

Tools to Support Discipleship	Description	Further Information
Discovery Bible Experience	DBE is a tool for the discipler and disciple to reflect on scripture in order to understand what the Holy Spirit is saying through his word and to make a response.	http://www.bcc.church/discipleship-resources
Gift Discovery Exercise	A self-assessment to help people discover their gifts in spiritual and ministerial areas - gifts which can be used in every aspect of life: workplace, school, home, community and church. This information also enables the church to equip and encourage people to use their God-given gifting.	https://www.bcc.church/find-your-gift
Disciple Makers Wheel & Self-Assessment Tool	<p>A tool with ideas, pointers, guides and content that will be helpful for you and the person you are walking a discipleship journey with. The Disciple Makers Wheel touches on five pillars of life (devotion, purpose, service, gratitude and learning) to help focus on different aspects that you feel are appropriate to talk about and journey through. There is no right or wrong sequence, you can allow the Holy Spirit to guide you towards a topic or area that you feel is the right thing to tackle at the time.</p> <p>A self-assessment tool accompanies the wheel which allows the disciple to identify their satisfaction in a particular area(s) prior to unpacking it and also to review their progress in that area after you have explored it together.</p>	http://www.bcc.church/discipleship-resources
Discipleship-orientated Courses	Description	Further Information
The Alpha course	The Alpha course is a series of group conversations spread over 12 weeks that freely explore the basics of the Christian faith in an open, friendly environment.	https://alpha.org.uk/
Freedom in Christ Course	The Freedom in Christ Course is a 10-session discipleship course run for individuals or groups with the opportunity to: explore the truth of who we are in Christ, undertake a 'spiritual MOT' through 'Steps to Freedom in Christ' and understand more about renewing our minds.	https://www.ficm.org.uk/discipleship-course#find_out

DNA	A six-session short course designed for people who are new to faith or new to BCC to look further at foundational faith topics such as forgiveness and grace. Can be done as a stand -alone course or as a follow-on from Alpha.	http://www.bcc.church/dna
Essentials 1-1	A discipleship course undertaken in a one-to-one context. The disciple and disciplee systematically work through pre-prepared booklets covering foundational areas of faith through to topics for mature believers. Essentials encourages people to think critically about biblical truths through a thorough exploration of relevant scriptures and focussed questions.	For more information enquire with Rob Thomas
Practising the Way course	This course is spread over 8 sessions of teaching, guided conversation, and spiritual exercises designed to lay a foundation for lifelong apprenticeship to Jesus. Ultimately, its goal is to train participants to live as an apprentice of Jesus: to be with Jesus, become like him, and do as he did.	https://www.practicingtheway.org/course
The Prayer Course	This course is an eight-week journey through the Lord's Prayer and is suitable for people who are new to faith as well as those who are more mature in faith. Usually run in small groups, each session consists of a video, discussion and practical prayer activities.	https://prayercourse.org/about/
Helpful Resources & Courses by Topic	Description	Further Information
Loss/Grief	The Bereavement Journey is an award-winning series of films and discussion groups that gently guide people bereaved at any time through the most common aspects of grief and bereavement, enabling them to process the implications for themselves and discern next steps. It is suitable for people of any faith or none and covers topics such as: attachment, separation and loss, the impact and pain of bereavement, anger and guilt, coping with others' reactions, adjusting to change, delayed and suppressed grief, moving forward healthily.	www.thebereavementjourney.org/

	participants learn to communicate well, understand and appreciate differences, and prepare for potential challenges.	
For people who are single	<u>Single and Free</u> A 4-week course designed for women who are navigating the spiritual, physical, emotional and practical dynamics of being single at present.	https://htb.org/single-and-free
Divorce/separation	<u>Restored Lives</u> An 8-week course for those who are separated, those who are currently going through a divorce, or those who are already divorced, whether recent or at any time in the past. Each session includes a talk and a time of discussion. The course, while based on Christian principles, is relevant and helpful for anyone with or without a Christian faith or church background. Restored Lives is both practical and supportive, giving any separated or divorced person the opportunity to discuss the challenges they are facing and the tools to deal with these effectively.	https://htb.org/restoredlives
Navigating mental ill-health, depression, anxiety, recovery from trauma and abuse	<u>Mercy UK - The Freedom Journey</u> The Freedom Journey is a 16-week, free of charge, trauma-informed discipleship programme designed to help Christians live free and stay free. Every week participants will work with a Freedom Journey facilitator to deepen an authentic relationship with God, self and others. This is done through up to 10 hours of therapeutic engagement including mentoring, prayer and curriculum content. Participants also have access to a registered counsellor, specialist practitioners (where needed) and life-time access to aftercare support.	https://www.mercyuk.org/ https://www.mercyuk.org/freedom-journey
Parenting	<u>Parentalk – The Primary Years</u> <u>Parentalk – The Teenage Years</u> Two video-based courses to support parents through the primary and teenage years. Parentalk provides parents with the opportunity to talk about the day-to-day challenges they face, as well as looking at valuable principles and easy-to-apply techniques throughout the parenting journey.	https://www.careforthefamily.org.uk/courses/courses-for-parents/parentalk-courses/

Parenting – parental support	<u>Time Out for Parents Courses</u> Community-based courses spread over six two-hour sessions where participants have the opportunity to meet up with other parents. Lead by trained facilitators to help parents build strong and secure relationships with their child. Specific courses for: the early years, the primary years, the teenage years, children with additional needs, dads, handling anger in the family	https://www.careforthefamily.org.uk/courses/courses-for-parents/parenting-courses-time-out/
Parenting – navigating the impact of the online world	<u>Left to Their Own Devices? Course</u> A 90-minute session made up of video clips and discussion time which allows parents to understand the online world exploring: the impact of the digital world on teenagers and younger children; practical advice on screen time, social media and consumer culture; how to tackle some of the more serious issues such as online bullying, grooming and pornography	https://www.careforthefamily.org.uk/courses/courses-for-parents/lttod/
Parenting – Facilitating faith in children	<u>Raising Faith</u> A flexible, six-part, small group resource, full of practical ideas and stories that help Christian families to create strong and healthy foundations of faith in their children. Each session gives parents and carers the opportunity to share their own experiences and learn from each other, as they explore simple ways they can weave faith into everyday family life.	https://www.careforthefamily.org.uk/courses/courses-involving-faith/raising-faith/