



Disciple Project

Dear Confirmands and Parents,

Your **DISCIPLE PROJECT**, the project for this year's Confirmation Class, is explained below. David Smith, your Confirmation teaching team and I are excited for this opportunity to have you involve yourself in the participation of a Christian practice.

To complete the **Disciple Project**, you will:

1. Select a **CHRISTIAN PRACTICE** that you will live with for a month. Review the attached list of Christian practices, talk with your mentor and parents, choose a practice and have it approved by Courtenay Willcox, the Disciple Project Coordinator (mcwillcox@gmail.com, 610.506.1708). This list is not exhaustive. If you would like, you can come up with your own practice that you want to explore. Selecting a practice will be a very personal choice for you. It should be significant and reflective of where you are and where you think God might be calling you to be. Remember, the practice is a discipline and you will need to perform it daily over a 30-day period to get the full impact.
2. Record your process, thoughts, questions, roadblocks and progress with your project in the **JOURNAL** that will be provided. You will be able to use your thoughts and process when it comes time to write about your Disciple Project for your presentation.
3. Choose the **METHOD** you will use to explore your chosen Christian practice. Review the attached list of several methods through which you can implement your Christian practice. Be creative! The list is not exhaustive; you may come up with your own method of implementation. Create a presentation method that best suits your practice and your way of exploration.
4. You will want your visual **PRESENTATION** at the Disciple Project Expo to clearly demonstrate your chosen Christian practice, what you did to implement that practice, and what happened as a result of this discipline. At the Disciple Project Expo, be prepared to talk with Session members and other visitors about your experience. Explain the impact you felt from engaging in your practice as well as whatever result you witnessed. Perhaps the experience was exactly as you expected, or nothing like you thought it would be. There are no wrong answers or incorrect results. Your presentation can be in a variety of formats: electronic, photos, or poster board. Again, be creative in your presentation.

Your project will need to be complete by Sunday, April 29, 2018 so you may present your Disciple Project to one another, two weeks before the **Disciple Project Expo after worship on Sunday, May 13, 2018**. That means **the last possible date for beginning and getting your project approved is Sunday, March 28, 2018**. Think about starting your project now or taking advantage of Advent or Lent to engage in your Christian practice.

For 30 days, you will engage in your selected Christian practice and see how it feels, try it on, roll around with it for a bit. You have a month to let the Holy Spirit loose in your life as you focus your intentionality on this practice. Focusing on a Christian practice is a way that we can live out our faith and be led a little bit deeper into our relationship with God as disciples. Engaging in a Christian practice allows God an opportunity to come closer to us. Most of us practice to acquire proficiency. When we want to know how to hit a fastball, ace an exam, put in a good performance in during the school play, write a great short story, we practice. Intentionally entering into a Christian practice gives God the opportunity to move in our lives!

The Disciple Project is different from school projects. The most important thing about the project is not your finished presentation, but rather the spiritual sensitivity that you apply to your activity. The goal is to go within yourself and think about where and how God is present and working in you. The definition of a successful Disciple Project is that it has been an activity that you entered into mindfully, prayerfully, open to and aware of the presence of the Holy Spirit. Have you failed if you didn't identify or feel the Holy Spirit at work? Definitely not! It is possible that your Disciple Project just might make you open to noticing the Holy Spirit at another time or place.

According to Craig Dykstra, theologian and Duke Divinity School professor: "Christian practices are not activities we do to make something spiritual happen in our lives. Nor are they duties we undertake to be obedient to God. Rather, they are patterns of communal action that create openings in our lives where the grace, mercy, and presence of God may be made known to us. They are places where the power of God is experienced. In the end, these are not ultimately our practices but forms of participation in the practices of God."

Blessings and God's grace to you as you explore your Disciple Project. Be in touch with us if you have questions, joys or concerns.

Grace as you practice,

Courtenay

Courtenay Willcox
Disciple Project Coordinator mcwillcox@gmail.com
610.506.1708



CHRISTIAN PRACTICES:

Prayer and contemplation:

Matthew 6: 9-13, Matthew 7:7-11, Luke 11:2-13. You might also explore the Examen Prayer.

Extending forgiveness:

Matthew 18:21-25, Luke 17:13, Matthew 5: 23-24, Mark 11:25

Giving alms/Tithing:

Matthew 6: 1-4, Matthew 25:31-46

Hospitality and caregiving:

Luke 7: 36-50, Matthew 25: 31-45, Luke 10:30-35

Readings/Scripture:

You could choose a book of the Old or New Testaments, the Lectionary, or do a random daily selection. You could go to a Christian bookstore and ask for a guide. You might also look into the Lectio Divina.

Self control, self denial, fasting from something to make room for God:

Galatians 5:16-26, Matthew 6:16-18

Working for social justice/Defending the poor or oppressed:

Matthew 5: 3-12 (The Beatitudes), Matthew 7:12, Amos 5:21-24, Micah 6: 6-8, Isaiah 1:10-17

Repentance:

Ezekiel 33: 10-20, Matthew 3:1-10, Luke 15 the whole chapter, Luke 18: 9-1

Evangelism/Sharing the story of your faith journey:

Matthew 28: 16-20, Luke 24:44-53, John 21:4-25, Acts 2 (the story of Pentecost), Mark 4:30-32

Giving praise and encouragement to someone in need:

The Beatitudes, Matthew 5: 3-11, Matthew 6:28-30, Luke 12:27-28

Encouraging vocation:

The Parable of the Talents, Matthew 25: 14-30, Matthew 4:14-16, Luke 19:11-27

More Practices: Communion, Confession, Discernment, Fasting, Simplicity, Sabbath keeping, Wit-nessing, Suffering with and for another, Discernment, Searching/ Interpreting scripture, Forgiveness/ Reconciliation, Thanksgiving, Serving others, Spiritual friendship, Stillness, Repentance, Praise, Music and Hymns.

METHODS:

Daily: Examen, prayer journal, breath prayer, Lectio Divina, praying before every game/practice/ rehearsal, gratitude list.

Weekly: Photography of sacred places, feeding the homeless, visit a church other than BMPC, sharing a meal with someone (grandparent, etc.).

PRESENTATION:

PowerPoint, photos, poster board, video, music, etc.