

1-on-1 Study Getting Started and Materials

Confirmation Prep: Discipleship Study with Sponsor

Getting Started & Study Material Options

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Getting Started with a Sponsor Study

1. **Choose the Sponsor:** To get started, your child will need to get a headstart on selecting their Confirmation sponsor. You can find guidance on selecting a sponsor [here](#).
2. **Choose the Study Materials:** Once your child has a sponsor lined up, they'll need to select the study materials that they want to do together over the course of the next year. We currently provide two options of study materials: Discipleship Quads and Y-Disciple. Details about each study and how to use them are available for your review below. Your child and their sponsor can select whichever one of these studies that they prefer, or do a mixture of both. If they are unsure, they can try a few sessions of each resource before settling on the one that they prefer.
3. **Start Meeting:** Your child and their sponsor can begin meeting and using their selected materials whenever they're ready. They can meet at a frequency and duration of time that works best for their schedules. See details about the expected number of sessions to be completed with each study option.
4. **Log the Meetings:** A *Sponsor Study Tracking Sheet* will be shared directly with you (the parent). Please share this with your child's sponsor as well. This should be used to log your child's meetings with their sponsor. The reason we use a Google Sheet is it allows multiple parties (parent, candidate, sponsor, etc.) to maintain the log while providing us with a way to see how things are progressing.

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Study Option 1: Discipleship Quads

About Discipleship Quads:

The Discipleship Quad program was originally created by Franciscan University of Steubenville as a resource for small discipleship groups of 3-4 people (hence the name "Quads"). However, we believe the Quads materials can be adapted for use between two people (Confirmation candidate and their sponsor). The Discipleship Quads materials were written to provide a beginner-friendly way for believers to walk alongside one another as they seek to follow Christ more closely and develop habits of discipleship like scripture-reading and prayer.

Expectations for Using Quads:

Number of Sessions: For our purposes, we'd like a Confirmation candidate and their sponsor to complete Weeks 3-26, which adds up to 24 total sessions, of the Discipleship Quads study (the full study is actually 44 Weeks long).

Frequency/Number of Meetings: You do not *have* to meet weekly (although that would be the simplest approach); you could get together every 2 weeks, once a month, etc. Just keep in mind that if you meet less frequently, you'll need to go through multiple Weeks at a time when you do meet.

Individual Preparation and Time Spent Together: The writers of "Quads" intended that each member would prepare for their gatherings by doing each Week's readings and reflections ahead of time. For example, everyone would prepare for the Week 3 gathering by doing the reading and reflection questions for Week 3 on their own time before they meet.

- This intended approach gives you time to process what you've read and formulate your thoughts *before* sharing with one another. If the candidate or sponsor wants/needs time to process their thoughts internally, you might choose this method of preparing for your meetings ahead of time.
- However, you may also choose an alternative method which requires no preparation ahead of time. To do this, the candidate and sponsor would need to begin their time together by reading the material before proceeding to reflection and discussion.

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Accessing the Quads Materials:

The candidate and sponsor should each download Guidebook 1 (see below) to get started. Guidebooks 2 & 3 will not be needed until later. The Digital and Printer friendly versions of these books contain the exact same content, so feel free to each pick the format that works best for you.

Download the Discipleship Quads Guidebooks Here:

Guidebook 1 (Weeks 1-10)	Digital	Printer-Friendly
Guidebook 2 (Weeks 11-21)	Digital	Printer-Friendly
Guidebook 3 (Weeks 22-33)	Digital	Printer-Friendly

Steps to Get Started with Your Quads Study:

1. Read pages 1-4 (Introduction) and 5-9 ("7 Characteristics of a Disciple") of Guidebook 1. This gives you a broad overview of the study and the themes that it will cover.
2. Next, read pages 11-13. These provide an explanation of what you'll find in each Week's pages along with recommendations on how to prepare/how to spend your time together.
3. You can skip past Weeks 1-2 (they are intended to help a group of 4 people get to know one another before starting the Quads process together) and begin your study together on Week 3.
4. Use the pages for Week 3 (starts on page 38) for your first gathering. Follow the instructions found on Page 37 ("For Your Gathering"). You can also always refer back to pages 11-13 for a reminder of what they recommend that you do with each part of the Week (e.g., what to do with the "Daily Bread" page).
5. Continue meeting until you have completed Week 24 of the study.
6. After each meeting together, log your session on the *Sponsor Study Tracking Sheet* that was emailed to the candidate's parents. You simply need to record the day that you met and which week(s) you read/discussed together.
7. Candidates do not need to turn in your answers to the reflection questions.

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Study Option 2: Y-Disciple

About Y-Disciple:

Y-Disciple is a ministry that creates discipleship small group materials for middle school and high school youth. Like the Discipleship Quads, the Y-Disciple materials were created to be used by a group, but we believe the Y-Disciples series can also be adapted for use between two people. Y-Disciple has published several video-study series for youth which center around key themes of discipleship. Each series consists of multiple sessions (in a typical small group, you would complete one session each time the group meets) and each of those sessions includes a video to watch along with discussion questions, prayer, and other activities.

Expectations for Using Y-Disciple:

Number of Sessions:

For our purposes, we would like you to complete the following 5 series (we also recommend you complete them in the following order). This adds up to 23 total sessions.

Series Title	Number of Sessions
The Invitation	4 sessions
Known: Experiencing God in Prayer	7 sessions
Overflow: Living the Sacramental Life	4 sessions
Never Alone: Life in the Holy Spirit	4 sessions
Confirmation Bible Study (Follow-up to Never Alone series)	4 sessions

Frequency/Number of Meetings: You do not *have* to meet weekly (although that would be the simplest approach); you could get together every 2 weeks, once a month, etc. Just keep in mind that if you meet less frequently, you'll need to go through multiple sessions of a series when you do meet.

Individual Preparation and Time Spent Together: Y-Disciple series do not require any preparation on the part of participants (the candidate), but it is recommended that the leader (in this case, the sponsor) previews the session and discussion guide beforehand.

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Accessing the Y-Disciple Materials

Our parish has a subscription to Y-Disciple which allows you to access all of the content for free through their website.

1. To access the content for the first time, click our Y-Disciple Parish Access Link:
https://www.ydisciple.tv/orders/customer_info?o=100931
2. Next, set up a free account. Enter your email, name, and a password. Then click “Claim my free bundle”. This will bring you to the *ydisciple.tv* main page of resources.
 - a. You now have access to all the materials through our subscription. Whenever you want to log in again in the future, just go to: https://www.ydisciple.tv/sign_in
3. When you’re logged in, you’ll be able to find all of the above series by clicking on “Browse” at the top menu, and “Middle School Resources” (or typing the title into the search bar).
4. When you click on any of the videos within a series, you will see a link to the accompanying Leader Guide for that session. The Leader Guide provides the sponsor with comprehensive instructions for what to do with your time together, along with helpful tips and suggested activities.
 - a. Sponsors may also find it helpful to watch some of the Adult Leader Training videos (click “Browse” and “Adult Leader Training”).

Steps to Get Started With Your Y-Disciple Study

1. Begin with “The Invitation” series. Sponsors should print or download the Leader Guides for each session in this series. You’ll also need a computer, tablet, or phone to watch the session’s video together.
2. When you meet, simply follow the Leader guide. It provides an opening prayer, opening discussion questions to start your time, will prompt you when to watch the video, and provides breaks and questions for discussion.
3. After each meeting together, log your session on your *Sponsor Study Tracking Sheet* (emailed to the candidate’s parents). You simply need to record the day that you met, and which session(s) of the study you completed.
4. Candidates do not need to turn in their answers to any of the reflection or discussion questions in these series.