

Individual Discipleship Plan Guide

2 Peter 1³ Everything that goes into a life of pleasing God has been miraculously given to us by getting to know, personally and intimately, the One who invited us to God...⁵ So don't lose a minute in building on what you've been given.

Someone has said there are two essential parts to spiritual transformation, as necessary as two wings on a bird: (1)Self-awareness, the more we know of self, the more of our self we can give to Christ; and (2)Christ-awareness, the more we know of Christ, the more of Christ we can receive.

Your IDP pays attention to your inner spirit where your whole self and the fullness of Christ intersect. One outcome of your discipleship journey is developing automatic reactions to people and situations that become more like Jesus' reactions. A second outcome is to align your life, purpose and choices more clearly with Jesus and God's kingdom on earth.

This guide helps you get started on this intentional discipleship plan with the initial steps of **Assessment** (awareness of who you have become and what's going on with you now), **Spiritual Practices** (building habits that invite God to enter your life), **Spiritual Gifts** (identifying your gifts that build up the body of Christ and carry out the work of Christ), and **Call and Mission** (recognizing what you care about and can join Jesus' in his ministry in the arena of your passion).

(1) Assessment

Awareness of what has shaped us and what continues to impact our lives will provide a good soil for the word of Jesus to grow (Mark 4:1-20).

1. **Becoming aware of who you have become:**

What are the formative points (positive/negative) in your life that significantly shaped who you are today?

Who are the people who significantly impacted your life? And how?

What key experiences and choices have influenced who you have become?

What do you give thanks for? What needs to be healed? What needs to be confessed?

2. **Becoming aware of God in your life:**

When have I sensed God present with me? What was happening in my life at those times?

When have I experienced the most joy? What was happening in my life at those times?

When has God seemed absent? What was happening at those times?

3. **Becoming aware of what is happening within you now.**

You will not have answers for all of the questions below. You do not need to. One answer is enough to open a door for God. You may not be able to answer in a broad context. You do not need to. If you can answer just one question based on today, that is enough. **Begin by**

saying this simple prayer... "Speak, Lord, your servant is listening." (1 Samuel 3:9). Then read the questions, thinking about the last day: What was on your mind and in your heart when you went to sleep or woke up? What is with you right now?

What am I anxious about?

What am I angry about?

What do I fear?

What do I feel deeply about?

Where do I see injustice?

Who do I care about and want to support?

(2) Inviting God to enter your life

Your spirit is like your body. If you take care of it, regularly feed it with nutritious food, exercise it, and let it rest, your spiritual life will have more energy, strength, and peace. You will experience a greater centeredness in Jesus. You can provide your spirit with the things it needs to thrive through spiritual practices that give God a stronger foothold in your life.

- Common spiritual practices are worship, prayer, scripture reading, journaling and silent meditation.
- Less common spiritual practices, but important to one's spirit, are generosity, service, fasting, forgiveness, spiritual reading, simple living, and regular Sabbath keeping.

As you reflect on spiritual practices that you want to develop, use this simple prayer..."Jesus, I will abide in you as you abide in me." In your past has there been a spiritual practice(s) that seemed to open you to God? What practice(s) would you like to commit to for a month?

(3) Spiritual Gifts and Jesus' Mission

Spiritual gifts are abilities that are given by the Holy Spirit to build up Jesus' body, the church, and participate in his ministry in the world. Spiritual gifts are not the same as spiritual fruit (Galatians 5:21-22). The fruit are the attitudes of Christ displayed while exercising one's gifts. Spiritual gifts are given to be activated usually in partnership with other people in and outside the church. Everyone has at least one spiritual gift to use to advance Jesus' mission. ***As you reflect on your spiritual gifts, use this simple prayer from an old song..."Breathe on me breath of God, fill me with life anew, that I may love what thou dost love and do what thou wouldst do."***

To begin to identify your Spiritual Gifts, list responses to these questions:

What are the gifts of your head? In other words, what do you know?

What are the gifts of your hands? What can you do?

The third question seeks to identify your part in God's Mission:

What is the gift of your heart? In other words, what do you deeply care about? In what ways might your passion connect with what God cares about?

Finally, does the intersection of the gifts of your head, hands and heart provide a possible path for being involved in God’s mission?

(4) Committing to a Plan

*Now that you’ve identified places and ways that God can enter your life, the final step is to make a commitment, in partnership with the Holy Spirit, to take action. Maybe you want to develop new spiritual practices that will help keep an open door for God to enter your life. Maybe you feel called to take specific action to expand a personal ministry you have already begun. Maybe you feel called to participate in a new ministry. Whatever commitments you make, you should also identify a person or group who will walk with you as your prayer partner(s), or spiritual friend(s) or form a circle of hope around you as you continue your spiritual journey. Remember Peter’s words...**Everything that goes into a life of pleasing God has been miraculously given to YOU by getting to know, personally and intimately, the One who invited YOU to God...⁵ So don't lose a minute in building on what you've been given. (2 Peter 1^{3,5})***

I commit to:

(1) _____

(2) _____

(3) _____

(4) _____

Meet with _____ every _____ to talk about my Individual Discipleship Plan

Possible commitments: pray a specific prayer regularly, journal, meditate, and take specific action to follow-up on a ministry opportunity...

Recommended Resources for your IDP:

Healing Life’s Hurts Dennis and Mathew Linn— For Healing Wounds and Forgiving others.

Praying, Richard Foster— For developing ways of praying.