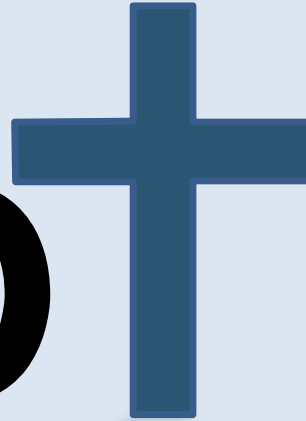


Discipleship

MOT



*Reflecting on your journey as a whole-life,  
life-long follower of Jesus*

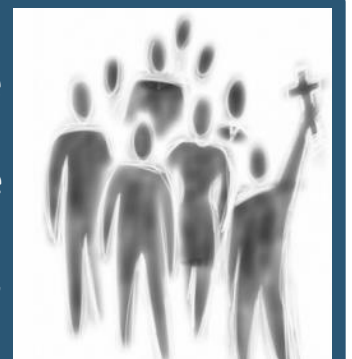
### **An Invitation...**

As a church we'd love to invite all of us this Lent, to take a little time out with God, to reflect on our discipleship journey. Whether we feel 'stuck' or whether we are excited about what God has been doing, or somewhere in between, this is a chance for each of us to offer ourselves to God afresh and allow him to continue to grow us and transform us. We encourage you to use this leaflet however it best works for you – some will find it useful to take a chunk of time out to go through it all step by step, for others all God might want you to reflect on is the first question! So be open to the prompting of the Holy Spirit and use it however it best suits you. We've provided some blank spaces for you to make notes of your reflections. You might also like to refer to the 'Discipleship Journey' sheet (you can download it here <http://www.standrewsandallsaints.org/discipleship-resources/> ) with next steps on that we gave out at church a few weeks ago as you fill this in. If it is of help to you, we'd love to provide someone for you to reflect with and pray this through with in the form of a '1-2-1 Discipleship conversation' after you have been through this MOT (you only need share with them the bits of this that you feel comfortable about sharing).

The reflection is shaped around our definition of a disciple:

**A disciple is someone who, by God's grace is learning to:**

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



## Reflection with God:

Find somewhere quiet and comfortable and away from distractions where you can prayerfully be with God. Relax and be still.

Reflect on the truths that God knows you, loves you and journeys with you:

***“For you created my innermost being; you knit me together in my mother’s womb” (Ps 139:13)***

***“I have loved you with an everlasting love; I have drawn you with loving kindness” (Jer. 31:3)***

Invite the Holy Spirit to guide you and help you as you reflect, and pray.

## Introduction:

- How do I currently see God? What picture do I have of him?
  
- How do I feel or think God sees me?
  
- Who has God called me to be in this season?
  
- What is currently blocking me walking with God more closely?

*Offer your responses to God in prayer. What do you notice?*

**Spend some time briefly looking back over the last year (or longer if appropriate).**

- a) What have you got to give thanks for over the last year? Where have you seen yourself grow to become more the person God wants you to be?
- b) What have been the challenges and difficult times for you over the last year? How have they affected you and your relationship with God, yourself and others?



## **UP: BEING WITH Jesus**

Looking back on the last few months, how have your 'holy habits' (prayer, reading the bible etc.) and times with God been (both personally and with others e.g. life group)? What has helped you connect with God? What do you sense God leading you to do differently in the coming months?



## **IN: BECOMING like Jesus**

Be still and ask God

- a) Where has He been at work in you in you over the last few months?
- b) Where is He currently wanting to shape and transform you in this next season to become more like Jesus? What does He want to point out to you?
- c) What is He asking you to do and to pray for yourself, to play your part and be open to that transformation?



## **OUT: LIVING like Jesus**

Where and how, do you sense God is particularly wanting to use you to 'demonstrate and proclaim His Kingdom' in this season? Where, and with whom, is He particularly at work on your frontline? What is he asking you to do and be, and what support do you need to live out that calling?

## Take Action:

Reflect on all that God has said to you. What specific steps do you sense He is asking you to take in the light of this and what is he asking you to particularly pray for yourself? What support do you need from church or others to live this out?

## Next Steps:



### A 1-2-1 Discipleship Conversation?

Whilst it is perfectly possible simply to complete your MOT and keep your responses between you and God, it is very often most helpful to share some of what has come out of your MOT with someone else who can help you reflect further. We're trained up a group of people to be 'reflectors' to do this and if you would like a one-off '**Discipleship 1-2-1**' (a relaxed supportive chat over a cup of coffee), then please

sign the list at the back of church or email Dave ([rector@standrewsandallsaints.uk](mailto:rector@standrewsandallsaints.uk)) and we'll set that up for you.

## Further resources:

Further resources that you might find helpful, including our 'Discipleship Journey' can be found in the discipleship resources section on the church website: <http://www.standrewsandallsaints.org/discipleship-resources/>

## A prayer as you close:

*Thank God for what he has revealed to you, and receive His love once again. And pray...*

***Lord Jesus,***

***Thank you that you have invited me to follow you.***

***Forgive me for the times I stray from the path you set.***

***Free me from the clutter of my life, from all that hinders me.***

***Help me to trust You for what lies ahead. Deepen my love for You and for all who I meet along the way. Fill me again with your Holy Spirit,***

***So that I may be all that You have created me to be, and walk closely with you in the whole of life.***

***In Jesus' name. Amen.***