

**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	<p>Part 1: Review and discussion the 5 essentials of A Disciple's Path.</p> <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. <p>Part 2: Review questions from the <i>Daily Workbook</i>.</p> <p>Part 3: Identify where participants are in relationship with Christ and in spiritual practices.</p>	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