

# Intentional Discipleship Relationships

Flower Mound UMC

## What is an Intentional Discipleship Relationship (IDR)?

1. **Meet Regularly for an Agreed Upon Timeline** | set a standard by which you will be in contact, whether through email, phone (call, text, or FaceTime), or through another channel. Get specific about when you'll connect. We suggest 8 weeks.
2. **Be Authentic** | Of course, it takes time to develop trust with someone, but IDRs are meant to be a safe, judgement free zone
3. **Pray for and/or Study Together** | It is up to you whether you decide to study together (a Bible study, a shared devotional, etc.), but we expect that you will pray for your partner daily and out-loud for each other each time you connect. *For resources to study material, contact Pastor Taylor at [tsmith@fmumc.org](mailto:tsmith@fmumc.org)*

## What is the Goal?

Create a brave space for conversation and grow in your faith

## Description

- Meet for 8 weeks
- Together determine/outline goals
- Pray for each other
- Develop skills required to be in Christian relationship with other people
- Become more comfortable exploring and sharing your faith in a judgement free, safe zone

## Week One (or Day one during COVID-19) Guide

### Activity | Spiritual Autobiographies

*Each participant shares their spiritual autobiography during this session.*

**Goal:** establish understanding and listen for the other person's history. Developing your own ability to empathize with where your partner is coming from. Learn to listen intentionally.

### How To:

**(1)** Partner 1, share your spiritual autobiography, each taking 20-30 minutes. Set a timer and be respectful of the other person's time.

**(2)** After sharing, Partner 2 should take 5-10 minutes to share ways they heard the Holy Spirit moving in the life of Partner 1

### Suggestions for Key Points to Share:

- Defining moments that shaped your life
- Significant people who have shaped or influenced your life
- In recent months, how have you seen God working in your life and in the community?
- What are your hopes for the future?

### Great Questions to Ask after Listening:

- Why did you choose to join an Intentional Discipleship Relationship?
- Who exhibits the most hope in your life?
- *Feel free to share what you heard \*\*\*without fixing\*\*\* the other person.*

## Week Two (or Day Two during COVID-19) Guide

### Activity: Create Goal(s)

Agree to the terms of the Intentional Relationship.

- When, Where, How will you meet
- What do you want to accomplish (is it a manageable goal)
- If one of you falls short of your goals, how will you hold the other accountable in a friendly way?

### Finish these Statements Together:

- “We Are...”
- “We Do...”
- “So That...”

If you’re looking for some study resources, here are some great study options to consider:

[How to read the Bible and make sense of it](#)

[Spiritual Meditations](#)

[Mental health and faith](#)

[Hope during times of silence and doubt](#)

## Week Three (or Day Three during COVID-19) Guide

Activity: Meet Weekly/Daily to connect, read/study and pray together

Goal: Learn something new about God, yourself, and someone else

Options for Getting the Sessions Started: Sometimes it’s easiest to start with the same questions each week/session. I suggest the following questions to begin your intentional conversations:

- “How is it with your soul?”
- “Where did you experience God lately?”
- Where might you have missed God lately?”

### During the last few sessions discussion the following (authentically).

- Would you like to stop meeting for awhile?
- Would you like to bless this intentional relationship and to start another relationship (no hurt feelings, blessing to do something new)?
- Would you like to keep meeting for another timeframe?