

year 1, training 1 syllabus

FOCUS: SELF

themes: gospel + personal

» COURSE GUIDES

Module 1

Content Instructor: AJ Swoboda

Module 2

Content Instructors: Brian James + Michelle McMahon

Module 3

Content Instructor: Tomy Wilkerson

» COURSE DESCRIPTION

The foundation of the good news is Jesus crucified. The word that describes this idea is Cruciformity: we have a cross shaped gospel. Cruciformity must be the foundation of everything we say or do, and even how we come into a place. Cross-shaped lives must be what the church is built upon. In Training 1 we are going to engage with materials and dialogue together about what this means theologically and practically. We'll discuss what it looks like to lay this cross-shaped foundation in our lives, so that later, God might lay a cross-shaped foundation to our church.

» COURSE OBJECTIVES

1. Establish a cruciform foundation for our lives and ministries
2. Identify places of historical pain in our stories so as to begin allowing the Holy Spirit to heal it and turn it into cruciform sites of redemption

» COURSE FORMAT

This course is structured in a module format, with one topic of focus each month. The elements of each module will be to watch a 20 minutes video from our content instructor, engage in a reading, writing, and/or activity for the topic, and participate in a monthly pod call discussion group. Each element is considered an essential portion of the program.



module 1

cruciform theology

› MODULE DESCRIPTION

Everyone looks to make Jesus and plant churches in their own image and according to their own social and cultural values by simply baptizing themselves in Christian language. But what does it mean to start with a foundation of a crucified Jesus? A God who is not powerful or conquering, but a God who suffers with people, who sacrificially loves them. This module will look at why a cruciform life is important to ensure we aren't planting churches that simply look like ourselves.

› KEY VERSE

1 Corinthians 1:18–25

› REQUIRED READING

Bonhoeffer, Dietrich. [The Cost of Discipleship](#), Macmillan, 1963/1995.
([Chapters 1–5](#))

› ASSIGNMENT

The planter is to write a reflection exploring how a theology of the cross in the New Testament directly impacts three areas: (1) their theology; (2) the way they will plant their church; (3) how they will practice the art of pastoral care.

[Submit Assignment Here](#)

module 2

identifying brokenness + pain

› MODULE DESCRIPTION

If the cruciform gospel is about a God who meets the world in its deep brokenness to suffer and redeem it, where are the places of deep brokenness in our own lives that may be the site of God's most important work in us? We must identify them so that we do not perpetuate a false gospel based on strength and power, just like the rest of the world. Instead, rooted in a God who suffers, dies, and overcomes death, we might be able to go out, suffer, die with others, and entrust ourselves to resurrection. This module will look at identifying our own brokenness and pain in order to experience the full transformative work of God as a leader and follower of Jesus.

› KEY VERSES

2 Corinthians 12; 1 John 1:5–7

➤ REQUIRED READING

McMahon, Brian James [Creating Communities and Cultures of Emotional and Relational Safety](#)

(Article provided in Training 1 resource downloads)

McMahon, Brian James [Slow Journal: A Guide Toward Groundedness](#). 2022

(Purchase here: https://www.amazon.com/SLOW-Journal-guide-toward-groundedness/dp/B09TN493R5/ref=sr_1_1?crid=1YURVNUC5FH50&keywords=BrianJames+McMahon&qid=1672860229&s=books&sprefix=brianjames+mcMahon%2Cstripbooks%2C139&sr=1-1)

➤ ASSIGNMENT

Complete Reactivity Tracking Activity

(Activity directions provided in Training 1 Resource Downloads)

[Submit Assignment Here](#)

Utilize "Slow Journal" as part of rhythms during Training 1

module 3

cruciform missiology

➤ MODULE DESCRIPTION

If the foundation of the gospel is a crucified Jesus, and we've identified the broken places where God can meet us in our own lives – what does it mean then that the Holy Spirit is given to us and enables us to go into the world to bring a cruciform gospel? This module will engage with what it means to embody a cruciform gospel and be empowered to go meet people in their weaknesses.

➤ KEY VERSES

John 16:7-15; Genesis 11:1-9; Acts 2

➤ REQUIRED READING

Crouch, Andy. [Strong and Weak: Embracing a Life of Love, Risk, and True Flourishing](#), Read How You Want, 2016.

➤ ASSIGNMENT

If part of how we persevere is remembering the call Jesus has placed on our lives, then it's imperative we have a record of how we got to this point. Your assignment for this module is to review your own missionary journey by reflecting in writing on the questions below.

*What promises, scripture, confirmation, prophetic words, etc. were given to you that led to you this point?

*What crossroads have you navigated in your call thus far? How did you persevere?

*Who will be the missionary peers who will spur you on?

[Submit Assignment Here](#)

hand + heart rhythms

YEAR 1

training 1: SELF

themes: **gospel** + **personal**

heart

➤ 21 Day Fast:

*[Fasting Resources](#)

➤ 30 Min Daily Prayer/Devotion:

*[Lectio Divina](#),

*[Emotionally Healthy Spirituality Day by Day](#)

*Consider making a Spotify playlist that informs your worship time

*Start a prayer journal

*[Prayer Resources](#)

hands

➤ Serve in a Mundane Space in the Church:

Whether you are still at your sending church or already gathering a community, what does it look like for you to have metaphorical "foot washing" in your community. The goal of this exercise is to embody the foot washing, servant spirit of Jesus in your community of faith.

➤ Financially Participate in Church:

We are constantly tempted to do this work on our own wisdom and strategy but both disallow the Spirit of God to be the chief builder in this work. Like the biblical concept of the tithe, we are asked by God to willingly part with the first portion of our possessions as a declaration that we are not the providers and sustainers of our lives; rather, He is. We are asking that you build this principle into the foundation of your church plant now acting in a way that is obedient to the Lord and entrusting all of this work not to your strategy or wisdom but His presence and power.

➤ Optional – Get a Counselor:

This training may bring things up that require more professional care. If you need help with this, please let our team know.