

you+ Facilitator Guide

We are excited you are guiding someone else through a YOU+ Discipleship Conversation. Not only will this be a formative meeting for the participant, but it will also be an opportunity to grow and learn as the facilitator. As you prepare for the conversation, keep in mind some of the following points.

Conversation Questions Guide

The first thing to remember is you don't have to have all the answers. Your job is to be a sounding board as you help the other person see themselves more clearly and how they see God at work in their lives. Relax, let the conversation flow, and when necessary, bring the conversation back to the questions in the guide. You don't have to get through every question. Your goal is to help the other person catch a glimpse of their life now, know where they'd like it to go, and take some steps toward that hope.

Question 1

This conversation may be the first time someone has ever engaged in a one-on-one conversation about their growth as a follower of Jesus. The first question is designed to get a sense of how the YOU+ Devotional went for the participant.

Question 2

Question two may be a hard one for people. Try to avoid giving them examples. If they are struggling to come up with an image, let them know it's OK if it takes a moment. It may not be something they've ever considered.

Question 5

Question five asks the participant to think of one connection that might be most important for them to lean into in the next season. Many people will want to lean into all three. A good follow-up question might be, "Are there any other connections you might want to lean into over the next few months."

Question 6

Question six is designed for people to think about their future life - the way their life could look three months, six months, or two years from now. That's what YOU+ is all about - catching a God-sized dream for our lives. What would the sights, sounds, feelings, and relationships be like as a result?

Question 7

For question seven, you may have to help some people brainstorm some of the obstacles, while for others, you may need to help them see how those obstacles can be overcome. Everyone is different, and you may have to get them to linger a little longer on the potential issues they might have. Reassure them that no one gets this right all the time, and they don't have to be perfect to make progress.

Taking Next Steps

- Writing down the next steps and listing a time frame is key to this journey. It's been shown that people are more likely to do what they say they'll do if they've written it down in a formula similar to the one we've provided. Encourage them to write those down while you are together and enter them online via the provided link in your reminder email or have them visit rock.communitychristian.org/youplus to access their profile.
- Finally, we won't experience the YOU+ life alone. We need other people in our life who can ask about our progress and encourage us along the way. Help them think about who those people will be for them. Encourage them to share their experience with someone else and even guide them through a similar conversation. If they agree to do that, we'll provide them with resources to facilitate a YOU+ Discipleship Conversation.

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The Three Connections

YOU+ God

The You+ God connection is about developing a relationship with God and growing in spiritual disciplines. As we grow in this connection, we will see ourselves becoming more and more like Jesus.

YOU+ the Church

The You+ Church connection is about connecting with others to find your way back to God through connecting in a small group, or serving on a team. As we grow in this connection, we develop community with others and the skills to help even more people find their way back to God.

YOU+ the World

The You+ World connection is about seeing God's calling to be a catalyst for transformation in our communities, both locally and globally. As we grow in this connection, we hope to meet immediate needs, develop relationships with those who are different than us, and work toward our communities becoming places of peace, justice, and compassion.

YOU+ Next Steps

This is a list of options to help figure out some next steps in the conversation if someone is struggling with what to do. For example, if the conversation turns to, "I want to deepen my relationship with God, but I'm not sure how?" Go to "YOU+ God" and see if one of the options will fit the situation being discussed. This is not an exhaustive list but a starting point for taking next steps.

YOU + God

- Regular weekly attendance at one of our Expressions.
- Spiritual Practices: sabbath, fasting, prayer, Bible reading from the Community Daily
- Baptism - sign-up for the next Baptism class
- Try the Alpha Course

YOU + The Church

- Join a Small Group: First steps could include Alpha, Rooted, Explore Community
- Explore Leadership with adults, students, or kids
- Join a Ministry Team serving adults, students or kids
- Discover the gifts, talents, and passions God has given you. Explore Community covers these topics.

YOU + The World

- B.L.E.S.S. - Who are you walking through this strategy with?
- Generosity - What does your generosity look like now and how would you like to see it grow?
- Community Cares - Who would you like to partner with locally to serve your community?
- Global - Sponsoring a child, partnering with Philippine Frontline Ministries or Compassion International

