You try to connect

You get a callback indicating it is connected

You discover services

You are told services are discovered

You get the characteristics

For each characteristic you get the descriptors

For the descriptor you set it to enable notification/indication with BluetoothGattDescriptor.setValue()

You write the descriptor with BluetoothGatt.writeDescriptor()

You enable notifications for the characteristic locally with BluetoothGatt.setCharacteristicNotification(). Without this you won't get called back.

You get notification that the descriptor was written

Now you can write data to the characteristic. All of the characteristic and descriptor configuration has do be done before anything is written to any characteristic.