

## 1:1 IS HOW IT'S DONE!

### *What IS a 1:1? And who does them?*

*Write this down.* A 1:1 is when a disciple of Jesus meets purposefully and personally with another person in their life.

**At your table, discuss those 2 words - purposeful and personal. What would it look like if 1:1's weren't purposeful? What if they weren't personal?**

**Who does 1:1's?** CHRISTIANS do! It's something DISCIPLES OF JESUS do! Not just CoreFas. Everyone in CCF who takes Jesus seriously, should be purposefully setting aside time in their lives to connect w/ individuals around them to influence them toward Jesus, in friendship!

That's what Spiritual Friends do! Promote God's highest good for the other person.

So if we are a community of discipleship – which means that we are a community of building Spiritual Friendships – the way Jesus did, discipling in the context of friendship – then our prayer is that everyone in our whole community would be doing 1:1s with the people in their life.

THAT's the Jesus mission. THAT'S discipleship. THAT'S what we're all called to be – out of our love for Jesus, and what He's done for US.

Now – let's think about that. *Why? What's so valuable about personal, 1:1 discipleship?*

What can you do in a 1:1 that you can't do ANYWHERE else?

Because in a 1:1 you can really get to some very *Personal Stuff*. Think of Jesus and the woman at the well. How impossible would it have been for Jesus to talk to that lady about her 5 husbands, with all 12 of the disciples gathered round listening in! And I think there are things in our lives that we aren't ready to talk about with a whole group of people. But maybe with one person that I trust, that really cares about me. So instead of public discipleship of the woman at the well, Jesus has a one on one with her that protects her dignity, and transforms her life – and the life of her village!

By doing 1:1's, we make room for speaking very directly into each other's lives, to focus in on one another's strengths and weaknesses, and to give very specific Words in ways we don't have opportunity in Core.

It's ALSO a GREAT venue for REALLY getting to know each other.

Because discipleship is about ***Knowing and Being Known.***

Most people aren't comfortable opening their deepest, most personal opinions and thoughts and feelings in a group setting – especially not at the beginning.

**CUT?** And especially not in BIG group settings! On any given Friday Night, there are a couple hundred of us packed into Fraser 4. How cool is it to look out on that whole, huge crowd, and KNOW that every single person in that room, has access – if they want it – to personal, individual discipleship from someone for whole year, for an hour a week? How cool is that? I think it's way cool. Which is why I love 1:1s.

So if we want to be a people who really care for each other well, and disciple people in the context of friendship – the way Jesus did – 1:1's are a must.

**So in light of that, at what point in the year, do you think, should your 1:1s BEGIN, as Core leaders?**

Here's my answer: right away! Discipleship actually BEGINS from your VERY FIRST interaction with somebody!

We're gonna go out on campus, flood the Residence Halls, start conversations in your classes, and follow up on people who sign up for more information at the Info Fair – and the FIRST time you go meet them, THAT'S your FIRST 1:1!

It might be 10 minutes long – but it was personal, and it was purposeful. And it was an effort to befriend somebody and invite them to get to know Jesus better.

Don't see it as “when do 1:1s start?” See it instead, as when does personal Discipleship start?

Right away.

So if our goal is to personally and purposefully influence people toward Jesus in the context of being a true friend to them, let's think about some practical pointers for getting those 1:1s started, ok?

**Move-In Weekend pointers:**

- There are 4 things, 4 goals for your “first 1:1”. That first time you meet somebody. Name,

**contact info, something memorable, plan to reconnect**

- Learn names. Anybody got any cool tricks for remembering names? (**notebook, FB**)
- Some way to get back in touch w/ them (**contact info, cell #, dorm #, FB, etc.**)
- something memorable about them
- Last: think through your NEXT plan to re-connect w/ them – not necessarily out loud, though sometimes. But at least in your own mind. Write it down! Schedule it! It can look random to them, but it's PURPOSEFUL for you. (**example – mentioned he likes ice cream – organize a trip to Mallards, invite him along**).

**So - name, contact info, something memorable, plan to reconnect - this is the goal of your first 1:1.**

So – shout out some ideas for me - for those NEXT hang out times – **What are some fun activities we could do, as you try to re-connect w/ these people you just met?**

What are some good, “follow up” activities that give them space to talk about themselves, you about yourself?

Invite them to our stuff Opening Week!

Go to the Info Fair!

Kick Off!

Take them grocery shopping (meets a need for both of you, and gets time w/ them)

Do a Bellingham bus tour.

Boulevard + Woods

***But what do I talk about in these first few 1:1s??***

That's gonna depend the person your befriending. 1:1's are purposeful and PERSONAL, so they are not all going to look the same!

You will meet people next weekend with no Christian background, or is super sketched out by Christians? You might not want to start by making a plan to read through the whole Bible in a year. You might want to go to Mallards and find out why they chose Western, and what they dream about doing with their major some day!

You will also meet people next weekend who got filled w/ the Spirit this summer and is ON A MISSION FOR JESUS, you might want to “go deep” with that person right away!

So there's no ONE WAY to decide what to talk about those first 1:1s. We've got to ask lots of questions, and find out what God is ALREADY up to in their lives, ok?

When I came to Western, I was looking for a Christian community, I was already passionate about Jesus - I would have been annoyed if my Corefa had tried to “ease in” in spiritual conversation. I wanted a real friend that I could talk about my faith with!

But...I can't just assume that everyone is like me. Your first 1:1's are not about you, but about that person that God has brought to you. So find out what they need, what they're looking for, and talk about that.

Topics to talk about to help you figure out what God is doing and where to take the conversation: Family, High School, Major, Why Western? Free Time. Make a point early on to ask them about their spiritual beliefs – background, interests in spirituality now, interested in exploring Jesus?

And they DON'T ALL HAVE TO BE, just you and the other person. You can do stuff w/ them and their roommate, invite them to a movie night, etc. It's ok for things to be groupy sometimes, OR just individual sometimes – that's fine. Whatever seems to fit best with the people you're meeting. Listen to Jesus and listen to your Peer Team leader when you're wondering what to do.

Quick side note: When it comes to doing early 1:1s w/ **Returners** – people who have been in CCF for a little while – make sure that your FIRST hang out time addresses what they committed to LAST year.

Do you remember in Core, when we asked everyone to think through, “What kind of person do I want to be next year in CCF?” Well that first 1:1 with returners is designed to review that with them.

And there's a Help on this in the Hbk. **Any Staff want to add to that?**

OK – so THAT'S how to handle your first FEW 1:1s, as you're getting to know people.

**But what about the rest of the quarter??**

### **4 goals of your 1:1s in the Fall:**

4 things that you can keep in mind as you try to influence the people around you toward Jesus, in the context of friendship.

**1. Get to know them.** Ask them questions about their lives. Get them talking about themselves. Everybody loves to tell their story – it's extremely valuing to someone, to be treated like they're important. Right? By saying, “Tell me about yourself” with some thoughtful questions, you're really validating their worth as a person – someone WORTH getting to know.

Jesus did that a lot. Remember the blind man, calling out to Jesus – it’s pretty obvious what he wanted Jesus to do – but Jesus asks him anyway, “What do you want me to do for you?” Tell me about yourself. What do you need?

When the Rich Young Ruler asks Jesus how to get eternal life – He doesn’t just give him the answer, he invites a conversation – he says, “What does the law say? How do you read it?” In other words – what conclusions have YOU come to so far?

So get to know people.

If you really want to get to know someone, it will REALLY help you if you can do this in multiple settings – ***try to avoid ALL your 1:1s being in the same place, doing the same activity every single week.*** Same time, eventually is fine – once you invite them to meet up regularly every week, because that’s how time-management works.

But try to avoid 1:1s becoming “meetings”. Where you ONLY EVER just sit and talk to each other across a table. K? And if that’s all your Peer Team leader ever does with you...you can call them out on it. Didn’t Jonathan say that we shouldn’t just sit here and talk every week? That’s right, he did.

Try to make them creative and fun if you can – talking in the VU is great too – just don’t do it EVERY SINGLE time.

Being friends w/ somebody is meant to be a little more dynamic than just that. It’s easier to get to know them if you do different things with them, see them in different contexts.

So get to know them. First goal of Fall Quarter.

***2. Let them get to know you*** – Remember, leaders are not thermometers but what? Thermostats! YOU SET THE TEMPERATURE! You don’t just reflect back to them what temperature they are setting. You SET THE TONE for opening up, and getting personal. Don’t wait for them to do it, you show them how!

I have to tell you something. I am TERRIBLE at this, naturally. Some of you maybe are thinking, I talk about myself a lot. I’ll have to be careful to actually get to know them. I have the opposite problem, which seems much more spiritual. I hate just talking about myself. Sometimes, even with Liz, I’ve been known to just stop talking, mid-conversation...possibly even mid-sentence, because I’ve decided that what I’m saying is just SO BORING. I don’t want to hear any more about my boring self!

So I’ve had to even tell the guys in my Peer Team for the past few years, don’t let me get away with asking all

about your life but not sharing about mine. Because it's actually not the more spiritual problem - it's still a problem. If discipleship is personal, it has to go both ways. If it's going to be an actual, real friendship, we have to share about our lives too.

I find it's also common to think that this way "If I let them know that I have struggles, and that I have issues that Jesus is working on, then they won't respect me – and will stop seeing me as a spiritual leader."

Then you'll find that there's was plenty to talk about. But they ask you about your life, and you say, "Oh I'm fine, let's get back to your parent's marital issues, and how that's affecting you." This is a problem. You have to let them get to know you.

**What to avoid: 1:1s are NOT therapy sessions!** We aren't called to be Dr. Phil, or Dr. Phillys (female version?)

You are not a professional! You don't have to maintain a professional distance from the people you disciple!

We are FRIENDS. We are CO-JOURNEY-ERS. We say, "Follow me as I follow Christ", NOT "Follow me!"

And it goes a LONG way toward UNDOING that "counseling" mentality that 1:1s can sometimes take on, if you get honest about yourself, your own journey, and ask them to pray for YOU too.

So, get to know them, and let them get to know you.

THIRD goal of your 1:1s in the Fall:

### **3. Invite them to get serious about Jesus.**

And if being a true friend – a spiritual friend – to someone means promoting God's highest good for them – then our casual "get to know you" hang out times SHOULD transition into something deeper.

And none of this happens by ACCIDENT – that's why 1:1s aren't just "personal" - they're PURPOSEFUL.

So at SOME point early in Fall quarter – and it depends on what those relationships are LIKE – you'll want to invite these new friends you've been hanging out with, to get serious about Jesus.

**What to avoid: 1:1s are NOT meant to be MERELY social.** They can start out that way, but if they ONLY STAY that way for all of Fall quarter – what you end up with is a shallow, hang-out time with

someone – NOT discipleship.

So, at some point early in Fall quarter...

You've been hanging out with somebody, getting to know them. They seem to enjoy hanging out with you, and have some spiritual interest, and you invite them to explore the Core Truths of Jesus.

Ding! Ding! Ding! Ding!

## **CORE TRUTH STUDIES!**

Oh man, the Core Truth Studies. I love these! Last year was the first year we did these, and I've heard lots of cool stories about how God used them.

Some of you probably know Kathryn Tanay - she graduated last year. I have something to share with you that she really wanted you to hear:

**Pristine was her co-leader last year, so she's gonna stand in her place here and read what she said. Just imagine that she's Kathryn, OK?**

*Last year was my second year as a core leader, and after using the Core Truth Studies in my one-on-ones I kind of wish they had been around my first year as well. At the beginning of the year I had a few girls that I was meeting with regularly, but even though they were all interested in bible study they were also in completely different places with their faith and I had no idea where to start. I gave each of them a Core Truth Study and told them to read through it and text me which study they wanted to do for our next one-on-one, then we would each do them on our own and discuss it the next time we met up. After doing this for a few weeks, two of them ended up asking me for an extra book because they both wanted to do some studies with their roommates. I think this was definitely the Spirit pushing them to reach out to people in their lives, which is something I had been praying for, but it was really nice to have a physical tool that I could give them that could be used for some more guidance in these conversations. The easier we make it for young Christians to have these conversations, the more likely they are to actually reach out to those around them and become disciple-makers themselves.*

Kathryn was able to move from just casual hang out to purposeful discipleship using the Core Truth Studies. I personally grew up in church my whole life and I think about these kinds of things for my job, and I was blessed by some of these. At the same time, I know international students with absolutely no religious background of any kind who were blessed by these. They're designed to be...wait for it...purposeful and personal.

We also got some GREAT, HELPFUL feedback from leaders last year, and we revamped them a little bit, so they're even better, and I can't wait to see how God uses them again this year, through all of us.

So, I just want to give you a quick run through: take a look at your book. There are 8 studies total, and they are designed to be useful as springboards for conversation. You get to be purposeful and personal about them.

I'll tell you how I personally like to use them if that helps. I like to have us both go through the Core Truth Study OUTSIDE our 1:1, on our own, and then come back and talk about it together. Because I find the talking about it, we never get to everything, and that's OK. It's a springboard for more serious, deeper conversation. They're useful to me that way.

It puts OWNERSHIP of their own growth into your disciples' hands. Because they do the work themselves - you don't do it for them.

It gives you a GREAT way to figure out how serious the people you're meeting with ARE about Jesus.

This also PROTECTS YOU from feeling like you have to be Mr. or Mrs. Bible-Answer-Person.

We aren't called to be spiritual experts – no one expects you to have ALL the answers! If you did, we'd follow you, and not Jesus!

But discipleship, means helping THEM become students of the Word, people in love with God.

It isn't always the best thing to just give them the answer, we need to allow people (and help them) discover answers for themselves.

THAT'S what these CT studies are designed to do. And saves you TONS of time from having to come up with them.

And what's so great about these Core Truth Studies – CT studies – for short, if you'd like – is that they are SO EASILY transferable. Like Kathryn talked about - the people you are discipling can use them to disciple others!

We're gonna print off enough of these so that EVERY SINGLE student in CCF who wants one, can have their own.

Which means – if our goal is to influence the people around us to be influencers of the people around THEM: then THEY can take THEIR friends through these studies too.

That way THEY have some structure to how they are trying to influence the people around them. And THEY



have the tools to “teach others to obey everything Jesus commanded THEM”.

So EVERYONE in CCF will have a chance to have conversations based on these studies. The goal is not just to get through them, OK? The goal is to use them purposefully and personally for discipleship. So, we want every one of you to use these for discipleship, because we really want every student in CCF to have the opportunity to have conversations on the critical topics in this booklet.

The question that you might be wondering is: **how do I have that conversation where I bring these up with someone? Talk at your table about that.**

If your Corefa used these last year to help you be discipled, how did they bring it up with you? Or other ideas you might have.

So, get to know them, let them get to know you, invite them to get serious about Jesus (using the Core Truth Studies to help you)...and...

Ok! Last goal of 1:1s in Fall – if you do these 4 things, you’re good to go.

**4. Invite them to get serious about community.** Discipleship is NEVER just “me and Jesus”.

Right? Jesus is building A PEOPLE for Himself.

And so when you think about your goals for your 1:1s this first quarter of school – try to get your people to get serious about community.

- Friday Nights
- Taking responsibility for something Core (snacks? Opening game if they have that kind of personality (Rachel W. as a freshman!)? Out-of-Core social activity?)
- Go to The Questions Class!
- Fall Camp!
- Volunteer to serve somehow w/ CCF – b/c at CCF EVERYBODY serves.

But there’s some helpful stuff you can invite them to, or go with them to, right out of the gate that will help them connect, and get involved in community early on.

**Avoid: letting 1:1’s be the only place where they grow spiritually.** You DO NOT WANT TO BE their only connection to spiritual growth and discipleship. As a Corefa, you will play a unique role in these people’s lives. You are very important! But you are not supposed to be the only influence in their lives. You can’t be! You don’t have the time or the spiritual capacity to be that for them. Part of our role as disciple-makers is to help them connect with the others who will also spur them on the grow. So help them connect with the rest of our community!

Ok?

**So if your 1:1s do THOSE 4 things this Fall** – (1) get to know them, (2) let them get to know you, (2) invite them to get serious about Jesus, and (4) invite them to get serious about community – **then you're doing discipleship the way Jesus did.**

I like those 4 things because they're pretty easy to remember - get to know them, let them get to know me, invite to be serious about Jesus, serious about community. This is a good way for us to tell if our 1:1's are fruitful.

So think about that over the course of the quarter. Am I getting to know this person? Am I letting them know me? Do I invite them to be serious about Jesus? Do I invite them to be serious about community?

If we're doing those things the best we can, we're doing 1:1's the best we can!

Any Questions?

OK, one more time, all together - when do 1:1's start?

What are the 4 goals of your 1:1's this quarter?

get to know them

let them get to know you

serious about Jesus

serious about community

Pray.

Done.