

# One-on-One Discipleship Meetings

*Why do we have 1:1's?*

1:1's are the foundation on which much of what we do in Chi Alpha rests. If core groups can be likened to the kitchen of the house, you could say that a 1:1 is the quiet conversation two friends are having on the back deck while they can still hear the noise and laughter from the kitchen. When we consider the life of Jesus he often spoke with people in a 1:1 setting as it provided the moments for most honesty, vulnerability and sense of change.

*What do we need to intentionally do in a 1:1?*

1. Pray for the person. Ask God to give you some questions to ask (don't worry we've got LOTS of resources for questions you can ask!).
2. Be present.
3. Ask good questions.
4. Listen to the individual.
5. Ask more questions.

*What are the expectations of me in a 1:1?*

- Meet with a minimum of one person this semester (two if you can)
- Fix a time early (!) in the semester as to when you'll meet
- Try to get a day/time that is consistent – it makes for a much more fruitful 1:1 experience
- Meeting every second week is fine!
- Don't drag a 1:1 out! If it lasts 30 minutes, great, if it takes an hour, great!
- Ask them what they'd like to do.
  - Options include:  
Simply processing life at Yale (especially for first years this can be very important)
  - Talking about specific events their facing in the moment (grades, papers, friend, peer issues)
  - Decide to read a book together (be aware of time to read a chapter etc.)
  - Decide to study a book or letter in the bible (again think about time commitments)

*How do I measure success in a 1:1?*

Measuring success in 1:1's is difficult simply because this is a journey that will last a year, not in a single meeting. So don't measure it by each meeting but endeavor to chart the progress over a semester and then the year.

Helpful resources found on our website 'resource page.'

Go to our website: [www.xayale.com/discipleship](http://www.xayale.com/discipleship)

### 1:1's

- Expectation and practicals
- Etiquette and atmosphere in a meeting
- Getting to know you questions
- Telling your story (helps you shape your story when sharing)
- Asking good questions (how to ask good questions in a 1:1)
- 5 great questions (similar to the above)
- Beginners bible study (if someone is unsure how to read the bible)
- ACTS prayer plan (if someone is unsure how to pray)
- God space: creating an environment for spiritual conversations

### Scripture lists/memory verses

- Purple book memory verse list
- One Another texts
- Grace
- Forgiveness

### Decision Making

- 6-8-10 Decision making (a decision making tool based on Corinthians)

### Discerning God's Will

- Discerning God's will (a detailed document that helps with this question and a potential process to walk through it)

### Identity in Christ

- Identity in Christ
- Inner transformation journal
- Orphan vs Son
- Christian's scriptural identity & position