

Practicing the Way Journey Outline

Overview:

PTW is one tool for starting a Christian's journey to becoming a disciple. This journey is best done with other Christians, new or old, who might need a revival in their journey with Jesus. One of the highlights of this material is that it helps participants hone in on the essentials of following Jesus and provides practices—actionable steps—to grow as disciples.

Helpful for:

- Getting an individual on the path to becoming a disciple. Provide a foundation, excitement, and grounds for being a disciple and not just a mere believer. This is a good starting point in getting a believer onto the path of discipleship.
- Provide activities to practice spiritual disciplines.
- Developing a Rule of Life to help a disciple live a life with Jesus beyond the course.
- Provide books, guides, and video; multi-media and multi-avenue of learning and application. It also has extra resources like specific discipline units (i.e. Sabbath) to focus on.

Limitations:

- This is not a bible study, nor is it meant to provide a biblical foundation.
- Not for a disciple who is looking to grow in specific areas.
- It may not be for individuals who are non-believers/seekers.

How does this course work?

- Form a group of 2 or 3 with set expectations.
 - PTW is a discipleship journey in which each member must **commit** to intentional growth. This includes regular meetups, homework/practices, readings, and prep work.
- Commit to 8 weeks (every week or bi-weekly) of intentional discipleship through this course.
- Each session consists of a video (on your practicingtheway.org portal), reading, and homework (The Practice in Companion Guide pdf). Ideally, each member watches the video and reads the assigned pages before gathering together.
- During the meetup, there are 2 sections of questions/discussions:
 - Reflection questions on past week's practice.
 - Discussion questions on this week's reading and video.
- At the end of the course, commit to disciplining others, whether through PTW or other formats of discipleship (i.e. bible studies, 30x60x100, Simple Discipleship, etc). Commit to being a disciple-maker by helping others to be with Jesus, become more like him, and do as he did. Create a list of names you will pray for to invite into a discipleship group or meetup.

What you need:

- A leader/admin to start a group at the **online portal** here:
<https://launch.practicingtheway.org/>
- **Companion guide (PDF)** from the website (above):
https://drive.google.com/file/d/139o8hmqyn-DIKffDqgBOj35oPuMkxHJu/view?usp=drive_link
- **Book:** Practicing the Way: <https://a.co/d/0EMIWIa>

The 8 sessions (Following the Companion Guide):

1. Pre-start
 - a. Complete the “My Spiritual Health” reflection online.
2. Following Jesus
 - a. Video 01 (28:06)
 - b. Book: pp. 1-31
 - c. Practice: Daily Prayer Rhythm
3. Formation (pt 1)
 - a. Video 02 (23:32)
 - b. Book: pp. 32-63
 - c. Practice: Formation Audit
4. Formation (pt 2)
 - a. Video 03 (26:03)
 - b. Book: pp. 64-117
 - c. Practice: Daily reading of Scripture
5. The Practices
 - a. Video 04 (25:43)
 - b. Book: pp. 118-155
 - c. Practice: Sabbath
6. Meeting God in Pain and Suffering
 - a. Video 05 (26:53)
 - b. Book: pp. 156-205
 - c. Practice: Noticing and Naming your Emotions
7. Healing From Sin
 - a. Video 06 (34:41)
 - b. Book: pp. 206-221
 - c. Practice: Confession
8. Crafting a Rule of Life
 - a. Video 07 (25:47)
 - b. Practice: Crafting a Rule of Life
9. Life Together
 - a. Video 08 (27:15)
 - b. Book: pp. 222-236
 - c. Practice: Do Life in Community

Launch.PracticingTheWay.Org portal

The screenshot shows a web browser window with the URL `launch.practicingtheway.org`. The page features a dark blue sidebar on the left with the following menu items: Practicing the Way, Dashboard, Resources, My Church, My Groups, My Rule of Life, My Spiritual Health, Training, Media Kits, Give, and Help. At the bottom of the sidebar is a user profile for Calvin Sun with a 'Logout' button. The main content area has a 'Welcome to Practicing the Way' section with a video player showing a man speaking. Below this is a 'Spiritual Health Reflection' section with a 'START YOUR REFLECTION' button and a circular graphic.

[PTW Portal]

The screenshot shows a web browser window with the URL `launch.practicingtheway.org/groups/zwbiiioe`. The page title is "ALG Leaders Group 01" for the "South Calgary Chinese Evangelical Free Church".

Left Sidebar:

- Practicing the Way
- Dashboard
- Resources
- My Church
- My Groups
- My Rule of Life
- My Spiritual Health
- Training
- Media Kits
- Give
- Help
- Logout (User: CALVIN SUN)

Main Content Area:

ALG Leaders Group 01

South Calgary Chinese Evangelical Free Church

Members: C, H, G (with "EDIT GROUP" and "+ INVITE" options)

Practicing the Way Course

The Practicing the Way Course

The Practicing the Way Course is the ideal starting place for all of our resources. It is designed to help get you started on the journey of spiritual formation, help you get unstuck if you've stalled out, or just guide you into taking your next step. Ultimately, its goal is to train you to live as an apprentice of Jesus: to be with Jesus, become like him, and do as he did.

[COMPANION GUIDE](#)

In Progress

Start Date: July 12, 2024

Next session: October 18, 2024

[Edit Dates](#)

Session Schedule & Videos

- ✓ July 12, 2024: Following Jesus
- ✓ July 26, 2024: Formation Part 01
- ✓ August 9, 2024: [Title partially obscured]

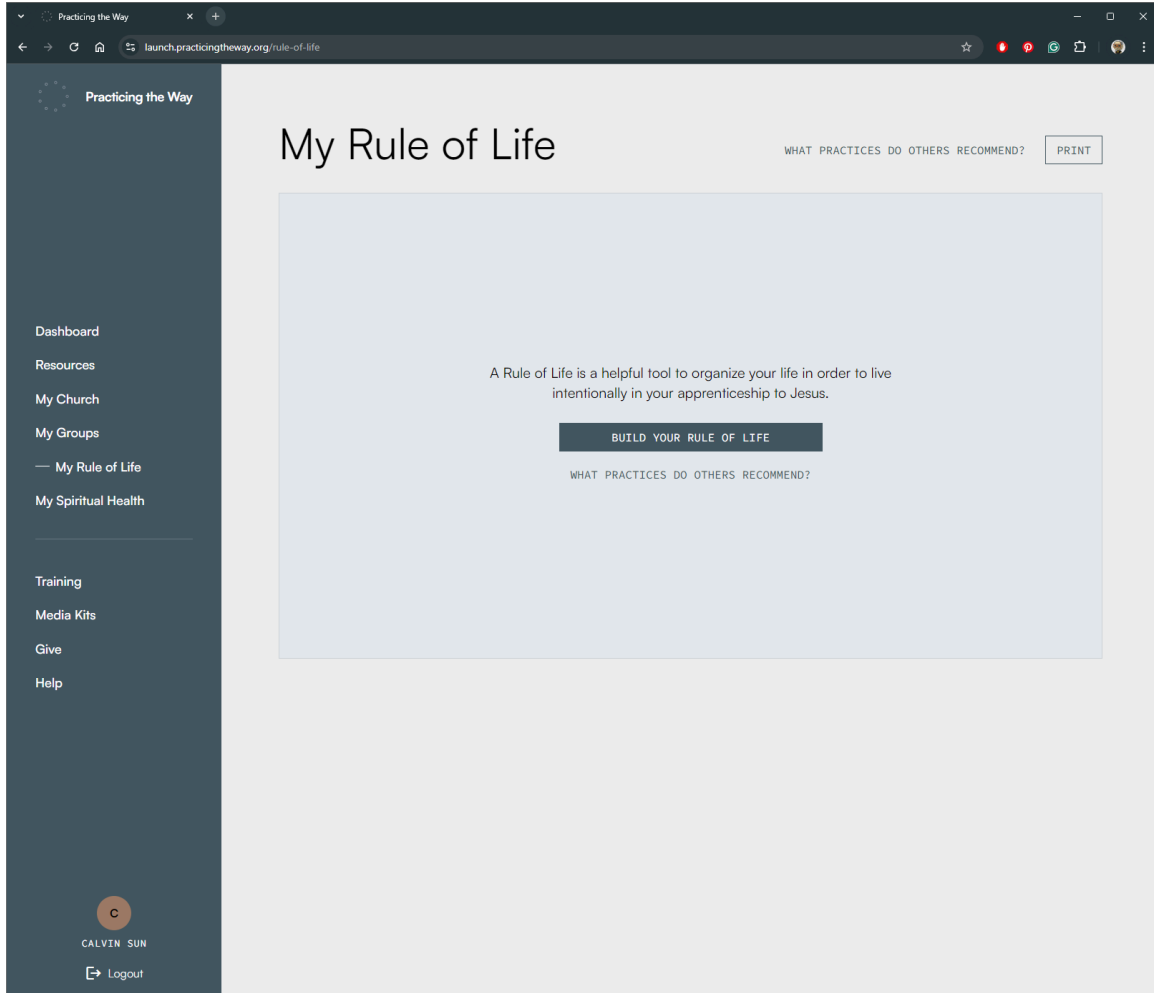
Following Jesus

Following Jesus is more than going to church or believing the right things; it is practicing a way of life. The meaning of "follow Jesus" is rooted in 1st-century practices of rabbis and apprentices, practices that inform our understanding of how to follow Jesus today.

[Your Group page with links to companion guide and session videos.]

The screenshot shows a web browser window with the URL `launch.practicingtheway.org/resources`. The page has a dark blue sidebar on the left with the following menu items: Dashboard, Resources, My Church, My Groups, My Rule of Life, My Spiritual Health, Training, Media Kits, Give, and Help. At the bottom of the sidebar is a user profile for Calvin Sun with a 'Logout' button. The main content area is titled 'Explore Resources' and includes a sub-header: 'Check out all of our available Courses and Practices, created to help your church experience deep transformation into the Way of Jesus.' Below this is a button that says '+ START A COURSE OR PRACTICE'. The page is divided into two sections: 'Courses' and 'Practices'. Under 'Courses', there is a card for 'The Practicing the Way Course' with a 'PREVIEW COURSE' button. Under 'Practices', there are two cards: 'Sabbath' and 'Prayer', each with a 'PREVIEW PRACTICE' button. The 'Sabbath' card includes a green square icon with arrows, and the 'Prayer' card includes a blue square icon with arrows.

[Other resources, including sub-courses on specific spiritual disciplines.]



[My Rule of Life builder]