

Session 1 at a Glance—90 minutes
(add 5 minutes if including introductions)

Stage	Steps	Time
Preparation	Complete the preparation steps outlined.	In Advance
Welcome / Objectives	Have participants sign in, welcome the group, and review the session objectives.	2 minutes
Opening Prayer	Read a prayer from the <i>Daily Workbook</i> , offer a spontaneous prayer, invite a group member to pray (ask in advance), or read in unison the prayer of St. Richard of Chichester.	1 minute
Introductions (if there was no Introductory Session)	Ask participants to introduce themselves and respond to prompts for an icebreaker.	5 minutes
Biblical Foundation	Read aloud Luke 10:25-28 (or have a participant read). Provide a brief summary of the passage.	2 minutes
Video	Play the Session 1 video.	10 minutes
<i>Daily Workbook</i> Discussion	Part 1: Review and discussion the 5 essentials of A Disciple's Path. <ol style="list-style-type: none"> 1. Present the PowerPoint (see the <i>Download Library</i>). 2. Review the definition of disciple. 3. Review stages of relationship. 4. Review roles and responsibilities. 5. Review spiritual practices. Part 2: Review questions from the <i>Daily Workbook</i> . Part 3: Identify where participants are in relationship with Christ and in spiritual practices.	45 minutes
Optional Activity	Create individual charts or maps of spiritual growth.	20 minutes
Looking Ahead to Next Week	Instruct participants to complete Week 2 in the <i>Daily Workbook</i> and read chapter 2 in the <i>Companion Reader</i> before the next session,	5 minutes
Take Home Message / Closing Prayer	Stand in a circle and have participants share one thing from the session that most clearly spoke to them. Offer a closing prayer or invite a participant to pray.	5 minutes