



The **CROWN** Rhythm

DISCIPLESHIP TRIPLETS - NURTURE MATERIAL - WK1

AIM	For each member of the triplet to have vision (or renewed vision) for lifelong growth and fruitful living as a disciple.
WELCOME	<p>Get each member of the group to introduce themselves, share something of their faith journey, and reflect on what they hope to get from the triplet.</p> <p>Questions you could ask: What does your typical day look like? How did you become a follower of Jesus? What do you hope to get from this nurture triplet? <i>You may want to note this down people's hopes and come back at the end to see whether they feel they have been met.</i></p>
INTRODUCTION	<p>Watch this short video about the priority of discipleship: https://www.youtube.com/watch?v=aFfXmayX0tw&list=PL3Fqf6JxAZEtyq48JyrUUXaOzaZ4jAHIB&t=2s</p> <p>Note together that CROWN is a framework we will be using to help each adopt simple patterns to help us grow in faith.</p>
BIBLE	<p>Follow the Read, Reflect & Respond sections of the Discovery Bible Method to look at John 15:1-8 together.</p> <p>https://static1.squarespace.com/static/5cdd610185ed740001053f60/t/6442b96a75acc4324c812919/1682094442664/Using+the+Discovery+Bible+Method+2023.pdf https://www.biblegateway.com/passage/?search=John+15:1-8&version=NIV</p> <p>Key verse: 15:5 <i>"I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing.</i></p>
RESPONSE	<p>Note down any response to the Discovery Bible application questions: <i>Who needs to hear this story? How can I tell them?</i> <i>How would God want you to obey this teaching?</i></p>
PREDICTABLE PATTERNS	<p>Watch this short video about the place forming good patterns has had in revival movements throughout church history: https://www.youtube.com/watch?v=sCG_mAwmjGs&list=PL3Fqf6JxAZEtyq48JyrUUXaOzaZ4jAHIB&index=2</p> <p>Note that these next 12 weeks will help us to set simple patterns in the routines of our daily lives that we can continue with in the following areas:</p> <p>C- <u>Community</u>: sharing life and worship with the church family. R- <u>Re-create</u>: taking life-giving rest. O- <u>Offering</u>: using our God-given gifts. W- <u>Word</u>: pursuing a living relationship with Jesus and his Word. N- <u>Networks</u>: sharing life and faith with those outside the Church.</p> <p>We will build these patterns one at a time by adopting simple practices, checking in on our progress by asking each other questions that are taken from our regular Triplet material.</p>
HOMEWORK	<p>Next time, we will look at forming or strengthening a "WORD" pattern of daily prayer times. Between now and then, notice how you spend your time each day. Make a simple note of your routines to reflect on what opportunities you might have within your existing rhythms to make space for or strengthen prayer. Where / when might work best for you?</p>
OPTIONAL	<p>Watch the remaining videos on the CROWN introduction playlist: https://www.youtube.com/playlist?list=PL3Fqf6JxAZEtyq48JyrUUXaOzaZ4jAHIB</p>

LEADER'S NOTES

CROWN provides a memorable framework to help us live out the Christian Life.

We commend the following practices that offer a common understanding of discipleship whilst having room to be interpreted and adopted flexibly by each person. Their overlapping nature means that they build-on and strengthen each other.

The Ten CROWN Practices:

COMMUNITY

- **Worship** (Praising God and praying with others)
- **Hospitality** (Sharing life with others)

RE-CREATE

- **Rest** (Stopping & Switching Off)
- **Renewal** (Emotional, Physical and Spiritual)

OFFERING

- **Listening** (Spirit Led Living)
- **Serving** (Spirit Filled Service)

WORD

- **Abiding** (A personal devotional prayer pattern.)
- **Sharing** (Looking at God's Word with others.)

NETWORKS

- **Praying** (Using the Pray for Five tool.)
- **Starting Conversations** (Using the SALTI tool.)