



CUMBRIA
CHRISTIAN
LEARNING

Growing disciples for mission

RESOURCES FOR MAKING AND GROWING DISCIPLES

Resources for Making and Growing disciples

* = in your Deanery Resource box, available for borrowing from Church House, Penrith
Visit www.disciplekit.org for further information on a range of courses at varying levels with good reviews.



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Adult Seeker/ Enquirers Courses

Happiness course

Material written by Andy Parnham and produced by Liveability

This 4 week course is a pre-enquirers course. It seeks to help participants explore what happiness might mean in a meaningful life and in doing so introduces some of the core concepts in the gospel but not explicitly linking it to the Christian faith; such as shalom, forgiveness and reconciliation. It could serve as a prelude course for something like Start.

In order to deliver this course you will need to go on the leaders training day which costs £50-£100 but then provides the materials and support to run the course locally. Further details about the course can be found at:

www.livability.org.uk/blog-and-resources/training-and-events/the-happiness-course/

The Jesus Deck

Card game depicting stories from the Gospels

The 'Jesus Deck' consists of 52 cards, and two jokers. The cards were originally designed to educate children about the Bible. Set in four suits, named after the Gospel writers Matthew, Mark, Luke and John, each card has a scripture verse on it, and depicts a scene from the Bible in vibrant colour and classically '1970s' style. But the cards found a second use, as a useful and engaging tool to talk about Jesus in a way which relates to the kind of people who go to Mind Body Spirit events for things like Tarot readings. The pictures help people move beyond their questions about faith to explore the stories and their meaning in a much deeper way.

The Jesus Deck is available exclusively from The Chelmsford Diocesan Resource Centre. Training on how to use the cards is available in a Grove Booklet by Penny Horseman, titled Ev 112 Using the Jesus Deck: Unfolding the Story of Jesus Through Playing Cards.

Table Talk

An App and a game

The aim of Table Talk is to provide a safe place for people to begin to explore, articulate and engage in conversations about the big and not so big questions of life. The promotional material states that as you get together and play Table Talk, conversations will flourish, relationships will be built and strengthened and that you'll have fun. It can be used for enquirers and for those who have been Christians for some time. There are different versions for different age groups too.

For more details visit the Table Talk website: www.table-talk.org/whatistt.html

Urban Unlock: Cooking the Book

On On-Line Course
available from the Urban
Unlock website
www.unlock-urban.org.uk

A Bible overview with a difference. Each week you are given a recipe to make together which provides the framework as participants explore their life experiences then connect them with God's story. The Resources are free and downloadable material from Unlock-Urban.org.uk. The Cooking the Book resource has 10 sessions: Something from Nothing (Creation); Tricky (The Fall); Doing What We Want (Judgement); Unwanted Gift (Jesus' Birth); Once Upon a Time (Parables); It's a Miracle (Miracles); It's Not Fair (Jesus' trial and Crucifixion); Nonsense (Jesus' Resurrection); Down to Us (Pentecost and Early Church); Perfect Party (Heaven). The material includes a recipe for each session. There are suggestions for accompanying sound tracks.

Visit the Urban Unlock website for the free downloadable resources for this course. This review centres around the Cooking the Book resource, but there are others on the website which cover a vast range, from parenting to baptism to film to Christmas to books in the Bible. All are learner-centred and designed to be accessible to urban situations. Take a look at www.unlock-urban.org.uk

Nooma

Short Films

NOOMA is a series of short films that explore our world from a Christian faith perspective. These films are compelling and could be used for folks who are beginning to explore Faith. They invite questions, and facilitate opportunities to share perspectives and engage in discussion. NOOMA films are created and produced by Flannel, a nonprofit organization. Films that are particularly useful for those enquiring about faith are: Trees, Rain, Tomato, Lump, Rhythm. "Sunday" could be really helpful for those who have been de-churched. These films can be downloaded or bought from the Nooma website: <http://nooma.com>

***Pilgrim**

A series of books written by Steven Croft, Paula Gooder, and Robert Atwell. Published by Church House.

Pilgrim is a teaching and discipleship course from the Church of England. It has two stages: Follow and Grow. The Follow stage covers subjects such as Baptism, the Lord's Prayer, the Creeds, and the Beatitudes; the Grow stage looks at the Eucharist, the Bible, and Christ and the Kingdom. Whilst the Grow stage maybe too advanced for enquirers the Follow stage may have some material that could be useful to explore in an Enquirers Group but may be better suited to those who have had some previous Church Experience rather than those who are unchurched. There are 6 sessions in each book and a typical session would include an opening act of worship, teaching and reflection on Scripture, discussion and closing worship.

See website for additional information and material: www.pilgrimcourse.org

Alpha

Much of the material is written by Nicky Gumbel. <https://run.alpha.org>

Alpha has been running for 30 years. It has recently been revised and refreshed and much of the material is free to download. Alpha offers an opportunity to explore life and the Christian faith, in a friendly, open and informal environment through a series of interactive sessions that explore some of the basics of the Christian faith. Typically Alpha has around 10-15 sessions and includes a shared meal, a short talk and a discussion. There is also an option for a weekend/day away.

***Start**

Robin Gamble, David Bell. Leading your Church into Growth

This is a refreshed version of the 2003 version of Start. Robin Gamble and three other presenters deliver 6 sessions exploring faith, asking questions about Christianity and outlining what Christians believe. It attempts to bridge the gaps between North and South, different classes. Vox Pops show how the material addresses the questions and perspectives that contemporary culture has of the Christian faith. The pack comes with Handbook, DVD and CD ROM. Lots of dynamic activities and good discussion starters.

Order from email: tracielycig@yahoo.co.uk

***Christianity Explored**

Rico Tice (2nd edition 2003 - new edition out 2012)

15 sessions over a 10 week course + day/weekend away – The material provides an introduction to Christ, based on Mark's gospel, examining basic Christian doctrine. The material revolves around: Who is Jesus? Why did he come? What does it mean to follow him? There is a handbook & leaders' guide.

Open evangelical approach. <http://www.ceministries.org/ce/about>

<p>*Credo</p> <p>Lindsay Urwin The Church Union</p>	<p>Designed for inquirers as an introduction to Christian faith. There are 7 creative sessions with plenty of discussion. Sadly out of print, so no DVD, only a video. But good materials.</p> <p>Catholic perspective. 1 copy available to borrow from CCL at Church House.</p>
<p>*Living Faith: Exploring the Essentials of Christianity</p> <p>Tom Wright SPCK</p>	<p>In ten 25 minute sessions, +Tom Wright explores basic themes about the Bible, Jesus & the gospels, Paul, basic doctrines. The style & level is similar to the ‘...for Everyone’ New Testament Guides. A leaders’ guide with questions is downloadable and free.</p> <p>“ - sessions are relaxed and easy to watch”. Complete Pack with DVDs £60; Study Guide £4.99. More details from www.spck.org.uk or http://www.licc.org.uk</p>
<p>Something More</p> <p>Book By John Pritchard</p>	<p>This is a book that can be read in many different ways. It offers itself as a personal aide for a spiritual journey but by starting with the sense of something more and proceeding to some of the more challenging aspects of the faith that the unchurched and de-churched may be struggling with, it offers itself as a support for those who wish to share their faith in an authentic and sensitive manner.</p> <p>This book has a number of questions at the back which makes it possible to adapt as a seeker course.</p>
<p>Life Explored</p> <p>Christianity Explored Ministries. Course, manual plus DVD</p>	<p>Life Explored is a seven session course that looks at the following topics: The Good God, the Trustworthy God; the Generous God; the Liberating God; the Fulfilling God; the Life-Giving God; the Joyful God. The courses is designed to help people explore what they're really living for and shows how, in Christ, God meets our deepest desire for happiness. The course has a varied recipe of discussion, film, Bible reading and discussion. It states that it is designed to appeal to those who have never encountered the Christian Faith.</p> <p>Download the videos for live streaming and find additional material on www.life.explo.red</p>

The Reasons for God

Book by Timothy Keller

This is a book that has been written to engage with those who are sceptical about Christianity. Keller uses literature, philosophy, real-life conversations, and reasoning to explain how faith in a Christian God is a soundly rational belief, held by thoughtful people of intellectual integrity. He explores issues such as 'suffering', 'why a loving God would send people to hell'; 'why isn't Christianity more inclusive'; 'how can one religion be right and another wrong'; 'why have so many wars been fought in the name of God.'

Timothy Keller argues intelligently from the orthodox position. This is a good book to give to someone who may have questions about Christianity and yet who is open to exploring and reflecting.

Do Nothing to Change your Life

Book by Stephen Cottrell

This is a short book that attempts to connect with people who are caught up in the pressures of life, its stresses and strains. It invites us to stop and reflect and open ourselves up to the wonder of life and to explore its meaning... and yet it also seeks to engage those who at some level may be aware that they are looking for and in need of something more. It explores topics such as, 'Who am I?'; 'The scandalous hospitality of God'; 'The possibility of a free lunch'; 'Becoming the person you're meant to be' and 'Plumbing the depths of a single moment.'

A book to give to someone who may be interested in finding out what the Christian faith is all about. Its language is accessible and not overtly religious.

Being Christian

Book by Rowan Williams

A short book that explores what is foundational to the Christian life, looking at subjects such as baptism, reading the Bible, Eucharist, and prayer. Williams uses these four central practices to help explain some of the core doctrines and practices of the Christian faith.

This book may appeal more to those who are de-churched. Whilst short and simple in presentation, it does explore some profound issues. There are questions at the end of each chapter which enables the book to be used in a small group setting.

Journeys: Exploring Faith in the 21st Century

DVD and leaders guide

A five week course examining the Christian faith through the lives of real people. The topics addressed include: Is there a spiritual side to me? If God and heaven exist, what are they like? Does this faith thing work in real life? Does God have real power to change things? Crossing the line - what's that like?

One review said that the material deals with questions that people are likely to have considered about God and faith,

challenging preconceptions.

Access more information at: <http://willowcreek.org.uk/product/journeys/>

Tales of the Unexpected

Book and DVD by Pete and Anne Woodcock

Jesus is famous for his stories. This four session course takes some of Jesus best-known tales to bring their teaching to those who are unfamiliar with it. The stories it explores are: the Rich Fool; the Runaway Son; the Stay at Home Son; the Pharisee and the Tax Collector. The material is designed as an outreach course.

More information at www.thegoodbook.co.uk/jesus-and-you

***The Y Course –**

Agape/Christianity 2000

8 sessions, which provide an introduction to Christianity, based on exploring questions people ask. The material comes with a Leader's Handbook, Group Leader's Guide and Participant's Notes

Good, straightforward and simple.

Jesus: The game Changer

2 DVDs and discussion guide from Eden

This is a 10 session course which explores how Jesus has made an indelible mark on human history and why it matters. Subjects covered are: Equality, forgiveness, women and children, Democracy, care, leadership, education and health, wealth, reason and science. Kal Faase travels to UK, USA, Singapore, India and Australia, interviewing authors, academics and modern day game changers about the life and teaching of Jesus.

There is a lot of extra material at www.olivetreemedia.com.au/jesus-the-game-changer/

***Essence**

Rob Frost

An Exploration of contemporary Spirituality which looks towards integrating body, mind and spirit. A six session interactive course which covers such topics as: the journey within; the journey so far; the journey to a better world; the journey to wholeness; the journey to spirituality; the journey to the future.

It needs some preparation and the leaders would need to have confidence to adapt the material according to their resources and knowledge base. It aims to connect with those who are aware that they are on a spiritual journey and who have a desire to explore further, including those who have been drawn to alternative therapies and spiritualities.

***Beyond Ourselves**

Roger Morgan ed.
Pub by 'ReSource'

Book One of a 3-part discipleship programme called 'The God Who Is There'. 10 interactive sessions with scripture, prayer and worship. CD, Leader's guide and Member's Handbook. Explores the wider meaning of our lives and what it means to develop a living relationship with God. Covers creation, suffering, life after death, the life and resurrection of Jesus and the gift of the Holy Spirit.

An Anglican 'renewal' emphasis. Informal discussion, shared activities, accessible to people with no church background. For follow-up see Book Two 'The New Community'.

www.resource-arm.net

***Emmaus**

S Cottrell, S Croft, J Finney,
F Lawson & R Warren.
Church House Publishing

'The Way of Faith' - Book introducing the theology and practice of the Emmaus course. Explains the 3 stages of the Emmaus materials: Contact, Nurture & Growth. Draws on the disciples' walk with Jesus to Emmaus.

Includes case studies & practical suggestions.

***Emmaus Stage 1: Contact**

As above.
Church House Publishing

Designed to help Church members become committed to outreach & building newcomers up in faith and discipleship - by using the Emmaus materials, Stages 2 & 3 (below)

If you plan to use the Emmaus Nurture course, use 'Contact' first to ensure the congregation are committed to it.

***Emmaus Stage 2:
Nurture –
"Exploring the Christian
Faith"**

As above & John Finney.
Church House Publishing

A 15 session course consisting of: 'What Christians Believe' (6 sessions), 'How Christians Grow' (4 sessions), and 'Living the Christian Life' (5 sessions). It is designed to help an 'interested enquirer' to discover and grow in faith, or as a refresher for church members. Book and CD-Rom.

Theological breadth. Good, straightforward, simple to use materials. It could be run in 3 'chunks', not all 15 sessions consecutively. See 'Emmaus Growth Stage 3 course' for follow-up. www.e-mmaus.org.uk

*Footsteps in Faith	12 sessions of study material on the foundational beliefs of Christianity, designed for Christians to go deeper and clarify their faith.
Carlisle Diocese & Churches Together in Cumbria	Copies available to buy from Church House. Written in the 1990s, but good discussion material for groups.
Simply Christianity	Simply Christianity is an evangelistic course based on Luke's gospel by John Dickson. It has five sessions. Leader's Manual and guest manual are available from the Good Book Company: www.goodbook.co.uk

Enquirers Courses for Children and Young People

Christianity Explored - Youth Edition	Aims to present gospel clearly to older teens. Similar pattern to adult course (above). DVD.
Rico Tice (2nd ed. 2010)	Open evangelical approach
Table Talk	The aim of Table Talk is to provide a fun place for people to begin to have conversations about the important questions in life. As you get together over six sessions, conversation will flourish and relationships will be built and strengthened.
Game by Paul Griffiths.	The box contains instructions and 6 topic cards, and 16 smaller questions cards per topic. Currently mixed titles including Easter, Christmas, friends, blokes, the Forces, a variety of teenage age groups, Messy church, students and more planned. This is also available as a free app.
	www.table-talk.org/whatistt.html

Moving Images

Sarah Brush and Phil Greig.
Church House Publishing,
2011

Moving Images, Changing Lives offers an entirely fresh approach to exploring the Christian faith based on popular films available on DVD. Ideal for those exploring faith for the first time and as a Confirmation course, the eleven sessions in Moving Images, Changing Lives use films to explore God, Jesus, the Holy Spirit, the Bible, prayer, the Church, communion, living the life of faith and more. Everything that a group leader needs to run the sessions is provided, including equipment lists, ice-breaker activities, photocopiable activity sheets, questions for reflection, prayers, film clips and YouTube links. It suggests using film clips from over 30 different movies, which you would need to source for yourself.

<http://www.chpublishing.co.uk>

Soul: Christianity Explored

Christianity Explored
Published by The Good
Book Company 2014

Soul from 'Christianity Explored' is designed to introduce Jesus to older teenagers and young adults (15+). It features a range of activities, talks and Bible studies to communicate the gospel in an accessible and relevant way. The Soul course comprises a Leader's Guide for those running the course, and a handbook for the course participants.

Rock Solid

Youth For Christ

Rock Solid is an evangelistic resource that equips you with the ideas and structures to provide a fun environment in which you communicate the good news of Jesus in a creative and relevant way. Hundreds of churches use Rock Solid and its combination of games, interactive activities, discussions, short talks, media and more to see transformation in the lives of 11-14s as they encounter God. Offers access to hundreds of tried and tested youth group meeting guides.

Within each session there are games, ice breakers, media clips, film clip suggestions, short talks, discussion starters and more. You can also search for further ideas if what is offered does not immediately fit your session.

<http://www.yfcreources.co.uk>

Youth Alpha

Video Series: Alpha Youth is a series of interactive sessions to discuss the Christian faith in a fun, relaxed and non-threatening environment. Alpha is delivered over 8-10 sessions, with the option of a day or weekend away. Topics covered include: Who is Jesus? Why did Jesus die? Why and how should I read the Bible? How does God guide us? Hosts Ben and Jason travel the world, unpacking the basics of the Christian faith. Everything is free to download online. You need to register to run a Youth Alpha course before you can see the materials. Registration is free and gives you access to materials for 10 sessions plus two weekend sessions.

www.alpha.org

Youth Emmaus

Stephen Cottrell, Sue Mayfield, Tim Sledge & Tony Washington. Church House Publishing

Youth Emmaus helps young people aged between 11 and 16 get to grips with the basics of the Christian faith. The resource includes a Leader's Manual and CD. It has 14 sessions which are about 60-90 minutes long. Three sections: What Christians Believe; How Christians Grow; Living the Christian Life. Substantial extra material including prayer, worship and all-age service ideas.

www.chpublishing.co.uk/books/9780715143643/youth-emmaus

So Why God?

Scripture Union

What questions do children ask about God? So Why God? takes genuine questions children have asked about God and Christianity and helps them find the answers through the Bible and through the testimony of their leaders. The first six sessions look closely at who God is and takes children through the story of Jesus on earth. The second six sessions look at hard issues Christians face. It is ideal for use as a children's discipleship course. It is aimed at 7-11 year olds who may not know much about Jesus. The course encourages children to find out about Jesus' journey on earth and prompts them to ask questions about what issues Christians may face today. The material is aimed at meeting young people where they are, rather than assuming they are in a certain place. As an outreach series, So Why God? includes a fantastic range of activities and questions which can be adapted easily.

Excellent material.

Details from: www.scriptureunion.org.uk

Websites for Enquirers

Rejesus

Has interesting material that invites a second look at aspects of life and faith. The Bishop of Penrith has been very involved in creating this.

www.rejesus.co.uk

Christianity

Has some useful Q & A material to explore Christian faith and life. Aimed at non-Christians, but interesting as 'discipleship' material for Christians too.

Website run by the
Christian Enquiry Agency

www.christianity.org.uk

Now a Christian

"A FREE email every day for five weeks that will help you to make your own decisions about the difference that having a Christian faith will make to your life." Useful and free.

Church Army

www.nowachristian.org

Resource list compiled by Nicki Pennington for Cumbria Christian Learning, 2017.