



# Week 1 | Overview & Apprenticeship Exercises

## Exercise 1: Intentionality

Over the next several weeks you will have the opportunity to work through, in community and individually, the Spiritual practices we are exploring. You will have the opportunity to:

- Have them introduced and taught on Sundays
- Practice them individually three times during the week
- Discuss them in your Gospel communities twice a month
- Discuss in small discipleship groups twice a month where the Spirit is bringing about growth and where you are facing difficulty as you explore these practices

This will require some intentionality with your schedule and your community. Think through the coming 5 months. Take a few moments to pray for clarity before you start planning.

**What fifteen minute block of time could you set aside, three times a week, to work through these Spiritual practices?**

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**What time of the day are you most alert and most responsive to the voice of God?**

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**What are some busy times for you over the next few months? How will this affect your ability to be intentional with your schedule and your community?**

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## Exercise 2: Apprenticeship

Consider two types of students: a college student and an apprentice in a trade. Both learn, both desire greater knowledge and skill, and both intend to use what they learn in the future. But consider the differences in these students in regards to their hands-on experience and interactions with their teachers. A college student is seeking mastery of a subject. They may go their entire college career without hands-on experience in their field or without any interaction with their teachers. They generally learn by studying instead of by experience or example. By contrast, an apprentice is constantly learning from their teacher and learns by doing what the teacher does.

We are often led to believe that the Christian life is similar to the experience of the college student: we learn facts about Jesus, amass Bible knowledge, develop a prayer routine, and hope to keep advancing until we become some sort of “master Christian.” But the Christian life is not about mastery, it’s about being with Jesus, becoming like Him, and doing what He did. There are no levels and there is no mastery. We are invited to follow Jesus and become His apprentices wherever we are.

Take a few moments to pray for clarity and wisdom as you approach God’s word. Then, read Mark 3:14-15:

*“And he appointed twelve (whom he also named apostles) so that they might be with him and he might send them out to preach and have authority to cast out demons.”*

Jesus later prayed for those same disciples:

*“They are not of the world, just as I am not of the world. Sanctify them in the truth; your word is truth. As you sent me into the world, so I have sent them into the world. And for their sake I consecrate myself, that they also may be sanctified in truth.” John 17:16-19*

**Looking at Mark 3:14-15, what do you see that enabled the disciples to preach and cast out demons?**

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**In what ways do you see the apprentice idea in John 17?**

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**In your own life, how have you seen the connection between: being with Jesus, becoming like Him, and doing what He did?**

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## Exercise 3: Follow Me

In our religious culture, following Jesus is often presented as a series of levels—a choice between several tiers. Similar to when you go to a car wash and see a sign that gives you a choice between:

**Basic**  
**Deluxe**  
**Supreme**

At the car wash, what you get depends on what you have paid for. Following Jesus is often presented the same way—you have the choice between:

**Christian**  
**Disciple**  
**Minister**

You get to a certain level based on how much work you've put in. Maybe if you've done well at the Christian phase for a while, you get to move up to the higher levels.

**Has following Jesus ever been presented to you this way? If so, how has this affected your relationship with Him?**

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Take a few moments to pray for clarity and wisdom as you approach God's word. Then, read Matthew 4:18-20:  
*"While walking by the Sea of Galilee, he saw two brothers, Simon (who is called Peter) and Andrew his brother, casting a net into the sea, for they were fishermen. And he said to them, 'Follow me, and I will make you fishers of men.' Immediately they left their nets and followed him."*

**How does this passage teach that there are no "levels" in following Jesus?**

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**Take a moment to reflect on Jesus' invitation to follow Him. Now, prayerfully reflect on your own life and situation: where are some areas Jesus may be leading you to follow Him?**

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