

DISCIPLESHIP PLAN

RHYTHMS



SEASONS



The FBG Discipleship Plan is designed to help you develop intentional plans in your regular rhythms of life and seasonal activities to pursue making disciples. Whether you're new to the Christian faith or have grown in a relationship with God for years, this Discipleship Plan provides a way to look at your rhythms and each season as an opportunity to love God, love people and help others do the same.

Prayerfully consider where the Lord has placed you and your family. Brainstorm ideas and use the worksheet sections to develop your Discipleship Plan, then add your responses to your final Discipleship Plan on the front page. Display your plan where you will see it all year.

CATEGORIES

As you work through your plan, use these categories to direct your rhythms and seasonal activities. Include each of these four categories in at least one part of your plan.

INTENTIONAL RELATIONSHIPS

This category can include discipleship in your marriage, parenting, grandparenting or relationships with extended family and friends. Family life is all about capturing the heart of the people in your family.

Choose a rhythm of intentional time with those closest to you as your first priority toward making disciples in this category.

SPIRITUAL DISCIPLINES

This category can include personal regular Bible reading, prayer, fasting, journaling, tithing, confession, etc. Choose a rhythm of Bible reading or prayer as your first priorities if you're not already doing those.

CHURCH ENGAGEMENT

This category includes involvement in corporate worship, small groups, Bible studies and serving. Choose a rhythm of corporate worship or investment in a small group as your first priorities if those aren't already part of your life.

MISSIONAL LIVING

This category can include reaching those in your neighborhood, school, workplace, local gym, etc. As your first priority, choose a rhythm of regular interaction to build relationships with your neighbors or co-workers.

CATEGORY CHECKLIST

1. As you're completing the "Rhythms" and "Seasons" sections of the worksheet, write the category next to your habit or activity.
2. Add a check below next to each category that is included in your plan. Make sure each category is checked before filling in your final Discipleship Plan.

INTENTIONAL RELATIONSHIPS	
SPIRITUAL DISCIPLINES	
CHURCH ENGAGEMENT	
MISSIONAL LIVING	

"Rhythms" are habits that are constant throughout the year and are based on spiritual disciplines such as prayer, Scripture memory, Bible study, journaling, tithing, etc.

1. Brainstorm some rhythms you plan to do this year and the frequency with which you will do them.
2. Choose one (or more) from your list and add them to the "Rhythms" section on the Discipleship Plan.



SEASONS

“Seasons” are discipleship opportunities that don’t happen in rhythms. They are one-time activities during each season of the year when you can intentionally use your plans for making disciples.

1. Brainstorm activities you can do in each season and how those opportunities can help others take their next steps in following Jesus. Examples are provided to give you some ideas.
2. Choose one (or more) from each season and add them to the “Seasons” section on the Discipleship Plan.

FALL



Example: Serve at Fall Fest and invite people to FBG.

_____ (category: church engagement)

SPRING



Example: Invite neighbors to Easter service/lunch.

_____ (category: missional living)

HOLIDAYS



Example: Read the story of Jesus’ birth in the Bible.

_____ (category: spiritual disciplines)

SUMMER



Example: Use road trips for spiritual conversations.

_____ (category: family life)

Fall / Back to School

Rhythms

New Year / Spring

Holidays

Summer

