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## TRAINING MANUAL

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The Mission of Discover Recovery is to equip and train individuals how to be free from the bondage of addictions such as: alcohol, drugs, sexual vices, gambling, etc. with the objective of ensuring creation of multiply self-help networks for communities through Disciple Making Movement using Discovery Bible Study.



### INTRODUCTION

The purpose of this manual is to guide individuals through the process of starting Discovery Recovery support groups to attract and transform those who suffer from addiction issues or who are not yet following Jesus.

The training incorporates biblical principles, scripture, disciple making methods, principles from the 12 Steps of Alcoholics Anonymous (AA) and Discovery Bible Study (DBS) to form an effective, fun, and simple way for people to learn about God and His commands. The format allows people to become a member of a group that is walking along together as they discover and obey the Lord Jesus Christ.

**LESSON ONE:** The OBJECTIVE of this section is to ensure the participants have a good understanding of:

1. The Great Commission (a command to go to unreached people)
2. Discipleship
3. Baptism
4. The Serenity Prayer
5. Discovery Bible Study (DBS)

**LESSON TWO:** The OBJECTIVE of this section is to teach and practice the following disciple making skills:

- **POWER:** How to be filled with Holy Spirit power to be able to start a Discovery Bible Study (DBS)
- **3-CHAIRS:** How to give your testimony in 30-seconds so you can invite the “not yet” followers of Christ to join your DBS
- **PRAY:** How to pray for the people you know who are “not yet” followers of Christ so that you will have an opportunity to share your 30-second testimony and invite them to your DBS
- **3-CIRCLES:** How to lead someone to Christ using three circles so you can invite them to your DBS

### **MATTHEW 28:19-20**

The foundation of Discover Recovery is found in the bible verse we review to begin **LESSON ONE** in this training. The scripture is sometimes referred to as The Great Commission yet what people sometimes fail to realize is that this is a command from G-d. We joke that this is not The Great Suggestion. Matthew 28:19-20: 19 Go therefore, and make disciples of all nations, baptizing them in the name of the Father, and of the Son, and of the Holy Spirit. <sup>20</sup> Teaching them to observe everything I have commanded you: and, lo, I am with you always, even unto the end of the world.

Using the simple, fun, and easily repeatable skills taught in Discover Recovery training will equip you to go and make disciples who make disciples to ALL the nations. These skills combined with Discovery Bible Studies (DBS) and the 12 Steps of Alcoholics Anonymous (AA) will make it simple and fun for you to obey this command from our Lord.

### **DIRECTIONS FOR TRAINING PEOPLE ABOUT THE GREAT COMMISSION:**

- Ask someone to read the scripture in their own language.
- Explain what **“Go therefore”** means by acting out the difference between sitting in a seat and getting up and going to the people that are suffering from addiction.
- Ask what **“teach all nations”** means to them – ask who all might mean in context to this training.
- Explain how people who are abandoned, rejected, and betrayed by their communities because of addiction issues are an unreached people group and are to be considered as part of the command to teach all nations.
- Ask if they see many addicts coming to their church and participating in fellowship. Who is reaching these people and how?
- Ask them if they will obey this command (not suggestion) to GO and to TEACH (teach the addicts in their communities what they learn in this class).

### **ACTIVITY 1: WHAT IS A DISCIPLE EXERCISE?**

- Ask for someone to re-read Matthew 28:19-20.
- Ask someone to explain what a disciple is and when they respond be sure to cheer and give candy.
- Explain how important it is to always make a BIG DEAL out of any participation no matter if it is right or wrong so that being accepted and a sense of fun and belonging is what is projected from your leadership and facilitation.
- Have them stand by your side and tell them that you are pretending to be Jesus and they will pretend to be Jesus’ disciple so they have to imitate exactly what you do.
- Begin to do jumping jacks or skip and ensure they follow exactly what you do.
- Have them pick two people and ask them to have the people they pick imitate what they do. What their people do will be what you do because they are following the leader (copying your actions as you disciple them.)
- Explain how a person who is a true follower of Jesus (a disciple) is a person who does what Jesus does. If you make disciples who make disciples, by doing what Jesus does your actions will be copied by the people you are discipling. The aim is that they, the people in your DBS, are your disciples and they are following you as you teach them to obey and follow Jesus. Your disciples will invite others to join your DBS or they will start their own DBS. This is how you have multiplication of disciple making. This is called a Disciple Making Movement (DMM). DMM change communities and nations. Your Discovery Bible Study efforts will impact the nations as you meet together for DBS, as you break bread together (take communion) with glad and sincere hearts, praising God and enjoying the favor of all the people. And the Lord will add to your numbers daily those who are being saved. (Acts 2:49)

### **DIRECTIONS FOR TRAINING PEOPLE ABOUT BAPTISM:**

- Ask for someone to re-read Matthew 28:19-20.

- Explain that baptism is a public declaration that you are a follower of Jesus Christ.
- Ask how many people have been baptized.
- Ask someone to read Mark 16:16 – “Whoever believes and is baptized will be saved, but whoever does not believe will be condemned.” Belief (faith in Jesus Christ) comes before baptism.
- Baptism is a public confession of your faith in, and commitment to, Jesus Christ. It is the next step after salvation through repentance and faith.
- Lay on the ground and pretend you are dead and explain that baptism is an opportunity to go to your own funeral.
- When you are baptized you are dying symbolically.
- Christian baptism is the means by which a person makes a public profession of faith and discipleship. In the waters of baptism, a person says, wordlessly, “I confess faith in Christ; Jesus has cleansed my soul from sin, and I now have a new life of sanctification.”
- Christian baptism illustrates, in dramatic style, the death, burial, and resurrection of Christ. At the same time, it also illustrates our death to sin and new life in Christ. As the sinner confesses the Lord Jesus, he dies to sin (Romans 6:11) and is raised to a brand-new life (Colossians 2:12). Being submerged in the water represents death to sin, and emerging from the water represents the cleansed, holy life that follows salvation. Romans 6:4 puts it this way: “We were therefore buried with him through baptism into death in order that, just as Christ was raised from the dead through the glory of the Father, we too may live a new life.”
- Very simply, baptism is an outward testimony of the inward change in a believer’s life. Christian baptism is an act of obedience to the Lord *after* salvation; although baptism is closely associated with salvation, it is not a requirement to be saved. The Bible shows in many places that the order of events is 1) a person believes in the Lord Jesus and 2) he is baptized. This sequence is seen in Acts 2:41, “Those who accepted [Peter’s] message were baptized” (see also Acts 16:14–15).
- A new believer in Jesus Christ should desire to be baptized as soon as possible. In Acts 8 Philip speaks “the good news about Jesus” to the Ethiopian eunuch, and, “as they traveled along the road, they came to some water and the eunuch said, ‘Look, here is water. What can stand in the way of my being baptized?’” (verses 35–36). Right away, they stopped the chariot, and Philip baptized the man.
- Baptism is an important step of obedience for a Christian, but water baptism is not a required for salvation. In Discover Recovery, we strongly believe that each Christian should be water baptized by immersion.
- Make sure you speak to your pastor about this topic and plan to be baptized and anyone your disciple who becomes a believer too.

### **DIRECTION FOR TRAINING PEOPLE ABOUT THE SERENITY PRAYER:**

Discover Recovery uses the Serenity Prayer at the beginning of every Discovery Bible Study. This is a prayer that is used in Alcoholics Anonymous (AA) meetings around the world:

**God  
grant me the serenity  
to accept the things  
I cannot change,  
And the courage  
to change the things that I can,  
and the wisdom  
to know the difference.**

### **ACTIVITY 3: ACTING OUT THE SERENITY PRAYER X 2**

- Stand in a circle
- Lift arm up to the sky as you say: “God”
- Bring arms into chest as you say: “grant me”
- Make the sign of praying as you: “the serenity” (Note: be sure to ask them if they know what the word **serenity** means and, if needed, explain the term for them.)
- If you get someone to explain what the word serenity means, be sure to give them candy and clap and cheer for them.
- Cup hands and bring them forward as you say: “accept the things”
- Make the sign of the X as you say: “I cannot change”
- Make a fist pump and stomp in pace as your say: “and the courage”
- March in place while swinging arms as you say: “to change the things that I can”
- Point towards the head as you say: “and the wisdom”
- Palms up with both hands move arms from one side of the body to the other as you say: “to know the difference.”
- Ask someone to restate in their own words what that prayer means and remember to cheer for them and give them candy for their participation.
- Explain that for the community they are targeting, they want to keep everything fun and encouraging so the people will want to participate and keep coming back to the group for meetings together.
- Explain how no matter what someone says, even if it is the wrong answer, give them accolades through candy and clapping and try never to make them feel stupid or feel bad.
- Explain that people who are coming out of addiction from alcohol will need extra hydration and sugar and that if you provide water and candy at the meetings, that would be very helpful.

### **DIRECTIONS FOR TRAINING PEOPLE ABOUT HOW TO HOST AND CONDUCT A DISCOVERY BIBLE STUDY FOR ANYONE ANYWHERE:**

Someone who has overcome the bondage of addiction usually has compassion for others still suffering and therefore make excellent trainers for Discover Recovery however, because this process is so simple, fun and easy to repeat, ANYONE can start and facilitate a DBS.

DBS is hosted in a home, a church, under a tree, in a classroom, or just about ANYWHERE there are people who want to DISCOVER and experience together true hope and healing. EVERYONE is welcome, especially people who are not followers of Jesus. This means you can start a DBS for non-believers, addicts, children, etc. DBS is for everyone!

Begin by thanking people for coming and welcoming everyone who has arrived and telling them that the only requirement for being in the meeting is a desire to stop drinking, etc. Let them know that all are welcome to participate in the meeting unless they are under the influence of alcohol or are actively using some mind-altering substance. If they are currently using, they only can remain in the meeting if they just listen and do not cause a disturbance. If possible, offer water and candy.

## SEATING

Let them sit in a circle facing each other. Never stand in front of the group and speak at them. Only speak to them as an equal in the seated position, unless you are training them on one of the disciple making skills. Always remember, the objective of the group is to be supportive and to ensure that everyone feels welcome and included.

## ACTIVITY 4: CONDUCTING DISCOVERY BIBLE STUDY & ALWAYS BEGIN THE MEETING BY ACTING OUT THE SERENITY PRAYER

**The meeting is broken down into three parts: Look BACK, Look UP, and Look FORWARD. The first part involves looking at what happened since the last time your group met for a DBS.**

### Part One (LOOK BACK!)

Check in and review with loving accountability and ENTHUSIASM!

- How are you doing? (asking if anyone has a prayer request)
- Is there something you are thankful for? (asking if anyone has a praise report)
- How did you apply the learning from the last session? (asking how they obeyed God)
- Did you share the story with anyone? (asking who they invited to join DBS)



### Part Two (LOOK UP TOWARDS GOD!)



If you know people not yet ready to receive Jesus or who are interested in your testimony and want what you have, offer to meet with them to do a DBS using stories from the Bible -- to discover for themselves ***“Who is Jesus?”*** and ***“How can I be follower of Jesus (a disciple)?”***

Here are **Seven Stories of Hope** recommended:

A Discovery Bible Study (DBS) is a method of studying the Bible where a group reads a passage together and then uses open-ended questions to guide discussion, allowing individuals to discover the meaning of the text for themselves, with the goal of applying what they learn to their lives and sharing it with others; it emphasizes personal discovery through the Bible rather than relying solely on a leader's interpretation.

At each DBS you use any one of “The 7 Stories of Hope” or “The 11 Basic Commands of Christ” by asking one of the participants to begin by reading from the Bible:

### **The Seven Stories of Hope**

- 1) The Woman who wept at Jesus’ Feet (Luke 7:36-50).
- 2) Who does God accept? (Luke 18:9-17).
- 3) A Hole in the Roof (Luke 5:17-26).
- 4) Two Lost Sons (Luke 15:11-32).
- 5) Death & Forgiveness (Mark 15:16-39).
- 6) New Life, New Purpose (Matthew 28:1-20).
- 7) Which Soil are you? (Mark 4:1-20).

### **The 11 Basic Commands of Christ**

Once a person(s) becomes a follower of Jesus, do disciple making with them by discovering these eleven Basic **Commands** of Christ using the same DBS format.

At any time, you can check to see if they are ready to follow Jesus by sharing the Gospel using the 3 Circles Disciple Making skill.

- 1) Repent and believe – Zacchaeus (Luke 19:1-10).
- 2) Be baptized – Phillip and the Ethiopian official (Acts 8:26-40).
- 3) Be filled with the Holy Spirit – Peter at Pentecost (Acts 2:36-42).
- 4) Obey G-d’s Word – The wise and foolish builders (Matthew 7:24-27).
- 5) Worship – Jesus and the man born blind (John 9:24-41).
- 6) Love – The good Samaritan (Luke 10:25-37).
- 7) Celebrate the Lord’s supper – (1 Corinthians 11:23-34).
- 8) Pray – Jesus teaching his disciples how to pray (Matthew 6:5-15).
- 9) Give – The widow gives (Mark 12:41-44).
- 10) Rejoice in persecution – Paul and Silas persecuted in Phillip (Acts 16:19-34).
- 11) Go and make disciples – The Samaritan woman (John 4:4-42).

After the story is heard by the group twice, ask if anyone would like to tell the story in their own words. Once everyone has heard the story three times, have everyone do some form of the

following: either act out the story together as a group or sing the story (many young people like to create a rap and the others can pretend to be the background instrumental sounds and back up dancers), or make a puppet show of the story or draw the story. No matter what, GET EVERYONE TO PARTICIPATE! Then after you have heard the story and participated together to retell the story dramatically, ask everyone to answer these questions:

- What does the passage teach us about God? Jesus? The Holy Spirit?
- What does the passage teach us about the people in the story?
- Is there something we need to do? In the story, did you see an example we need to follow, or a command to obey, or some sin to avoid?

### **Part Three (LOOK FORWARD!):**

Ask everyone the following questions:



- Who will you share this story with this week? (Name? Where, When & How will you share?)
- How will you obey what you have learned from the story this week?

The disciple making skills and the DBS format are easy to learn and fun to implement. Friendly and enthusiastic facilitation and warm hospitality encourage people to join and stay involved in a Discover Recovery support group.

Students taking this training will have an opportunity to practice all the disciple making skills presented, recruit participants into a Discover Recovery support group, run several Discovery Bible Studies, and track outcomes of meetings.

The transforming or transformed addict, hosting his or her own DBS for their neighbors, friends and/or family, are thrown into practicing Step 12 (Having a spiritual awakening as the result of these steps, we tried to carry this message to others, and to practice these principles in all our affairs.) We recommend that as you get started you have a DBS using one of the Seven Stories of Hope and then one of the Eleven Basic Commends of Christ.

### **TRACK AND MEASURE:**

Discover Recovery support group leaders should record the date, list of attendees, the lesson, scripture and/or step covered, and lovingly hold people accountable by recording responses to the question asked in the prior meeting “who did you tell about the materials you learned?” Many times, whomever they told is invited to attend your support group so expect to grow rapidly and form multiple support group meetings, mostly run by the participants themselves.

## **SAMPLE TRACKING SHEET:**

Leader's name:	Duncan Kamau
The topic being covered:	The women who wept at Jesus' feet
The date/day/time:	Sunday at 2 pm November 24, 2024
The location:	Church of the Rock, Langata Nairobi
1. Vincent Ngenga	He told his mother; mother wants to come
2. Wambui Wathome	Brought her sister
3. David Tonnui	Told his friend

- By the end the lesson you want to ensure that EVERYONE will have had the opportunity to participate.
- Pray with them the Serenity Prayer together to end the lesson and leave the room for their next activity by singing while marching out – I have decided to Follow Jesus no turning back no turning back
- Remind people to update their index card they are using daily to pray for the people in their life who are not yet following Christ so that they are able to track who is coming to their discovery bible study and who is leading their own discovery bible study. New people should be added to their index card as the people they are praying for come to their discovery bible study.

## **WELCOME EVERYONE**

Begin by thanking people for coming and welcoming everyone who has arrived and telling them that the only requirement for being in the meeting is a desire to stop drinking. Let them know that all are welcome to participate in the meeting unless they are under the influence of alcohol. If they are drunk, they only can remain in the meeting if they just listen and do not cause a disturbance. If possible, offer water and candy.

## SEATING

Let them sit in a circle facing each other. Never stand in front of the group and speak at them. Only speak to them, unless you are training them on a disciple making skill, from a seated position. The point to this is to make everyone feel welcome and included.

## **DISCIPLE MAKING SKILL: “BE FILLED WITH THE HOLY SPIRIT!”**

“You shall receive power when the Holy Spirit has come upon you; and you shall be My witnesses both in Jerusalem, and in all Judea and Samaria, and even to the outermost part of the earth.” (Acts 1:8)

If Jesus commands us to go and teach, He will provide the power we need to do so. We have the assurance that Jesus *“gives the Spirit without measure.”* (John 3:34). We will be going to find addicts and people who are not yet following Christ. To do this we need power from the Holy Spirit. We can freely get this POWER when we listen to Him and obey exactly what He tells you to do!

Hold up a bottle filled with water. This bottle of liquid represents you and me. We are vessels filled with sin. Can G-d be in the same vessel that is filled with sin? NO! We must get rid of our sin by confessing and repenting of our sin.

Show the bottle tilted and water pouring out as you say the sins you have committed: cursing, lying, bad thoughts, etc. Confessing makes room for the Holy Spirit to fill you with the POWER needed to witness to the lost.

## **ACTIVITY 4: ACTING OUT A ROMAN SOLDIER REPENTING**

**Line everyone up and have them start to march. As they march tell them the story of how roman soldiers must follow the commands of their leader. If the leader says stop marching, they stop. If the leader says to go left or right, they go left or right.**

**Ask them to stop marching. Sinners are marching toward the devil because they are not following Jesus and they do not obey His commands. When you repent from your sins, that means you turn from them, you go in the opposite direction. If you are lying, you tell the truth. If you are resentful and angry at someone, you forgive them.**

<b>Jesus, please forgive me for relying on my own self-will. Instead of ... please help me....</b>	<b>Thank you, Father, for the POWER to have XYZ! YOUR WILL BE DONE NOT MINE</b>
<b>DOUBT</b>	<b>FAITH</b>

<b>SUSPICION</b>	<b>TRUST</b>
<b>SELF-CONDEMNATION</b>	<b>SELF-FORGIVENESS</b>
<b>SELF-IMPORTANCE</b>	<b>MODESTY</b>
<b>SELF-JUSTIFICATION</b>	<b>HUMILITY-SEEK G-D'S WILL</b>
<b>SELF-PITTY</b>	<b>SELF-FORGETFULNESS</b>
<b>HARMFUL ACTS</b>	<b>GOOD DEEDS</b>
<b>HATE</b>	<b>LOVE AND CONCERN FOR OTHERS</b>
<b>RESENTMENT</b>	<b>FORGIVENESS</b>
<b>INTOLERANCE</b>	<b>TOLERANCE</b>
<b>IMPATIENT</b>	<b>PATIENT</b>
<b>GLUTTONY</b>	<b>MODERATION</b>
<b>ENVY</b>	<b>GRATFULNESS</b>
<b>ANGER</b>	<b>CALM</b>
<b>LUSTFUL</b>	<b>SEEKING WHAT I CAN DO FOR OTHERS</b>
<b>GREEDY</b>	<b>GIVING OR SHARING</b>
<b>PRIDEFUL</b>	<b>HUMILITY – SEEKING G-D'S WILL</b>
<b>INCONSIDERATE</b>	<b>CONSIDERATE</b>
<b>FRIGHTENED</b>	<b>COURAGEOUS</b>
<b>DISHONEST</b>	<b>HONEST</b>
<b>SELFISH AND SELF-SEEKING</b>	<b>INTEREST IN OTHERS</b>

When I say repent, I want you to pull your heavy boots up from the dirt and turn in the opposite direction and begin to march. One, two, Three Repent. (repeat this several times)

Get down on their knees (you are getting in a position of humility before G-d, the creator of the universe.) You are down because you are showing Him that you know His position over you, He is the leader, and you are the follower.

Out loud, begin to tell Jesus that you are sorry for the sins you have been committing. Show the water spilling out as you start sharing you sins with Jesus.

Thank Jesus' for the forgiveness of your sins through His shed blood and as you come up off your knees, tell G-d thank you for giving you the power to be the opposite of the sin (see list above) you have had and for giving you the power to replace that sin with the opposite. Thank Him for HIS WILL not yours to be done and the power to carry out the opposite of the behavior you have asked G-d to forgive you for.

G-d wants you to be in the habit of quickly asking for forgiveness of your sin and seeking Holy Spirit POWER to do the opposite behavior.

Invite the Holy Spirit to be poured out on you in new and fresh ways -- and in great power for witnessing.” (see John 7:35-37; Acts 1:8; 10:44-48). You can ask as often as you need and He will give you the POWER!

## DISCIPLE MAKING SKILL: HOW TO GIVE YOUR TESTIMONY IN 30 SECONDS



In this lesson we learn how to use our testimony to invite unsaved family, friends, neighbors and co-workers to understand how they too can follow Jesus and have this transformation that brings peace to their life.

The objective of this lesson is to be ready to share your testimony simply when G-d provides you with the opportunity. The more vulnerable and transparent we are, the easier it will be for the person listening to relate to you and to want the transformation that you have.

“Return home and tell how much God has done for you.” So the man went away and told all over town how much Jesus had done for him.” (Jesus to the Gerasene Demoniac, Luke 8:39)

“And they overcame him by the blood of the Lamb, by the word of their testimony, and they did not love their life even unto death.” (Rev. 12:11)

By Sharing Your Story -- like *“the Woman at the Well”* and *“the Gerasene Demoniac”* did – you can help family, friends, and the people you meet understand how they too can follow Jesus.

The process of sharing your testimony does not need to take long. We are going to learn how to share our testimony in three steps. As you state what each chair represents, pick it up in the air (be dramatic).

1. The first chair will represent your life BEFORE you met Christ
2. The second chair will represent how you met Christ
3. The second chair represents your life AFTER meeting Christ

Everyone knows what it is like to be sinner because everyone sins. Even after we are saved, we still continuously sin because we live in broken world. When a baby is born, we need to teach them how to share because they don't naturally share, they say “MINE” and “NO” and it is up to the parent to teach them to behave. Nobody ever has to be taught how to misbehave.

I want you to think of **three words** that describe your life before you invited Christ to be your savior and your Lord. Here are mine. As I sit down in the first chair, I say the three words that

represent the sins I was committing before coming to know Christ. I was 1.) suicidal, 2.) drunk, 3.) and porn addict.

Now you write down your three words. You will be taking a 30 second test to see if you can give your testimony this way so write down your three words right now. What was YOUR life like BEFORE you met Christ. Go ahead and write it down.

- Wait for one minute and see if everyone has written their three words.
- Call on someone to come up and sit in the first chair and share their three words.
- Be sure to cheer and give them a candy (this is not easy for some cultures to share in public and can be shameful, we want to show them how powerful this method is besides being fun and simple to use.)
- Call on a few more people so that people see how easy it is

Now write down the way you came to Christ. Some people think that because they were raised in a Christian family that they are born again believers and have accepted Christ into their lives as their lord and savior. If you do not know the exact way you decided to turn your life over to Jesus, when you actually made a decision to follow Christ, then you may need to do that today and we will be teaching this skill to you later in this training.

Sit in the second chair and tell how you met Christ: I was in an AA meeting, and someone invited me to Church where I heard the Gospel and when I got home, my friend called me and asked me if I wanted peace. I said yes and she explained that the Gospel was like a free gift in the closet just on the shelf and all I had to do was take the gift down from the shelf and open it – I just had to receive the free gift. She asked me if I wanted that and I said yes. She proceeded to walk me through the sinners' prayer and I made a decision to follow Jesus.

Now you write down how you met Christ. Write it down because in just a moment we are going to give you an opportunity to tell the person sitting next to you using this technique.

- Wait for one minute and see if everyone has written down the way they met Jesus.
- Invite three or four people to come up and sit in the second chair and tell us how they met the Lord.
- Be sure to cheer and give candy as they participate.

Now sit in the third chair and explain that this third chair represents what your life is like after you met Christ. It should be very different than the three words you used to describe your life before you met Christ. For me, now my life is full of peace and purpose, and I am of MAXIMUM service to G-d and others.

Ask, "Isn't this attractive and encouraging? Don't you think that the people who hear this will want that kind of change in their life? Do you think this is easy and you can do this?"

- Ask for volunteers to sit down in the third chair and describe what their life is now after they have met Christ and become His disciple.
- Be sure to cheer and give candy.
- Don't be surprised if several people want an opportunity to try it.

### **ACTIVITY 5: GETTING TIMED FOR THE 30-SECOND TESTIMONY**

Ask everyone to hold the hand of the person sitting next to them and ensure that everyone has a partner. Tell them that you will now be giving them 30 seconds to practice. Each person will have a turn. We are going to do this exercise twice so that each partner will have a chance to be tested. Ask if they are ready. Then set the time for 30 seconds. Have the person the right go first. Then after 30 seconds, tell them to stop. Ask if they were successful. Cheer. Ask them to get ready because the person on the left will now have a chance. Then tell them get ready, go and after 30 seconds say STOP. Ask if they were able to do it. Ask if it was easy. Ask if they think this is easy for them to use. Challenge them to practice this tonight with a few people they know.

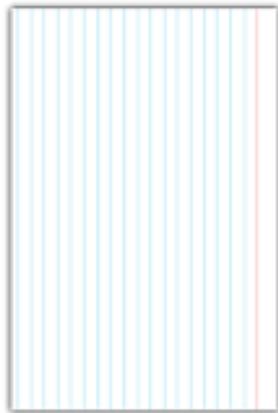
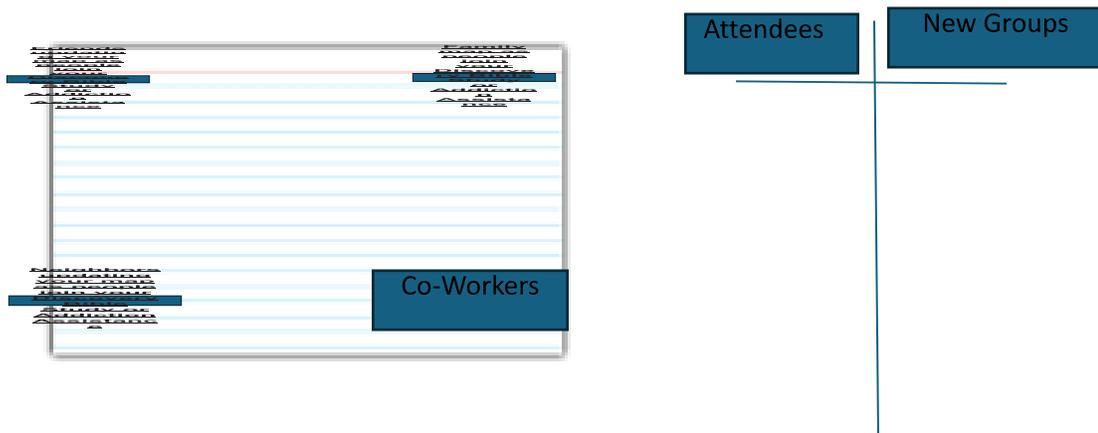
### **DISCIPLE MAKING SKILL: HOW TO PRAY**

A good place to begin Sharing Your Story and Jesus' Story is with people you know who are *"not-yet-followers-of-Jesus"* -- your circle of relationships including family, friends, and neighbors.

Give everyone an index card and, if they need one, a pencil. If you do hand out pencils, be sure to tell them that you will be collecting the pencils after the class so that you can use them again. Provide these directions:

- Write your name in the center of a blank piece of paper and draw a circle around it.
- In the upper left-hand corner, write the names of the people in your FAMILY you know who are not-yet-followers-of-Jesus.
- In the upper right-hand corner, write the names of people that are your FRIENDS who are not-yet-followers-of Jesus.
- In the lower left-hand corner, write the name of your NEIGHBORS who are not-yet-followers-of Jesus.
- In the lower right-hand corner, write the names of your co-workers (fellow-students) who are not-yet-followers or Jesus.
- **Now Pray and ask the Holy Spirit** to reveal 5 people from your relational map He is leading you to pray for everyday --- for at least 5 minutes. Place that list in a prominent place you see everyday – in your Bible, on a bathroom mirror, on the dashboard of your boda-boda, or on your door.
- Pray daily for them and **make a plan** to share with 1 or 2 of them each week.
- Share your list and plan and pray regularly with a fellow follower, encouraging one another to obey what the Holy Spirit tells you to do.

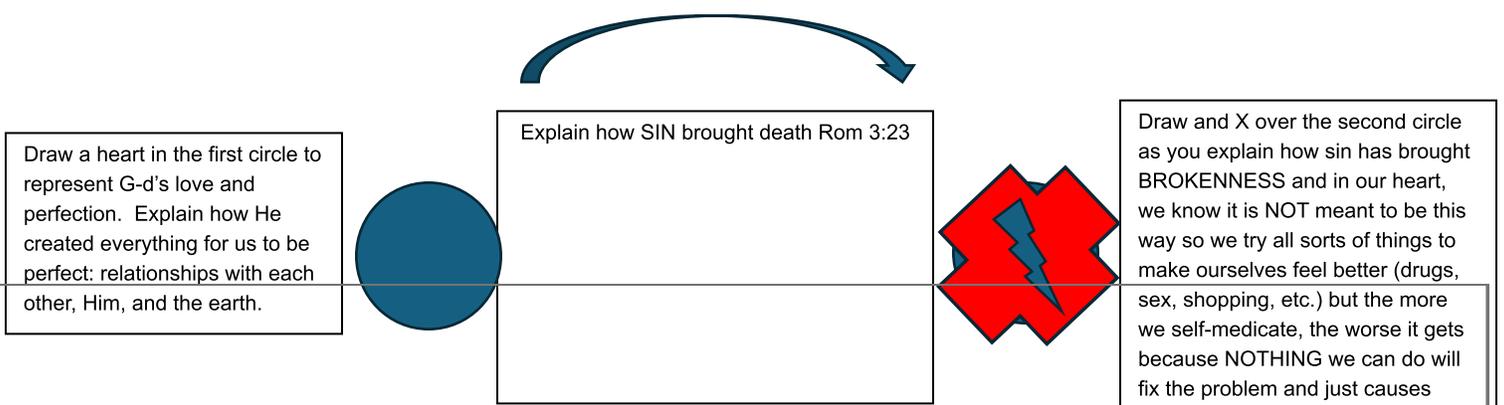
- Keep updating your map as people join your Discovery Bible Study

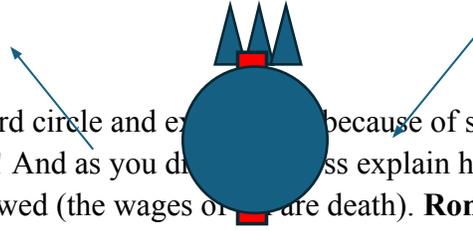


## DISCIPLE MAKING SKILL: HOW TO TELL A PERSON ABOUT CHRIST

To "bring someone to Christ" using the "three circles" method, you would visually represent the concept of God's perfect design, human brokenness due to sin, and how Jesus Christ offers restoration through the Gospel, using three circles, explaining each circle and how they relate to one another to illustrate the need for salvation and the transformative power of accepting Jesus Christ into their lives.

Draw three large circles on a flip chart





Draw the cross over the third circle and explain because of sin we could not reach God, but God had a plan to reach us! And as you draw the cross explain how He sent His only son (John 3:16) to pay the price we owed (the wages of sin are death). **Romans 6:23** – Sin brings **death**. **Romans 3:23** – **All sin!** Therefore our efforts to please God are not enough because He is Perfect and Holy.

Through turning from our sin and believing in Jesus, anyone can be saved and immediately brought into an intimate friendship with God! Thankfully, there is Hope in Jesus - the Free Gift of God. Romans 5:8 – God’s plan for us is this: Jesus died for us while we were in sin. He’s our Perfect Substitute! Romans 10:9 - To receive His salvation: we must Confess Jesus as our one Lord and Believe on His resurrection in our hearts as our only hope of salvation. We totally surrender our lives to Him and allow Him to be our savior and our LORD (the meaning of the crown above the circle.)

Tell the story about being in a prison and no family will come and pay your fee to get out. Along comes a complete stranger and pays the fee for you. You have DONE NOTHING to deserve this free gift. Would you accept the gift and be grateful?

**Salvation Prayer:** Below is a simple prayer to lead someone to Faith in Jesus:

***Dear Lord Jesus,  
thank you so much for loving me!  
I confess I am a sinner and cannot save myself.  
I believe you died on the cross to pay for my sin and save me,  
and purchased intimacy with God and a place in heaven for me.  
I receive this fabulous gift right now by faith.  
Lord Jesus, come into my heart and be my Lord and Savior.  
In Jesus' Name, Amen.***

Take the following steps if someone has made a decision for Christ:

1. Assurance of Salvation: Use John 1:12 and WELCOME THEM TO GOD’S FAMILY!
2. Schedule Meeting: Most importantly, set a time to meet together in the next 1-2 days (if possible), to begin a DBS using The 11 Commands, and learning and applying The 10 Skills.
3. Add them to your prayer list

## **ACTIVITY - DISCOVERY BIBLE STUDY ON BECOMING CHURCH**

“I will build my church.” (Jesus, Matthew 16:18)

### **Looking Back**

- How are you doing?
- Is there something you are thankful for? (Pray, if appropriate?)
- What did you learn last time? How did you apply the learning? (from “**Following**” Question below)
- Did you share the story or Your Story with anyone? (from “**Fishing**” Question below)

### **Looking Up**

- Have 2 people read the story from 2 different versions, if possible.
- Retell the passage (Acts 2:36-47) in your own words. Then act it out together or sing it.
- What does the passage teach us about God? Jesus? The Holy Spirit?
- What does the passage teach us about the different people in the story?
- Is there something we need to do? A Command to Obey? An Example to Follow?
- In the table below, **list the activities of the first church. In the second column list what you are currently doing when you gather with other disciples.** Is there anything you need to add or change to move from being a discipleship group to becoming a church?

#### **What they did (Acts 2:36-47)?**

#### **What we do?**

<b>What they did (Acts 2:36-47)?</b>	<b>What we do?</b>

**Note:** The simplest way for a group of new disciples to become a church is to live as church from the very first gathering!

### **Looking Forward**

- When you gather as disciples, how can you follow the example of the first church in Acts?

- Plan your next gathering to reflect the characteristics of the church in Acts. Use the exercise above as your guide.
- Pray for each other.

#### HOW TO CONDUCT A DISCOVER RECOVERY GROUP MEETING

At the start of every Discover Recovery Group – be sure to be very warm and welcoming and ask all the participants if they have any praise reports and/or prayer requests that they would like to share with the group: As the host, be sure to demonstrate to the participants how to practice: thanksgiving, prayer, intercession, service and ministry!

**STEP ONE:** Begin each session by asking EVERYONE to answer these questions:

1. What are you thankful for this week – a praise report?
2. Do you have any prayer requests? Then, as a group begin to pray together about this need?
3. How have you obeyed what you learned from the study last week?
4. Who did you tell about what you've studied or learned last week? Introduce any new people that has been invited and warmly welcome them to the group.
5. Encourage every participant to begin to start their own separate Discovery Groups!!!

Remember these simple guidelines:

- The Holy Spirit is our teacher. (He will guide us to all truth.)
- The Story/Scripture is our authority and foundation. (What it says to do, we do.)
- We focus on what is in the passage. If someone gets off track or adds to, we simply ask, "Where do you see that in this passage?"
- No one dominates the discussion. We learn from each other's insights.
- We do what we have learned from Scripture. (We love Him by obeying Him/His word.)
- We don't keep it to ourselves; we pass on these truths and teach others to do the same.

**STEP TWO:** Hear the Bible Story for this week at least **four times:** Read it, re-tell the story in your own words, act it out (or draw it, or sing it, or dance it, etc.) Have the group help each other if they miss something, or misstate the story.

Make sure **EVERYONE** has a chance to answer each of these questions:

- What does this story teach us about God? (or about Jesus or Holy Spirit)
- What does this story teach us about ourselves and other people?
- What does this story tell us we need to do? (Obey or apply)
- Who are you going to tell about what you've studied or learned this week?
- How will you apply (obey) what you have learned this week?

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**WORSHIP:** Have at least five of six songs memorized so you can begin each meeting in songs of worship. A few examples are How Great Thou Art and I Exalt Thee. You can use the worship time to allow the late comers to arrive and settle.

### **WELCOME AND INTRODUCTIONS**

- Introduce yourself and thank hosts allowing them the time they need to say words of welcome
- Have each student state their name, where they are from, the church or ministry they are affiliated with, and what they hope to accomplish by attending the training.

**PRAYER :** Pray that God shows you why you have allowed resentment to block you from God's will. We are on the 4<sup>th</sup> Step in AA

All my fear is due to relying on my own self-will. Some of the ways that God would have me be instead:

- Doubt vs. Faith
- Suspicion vs. Trust
- Self-condemnations vs. Self-forgiveness
- Self-importance vs. Modesty
- Self-justification vs. Humility-Seek God's will
- Self-pity vs. Self-forgetfulness

- Harmful acts vs. Good deeds
  - Hate vs. Love-Concern for others
  - Resentment vs. Forgiveness
  - Intolerant vs. Tolerance
  - Impatient vs. Patience
  - Gluttony vs. Moderation
  - Sloth vs. Take action
  - Envy vs. Grateful
  - Anger vs. Calm
  - Lustful vs. What can we do for others?
  - Greedy vs. Giving or sharing
1. Kiburi dhidi ya Unyenyekevu-Kutafuta Mapenzi ya Mungu
  2. Asiyejali dhidi ya mwenye kujali
  3. Hofu dhidi ya ujasiri
  4. Udanganyifu dhidi ya Uaminifu
  5. Ubinafsi na kujipenda dhidi ya kujali maslahi ya wengine

**Inventory Card**

Who am I angry with? \*

Why am I angry with them? \*

How did this affect me? \*

- Self Esteem (How I think of myself)
- Emotionally Security (General sense of wellbeing)
- Pocketbook (Basic desire for money, property, possessions...)
- Ambition (My goals, plans and designs for the future)
- Personal Relations (My relations with other people)
- Sex Relations (Basic drive for sexual intimacy)
- Pride (How I think others see me)

What was my response? \*

What would God have had me done instead? \*