



The Journey (Overview)

Description: *The Journey* seeks to invite you, along with a fellow group of travelers, into a personal exploration of three primary questions in your life: *Who is God? Who am I? What does God desire to do through me?* These are questions we never grow out of—in reality, we grow *into* them along the way of following Jesus. This six to eight month process uniquely integrates leadership development, discipleship, and spiritual formation in a holistic, relationship-based style.

Stage 1: Biblical Foundations

This stage invites us into an exploration and appreciation of Scripture's transforming role for a lifetime of growth and service.

- Session Titles
 - Session 1: An Invitation to Discover
 - Session 2: Developing a Biblical Foundation
 - Session 3: Participating in God's General Call
 - Session 4: Understanding God's Specific Call
 - Session 5: Paying Attention to Character
 - Session 6: Exploring Our Values
 - Session 7: Developing a Personal Biblical Mandate
- Additional Text: *In the Name of Jesus* by Henri Nouwen
- Bible Reading: Luke 1-9*
- A spiritual mentoring relationship

Stage 2: Personal Foundations

This stage invites us to take inventory of our life story, recognizing God's already present work along the way.

- Session Titles
 - Session 1: A Lifelong Shaping
 - Session 2: A Narrative Approach
 - Session 3: Our Sovereign Foundations
 - Session 4: Preparation: An Invitation to Growth & Holiness

Session 5: Challenges to Growth & Influence
Session 6: Writing Our Narratives
Session 7: Sharing Our Narratives

- Additional Text: *The Gift of Being Yourself* by David Benner
- Bible Reading: Selected Psalms (103, 46, 139, 32, 51, 107, 40)*

Stage 3: Relational Foundations

This stage invites us to see the importance of relationships in our lives as a necessity in how we are formed into people of integrity, compassion, and influence.

- Session Titles
 - Session 1: Soul Work: Our Need for Others
 - Session 2: Imitating Jesus' Way of Life
 - Session 3: Walking with Others
 - Session 4: Serving Together*
 - Session 5: A Shared Meal
 - Session 6: A Spiritual Mentoring Relationship (Part I)
 - Session 7: A Spiritual Mentoring Relationship (Part II)
 - Session 8: Wrapping It Up*
- Additional Text: *The Walk* by Michael Card
- Bible Reading: Luke 10-24*
- An Intentional Spiritual Conversation
- StrengthsFinder Assessment debriefing in Session 4
(*Living Your Strengths* by Winseman, Clifton, and Liesveld)
- Session 8 updates
 - My Journey Response Paper* in Session 8*
 - Crafting individual blessings for fellow travelers*

* -- Denotes changes to *The Emerging Journey* process