



# THE RESTORATION PROJECT: The Basics 9:00 AM – 10:00 AM, Fireside Room

## The Basics of Anglicanism Part Two: *The Episcopal Way*

*Draft Values of Discipleship Groups (page 1 and 2)  
(page 3, Sample Group Norms; page 4, Suggested Format for the group meetings)*

1. *We value Christian growth.*  
Because of this, discipleship groups are about learning to draw closer to our teacher and master Jesus by practicing the disciplines- especially worship, prayer and service- that have proven through the centuries to be of use.
2. *We value mutual respect.*  
Because of this, we embrace the norms on the 'Sample Group Norms' page. We understand that these are guidelines, with the exception of the norm on confidentiality, which we treat like a rule.
3. *We value both structure and freedom.*  
Because of this, we affirm the format for discipleship group meetings and also understand that we are free to use other formats as the Spirit moves. For example, when groups are starting up we may want to spend more time just getting to know each other.
4. *We value Spirit-led service.*  
Because of this, we support each other in our spiritual journey as individuals and in whatever way we are called to work together for the kingdom of God. However, we do not expect that all members of a particular Discipleship Group will pursue one mission project. If that emerges in response to the Spirit's leading, that's great, but it is not an expectation or a goal.
5. *We value formation.*  
Because of this, we hold it as a norm that people join Discipleship Groups after they have taken some formation classes, particularly Basic Discipleship. Basic Discipleship has provided a great foundation for full participation in what Discipleship Groups have to offer.
6. *We value both stability and availability.*  
Because of this, we will pledge to commit one year to a Discipleship Group, with openness to changing Discipleship Groups and welcoming new people into our current group. We know

that depth of relationship can only come over time, and at the same time we are committed to being responsive to the call of the Spirit, even if it sometimes feels uncomfortable.

7. *We value accountability.*

Because of this, we stay connected with the larger family of St. John's, and learn from other groups. So, every group will have either a Leader or a Representative who will meet once a month with the Overseer and the other Leaders/Representatives to prayerfully reflect on the health of the groups, share impressions and learn how the Spirit may be moving. For now, the Overseer is Jered.

## Sample Group Norms

### **We will honor God by:**

- Coming prepared to encounter Christ in each other
- Listening actively to voices and to silence
- Speaking from the abundance of our hearts

### **We will honor each other by:**

- Being punctual insofar as it is possible
- Avoiding cross-talk and interruption
- Maintaining confidentiality; which is to say, refraining from sharing identifying personal information outside of the group
- Trusting the consensus of the group in decision-making, meaning that whatever is uncomfortable for one will be unacceptable for all

### **We will honor ourselves by:**

- Taking only what we need from this experience, and respectfully leaving behind what we don't need
- Making "I" statements that are truthful to our own feelings
- Saying and doing only what feels right to each of us and accepting the freedom to "pass" when we are not ready to take part

## **The following is the suggested format for Discipleship Groups:**

### **Gathering**

*The people sit for a time of silence.*

### **Opening Words**

*The leader reads the following words aloud.*

Welcome to our Discipleship Group. May the Holy Spirit bless us and keep us during our time together. We are gathered to help each other become better followers of Jesus Christ, which happens naturally when we love him. We become better followers of Jesus by holding each other in his love and by encouraging each other to practice the disciplines he taught. Please remember that everything we say is to be held in confidence, which is one way we hold each other in love.

*Members of the group read the following common disciplines.*

By God's grace, I will set aside time regularly for prayer, "praying to God who is in secret" (Matthew 6:6) working toward twenty minutes a day.

By God's grace, I will praise God, offering myself and receiving God's love and blessings with the rest of my Christian community in weekly 'worship in the beauty of holiness' (Psalm 96:9)

By God's grace, I will endeavor to serve others everywhere I can, working toward giving an hour a week in service of the poor, remembering that Jesus said, "Surely as you did it to one of the least of these, you did it to me" (Matthew 25:40).

By God's grace, I will be a good steward of my money, working toward giving ten percent to the church and those in need, mindful that "where your treasure is, there your heart will be also" (Matthew 6:21)

By God's grace, I will "read, mark, learn, and inwardly digest" (The Book of Common Prayer, p. 236) the Holy Scriptures, trusting that they are "inspired by God" for my "training in righteousness" (2 Timothy 3:16) working toward knowledge of the entire book.

By God's grace, I will listen for God's call on my life, confident that I have been given a "manifestation of the Spirit for the common good" (1 Corinthians 12:7), entrusting my Discipleship Group to test and support that call.

*The final discipline is read in unison.*

By God's grace we have joined ourselves to one another as this Discipleship Group, and we commit to meeting regularly for this season of our lives, believing that "if we love one another, God lives in us, and his love is perfected in us" (1 John 4:12).

### **Check In and/or Activity**

*Each person may check in for a specified time, as the group determines. Groups may choose to insert an activity such as Bible Study between Check In and the Closing Prayer and Closing Words.*

### **Closing Prayer and Closing Words**

*Someone leads a closing devotion (Daily Devotions pp 137-40 of The Book of Common Prayer are a good place to start) that is appropriate for the meeting time of the group. The leader ends the meeting by reading aloud these Closing Words.*

Please remember that what we have said in this gathering was spoken in confidence. Go in peace to love and serve the Lord.

*The members respond:*

Thanks be to God.

Pray: Matthew 6:6

Worship: Psalm 96:9

Serve: Matthew 25:40

Give: Matthew 6:21

Learn: II Timothy 3:16

Listen: I Corinthians 12:7

Join: I John 4:12

