHT
THAN 
TAUGHT

SEE EXAMPLE WITNESSES MEN CHARACTER FOLLOW WITH

SEND VISION GO MAKE OTHERS LIFE ON LIFE FAITHFUL DISCIPLES

Association



Formal One-on-One <i>Both have an agenda</i>	Informal Time <i>Leader may or may not have an agenda</i>



Spiritual Formation Pathway

Three Questions

Where does God want them to be?

Where are they now?

What are the next steps?

Table Discussion

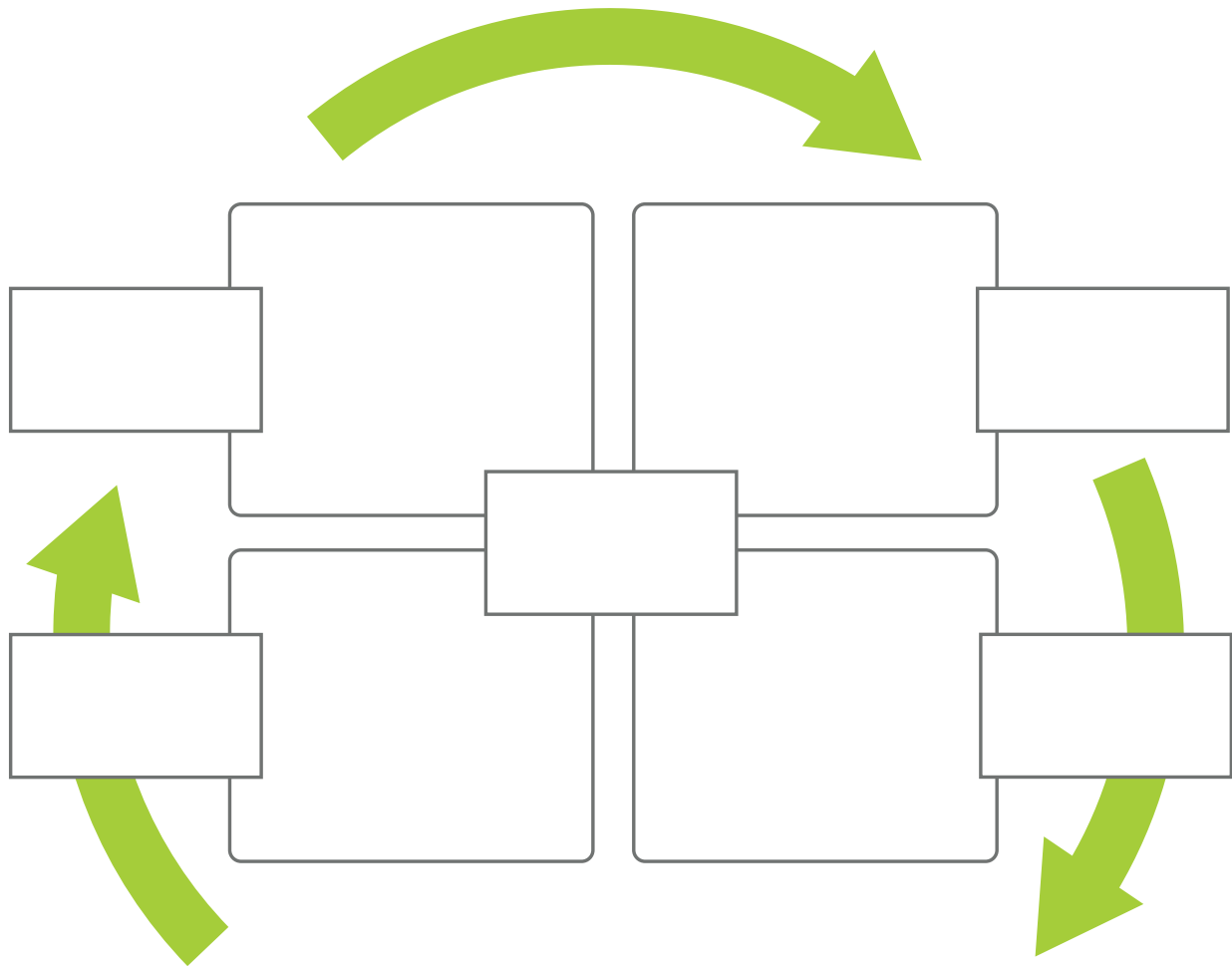
Discuss the benefits and uses of the Spiritual Formation Pathway tool.

Spiritual Formation Pathway





Designing Personalized Training



Exercise

Part 1

Take several minutes to individually design a personalized training plan for a real person in your group using the worksheet on the next page.

Part 2

As a team, take a few minutes to share what you learned from this exercise and tool. We are not sharing about the actual person.

Designing Personalized Training Tool



Disciple:	Date:
Diagnostic Question 1: Where does God want them to be?	
Diagnostic Question 2: Where are they now?	
Diagnostic Question 3: What are the next steps?	
Step 1: Tell them what and why	
Step 2: Show them how	
Step 3: Support their progress	
Step 4: Send them out	
Step 5: Pray for them	



Missional Living

“

And Jesus went throughout all the cities and villages, teaching in their synagogues and proclaiming the gospel of the kingdom and healing every disease and every affliction. When he saw the crowds, he had compassion for them, because they were harassed and helpless, like sheep without a shepherd. Then he said to his disciples, 'The harvest is plentiful, but the laborers are few; therefore pray earnestly to the Lord of the harvest to send out laborers into his harvest.'

Matthew 9:35-38

“

Missional Living HEAR



Holy Spirit

Engage the Whole Heart

Ask Open and Powerful Questions

What are you *thinking*?

What are you *feeling*?

What *desires* are touched in you?

What *choices* do you want to make?

Respond from your heart



The Journey - Mission Overview

Gospel Living - Focus: *What, Why, How and Where of Missional Living*

Jesus living missionally	Christ's love compels us
Being God's agent	Jesus went preaching and teaching
Needs of community	Disciples going to Jerusalem, Judea, Samaria,
People Groups	and the World

Grace Commitments - Focus: *Praying for the Least and Lost*

Focus: Praying for the Least and Lost	Investigate needs
Create a prayer list	Prayer walk
Have a conversation	

Knowing God - Focus: *Serving and making the gospel known across the street, tracks, and ocean*

Service Projects
Exploring motives for serving
Evaluating equipping required

Healthy Marriage - Focus: *Telling your spiritual Story*

60 second Testimony	Spiritual conversations
Testimony Feedback	Praying for missional heart
Building relationships	

Biblical Worldview - Focus: *Express your Faith-Grace motivation*

Purpose, Assurance and Freedom
Life Issue Booklets: Bible is God's Word, Eternal Punishment, Jesus only way
And How to have eternal life

Parenting - Focus: *Engaging with People*

Serving and Sharing
Witness Activity Log
Praying for Global Mission

Table Discussion

Brainstorm about ideas on how individuals in your group could be missional and ways that your group could be missional.

Discipleship Group Modeling

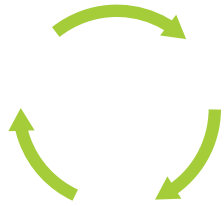


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Discipleship Group Planning Worksheet

Lesson:	Date:
What <i>announcements</i> need to be made?	
What is the main <i>truth</i> of this lesson that I will focus on?	
What is the main <i>equipping</i> question of this lesson that I will focus on?	
What is the main <i>accountability</i> question of this lesson that I will focus on?	
What is the main <i>mission</i> assignment of this lesson that I will focus on?	
What is the main <i>supplication</i> focus I will lead our prayer time about?	
What are the <i>assignments</i> I will give the group?	
When will I next <i>associate</i> with group members outside of group time, and what will I discuss with each of my disciples?	



The Gospel Waltz



Relational Skills

Selection
Association
HEAR



Navigation Skills

Situational Leadership
TEAMS
Personalized Training



Jesus

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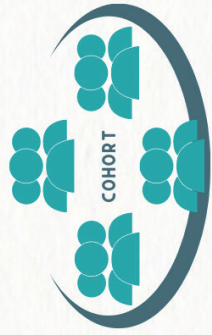
Movement Next Steps





WORKSHOPS...

OUR WORKSHOPS ARE MULTI-DAY GATHERINGS FOR YOUR LAUNCH TEAM AND 5-10 OTHER LAUNCH TEAMS FROM CHURCHES IN YOUR REGION. THEY ARE HIGHLY INTERACTIVE, AND YOU WILL DIVE INTO DEEP LESSONS, SHARE MEANINGFUL EXPERIENCES, DEVELOP LEADERSHIP SKILLS, AND MAKE STRATEGIC PLANS FOR THE DISCIPLESHIP MOVEMENT AT YOUR CHURCH.



YOUR LAUNCH TEAM WILL GO THROUGH THE ENTIRE LIFE ON LIFE TRAINING PROCESS WITH OTHER CHURCH LAUNCH TEAMS. WE CALL IT YOUR COHORT. LOCK ARMS WITH OTHER PASTORS AND LEADERS STARTING DISCIPLESHIP MOVEMENTS LIKE YOU.

COACHING...

COACHING IS KEY.

OUR TRAINING PROCESS IS A LIFE-ON-LIFE MODEL. WE ARE HERE TO SUPPORT YOU EVERY STEP OF THE WAY. AS PASTORS WITH LIFE ON LIFE DISCIPLESHIP MOVEMENTS IN OUR OWN CHURCHES, WE HAVE ALREADY MADE MISTAKES AND LEARNED A THING OR TWO ALONG THE WAY TO SHARE WITH YOU.

HERE'S HOW COACHING CALLS WORK:
A LIFE ON LIFE TEAM MEMBER WILL BE ON COACHING CALLS WITH THE MOVEMENT LEADERS IN YOUR COHORT.
THEN, MOVEMENT LEADERS WILL REPEAT THE COACHING CALLS WITH THEIR LAUNCH TEAMS.



For more information, or to apply for our next round of training, visit lifeonlife.org

Appendix: Engaging the Heart



In order for Life on Life Missional Discipleship to be life changing, we must engage with others from our whole heart and engage them from their whole heart. The Gospel has the power to change anyone from the inside out. We see how Jesus engaged people from His whole heart to their whole heart.

God told us to “go and make disciples” and He promised “I will build my church.” We are making and training mature and equipped followers of Christ, God desires that his body, the Church, would live in the fullness of his larger love Story so He can reveal himself to the world.

The purpose of this handout is to be used with coaching so that leaders are inspired and equipped to live and lead deeply from their whole heart in Biblical community where they live, work and play.

THE KEY VALUES WHICH UNDER GIRD THE CONCEPT OF ENGAGING THE HEART ARE:

1. The Heart as the wellspring of life, encompasses our thoughts, choices, emotions and deep desires.
2. Transformation that flows from the heart results in fundamental, significant, sustained change.
3. Biblical Community experienced in authentic relationships reflects God's love, grace, and truth.
4. Beauty that reveals God naturally, artistically, and relationally.

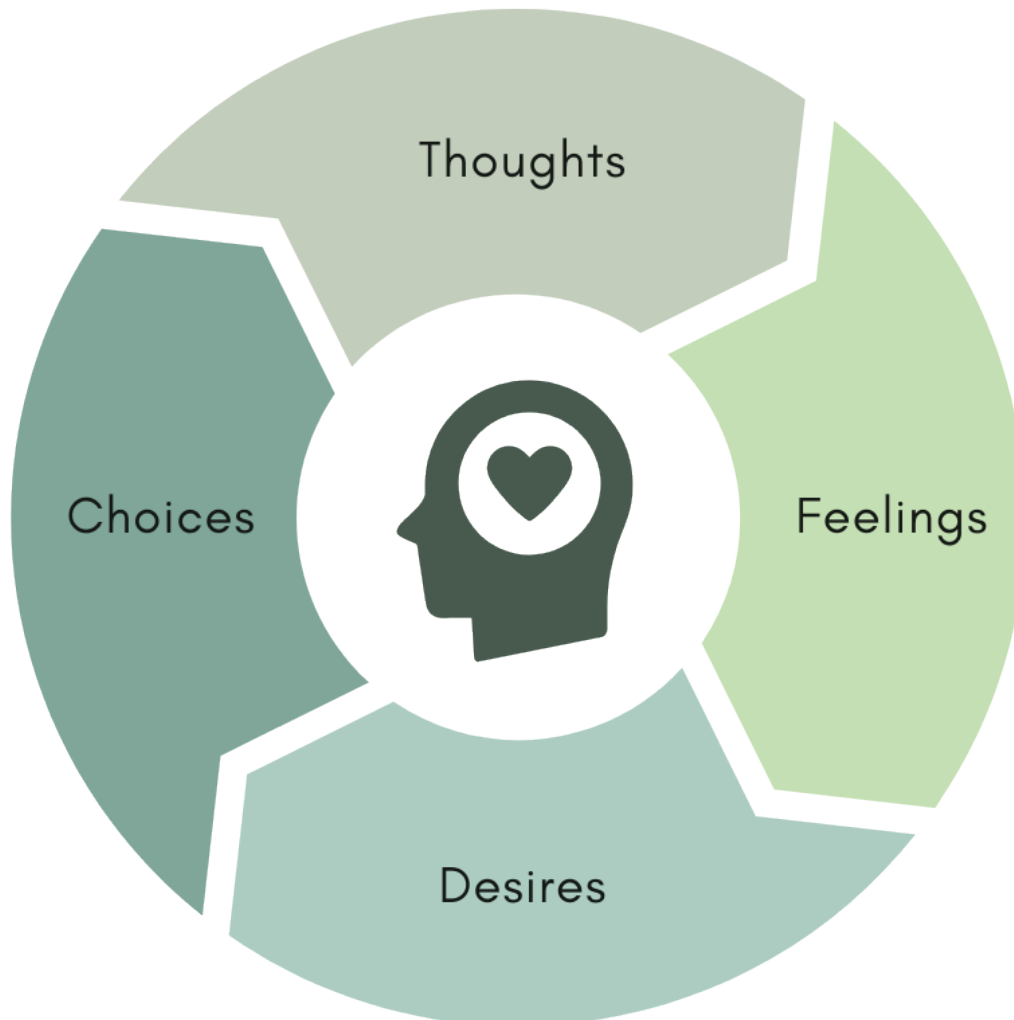
THE KEY OBJECTIVES WHICH FLOW OUT OF THE PRACTICE OF ENGAGING THE HEART ARE:

1. Be more able to lead the members of your group into a deeper relationship with God and with one another (Love God and Neighbor)
2. Be more able to love the members of your family with more of your heart, soul, mind, and strength (Loving Neighbor as Yourself)
3. Develop and plan strategies for more deeply engaging the hearts of the members of your group (The Beloved Fellowship)
4. Be aware of and able to live from the Four Aspects Of the Heart
5. Be aware of and consistently use the HEAR Skills
6. Experience Biblical Community through authentic relationships that reflect the love, grace and truth of Christ as we draw one another out, rejoice with each other, mourn with each other, give courage to one another, and grow in loving one another deeply from the heart.
7. Be inspired and equipped to use the TEAMS elements of transformation.



Appendix: Engaging the Heart

Four Aspects of the Heart



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Sympathetic Relaxed Blessed Awesome

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Appendix: Engaging the Heart

The Four Aspects of the Heart and TEAMS

The elements of transformation that we see Jesus consistently using in His training of His disciples are truth, equipping, accountability, mission and supplication (aka TEAMS). A brief overview of the Gospels will reveal many examples of these discipleship elements being used by our Master. These TEAMS elements make up the “engineered” aspect of life on life missional discipleship as seen in the structure of a group and the format of the curriculum. When each aspect of the TEAMS elements are experienced from all four levels of the heart, something powerful happens. The HEAR skills of engaging the heart make up the “organic” aspect of life on life missional discipleship as we move away from the curriculum and focus on the relationships in the group.

Here is how a group time could look like when we are using both the TEAMS elements (engineered) and HEAR Skills (organic) together. A wise leader will not use the whole group time to focus on the entire curriculum. A portion of the time is used to discuss the lesson but there must also be space for life on life engagement to happen.

Truth – We discuss the main points of the truth in the lesson that we have all prepared. We are seeking to consider the truth with our whole heart (mind, emotions, desires and choices).

Equipping – We want to massage the truth into our lives so that it becomes understandable and usable. Again, the best equipping will happen when all four aspects of our heart are engaged.

Accountability – The best accountability questions will address the thought, emotional, deep desire and volitional aspects of our heart. We are not primarily seeking behavior modification but rather heart transformation that only comes through the gospel as we repent, believe and obey in the power of the Holy Spirit.

As we are in the equipping and accountability sections, the HEAR skills come into play as we pursue a person’s heart. There will not be time for everyone to be engaged, but over the course of weeks it is possible.

Mission – Most people will not engage in missional living just because they know they should do it rationally. We must help people tap into mission from their whole heart. As we address a person’s distorted desires, which ultimately prevent missional living, only then can we help people connect their heart to God’s missional heart.

Supplication – Prayer comes alive when we learn how to pray from our whole heart. As we pray Kingdom-focused, Scripture-soaked and Vision-filled prayers, God changes our heart to match His and our maturity and equipping grows deeper.

