

## The Training Cycle – MAWL

The training cycle is the process of passing down discipleship skills through multiple generations. It consists of four steps a trainer goes through with his/her trainees: Model, Assist, Watch, and Launch.

The training cycle can be compared to a parent teaching a child how to ride a bicycle:

- **Model** – First, the child sees someone else riding a bicycle, and desires to do it himself. This happens very quickly.
  - **Assist** – Second, the child rides a bicycle while the parent assists, perhaps holding the handlebars and seat and walking alongside the child. The parent gives instruction and encouragement as they go along. The parent lets go and usually the child falls down. This may happen a few times before the child can ride staying up.
  - **Watch** – The parent then continues to watch and coach while the child masters the skills of riding a bike, such as getting on the bike, braking, and riding safety.
  - **Launch** – Eventually, the parent leaves and does not watch, anymore. Nobody wants constant supervision after mastering the skills.
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**Read** 1 Thessalonians 1:6-7

**Question:** We model something when we demonstrate how to do it for someone else. Paul writes these verses to the church in Thessalonica. How is 1 Thes 1:6-7 an example of modeling?

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**Read** Matthew 17:15-20

**Question:** How is Jesus assisting in this passage?

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In Luke 10:1, Jesus sends out 72 people to preach, “After this the Lord appointed seventy-two others and sent them on ahead of him, two by two, into every town and place where he himself was about to go.”

In Luke 10:2-16, he coaches or “watches” them for their task.

**Read** Luke 10:17-21, describing the return from their mission.

**Question:** How is Jesus watching in this passage?

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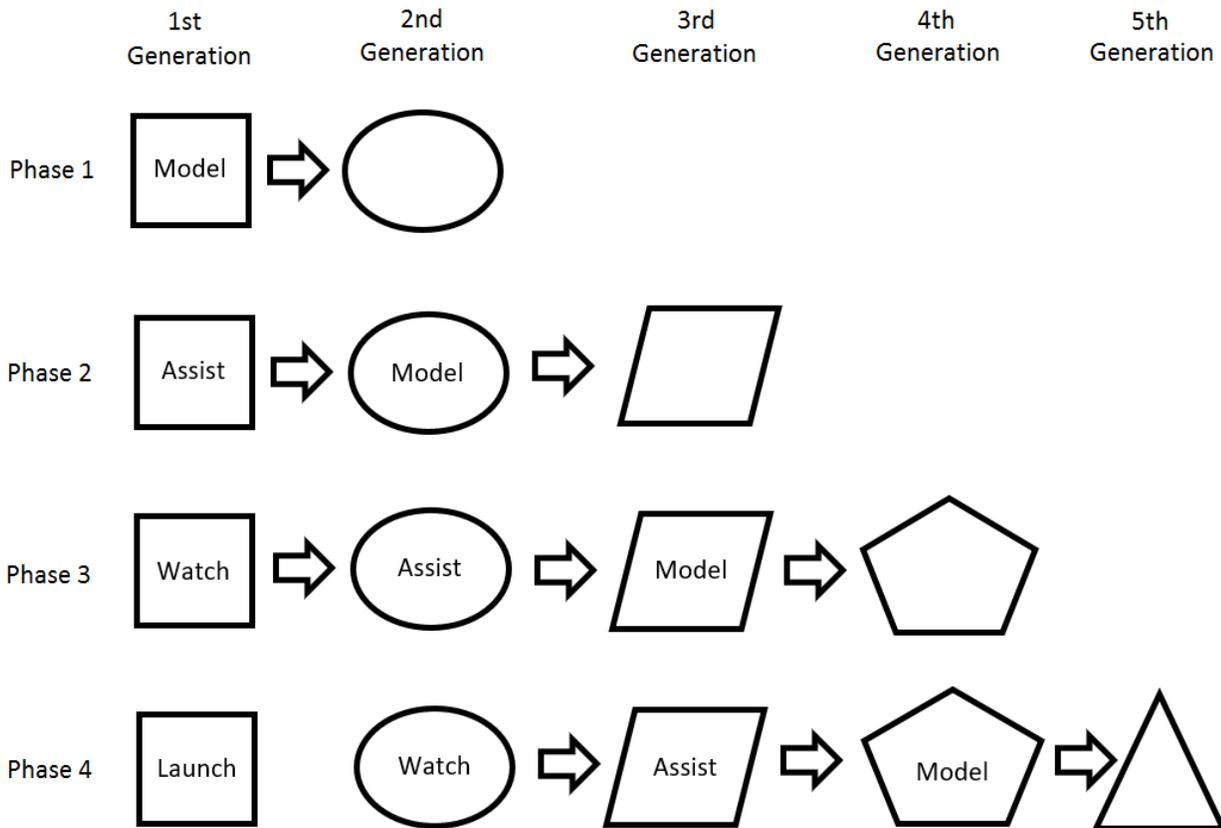
In Acts 20:17 and the following verses, Paul is meeting with the elders at the church in Ephesus.

**Read** Acts 20:24-32, where Paul is talking to the elders.

**Question:** How is Paul launching the church of Ephesus in these verses?

## Training Through Multiple Generations

The process of learning to ride a bicycle mirrors the training cycle for groups and other discipling skills. In groups multiplying to many generations, you need to “watch” down to at least the 4<sup>th</sup> generation. So, you may be assisting someone who is modeling in another group. Then, that person may be assisting someone else to model, while you watch that person assist, and so on. Here is an illustration, with the original trainer represented as the 1<sup>st</sup> generation squares:



The training cycle applies to the 3/3rds group process; but it also applies to other discipling skills. We are in a phase with someone with each skill. Suppose the person you are mentoring fully understands the concept of giving his/her testimony - he is living that out and passing it along; but when it comes to understanding duckling discipleship, he is not that comfortable with it. He is not practically applying that in the way that he is discipling others. This is holding him back from ministering and not only applying but sharing with others what he has learned. So, with regard to giving his testimony maybe you are in the watch or leave phase with this disciple, but in the duckling discipleship idea, you still need to assist and be somewhat directive. Ultimately, you need to work through the training cycle for all the different skills and concepts before launching, completely.

### Demonstrating MAWL with BLESS

<b>B</b> ody (health)	<b>L</b> abor (job and finances)	<b>E</b> moional (morale)	<b>S</b> ocial (relationships)	<b>S</b> piritual
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