

Discipleship Week 1

Discussion Questions

1. What does being a disciple of Jesus mean to you? (student, apprentice, follower, obedience to God, being aware of God's presence, northstar, guiding principle, the way you view the world, driving force, energy source, centering on God and love of others...)
2. What do you want most from following Jesus?
3. What in your life right now is keeping you from more fully following Jesus? (lack of time, anger, fear, insecurity, addictions, fatigue...)
4. What takes the most of your time and energy these days? (work, family, worries, being on your phone or computer, thinking about what's wrong with people...)
5. What changes in yourself would you like to make to more fully follow Jesus? (Be more loving, less selfish, more giving, more forgiving, more accepting of differences, more at peace with yourself...)
6. What small steps can you take today to learn to follow Jesus? (set up a prayer routine, read the Bible, listen to a positive podcast, look for a way to help someone else, talk to someone about God, set limits on your screen time, eat healthy food, exercise more, give somebody something without expecting anything from it, worship more, spend time outside, think more about those you love...)
7. What can the group do to help you take the steps you want to take?
8. What can Horizons do to help you take those steps?

Further Resources:

Amplify Media -

- A Disciple's Path
- Jesus Apprentice
- Gospel Discipleship

Books -

- A Long Obedience in the Same Direction by Eugene Peterson
- The Divine Conspiracy by Dallas Willard
- Celebration of Discipline by Richard Foster
- Emotionally Healthy Discipleship by Peter Scazzero
- Breathing Under Water by Richard Rohr
- Velvet Elvis by Rob Bell
- Podcasts - Things Above host James Bryan Smith (any ep, try Integrate Like Jesus)
- The Dallas Willard Podcast (ep. 30, Doing What Jesus Did)
- Life With God, Renovare (ep. 214, Richard Foster- The Ways and Means of Grace)
- Emotionally Healthy Leader (ep. 5/15/2018, Lead People to Follow Crucified Jesus)
- Get Your Spirit In Shape (UMC) (ep. 32, Following Jesus Everyday)

Discipleship Week 2

Discussion Questions

1. Is praying important to you? Why or why not?
2. Do you have a regular prayer practice? Would you share with us more about it?
3. Have you ever felt that your prayers were inadequate? In what ways?
4. Do you pray any pre-written prayers? (Pray one together as a group from suggestions below)
5. Have you tried praying scriptures? (Pray one together one of the Psalms listed below)
6. Do you express your gratitude to God in your prayers? (Pray a round of gratitude expressions from the group)
7. Have you tried lament (naming things that keep people from loving God and others) prayers? (Pray a round of laments)
8. Another way to pray is by asking God for something for ourselves or others. Would you mind sharing what you currently want from God?
(We know we don't control God but it is important to be honest and genuine. Asking is a way to remember that we are not God.)
9. How do you listen to God's response? Have you tried being contemplative? (Take a few minutes to have the group just focus on their breathing)
10. Prayers can be individual or communal, does praying out loud with others intimidate you? What would help make it easier for you? (practice, letting go of trying to be eloquent, memorize a pre-written prayer, have an outline such as - praise, thanks, request, praise ..)

Further Resources:

Amplify Media -

- Listen: Praying in a Noisy World
- The Wesley Prayer Challenge
- Ultimate Reliance
- Grounded in Prayer
- The Heart of the Psalms

Books -

- Prayer & Listening by Jan Johnson
- Prayer: Our Deepest Longing by Ronald Rolheiser
- The Way of the Heart by Henri Nouwen
- Open Road by Sue Nilson Kibbey

Podcasts -

- Things Above, 10/22/2024 Talk With God
- Firebrand Podcast, S.3 Ep 8, Breakthrough Prayer with Sue Nilson Kibbey
- The Signpost Inn Podcast, Ep 57 - Father Ronald Rolheiser on Domestic Monastery
- Life with God, Renovare, 7/30/2017 Quieting the Mental Committee to Hear God. 03/18/2015 Prayers of Pain & Lament
- Turning to the Mystics, S.4, Ep 3 What is Lectio, Meditation & Prayer

Sermons -

- Chatham UMC, 04/24/2017 Breath Prayer
- Robcast, Ep 92, Learning to Lament - Part 1

Discipleship Week 2

Prayer Suggestions

Suggestions for Prayers - Psalms:

5,8,9,10,13,19,20,22,23,25,27,42,51,60,
63,77,84,86,103,148,150

Horizons' Breakthrough Prayer: God, please break through and open doors to new hopes, dreams, and possibilities for Horizons. We want to faithfully follow Christ by putting your way before our way on this new and unknown adventure. Amen!

St. Francis of Assisi's Prayer:

Lord, make me an instrument of your peace.

Where there is hatred, let me sow love;
where there is injury, pardon;
where there is doubt, faith;
where there is despair, hope;
where there is darkness, light;
where there is sadness, joy.

O Divine Master, grant that I may not so much as seek

to be consoled as to console;
to be understood as to understand;
to be loved as to love.

For it is in giving that we receive;
it is in pardoning that we are pardoned;
and it is in dying that we are born to eternal life. Amen.

Wesleyan Covenant Prayer:

I am no longer my own, but yours.

Put me to what you will, place me with whom you will.

Put me to doing, put me to suffering.

Let me be put to work for you or set aside for you.

Praised for you or criticized for you.

Let me be full, let me be empty.

Let me have all things, let me have nothing.

I freely and fully surrender all things to your glory and service.

And now. O wonderful and holy God.

Creator, Redeemer, and Sustainer, you are mine, and I am yours.

So be it.

And the covenant which I have made on earth, let it also be made in heaven. Amen.

Discipleship Week 3

Discussion Questions

1. What does being present for someone mean to you? (paying attention, interacting, appreciating, listening, fully enjoying your time with them, honest caring...)
2. Have you ever felt that someone wasn't being present for you? What did they do? (paid more attention to something else like their phone, didn't hear what you were saying, didn't try to know the real you...)
3. Who in your life do you feel deserves your presence? (family, friends, folks at church, neighbors, people you don't know, yourself, the church, God...)
3. Do you feel that you are as present as you'd like to be? Why or why not?
4. What can keep you from paying attention to other people? (distractions, need to survive, lack of interest, worries, lack of time, not wanting to get involved...)
5. What can keep you from paying attention to God? (same list as with other people)
6. Has there been a time when you've felt God's presence? Would you be willing to share about it?
7. What could be keeping you from feeling God's presence? (fears, doubts, distractions, focusing on what's wrong, not paying attention,)
8. Do you think there are ways to feel God's presence more often? (go to church, do a service project, play with kids, go for a walk, talk with a soul friend...)
9. Will any of those ways work if we aren't paying attention to what really matters in our lives, paying attention to what God is doing?
10. What can you do to start paying more attention to God and others? (slow down, start a practice of listening prayers or meditation, include a sabbath day, intentionally focus on being grateful, admit to someone your lack of attention, get off of your phone...)

Discipleship Week 3

Resources

Amplify Media:

- [Every Good Gift](#)
- [The Big Picture: Connect the Dots and Discover the Presence of God in Your Life](#)
- [The Miracles of Jesus](#)

Books:

- [The Immortal Diamond](#) by Richard Rohr
- [Surprised By Hope](#) by NT Wright
- [The Good and Beautiful God](#) by James Bryan Smith
- [An Altar on the World](#) by Barbara Brown Taylor

Podcasts:

- [Contemplative Episcopalian](#), 8/19/2025, [The Experience of God](#)
- [Getting Your Spirit in Shape](#), [Rediscovering Joy](#)
- [Ask NT Wright Anything](#), S 1 Ep 83, [How do I feel God's presence](#)
- [The Contemplative Life](#), Ep 77, [Making Space for one another in our ordinary lives](#)
- [Life With God- Renovare](#), 12/16/2019 [Jean Nevills - Aware and Awake](#), 6/30/2023 [Jan Johnson - Being Glad with God](#)
- [Things Above](#), 2/17/2021 [Conversation with Richard Rohr](#)

Discipleship Week 4

Discussion Questions

1. Does it seem common for people to feel that their value is based on their financial situation? Do you ever feel that way about yourself?
2. Why do you think money is so important to people? (we need it to survive, it's a common false god, money can buy fun stuff and experiences...)
3. Why do you think it's hard to feel like we have enough money? (security fears, worrying about your family, wanting nicer things, a measure of success, we need it to be happy...)
4. Have you ever known or heard of someone who had a lot of money and it actually caused them trouble? What happened? (ex. fights over wills, a lottery winner spending it all...)
5. Are there other ways that money can negatively affect us? (there is never enough, never content or satisfied, can become more important than God, can separate us from others...)
6. Can it seem that people are more in love with money than they love people?
7. Can the way we use money be a way of showing love for others? (generous giving to church, giving to people in need, making positive things happen for others...)
8. Are there other ways to be generous? (give time, be patient with others, put others first, forgive, radical hospitality, be kind...)
9. What does Jesus' teaching tell us about generosity? (put God before ourselves, production/consumption values aren't God's values, self-emptying makes us more full...)
10. How can following Jesus by giving to others actually fill-up our lives? (leads to contentment with what we do have, makes us more connected to God and others, helps us live in the Kingdom of God, helps us experience real grace...)

Further Resources:

Amplify Media -

- Earn. Save. Give
- God vs Money
- Saving Grace

Books:

- Jesus for Everyone by Amy Jill Levine
- What if Jesus was Serious by Skye Jethani
- Life Without Lack by Dallas Willard
- 7: An Experimental Mutiny Against Excess by Jen Hatmaker
- Jesus' Alternative Plan by Richard Rohr

Podcasts -

- Get Your Spirit in Shape, 7/24/2020 Power, Emptiness and satisfaction, 11/29/2021 Giving, Gratitude and Generosity
- The Contemplative Life, S 1 Ep 117, Ways We Engage with Money
- Things Above, 8/30/2023 Greatest Treasures
- Making Sense of Faith, 2/25/2025 What Did Jesus Actually Teach?
- Contemplative Episcopalian, 10/10/2021, Letting Go
- Kingdom Roots, 8/5/2021 Culture of Generosity