

# St Andrew's & All Saints

Partnering with God in the flourishing of our communities

## What are we here for? Vision Series Session 2: 'Growing whole-life, life-long disciples'

### For discussion:

- Thinking back over your Christian journey so far, what are the things which have most helped you grow in your faith?
- Are there some common themes that emerge from your group's answers which might help us 'spur one another on'?

### Looking at Scripture:

**Read Matthew 11:28-30 (Message Version) slowly a couple of times and then pause and reflect on it:**

*"Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with me and you'll learn to live freely and lightly."*

- In 2's and 3's share what these words say to you in your current situation?
- What do you think it means for us to 'walk WITH Jesus' and 'work with Jesus'?
- How do we 'watch how Jesus does it'?

Dave gave a definition of a disciple as being someone who is learning...

- **To BE WITH Jesus** - to know him and walk with him in the whole of life
- **To BECOME more like Jesus** – to become more Christ-like in our character
- **To LIVE like Jesus** would if he were us, in our context, on our 'frontline.'

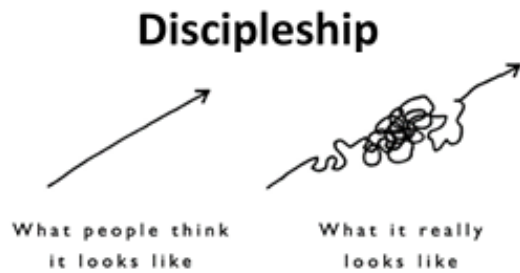
- Do you find this helpful as a definition of being a disciple?
- Which of these three do you find the easiest and which the hardest?



*Have 5 minutes of silence and, taking each of these 3 points in turn, consider how you are doing in each of these areas. Where do you see yourself doing these things? Where do you see yourself struggling to do these things? In the quiet, offer your reflections to God in prayer and ask for His help to grow in these areas.*

## Our Discipleship Journey (See separate sheet)

Look at the different descriptions on the 'discipleship journey' sheet that was given out at church on Sunday. This is not to make us feel guilty about where we 'should' or 'ought' to be, but to help us honestly reflect on our journey at this point in time. Wherever we are, Jesus is inviting us to take the next step forwards, and we as a church are here to encourage you to do that.



- 1) Which description best fits where you currently are at the moment (not where you have been – this is about a snapshot in time). If none of them fit you, try and put into words where you do feel at the moment.
- 2) Look at the 'next steps' for the descriptor which fits you best at the moment. Which of these steps might help you grow as a disciple in the coming months? Select one (or at the most two) things to focus on.
- 3) How can you 'journey with others' to spur one another on to walk with Jesus more closely?

*In smaller groups, if you feel comfortable, share where you feel you are and what steps you would like, with God's and other's help, to focus on in the coming months. Then pray for each other, that the Holy Spirit would help you grow as a disciple of Jesus.*

### Help and resources:

There are some resources available on our website which might be useful to you. See (<http://www.standrewsandallsaints.org/discipleship-resources/>)

Also, if you would like to talk further about your discipleship journey with one of the church leaders or your life group leaders then we would love to do so. Please do, speak to Dave, Peter or your life group leader and we'll try and arrange a '1-2-1 discipleship conversation' for you!

End with the following prayer and commit to praying this prayer each day on your own throughout the next week or fortnight.



**Father God,**

**By your grace, and through your Spirit, help me to dwell with you and walk with you each day.**

**Transform me more into the likeness of Christ and grow in me the fruit of the Spirit, so that I may think and act as you would do in my context, on my frontline and bring your light and love to all I meet.**

**In the precious name of Jesus,  
Amen.**