XUME

20 Session Course

Welcome to Zúme Training!

We're glad you're here! Zúme Training is an on-line and in-life learning experience designed for small groups who follow Jesus to learn how to obey His Great Commission and make disciples who multiply.

Session Format

Zúme Training consists of 20 sessions. Each session is 1 hour and includes:

- o Video and Audio to help your group understand basic principles of multiplying disciples.
- o Group Discussions to help your group think through what's being shared.
- o Simple Exercises to help your group put what you're learning into practice.
- o Session Challenges to help your group keep learning and growing between sessions.

Opening and Closing in Prayer

Many followers of Jesus around the world have been praying for you and your group already, and we'll continue to pray as you work through this material. Be sure your group gets to pray, too. At the beginning of each session, ask someone [or several] from your group to invite God's Holy Spirit to prepare your hearts and lead your time together. Remember to thank God for the opportunity to know and love Him more - something He wants for everyone! At the end of each session, you'll have a chance to pray again as a group. Be sure to take the opportunity to ask God to help you understand, apply and share what He's teaching you with others. Remember to pray for specific needs in your group.

Group Discussions

You'll have a number of opportunities to talk through what you're learning with your group. Unless noted, Group Discussions should be about 10 minutes. Encourage everyone to take part and share their thoughts and perspectives. Don't miss out on something God might want to share through someone in your group. Checking In Throughout the course your group will have a chance to check-in with each other to see how you're obeying and sharing what you've learned. Don't skip this important part of the training, but be careful not to become judgmental. Ask God for a gentle heart that helps others grow!

Ready to start? Let's go!

10 Min **Prayer, Overview**

Spend some time praying that God would change each person in the group to become a "disciple worth multiplying" throughout the course. Pray for fruit among the lost. Ask Him for guidance. Explain the logistics of the 20-session course.

15 Min God Uses Ordinary People

You'll see how God uses ordinary people doing simple things to make a big impact.

Click here to Watch: https://zume.training/god-uses-ordinary-people/

15 Min Simple Definition of Disciple and Church

Discover the essence of being a disciple, making a disciple, and what the church is

Click here to Watch: https://zume.training/definition-of-disciple-and-church/

15 Min Spiritual Breathing is Hearing and Obeying God

Being a disciple means we hear from God and we obey God.

Click here to Watch: https://zume.training/spiritual-breathing-is-hearing-and-obeying-god/

5 Min Looking Forward

Ask each participant briefly to tell one thing he or she can take away from the night heading into the coming week.

5 Min **Prayer, Overview**

15 Min SOAPS Bible Reading

A tool for daily Bible study that helps you understand, obey, and share God's

Word.

Click here to Watch: https://zume.training/soaps-bible-reading/

35 Min **Practice: SOAPS**

As a follower of Jesus, we should be reading Scripture daily. A good guideline is to read a minimum of 25-30 chapters in the Bible each week. Keeping a daily journal daily using the S.O.A.P.S. Bible Reading format will help you understand, obey and share even more.

S.O.A.P.S. is:

- <u>Scripture</u>: Write out one or more verses that are particularly meaningful to you, today.
- <u>Observation</u>: Rewrite those verses or key points in your own words to better understand.
- <u>Application</u>: Think about what it means to obey these commands in your own life.
- <u>Prayer</u>: Write out a prayer telling God what you've learned and how you plan to obey.
- <u>Sharing</u>: Ask God who He wants you to share with about what you've learned / applied.

5 Min **Prayer, Overview, Check-In**

15 Min Accountability Groups

A tool for two or three people of the same gender to meet weekly and encourage each other in areas that are going well and reveal areas that need correction.

Click here to Watch: https://zume.training/accountability-groups/

35 Min Practice: Accountability Groups

Break into groups of two or three people of the same gender. Spend the next 35 minutes working together through the Accountability Questions listed on the following page - List 2. Since you haven't done a group reading before this session, just skip over the questions about previous readings. List 1 is a great

option as you get further into training.

Accountability Questions - List 1

- 1. Pray that we will become like Jesus.
- 2. How are you doing? How is your prayer life?
- Do you have any sin to confess? [Relational, Sexual, Financial, Pride, Integrity, Submission to Authority, etc.]
- 4. Did you obey what God told you last time? Share details.
- 5. Did you pray for the "Unbelievers" on your relationship list this week? Did you have the chance to share with any of them? Share details.
- 6. Did you memorize a new verse this week? Quote it.
- 7. Did you read at least 25 chapters in the Bible this week?
- 8. What did God say to you this week from the Word?
- 9. What are you going to specifically do about it?
- 10. Did you meet with your 3/3 group this week? How did it go?
- 11. Did you model or assist someone in starting a new 3/3 group this week? Share details.
- 12. Do you see anything hindering my walk with Christ?
- 13. Did you have the opportunity to share the gospel this week? Share details.
- 14. Practice 1-3 minute testimonies and the gospel right now.
- 15. Who can you invite to the group next week? If the group is four or more, multiply it.
- 16. Close with prayer regarding what was shared.

Accountability Questions - List 2

- How have your insights from last week's reading shaped the way you think and live?
- 2. Who did you pass your insights from last week on to and how was it received?
- 3. How have you seen God at work?
- 4. Have you been a testimony this week to the greatness of Jesus Christ with both your words and actions?
- 5. Have you been exposed to sexually alluring material or allowed your mind to entertain inappropriate sexual thoughts?
- 6. Have you acknowledged God's ownership in your use of money?
- 7. Have you coveted anything?
- 8. Have you hurt someone's reputation or feelings by your words?
- 9. Have you been dishonest in word or action or exaggerated?
- 10. Have you given into an addictive [or lazy or undisciplined] behavior?
- 11. Have you been a slave to clothing, friends, work, or possessions?
- 12. Have you failed to forgive someone?
- 13. What worries or anxieties are you facing? Have you complained or grumbled?
- 14. Have you maintained a thankful heart?
- 15. Have you been honoring, understanding and generous in your important relationships?
- 16. What temptations in thought, word, or action have you faced and how did you respond?
- 17. How have you taken opportunities to serve or bless others, especially believers?
- 18. Have you seen specific answers to prayer?
- 19. Did you complete the reading for the week?

5 Min

5 Min **Prayer, Overview, Check-In**

15 Min Consumer vs. Producer Lifestyle

You'll discover the four main ways God makes everyday followers more like Jesus.

Click here to Watch: https://zume.training/consumer-vs-producer-lifestyle/

15 Min Relational Stewardship – List of 100

A tool designed to help you be a good steward of your relationships.

Click here to Watch: https://zume.training/relational-stewardship-list-of-100/

20 Min Practice: Create List of 100

Have everyone in your group take the next 20 minutes to fill out his or her own relationships list using the form on the next page(s). On each line, write down a name and then mark that person's spiritual status as either, "Disciple" [someone you believe is already a follower of Jesus], "Unbeliever [someone you believe is not a follower of Jesus] or "Unknown." If anyone runs out of time before completing their list, they can finish later. Remember - The people on your List of 100 should be ones you know how to contact and you have an ongoing or long-term connection with.

Looking Forward

List of 100

1. Name:	Status (Circle): Believer	Unbeliever Unknown
2. Name:	Status (Circle): Believer	Unbeliever Unknown
3. Name:	Status (Circle): Believer	Unbeliever Unknown
4. Name:	Status (Circle): Believer	Unbeliever Unknown
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98. Name:	Status (Circle): Believer Unbeliever Unknown
99. Name:	Status (Circle): Believer Unbeliever Unknown
100. Name:	Status (Circle): Believer Unbeliever Unknown

5 Min Prayer, Overview, Check-In

15 Min How to Spend an Hour in Prayer

See how easy it is to spend an hour in prayer.

Click here to Watch: https://zume.training/how-to-spend-an-hour-in-prayer/

35 Min Practice: Prayer Cycle

Spend the next 35 minutes in prayer by individually working through the exercises in the Prayer Cycle. Set a time for the group to return and reconnect. Be sure to allow a few extra minutes for everyone to find a quiet place to pray and to make their way back to the group.

From Dick Eastman's book The Hour that Changes the World © 2002 by Dick Eastman, Chosen Books, Grand Rapids, MI, used by permission.



5 Min Prayer, Overview, Check-In

15 Min The Kingdom Economy

Learn how God's economy is different from the world's. God invests more in

those who are faithful with what they've already been given.

Click here to Watch: https://zume.training/the-kingdom-economy/

5 Min Discuss: Should every disciple share?

15 Min Vision Casting the Greatest Blessing

Learn a simple pattern of making not just one follower of Jesus but entire spiritual

families who multiply for generations to come.

Click here to Watch: https://zume.training/vision-casting-the-greatest-blessing/

15 Min The Gospel and How to Share It

Learn a way to share God's Good News from the beginning of humanity all the

way to the end of this age.

Click here to Watch: https://zume.training/the-gospel-and-how-to-share-it/

20 Min Practice: Prepare to Share the Gospel Next Week

Reflecting on the previous video, "The Gospel and How to Share It", take the next

20 minutes to prepare and plan how you will share the Gospel. Be prepared to

practice in a small group next week.

5 Min **Prayer, Overview, Check-In**

50 Min Practice: Sharing the Gospel

Break into groups of two or three and spend the next 50 minutes practicing telling God's Story. Choose 5 people from your List of 100 that you marked as an "Unbeliever" or "Unknown." Have someone pretend to be each of those five people, and practice telling God's Story in a way that you think will make sense to that particular person. You can use the Creation to Judgement Story or some other way you think will work well for the one you're sharing with. After you've practiced, switch. Pretend to be someone else's five people from their list. By the

time you're finished, you'll be ready to share God's Story.

5 Min Prayer, Overview, Check-In

15 Min Baptism and How to Do It

Jesus said, "Go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit..." Learn how to put this into practice.

Click here to Watch: https://zume.training/baptism-and-how-to-do-it/

20 Min Prepare Your 3-Minute Testimony

Learn how to share your testimony in three minutes by sharing how Jesus has impacted your life.

Click here to Watch: https://zume.training/prepare-your-3-minute-testimony/

15 Min Practice: Prepare to Share Your Testimony Next Week

There are endless ways to shape your story, but here are some ways that we've seen work well:

- <u>A Simple Statement</u> You can share a simple statement about why you chose to follow Jesus. This works well for a brand new believer.
- <u>Before and After</u> You can share your "before" and "after" story what your life was like before you knew Jesus and what your life your life is like now. Simple and powerful.
- <u>With and Without</u> You can share your "with" and "without" story what your life is like "with Jesus" and what it would be like "without Him". This version of your story works well if you came to faith at a young age.

When sharing your story, it's helpful to think of it as part of a three-part process:

- <u>Their Story</u> Ask the person you are talking with to share about their spiritual journey.
- Your Story Then share your Testimony shaped around their experience.
- <u>God's Story</u> Finally share God's story in a way that connects with their world-view, values and priorities.

5 Min **Prayer, Overview, Check-In**

50 Min Practice: Sharing Your Testimony

Break into groups of two or three and spend the next 50 minutes practicing sharing your Testimony. Choose 5 people from your List of 100 that you marked as an "Unbeliever" or "Unknown." Have someone pretend to be each of those five people, and practice your Testimony in a way that you think will make sense to that particular person. You can use any of the patterns taught or some other way you think will work well for the one you're sharing with. After you've practiced, switch. Pretend to be someone else's five people from their list. By the time you're finished, you should be able to tell your Testimony in about 3 minutes or less.

5 Min **Prayer, Overview, Check-In**

15 Min **Duckling Discipleship – Leading Immediately**

Learn what ducklings have to do with disciple making.

Click here to Watch: https://zume.training/duckling-discipleship-leading-sooner/

15 Min Eyes to See Where the Kingdom Isn't

Begin to see where God's Kingdom isn't. These are usually the places where God

wants to work the most.

Click here to Watch: https://zume.training/eyes-to-see-where-the-kingdom-isnt/

15 Min The Lord's Supper and How to Lead It

It's a simple way to celebrate our intimate connection and ongoing relationship

with Jesus. Learn a simple way to celebrate.

Click here to Watch: https://zume.training/the-lords-supper-and-how-to-lead-it/

5 Min Practice: The Lord's Supper

Spend the next 5 minutes celebrating The Lord's Supper with your group.

5 Min Prayer, Overview, Check-In

15 Min Prayer Walking and How to Do It

It's a simple way to obey God's command to pray for others. And it's just what it

sounds like — praying to God while walking around!

Click here to Watch: https://zume.training/prayer-walking/

35 Min Practice: Prayer Walking

Break into groups of two or three and go out into the community to practice Prayer Walking. Choosing a location can be as simple as walking out from your

current session or praying and planning a destination. Go as God leads.

5 Min **Prayer, Overview, Check-In**

15 Min A Person of Peace and How to Find One

Learn who a person of peace might be and how to know when you've found one.

Click here to Watch: https://zume.training/a-person-of-peace-and-how-to-find-

one/

15 Min The BLESS Prayer Pattern

Practice a simple mnemonic to remind you of ways to pray for others.

Click here to Watch: https://zume.training/the-bless-prayer-pattern/

20 Min Practice: BLESS Prayer

Break into groups of two or three and spend the next 20 minutes practicing the B.L.E.S.S. Prayer. Practice praying the 5 areas of the B.L.E.S.S. Prayer for someone AND practice how you would train others to understand and use the B.L.E.S.S.

Prayer, too.

BLESS:

• Body [health]

• Labor [job and finances]

Emotional [morale]

Social [relationships]

Spiritual [knowing and loving God more]

5 Min **Prayer, Overview, Check-In**

15 Min Faithfulness is Better than Knowledge

It's important what disciples know — but it's much more important what they DO

with what they know.

Click here to Watch: https://zume.training/faithfulness-is-better-than-knowledge/

35 Min **3/3 Group Meeting Pattern**

A 3/3 Group is a way for followers of Jesus to meet, pray, learn, grow, fellowship and practice obeying and sharing what they've learned. In this way, a 3/3 Group is

not just a small group but a Simple Church.

Click here to Watch: https://zume.training/3-3-group-meeting-pattern/

5 Min **Prayer, Overview, Check-In**

50 Min Practice: 3/3 Group

Have your entire group spend the next 50 minutes practicing the 3/3 Groups Format using this pattern:

- LOOK BACK Use last week's Session Challenges to practice "Faithfulness"
- LOOK UP Use Mark 5:1-20 as your group's reading passage and answer questions 1-4
- <u>LOOK FORWARD</u> Use questions 5, 6, and 7 to develop how you will Obey, Train and Share

REMEMBER - Each section should take about 1/3 of your practice time. (Note: Try to set up groups of 3 or 4 max. Larger groups will have trouble finishing in such a short time period. Groups will have 15 minutes or so for each "third." A better, more relaxed time slot (with 4 people) would be one hour to 90 minutes.)

5 Min **Prayer, Overview, Check-In**

20 Min Discuss: 3/3 Group Experience from Last Two Weeks

What did you like about the 3/3 experience? How was it different from what you

had experienced before?

15 Min Training Cycle for Maturing Disciples

Learn the training cycle and consider how it applies to disciple making.

Click here to Watch: https://zume.training/training-cycle-for-maturing-disciples/

15 min Leadership Cells

A Leadership Cell is a way someone who feels called to lead can develop their

leadership by practicing serving.

Click here to Watch: https://zume.training/leadership-cells/

5 Min **Prayer, Overview, Check-In**

15 Min Expect Non-Sequential Growth

See how disciple making doesn't have to be linear. Multiple things can happen at

the same time.

Click here to Watch: https://zume.training/expect-non-sequential-growth/

15 Min Pace of Multiplication Matters

Multiplying matters and multiplying quickly matters even more. See why pace

matters.

Click here to Watch: https://zume.training/pace-of-multiplication-matters/

15 min Always Part of Two Churches

Learn how to obey Jesus' commands by going AND staying.

Click here to Watch: https://zume.training/always-part-of-two-churches/

5 Min Prayer, Overview, Check-In

15 Min Three-Month Plan

Create and share your plan for how you will implement the Zúme tools over the

next three months.

Click here to Watch (must have account to access): https://zume.training/three-

month-plan/

25 Min Practice: Create Three-Month Plan

Now that you have been introduced to some basic disciple-making tools, spend the next 15 minutes in prayer and ask the Lord specifically what He would have you to do with them in the next three months. When you have spent time

listening to Him, fill out the plan on the following page.

10 min Discuss: Share Three-Month Plan with Group

Share your plan with the whole group and set up a follow-up accountability schedule when you will check on each other 1, 2, 3, 4, 6, 8, and 12 weeks from

now.

3-Month Plan

I will share My Story [Testimony] and God's Story [the Gospel] with the following individuals:				
I will invite the following people to begin an Accountability Group with me:				
I will challenge the following people to begin their own Accountability Groups and train them how to do it:				
I will invite the following people to begin a 3/3 Group with me:				
I will challenge the following people to begin their own 3/3 Groups and train them how to do it:				
I will invite the following people to participate in a 3/3 Hope or Discover Group [see Appendix]:				
I will invite the following people to participate in Prayer Walking with me:				
I will equip the following people to share their story and God's Story and make a List of 100 of the people in their relational network:				
I will challenge the following people to use the Prayer Cycle tool on a periodic basis:				
I will use the Prayer Cycle tool once every [days / weeks / months].				
I will Prayer Walk once every [days / weeks / months].				
I will invite the following people to be part of a Leadership Cell that I will lead:				
I will encourage the following people to go through this Zúme Training course:				
Other commitments:				

5 Min Prayer, Overview, Check-In

15 Min Coaching Check-List

A powerful tool you can use to quickly assess your own strengths and vulnerabilities when it comes to making disciples who multiply.

Click here to Watch: https://zume.training/coaching-checklist/

20 Min Practice: Coaching Network Self-Assessment

Use the following steps to take this self-assessment: (on the next page)

- STEP 1 Read through the Disciple Training Tools in the far left column of the Checklist.
- STEP 2 Mark each one of the Training Tools, using the following method:
 - If you're unfamiliar or don't understand the Tool check the BLACK column
 - If you're somewhat familiar but still not sure about the Tool check the RED column
 - If you understand and can train the basics on the Tool check the YELLOW column
 - If you feel confident and can effectively train the Tool check the GREEN column

REMEMBER - Be sure to share your Coaching Checklist results with your Zúme Coach and/or your training partner or other mentor. If you're helping coach or mentor someone, share this tool to help assess which areas need your attention and training.

15 min Leadership in Networks

Learn how multiplying churches stay connected and live life together as an extended, spiritual family.

Click here to Watch: https://zume.training/leadership-in-networks/

COACHING CHECKLIST

		Model	Assist	Watch	Leave
BLACK:	Train with new information	UNAWARE	UNSKILLED	COMPETENT	SKILLED
RED:	and make sure of understanding. Stop and stay with them	Mentor's Role			
RED.	until they have the basics.	Mentor gives	Mentor gives	Mentor gives	Mentor
YELLOW:	Watch out for consistent competence.	Direction & Information	Direction & Support	Support & Encouragement	receives Updates
GREEN:	Go ahead and leave them and find others to develop.	How Plans are Made			
		Mentor	Mentor/ee Discuss	Mentor/ee Discuss	Mentee
TRAINII	NG TOOL	Decides	Mentor Decides	Mentee Decides	Decides
Duckling I	Discipleship				
Tell Your S	Story [Testimony]				
Tell God's	Story [Gospel]				
Stewards	hip of Relationships - List of 100				
Pace					
Non-Sequ	ential Ministry				
3/3 Group	ps Format				
Simple Ch	hurch - Love God/Others, Make Disciples				
Being Par	t of Two Churches				
Training C	Cycle				
Accounta	bility Groups				
Self-Feed	ing:				
Read	ling the Word Daily [Obey]				
Praye	er - Talk & Listen [Prayer Cycle]				
Body	Life - Fellowship [One Another's]				
Perse	ecution & Suffering				
Eyes to S	ee Where the Kingdom Isn't				
Looking fo	or the Person of Peace [Mt. 10 Lk. 10]				
Prayer Wo	alking				
Being a C	hurch:				
• Fello	wship [Eat Together, One Another's]				
Prais	e & Worship				
Bible	[Obey, Train]				
Tellin	ng People about Jesus [Share]				
• Bapt	ism				

5 Min Prayer, Overview, Check-In

15 Min Peer Mentoring Groups

This is a group that consists of people who are leading and starting 3/3 Groups. It also follows a 3/3 format and is a powerful way to assess the spiritual health of God's work in your area.

Click here to Watch: https://zume.training/peer-mentoring-groups/

35 Min Practice: Peer Mentoring Groups

A Peer Mentoring Group is a group that consists of people who are leading and starting 3/3 Groups. It also follows a 3/3 format and is a powerful way to assess the spiritual health of God's work in your area. Peer Mentoring Groups use leader-to-leader mentoring with individual followers of Jesus, with simple churches, with ministry organizations or even with a global simple church network that reaches around the world. Peer Mentoring Group participants look at objective indicators following Jesus' strategy for ministry and ask questions and give feedback. These sessions are not meant to inflate anyone's ego or make anyone feel inferior. They are meant to instruct and inspire. Use the format on the next page to help.

Peer Mentoring Groups

Look Back [1/3 of your time] During the first third - spend time in prayer and care just like you would in a basic 3/3 Group. Then spend time looking at the group's vision and faithfulness in previous commitments:

- How well are you abiding in Christ? [Scripture, prayer, trust, obedience, key relationships]
- Did your group complete your action plans from the last session? Review them.

Look Up [1/3 of your time] Have the group discuss the following simple questions:

- 1. How are you doing in each section of the Four Fields diagram?
- 2. What is working well? What are your biggest challenges?
- 3. Review your current generational map.
- 4. What challenged you or what did you find hard to understand?
- 5. What is God showing you recently?
- 6. Are there any questions from seasoned leaders or other participants?

Look Forward [1/3 of your time] Spend time in silent prayer with everyone in the group asking the Holy Spirit to show them how to answer these questions:

- 1. What action plans or goals would God have me put into practice before our next time together? [Use the Four Fields tool to help focus your work]
- 2. How can my Mentor or other Group Members help me in this work?

Finally spend time as a group talking to God in prayer. Have the group pray so that each member is prayed for and ask God to prepare the hearts of all those the group will reach out to during their time apart. Pray for God to give each member of the group the courage and strength to apply and obey what God has taught them in this session. If a seasoned leader needs to pray specifically for a younger leader, this is the perfect time for that prayer. Since these groups often meet at a distance, you are unlikely to be able to celebrate The Lord's Supper or share a meal, but be sure to make time to check-in about health and family and friends.

5 Min Prayer, Overview, Check-In

15 Min Four Fields Tool

The four fields diagnostic chart is a simple tool to be used by a leadership cell to reflect on the status of current efforts and the kingdom activity around them.

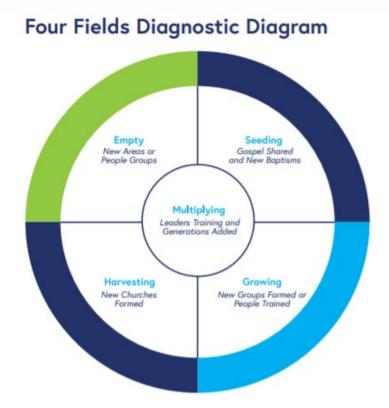
Click here to Watch: https://zume.training/four-fields-tool/

10 Min Practice: Four Fields

The four fields diagnostic chart is a simple tool to be used by a leadership cell to reflect on the status of current efforts and the Kingdom activity around them.

Jesus often pulled the disciples back, away from ministry to quieter places to review how the work was going. This simple tool is to help you and the co-leaders with you to follow this pattern of Jesus and to address all parts of your stewardship.

Use the tool in peer mentoring to review activity, people, and groups by categorizing them into the different fields, and asking each other core questions to surface points of action and next steps.



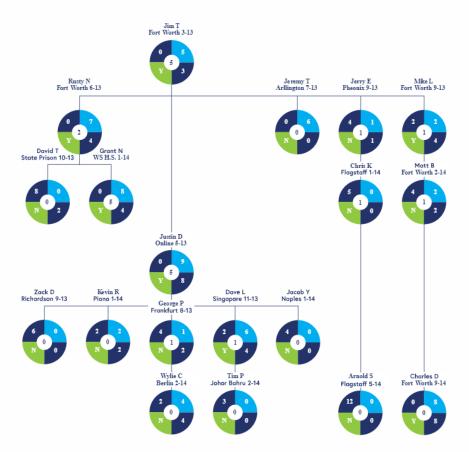
15 min Generational Mapping

Generation mapping is another simple tool to help leaders in a movement understand the growth around them.

Click here to Read (no video with this portion): https://zume.training/generational-mapping/

10 Min Practice: Generational Mapping

Generational mapping (a.k.a. generation mapping or gen mapping) is another simple tool to help leaders in a movement understand the growth around them. It helps show fruitful churches, which therefore deserve continued investment and attention.



A generation tree map can be drawn on a piece of paper or multiple pieces of paper.