

Cultivate FAQs

How does it work?

You will be in a small group with 2-5 other disciples and paired with a discipler, a woman who has a maturing faith and experience discipling others, for the period of one year.

You will meet monthly as a group, to cover that month's topic. Discussion questions will be provided. These meetings will follow a *'prayer, care, and share'* model. You will pray for each other, care for one another, and share your life with each other.

You will meet at least once a month individually with your discipler. Use this as an opportunity to explore further that month's topic and to discuss applications and areas you may need to grow. Decide if you want to use some of the other resources together.

Where will the meetings take place?

Monthly Group Meetings: Location is flexible. Whether you meet in someone's home, virtually, at a park or a restaurant, your discipler will help the group decide the best place to meet.

One-on-one Meetings: Location is flexible and up to you and your discipler. Suggestions include meeting over a meal, walking together, enjoying a shared hobby or any creative way you can engage in intentional conversation with each other.

Will I have the option of meeting with my group virtually on weeks that I can't make it in person?

This would be a decision between your group and your discipler, though we do encourage in-person meetings as much as possible.

Is there homework?

Yes, we will ask that you review that month's session prior to your group meeting and that you are spending daily time with the Lord putting into practice what you are learning as the Spirit leads you. There is no required daily 'homework' as this is not the same as a Bible study. However, there is a mutual commitment between you, your group and your discipler to grow towards maturity in Christ and be equipped to invest in the lives of others. This means you will cultivate ways to grow in intimacy with the Lord so that you can develop and grow in contentment, community, compassion, and courage as you seek to be like Christ in all of life. This may include journaling, exploring and practicing different spiritual disciplines, or studying extra materials. As you discuss different topics each month and identify areas where you want to grow, you may choose to read a book together, do a Bible study together, listen to sermons, podcasts, etc., depending on how the Spirit leads you and your discipler.

What are the minimum and maximum commitment levels?

Minimum commitment:

1. Attend gatherings with your discipleship group once a month for 1 year.
2. Connect one-on-one with your discipler at least once a month for 1 year.
3. Spend time daily with the Lord – praying for and submitting your discipleship journey to Him for 1 year.
4. Care for yourself and others the way God cares for you – wholeheartedly.
5. Participate in serving together with your group once a quarter as a way to put your faith into action.
6. Celebrate with your group at the end of the year-long journey! Enjoy a creative and fun celebration with your discipler and other disciples in your group to celebrate the journey and the fruit. This is flexible and will be planned by the discipler.

Maximum commitment – you are building relationships, so the ideas are limitless, but here are some:

1. Take on extra study materials each month (such as book, Bible study, podcasts, etc.) to complete on your own time.
2. Connect more than once a month with your discipler and others in your group.
3. Participate in extra service opportunities with your group.
4. Participate in women's ministry events as a group, such as Girlfriends at Grace, Learn at Lunch, and Women's Retreat.
5. Spend time with each other – enjoy meals together, go on walks together, develop hobbies together, etc.
6. Develop on-going relationships with your discipler and discipleship group that continue past the 1-year mark.

What if something happens in my life/family and I can no longer meet with my discipleship group?

Rest assured that your discipler and the leadership team of Cultivate is always going to be FOR you. We want God's best for you. We will be flexible and prayerful to seek wisdom in how to be most supportive in your individual situation. Oftentimes, a difficult situation is when you need life-on-life community the most, and your discipleship group can rally around you and be the body of Christ that you need. For this reason, we would encourage you to do the bare minimum commitment level (with no additional study materials to complete on your own time) while still continuing to meet with your discipleship group to ensure you are getting the support and prayers you need. However, we also understand there can be situations where you can no longer meet with your group, and we will address those as needed.

What are the topics we'll be talking about?

You will be covering topics that aim to cultivate contentment, community, compassion, and courage in your life. There will be a different topic each month, covering 12 topics.

Can I participate in Cultivate AND Women's Bible Studies or another ministry?

The answer to this question is based on your individual capacity. Be prayerful to discern whether God is leading you to participate in more than one thing. For some women, participating in WBS would support your growth in Cultivate. We encourage you to give yourself margin to study extra materials for Cultivate topics that you desire or need more growth in so take that into consideration with the homework commitment of WBS.

Can my friend who doesn't attend Grace be disciplined?

For now, we are providing this opportunity for women who attend Grace.

Can I switch groups if my schedule changes or I don't feel like it's a good fit? What if I don't 'click' with my discipler/disciple?

You will be prayerfully matched with your discipleship group. If your schedule changes or if you don't feel like it's a good fit, we'll address that individually.

I'd like to join the same group as my friend(s). Can we request to be put in the same group?

We will try our best to accommodate your friend requests but can't guarantee it.

What are the qualifications for disciplers?

A woman whose life is centered on Christ and who is focused on serving others as she becomes like Christ in all of life. Key attributes include:

- Outward focused
- Articulates gospel to others
- Mentoring/discipling others
- Consistently speaks the truth in love
- Faith is integrated in each area of life

How do I become a discipler?

You can go the website and fill out the "Discipler Questionnaire", and someone from the leadership team will contact you for next steps.