

# The Journey

## HOW DOES IT ACTUALLY WORK?

### **A diverse group of people with a shared desire to grow**

Typically groups are made up of five to twelve adults who include men and women, young and old, experienced leaders and those just beginning their lifelong apprenticeship to Jesus.

### **Regular small group gatherings**

A typical group progresses through the three stages of *The Journey* in 6-8 months. They come together in a weekly 90-120 minute small group meeting, guided by a trained facilitator. But there is great flexibility and encouragement to adapt the rhythm and pace to the needs of your space and place. Some leaders find inviting to only Stage One, about two months, to be a good way to start and still move forward with the full process once the group has gained momentum.

### **Regular readings, exercises, and preparation**

Group members spend two to four hours each week reading and prayerfully reflecting on the content presented in the stage manual, Luke's gospel, and an additional book for each stage. They may also spend time practicing spiritual disciplines and reflecting on how their learning is shaping their life with God.

### **Mentoring relationships**

Participants are encouraged to identify a mentor or spiritual friend whom they meet with regularly for conversation and support and prayer.

### **A trained facilitator**

Groups are led by a facilitator or co-facilitators prepared and equipped to pay attention to what adults need to develop and grow in Christ. They will encourage accountable safe relationships, thoughtful reflection, honest conversation, and prayer. Facilitators do not need to have gone through *The Journey* before they lead it.

### **Leaders+**

Through Leaders+, our continuous resourcing and support online platform, we offer timely assistance for facilitating the process. We provide essential tools, including a downloadable session planner for every stage of *The Journey*.

We encourage you to contact our VP3 Team for a conversation around learning and facilitating needs at any time.

# The Journey

TAKE A DEEP DIVE INTO YOUR LIFE IN LIGHT OF THE STUNNING STORY OF JESUS



## Stage 1: *An Attentive Life*

*An Attentive Life* process will create a trusted space for participants to discover how God is already up to something good in their lives, communities, and the world.

- Session 1: An Invitation to Discover
- Session 2: Engaging the Biblical Story
- Session 3: The Story We Find Ourselves In
- Session 4: A God Who Calls Us
- Session 5: Formed from the Inside Out
- Session 6: Uncovering Our Core Values
- Session 7: Key Scriptures in Our Lives



## Stage 2: *An Examined Life*

*An Examined Life* process will invite participants to seriously, honestly, and courageously seek God's gracious and active presence in the story of their lives.

- Session 1: A God Who Shapes Us
- Session 2: Remembering Your Story: A Timeline Exercise
- Session 3: Early Shaping Experiences
- Session 4: Twists and Turns Along the Way
- Session 5: Writing Our Spiritual Narratives
- Session 6: Sharing Our Spiritual Narratives
- Session 7: A Shared Meal



## Stage 3: *A Shared Life*

*A Shared Life* process will invite participants to explore Jesus' invitation to spiritual community and kingdom contribution within God's work in their lives.

- Session 1: Our Need for Others
- Session 2: Exploring Our Strengths
- Session 3: The Power of Being Seen
- Session 4: Jesus' Relational Way with Others
- Session 5: Companionship with Others
- Session 6: Offering Our Lives to God
- Session 7: A Time of Blessing