



ONESTEP

Coursebook



www.dignityonline.org.uk

One Step Coursebook

A Dignity training course

First Edition, 2022

English

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Biblical Quotations

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About One Step

YOU can be part of what God is doing and be a missionary where you are! Everyone has a call to reach their community for Jesus and we want to help you take part in what God is doing.

Whether you are looking to reach your neighbours, work colleagues or family; new parents, young people or your friends in the gardening club – we want to inspire you and give you tools to be able to build community in that context.

Life Groups are the way we see communities transformed for Jesus. They are weekly gatherings of people who together explore faith, pray, read the Bible, learn how to love others and tackle local issues. They are for people from different churches or denominations and those with no faith who are exploring. Life Groups create places of unity, community, discipleship and evangelism.

Through 6 interactive lessons, you will learn how to start and lead a Life Group. The One Step course covers:

- **Dream Big:** What could God do where you live.
- **People:** Harnessing the power of the people in your community.
- **Truth:** Teaching people to live by the truth of Jesus.
- **Love:** The simple power of loving our neighbour as ourselves.
- **Connection:** Authentically connecting with people.
- **Commissioning:** Sending you out in God's power.

Each lesson includes video teaching, discussion and an activity to help you map out the people you know in your community, how they are connected and where the opportunities are.

How to Use this Book

What is in this book

On the One Step course you will discover how to reach your community together with those around you and learn how to start a Life Group. You will do this by working through six lessons and having actions to do throughout the week.

Each lesson should take 1.5 - 2 hours and includes video teaching, discussion and an activity to help you map out the people you know in your community, how they are connected and where the opportunities are.

The course is designed for group study. Though it can be used by individuals, we encourage you to gather people in your community/neighbourhood/workplace or people who have a desire to be missional in different locations, to work through this course together.

Choose a time and meeting place which are best for everyone and a space with the technology to play videos.

You may decide to study a lesson per week and complete the course in 6 weeks. Or you may decide to study together alternative weeks, using the week in between to put into practice what you have learned.

What you need for each Lesson

The lessons are designed to be simple and do not need a lot of resources.

- Each person will need a digital or printed copy of this book, ***One Step Coursebook***.
- A printed copy of the Key Actions worksheet found at the back of this book.
- Access to the One Step videos and a way of playing them
- A Bible
- A pen

Access to videos

You can access the One Step videos online through YouTube, using this link: [One Step Videos](#)

If you are unable to access YouTube, please contact to explore other options.

Symbols to help you

To help you work through the lessons we include symbols to tell you what each section is. The symbols are shown below with their meanings. Take some time now to get to know what each symbol means and to look through a few lessons and see how the symbols are used. This will make it easier for you when you are studying.



Aim

Each lesson has 2 or 3 aims. These are like a signpost that show you the direction that the lesson is going to take you.



Looking Back

At the start of each lesson we want to encourage you to look back on the last lesson and think about what you have done and what God has taught you. You will be asked to think about what you learnt last week, how you put it into practise and who you shared it with.



Watch

Find the corresponding video and press play!



Bible Passage

When you see this symbol make sure you read the Bible passage slowly, you may even want to read it twice and find it in your Bible.



Questions

Questions are a great way to help you learn and think. Answer the questions in your workbook, that way you can come back to them.



How to

We will be looking at the four actions towards starting a Life Group in your area.



Activity

The activity symbol means you will need to do something to help you learn.



Life Group Story

These are real life stories of people who are involved with Dignity. We want these stories to inspire you to do something similar in your village.



Pray

We want to encourage prayer wherever possible. When you see this symbol take time to pray for everything you have covered in the lesson, maybe God has brought to mind specific people or situations you can pray for.



To Do This Week

As you work through the 'To Do this Week' sections you will be taking the actions needed to plant a new Life Group. By the time you finish this book you will have gathered a group and will have begun meeting and finding ways to share the love and message of Jesus.



LESSON^{ONE}

Dream Big
What could God do where you live

Lesson 1 – Dream Big



Aim

This lesson will introduce you to Dignity and the concept of Life Groups. This aim of this lesson is to ask you to consider what God wants you to do where you live and help you to dream big for your community.



Activity

Individual Study: Write in a notebook why you are doing this course and what you hope to learn.

Group Study: Invite each person to introduce themselves and share why they are doing this course and what they hope to learn.



Bible Passage

Read [Isaiah 61:1-4](#).



Watch

Lesson 1 Teaching video – from Becky Burr, Partnership Pioneer at Dignity



Questions

1. What stood out to you from the video?
2. Reflecting on existing mission that you/your church do, what do you think are the strengths and weaknesses?
3. What do you understand a Life Group to be? *Use the answers below to bring together your thoughts.*
4. How is it different to a mid-week church group? *Use the answers below to bring together your thoughts.*
5. How can a Life Group be a way of making disciples and transforming communities?
6. In the video, Becky said that to see everyone become ‘oaks of righteousness’ who display the splendor of the Lord would not be “*dependent on buildings or finances but dependent on everyday people working together accomplishing then mission of God.*” Why is it important for the mission of God to be set free through everyday people?

What is a Life Group?

A Life Group is a community living out God’s mission where they are. A Life Group invites their friends, family, neighbours and colleagues to meet weekly in someone’s home or in the community, to learn how to pray, read the Bible, share the message of Jesus, love the poor and work together to overcome disadvantage in its many forms for the benefit of whole communities.

Life Groups are owned by the people in the community and are supported by the local church and Dignity. Each one looks very different as they seek to reach different places.

Life Groups intentionally unite people from all churches or no church, so over time they strengthen and unify the wider church in an area, creating a powerful Christian witness and bringing change to a place.

The idea of Life Groups is simple and reproducible. We encourage each group to find others who can pioneer Life Groups and multiply their own group.

How is a Life Group different to a mid-week group?

Mid-week church groups, such as Bible studies or an Alpha course, focus on personal growth, teaching and pastoral care. The participants often come from a large geographical area. These groups are commonly organised centrally and the church leadership team make decisions about the why, how, when and what.

Life Groups focus on discipleship and evangelism in a localised area or within a certain demographic. Life Groups are a way of gathering people who are relationally close to explore how to follow Jesus collectively and work together to reach out to others around them. Life Groups are owned by the people in them. Together they make decisions about the why, how, when and what. The goal is that a Life Group will be missional and multiplying, bringing people to faith in Jesus and overcoming disadvantage.



Activity

1. Individually, spend 10 minutes writing out what it could look like if each person in your church or community was released into God's mission. *Use the questions below as prompts if needed.*
 - a. How many people could be reached?
 - b. Who could be reached?
 - c. How could relationships change?
 - d. What issues could change and how?
 - e. What difference could there be in the community?
 - f. How would the church be different?
2. In pairs, discuss the barriers that hold us and others back from being part of God's mission and how you could overcome these. *Use the questions below as prompts if needed.*
 - a. Do we really believe God can make a difference?
 - b. Do we really believe we have a valuable part to play?
 - c. Do we believe we have permission?
 - d. Do we prefer doing things on our own?
 - e. Are we scared of letting go of control?
 - f. Do we make it too complicated?
 - g. Are we too busy?



Watch

Lesson 1 Snapshot video – Alison and Becky, Life Group members in Wales



Pray

Take time to pray for each other as you start this journey together, ask God to speak to each of you through this course and one another, and to reveal what he wants to do where you live.



LESSON^{TWO}

People
Harnessing the power of people
in your community

Lesson 2 – People



Aim

The aim of this lesson is for you to think about who God has placed around you and how you can work together to accomplish his mission.



Looking back

- What reflections and thoughts do you have on last week's lesson?



Bible Passage

Read [John 1:35-51](#).



Watch

Lesson 2 Teaching video – from Jon Paul Witt, Founder and Director of Dignity



Questions

1. What stood out to you from the video?
2. What surprises you about who Jesus chose to be his disciples?
3. What does the passage tell us about how Jesus works with and through others?
4. What could it look like for us to work together as God's people to advance God's kingdom?



Life Group Story

Yoram, is a small community in Central Zambia, the churches there were disunited and argued often. A Dignity team member visited the area and introduced Life Groups as a way of coming together as the Body of Christ to work together for the same goal. Over time the Christians have become unified and the churches work together in the area to help those in need. Non-believers have seen the change that has happened and have also got involved with the work and heard about Jesus.



Life Group Story

Christine* began prayer walking around her neighbourhood in Stockport. She felt prompted to research churches in the area and how they were reaching the community. She found a playgroup run by a local church and began taking her son each week. There she was able to connect to other Christian mums in the area who she spoke to about starting a Life Group. She is also meeting local non-Christian mums each week who she is beginning to share her faith with.

**Names have been changed for privacy*



Watch

Lesson 2 Snapshot video – Andrew in Zambia



Activity: Who are God's people in my community

In the first video, Jon said that 'God's greatest resource is his people. On our own we can't make a difference but with others we can make a huge difference.' Andrew is one of those people who

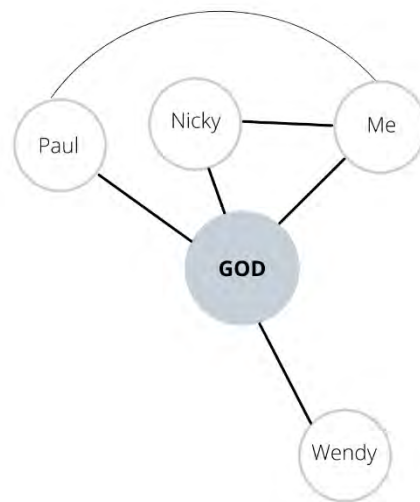
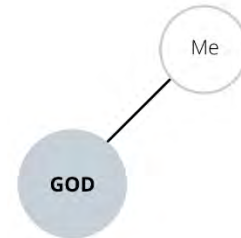
has had his life transformed by Jesus and is now sharing and empowering others to make a huge difference where he lives and beyond.

We are now going to map out those people God has placed around us and with whom we can work to make a difference.

1. Write the name of your community at the top of your diagram, this could be your local area, workplace or somewhere you socialise.
2. Draw a circle in the middle and label it 'God'.

Draw a circle on your page and write your name inside it.

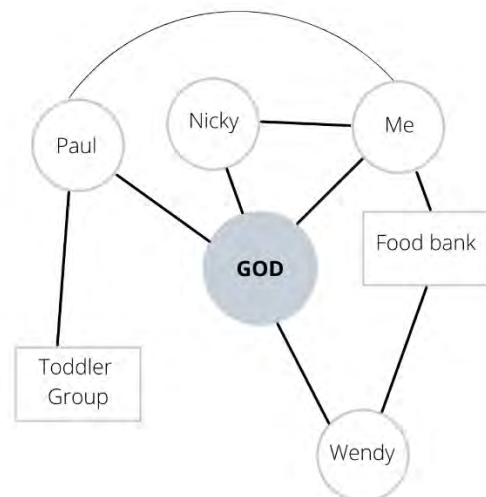
3. Draw other circles to represent the Christians you know in your community, write their names in each circle.
4. Draw lines between you and these people to show who is connected to who.



5. Now draw boxes to represent any Christian groups or organisations you are aware of in your community and draw lines to show connections they have with the people you have written down.

You now have a diagram of the people who God has placed with you!

6. Look over the diagram and consider the passions, skills, talents, resources and time that each of these individuals and groups have to offer the community and how you could work together to reach those in your community.



For instance, one woman connected to a food bank may be very pastoral, have connections with families who are struggling and has free time on a Monday and Tuesday. How could you work together with her to reach those families?



How to

There are four key actions to starting a Life Group in your area. We will be following these key actions throughout the lessons.

Now we have identified the people God has placed around us, we are now going to look at our first action: praying with these people.

Action 1: Pray

- *Spend time praying for the Christians God has placed with you. Ask the Holy Spirit to highlight one or two people. Arrange to talk to them about what you could do together to begin reaching people in your area.*
- *Go on regular prayer walks and invite other local Christians to join you.*

If you are new to an area or have lived there many years; if you have started a new job, just joined a gym or have been there for a long time – prayer is a great place to start!

Maybe you already know other Christians in the community, God has placed you together with these people to make a difference. In Luke 10 Jesus did not send his disciples out to do mission on their own, but they were each paired with someone else so they could work together. God has placed people around you who are different to you, have different gifts and different connections into your area. You each bring something God wants to use. And if those Christians are part of a different church, that's fantastic, Life Groups are a way of unifying churches!

Prayer is so important as we begin to think about what God is asking us to do. Prayer is how we partner with God to see his Kingdom advance in a place.

"Prayer is the slender nerve that moves the muscle of omnipotence." — Charles H. Spurgeon¹

Prayer walking is a way of inviting God's presence into an area as you walk around. You can pray for the people who live in houses you pass, you can pray for the school and the pupils who study there, you can pray for the businesses as you pass shops and cafes. In Joshua 1:3 it says, *'I will give you every place where you set your foot'*. You could commit to the same route each week or cover different streets each time you go out. You may find it helpful to agree a certain number of prayer walks to start with.

Prayer walking is very powerful as we cover the ground we are praying for, however it is not the only way we can pray.

We can pray whilst we sit in our lounge looking out at our street, we can pray on our drive to work, we can pray as we sit in a local coffee shop and watch people walking past. There are so many ways we can engage in prayer. The best ways are the those that can become regular and can include others. How do you want to pray for your community?

Toolkit 1 includes questions you can consider and ask the Holy Spirit when you go on a prayer walk.

¹ <https://www.goodreads.com/quotes/333739-prayer-is-the-slender-nerve-that-moves-the-muscle-of>

Prayer will always play a crucial part as you plan to start a Life Group, continue with the next actions, and once a Life Group has begun. Always be on the lookout for others God has placed alongside you. Pray for Christians to move to your street or workplace. Keep prayer walking, keep asking God what his will is and what he wants you to do.



To do this week

Find the Key Actions Worksheet at the back of this coursebook. We are going to fill in box 1.

Take a moment now on your own to pray through your diagram of those God has placed around you. Ask the Holy Spirit to highlight one or two people who you could contact this week. Write their names down in the box and when you are going to contact them to chat about what it could look like for you to take ONE STEP together to reach your community!

Invite them prayer walk with you. Write in the box when you are going to go out your community to do this. Write down anyone else you are going to invite to join you.

Remember to make a record of the conversations you have throughout the week and anything God says on your prayer walk.



Pray

In pairs, share your diagram with each other and the actions you have written down. Pray for each other, thank God for the people he has placed you with and ask him to help each of you work together to share Jesus in your community.



Toolkit 1: Prayer Walking

Questions you can ask the Holy Spirit when you go on a prayer walk:

1. What do you see that you are glad about?
2. What do you see that you are sad about?
3. What do you see that you are mad about?
4. What are you longing to see?
5. What would it look like for the kingdom to come in this place?
6. What are the challenges and difficulties people are facing right now? i.e., loneliness/addiction/anxiety/poverty/litter.
7. Where are the needs? Where are these needs being met and where are they are not being met? Where are the opportunities to meet those needs?
8. Where are people going to for answers/purpose/belonging?
9. What do people celebrate?
10. Where do people spend their time? Where are the places of influence? i.e., school/community centre/coffee shop/pub/gym/library – pray around these places and ask God how you can engage with these places.
11. Who are you already connected to? What is your prayer for them? Who are they connected to? Who is on the periphery? Who are the people of peace?
12. Who are the people of influence? Who are they connected to?
13. What Bible passages come to mind on your prayer walk?
14. What do you think God is saying?
15. What do you think God is asking you to do?
16. Who do you think God is asking you to pray for?
17. Who do you think God is asking you to talk to?



LESSON THREE

Truth
Teaching people to live by the
truth of Jesus

Lesson 3 – Truth



Aim

The aim of this lesson is for you to start thinking about those people who do not know Jesus in your community and how you can share truth with them.



Looking back

- What reflections and thoughts do you have on last week's lesson?
- How have you been getting on with Action 1: Pray? Have you spoken to anyone about working together in your community? Have you been prayer walking? What have you heard God say?



Bible Passage

Read [Matthew 28:16-20](#).



Watch

Lesson 3 Teaching Video – from Tim Burr, Ivy Church Manchester



Questions

1. What stood out to you from this video?
2. Why should we share the truth of Jesus?
3. What is the motive behind sharing the truth of Jesus? Do we share because we feel we should or because we genuinely love people and want them to know Jesus?
4. What stops us from sharing with others?
5. Share any ideas and stories of sharing the truth of Jesus, refer to the Toolkit lesson at the end of the lesson.



Life Group Story

Mark* became friends with Patrick who lived locally in Manchester. They discovered they both had a love of cycling and Patrick invited Mark to a men's cycling group that went out each week. Mark joins them regularly and whilst on long bike rides he is able to have chats with the others and often shares his faith. Mark is planning to start a Life Group and invite those he has met to come and explore faith with him.



Life Group Story

Precious* lives in a village near Serenje, Zambia and is part of a Life Group there. When the group were looking at the Bible and discussing unity, forgiveness and togetherness, she felt challenged to reach out to her cousin who she had not spoken to for two years. Her group encouraged her to share what she had learnt at church. As she spoke a lady stood up in the room and introduced herself as Precious' cousin, she said God had told her to make things right with Precious also. Precious obeyed God and so did her cousin, which meant their relationship was brought back together.

Precious' husband, William*, also started attending the group. He had previously mistreated Precious and sent her to work in the fields like a slave, beating her when she made a mistake.

William started reading the Bible and realised his behaviour had been wrong, he asked for forgiveness from God and read that he should love his wife. With God's help he is now treating Precious better and shows her love and mercy every day.

**Names have been changed for privacy*

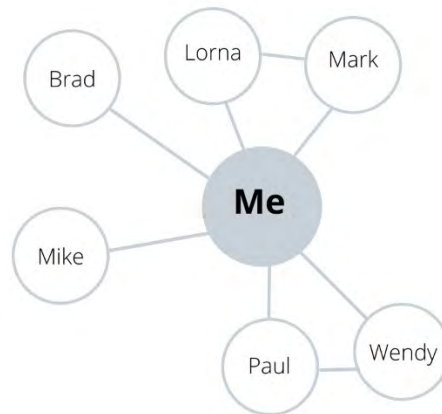


Activity: Who are the people who God has sent you to

In the video Tim said that, *'in all the big movements of Christianity it is everyday, ordinary people, actively sharing their faith, telling others the truth and passing it on that is at the centre of it all.'*

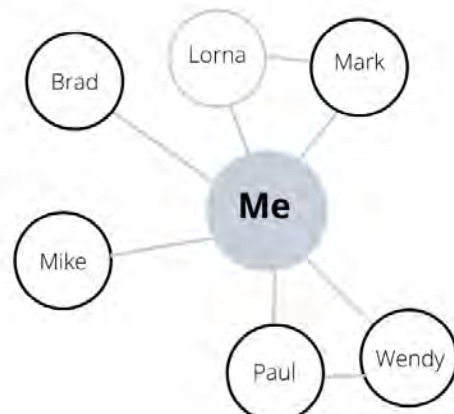
We are now going to map out those people God has sent you to share the truth of Jesus with.

1. Write the name of your community at the top of your diagram, this could be your local area, workplace or somewhere you socialise.
2. Draw a circle in the middle of your page and write your name inside it.
3. Draw other circles to represent those people in your community you are sent to who need to hear the truth of Jesus, write their names in each circle. These could be family, friends, colleagues, neighbours, the electrician, the postlady or even people you do not know yet but need to introduce yourself to.

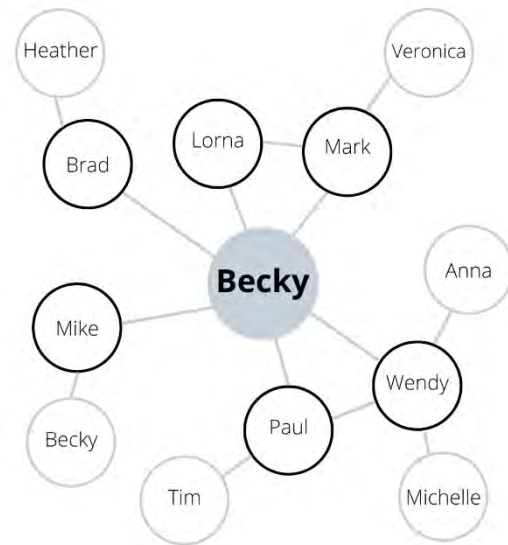


You now have a diagram of the people God has sent you to!

4. Now highlight 5 people who you want to commit to praying for and speaking to about Jesus. Do not worry if you do not have five people; ask God to connect you to others who need to know about Jesus. The people you highlight will likely be 'people of peace' – those who are open to hearing about your story and God's story. We are not choosing five people to exclude others, if we start with five it will help us focus our prayers and time to build a stronger relationship with these five and share with them.
5. Look over these 5 and write down ways and opportunities that you can speak to them about Jesus.



6. Now imagine these five people have come to know Jesus and are now part of God's mission. These five begin to share with those they are close to. From those five people write the people they are connected to who could be impacted by the truth of Jesus.
7. You can put this diagram up somewhere so you will see it each day to remind you to pray for them.



How to

Last week we looked at the first action towards starting a Life Group – talking to other Christians about working together and prayer walking. If you are new to an area you may do this for a month or so before moving onto the next action. If you are established in a place, you may quickly move onto Action 2: Share whilst keeping a look out for Christians around you and praying.

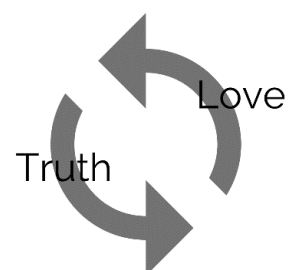
Action 2: Share

- Spend time praying for those who do not know Jesus yet in your community.
- Begin to get to know these people more, asking them about their lives and the issues they are dealing with.

Look for practical ways to love those people, always asking Jesus to guide you. If you have lived in a place or worked somewhere for a while, you will probably have built friendships with those around you. As we build these relationships, we want to share the truth and love of Jesus.

It is important we get to know the people around us so we know about their lives, their likes and dislikes, their family, their highs and lows, their successes and struggles so we can love them well and share Jesus in a way that speaks into their situation.

Sharing the truth and love of Jesus happen at the same time. As people learn more about God, they imitate him more and love others more. Some people will accept Jesus when they hear about him, and others will accept Jesus when they experience his love through the actions of people. Both are important and happen at the same time, As this diagram shows, it is like an ongoing circle.



If we just tell someone the good news of Jesus and we do not love them, the Bible says we are like a '*clanging cymbal*' ([1 Corinthians 13:1](#)), that means we are just noise! If we love people but we do not tell them about Jesus, they will never believe because '*faith comes from hearing*' ([Romans 10:17](#)).

You can use the three Toolkits at the end of this lesson to help you:

Toolkit 2: Getting to know people

Toolkit 3: Ideas to share the truth of Jesus

Toolkit 4: A simple way to share the good news

Next week we will be looking at how we love others as part of this action.

This action does not end when you move onto the next action. It is an ongoing way of life. Always be on the lookout for opportunities to share the truth and love of Jesus.



Watch

Lesson 4 Snapshot video – Mark and Jenny in Miami



To do this week

Find the Key Actions Worksheet at the back of this coursebook. We are going to fill in box 2.

Take a moment now to pray through your diagram showing those God has sent you to. Ask the Holy Spirit to highlight one or two people who you could contact this week. Write their names down in the box and what you are going to do to share the truth of Jesus with them.

Remember to make a record of the conversations you have throughout the week. This will encourage you and help to hold you accountable to yourself.



Pray

In small groups, take time to pray for the five people on your diagram. A helpful way to pray for them is to pray for:

- An open heart – That God would open their heart to Him.
- An open heaven – That God would reveal himself to them.
- An open mouth – That God would give you courage to take opportunities to share with them.



Toolkit 2: Getting to know people

Questions you can ask people about their story

1. Where did you grow up?
2. What's your favourite memory?
3. What was your childhood like?
4. Do you have family?
5. What's your relationship like with them?

Questions you can ask people about their day-to-day

6. How long have you lived/worked here?
7. Why did you move/start work here?
8. What are the things you enjoy about living/working here and what things would you change?
9. Do you know other people who live/work here?

Questions you can ask people about them

10. What in life are you passionate about?
11. How do you spend your spare time?
12. What do you enjoy doing for fun?
13. Who do you look up to?
14. What's your greatest dream?
15. How can I help/support you?

Questions you can ask people about faith

1. What moments in life have felt spiritual and why do you think they've felt this way?
2. Do you feel close to God or far from God at the moment?
3. How can I pray for you?



Toolkit 3: Ideas to share the truth of Jesus

Your conversations & connections

1. Offer to pray for anyone who shares their struggle with you
2. Write a Bible verse in a birthday card or send an encouragement card with a Bible verse
3. Tell someone about Easter/Christmas
4. Give away a gospel tract

Your story

5. Share your story of faith and what God has done/is doing in your life.
6. Be honest about your struggles and how God is helping you
7. Give away a book that has shaped you as a Christian, explaining why it's important to you
8. Send your neighbors podcasts or worship songs to listen to and tell them what they mean to you
9. When people ask what you do, share how God brought you to where you are now (you may have had another plan!)

Your prayers

10. Text friends and family asking if there is anything you can pray for
11. Tell someone you are praying for them
12. Set up a prayer request box in your workplace
13. Pray for work meetings and let your colleagues know
14. Ask God for a prophetic word - has he got a particular word, picture or verse he wants you to share with them

Your Bible study

15. Memorise verses to share
16. Study scripture thinking how you would share it
17. Ask God for verses to give to specific people

Toolkit 4: The Three Circles

The Three Circles: A simple tool for sharing the good news of Jesus²

This is a simple and effective way of sharing the gospel by drawing and explaining these three circles. Here is a script you can use as a guide.

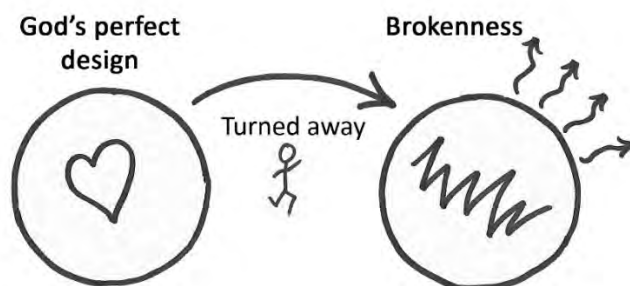
Circle 1 - Brokenness



When we look at the world around us, we can see that things are not good. We see that things are broken. People get sick, marriages and families break down, people hurt one another, lie to each other and steal from one another. Some people have too much, and others do not have enough. There are earthquakes and floods. People and nations fight each other.

When we look at ourselves, we know that we too are not perfect. We can see in ourselves the mistakes we make and the ways we are broken.

Circle 2 – God’s perfect design



² The 3 Circles diagram originates from Family Church in West Palm Beach, Florida. It is open source material which can be reproduced free of charge.

The Bible tells us that when God created the world it was not broken. **God designed** a perfect and incredible world. It says in Genesis 1:31 that:

God saw all that he had made, and it was very good.

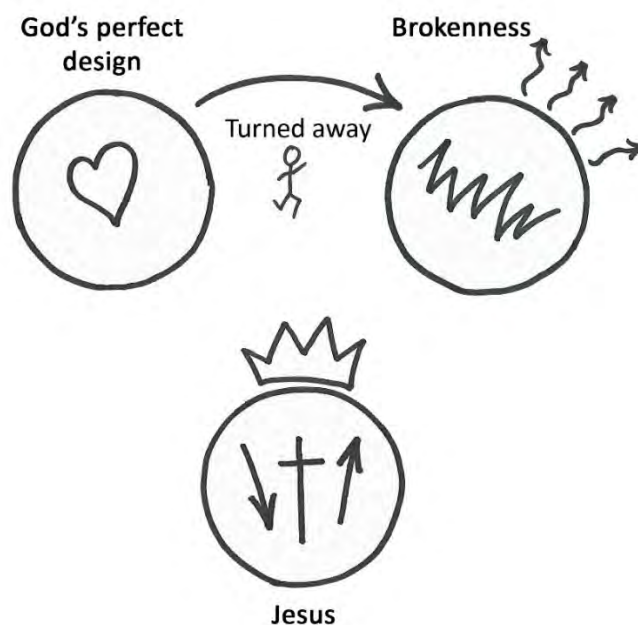
We still see much of God's perfect design in the world and people around us – all that is good is part of God's design.

The Bible goes on to tell the story of how God's perfect design was broken because the first people God made disobeyed him and **turned away** from him. At this point, sin entered the world.

Sin is anything that separates us from God. Sin means that the relationship between God and us is broken and that the perfect world God designed is broken. We see this in the brokenness we have discussed.

Many people try and find ways in which to fix the brokenness that they experience but they cannot fix it.

Circle 3 – God's plan to restore through Jesus



Our sin and the brokenness that we experience means that we are separated from God, and that we are not able to experience life in all its fullness. God, however, sent his son Jesus to rescue us from this brokenness.

Jesus came to our broken world as a perfect person, and lived a perfect life. He paid the price for our brokenness and sin with his life, dying in our place. But he did not stay dead. After 3 days he rose from the dead, beating death itself. His sacrifice made a way for us to be restored in our relationship with God, for our sins to be forgiven, and for us to live life as it was originally designed to be.



LESSON^{FOUR}

Love

The simple power of loving our
neighbour as ourselves

Lesson 4 – Love



Aim

The aim of this session is for you to start thinking how you can work together with the Christians around you to share the love of Jesus in your community.



Looking back

- What reflections and thoughts do you have on last week's session?
- How have you been getting on with Action 2: Share? Have you been praying for your five people? What have you heard God say? Have you shared the good news of Jesus with anyone this week?



Bible Passage

Read [Matthew 5:13-16](#).



Watch

Session 4 Teaching video – from Anthony Jeremy, Leader of Festival Church Towyn



Questions

1. What stood out to you from this video?
2. What does it look like to love like Jesus? How is this different to loving without Jesus? What could happen if every Christian where you lived loved their neighbours like Jesus?
3. What are the barriers to us sharing the love of Jesus and how can we overcome these? *I.e., business, we are scared, we think it's someone else's job.*
4. Can you think of a time you made a decision about whether a person was deserving or undeserving of the love of Jesus?



Life Group Story

Bernard* lives in a village in Zambia, he had experienced Jesus bringing hope to hopeless situations. He wanted to share this with others, so he started a Life Group.

His nephews attended the Life Group, many of whom were addicted to alcohol. After learning who Jesus is and the difference he can make, they received Jesus as their saviour. These men who had suffered with addiction were so touched by the love of Jesus they wanted to help others too. The Life Group decided they would save money together so they could buy a pig – they had a plan that would help the community. When the pig had piglets, they gave them away to other families, who could not afford a pig. The piglet became a source of income for each family which meant they could improve their quality of life.

In the next two years, twenty families benefited from having a piglet, which allowed them to bring in extra income to send their children to school and buy other things they need. Bernard said that before the Life Group everyone was poor and no one helped each other. Now the community are helping their neighbours and everyone is benefiting!

**Name has been changed for privacy*

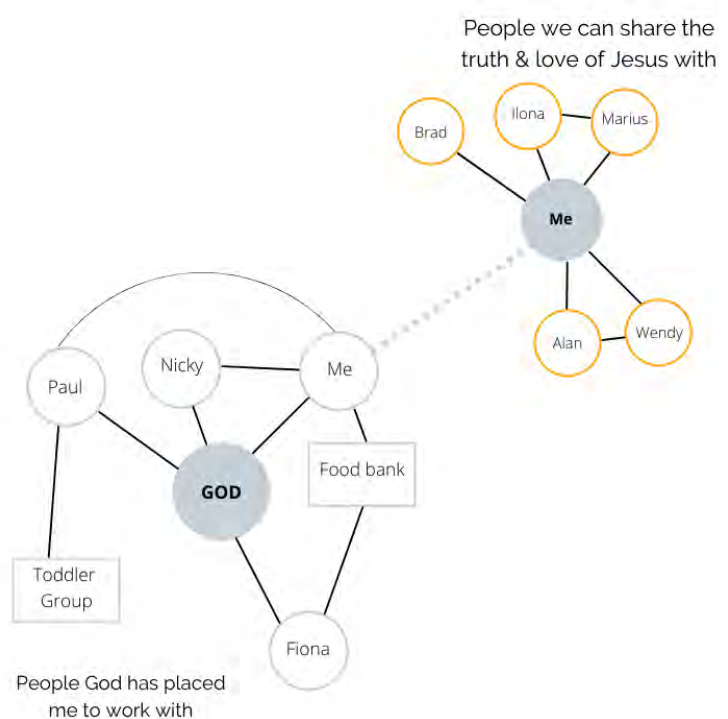


Activity: Sharing the love of Jesus in my community

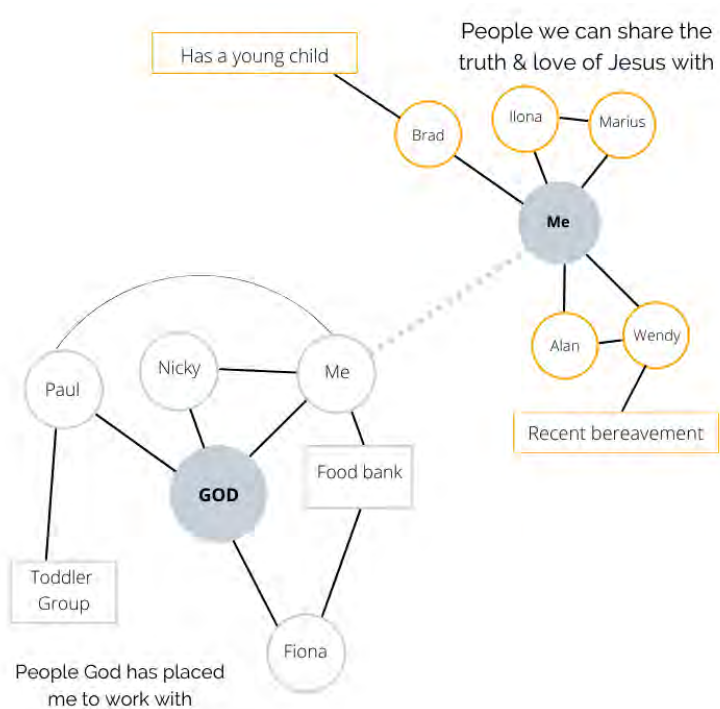
In the video Anthony said that, *'we are called to show and demonstrate God's love, following Jesus is learning to love like Jesus.'*

We are now going to consider how we, together with other Christians, can share the love of Jesus with those God has sent us to.

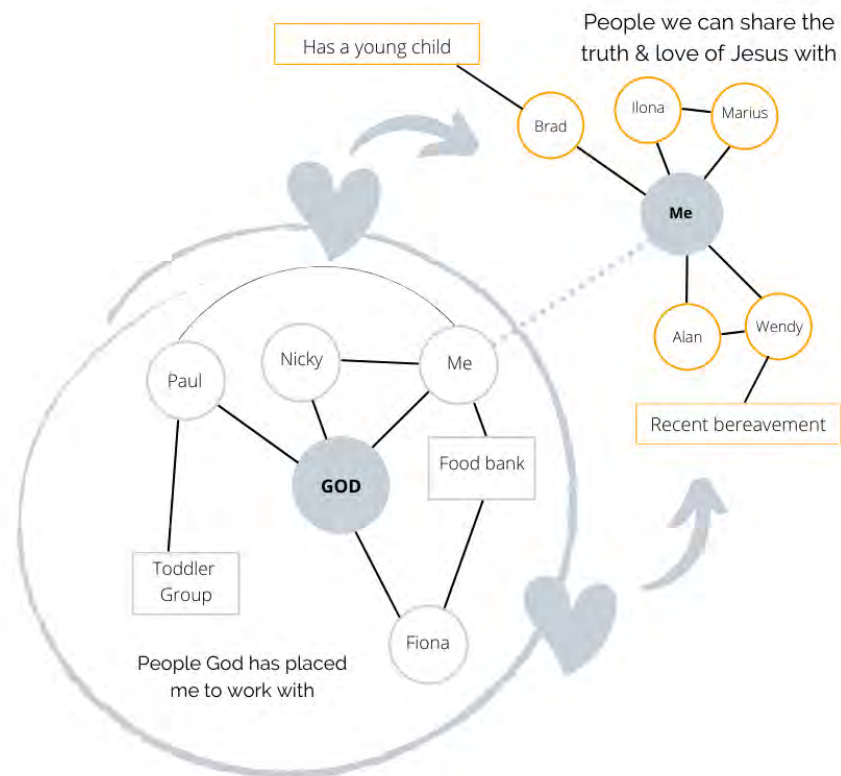
1. Place your diagrams from the last two weeks next to each other. This is a snapshot of the people God has placed with you to work with and those you are sent to share the truth and love of Jesus with.
2. We are now going to consider how we can work together with other Christians to love the 5 people you have highlighted.



3. Take some time to think about the 5 people you have highlighted and the situations they are in. Maybe one has young children, another has had a recent bereavement, another is lonely etc.



- Look over the Christians on your first diagram and take some time to think about how they can help love these people in the situations they find themselves in. Remember you are not doing this alone. God has gone before you and given you others to work with!



How to

Last week we looked at Action 2: Share. We focused on sharing by telling people about Jesus.. This week we are going to look at sharing again, but this time we will think about showing the love of Jesus through our actions. Do this action with the other Christians God has placed around you.

Action 2: Share

- Spend time praying for those who don't know Jesus yet in your community.
- Begin to get to know these people more, asking them about their lives and the issues they are dealing with.

Look for practical ways to love these people, always asking Jesus to guide you. Think about the lives of the people you are reaching, what situations are they going through and what do they need?

- A lady may be recently bereaved – you could take her a bunch of flowers and spend time listening to her.
- A single mum may be struggling on her own – offer to babysit or cook the family a meal.
- A man may be sick – offer to come and help around the house.
- A colleague may be struggling with a work project – use your lunch break to help him fix the issue.

You have been placed by God in your community and you are in a unique position to have those relationships and connection to those people. You know them best, or can grow to do so, and you

can find out what they need, don't copy how others do it but love others the way God asks you to and you see best for those who are around you.

If you are building new relationships, you may decide to spend several months building relationships and sharing before moving onto the next action. If you are more established in a place and you may have already begun sharing, then you may move onto the next action quicker.

This action will continue you as you move onto the next action. Always be on the lookout for opportunities to share the truth and love of Jesus.



To do this week

Find the Key Actions Worksheet at the back of this coursebook. We are going to fill in box 2.

Take a moment now on your own to pray through the diagram you have made. Ask the Holy Spirit to highlight one or two people who you could contact this week. Write their names down in the box and how and when you are going to show them love in Jesus' name.

Remember to make a record of the interactions you have throughout the week.



Watch

Session 4 Snapshot video – Beatrice in Kenya



Pray

Take time to pray as a group for the people God has placed around you, that you can work together to bless and share Jesus with those in your community that are far from Jesus.



LESSON FIVE

Connection
Authentically connecting with
people

Lesson 5 – Connection



Aim

The aim of this lesson is for you to identify places of connection in your community and ask God what vision he has for the place where you live.



Looking back

- What reflections and thoughts do you have on last week's lesson?
- How have you been getting on with Action 2: Share this week? Have you been praying for your five people? What have you heard God say? Have you spoken truth and acted with love towards anyone this week?



Watch

Lesson 5 Teaching video – from Jon Paul Witt, Founder and Director of Dignity



Questions

1. What stood out to you from this video?
2. Jon says in the video that it is important to keep Life Groups simple and '*only do what villagers do*'. What difference do you think this principle makes?



Life Group Story

Grace* and her husband wanted to find a way to share hope with people whilst the UK had COVID-19 lockdown restrictions. They decided to start a Life Group online. They invited a few people but they weren't sure who would turn up. After a few weeks there was 6 people meeting each week studying the Bible and committing to sharing the Bible story with friends and family. They saw two ladies come back to faith. They are now leading the group and discipling others.

**Name has been changed for privacy*



How to

In the video Jon urged us to, '*ask for God's wisdom about the lay of the land where you are and what is needed in your community.*'

In the last two lessons we looked at Action 2: Share. Next, we want to ask God what his vision is for your community.

Action 3: Vision

- Gather the Christians God has placed with you and ask God what his vision is for your community.
- Share this vision with other Christian connections and ask them whether they would want to be part of a Life Group.

The next activity will give you a framework to discover God's vision for your community and take this next action.



Activity: What does God want to do in your community

Spend 20 minutes following the steps below, then spend some time this week reflecting on these and writing out fuller answers.

If you are studying this lesson with others in your community do this exercise together.

1. Divide a sheet of paper into three sections and at the top write the name of your community. Label the sections 'Issues', 'Actions' and 'A New Way'.
2. In the first section write out the issues that people deal with in your community, these can often be strongholds in a community that stand in the way of the gospel. Ask God to reveal the key issues to you and show you why they are happening. These could be issues around relationships or situations. They could be specific to one person or family such as a divorce, or wider issues such as addiction, loneliness, or poverty.
3. Now prayerfully think about what it would look like if God's people worked together to help these situations. Use the second section to record your thoughts. Ask God what he wants to do and how he wants to use his people. Think about the diagrams you have made in previous lessons. It could be that a specific person comes to know Jesus, that people work together to tackle poverty, a family is reconciled, someone becomes free from an addiction.
4. Ask God what sort of culture he wants you to build as you start a Life Group. Use the third section to write down your thoughts. Think of those things you have listed as strongholds and ask God how he wants to combat these and allow the gospel to flourish. It could be that you live in a place where neighbours don't like each other and argue, so you want to be very intentional that everyone is welcome in order to bring unity. It could be that the churches do not work together where you live so you want to make sure each church is represented in your group. It could be that you want the group to be owned by the people, so you don't always have the meetings in your home but in other's homes and in public places.

You now have a clearer idea of what is possible in your community. God can do *'immeasurably more than all we ask or imagine'* (Ephesians 3:20). All this is possible with God and he wants you to make the first step to making this happen!



Life Group Story

Sarah* and her husband Derek started a Life Group in their village in Wales. From the very beginning they wanted to encourage each person to lead the sessions. This was because they didn't want the group to appear to be 'theirs' but something that was owned and run by the group for the group. Some people started confident and were soon leading sessions because they had been released to lead and be creative. Others took some encouragement but are now enjoying leading creative worship slots in a whatever way they can, such as choosing the worship videos to play from YouTube.

**Name has been changed for privacy*



To do this week

Find the Key Actions Worksheet at the back of this coursebook; we are now going to fill in box number 3. Find the Key Actions Worksheet at the back of this coursebook. We are going to fill in box 3.

Look back at Lesson 3 and those Christians who God has placed around you. These are the people who you have begun to pray and share the idea of Life Group with. Arrange to take the sheet of

paper from the activity to share with them, ask their thoughts and how they see it happening, and pray together. Write down who you will meet with and when.

Spend time this week completing the vision exercise above. In the next lesson, each person or group in the same community will present this sheet to everyone alongside the Key Actions Worksheet you have been filling in.

Homework

For the next lesson you need to find out the population size of the area you are reaching.



Pray

Take time to pray over the vision exercise you have started. Ask God to continue to speak to you and give you vision for what he can do in your community. Ask God to give you the gift of faith and that you would begin to believe he can do more than you can imagine, and he would start to act in these situations.



LESSON^{SIX}

Commissioning
Sending you out in God's power

Lesson 6 – Commissioning



Aim

The aim of this lesson is for you to start thinking about what a Life Group could work in your community and what it would look like.



Looking back

- What reflections and thoughts do you have on last week's lesson?
- How have you been getting on with Action 3: Vision this week? Did you talk to anyone about God's vision for your community?

God has given you everything you need to start a Life Group; he has given you unique connections into your community and he is empowering you and guiding you by the power of his Holy Spirit. It isn't the job of someone else. God is asking YOU to be part of his mission.

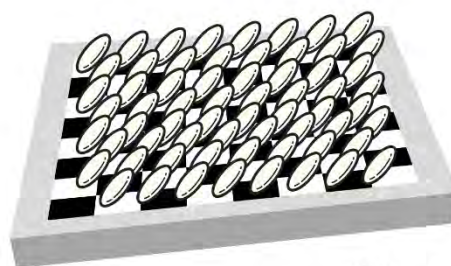
Your job is to find others who can be part of this mission, some many not even know Jesus yet, but God is calling them. You can tell them about Jesus, invite them into the kingdom of God and into community.

We are going to be looking at a famous mathematical conundrum...



Activity: Multiply disciples

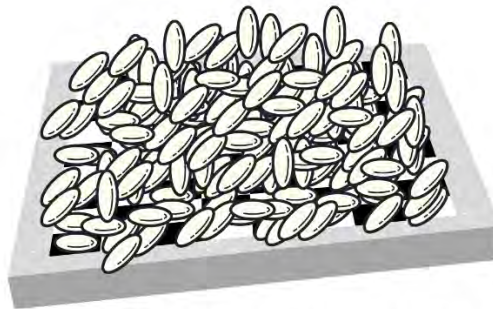
1. There are 64 squares on a chessboard, each square represents one year. There are many grains of rice, each grain represents one person.
2. Imagine each year you led one person to Jesus. There would be one grain of rice on each square to represent each person you led to Jesus each year. How many grains of rice would you have on your chessboard after 1 year, 2 years, 5 years or 64 years? Working in this way is **addition** – each year you add one person.



64

3. Now imagine using **multiplication**. The first year, you commit to going on a journey of discipleship with one person, you teach them all all you know about sharing Jesus with others. You would have one grain of rice on the board to represent you and one to represent your friend.

4. In the second year, both you and your friend train one person each. You could both find someone new to disciple and teach them how to make disciples. You would have four grains of rice on the board to represent each of you.
5. After 3 years there would be 8 grains of rice representing 8 disciples.
6. After 4 years there would be 16 grains of rice representing 16 disciples.
7. How many grains of rice, or disciples, would there be after 5 years, 10 years or 64 years?



18,446,744,073,709,551,615

8. Now have a look at the population of the community you are placed in. Can you work out how many years it would take to reach everyone using addition? Can you also work out how many years it would take to reach everyone through multiplication?

Here is a worked example:

The village of Llanwrst in North Wales has a population of 3,323.

If Anna lead one person a year to Jesus, it would take her 3,323 years to reach everyone!

In contrast, if Anna taught a friend, and then they both taught someone, and so on...it would take just 12 years to reach everyone!



Questions

- What does this activity tell us?
- What surprises you about this activity?
- What has God been saying to you through this course? (If you are not sure, think about what has stood out to you from One Step.)
- What is beginning to change?



Life Group Story

Daka* and his wife live outside Windhoek, Namibia. They connected to Dignity in 2019 and heard about the transformative power people can have in their community through faith and working together. They had got to know a group of people who lived near them who were addicted to alcohol, they had told them about God but none of them had wanted to go to church. Daka and his wife thought a Life Group would be a way of taking church to them.

They started a group that met where they lived, creating a place for a people who were fighting addictions to come together and explore life and faith. Daka has noticed people getting to know God more and growing. Even though many others would overlook these people and think they are

not worthy of any time or effort, Daka and his wife have been used by God to bring meaning, direction and life to these people.

**Names have been changed for privacy*



How to

Last week we looked at Action 3: Vision towards starting a Life Group – discovering God’s vision for your community.

As you continue to pray, share and discover God’s vision, you will notice individuals who are interested in Jesus, who ask questions and those who are particularly keen or in need of community.

In Luke 10, Jesus sends out his disciples with specific instructions for mission. Jesus tells them to look out for people of peace and stay with them, sharing life with them and telling them about the Kingdom.

As we share with those in our community, we will discover people of peace. Jesus is asking us to stay with them, go on a journey of sharing faith with them and welcoming them into the Kingdom. These are the people who you can start a Life Group with!

As you have completed the actions in this course you have prayed for people and your community, you have shared the love and message of Jesus and you have asked God to reveal his vision for your community. The next action is to start a Life Group. This might feel like it is a big step to take, but do not worry. You can start small and simple. Action 4 will help you.

Action 4: Meet

Find the Key Actions Worksheet at the back of this coursebook; we are now going to fill in box number 4. Write down when and where you will be meeting as a Life Group, this could be definite, or it could be rough ideas that you will refine.

- Decide **when** and **where** to meet.
- Decide **who** you will invite and invite them.
- Decide **what** you are going to do when you meet.
- Start to meet!

When?

Consider the demographic of those you are trying to reach. Working individuals will be available in an evening, the retired may prefer a daytime meeting, families will engage more in a space where there is room for the children.

Where?

A Life Group can meet anywhere. You may decide to meet in a coffee shop, your own home, a community hall or a staff room. The important consideration is that it is a place where everyone is comfortable meeting. You may want to avoid a church building if that will put people off coming.

Again, think about who will be coming. Will they be more likely to come to your house or a neutral space? What are their needs from the space?

Who?

Refer back to your activity in Lesson 3 and those you have been praying for and getting to know. These are the people you want to share the idea of the group with and invite to join you. If they

say 'no,' do not be discouraged, they may want to join in the future as you share more with them and share stories of the group. If they say 'yes' – fantastic!

What?

Exactly what you do when you meet is up to you. The important thing is that everyone feels welcome, everyone contributes and the focus of the group is Christian discipleship. Here are some ideas to help you:

- Keep your first session simple, perhaps using it as a chance for people to get to know each other a little. You could tell people your reasons for starting the group and what you hope it will lead to.
- Your group could decide to share a meal together whenever they meet, or just once a month. It's important to be realistic about what you can manage both in terms of time and resources.
- We suggest Life Group sessions are no more than 2 hours. This way people can attend them easily. They should be at the same time each and every week.
- There are lots of different Christian discipleship resources you can use. There are some suggestions below. Choose the one that suits your group.
- Take a look around at the group and think about the skills and passions each person has. Is anyone musical? Is anyone artistic or creative in another way? Is anyone a natural teacher or confident in praying? It is good to involve everyone in some way. You can play to people's strengths, and you can also encourage people to have a go at things they are less confident in. This will help them to grow and to see how God is working in them.
- The group should be a place of conversation, shared learning and discussion. Typically, the person leading the study should talk for around 30% of the time at most, allowing everyone to have open discussion for 70% of the time. The leader can help everyone participate, gently guiding those who may be dominating conversation and encouraging the quieter ones. They can keep the discussion on topic and move onto the next part to ensure the study keeps to time.

At the bottom of the Key Actions Worksheet, you will find a timeline with markers for each action. Mark on this line where you are currently with regards to which action you are currently in. This may be at the very start of the line, it could be between actions or you could be ready to go. It doesn't matter where you are, but this sheet is going to help remind you of your next one step towards seeing God move!

Options for study

When you think about what you can study in your Life Groups, your main consideration should be that it is easy enough to use so that anyone can lead a session. If it requires a leader who can spend hours each week preparing a study, this will become a heavy burden and will exclude others from leading, either because they don't have the time or depth of knowledge needed.

Here are some options for study:

Foundations

Foundations is Dignity's central resource that helps people explore and grow in their relationship with God and encourages them to serve their community. **Foundations** is a set of four books, each containing thirteen interactive group Bible study lessons making use of memory verses, stories, games and activities to help Life Groups understand what life with Jesus is all about. **Foundations**

has been written by volunteer guest authors from around the world and compiled and edited by Dignity.

Discovery Bible Study³

You can study the Bible together by reading a passage together and discussing these simple questions:

1. What does this passage say about God or Jesus?
2. What does this passage say about people?
3. What are the different people like in the passage?
4. Who do you relate to and why?
5. What is God saying to you through this passage?
6. What do I need to do as a result of reading this passage?
7. Who needs to hear this story and how can I tell them and invite them to study the Bible?

You could use these questions to work through the stories of Jesus for instance or reading through one of the gospels. These questions work best with Bible stories.



Commissioning

You have now completed the One Step course – congratulations and well done!

This is just the beginning – it is the first step along a journey. To mark the end of the course and give strength for the journey ahead, you are now going to spend time listening to each other and praying for one another. Do not rush this but allow time for each person and the community they represent to be prayed for.

If you are reaching different areas, take it in turns for each individual/group to present their Key Actions Worksheet and vision exercise. Take time so everyone can listen, ask questions, pray and encourage each other with prophetic words, pictures and scripture and pray for them.

If you have been studying this course alone, arrange to meet with a Christian in your community to share what you have written down and pray together. If you do not yet know a Christian in your area, ask someone from your church or another Christian you know to listen and pray for you.

If you are reaching the same area, take it in turns to share what God is asking of each person, including the Key Actions Worksheet and vision exercise. Discuss how these overlap and how you can work together. Take time to pray for each other, for the area and ask God for specific words, pictures and scripture.

³ The model used here is based on the Discovery Bible Study method, a simple method to see for oneself what the Bible says about life's big questions. It was developed by David L. Watson and Paul D. Watson. You can find out more at: www.dbsguide.org

Congratulations!

You have now completed the ***One Step*** course! We hope you have been inspired and challenged by what you have studied. We pray that God will use you to bring about transformation in your community and in the lives of those living there.

We would love to be able to support you on this journey, please get in touch and we would hear what God has been saying to you, answer any questions and encourage you!

You could also pass on this book to someone else so they can start a Life Group also. You can email us at **hello@dignityonline.org.uk** or contact us on WhatsApp on **+447340 573 937**

List of Images

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