

Zúme Guidebook

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Welcome to Zúme Training!

We're glad you're here!

Zúme Training is an on-line and in-life learning experience designed for small groups who follow Jesus to learn how to obey His Great Commission and make disciples who multiply.

Session Format

Zúme Training consists of 9 Basic Sessions and 1 Advanced Session [your group can return to this one after your initial training is complete]. Each session is about 2 hours and includes:

- Video and Audio to help your group understand basic principles of multiplying disciples.
- Group Discussions to help your group think through what's being shared.
- Simple Exercises to help your group put what you're learning into practice.
- Session Challenges to help your group keep learning and growing between sessions.

Opening and Closing in Prayer

Many followers of Jesus around the world have been praying for you and your group already, and we'll continue to pray as you work through this material. Be sure your group gets to pray, too.

At the beginning of each session, ask someone [or several] from your group to invite God's Holy Spirit to prepare your hearts and lead your time together. Remember to thank God for the opportunity to know and love Him more - something He wants for everyone!

At the end of each session, you'll have a chance to pray again as a group. Be sure to take the opportunity to ask God to help you understand, apply and share what He's teaching you with others. Remember to pray for specific needs in your group.

Group Discussions

You'll have a number of opportunities to talk through what you're learning with your group. Unless noted, Group Discussions should be about 10 minutes. Encourage everyone to take part and share their thoughts and perspectives. Don't miss out on something God might want to share through someone in your group.

Checking In

Throughout the course your group will have a chance to check-in with each other to see how you're obeying and sharing what you've learned. Don't skip this important part of the training, but be careful not to become judgemental. Ask God for a gentle heart that helps others grow!

Ready to start? Let's go!

In this session, your group will get an overview of Zúme Training, learn two basic principles of disciple-making and discover two simple tools for making disciples who multiply.

S.O.A.P.S. Bible Reading

As a follower of Jesus, we should be reading Scripture daily. A good guideline is to read through a minimum of 25-30 chapters in the Bible each week. Keeping a daily journal daily using the S.O.A.P.S. Bible Reading format will help you understand, obey and share even more. S.O.A.P.S. is:

- Scripture: Write out one or more verses that are particularly meaningful to you, today.
- Observation: Rewrite those verses or key points in your own words to better understand.
- Application: Think about what it means to obey these commands in your own life.
- Prayer: Write out a prayer telling God what you've learned and how you plan to obey.
- Sharing: Ask God who He wants you to share with about what you've learned / applied.

Here's an example of S.O.A.P.S. at work:

- S "For my thoughts are not your thoughts, nor are your ways My ways," declares the Lord.

 "For as the heavens are higher than the earth, so are My ways higher than your ways and My thoughts than your thoughts." Isaiah 55:8-9
- O As a human, I'm limited in what I know and what I know how to do. God is not limited in any way. He sees and knows EVERYTHING. He can do ANYTHING.
- A Since God knows everything and His ways are best, I'll have much more success in life if I follow Him instead of relying on my own way of doing things.
- P Lord, I don't know how to live a good life that pleases You and helps others. My ways lead to mistakes. My thoughts lead to hurt. Please teach me Your ways and Your thoughts, instead. Let your Holy Spirit guide me as I follow You.
- **S** I will share these verses and this application with my friend, Steve, who is going through a difficult time and needs direction for important decisions he's facing.

Accountability Groups

Accountability Groups are made up of two or three people of the same gender - men with men, women with women - who meet once a week to discuss a set of questions that help reveal areas where things are going right and other areas that need correction. They can even meet by phone if they're unable to meet face-to-face. Everyone in the group needs to understand that what is shared is confidential.

ACTIVITY [45 min] - Break into groups of two or three people of the same gender. Spend the next 45 minutes working together through the Accountability Questions - List 2, below. Since you haven't done a group reading before this session, just skip over the questions about previous readings. List 1 is a great option as you get further into training.

Accountability Questions - List 1

Pray that we will become like Jesus.

How are you doing? How is your prayer life?

Do you have any sin to confess? [Relational, Sexual, Financial, Pride, Integrity, Submission to Authority, etc.]

Did you obey what God told you last time? Share details.

Did you pray for the "Unbelievers" on your relationship list this week? Did you have the chance to share with any of them? Share details.

Did you memorize a new verse this week? Quote it.

Did you read at least 25 chapters in the Bible this week?

What did God say to you this week from the Word?

What are you going to specifically do about it?

Did you meet with your 3/3 group this week? How did it go?

Did you model or assist someone in starting a new 3/3 group this week? Share details.

Do you see anything hindering my walk with Christ?

Did you have the opportunity to share the gospel this week? Share details.

Practice 1-3 minute testimonies and the gospel right now.

Who can you invite to the group next week? If the group is four or more, multiply it.

Close with prayer regarding what was shared.

Accountability Questions - List 2

How have your insights from last week's reading shaped the way you think and live?

Who did you pass your insights from last week on to and how was it received?

How have you seen God at work?

Have you been a testimony this week to the greatness of Jesus Christ with both your words and actions?

Have you been exposed to sexually alluring material or allowed your mind to entertain inappropriate sexual thoughts?

Have you acknowledged God's ownership in your use of money?

Have you coveted anything?

Have you hurt someone's reputation or feelings by your words?

Have you been dishonest in word or action or exaggerated?

Have you given into an addictive [or lazy or undisciplined] behavior?

Have you been a slave to clothing, friends, work, or possessions?

Have you failed to forgive someone?

What worries or anxieties are you facing? Have you complained or grumbled?

Have you maintained a thankful heart?

Have you been honoring, understanding and generous in your important relationships?

What temptations in thought, word, or action have you faced and how did you respond?

How have you taken opportunities to serve or bless others, especially believers?

Have you seen specific answers to prayer?

Did you complete the reading for the week?

In this session, your group will learn the difference between producers and consumers in God's Kingdom. You'll also learn and practice two more simple tools for multiplying disciples.

Prayer Cycle

The Prayer Cycle is a simple tool for practicing prayer. You can use it by yourself, and you can share it with any follower. In just 12 simple steps - 5 minutes each - this Prayer Cycle guides you through twelve ways the Bible teaches us to pray. At the end, you'll have prayed for an hour.



PRAISE: Start your prayer hour by praising the Lord. Praise Him for things that are on your mind right now. Praise Him for one special thing He has done in your life in the past week. Praise Him for His goodness to your family.

WAIT: Spend time waiting on the Lord. Be silent and let Him pull together reflections for you.

CONFESS: Ask the Holy Spirit to show you anything in your life that might be displeasing to Him. Ask Him to point out attitudes that are wrong, as well as specific acts for which you have not yet made a prayer of confession. Now confess that to the Lord so that you might be cleansed.

READ THE WORD: Spend time reading in the Psalms, in the prophets, and passages on prayer located in the New Testament.

ASK: Make requests on behalf of yourself.

INTERCESSION: Make requests on behalf of others.

PRAY THE WORD: Pray specific passages. Scriptural prayers as well as a number of psalms lend themselves well to this purpose.

THANK: Give thanks to the Lord for the things in your life, on behalf of your family, and on behalf of your church.

SING: Sing songs of praise or worship or another hymn or spiritual song.

MEDITATE: Ask the Lord to speak to you. Have a pen and paper ready to record impressions He gives you.

LISTEN: Spend time merging the things you have read, things you have prayed and things you have sung and see how the Lord brings them all together to speak to you.

PRAISE: Praise the Lord for the time you have had to spend with Him and the impressions He has given you. Praise Him for His glorious attributes.

ACTIVITY [60 min] - Spend the next 60 minutes in prayer by individually working through the exercises in the Prayer Cycle. Set a time for the group to return and reconnect. Be sure to allow a few extra minutes for everyone to find a quiet place to pray and to make their way back to the group.

List of 100

Have you ever thought of your relationships as something you have a responsibility for? A List of 100 is a simple tool to help you be more responsible for your relationships.

God has already given us the relationships we need to "Go and make disciples." These are our family, friends, neighbors, co-workers and classmates - people we've known all our lives or maybe just met. Being good stewards of the people God has already put in our lives is a great first step in multiplying disciples. And it can start with the simple step of making a list.

ACTIVITY [30 min] - Have everyone in your group take the next 30 minutes to fill out their own relationships list using the form, below. On each line, write down a name and then mark that person's spiritual status as either, "Disciple" [someone you believe is already a follower of Jesus], "Unbeliever [someone you believe is not a follower of Jesus] or "Unknown."

If anyone runs out of time before completing their list, they can finish at a later time.

Remember - The people on your List of 100 should be ones you know how to contact and you have an ongoing or long-term connection with.

List of 100

1. John Doe	Disciple	☐ Unbeliever	Unknown
1	'	☐ Unbeliever	Unknown
2	<u> </u>	☐ Unbeliever	Unknown
3	<u> </u>	☐ Unbeliever	☐ Unknown
4		☐ Unbeliever	☐ Unknown
5	Disciple	☐ Unbeliever	☐ Unknown
6	Disciple	☐ Unbeliever	☐ Unknown
7	Disciple	☐ Unbeliever	☐ Unknown
8	Disciple	☐ Unbeliever	☐ Unknown
9	Disciple	☐ Unbeliever	☐ Unknown
10	Disciple	☐ Unbeliever	☐ Unknown
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26	Disciple	☐ Unbeliever	☐ Unknown
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73	Disciple	☐ Unbeliever	☐ Unknown
74	_ Disciple	☐ Unbeliever	☐ Unknown
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93	_ Disciple	☐ Unbeliever	☐ Unknown
94	_ Disciple	☐ Unbeliever	☐ Unknown
95	_ Disciple	☐ Unbeliever	☐ Unknown
96	_ Disciple	☐ Unbeliever	☐ Unknown
97	_ Disciple	☐ Unbeliever	☐ Unknown
98	_ Disciple	☐ Unbeliever	☐ Unknown
99	_ Disciple	☐ Unbeliever	☐ Unknown
100	Disciple	☐ Unbeliever	☐ Unknown

In this session, we'll learn how God's Spiritual Economy works and and how God invests more in those who are faithful with what they've already been given. We'll also learn two more tools for making disciples - sharing God's Story from Creation to Judgement and Baptism.

God's Story [The Gospel]

Jesus said -- "you will receive power when the Holy Spirit comes upon you. And you will be my witnesses, telling people about me everywhere--in Jerusalem, throughout Judea, in Samaria, and to the ends of the earth."

Jesus believed in His followers so much, He trusted them to tell His story. Then He sent them around the world to do it. Now, He's sending us.

There's no one "best way" to tell God's story [also called The Gospel], because the best way will depend on who you're sharing with. Every disciple should learn to tell God's Story in a way that's true to scripture and connects with the audience they're sharing with.

God's Story - Creation to Judgement

One way to share God's God News is by telling God's Story from Creation to Judgement - from the beginning of humankind all the way to the end of this age.

When we tell God's story in this way, we can make it long or short, detailed or just broad strokes but always connected to the culture of the one who hears.

To help tell His Story across different cultures and world views, you can also use hand motions that make it easier to learn and teach.

Here is God's Story of Good News -

"In the beginning, God made the whole world and everything in it. He created the FIRST MAN and the FIRST WOMAN. He placed them in a beautiful garden. He made them PART OF HIS FAMILY and had a CLOSE RELATIONSHIP with them. He created them to LIVE FOREVER. There was no such thing as death.

"Even in this perfect place, man rebelled against God and brought SIN and SUFFERING into the world. God BANISHED man from the garden. The relationship between man and God was BROKEN. Now man would have to face DEATH.

"Over many hundreds of years, God kept sending MESSENGERS into the world. They reminded man of his sin but also told him of God's FAITHFULNESS and PROMISE to send a SAVIOR into

the world. The Savior would RESTORE the close relationship between God and Man. The Savior would RESCUE man from death. The Savior would give ETERNAL LIFE and be with man forever.

"God loves us so much that when the time was right, He sent His Son into the world to be that Savior.

"Jesus was God's Son. He was born into the world through a virgin. He lived a perfect life. He never sinned. Jesus taught people about God. He performed many miracles showing His great power. He cast out many demons. He healed many people. He made the blind see. He made the deaf hear. He made the lame walk. Jesus even raised the dead.

"Many religious leaders were THREATENED and JEALOUS of Jesus. They wanted Him killed. Since He never sinned, Jesus did not have to die. But He CHOSE to die as a SACRIFICE for all of us. His painful death covered up the sins of mankind. After this, Jesus was buried in a tomb.

"God saw the SACRIFICE Jesus made and accepted it. God showed His acceptance by raising Jesus from the dead on the third day.

If we BELIEVE in our hearts that God raised Jesus from the dead, and ACKNOWLEDGE Him as our Lord - our Ruler and King - we will be saved. As believers we TURN AWAY from our sinful way of living and are baptized in Jesus' name, being BURIED in the water, dead to our old lives, and RAISED from the water as Jesus was raised from the dead, to live a NEW LIFE following Him. God forgives us of all our sin and sends the HOLY SPIRIT to live within us to enable us to follow God, and to bring us back into His family again.

"When Jesus rose from the dead, He spent 40 days on earth. Jesus taught His followers to go everywhere and tell the good news of His salvation to everyone around the world.

"Jesus said - Go and MAKE DISCIPLES of all nations, BAPTIZING them in the name of the Father, "Son and Holy Spirit; and TEACHING them to obey all I have commanded. I will be with you always - even to the end of this age. Jesus was then TAKEN UP before their eyes into heaven.

"One day, Jesus will COME AGAIN in the same way He left. He will PUNISH FOREVER those who did not love and obey Him. He will RECEIVE and REWARD FOREVER those who did love and obey Him. We will LIVE FOREVER with Him in a New Heaven and on a New Earth.

"I BELIEVED and RECEIVED the sacrifice Jesus made for my sins. He has made me clean and restored me as part of God's family. He loves me, and I love Him and will live with Him forever in His kingdom.

"God loves you and wants you to receive this gift, as well. Would you like to do that right now?

ACTIVITY [45 min] - Break into groups of two or three and spend the next 45 minutes practicing telling God's Story. Choose 5 people from your List of 100 that you marked as an "Unbeliever" or "Unknown." Have someone pretend to be each of those five people, and practice telling God's Story in a way that you think will make sense to that particular person.

You can use the Creation to Judgement Story or some other way you think will work well for the one you're sharing with. After you've practiced, switch. Pretend to be someone else's five people from their list. By the time you're finished, you'll be ready to share God's Story.

Baptism

Jesus said -- "go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit..."

Baptism - or Baptizo in the original Greek language - means a drenching or submerging - like when you dye a cloth and it soaks in the color and comes out transformed. Baptism is a picture of our new life, soaked in the image of Jesus, transformed in obedience to God. It is a picture of our death to sin, just as Jesus died for our sins; a burial of our old way of life, just as Jesus was buried; a rebirth to a new life in Christ, just as Jesus was resurrected and lives today.

If you have never baptized someone before, it may seem intimidating, but it shouldn't be. Here are some simple steps:

- 1. Find some standing water, deep enough to allow the new disciple to be submerged. This can be a pond, river, lake or ocean. It could be a bathtub or another way to gather water.
- 2. Let the disciple hold one of your hands with theirs and support their back with the other.
- 3. Ask two questions like these to make sure they understand their decision.

"Have you received Jesus Christ as your Lord and Savior?"
"Will you obey and serve Him as your King for the rest of your life?"

4. If they answer "Yes," to both, then say something like this:

"Because you've professed your faith in the Lord Jesus, I now baptize you in the name of the Father, Son, and Holy Spirit."

5. Help them lower into the water, submerge completely and raise them back up.

Congratulations! You've baptized a new follower of Jesus - a new citizen of heaven - a new child of the Living God. It's time to celebrate!

IMPORTANT REMINDER - Your group will be celebrating the Lord's Supper in Session 04. Be sure to remember the supplies [bread and wine/juice].

SESSION 04

In this session, we'll learn how God's plan is for every follower to multiply! We'll discover that sometimes the most faithful followers come from the least likely of places. And, we'll learn another great tool for inviting others into God's family is as simple as telling our story.

3-Minute Testimony

Jesus told His followers - "You are witnesses of these things."

As followers of Jesus, we are "witnesses", too - "testifying" about the impact Jesus has had on our lives. Your story of your relationship with God is called your Testimony. Everybody has a story. Sharing your Testimony is a chance to practice yours.

There are endless ways to shape your story, but here are some ways that we've seen work well:

- A Simple Statement You can share a simple statement about why you chose to follow Jesus. This works well for a brand new believer.
- **Before and After** You can share your "before" and "after" story what your life was like before you knew Jesus and what your life your life is like now. Simple and powerful.
- With and Without You can share your "with" and "without" story what your life is like "with Jesus" and what it would be like "without Him". This version of your story works well if you came to faith at a young age.

When sharing your story, it's helpful to think of it as part of a three-part process:

- Their Story Ask the person you are talking with to share about their spiritual journey.
- Your Story Then share your Testimony shaped around their experience.
- God's Story Finally share God's story in a way that connects with their world-view, values and priorities.

Your Testimony doesn't have to be lengthy or share too many details to be impactful. In fact, keeping your story to around 3-minutes will leave time for questions and deeper conversation.

If you're worried about how to get started - keep it simple. God can use your story to change lives, but remember - you're the one who gets to tell it.

ACTIVITY [45 min] - Break into groups of two or three and spend the next 45 minutes practicing sharing your Testimony. Choose 5 people from your List of 100 that you marked as an "Unbeliever" or "Unknown." Have someone pretend to be each of those five people, and practice your Testimony in a way that you think will make sense to that particular person.

You can use any of the patterns detailed above or some other way you think will work well for the one you're sharing with. After you've practiced, switch. Pretend to be someone else's five people from their list. By the time you're finished, you should be able to tell your Testimony in about 3 minutes or less.

The Lord's Supper

Jesus said - "I am the living bread that came down from heaven. Whoever eats this bread will live forever. This bread is my flesh, which I will give for the life of the world."

Holy Communion or "The Lord's Supper" is a way to celebrate our intimate connection and ongoing relationship with Jesus. Here's a simple way to celebrate --

When you gather as followers of Jesus, spend time in quiet meditation, silently considering and confessing your sins. When you are ready, have someone read this passage from scripture --

"For I received from the Lord that which I also delivered to you, that the Lord Jesus in the night in which He was betrayed took bread; and when He had given thanks, He broke it and said, "This is My body, which is for you; do this in remembrance of Me."

1 Corinthians 11:23-24

Pass out bread you have set aside for your group, and eat. Continue the reading --

"In the same way, He took the cup also after supper, saying, 'This cup is the new covenant in My blood; do this, as often as you drink it, in remembrance of Me."

1 Corinthians 11:25

Share the juice or wine you have set aside for your group, and drink. Finish the reading --

"For as often as you eat this bread and drink the cup, you proclaim the Lord's death until He comes."

1 Corinthians 11:26

Celebrate in prayer or singing. You have shared in The Lord's Supper. You are His, and He is yours!

ACTIVITY [10 min] - Spend the next 10 minutes celebrating The Lord's Supper with your group.

In this session, we'll learn how Prayer Walking is a powerful way to prepare a neighborhood for Jesus, and we'll learn a simple but powerful pattern for prayer that will help us meet and make new disciples along the way.

Prayer Walking

God's Word says that we should "petition, pray, intercede and give thanksgiving for all people, for kings and all those in authority -- that we may live peaceful and quiet lives in all godliness and holiness. This is good, and pleases God our Savior, who wants all people to be saved and to come to a knowledge of the truth."

Prayer Walking is a simple way to obey God's command to pray for others. And it's just what it sounds like - praying to God while walking around.

Instead of closing our eyes and bowing our heads, we keep our eyes open to the needs we see around us and bow our hearts to ask humbly for God to intervene.

You can prayer walk in small groups of two or three or you can prayer walk by yourself.

If you go in a group - try having everyone pray out loud, a conversation with God about what everyone is seeing and the needs that God brings to their hearts. If you go by yourself - try praying silently when alone and out loud when you pray with someone you meet along the way.

Here are four ways you can know what to pray for during your Prayer Walk:

OBSERVATION - What do you see? If you see a child's toy in a yard, you might be prompted to pray for the neighborhood's children, for families or for schools in the area.

RESEARCH - What do you know? If you've read up about the neighborhood, you might know something about the people who live there, or if the area suffers from crime or injustice. Pray about these things and ask God to act.

REVELATION - The Holy Spirit may nudge your heart or bring an idea to mind for a particular need or area of prayer. Listen - and pray!

SCRIPTURE - You may have read part of God's Word in preparation for your walk or as you walk, the Holy Spirit may bring a Scripture to mind. Pray about that passage and how it might impact the people in that area.

Here are five areas of influence that you can focus on during your prayer walk:

GOVERNMENT - Look for and pray over Government centers such as courthouses, commission buildings or law enforcement offices. Pray for the area's protection, for justice and for godly wisdom for its leaders.

BUSINESS AND COMMERCE - Look for and pray over Commercial centers such as financial districts or shopping area. Pray for righteous investments and good stewardship of resources. Pray for economic justice and opportunity and for generous and godly givers who put people before profits.

EDUCATION - Look for and pray over Educational centers such as schools and administration buildings, vocational training centers, community colleges and universities. Pray for righteous educators to teach God's truth and protect the minds of their students. Pray that God would intervene in every effort to promote lies or confusion. Pray that these places would send out wise citizens who have a heart to serve and lead.

COMMUNICATION - Look for and pray over Communication centers such as radio stations, to stations and newspaper publishers. Pray for God's Story and the testimony of His followers to be spread throughout the city and around the world. Pray that His message is delivered through His medium to His multitudes and that God's people everywhere will see God's work.

SPIRITUALITY - Look for and pray over Spiritual centers such as church buildings, mosques or temples. Pray that every spiritual seeker would find peace and comfort in Jesus and not be distracted or confused by any false religion.

ACTIVITY [60-90 min] - Break into groups of two or three and go out into the community to practice Prayer Walking. Choosing a location can be as simple as walking out from your current session or praying and planning a destination. Go as God leads, and plan on spending 60-90 minutes on this activity.

NOTE - Be sure to learn and practice the B.L.E.S.S. Prayer below before you go.

B.L.E.S.S. Prayer

Finally, here are five ways you can pray for people you meet during your Prayer Walk:

As you walk and pray, be alert for opportunities and listen for promptings by God's Spirit to pray for individuals and groups you meet along the way.

You can say, "We're praying for this community, is there anything in particular we can pray for you about?" Or say, "I'm praying for this area. Do you know anything in particular we should pray for?" After listening to their response you can ask about their own needs. If they share, pray for them right away. If the Lord leads, you may pray about other needs as well.

Use the word B.L.E.S.S. to help you remember 5 different ways you can pray:

- Body [health]
- Labor [job and finances]
- Emotional [morale]
- Social [relationships]
- Spiritual [knowing and loving God more]

In most cases, people are grateful you care enough to pray.

If the person is not a Christian, your prayer may open the door to a spiritual conversation and an opportunity to share your story and God's story. You can invite them to be a part of a Bible study or even host one in their home.

If the person is a Christian you can invite them to join your Prayer Walk or train them how they can Prayer Walk and use simple steps like praying for areas of influence or the B.L.E.S.S. Prayer to grow God's family even more.

ACTIVITY [15 min] - Break into groups of two or three and spend the next 15 minutes practicing the B.L.E.S.S. Prayer. Practice praying the 5 areas of the B.L.E.S.S. Prayer for someone AND practice how you would train others to understand and use the B.L.E.S.S. Prayer, too.

In this session, we'll learn how God uses faithful followers - even if they're brand new - much more than ones with years of knowledge and training who just won't obey. And we'll get a first look at a way to meet together that helps disciples multiply even faster.

3/3 Groups Format

Jesus said -- "where two or three have gathered together in My name, I am there in their midst."

That's a powerful promise, and one that every follower of Jesus should take advantage of. But when you come together as a group, how should you spend your time?

A 3/3 Group is one that divides their time together into 3 parts, so that they can practice obeying some of the most important things that Jesus commands.

Here's how it works:

LOOK BACK [1/3 of your time]

Care and Prayer: Take time to have each person share something they are thankful for. Then each person should share something they are struggling with. Have the person to their right pray for them about the items they share. If anyone is struggling with something that requires more attention, stay after to care for that person.

Vision: Spend time singing together and tie the lyrics to the themes of loving God, loving others, sharing Jesus with others, starting new groups, and helping others do the same. Alternatively people could share Bible passages that communicate these themes.

Check-in: Have each person share how they did regarding the commitments they wrote down from the previous week:

- 1. How have you obeyed what you have learned?
- 2. Who have you trained in what you have learned?
- 3. With whom have you shared your story or God's story?

If they forgot to follow through on a commitment or did not have the opportunity to do so, then those commitments from the prior week should be added to this week's commitments. If someone simply refuses to obey something they clearly heard from God then it should be treated as a church discipline issue.

LOOK UP [1/3 of your time]

Pray: Talk with God simply and briefly. Ask God to teach you this passage. **Read and Discuss**: Read this week's passage. Discuss the following questions:

- 1. What did you like about this passage?
- 2. What did you find challenging or hard to understand about this passage?

Read this week's passage again.

- 3. What can we learn about people from this passage?
- 4. What can we learn about God from this passage?

LOOK FORWARD [1/3 of your time]

Obey. Train. Share.: Take at least five minutes in silent prayer. Have everyone in the group pray for the Holy Spirit to show them how to answer these questions, then make commitments. Everyone should write the commitments down so they can pray for people knowledgeably and hold them accountable. They may not hear something related to every question every week. They should note if they share a response which they are not sure they heard from God, but they think may be a good idea since the accountability will be handled at a different level in that case.

- 5. How will I apply and obey this passage?
- 6. Who will I train or share with about this passage?
- 7. Who does God want me to share my story [testimony] and/or God's story with this week?

Practice: In groups of two or three, practice what you have committed to do in question 5, 6 or 7. For example, role-play a difficult conversation or facing a temptation; practice teaching today's passage, or practice sharing the Gospel.

Talk With God: In the same groups of two or three, pray for every member individually. Ask God to prepare the hearts of the people who will be hearing about Jesus this week. Ask Him to give you the strength and wisdom to be obedient to your commitments. This is the conclusion of the meeting.

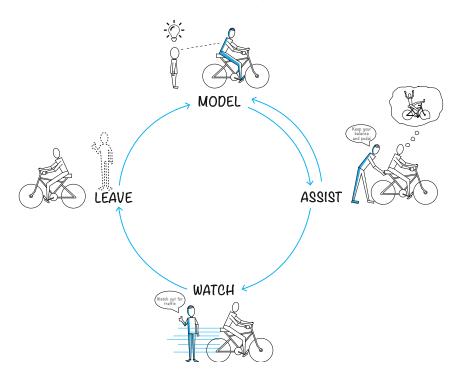
After everyone has finished, share the Lord's Supper or eat a meal together.

NOTE - There are some suggested series of passages your 3/3 Groups can study in the Guidebook Appendix.

In this session, we'll learn a Training Cycle that helps disciples go from one to many and turns a mission into a movement. We'll also practice the 3/3 Groups Format and learn how the way you meet can impact the way you multiply.

The Training Cycle

The training cycle is Model, Assist, Watch, and Leave, and it works like this:



MODEL - Modeling is simply providing an example of a practice or tool. It is the briefest part of the training cycle. It usually only needs to be done once. It is simply creating an awareness that a practice or a tool exists and giving a general idea of what it looks like. Modeling repeatedly is not an effective way to equip someone. They need to be allowed to try the skill themselves.

When a child sees someone riding a bicycle, that is the MODEL phase.

ASSIST - Assisting is allowing the learner to practice the skill. This takes longer than the modeling phase. It requires "hand-holding" on the part of the mentor. The mentor needs to be directive and take an active role in coaching the learner. This phase does not last until the learner is fully competent, but merely until they understand the basics of the skill. If this phase is continued too long, then the learner will develop a dependence on the mentor and never advance to full competence. The end of the assist phase should be marked by the learner starting to model for others.

When a parent is holding onto the bicycle while a child is learning to keep his balance, that is the ASSIST phase.

WATCH - Watching is the longest phase. It involves more indirect contact with the learner. It seeks to develop full competence in all facets of a skill. It may be ten times or more as long as the first two phases combined. As the learner progresses in skill, the contact with the mentor may become less regular and more ad hoc . In this phase the learner gradually takes more responsibility and initiative in the performance of the skill. Typically in disciplemaking the mark of the end of this phase is when the learner has passed on the skill successfully to the fourth generation through those whom he or she is coaching.

When a parent is observing a child ride a bicycle and ensuring they have adequate skills and knowledge to ride unsupervised, this is the WATCH phase.

LEAVE - Leaving is a sort of graduation when the learner becomes a peer of the mentor. Periodic contact and peer mentoring may continue to take place if the learner and mentor are in the same network.

When a parent releases a child to ride their bicycle completely unsupervised, that is the LEAVE phase.

Practice the 3/3 Groups Format

ACTIVITY [90 min] - Have your entire group spend the next 90 minutes practicing the 3/3 Groups Format using the pattern in the 3/3 Groups Format section, on page 19-20.

- LOOK BACK Use last week's Session Challenges to practice "Faithfulness"
- LOOK UP Use Mark 5:1-20 as your group's reading passage and answer questions 1-4
- LOOK FORWARD Use questions 5, 6, and 7 to develop how you will Obey, Train and Share

REMEMBER - Each section should take about 1/3 [or 30 minutes] of your practice time.

In this session, we'll learn how Leadership Cells prepare followers in a short time to become leaders for a lifetime. We'll learn how serving others is Jesus' strategy for leadership. And we'll spend time practicing as a 3/3 Group, again.

Leadership Cells

Leadership Cells are 3/3 Groups that only meet for a limited and pre-determined length of time [like this 9-session Zúme Training course]. The purpose is to equip a group of people to go out and establish their own groups or establish another leadership cell at the conclusion of the training period.

This approach can be used in several circumstances. It can be used with mobile population segments such as nomads, students, etc. It can be used if there numbers of people who are already Christians but for some reason it is not appropriate for them to form an ongoing group and they need to be trained to start their own groups. It can also be used if there is a situation where a number of people come to faith at the same time and there is not sufficient time or opportunity to do initial follow-up with them individually with the Greatest Blessing approach or some similar approach.

Practice the 3/3 Groups Format, again

ACTIVITY [90 min] - Have your entire group spend the next 90 minutes practicing the 3/3 Groups Format using the pattern in the 3/3 Groups Format section, on page 19-20.

This time:

- LOOK BACK Use last session's Obey, Train, and Share challenges to check-in with each other
- LOOK UP Use Acts 2:42-47 as your group's reading passage and answer questions 1-4
- LOOK FORWARD Use questions 5, 6, and 7 to develop how you will Obey, Train and Share

Rotate leadership in the group throughout the session so that everyone has a chance to lead, pray, or ask questions. Encourage and coach one another in what's going right, what could be better with a little practice, and what a good next step would be for each member of the group to grow even more.

REMEMBER - Each section should take about 1/3 [or 30 minutes] of your practice time.

In this session, we'll learn how linear patterns hold back kingdom growth and how Non-Sequential thinking helps you multiply disciples. We'll discover how much time matters in disciple-making and how to accelerate our Pace. We'll learn how followers of Jesus can be a Part of Two Churches to help turn faithful, spiritual families into a growing city-wide body of believers. Finally, we'll learn how a simple 3-Month Plan can focus your efforts and multiply your effectiveness in growing God's family exponentially.

3-Month Plan

Now that you have been introduced to some basic disciple-making tools, spend some time in prayer and ask the Lord specifically what He would have you to do with them in the next three months. When you have spent time listening to Him, fill out the following plan. Share your plan with your training partner and set up a follow-up accountability schedule when you will check on each other 1, 2, 3, 4, 6, 8, and 12 weeks from now.

I will share My Story [Testimony] and God's Story [the Gospel] with the following individuals:

I will invite the following people to begin an Accountability Group with me:

I will challenge the following people to begin their own Accountability Groups and train them how to do it:

I will invite the following people to begin a 3/3 Group with me:

I will challenge the following people to begin their own 3/3 Groups and train them how to do it:

I will invite the following people to participate in a 3/3 Hope or Discover Group [see Appendix]:

I will invite the following people to participate in Prayer Walking with me:

I will equip the following people to share their story and God's Story and make a List of 100 of the people in their relational network:

I will challenge the following people to use the Prayer Cycle tool on a periodic basis:
I will use the Prayer Cycle tool once every [days / weeks / months].
I will Prayer Walk once every [days / weeks / months].
I will invite the following people to be part of a Leadership Cell that I will lead:
I will encourage the following people to go through this Zúme Training course:
Other commitments:

ADVANCED TRAINING

SESSION 10

In this advanced training session, we'll take a look at how we can level-up our Coaching Strengths with a quick checklist assessment. We'll learn how Leadership in Networks allows a growing group of small churches to work together to accomplish even more. And we'll learn how to develop Peer Mentoring Groups that take leaders to a whole new level of growth.

Coaching Checklist

The Coaching Checklist is a powerful tool you can use to quickly assess your own strengths and vulnerabilities when it comes to making disciples who multiply. It's also a powerful tool you can use to help others - and others can use to help you.

Use the following steps to take this guick [5-minutes or less] self-assessment:

- STEP 1 Read through the Disciple Training Tools in the far left column of the Checklist.
- STEP 2 Mark each one of the Training Tools, using the following method:
 - If you're unfamiliar or don't understand the Tool check the BLACK column
 - If you're somewhat familiar but still not sure about the Tool check the RED column
 - If you understand and can train the basics on the Tool check the YELLOW column
 - If you feel confident and can effectively train the Tool check the GREEN column

REMEMBER - Be sure to share your Coaching Checklist results with your Zúme Coach and/or your training partner or other mentor. If you're helping coach or mentor someone, share this tool to help assess which areas need your attention and training.

COACHING CHECKLIST

		Model	Assist	Watch	Leave
BLACK:	Train with new information	UNAWARE	UNSKILLED	COMPETENT	SKILLED
RED:	and make sure of understanding. Stop and stay with them	Mentor's Role			
	until they have the basics.	Mentor gives	Mentor gives	Mentor gives	Mentor
YELLOW:	Watch out for consistent competence.	Direction & Information	Direction & Support	Support & Encouragement	receives Updates
GREEN:	Go ahead and leave them and find others to develop.	How Plans are Made			
		Mentor	Mentor/ee	Mentor/ee	Mentee
TRAINI	NG TOOL	Decides	Discuss Mentor Decides	Discuss Mentee Decides	Decides
Duckling	Discipleship				
Tell Your S	Story [Testimony]				
Tell God's	Story [Gospel]				
Stewards	hip of Relationships - List of 100				
Pace					
Non-Sequ	ential Ministry				
3/3 Group	os Format				
Simple Ch	nurch - Love God/Others, Make Disciples				
Being Par	t of Two Churches				
Training C	Cycle				
Accounta	bility Groups				
Self-Feed	ing:				
• Read	ing the Word Daily [Obey]				
• Praye	er - Talk & Listen [Prayer Cycle]				
• Body	Life - Fellowship [One Another's]				
• Perse	ecution & Suffering				
Eyes to S	ee Where the Kingdom Isn't				
Looking fo	or the Person of Peace [Mt. 10 Lk. 10]				
Prayer Wo	alking				
Being a C	hurch:				
• Fello	wship [Eat Together, One Another's]				
• Prais	e & Worship				
Bible	[Obey, Train]				
• Tellin	g People about Jesus [Share]				
Bapt	ism				

Peer Mentoring Groups

Jesus said - "A new command I give you: Love one another. As I have loved you, so you must love one another. By this everyone will know that you are my disciples, if you love one another."

A Peer Mentoring Group is a group that consists of people who are leading and starting 3/3 Groups. It also follows a 3/3 format and is a powerful way to assess the spiritual health of God's work in your area.

Peer Mentoring Groups use leader-to-leader mentoring with individual followers of Jesus, with simple churches, with ministry organizations or even with a global simple church network that reaches around the world.

Peer Mentoring Group participants look at objective indicators following Jesus' strategy for ministry and ask questions and give feedback. These sessions are not meant to inflate anyone's ego or make anyone feel inferior. They are meant to instruct and inspire.

Use this simple format:

LOOK BACK [1/3 of your time]

During the first third - spend time in prayer and care just like you would in a basic 3/3 Group. Then spend time looking at the group's vision and faithfulness in previous commitments:

How well are you abiding in Christ? [Scripture, prayer, trust, obedience, key relationships?] Did your group complete your action plans from the last session? Review them.

LOOK UP [1/3 of your time]

Have the group discuss the following simple questions:

- 1. How are you doing in each section of the Four Fields diagram?
- 2. What is working well? What are your biggest challenges?
- 3. Review your current generational map.
- 4. What challenged you or what did you find hard to understand?
- 5. What is God showing you recently?
- 6. Are there any questions from seasoned leaders or other participants?

LOOK FORWARD [1/3 of your time]

Spend time in silent prayer with everyone in the group asking the Holy Spirit to show them how to answer these questions:

- 7. What action plans or goals would God have me put into practice before our next time together? [Use the Four Fields tool to help focus your work]
- 8. How can my Mentor or other Group Members help me in this work?

Finally spend time as a group talking to God in prayer.

Have the group pray so that each member is prayed for and ask God to prepare the hearts of all those the group will reach out to during their time apart.

Pray for God to give each member of the group the courage and strength to apply and obey what God has taught them in this session. If a seasoned leader needs to pray specifically for a younger leader, this is the perfect time for that prayer.

Since these groups often meet at a distance, you are unlikely to be able to celebrate The Lord's Supper or share a meal, but be sure to make time to check-in about health and family and friends.

Four Fields Diagnostic Diagram



Multiplying Field: with whom, how and when are you filtering for faithful people and equipping them and holding them accountable for reproduction?

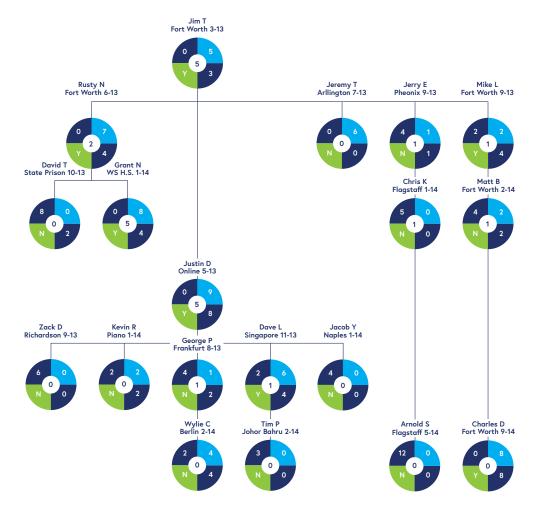
Empty Field: where or with whom [what people groups] are you planning to extend the Kingdom?

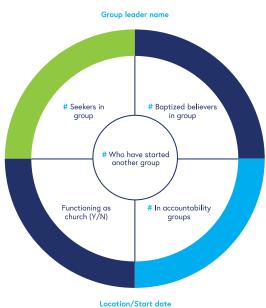
Seeding Field: where or with whom are you sharing the good news of the Kingdom? How are you doing that?

Growing Field: how are you equipping people and growing them spiritually, individually and in their natural networks?

Harvesting Field: how are new spiritual families [simple churches] being formed?

Format for Simple Church Representation on Generational Map





Appendix

3/3 Group Series

HOPE SERIES [FOR SEEKERS]

Use the following passages for the "LOOK UP" portion of your group. Your group may need more than one meeting for some of the passages.

- 1. Hope for the sinner: Luke 18:9-14
- 2. Hope for the poor: Luke 12:13-34
- 3. Hope for the runaway: Luke 15:11-32
- 4. Hope for the lost: Luke 19:1-10
- 5. Hope for the grieving: John 11:1-44
- 6. Hope for the seeker: John 3:1-21

SIGNS OF JOHN [FOR SEEKERS]

Use the following passages for the "LOOK UP" portion of your group. Your group may need more than one meeting for some of the passages.

- 1. Turning of water into wine: John 2:1-12
- 2. Healing of the royal official's son: John 4:46-54
- 3. Healing of the paralytic: John 5:1-17
- 4. Feeding of the five thousand: John 6:1-14
- 5. Walking on water: John 6:15-25
- 6. Healing of the man born blind: John 9:1-41
- 7. Raising Lazarus from the dead: John 11:1-46

START TRACK: THE FIRST 8 MEETINGS

This is appropriate for people who are already Christians but have not been in this type of group before. The practice portion is guided and generic for these 8 sessions. Individualized practice is begun in subsequent meetings.

1. TELL YOUR STORY

LOOK UP: Mark 5:1-20. Pay particular attention to verses 18-20.

PRACTICE: Practice telling your story-You will need to prepare your story and be prepared to share it with people when you tell them about Jesus. Here is how you can tell your story:

- Talk about your life before following Jesus-Describe your feelings [pain, loneliness], questions [what happens after death?], or struggles you had before following Jesus.
- Talk about how you became a follower of Jesus-Tell them about Jesus! The essential story of Jesus is: We have all offended God with our sins. We will die because of our sins. But we are saved from death when we put our faith in Jesus, who died for our sins, was buried, and raised from the dead.
- Talk about your life after following Jesus-Tell them about how Jesus changed your life. Tell of the joy, peace, and forgiveness Jesus gave.
- Invite a response-Your story should ask for a response. End with a question that will help you discover the person's level of spiritual interest. Ask something like: "Would you like to know how you can be forgiven?" or "Would you like God to change your life?"
- Keep it Brief [3 minutes or less]-Your story should be short and interesting. Do not be boring and do not talk so long that the listener loses interest.
- Practice telling your story with someone in your group.

 Choose 5 people to tell. Pray. Ask God to show you which 5 people you know to whom He wants you to tell your story to this week. Tell your story and Jesus' story to 5 people this week. Do this every week.

2. TELL JESUS' STORY

LOOK UP: 1 Corinthians 15:1-8, Romans 3:23, Romans 6:23

PRACTICE: Have everyone in your group practice telling Jesus' story using the Evangecube or use another simple method. Tell your story and Jesus' story to 5 people this week. Do this every week.

3. FOLLOW & FISH

LOOK UP: Mark 1:16-20

PRACTICE: Make a List-Get a blank piece of paper and write the names of 100 people that you know [family, friends, neighbors, co-workers or school mates] who need to hear about Jesus. Tell your story and Jesus' story to 5 people this week. Do this every week.

4. BAPTISM

LOOK UP: Romans 6:3-4; Acts 8:26-40

PRACTICE: Find nearby water [bathtub, pool, river, lake] and baptize all new believers. Continue to immediately baptize people as they become believers. To learn more about baptism, see Acts 2:37-41, 8:5-13, 8:36-38, 9:10-19, 10:47-48, 16:13-15, 16:27-34, Acts 18:5-9 and 1 Corinthians 1:10-17, Acts 19:1-5, Acts 22:14-17.

5. THE BIBLE

LOOK UP: 2 Timothy 3:14-16

PRACTICE: Memorize and recite the 7 Bible study questions [questions 1-7 in the Simple Meeting Format].

Tell your story and Jesus' story to 5 people this week. Do this every week.

6. TALK WITH GOD

LOOK UP: Matthew 6:9-13

PRACTICE: Use your hand to learn how to talk with God. As a group pray through Jesus' prayer in Matthew 6:9-13 using your hand as a guide.

- 1. Palm = Relationship. As the palm is the foundation for our fingers and thumb, time alone with God is the foundation for our personal relationship with him. "Our Father in heaven..." [Matthew 6:9]
- 2. Thumb = Worship. Our thumb reminds us that we must worship God before we ask for anything. "...may your name be holy."
 [Matthew 6:9]
- 3. First Finger = Surrender. Next we surrender our lives, plans, family, finances, work, future, everything. "May your kingdom come, your will be done..." [Matthew 6:10]
- **4. Middle Finger = Ask.** Then we ask God to meet our needs. "Give us this day our daily bread." [Matthew 6:11]
- **5. Fourth Finger = Forgive.** Now we ask

God to forgive our sins, and we must forgive others. "Forgive us as we forgive others." [Matthew 6:12]

- **6. Little Finger= Protect.** Then we ask protection. "Let us not yield to temptation, but deliver us from the evil one." [Matthew 6:13]
- 7. Thumb [Again] = Worship. And we end just as we began we worship Almighty God "Yours is the kingdom and the power and the glory forever. Amen." [Matthew 6:13].

Tell your story and Jesus' story to 5 people this week. Do this every week.

7. HARD TIMES

LOOK UP: Acts 5:17-42; Matthew 5:43-44

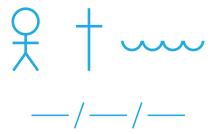
PRACTICE: Share with the group about a difficulty you have faced because of your new faith; consider difficulties you may face; role play how you will respond – with boldness and love – as Jesus teaches. Pray as needs come up. Pray for each person after they share. Tell your story and Jesus' story to 5 people this week. Do this every week.

8. BECOME A CHURCH

LOOK UP: Acts 2:42-47, 1 Corinthians 11:23-34

PRACTICE: Discuss what your group needs to do to become like the church described in the passages. As a group, on a blank paper, draw a dotted line circle representing your own group. Above it, list 3 numbers: the number regularly attending [stick figure], the number believing in Jesus [cross] and the

number baptized after believing [water].



If your group has committed to be a church, make the dotted line circle solid. If you regularly practice each of the following elements then draw a picture of the elements inside your circle. If you do not do the element or you wait for an outsider to come do it, then draw the element outside the circle.



- 1. Commitment to be a church: solid line instead of dotted line.
- 2. Baptism-water
- 3. Bible-book
- Commemorate Jesus w/bread and water-cup
- 5. Fellowship-heart
- 6. Giving and ministry-money sign
- 7. Prayer-praying hands
- 8. Praise-raised hands
- Telling people about Jesus-friend holding hands with a friend
- 10. he led to faith
- 11. Leaders-two smiling faces

What is your group missing that would help make it a healthy church?

Tell your story and Jesus' story to 5 people this week. Do this every week.

WHERE NEXT?

Go through the 3/3 Discover Track or 3/3 Strengthen Track or select a book of the Bible like John or Mark [choose only one story per meeting].

DISCOVER SERIES

[For Groups That Need Bible Background & Familiarity]

Use the following passages for the "LOOK UP" portion of your group. Your group may need more than one meeting for some of the passages.

Discover God-who is God and what He is like

- 1. Creation-Genesis 1
- 2. Creation of People-Genesis 2
- 3. Disobedience of People-Genesis 3
- 4. Noah and the Flood-Genesis 6:5-8:14
- 5. God's Promise with Noah-Genesis 8:15-9:17
- 6. God Speaks to Abraham-Genesis 12:1-7; 15:1-6
- 7. David becomes King of Abraham's Descendants-1 Samuel 16:1-13; 2 Samuel 7:1-28
- 8. King David and Bathsheba-2 Samuel 11: 1-27
- 9. Nathan's Story-2 Samuel 12:1-25

10. God Promises Savior will come-Isaiah 53

Discover Jesus-who is Jesus and why He came

- 1. Savior born-Matthew 1:18-25
- 2. Jesus' Baptism-Matthew 3:7-9, 13-15
- 3. Crazy Man Healed-Mark 5:1-20
- 4. Jesus never Loses Sheep-John 10:1-30
- 5. Jesus Heals the Blind-Luke 18:31-42
- 6. Jesus and Zaccheus-Luke 19:1-9
- 7. Jesus and Matthew-Matthew 9:9-13
- 8. Jesus is the Only Way-John 14:1-15
- 9. Holy Spirit Coming-John 16:5-15
- 10. Last Dinner-Luke 22:14-20
- 11. Arrest and Trial-Luke 22:47-53; 23:13-24
- 12. Execution-Luke 23:33-56
- 13. Jesus is Alive-Luke 24:1-7, 36-47; Acts 1:1-11
- 14. Believing and Doing-Philippians 3:3-9

STRENGTHEN SERIES

[For New Believers Or Groups That Need Discipling Focus]

Jesus Says-learn to obey the basic commands of Jesus. Keep sharing Jesus with people on your list.

- 1.1 Learn and do-John 14:15-21!
- **1.2** Repent. Believe. Follow. Mark 1:14-17, Ephesians 2:1-10
- **1.3** Be baptized-Matthew 28:19, Acts 8:26-38
- **1.4** Love God. Love People-Luke 10:25-37

Jesus Also Says-learn to obey the basic commands of Jesus. Keep sharing Jesus with people on your list.

- **2.1** Talk with God-Matthew 6:9-13. Learn and practice Jesus' model prayer
- **2.2** Remember and Commemorate Jesus-Luke 22:14-20, 1 Corinthians 11:23-32
- **2.3** Give-Acts 4:32-37
- 2.4 Pass it on-Matthew 28:18-20

Follow as I follow-Make disciples. Pass on to others what you have learned. Teach these people to pass it on too.

- 3.1 Find a Disciple-2 Timothy 1:1-14
- 3.2 Pass it on-2 Timothy 2:1-4, 14-16
- **3.3** Teach them to teach others-2 Timothy 3:1-17 3.4 Hard times-2 Timothy 4:1-22

Multiply your 3/3 Group-Gather your disciples into new groups.

- **4.1** Get Started and make a plan-Luke 10:1-11. Listen to Jesus' instructions as you start a new group.
- **4.2** Gather Together-Acts 2:14-47
- **4.3** Person of Peace-Mark 5:1-20, 6:53-56. Look for people willing to share their story about Jesus. Start a group with that person & their friends & family.
- 4.4 Who is ready -Matthew 13:1-9, 18-23

Lead-learn how to lead a 3/3 group.

- **5.1** Model [lead like this]-John 13:1-17
- 5.2 Model [don't lead like this]-3 John 5-14
- **5.3** Assist-Mark 4:35-41
- **5.4** Watch-Luke 10:1-11, 17, 20
- **5.5** Leave-Matthew 25:14-30

Go: local-learn how to reach your local community.

- **6.1** Go: local-Acts 1:1-8
- **6.2** Help the poor. Share the good news-Luke 7:11-23
- 6.3 Go where God sends-Acts 10:9-48
- **6.4** Go with a plan-Acts 13:1-3, 32-33, 38-39; 4:21-23, 26-27

Go: global-learn how to reach the ends of the earth.

- **7.1** Go: global-Acts 1:1-8, Matthew 28:19-20
- 7.2 Go where God sends-Acts 8:26-38
- **7.3** God loves every people group-John 4:4-30, 39-417.4 Go with a plan-Acts 13:1-3, 32-33, 38-39; 14:21-23,26-27

Remember the basics. Learn what to do when you meet.

- 8.1 Jesus is First-Philippians 2:1-11
- 8.2 Talk with God-Matthew 6:9-13
- 8.3 Community-Hebrews 10:23-25
- 8.4 The Bible-2 Timothy 3:10-17

Commit-learn to stay strong and keep following Jesus.

- 9.1 Disobedience-Jonah 1
- 9.2 Commit-Jonah 2
- 9.3 Obey-Jonah 3
- 9.4 Obey all the way-Jonah 4
- 9.5 Use it or Lose it-Matthew 25:14-30

WHERE NEXT?

Choose your own Bible passages and keep meeting. Use the same questions and group meeting format. Don't stop meeting.

