

Welcome to 'Authentic Discipleship'

Passionate about training & equipping churches to help boys and girls (aged 11-16 years) grow into 'Authentic Disciples'

'Authentic Discipleship' comprises of three main parts:

1. **Boys2Men**
2. **Lavish**
3. **Discipleship program**



1. **For the boys** there is 'Boys2Men'. They will use a resource called 'ManMade' which has been written to help teenage boys mark the transition into manhood. They look at topics based on the life of Jesus which include:



Passion Humility Courage Respect Control Responsibility

Each session offers a selection of interactive ideas beginning with a *warmin' up* activity, followed by *voxpath*, *debate*, *exploring the character of Jesus*, and draws to a close; *'Makin' the Point* by consolidating the learning and ending with a *weekly challenge*...phew! The (six session) course concludes with a 'Rites of Passage day' (or experience); this can be anything from a day trip, a weekend away camping and lots of possibilities in between!!

2. **For the girls** there is 'Lavish' based on 1 John 3:1a. *'See what great love the Father has lavished on us, that we should be called children of God! And that is what we are!'*

The heart and vision behind 'Lavish' is for girls to know God's incredible love and all it means to be *His* child.



They will use a resource called 'Esther' #lifting off the labels which has been written to help girls think about and explore negative beliefs (or labels) about themselves and asks the following questions;

**Am I secure? Am I chosen? Am I courageous? Am I significant?
Am I purposed? Am I loved?**

Each session begins with a *start-up activity* linked to the theme and then we follow the incredible story of Esther (from the Bible). Filled with interactive activities the girls will also look at and discuss a relevant topic like 'what is real beauty? There is also the opportunity to 'go deeper' and Esther draws to an end with a time of *reflection* and *journaling*. The (six session) course leads naturally into a 'Lavish Day' which comprises of 7 different 'experiences' (three of which include a beauty treatment). Each experience gives the girls time and space to reflect and exchange lies/negative labels for God's wonderful truth and how He sees them; His beloved daughters.

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Following on from the (above) courses and days is the:

3. Discipleship program.

Designed to help churches put together and run a program that will encourage young people to grow in their faith and become 'Authentic Disciples'.

Training Churches to run Authentic Discipleship

We are really keen to partner with churches to help 'train and equip' them to run 'Authentic Discipleship'. Our training is designed for anyone who has a heart for young people and to see them mature into 'authentic disciples'; so this could be the youth leader, (youth) team, minister, deacons, church members, etc, etc...We endeavour to be as adaptable as possible and can travel to individual churches to do the training over either 1 full day or 3 evenings.

This is a brief outline of the training we offer:

- **Understanding and working with young people**
 - **Introducing our two six week courses**
- **How to set up and run a discipleship program**
- **Taking a closer look at the website and materials**

All the resources needed to run the courses and discipleship program are provided either through the website or in book form following successful completion of the training.

Unfortunately we are unable to offer the training for free so there is a cost to partnering with us, which gives you access to:

- *all the website resources which will be regularly updated and added to,*
 - *a regular newsletter and*
 - *Free access: to an Authentic Discipleship Conference:*
(it is our hope and vision to host an annual conference bringing together all those taking part in Authentic Discipleship.)

I do hope you will pray and consider taking part in '**Authentic Discipleship**'. If you would like to know more; I'm really happy to arrange a day/time to meet up.

You can contact me via email: angela@realityyouthproject.co.uk or call:

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In Him,

Angela

Authentic Discipleship Manager