

# The 'Ex-tend' Course - Multiplying Disciplers

The goal of 'Ex-tend' is to **help disciples become focused and excited about discipleship**. Being a discipler means taking an interest and seeking to help in the spiritual growth of another, with the hope of them in turn becoming enthused about others becoming apprentices of Jesus and so continuing the process. The 'Ex-tend' course aims to help all participants become committed to this vision of multiplying disciples embracing Christ's commission in Matthew 28:19 & 20.

'Ex-tend' group members should have a **balanced and maturing faith**. They should already be integrating ministry as part of their daily living and should be hungry to **pass their faith on**. They may not or may never be in a leadership role but the course is designed to help them think and act as followers who may influence others.

The course encourages attitudes of **missional living and of thinking intentionally** about the spiritual growth of ourselves and others. It balances the question of how we **personally are developing** as disciples alongside how **we can be encouraging and equipping** others to develop.

It promotes the model of servant leadership with **the leader as the first follower** and encourages group members to seek God beyond all else and to stretch and sacrifice themselves as they lead and influence others.

**Ministry placements** associated with 'Ex-tend' should include more of the unknown. They should stretch group members, encouraging them to minister within the situation they find themselves in and to react to the circumstances they are presented with.

Through this approach we hope to see maturing disciples shaped to think more and more as disciple builders who **impact those around them as they seek first His Kingdom**.

UNIT 1 Content	UNIT 2 Content
S1: First Things First	S9: Ex-tending the Mission
S2: Participating Wholeheartedly	S10: Leanings of Leadership
S3: Reflecting Consistently 1	S11: The Outstretched Life
S4: Reflecting Consistently 2	S12: Alive in Every Environment
S5: Enjoying Daily	S13: The Disruptive Life
S6: Seeking Humbly	S14: Mentoring Discipleship
S7: Local Ministry	S15: Local Ministry
S8: Sharing Determinedly	S16: The Final Countdown
MINISTRY PLACEMENT	MINISTRY PLACEMENT

**Objectives:**

- To reflect on the discipline exercise and 'Apt Reply'
- To consider how 'Embrace the Change' is going.
- To have group members identify key disciplines they wish to see developed in their lives.

**Things to bring:**

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**Session Content****Notes****Activity 1 - Body Builder:**

15 mins

What about 'Floor Hand Slap' - BB No. 28 or a Team Builder (pages A13 - A17 of the Appendices) to start off the session?

**Activity 2 - Re-cap:**

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10 mins

**Activity 3 - Prayer Focus:**

10 mins

Have a group member lead a group time of prayer.

**Key Teaching Points/ Helpful Hints**

- Encourage creativity.
- Give the person feedback later.

**Activity 4 - 'Food for Thought':**

10 mins

Prepare the snacks and while you eat ask each person to share with the group one thought or encouragement they have from the Bible reading since the last session.

**Key Teaching Points/ Helpful Hints**

- Keep the focus on encouraging one another.
- Look out for signs that people haven't been reading their Bible and consider ways to help them.

**Activity 5 - 'Hitting The Wall':**

20 mins

- 1) In 3 small groups use the passages below to consider:  
**What was it about Jesus' character and priorities that made such an impact?**

**Group 1** - Before the crucifixion. Luke. 22:39-53 & John 18:19-24,

**Group 2** - During the crucifixion. John 19:25-27 & Luke 23:26-49.

**Group 3** - After the crucifixion. John 20:10-28 & John 21:15-19.

- 2) Group members can record their thoughts on **page 15 of the logbook.**
- 3) Complete the activity by having everyone pair up with someone from another group and share the thoughts of their group with that individual.

**Key Teaching Points/ Helpful Hints**

- Our core character is often seen best when times are tough and our backs are against the wall.
- Those we disciple often learn more from our modelling than from our teaching.
- Christ is living His life through us. His character should become ours.
- Grace should lead to a life of obedience not a life of licence or legalism.

## Session Content

## Notes



### Activity 6 - 'Disciplines Feedback':



15 mins

In 'Connect 3' groups have everyone share how they found the discipline exercise and how they got on.

#### Key Teaching Points/ Helpful Hints

- Consider how you can generate fun and good chat.
- You will need a structured time for sharing on the disciplines.

### Activity 7 - 'An Apt Reply'



20 mins

Bring everyone together and share the feedback you each received from 'An Apt Reply'.

#### Key Teaching Points/ Helpful Hints

- If you think time will be tight or people will be uncomfortable have 2 or more groups.
- It is best to have comments and feedback - Encourage people to be honest with themselves and encouraging of others.
- Look for places where the two friends agreed or for comments that came as a total surprise.
- People often seek to live up to what others see in them.



### Activity 8 - What now?:



15 mins

- 1) Have people reflect on what they have learned about themselves in this session and recent weeks.
- 2) Ask them to think how they would like to change or grow and what disciplines they might take up to do this.
- 3) Record this on **page 16 of logbooks**.
- 4) In 'Connect 3' groups let everyone share their goals briefly and then pray together through the issues.
- 5) Give out the prayer diaries as an aid to discipline.

#### Key Teaching Points/ Helpful Hints

- Encourage realism - start small and build on success.
- It might be helpful to consider the hopes from session 1.
- Good support and accountability will need to follow in 'Connect 3' groups.



### Activity 9 - Leader's Choice:



10 mins

### Additional Group Business:

- Ensure attendance record is being kept in the document on **page A2 of the Appendices**.
- Is everyone being supported effectively in their group role?
- How are plans going for ministry placements?
- Continue planning your residential.
- Is there a group scrapbook?

### 'In Practice'

- Check the group member giving the next sermonette is happy and prepared.
- Encourage group members to fill in their prayer diaries.