

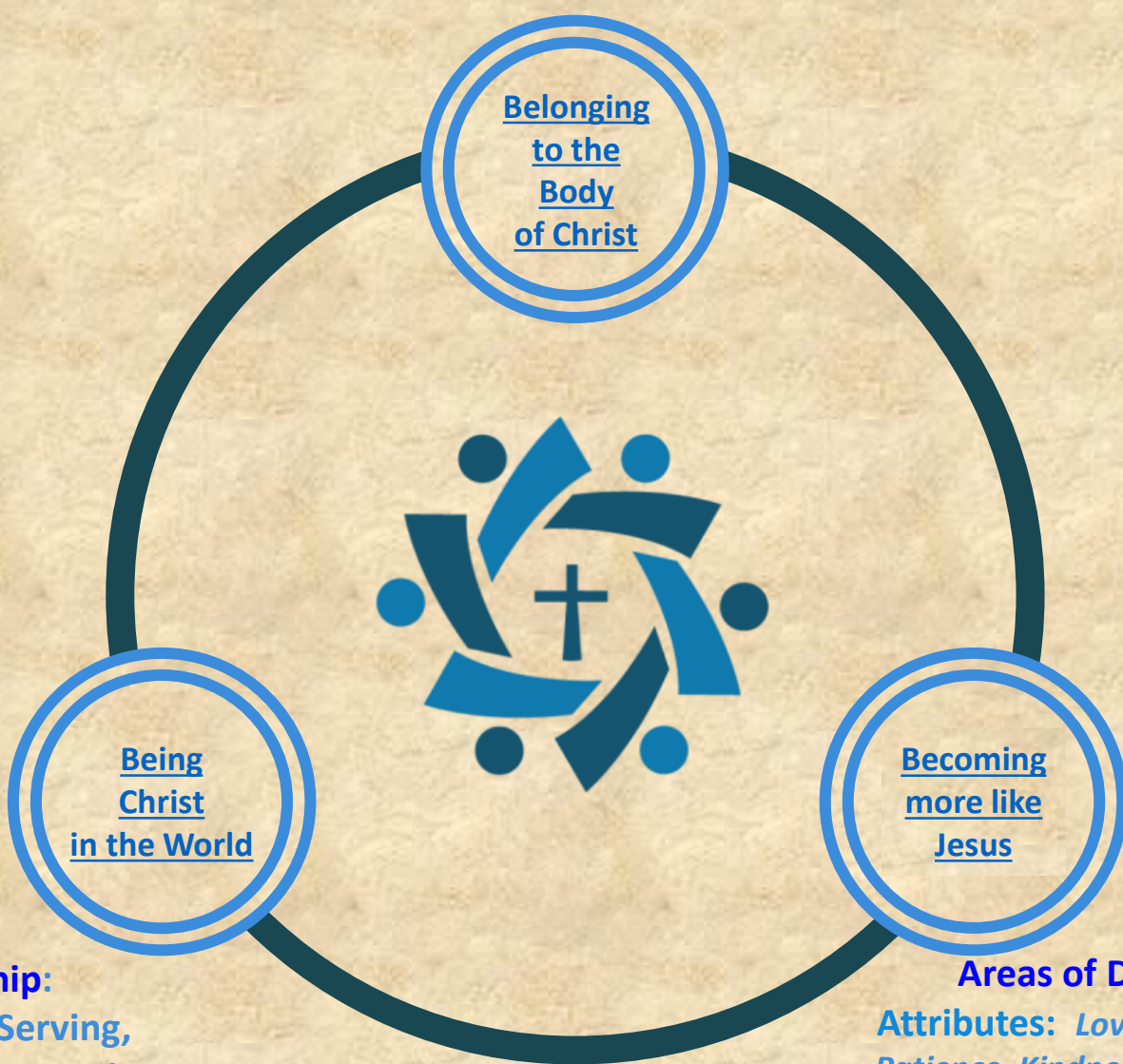


Adult Discipleship Plan

A disciple is a follower of Jesus, whose life is centering on loving God and others by: **Belonging** to the body of Christ, **Becoming** like Jesus, and **Being** Christ in the World

GETTING STARTED, GROWING, PERFECTING

Areas of Discipleship: Sacraments, Worship, Fellowship, Welcoming



Areas of Discipleship:
Witness, Serving,
Generosity, Justice

Areas of Discipleship:
Attributes: *Love, Joy, Peace, Patience, Kindness, Goodness, Faithfulness, Gentleness, Self Control, Forgiveness, Humility, Small Groups*

“Come, follow me,” Jesus said. “And I will send you out to fish for people.”
Mark 1:17



Belonging to the Body of Christ

AREAS OF DISCIPLESHIP

SACRAMENTS (Baptism, Holy Communion)

WORSHIP (participation in Sunday worship, Prayer and Meditation services, and special worship services)

FELLOWSHIP (participation in activities of the church that promote getting to know others and building trust by supporting others and allowing others to support you)

WELCOMING (genuinely working to include all people and to help them connect and feel a part of the church community)



Belonging to the Body of Christ

Getting Started

- Attend worship and prayer services
- Participate in Holy Communion
- Meet with the pastor to learn more about the church, to informally get to know one another, or to address areas in which you may need support or have questions
- Attend a “[Franconia First Steps](#)” information session lead by pastor and church leaders to explore church history, discipleship and service opportunities, and church membership
- Attend fellowship hour before/after Sunday worship service to get to connect and get to know others at Franconia UMC
- Attend fellowship events such as Mission Breakfast, All-Church Birthday Party, Musical Events, movie nights, etc. to connect and get to know others at the church
- Request/accept a [Franconia Friend](#) (This person will help you connect and explore opportunities in the life of the church)



Belonging to the Body of Christ

Growing

- Attend worship/prayer services regularly
- Be baptized (if not previously) and join as a member of Franconia United Methodist Church
- Take the [Disciples Path Class](#) (basic introduction to Christian faith through a United Methodist perspective)
- Identify areas where you can serve and help within the church (see opportunities on Attendance Card, website, or Happenings, or check in with Franconia Friends or pastor)
- Engage and participate in fellowship opportunities to connect with and support others at Franconia UMC



Belonging to the Body of Christ

Perfecting

- Attend worship/prayer services weekly
- Serve or lead fellowship events and opportunities
- Become a Franconia Friend
- Become a [Fellowship Ambassador](#) (individuals who greet, welcome, and connect with people, especially newcomers, at fellowship and church activities/events)



Becoming More Like Jesus

AREAS OF DISCIPLESHIP

ATTRIBUTES

God's grace, through spiritual practices, helps to develop our faith. God, through the power of the Holy Spirit, works in us to shape our hearts, minds, and actions to be more like Christ. The Apostle Paul called some of these "Fruit of the Spirit." As we become more like Christ, we develop and demonstrate the "Attributes of Christ" (love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control, forgiveness, and humility) towards God, ourselves, and our neighbor. The attributes of Christ are developed as we live out our faith in all areas of discipleship. Through the use of tools such as prayer, reflection, journaling, study, covenant groups, etc., we become more aware of the development of these attributes and are able to increasingly open ourselves up to the workings of the Holy Spirit.

SMALL GROUPS

Joining with other Christians to learn, grow, and lead about our faith and applying it to our daily life as a disciples.



Becoming More Like Jesus

ATTRIBUTES OF CHRIST

LOVE: God is love. God creates humankind out of love. God's love is unconditional; it is the highest kind of love that seeks the good for others. Jesus showed this highest form of love through his life, death, and resurrection. In response to this great love, we are called to love God, ourselves, and all people, regardless of personal feelings and differences, in a similar self-sacrificial manner. The Apostle Paul defines love in 1 Corinthians 13: "Love is patient; love is kind; love is not envious or boastful or arrogant or rude. It does not insist on its own way; it is not irritable or resentful; it does not rejoice in wrongdoing, but rejoices in the truth. It bears all things, believes all things, hopes all things, endures all things. Love never ends."

JOY: An abiding feeling of contentment and delight, recognizing that God is the source of all joy. Happiness is fleeting and depends on our circumstances, while joy abides as we lean on and trust in God.



Becoming More Like Jesus

ATTRIBUTES OF CHRIST (Continued)

PEACE: Internally, a Christ-like calmness, as we are centered in God's love and grace, in the face of trial and tribulation. Externally, wholeness, well-being, and harmony with others through God's grace.

GOODNESS - To be morally virtuous and pleasing to God. It is the deliberate preference of moral right to moral wrong, and it involves resisting evil and injustice in whatever forms they present themselves. As John Wesley said: *"Do all the good you can, by all the means you can, in all the ways you can, in all the places you can, at all the times you can, to all the people you can, as long as ever you can."*

FAITHFULNESS: To be steadfast in our belief, reliable in our devotion, and committed to Christ-like treatment of others, ourselves, and God.

PATIENCE: Restraint of anger and display of mercy in face of delay, suffering, or trouble with people, circumstances, self, and God.



Becoming More Like Jesus

ATTRIBUTES OF CHRIST (Continued)

KINDNESS: To be generous and considerate of God, self, and others.

GENTLENESS: Cherishing and treating God, ourselves, and others with great care, making space for all to be loved and respected.

SELF CONTROL: To rely on the power of the Holy Spirit and Christian values to govern one's emotions and guide one's behaviors in the face of temptations and impulses.

FORGIVENESS: To offer the grace extended to us through Jesus Christ in both our words and actions by pardoning ourselves and others for real or imagined hurt or offense, and doing so without resentment.

HUMILITY: Living in a way that recognizes our God-giving worth, while celebrating others ahead of ourselves.



Becoming More Like Jesus

Getting Started

- Become more aware of the attributes of Christ
- Pray for God's help to become more like Jesus by further developing the attributes of Christ and applying them in your daily life
- Study the [attributes of Christ](#) by taking a [class](#), using a [resource guide/self-assessment survey](#), or personal study and reflection
- Learn about Adult Discipleship Path and establish personal goals



Becoming More Like Jesus

Growing

- **Small Groups**

- Joining with other Christians to learn about and grow in our faith, and applying it to our daily life as a disciples
 - Join Sunday School classes, small groups, Bible studies, fellowship groups, **3-B groups**, music groups, etc.
 - Discuss attributes in small groups
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- Reflect on how you are exhibiting the attributes of Christ in your daily life, and identify attributes where you need further development
 - Focus on an attribute of Christ to further develop in your daily life each month
 - Reflect on your progress toward becoming more like Jesus through journaling
 - Become aware of the attributes of Christ in others
 - Assess your personal progress on the discipleship path **11**



Becoming More Like Jesus

Perfecting

- Lead Small Groups
- Affirm and cultivate the attributes of Christ in others
- Partner with others to discuss your growth in the attributes of Christ in your lives
- Participate in a [covenant group](#) that meets regularly to discuss how you are progressing and living out the attributes of Christ in your daily lives, and the impact the development of these attributes are having on your relationships, the church, and the community
- Participate, lead or contribute to the Adult Discipleship Ministry efforts



Being Christ in the World

AREAS OF DISCIPLESHIP

WITNESS (sharing what God is doing in your life and what difference Christ makes in your life)

SERVING (participating in mission opportunities both within the church and in the community, helping or leading in various ways in worship and church ministries)

GENEROSITY (giving of self, time, talents and resources, to serve God and God's people)

JUSTICE (working toward an inclusive and fair community for all people)



Being Christ in the World

Getting Started

- Identify how God might be working in your life by engaging in discernment practices such as prayer, journaling, conversations with others, and reflection on sermon, scriptures, and life events
- Give thanks for the ways God is working in your life
- Participate in church or community-based mission opportunities
- Discover your spiritual gifts and talk about your gifts with others. Spiritual gifts are not our talents or skills, but are the grace of God at work in us. There are listed in Paul's epistles to Rome, Ephesus, and Corinth (Romans 12, Ephesians 4, 1 Corinthians 12–13). They include gifts such as teaching, leadership, healing, wisdom, and servanthood. A [Spiritual Gifts Assessment](#) can be taken at <https://www.umc.org/en/content/exploring-your-spiritual-gifts> either individually or part of a small group
- Regularly give to support the mission and ministries of the church
- Become aware of what it means to have an inclusive and fair community for all people



Being Christ in the World

Growing

- Share how God is working in your life in personal conversations, in small groups and Bible Studies, and in writing reflections to share with others
- Cultivate gratitude in yourself and others by giving thanks for how God is working in your life through practices such as prayer, looking for God sightings, worship, devotional reading, a “blessings” journal, writing, sharing with others, and small group discussions
- Commit to regularly serve in specific church or community-based mission area(s)
- Serve in leading or supporting worship (usher, lay reader, choir, media team, worship design-team, etc.)
- Serve on church committees and ministry areas



Being Christ in the World

Growing (Continued)

- Strive together in small group/[class on spiritual gifts](#) to understand your gifts and how you can use them to serve God, neighbor, and world
- Commit to use your spiritual gifts
- Take a [class on stewardship](#), exploring the ways that we are called to give our time, our spiritual gifts and talents, and our financial resources
- Pray about what God is calling you to give financially to support the work of the church. Commit to intentionally give to the mission and ministries of the church by submitting an annual Estimate of Giving Card
- Engage in justice conversations and small group study. Explore our own biases, prejudices, and behaviors and consider how they may inhibit or contribute to an inclusive and fair community for all people. Explore how our faith guides us to



Being Christ in the World

Perfecting

- Share how God is working in your life in worship and in the larger community through personal testimony, writing, or engaging in other public forums
- Promote giving thanks to God in all situation and celebrating where God is working for good in all things
- Prayerfully discern opportunities to develop and lead new mission areas
- Serve in leadership roles on committees and ministry areas
- Become a Lay Servant, who serves the local church through his or her witness, leadership, and service, inspiring others to a deeper commitment to Christ and more effective discipleship (involves Conference training)



Being Christ in the World

Perfecting (Continued)

- Participate in a [coaching program](#) (course designed to help individuals discern next faithful steps God is calling them to take in their faith journey)
- Apply to be a coach (lead others in the process of discerning next steps God is calling them to take, requires training)
- Explore call to ordained ministry by talking with the pastor or other ordained ministers, denominational leaders, or those on the path to serving in full-time church ministry
- Continue to develop your own spiritual gift, recognize God's power at work with you and others, empowering each of us to match our deep passions with the world's deep needs
- Lead/Cultivate spiritual gifts within others and help them to identify ways to use their gifts



Being Christ in the World

Perfecting (Continued)

- Continue to pray about what God is calling you to give to the mission and ministry of the church, and seek God's help to help you order your daily life so that you can tithe and be able to respond to special needs beyond tithing
- Engage in community justice activities that are informed by our faith, and lead justice-related activities in our church and community



Franconia First Steps

As of July 2023

What: An introduction to Christian beliefs with an emphasis on Methodist beliefs and an introduction to Franconia United Methodist Church and its Discipleship Plan(s)

Who: First Steps is open to all who are new to Franconia United Methodist Church (Franconia UMC), want to find out more information, or those considering committing to Franconia UMC. Facilitated by the Pastor

When: As needed. Invitations will be extended to people new to the church who may be interested in attending

Where: In person or via Zoom

How: Sign up or find out more information by contacting Franconia UMC Office at churchoffice@franconiaumc.org, or Discipleship Ministry at discipleship@franconiaumc.org



“A Disciple’s Path” Course

As of July 2023

What: A foundational and formal six-week course on how one may follow Jesus in real and tangible ways, including spiritual practices, practical steps, and what it means to be a Methodist

Who: These classes are open to all congregants, with an emphasis on those new to the church. Established small groups may also take the course

When: Classes are scheduled at least annually

Where: In person or via Zoom

How: Sign up or find out more information by contacting Franconia UMC Office at churchoffice@franconiaumc.org, or Discipleship Ministry at discipleship@franconiaumc.org



Spiritual Gifts Seminar

As of July 2023

What: A 2-3 hour seminar on finding your spiritual gifts—what makes you spiritually unique and may help guide your role in the church. Each session will include a Spiritual Gifts Assessment, taken during or prior to the seminar

Who: Seminars are open to all congregants

When: Offered every other year

Where: In person or via Zoom

How: Sign up or find out more information by contacting Franconia UMC Office at churchoffice@franconiaumc.org, or Discipleship Ministry at discipleship@franconiaumc.org



Stewardship Class

As of July 2023

What: Celebrate the importance and joy of generosity in Christian living. Learn what it means to be a good steward in the church

Who: All are invited to participate in stewardship classes.

When: Church-wide classes will be offered annually. Established small groups will incorporate a stewardship class in their 3-year curriculum

Where: In person or via Zoom

How: Sign up for church-wide classes or find out more information by contacting Franconia UMC Office at churchoffice@franconiaumc.org, or the Discipleship Ministry at discipleship@franconiaumc.org



Franconia Friends

As of July 2023

What: Franconia Friends are mentors to new attendees to the church, to guide them in the workings of the church and church community, and connect them with others in the church

Who: Franconia UMC members are all eligible to become a Franconia Friend. Regular visitors may request a Franconia Friend

When: The church will host periodic training sessions for guiding mentors.

Where: In person or via Zoom

How: Sign up or request more information by contacting Franconia UMC Office at churchoffice@franconiaumc.org, or Discipleship Ministry at discipleship@franconiaumc.org



Attributes Seminar

As of July 2023

What: A seminar on how to “live by the spirit” by growing in the attributes of Christ. The seminar will include an ‘Attributes inventory’ taken during or prior to the seminar

Who: All are invited to participate.

When: Offered every other year

Where: In person or via Zoom

How: Find out more information by contacting Franconia UMC Office at churchoffice@franconiaumc.org, or the Discipleship Ministry at discipleship@franconiaumc.org



Fellowship Ambassadors

As of July 2023

What: Fellowship Ambassadors connect people with others at church events, and pay attention at church events to ensure that all are being welcomed.

Who: All congregants are invited to participate.

When: The church will host periodic 1-2 hour training sessions on the duties of Fellowship Ambassadors throughout the year

Where: In person or via Zoom

How: Sign up or find out more information by contacting Franconia UMC Office at churchoffice@franconiaumc.org, or Discipleship Ministry at discipleship@franconiaumc.org



Covenant Groups

As of July 2023

What: Covenant Groups are small cells of church members who engage with each other on how they are living into the body of Christ, helping each other become better disciples, and assisting each other in mutual growth. Covenant Groups are expected to meet routinely, at least monthly

Who: All congregants are invited to participate.

When: The church will host annual seminars on the expectations for covenant groups

Where: In person or via Zoom

How: Sign up or find out more information by contacting Franconia UMC Office at churchoffice@franconiaumc.org, or Discipleship Ministry at discipleship@franconiaumc.org



3-B Groups

As of July 2023

What: 3-B Groups focus Belonging, Becoming, Being. 3-B groups can form around an established small group, or around any area of mutual interest.

Who: All are invited to participate.

When: Information will be provided at least annually to talk about the expectations of 3-B groups, and to initiate groups

Where: In person or via Zoom

How: Sign up or find out more information by contacting Franconia UMC Office at churchoffice@franconiaumc.org, or Discipleship Ministry at discipleship@franconiaumc.org



Coaching

As of June 2023

What: Coaching classes/seminars are intended to create leaders for guiding other ADP initiatives.

Who: All are invited to participate

When: TBD

Where: In person or via Zoom

How: Sign up or find out more information by contacting Franconia UMC Office at churchoffice@franconiaumc.org, or Discipleship Ministry at discipleship@franconiaumc.org