

# Centered: A Christian Discipleship Experience

## Outline

*Centered* is a discipleship series guiding small, gathered communities to get deeply rooted in love with God and one another, so that we all may grow to look, act, and love more like Jesus. The experience includes an initial three-session training for small group group leaders followed by nine core sessions during which church members, neighbors, and friends gather to share a meal and grateful prayer; a short film with related questions to discuss about God, belonging, and living a meaningful life; and support for each other in committing to intentionally follow Jesus and his Way of Love.

Below is an overview of the themes covered in the nine sessions. Small Group members are encouraged to explore these themes in both their group time, and on their own in-between sessions using their Participant Guidebooks.



## Part I: Living and Sharing Jesus-Centered Life

### Sessions 1-3

In the first three sessions, we practice being together while learning from the life of Jesus.

#### Session 1: Meeting Jesus and Each Other

This session asks, *Who is Jesus Christ and why does he matter? And what's love got to do with it?*

#### Session 2: Meeting Jesus and Sharing Life in Small Groups

This session explores meeting Jesus and sharing Life in Small Groups. Jesus gathered his disciples into a group of followers. We also flourish when we follow him as part of a small, intentional community where we experience belonging to God and to each other.

#### Session 3: Following Jesus as a Way of Life

This session is about practicing whole-life discipleship, that is, living and loving like Jesus in every part of our lives - not just on Sundays, but for our whole life long.



## Part II: Forming Loving Relationships with God, Neighbors, Fellow Disciples, and Ourselves

### Sessions 4-7

In the next 4 sessions we move into the heart of the journey. Following the pattern of the Great Commandment, sessions 4-7 explore how Jesus loved God, his neighbors, his disciples and himself. What does he show us about how we also develop loving relationships with God, our neighbors, fellow disciples, and ourselves.

#### Session 4: Loving God Like Jesus Does

In this session we will explore what we can learn from Jesus's intimate, trusting relationship with God, his "Abba" (father), which was fostered through prayer and turning again and again to God.

### **Session 5: Loving Neighbors and Strangers Like Jesus Does**

This session on loving neighbors & strangers the way Jesus loved them. Jesus had a heart full of compassion for everyone he met, and that flowed out in healing, feeding, listening, humbly serving all, and seeking justice for the most vulnerable.

### **Session 6: Loving Other Disciples Like Jesus Does**

This session explores how we can love other Christians and followers of Jesus the way Jesus did: Jesus loved his friends, washed their feet and invited them to tend, respect, forgive and ultimately to LOVE one another. He shows us how to be in relationship and partnership with fellow disciples.

### **Session 7: Loving Ourselves Like Jesus Does**

In this session we explore how we can love ourselves the way Jesus loved himself: Jesus began his ministry hearing God proclaim him as “Beloved.” Imagine if we saw and understood ourselves as Beloved and honored our own and other’s belovedness?



## **Part III: Grow in Love: Living an Intentional Life with God - Together**

### **Sessions 8-9**

Following Jesus takes intentionality and practice (one reason why the words “disciple” and “discipline” are so close). That’s why we need an intentional pathway like a rule of life *and* a community with which to live it out.

### **Session 8: Creating a Sustainable Rule of Life**

This session focuses on creating a sustainable rule of life. Following Jesus takes intentionality and practice (that’s one reason why the words “disciple” and “discipline” are so close). That’s why we need a rule of life and a community with which to live it out.

### **Session 9: Looking and Acting Like Jesus – Together**

In this session we gather, covenant, and commit to support and bless each other, in the power of the Spirit. It’s the only way we can hope to live and love like Jesus in everyday life.

In all these sessions, you will explore provocative questions and join in deep learning and sharing. Relationships will drop deeper as people learn to listen deeply to each other and to God’s voice in their midst.