



NEW LIFE CHURCH MILTON KEYNES

UNDERSTANDING THE
DISCIPLE

MAKING PATHWAY

ABOUT THE DISCIPLE-MAKING PATHWAY

This material was developed by Tim Williams over a period of months, during which he gathered information from various sources. Once he had shaped his research into a written form, he introduced it to two small groups at New Life Church, fine-tuning it each time. The result is this straightforward guide that you can use with one or more people who are willing to walk the disciple-making pathway with you.

Before you jump into the material, we want to encourage you to view discipleship as a relational journey. It was not our intention to create a course to be completed. Discipleship is not an isolated journey or a one-off event. So, as you embark on this journey with others, we encourage you to expect it to be a journey of giving and receiving.

Think and pray about those who you can disciple as well as those who might be willing to disciple you. We are all at different places in our walk with Jesus, and while it is often the more mature in Christ who disciple those who are younger in their faith, let us approach this journey to learn the way of following Jesus together.

Jesus modelled what it looked like to personally call people to follow him. He invited them on a journey of life, faith and growth. So, who will you journey with? Take a moment to ask the Holy Spirit to reveal to you at least one person to invite to explore the pathway with you.

Once you have invited someone, and they have said yes, agree together how often you will meet, over what period of time, plus where and when you will meet. You might consider meeting once a month over a period of six months to a year, or maybe you will meet weekly over the space of three months. Whatever you choose, commit to being present to Jesus and present to one another on this journey. Where you meet is entirely up to you – your home, a coffee shop or even a cosy corner in a pub.

Are you ready? Enjoy the journey.



ABOUT THE DISCIPLE-MAKING PATHWAY

Use this box to record the start of your journey.

I am walking the disciple-making pathway with _____

We will meet on _____

We will meet at _____

ABOUT THIS DOCUMENT

This print version of the Disciple-making Pathway can be used either on its own or as a handbook alongside the video resources on the New Life website. We would strongly encourage you to make full use of the online resources.

You may, however, find it helpful to print this PDF and use it to write notes in the discussion boxes, and to keep track of your journey along the pathway.



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DO WHAT JESUS DID



So, you have gathered one or more people to journey with you on this pathway. We suggest you begin by looking at four things that Jesus did with his disciples. After that take a look at some of the ways in which we can be shaped and formed by him. He is the master and we are his apprentices, so let's learn from him as we apply his teaching to our lives today.

In John 10:10 Jesus says, 'I came that they may have life and have it abundantly.'

Discipleship is about receiving and growing in the life that Jesus came to give us. Disciple-making is about giving that life away. To be a disciple is to be a follower and learner of Jesus and his ways.

Here are four things that we can do with other people when following his model.





BE PRESENT

Jesus walked with his disciples daily. He was present for each of them.

As you will have already read in the introduction, discipleship is a relational journey, not a course to be completed. Discipleship is best caught rather than taught so it requires both parties, the disciple and the disciple-maker, being present to one another.

Being present goes beyond simply being physically present. It requires us to be emotionally and spiritually present to one another. The best way to grow is to know and be known by another. When we are present with each other we are more likely to be present to Jesus, who is our true teacher.

DISCUSSION - How can you each practice being more 'present' to Jesus and the people around you?



BE PERSONAL

Jesus tailored his approach to discipleship to each individual.

There is no 'one size fits all' approach to disciple-making. You will read many stories in the Bible of Jesus taking an individual approach to the people he met.

ACTION - Read the story of Zacchaeus in Luke 19:1–10. Now compare that story to Jesus's encounter with the woman at the well in John 4.

How did Jesus tailor his approach to each of them? What did he teach them in these encounters?

DISCUSSION - How can you personalise the disciple-making pathway for each other?

Ask the Holy Spirit to help you understand what each of you needs right now. Take some time to pray into those needs together.



BE PRAYERFUL

Jesus prayed for his disciples.

Discipleship is a transformational journey that requires the power of the Holy Spirit to work in our hearts and minds. If we don't have the Holy Spirit we run the danger of quickly falling into legalism and religion.

ACTION - Spend some time meditating on the truth of 2 Corinthians 5:17

“Therefore, if anyone is in Christ, the new creation has come. The old has gone, the new is here!”

Share together what this verse means for your own lives.

DISCUSSION - How could you introduce transformational prayer into your own lives?

Take some time to pray – asking the Holy Spirit to transform your lives. Share with one another anything that you feel he highlights to you.



BE PRACTICAL

Jesus got his disciples to practice what he taught them.

We know from the Bible that Jesus modelled a very practical way of discipling his followers. He walked and talked with them. He also demonstrated miracles in their presence and encouraged them to do those same miracles.

Jesus was deeply practical with his followers. He included them in much of what he did.

ACTION - Take a look at the story of the feeding of the 5000 in Matthew 14:13–21.

How did Jesus involve his disciples? What did they learn from this?

DISCUSSION - Share a story based on your experience of seeing Jesus at work.

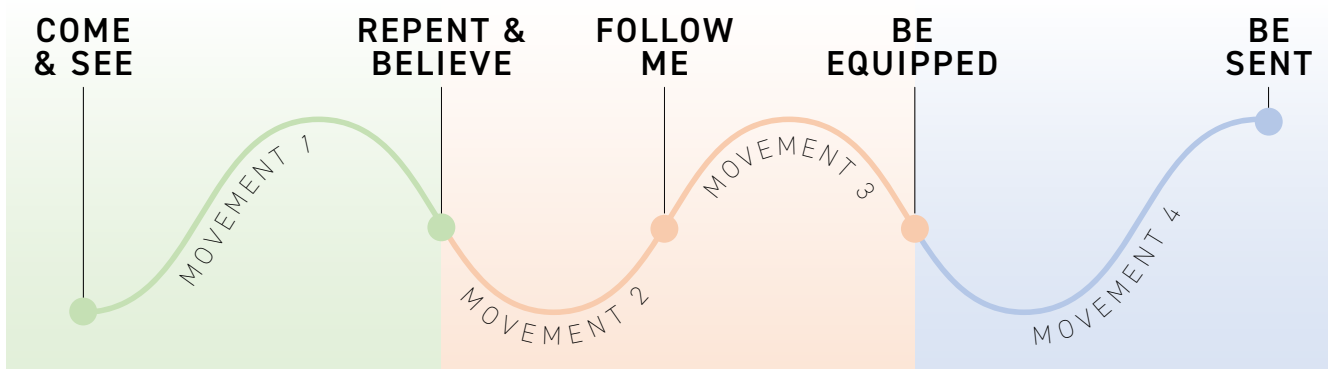
How can you put into practice the things you study and learn together?

What gifts do you each have that you could pass on to others?

HOW DID JESUS MAKE DISCIPLES?

Jesus moved people from unbelief through to maturity, where maturity is defined as the ability to reproduce. In this guide we will cover both the **moments** and **movements** of discipling Jesus' way. We will look at what the moments are, and then how they link together as people travel the disciple-making pathway.

Here's a helpful diagram to show you how the moments and movements connect together.



In the final section we will look at the practical application of what we have learnt.

5 MOMENTS WITH JESUS

1 COME & SEE

This first moment is an invitation to encounter.

In John 1:35–39 we read about two disciples of John the Baptist encountering Jesus:

³⁵ The next day John was there again with two of his disciples. ³⁶ When he saw Jesus passing by, he said, “Look, the Lamb of God!” ³⁷ When the two disciples heard him say this, they followed Jesus.

³⁸ Turning around, Jesus saw them following and asked, “What do you want?” They said, “Rabbi” (which means “Teacher”), “where are you staying?”

³⁹ “Come,” he replied, “and you will see.” So they went and saw where he was staying, and they spent that day with him.

The beginning of the discipleship journey is not necessarily the point of salvation. First there needs to be an encounter with Jesus.

Reading on in John 1:43-46 we discover that Jesus calls Philip, who then in turn invites Nathanael to ‘Come and See’:

⁴³ The next day Jesus decided to leave for Galilee. Finding Philip, he said to him, “Follow me.”

⁴⁴ Philip, like Andrew and Peter, was from the town of Bethsaida. ⁴⁵ Philip found Nathanael and told him, “We have found the one Moses wrote about in the Law, and about whom the prophets also wrote - Jesus of Nazareth, the son of Joseph.”

⁴⁶ “Nazareth! Can anything good come from there?” Nathanael asked. “Come and see,” said Philip.

ACTION - Although Jesus is not with us in physical form today, encounters with him happen every day.

Share your stories of encountering Jesus with each other.

DISCUSSION - How can you invite someone you know to an encounter with Jesus? Do think about how you can begin to disciple both those with an existing faith in Jesus and those who do not yet have a faith in Him.

Take some time to pray together. Who is the Holy Spirit bringing to your mind?

Ask the Holy Spirit for an opportunity to reveal something of Jesus to that person.



2 REPENT & BELIEVE

The second moment Jesus created is written in Mark 1:14–15.

¹⁴After John was put in prison, Jesus went into Galilee, proclaiming the good news of God. ¹⁵“The time has come,” he said. “The kingdom of God has come near. Repent and believe the good news!”

In order for people to repent and believe they first need to hear the good news of Jesus.

DISCUSSION - Chat together about the ways you are sharing the good news of Jesus to those around you.

What can you learn from each other?



3 FOLLOW ME

In Matthew 4:18-20 we read of another encounter with Jesus.

¹⁸ As Jesus was walking beside the Sea of Galilee, he saw two brothers, Simon called Peter and his brother Andrew. They were casting a net into the lake, for they were fishermen. ¹⁹ “Come, follow me,” Jesus said, “and I will send you out to fish for people.” ²⁰ At once they left their nets and followed him.

The response of the two brothers is one of devotion. They give up everything in order to follow Jesus.

DISCUSSION - What have you given up to follow Jesus?

Is he calling you to a deeper level of devotion in your life? If so, what next step could you take?

Spend some time praying together.



4 BE EQUIPPED

Matthew 4:19 also refers to this next moment: one of being equipped by Jesus. 'I will send you out to fish for people', he says.

The disciples were very ordinary men, not known for being skilled at anything other than catching fish. Jesus makes a promise to equip them here to do so much more.

DISCUSSION - In what ways do you already feel equipped?

In what areas would you like further equipping?

What next step might you take now?



5 BE SENT

We read of the fifth type of moment with Jesus in John 20:19–21:

¹⁹ On the evening of that first day of the week, when the disciples were together, with the doors locked for fear of the Jewish leaders, Jesus came and stood among them and said, “Peace be with you!” ²⁰ After he said this, he showed them his hands and side. The disciples were overjoyed when they saw the Lord.

²¹ Again Jesus said, “Peace be with you! As the Father has sent me, I am sending you.” ²² And with that he breathed on them and said, “Receive the Holy Spirit.”

We are all called to ambassadors of Jesus, sent into many different situations and circumstances. The good news is that we are not sent out on our own. The Holy Spirit is with us everywhere we go. We can rely on him for wisdom and power as we step out of our comfort zones.

DISCUSSION - What is your sphere of influence, e.g. workplace, family, local community?

Where are you called to be an ambassador for Jesus?

Pray together, asking the Holy Spirit to make each of you more effective in the areas you’ve identified.

4 MOVEMENTS

Just as important as the unique moments of the disciple-making pathway are the movements between them. A person's discipleship journey is not necessarily linear or predictable, but there are certain markers that can help you identify where that person is headed in the journey. We will briefly discuss them here.

1 FROM 'COME AND SEE' TO 'REPENT AND BELIEVE'

Some of the characteristics we might see as a person moves from 'Come and See' to 'Repent and Believe' might be:

- An awareness of sin
- An acknowledgement of spiritual dynamics
- A willingness to change
- A realisation that life is 'more than about me'

When someone makes these shifts in their heart and mind, which could be a process over time or suddenly through an encounter with God, they become ripe in their heart to receive Jesus as their Lord and Saviour.

If someone seems stuck at this first moment, consider if they are struggling in any of the four shifts above.

DISCUSSION - Share your stories of moving from Come and See to Repent and Believe. Did you encounter any of the four shifts in your own life?

What do you have in common with each other?

What is unique to each of you?

What can you learn from this?

Pray together, asking the Holy Spirit to make each of you more effective in the areas you've identified.



2 FROM 'REPENT AND BELIEVE' TO 'FOLLOW ME'

Some of the characteristics we might see and encourage as someone moves from 'Repent and Believe' to 'Follow Me' are:

- Encounter with God
- Receiving forgiveness
- Finding and belonging in Christian community
- Accepting Christian basics

When someone chooses to put their faith and trust in Jesus, there is a moment where Jesus calls them to 'Repent and Believe'. This is the moment we might call **conversion**. They become, 'in Christ... a new creation. The old has passed away... the new has come' (2 Corinthians 5:17).

Jesus will call them to turn from their old ways and walk with him. It is important that we help them understand what it means to turn from the old ways and to walk anew in him. This is a key moment in a disciple's journey as we have an enemy who is always looking to 'kill, steal, and destroy' (John 10 v 10).

Consider the parable of the sower in Matthew 13. In it the seed of the gospel is sown into four soils, each soil representing the heart of those who hear the word:

- Seed sown along the path (hears the message but does not understand)
- Seed falling on rocky ground (hears the word and receives it with joy, but they have no root)
- Seed falling among thorns (hears the word but the worries of this life choke the word)
- Seed falling on good soil (hears the word and understands it, reproduces a crop that multiplies)

The work of transformation is vital here as we help people find freedom and develop practices that will enable the word to bear fruit in their lives.

ACTION - Read through Matthew 13: 1 – 13. What do you notice in this passage of scripture?

DISCUSSION - Now look again at the characteristics of this movement.

Discuss how you might be able to help someone take a next step.

Is there a next step that you need to take?



3 FROM 'FOLLOW ME' TO 'BE EQUIPPED'

Some of the characteristics we might see and encourage as someone moves from 'Follow Me' to 'Be equipped' might be:

- The gospel impacting how they think (renewing of the mind)
- Lifestyle change
- A testing of their faith
- Investing in others

This movement often works in cycles. It is a part of the discipleship journey that never ends: it is ever continuing and ever deepening in the heart of a believer.

We must beware of getting stuck here and being at risk of never multiplying what God is doing in us. We can fall into the trap at this moment of thinking that we can't go or lead because we are 'not ready', we need more equipping or more transformation.

DISCUSSION - Share together your experience of these characteristics.

How can you use your story to encourage others on their pathway?



4 FROM 'BE EQUIPPED' TO 'BE SENT'

Once someone is displaying the characteristics of being equipped we should encourage them to progress onto a lifestyle of being sent.

Some of the characteristics we might see and encourage as someone moves from 'Be equipped' to 'Be sent' might be:

- Identity is sure in Christ
- Committed to spiritual practices
- Clarity on personal call and purpose
- Commitment to community
- Continued learning and following

As highlighted in Movement 3, this is not an instant one-time event. 2 Corinthians 3:18 talks of on-going transformation:

¹⁸ And we all, who with unveiled faces contemplate^[a] the Lord's glory, are being transformed into his image with ever-increasing glory, which comes from the Lord, who is the Spirit.

As followers of Jesus there is always more to discover about who he is and also who we are. He constantly invites us into a deeper relationship with him and continual transformation as we become more like him.

DISCUSSION - Share together your experience of these characteristics.

How can you use your story to encourage others on their pathway?

PUTTING IT INTO ACTION

Now we have considered the theory of discipleship and disciple-making it is time to put it into action. The Bible encourages us to “Be doers of the word, not only hearers” James 1:22.

‘COME AND SEE’ & ‘REPENT AND BELIEVE’ JOHN 1:39, 46

In the invitation stage we invite people to experience Jesus, to ‘taste and see that the Lord is good’ Psalm 34:8. When Jesus made this invitation in John 1:39 to two of John the Baptist’s followers, saying ‘Come and see’ he was inviting them into a discipling relationship. He was inviting them into a life of following Him.

When we invite people into a discipling relationship, we are not asking people to follow us, we are inviting them ultimately into a life of relationship with Jesus. A relationship that we have the privilege of encouraging people in.

There are many ways you can invite someone to experience Jesus. For example, you can do this through an invitation to an Alpha course or small group, through a prophetic word or a kind and generous act, through an invitation to a Christmas or Easter service.

DISCUSSION - Who could you invite to come and see? What is the invitation that you could make?

Pray together for opportunities to invite people to begin a journey to faith.

As well as the invitation to Come and See, Jesus calls people to 'repent and believe in the gospel'. This is the moment of conversion, the moment where someone has an encounter with Jesus and puts their trust and faith in Him. This is a moment of conscious decision: recognising that Jesus is Saviour and Lord.

Often this moment of decision is associated with a prayer in which the person acknowledges the sin in their lives and that Jesus died on the cross to pay the price for that sin. They then ask for forgiveness and invite Jesus to be Lord of their lives.

DISCUSSION - How would you lead someone through the key decision-making moment of repent and believe?

You might want to take some time together to explore some of the resources on the website that are relevant to this.

Next Steps

When someone turns away from their old life and chooses to believe in Jesus there are many important next steps you can encourage them to take.

The book of Acts (2:41) describes 'those who **received** his word...' being '**baptised**, and... **added**... to the Lord'.

ACTION - How confident do you feel about talking to new believers about water baptism? What about baptism in the Holy Spirit? How would you explain what communion is?

You may want to take some time to explore the resources on the website together.

This can also be a good time to encourage someone to join in with community – the ‘being added’ part of Acts 2: 41. You could invite them to a Sunday service or encourage them to join a small group.

DISCUSSION - Take some time to share your story of coming to faith with one another. Ask for feedback. Did you share your story in a clear and easily understood way? What could you improve on?

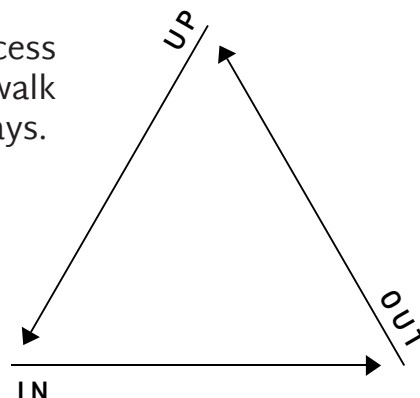
Also share your experience of being baptised. If you haven’t yet been baptised we encourage you to do so as soon as possible. You can register your interest on the Next steps page of the website.

What other steps can you think of that could be important for a new believer to take to help them on their journey of following Jesus?

‘FOLLOW ME’ & ‘BE EQUIPPED’

The next moments on the pathway form a life-long process of being transformed into being more like Jesus. Our walk with him can be summarised in three complementary ways.

1. **UP** (be with Jesus)
2. **IN** (become like Jesus)
3. **OUT** (do what Jesus did)



Here, we respond to the call of Jesus to follow him and we allow ourselves to be formed by him. We do this by building practices, also known as spiritual disciplines, into our lives that help us to be with Jesus, to become like Jesus, and to do what Jesus did.

UP

In the UP dimension we build practices that help us to be with Jesus. Our first priority is to ‘love the Lord your God with all your heart and with all your soul and with all your mind’ Matt 22:37.

There are a number of ways we can do this, a good place to start would be through:

- Reading the Bible
- Praying
- Worshipping
- Abiding and Rest



IN

Likewise, in the IN dimension we build practices into our lives that help us to **become like Jesus**. 1 John 2:6 encourages us, 'whoever says he abides in him ought to walk in the same way in which he walked.' Or as the NIV translation puts it, 'Whoever claims to live in him must live as Jesus did.'

There are a number of ways we can do this. A good place to start would be through:

- Being in community (Hebrews 10:24-25)
- Guarding your heart (Proverbs 4:23)
- Living in holiness (heart, soul, mind) (Romans 12:1)
- Understanding our calling (what God has created you to be and do for him) (John 15:16)

One word of warning: We often get caught in the trap of putting all our focus on what we do for Jesus. It is important for us to take a moment and remember that all we do for him is a by-product of:

- Grace (what he has already done for us), and
- Identity (who we are in him).

GRACE is the unmerited favour of God. There is nothing we have done and nothing that we can do to earn the favour and love of God. It is a free gift. (Romans 3:20-24)

IDENTITY comes from God and who he says we are in him. When we understand this, it gives us a firm foundation on which to build our lives. (1 John 3)



OUT

Thirdly, in the OUT dimension we build practices into our lives that help us to do **what Jesus did**. In John 14:12 Jesus tells us that ‘whoever believes in me will do the works I have been doing, and they will do even greater things than these, because I am going to the Father.’

There are a number of ways we can do this. A good place to start would be through:

- Witness (Acts 1:8)
- Work (Genesis 2:15, Ephesians 4:28)
- Serve (1 Peter 4:10)
- Give (2 Corinthians 9:6-8)

Summary

So, to summarise, we have mentioned twelve practices that can help you to grow in your relationship with Jesus. You will find some helpful resources for each of the practices on the website.

Do be aware that the twelve practices mentioned here are not exclusive. We would encourage you, as you journey together, to explore and discover the many other ways the Bible gives us to help us to be with Jesus (UP), be like Jesus (IN), and do the things Jesus did (OUT).

As you grow in confidence in discipling others, perhaps you will develop your own biblical practices and rhythms.



DISCUSSION - Which practices would you feel confident in discipling others about? Name up to three.

Which practices do you feel you would benefit from being disciplined in? Name one or two together with who could disciple you in those areas.

Now pray together and agree some next steps. Next time you meet you can ask how you are each progressing.

Be Sent

A key challenge for all Christians is that we seek to fulfil the great commission in Matthew 28 where Jesus says, 'Go therefore and make disciples of all nations, baptising them in the name of the Father and of the Son and of the Holy Spirit, teaching them to observe all that I have commanded you.'

The aim is not to simply become a follower of Jesus but to make other followers of Jesus. We are called not to just receive the life of Christ, or even to grow in the life of Christ, but to give that life away. So, as we are being formed as disciples, we are also forming others through the gift of the Holy Spirit in us.

2 Timothy 1:6-7 says, 'fan into flame the gift of God, which is in you through the laying on of my hands, for God gave us a spirit not of fear but of power and love and self-control.'

We are called to fan into flame, or multiply, the gift of God in us.

Some of the ways you can 'multiply' yourself are, by:

1. Make (disciples) – using this guide, find one or more people to form a discipleship group.
2. Share (the gospel) – challenge yourself to talk about Jesus to those around you at least once a week.
3. Lead (something) – e.g. lead a small group or get involved in one of the serving areas of church with a view to leading.
4. Plant (a community) – e.g. gather some like-minded people to start a new initiative in your local community, perhaps a craft group in a coffee shop or a small-scale community action project.
5. Go (to the nations) – find out about New Life mission trips and sign up to go. If you can't go, then commit to praying and maybe help someone else to go.
6. Shape (the city) – look for ways to influence your work place or local community for good using your Christian faith.

Genesis 1:28 'Be fruitful and multiply and fill the Earth and subdue it and have dominion over the fish of the sea and over the birds of the heavens and over every living thing that moves on the Earth.'

DISCUSSION - Do you feel God is calling you to take action in one of the areas mentioned? If so, what is your next step?

Share with one another what your individual next step will be. Next time you meet, ask how it is going and encourage one another in that area.

You may want to take some time to chat and pray together about other ways you can multiply what God has put in you.

CREATING A 'RULE OF LIFE'

Discipleship is a lifelong process and at first it can seem a pretty daunting task, especially when we look at all the ways in which we could potentially grow as we follow Jesus together.

One way that believers throughout the ages have approached this is by creating a **Rule of Life**.

A rule of life is a set of practices and relational rhythms that help us create space in our busy world for us to be with Jesus, become like Jesus, and do what Jesus did — to live 'to the full' (John 10v10) in his kingdom, and in alignment with our deepest passions and priorities.

While the word 'rule' may strike you as a strict or binding constraint, the Latin word we translate as 'rule' was originally the word for a trellis in a vineyard. In the same way that a vine needs a trellis to lift it off the ground so it can bear the maximum amount of fruit, and keep it free of predators and diseases, so we need a rule as a kind of support structure to organise our life around 'abiding in the vine,' (John 15 1:8) as Jesus imagined.

"It's been said that we achieve inner peace when our schedule is aligned with our values. A rule of life is simply a tool to that end. Rather than a rigid, legalistic to-do list, it's a life-giving structure for freedom, growth, and joy." John Mark Comer

Why don't you work prayerfully create your own rule of life to help you grow as you follow Jesus together. Use Appendix 1 as a guide.



APPENDIX 1

CREATING A RULE OF LIFE

This chart was designed as a simple tool for you to develop a personal rule of life. It is not a one-size fits all list of 'rules' to follow. Please adapt, change, and improvise as seems best to you and those you are walking the disciple-making pathway with you.

Here are five easy steps.

Step 1: Look over the Rule of Life Chart and spend a little time contemplating it, considering how it relates to different areas of your life.

Step 2: Using our discipleship hub on the new life website prayerfully work through each core practice one at a time, giving yourself a little time to list out your current practices, and to imagine what a more intentional rule of life could look like for you in this season.

Step 3: Draft your rule of life using the chart below and fill in each category as you see fit. Consider what daily, weekly, monthly, or annual rhythms you would like to adopt and what each practice might look like. We will be adding a number of tools to help you engage in each practice to the discipleship hub on the website over time.

Step 4: Try it out. Spend a few weeks living your rule, and see how it feels. If it feels burdensome or boring, pay attention to that without judgment, and consider what you need to change. What's working and what's not working? What's bringing you life? What's draining you? Talk about it with a partner, close friend, or community member.

Step 5: Revise and commit. Based on step 4, adjust your rule to what seems best, and commit to it for an extended season of time. (We recommend a minimum of three months, and maximum of a year.) Over that time period, create space for reflection via journaling, talking to a friend, or just taking a walk and thinking about it, to see what effect a life organised around 'abiding' is doing for your transformation into a person of love, joy, and peace in the kingdom of God.

Use the examples in the [chart shown in this video](#) as inspiration to create your own Rule of Life*

UP (BE WITH JESUS)

	SCRIPTURE	PRAYER	WORSHIP	ABIDING AND REST
DAILY				
WEEKLY				
MONTHLY				
ANNUALLY				

IN (BECOME LIKE JESUS)

	COMMUNITY & RELATIOSNHIPS	WELLBEING & EMOTIONAL HEALTH	HOLINESS	CALLING
DAILY				
WEEKLY				
MONTHLY				
ANNUALLY				

OUT (DO WHAT JESUS DID)

	WITNESS	WORK	SERVE	GIVE
DAILY				
WEEKLY				
MONTHLY				
ANNUALLY				



REFERENCE AND THANKS

Creating a rule of Life – adapted from Practicing the Way, thanks to John Mark Comer and team

Three dimensions of a discipling relationship with Jesus – thanks to [3DMovements](#).

Five moments – thanks to Dave Patty, [Josiah Venture](#)

In the Way: Church as we know it can be a discipleship movement (Again) – Damian Gerke





NEW LIFE CHURCH MILTON KEYNES

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