

Discip^Le

A Tool Box for Disciples

Part 2

Connecting With Jesus



All Saints Church

Serving the communities of Woodlands and Highfields

DiscipLe is an initiative at All Saints Church to help us on the discipleship journey. This tool box provides some ideas of how

DiscipLe

we can connect with others on this journey with Jesus. It gives ideas of how and when we can meet together; it has tools we can use either on our own, or when we meet, to learn more about Jesus, to get to know Him better, and to be equipped for everything that life may send our way – the good and the bad.

CONNECTING WITH JESUS

This part of the DiscipLe resources is designed to help us connect with God, through prayer and study. Tools to help us grow in faith and trust

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If you see this symbol it means there is an idea where you can listen to something rather than reading it.



If you see this symbol it means there are apps or ideas for smartphones that you can use to help you.



If you see this symbol it means there is a website link for more resources. If you don't go online yet, find someone who does and team up with them.

CONNECTING WITH JESUS

The word Discip**Le** means “Learner” and “Follower”. We are not disciples for the sake of it – we follow someone, someone special. The first set of tools in our toolbox are to help us connect with Jesus – the person we are following.

“¹³ Jesus went up on a mountainside and called to him those he wanted, and they came to him. ¹⁴ He appointed twelve that they might be with him and that he might send them out to preach ¹⁵ and to have authority to drive out demons.” - Mark 3

The first thing Jesus wanted the Disciples to do was to **be** with him. The other things that they were to do would come later – Being close to Jesus was the first step on the Disciples journey.

The same is true for us – we need to **be** with Jesus – spend time with Him – learn to hear His voice speaking to us.



Come and follow

Mii

LUKE 18:22

Discip**Le** Question Time!

“Have I said “Yes” to following Jesus?”

“Have I actually been following Him?”

Discip**Le** Prayer

Lord Jesus, I hear you saying “Follow Me” – Help me to follow you wherever you lead me. Give me courage and strength when the way is hard and please let me know the joy that comes from being close to you. Amen

PRAYING



Most disciples seem to think that praying ought to be as natural and easy as breathing in and breathing out – there are many books out there that say it should be. But praying doesn't come easily. We need tools to help us, other people too, so that we learn to talk to AND LISTEN TO

Jesus as we journey.

If we went through the day without talking to other people in our households things would start to go wrong pretty quickly. So too for a DiscipLe. We need to spend time each day talking and listening to Jesus.

The following pages list ideas of when and how to pray. Try some of them on your own and some of them with others. Find which ones help you to connect with Jesus

DiscipLe Question Time!

"Do I spend time praying?"

"Who could I pray with?"

"What new thing might I try?"

Let's Pray!

QUIET TIME

One of the best ways to begin to connect with Jesus is to deliberately set aside a few minutes each day to pray.



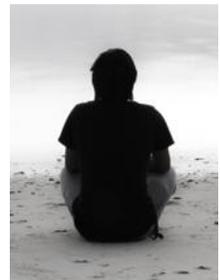
This is perhaps the hardest part – some people do find it easy to set aside time, some of us really struggle.

For those of us who like to sit and think quietly and on our own this is a wonderful idea – for those of us who like to talk and engage it can be a struggle.

Perhaps when you first get up; maybe when the kids have gone to school. You could get to work a few minutes early and sit quietly somewhere to pray.

Maybe it's better at bedtime. It doesn't need to be an hour – even a few minutes each day can help us stay connected with Jesus throughout the rest of the day.

There are lots of resources out there to help us to pray. The Northumbria Community¹ have an online daily prayer each morning and one for the evening too called Compline. There are lots of books and other resources too to help you pray.



If you are someone who finds listening easier than reading then try “Pray as you Go”² They have a website and Apps where you can download a daily reflection and prayers. Listen in the car or on the bus!



¹ <http://www.northumbriacommunity.org/offices/morning-prayer/>

² <http://www.pray-as-you-go.org/>

WHERE TWO OR THREE...

Jesus said “Where two or three gather in my name, I am there with them.”³ It doesn’t mean that Jesus isn’t with us when we are on our own, but sometimes being with others can help.

If you are someone who isn’t very disciplined, or someone who likes to be with others then you could get on a Prayer Tandem – team up with someone and encourage each other to pray. Pray for one another and maybe meet up every week or two for a coffee and pray with one another.



A phone call, or a text can help keep you connected – and knowing that someone else is praying too can be a real help. If you can’t easily get together then perhaps you could set an alarm each day on a watch or a phone (or get a Grandchild to do it for you!!!) and both agree to pray at that time



If you are old enough to remember the Goodies they travelled on a Trandem – a three seater bike. A prayer triplet is a great way to pray. If one of you can’t make it there’s still someone to pray with and praying with others, in twos or threes, is a great way to be accountable to others. If you need help to pray then teaming up is a great way to learn.

³ Matthew 18:20

PRAYING THE HOURS

This is another ancient idea, that can be really helped by modern technology. If you are the sort of person who gets easily distracted whilst praying then this can be a real help.



90° Prayers – Pray when the hour hand is at the 90° points on the clock. Set a reminder on your phone. Even older or simpler phones can do this. Either just pray as you feel led or pick a subject for each “hour”.



9am – Family,	<i>as the day starts</i>
Noon – Colleagues/Friends,	<i>as you eat lunch?</i>
3pm – Saying Sorry,	<i>before the day ends</i>
6pm – Pray for the world	<i>as you watch the news</i>
9pm – Worship.	<i>Thank God and praise Him</i>

Our Father - You can also pray the Lord’s prayer like this.

- 08:00am – Our Father – Start the day with worship
- 10:30am – Your Kingdom come – pray for God’s will to be done
- 12:30pm – Give us this day – Thank God for what you have
- 3:30pm – Forgive us our sins – Say sorry before the day ends
- 7:15pm – Lead us not into temptation – Pray for protection
- 10:00pm – For the Kingdom.. – End the day as it began.

Noon - You could stop at 12 Noon and pray – there are many Christians who do this as part of the Need of our Nation prayer.



*“Lord give us a vision for our country. May it be a land of justice and peace. Where people do not take unfair advantage of each other.
Where all have sufficient. Poverty and vice will have no place to fester.
Where seeking to serve others means more than honour and success.
Where order does not rest on force. Where Faith Hope and love flourish and all work for the will of God. In the name of Jesus Christ*

They have lots of resources to help you to pray⁴

⁴ <http://www.noonministries.org.uk/>



REWIND AND REVIEW This is a tool to use, perhaps at the end of the day, to think about all that has happened. It is sometimes called “The Examen” which is an ancient name for this way of reflecting on the day and helping us to respond to God’s love in all that we do. The idea is not to judge ourselves and what we’ve done but to think about why we did what we did today.

There are four steps

1. Do something to remind you that God is with you

- You could light a candle.
- You could hold a cross.



2. Remember that God loves you.

- Maybe place your hand on your heart.
- As you breathe imagine you are breathing in God’s love.



3. Take about 5 minutes of silence as you ask yourself two questions:

a. *What was the best part of today?*

- If you could relive one moment, what would it be?
- What made it so special?
- Where was God in this?
- Remember it. Relive it. Be grateful for it.



b. *What was the worst part of today?*

- What made it difficult?
- Were you resisting God?
- Don't judge it or try to fix it or wish it away.
- Believe that God accepts you as you are.



4. Give thanks all that you have learned and experienced.



“Pray as you go” has a fantastic audio version of Rewind and Review (Examen) on the web and the app. Get a friend to put it on a CD!



“BE A LEARNER”

In any relationship it is really important that we get to know the other person. What they are like, what they think, what they do. It is the same with Jesus. One of the ways we can do this is to listen to what other people have to say about Jesus.



We do this Sunday by Sunday at Church. Most of the sermons are available online to listen or download. If you want a particular sermon on CD just ask.



 We have a website called learning.all-saints-church.net which has lots of teaching from the New Wine Conferences on a wide range of subjects. You need a simple password to access these resources (just ask) and they are also available on CD.



You can also go direct to other Churches websites but please BE CAREFUL. There are lots of websites that are not helpful out there. Ask someone you trust to check out the site before you start to listen. Just because it looks and sounds OK doesn't mean it is good teaching.

If you aren't online then there are lots of books that can help us get to know Jesus better – Part 3 of DiscipLe is aimed at connecting us with the Bible – but there are plenty of books out there which can encourage us on the journey. Ask someone at Church for suggestions or go for a Coffee at Church's in town (opposite the car park formerly known as the Gaumont/Odeon, just along from Hall Cross School). They have a bookshop upstairs and will happily recommend books – just ask!



FOLLOW THE CODE

Christian Vision for Men has produced a fantastic resource called “The Code”. It is aimed at blokes (sorry Ladies – I keep wondering what a Code aimed at Women might look like). It has 12 “Codes” which can help challenge us and help us live a Godly life.



1. Jesus is my Captain, Brother, Rescuer and Friend.
2. I owe everything to Him. I will do anything for Him.
3. I will unashamedly make Him known through my actions and words.
4. I will not cheat in anything, personal or professional.
5. I will look away from the gutter, but be prepared to pull people out of it.
6. I will keep my body fit and free from any addictions.
7. I will put the welfare of those closest to me before my own welfare.
8. I will treat all men and women as brothers and sisters.
9. I will lead as He would lead. I will honour my leaders provided this also honours Him. I will follow Him in company with my sisters and brothers.
10. I will use my strength to protect the weak and stand against the abuse of power.
11. I will protect the world that God has made.
12. If I fail I will not give up. He never gives up on me.

The resources are again on the web⁵ and there is also a really accessible small book with reflections on each part of The Code.



⁵ <http://www.codelife.org/>

“COME HOLY SPIRIT”

The last piece of every part of the toolkit is the most important. Jesus said that when he returned to the Father he would send the Holy Spirit and that “He will teach you everything.”⁶

We are not left to “do it ourselves”. Jesus does not leave us on our own to live as DiscipLeS – God himself, the Holy Spirit, is with each of us, all of the time.

He is the one who brings the Gifts of Heaven to every DiscipLe. He is the one who transforms us, changes us to be more like Jesus. He is the one who gives us strength. He is the one who whispers words of hope and love and peace into our hearts.

The Holy Spirit is always **WITH** us.

He is always **FOR** us.

He will never **LEAVE** us.

So a question... Are we prepared to go where the Holy Spirit leads?
Are we open to what He wants to do? Do we trust God?

If we are to be DiscipLeS then we need to be filled with the Holy Spirit. To live our lives with God each and every day. To include Him consciously in all that we say and do.

Are we prepared for the journey? Probably not! But He is, and that is what really matters.

Jesus says “Follow me!” Let’s go!

⁶ John 14:26

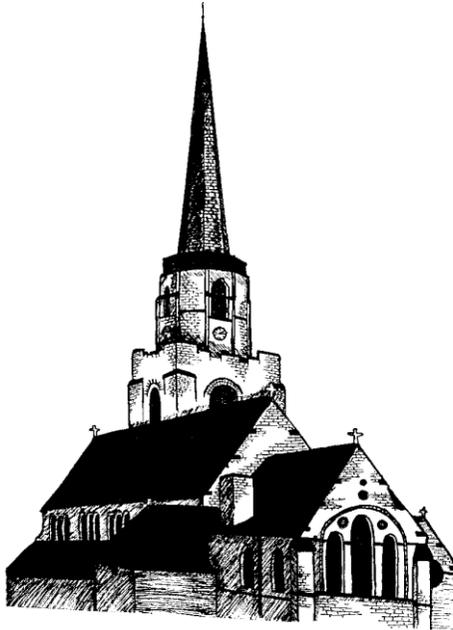


DiscipLe

Is a resource of

All Saints Church

Serving the communities of Woodlands and Highfields



Doors that are open
Hearts that love
Faith that shines

www.all-saints-church.net/disciple