

Trainer Note: This is a time-consuming training, so if done in a 3/3rds group you'll have to move quickly through the first third. You won't have time for the Care question. Go right to the check up and move quickly through it, apologizing as you go for rushing people. Then go right into the "Look Up" which will be this training. For the last 3rd just pray and ask everyone to think of who they can train with the BLESS prayer. The BLESS prayer will be used for demonstration during the training.

The Training Cycle – MAWL (with Trainer's notes)

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.

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?

There are three examples of modelling described in these verses:

- The Lord (Jesus) was a model for the Thessalonians as they learned about his example.
- Paul was a model for the Thessalonians, in that he persisted in the face of persecution.
- The Thessalonians were a model for other believers in Macedonia and Achaia by receiving and spreading the word amid persecution.

Read Matthew 17:15-20

Question: How is Jesus assisting in this passage?

The disciples were healing, but they were not able to heal in this case because of their lack of faith. Jesus assisted by demonstrating how to heal and explaining how they could do it as well in the future. Assisting often involves feedback and redirecting for the person modeling.

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?

Jesus did not go with them on this mission, but he continues to give instruction and coaching before and afterwards. When they report back, he helps to correct their attitude about casting out demons. He rejoiced with them in prayer at the end.

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

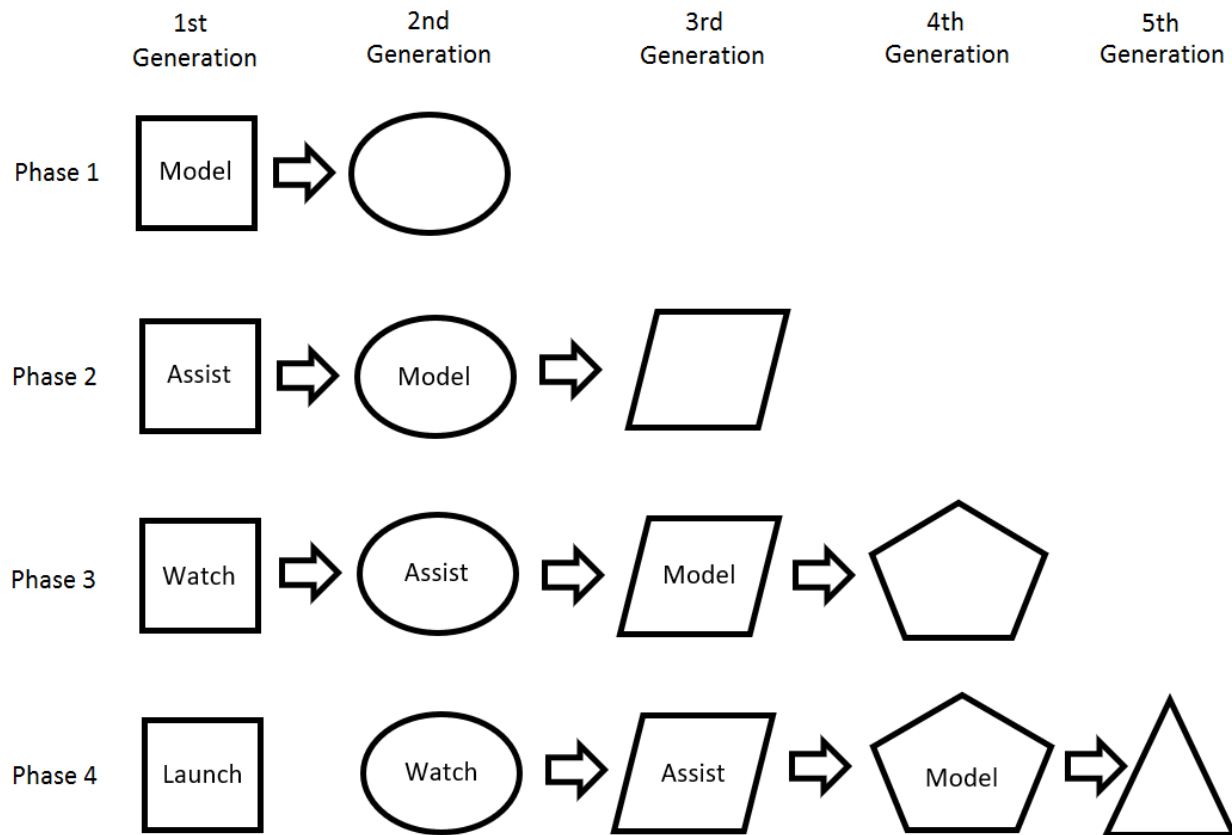
Read Acts 20:24-32, where Paul is talking to the elders.

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

He tells them that he will not see them, again. He explains that there will be threats to the church, but Paul had spent time pouring into them, and they will be further equipped by God to handle the threats that come their way.

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 4th 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 1st generation squares:



Trainer: Explain that each “generation” here represents a spiritual generation. As one person trains another, that is like starting a new spiritual generation. We start in phase 1 modeling a concept for someone else. So, the square in the diagram is modelling for the oval. In phase 2, we are assisting while someone else (the oval) models for another. We are watching in phase 3 as someone assists someone else modelling. Finally, in phase 4, we “launch.” This pattern continues down the generations.

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

Trainer: Demonstrate what MAWL looks like using the BLESS prayer. Choose someone to model a BLESS prayer, praying for someone using the acronym, below. Next, choose someone else to model while the first person assists, and so on for each part of the MAWL cycle. Work through everyone in the group until all can do the BLESS prayer.

<u>B</u> ody (health)	<u>L</u> abor (job and finances)	<u>E</u> motional (morale)	<u>S</u> ocial (relationships)	<u>S</u> piritual
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Last Third: Look forward.

Have everyone pray and ask God for at least one person they can share the BLESS prayer with this week. Write down the commitments for next weeks check up.