Tools to Support	Description	Further Information
Discipleship		
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	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. A self-assessment tool accompanies the wheel which allows the disciplee 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.	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/

Drug and Alcohol Addiction	Teen Challenge UK is a registered charity and operates nationally to help young people who have developed life controlling problems, especially drug and alcohol addictions, and also to offer preventative help to those who may be in danger of doing so. Teen Challenge UK started in 1968 and now works in fifteen locations in England, Wales, Northern Ireland and Scotland. Teen Challenge London and Teen Challenge Strathclyde grew out of Teen Challenge UK and are now affiliated works. The goal of Teen Challenge UK is to help people become mentally sound, physically well, emotionally balanced, socially adjusted & spiritually alive.	www.teenchallenge.org.uk/
For Married Couples	2=1 'Married for Life' Course A 12-week course for married couples covering 12 key biblical principles enabling participants to discover God's plan for marriage and embed these principles into marriage. This interactive course is taught in small groups with life application to be worked through at home.	https://2equal1.co.uk/home-new/mfl/
	The Marriage Course The Marriage Course is spread over seven sessions with each one exploring a different topic through expert insights and teaching for couples who are married or have been living together for more than two years. Every session space is made for private conversations as a couple based on the teaching along with workbook prompts. The course is based on Christian principles but designed for couples with or without a Christian faith. It is for any couple looking to invest in building a better, stronger marriage.	https://www.themarriagecourse.org/course/the-marriage-course#whos-it-for
Pre - Marriage	2=1 'One for Life' Course A 9-week course for people considering or preparing for marriage. The course helps participants be sure that the person they are considering marrying is right for them, and how to prepare for a fulfilling, godly marriage. This interactive course is taught in small groups, with life application to be worked out at home.	https://2equal1.co.uk/home-new/ofl/
	The Pre-Marriage Course The Pre-Marriage Course is an opportunity for couples who are engaged, newlywed or exploring the idea of marriage to invest in their relationship through five in-person or online date nights. They are created to help	https://www.themarriagecourse.org/course/the-pre-marriage-course

	participants learn to communicate well, understand and appreciate differences, and prepare for potential challenges.	
For people who are single	Single and Free 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
Navigating mental ill-health, depression, anxiety, recovery from trauma and abuse	Restored Lives 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. Mercy UK - The Freedom Journey 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://htb.org/restoredlives https://www.mercyuk.org/ https://www.mercyuk.org/freedom- journey
Parenting	Parentalk – The Primary Years Parentalk – The Teenage Years 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/co urses/courses-for-parents/parentalk- courses/

Parenting – parental support	<u>Time Out for Parents Courses</u>	https://www.careforthefamily.org.uk/co
	Community-based courses spread over six two-hour sessions where	urses/courses-for-parents/parenting-
	participants have the opportunity to meet up with other parents. Lead by	courses-time-out/
	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	
Parenting – navigating the	Left to Their Own Devices? Course	https://www.careforthefamily.org.uk/co
impact of the online world	A 90-minute session made up of video clips and discussion time which	urses/courses-for-parents/lttod/
	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	
Parenting – Facilitating faith	Raising Faith	https://www.careforthefamily.org.uk/co
in children	A flexible, six-part, small group resource, full of practical ideas and stories	urses/courses-involving-faith/raising-
	that help Christian families to create strong and healthy foundations of	faith/
	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.	