

# The Inspire Network



## What next?

- Have you enjoyed exploring the Christian practices with your small group?
- Have you come to see how important the practices are to your spiritual health and growth?
- Have you benefitted by meeting with friends to discuss how you're doing?

If so...

- Would you like to be part of a small group that continues to meet?

If you have answered 'yes' to these questions, you may like to consider forming an **Inspire fellowship band**.

## What is an Inspire fellowship band?

An Inspire fellowship band is a group of just three or four people, who meet at least once a month to share their progress in Christian discipleship.

### They each commit to:



**seek to grow in God's love**



**use the spiritual disciplines (the practices that we've looked at in this course)**



**share God's love in their daily life**



**meet once a month in the band meeting for review and support.**

These four commitments constitute a 'way of life' that members of the Inspire Network follow.

There's no handbook, you simply meet to share your own experience of following the way of life, and to encourage one another in your Christian discipleship.

## So what is 'Inspire'?

Inspire is a discipleship movement, rooted in the Methodist tradition, which aims to support people's growth as mission-shaped disciples.

Inspire offers a simple framework for Christian disciples who want to grow in God's love and become more effective in sharing God's love with others.

Inspire is an ecumenical movement. Members of the Inspire Network come from all the major Christian denominations.

The Network creates resources to help people follow Jesus, and to form small fellowship bands for mutual support and encouragement.

You can find out more about the Inspire Network by going to their website ([www.inspire-network.org.uk](http://www.inspire-network.org.uk)).

## How could I form a fellowship band?

- Contact Inspire to let them know of your interest. You can request resources to help you think through how to form a band, and talk to a member of the Inspire team for help and advice. (email [enquiries@inspire-network.org.uk](mailto:enquiries@inspire-network.org.uk), or write to Inspire Network, PO Box 1936, Bristol BS37 0BG)
- Prayerfully consider who you could invite to join you – perhaps other members of the group with whom you have done this course.
- You could explore what it's like to be in an Inspire band by using our 'Way Into Inspire' sessions. These outlines help you get going with your band by giving you four sessions to follow, each one exploring one of the elements of the Way of Life. (The materials can be downloaded free of charge, from the Inspire website ([www.inspire-network.org.uk/way-into-inspire](http://www.inspire-network.org.uk/way-into-inspire)). Alternatively contact Inspire and request a printed set of the 'Way Into Inspire' sessions).

# Resources from the Methodist Church

There is a growing number of connexional resources available for those wanting to deepen discipleship through small groups.

## **50 days to let your life speak**

*50 days* invites your church as a whole to recover the tradition of classes so that discipleship can be deepened and a sense of community strengthened. It suggests using the time when you would usually gather for weekly worship (before, during or after) as an opportunity to introduce the experience of small-group discipleship formation.

Each week, participants are encouraged to share a particular resonance found in Scripture; a word, phrase or sentence that draws their attention the most. They are also invited to commit to one small and achievable, but risky venture in living with intention to share God's love during Pentecost.

Structured around the lectionary, there is material for eight 30-40 minute sessions for the period from Easter Sunday through to Pentecost. (Six sessions can be run if you do not wish to begin on Easter Sunday.) Since each session is self-contained, people can dip in and out as circumstances vary.

Available as free downloads from the Methodist Church website: [www.methodist.org.uk/50days](http://www.methodist.org.uk/50days)

## **Methodist Church website: Deepening Discipleship**

The *Deepening Discipleship* pages of the Methodist Church website are framed around three key sections: spiritual practices (graceful discipleship), Scripture (scriptural discipleship) and evangelism (confident discipleship). A further section explores the role of small groups in discipleship formation.

Each section contains short, thought-provoking articles to explore these different strands of discipleship including *The Grace of Giving*, *Beginning Again with Prayer* and *Exploring Pilgrimage*. The articles can be used by individuals, as conversation starters in small groups, or as a reflection point for a larger gathering.

## **Compass**

**For those new to the Christian faith or Methodism**  
This seven-or-eight session course is an energising and highly interactive resource. It acts as an introduction to the Christian faith and explores the basics of discipleship. In addition, each session features a relevant Methodist emphasis. *Compass* also explores different ways of engaging with Scripture and creative ways of praying.

A booklet for participants will be available to order (price to be confirmed) and accompanied by free online notes for leaders.

## **Step Forward**

A 32-week resource which has been tried and tested for several years around the Connexion, to nurture the practices of discipleship and make a difference for God. Interactively explored through weekly small groups over 12 months, the material is built round a cell structure and encourages a strong, practical commitment to working out discipleship.

For more details about materials and leader training: [www.stepforward-training.org.uk](http://www.stepforward-training.org.uk)

## **Disciple**

**A transformative Bible study course**  
*Disciple* moves through the biblical story from Genesis to Revelation over the course of a year, encouraging those hungry to go deeper into faith to find God's direction in their lives through weekly Bible reading and study. *Disciple* has a long successful track record of building up individuals and churches for re-energised mission and ministry.

A new promotional DVD and accompanying booklet will be available from Spring 2013.

For more details about materials and leader training: [www.methodist.org.uk/disciple](http://www.methodist.org.uk/disciple)  
To order the printed course materials (including facilitator and student manuals) visit [www.methodistpublishing.org.uk](http://www.methodistpublishing.org.uk) or call 01733 235962.