

YEAR 1

WE ARE ALONG SIDERS

DISCIPLESHIP
TRAINING
MANUAL

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DISCIPLESHIP
TRAINING
MANUAL

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My Name: _____

My Little Brother or Sister's Name: _____

My Group Leader's Name: _____

Our monthly meeting time: _____

My phone number: _____

My pastor's phone number: _____

My Alongsider Coordinator's phone number: _____

Child Helpline phone number: _____

BEFORE YOU START...

GOALS FOR THIS YEAR



Annual Check Up

(complete this section at your first Orientation Training Session)

(1) Why do you want to be an Alongsider?

(2) Why did you choose your Little Brother or Sister (LBS)?

(3) How will completing this Training Manual make you a better Alongsider?

(4) What would you like to learn this year?

(5) What do you want your Little Brother or Sister to learn?

(6) What are your hopes for your community and how does being an Alongsider help you achieve those hopes?

(7) What are your goals for this year as an Alongsider? How will you achieve them?

Goal #1 _____

How? _____

Goal #2 _____

How? _____

Goal #3 _____

How? _____



Prizes

These are the prizes you can unlock at each stage of becoming an Alongsider...



REWARD

An Alongsider Wristband

HOW TO GET IT:
Become an Alongsider



REWARD

Group/Pairs Photo

HOW TO GET IT:
Start a new Alongsiders group (group goal)



REWARD

Year 1: Certificate (GULL)
Year 2: Alongsiders Diploma
Year 3: Bachelor's Degree

HOW TO GET IT:
See Appendix 3 for more info about
Global University of Lifelong Learning
(GULL) qualifications



REWARD

Alongsiders Baseball Cap or Polo Shirt

HOW TO GET IT:
Your little brother
or sister becomes an
Alongsider at age 16

LESSON 1.

God's Amazing Love

Lesson Summary

1. God loves us unconditionally.
2. God's love is always the same even when we disobey God and others.
3. In God's eyes, we are always valuable.



Monthly Check Up

(sit in a circle, Alongsiders report to one another.)

How many times did you get together with your LBS this month?

- ☐ 0 times. Why? _____
- ☐ 1-2 times ☐ 3-4 times ☐ 5 or more times

How many hours did you spend together this month?

- ☐ Less than 1 hour ☐ 1-2 hours ☐ 3-4 hours ☐ 5 or more hours

Did you sit down and read comic lesson #1 together? ☐ Yes ☐ No

Did you discuss the questions in the comic together? ☐ Yes ☐ No

Did you do the activity in the comic together? ☐ Yes ☐ No

What did you notice (good or difficult things) in the life of your LBS this month?

(eg: health, family issues, school attendance, attitude, relationships, etc)

How did you walk alongside your LBS through those good or difficult moments?



Group Learning

1. Group leader introduce the topic and train the alongsiders how to read the comic.
2. Get into pairs. Work on the Questions page of lesson 1 together.
3. Share from your personal stories with one another.
4. One person read the Story of the Lost Son (**Luke 15:11-20, last page in comic**) while 3 others act out the story. Reflect and share.

What do you learn about yourself?

What do you learn about God's love for us?

What do you learn about the world we live in?
5. Share and pray for one another.
 - a. For each others' LBS
 - b. For each other (*share how you are doing*).



For Further Group Learning

(or by yourself during the month)

1. (Alone) Read **Psalms 103**, two or three times. Underline one word or verse that stands out to you. What is God saying to you through that word or verse? Listen to God's quiet voice. (In pairs) Share with each other what God has said to you through Psalm 103.
2. No matter how bad, good, short, tall, dark skin, light skin, poor, rich, young, old we are; no matter how we feel in everyday life - happy, sad, angry, disappointed, hungry, encouraged, ashamed, embarrassed, rejected, wounded, etc ; no matter what your friends think of you or how they treat you; God loves you and you are very important to him. God understands your problems, suffers with you, and will encourage you through it. His love is the same no matter how your life changes. He sees value in you and calls you His child. In pairs, share your responses to the following questions.
 - a. How have you experienced or understood that God loves you?
 - b. When is it difficult to believe that God loves you?
 - c. Read **Romans 8:31-39** together.
3. (In the large group) Read **1 Corinthians 13:4-8**. Then replace the word 'love' with the word 'God' and read it as many times as you want. What do you learn about God's love for you? Write your thoughts and conversations with God.



Application

How would you practise "unconditional love" in your family or community?

LESSON 2.

My Heart Hurts

Lesson Summary

1. We all have feelings that are hard to express to others. We hold them inside.
2. Sometimes it is not healthy to keep those feelings inside. Healing comes from connecting with another person.
3. Find a trusted friend and open up your heart to him/her.



Monthly Check Up

(sit in a circle, Alongsiders report to one another.)

How many times did you get together with your LBS this month?

- ☐ 0 times. Why? _____
- ☐ 1-2 times ☐ 3-4 times ☐ 5 or more times

How many hours did you spend together this month?

- ☐ Less than 1 hour ☐ 1-2 hours ☐ 3-4 hours ☐ 5 or more hours

Did you sit down and read comic lesson #2 together? ☐ Yes ☐ No

Did you discuss the questions in the comic together? ☐ Yes ☐ No

Did you do the activity in the comic together? ☐ Yes ☐ No

What did you notice (good or difficult things) in the life of your LBS this month?

(eg: health, family issues, school attendance, attitude, relationships, etc)

How did you walk alongside your LBS through those good or difficult moments?



Group Learning

1. Group leader introduce the topic and train the alongsiders how to read the comic.
2. Get into 5 groups. Group 1: Joy, group 2: Anger, group 3: Fear, group 4: Sadness, group 5: Disgust. When do you strongly feel that emotion? Each group create a short skit that depicts each emotion.



DISGUST



FEAR



JOY



ANGER



SADNESS

3. Come back together. Which emotion is easy to share with others? Which is difficult? Why?
4. In pairs, share which emotion is easy to share with God? Write down which is difficult? Why do you think so? _____

5. Share and pray for one another in pairs.
 - a. For each others' LBS
 - b. For each other (*share how you are doing*).



For Further Group Learning

(or by yourself during the month)

1. Often when you experience hurt, fear or shame, your first reaction is to hide the negative feelings from God, others, even yourself. It is like playing hide and seek. You may have learned these hiding patterns during childhood to protect yourself in a unsafe environment. Some form of hiding is normal. However, when you hide your emotions and weakness, you isolate yourself from the very things you need in order to heal and mature. God wants to connect with you. God also wants to give you trusted friends and family who can love you and help you to experience the healing grace and truth through loving relationships. Allow God to show you which broken memories and hurts can now come out of hiding. "Where are you?" Let Jesus find you.
- (In the large group) What are some ways you have hidden away from others when you were going through a difficult time? _____

- Healing comes through connecting. Close your eyes and imagine Jesus coming to you when you were hiding in pain. Watch and listen carefully to His actions and words. Write what Jesus did and said to you here: _____

- 2.** Some feelings are hard to share. That's ok. However, remember God doesn't want you to suffer alone. He wants to connect, and He wants you to connect with other people. (In groups of 3 or 4) Read **Ruth 1:16,17**.

- Ruth and Naomi had lost a husband and a son. They mourned together and shared tears of despair. Even though it meant Ruth living in a foreign land, she chose to stay with Naomi. In the midst of difficulties, Ruth and Naomi shared much together, both the good and the bad. God will bless you with a trusted friend, just as Ruth was a blessing to Naomi.
- Do you have a trusted friend or a family member, who will listen to you, accept your feelings, not judge you, make you feel safe? If you can't identify that person, talk to God about it, and ask God to help you find that safe friend. Write down some feelings that are difficult for you to share with others: _____

- 3.** Grief is a natural response to loss. Everyone goes through grief, but every grief experience is different. Normally, there are 5 stages of grief.

Denial: "This can't be happening to me." "Everything is ok."

Anger: "Why is this happening? Who is to blame?" "Where is God? Does He care?"

Bargaining: "Make this not happen, and in return I will ____."

Depression: "I'm too sad to do anything." "It's hopeless!" "God doesn't care."

Acceptance: "I'm at peace with what happened." "God is in control."

The stages don't happen in order. There is no telling how long each stage will last. They may all take place at the same time.

(In pairs) Do you know anyone close who is grieving? Or are you grieving? Which stage of grieving are you experiencing? Let's spend some time praying for the person. Read **Romans 12:15**.

For Further Reading

Ideas on how to walk alongside those who are grieving.

Accept all feelings. The grieving person needs to feel free to express feelings without fear of criticism or judgment. Let the person cry, get angry or doubt God's goodness. Try not to give any advice or act like you know what the person is going through.

Be willing to sit in silence. If the grieving person does not want to talk, that is ok. You can offer comfort and support by just being there with him/her.

Let the grieving person talk about how his or her loved one died. Listen to his/her story, even when the person shares it over and over again. Ask God to give you patience to listen. The more the person shares, the more he/she learns to accept the death.

<http://www.helpguide.org/articles/grief-loss/supporting-a-grieving-person.htm>



Application

How would you care for "hurting hearts" in your family or community?

LESSON 3.

Protecting Myself

Lesson Summary

Together we protect each other from unwanted touch.

1. We are all special.
2. It is our right to be safe.
3. My body is my own.
4. I can get help if I need it.



Monthly Check Up

(sit in a circle, Alongsiders report to one another.)

How many times did you get together with your LBS this month?

- ☐ 0 times. Why? _____
- ☐ 1-2 times ☐ 3-4 times ☐ 5 or more times

How many hours did you spend together this month?

- ☐ Less than 1 hour ☐ 1-2 hours ☐ 3-4 hours ☐ 5 or more hours

Did you sit down and read comic lesson #3 together? ☐ Yes ☐ No

Did you discuss the questions in the comic together? ☐ Yes ☐ No

Did you do the activity in the comic together? ☐ Yes ☐ No

What did you notice (good or difficult things) in the life of your LBS this month?

(eg: health, family issues, school attendance, attitude, relationships, etc)

How did you walk alongside your LBS through those good or difficult moments?



Group Learning

1. Group leader introduce the topic and train the alongsiders how to read the comic.
2. How would you help, if your little brother or sister told you they had been touched in a way that was unwanted or was the victim of other forms of sexual harassment? In groups of 3 or 4 come up with different ways to help. Then gather in a large group, and share your thoughts. Together write down 3 ways you agree with to help children in trouble.
3. Read the Child Protection Commitment at the end of this book and sign it. The statements are written in "I will not..." form. Together come up with "I will ..." statements. You will learn together what not to do, and what to do at the same time.
 Sexual: I will ...
 Physical: I will ...
 Emotional: I will ...
4. Share and pray for one another.
 - a. For each others' LBS
 - b. For each other (*share how you are doing*).



For Further Group Learning

(or by yourself during the month)

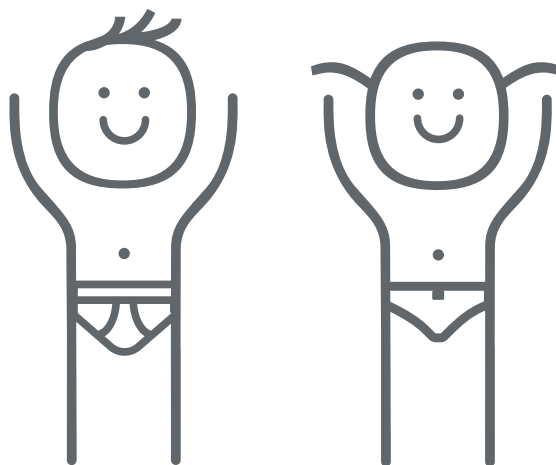
1. Personal reflection and Psalm 91.
 - Have you been touched in a way that was inappropriate or unwanted?
 - How did that experience make you feel? Or how do you think such an experience would make you feel?
 - Read *Psalm 91* a few times. As you read through the Psalm, what image comes to mind? Draw the picture and reflect on God's protection.

2. Read the verses listed in each box. Reflect on what each statement means and write down in your own words how you would explain these to your little brother or sister.

We are all special Psalm 139:13-16 Luke 12:7	It is my right to be safe Isaiah 43:2 Luke 4:10-11
My body is my own Genesis 1:27 1 Corinthians 3:16-17	I can get help if I need it Ruth 1:1-22 Matthew 25:44-45

3. Explain to your LBS that the parts of their body covered by underwear are private.

- No one should ask to see or touch their private parts or ask them to look at or touch anyone else's.
- Sometimes doctors, nurses or family members might have to. Explain that this is OK, but that those people should always explain why. If the adults don't explain, ask them why.
- (In pairs) Read 2 Samuel 22:3-4 "my God, my rock, in whom I take refuge, my shield, and the horn of my salvation, my stronghold and my refuge, my savior; you save me from violence. I call upon the LORD, who is worthy to be praised, and I am saved from my enemies."
- Imagine God as your protector, as described in these verses. What picture of God do you imagine?
- Pray for protection for your LBS. May God protect you and empower you as well as you protect your LBS from harmful abuse.



Application

List 3 ways you could help others to protect themselves in your family or community:

- _____
- _____
- _____

LESSON 4.

Give Thanks

Lesson Summary

1. We don't live alone, but together with families, friends and communities who help each other. They deserve a 'thank you' from us.
2. There are many reasons to be grateful to God. God always loves us and is with us.
3. It is hard to be thankful when life is hard. Even when you are going through a tough time, there is a loving God who suffers with you and will never leave your side. Thankfulness will grow out of your trust in God.



Monthly Check Up

(sit in a circle, Alongsiders report to one another.)

How many times did you get together with your LBS this month?

- ☐ 0 times. Why? _____
- ☐ 1-2 times ☐ 3-4 times ☐ 5 or more times

How many hours did you spend together this month?

- ☐ Less than 1 hour ☐ 1-2 hours ☐ 3-4 hours ☐ 5 or more hours

Did you sit down and read comic lesson #4 together? ☐ Yes ☐ No

Did you discuss the questions in the comic together? ☐ Yes ☐ No

Did you do the activity in the comic together? ☐ Yes ☐ No

What did you notice (good or difficult things) in the life of your LBS this month?

(eg: health, family issues, school attendance, attitude, relationships, etc)

How did you walk alongside your LBS through those good or difficult moments?



Group Learning

1. Group leader introduce the topic and train the alongsiders how to read the comic.
2. Worship songs are great ways of turning our hearts toward thankfulness. Choose a song and sing together with gratitude to God.
3. There are many things to be thankful for. Today let's take some time to thank each other. Sit in a circle and one by one, thank the person on your right. You could thank them for something they do/did, or for their character, or for their friendship...
4. What is one characteristic of God you are thankful for? Share in pairs.
5. Share and pray for one another.
 - a. For each others' LBS
 - b. For each other (*share how you are doing*).



For Further Group Learning

(or by yourself during the month)

1. (In the large group) Each person write down 7 people that you are thankful for, and what you are thankful for about that person. During the week, each day pray for the person.

1.
2.
3.
4.
5.
6.
7.

- 2.** It is not always easy to keep your thankful heart and attitude when you go through challenging times. You might lose your job or fail an exam. You might have conflicts in relationships or family issues. You might get sick. You mourn the death of a loved one. It is hard to have a thankful heart when you suffer. And you are not alone in this...

When life is hard, God you seem so far away...

I am challenged to do something even more difficult — I'm challenged to trust.

I am proclaiming right now that in times of suffering, a heart of gratitude means more than just saying "thank you"—it means believing that God is who He says He is. Believing that He is good, that He is love, and that He is for me. Believing that He never changes, that He never fails, and that He is working all things for what is good...

No matter what it is you are going through: He has brought you this far, and He won't leave you now. Whatever it is that is weighing on your heart and burdening your mind, be reminded that though you don't understand the reason—there is a loving God that does, and He is walking by your side every step of the way. He will never leave you, and He never has.

His plans for your life may include weeping for a moment, but joy will always come in the morning.

1 Thessalonians 5:18 "Give Thanks in all circumstances, for this is God's will for you in Jesus."

- (In the large group) What is a difficult situation now or in the past in which it is hard to have a thankful heart/attitude?
- (Alone) Talk to God about that. Talk to God about trust. Do you trust your God in all circumstances? Pray for one another in pairs.

- 3. Ephesians 5:20** "Always giving thanks to God the Father for everything, in the name of our Lord Jesus Christ."

There are many reasons to be thankful to God. David in the Old Testament praised and thanked God all the time. Read through the Psalms and learn from David how to thank God.

- God's righteousness and holiness - *Psalms 7:17, 30:4, 48:10, 71:16, 24, 99:3*
- All God's marvelous works - *Psalms 9:1, 66:3-7, 71:16-17, 72:18, 92:4-6, 105:5, 111:2-4*
- Your body - *Psalms 139:14-16*
- God's guidance and instruction to you - *Psalms 16:7, 48:14, 71:17*
- The hope God has given you - *Psalms 16:9*
- Salvation - *Psalms 16:9-11, 71:23, 92:1, 96:2*
- The joy God gives you in His presence - *Psalms 16:11*
- God is great and worthy of praise - *Psalms 18:3, 48:1, 96:4, 145:3*
- When you were in trouble, God heard your cries for help - *Psalms 18:6, 22:24*
- Deliverance - *Psalms 18:49, 54:7, 68:20*
- Mercy and kindness - *Psalms 18:49, 31:21, 57:10, 86:13, 100:5, 106:1, 108:4, 117:2, 145:8-9*
- For not staying angry with us and not giving up on us - *Psalms 30:5*
- God's blessings and benefits - *Psalms 68:19*
- God's laws and commands - *Psalms 19:7-8, 48:11, 112:1*
- God's judgments and the warning they have provided to you - *Psalms 19:9-11, 119:7, 119:164*

- God's power - *Psalm 21:13, 29:3-10*
- Faithfulness - *71:22*
- For preserving our ancestors - *Psalm 22:4-5*
- For the strength and confidence God gives you - *Psalm 27:1-6, 28:7-8, 29:11, 56:4, 11, 138:3*
- Listening to your prayers - *Psalm 28:6, 66:20, 116:1-2*
- God's Word - *Psalm 56:4, 56:10*
- For being truthful - *Psalm 33:2, 57:10, 117:2*
- For filling Earth with His love and goodness - *Psalm 33:5*
- Creation of the stars? - *Psalm 19:1-4*
- God's thoughts, many and deep - *Psalm 139:17-18*

Take time to thank God. Write a thank you letter to God.



Application

How would you live out "thankfulness" in your family or community?

LESSON 5.

God Welcomes Everyone

Lesson Summary

1. God cares about everyone, even the people we don't notice or care about. God not only cares about their physical wellbeing, but also their emotions, relationships with family and community, and their relationship with God.
2. God identifies with the outcast as He Himself became vulnerable, a victim of injustice, and an outcast.
3. God restores lonely people into a caring family of those who live the way of Jesus.



Monthly Check Up

(sit in a circle, Alongsiders report to one another.)

How many times did you get together with your LBS this month?

- ☐ 0 times. Why? _____
- ☐ 1-2 times ☐ 3-4 times ☐ 5 or more times

How many hours did you spend together this month?

- ☐ Less than 1 hour ☐ 1-2 hours ☐ 3-4 hours ☐ 5 or more hours

Did you sit down and read comic lesson #5 together? ☐ Yes ☐ No

Did you discuss the questions in the comic together? ☐ Yes ☐ No

Did you do the activity in the comic together? ☐ Yes ☐ No

What did you notice (good or difficult things) in the life of your LBS this month?

(eg: health, family issues, school attendance, attitude, relationships, etc)

How did you walk alongside your LBS through those good or difficult moments?



Group Learning

1. Group leader introduce the topic and train the alongsiders how to read the comic.
2. When Jesus healed the sick, or related with marginalized people, He not only restored their physical conditions, but also their emotional wellbeing, relationships with their family and friends, their position in society, and their religious privileges. Let's compare the story of the man with leprosy to an outcast in a your community. When Jesus touches their lives, how could their lives be restored?
3. First let's learn about people with leprosy. Leprosy was common in Bible times. It was considered a form of God's punishment for the sin committed by the person. There were strict rules about handling people with the disease. See **Leviticus 13**. The Unclean leprous person had to live alone. Even family members had to stay at least 3 feet away. The leper was considered unclean physically and spiritually.

Now, read **Matthew 8:2-4**.

	Leper	Poor Person in your country	Restored by Jesus
Physical	<i>Incurable Contageous</i>		<i>Fully Healed</i>
Emotional	<i>Hopeless Lonely, Shame</i>		
Relational	<i>Isolation, no friends</i>		
Social	<i>Out cast</i>		
Spiritual	<i>Excluded from spiritual activities</i>		

4. Who are the marginalized in your community? How can the church be 'Jesus' to them and work toward restoring their lives? Discuss in a large group. Come up with a plan.
5. Share and pray for one another.
 - a. For each others' LBS
 - b. For each other (*share how you are doing*).



For Further Group Learning

(or by yourself during the month)

1. (In the large group) Read **Isaiah 53:3-7** "He was despised and rejected by men, a man of sorrows, and familiar with suffering. Like one from whom men hide their faces he was despised, and we esteemed him not. Surely he took up our infirmities and carried our sorrows, yet we considered him stricken by God, smitten by him, and afflicted. But he was pierced for our transgressions, he was crushed for our iniquities; the punishment that brought us peace was upon him, and by his wounds we are healed. We all, like sheep, have gone astray, each of us has turned to his own way; and the LORD has laid on him the iniquity of us all. He was oppressed and afflicted, yet he did not open his mouth; he was led like a lamb to the slaughter, and as a sheep before her shearers is silent, so he did not open his mouth."
- Jesus Himself knew suffering. He was beaten, despised, rejected, put to shame, died in agony... He became a victim Himself. God's heart for the marginalized people was not just a feeling of regret or compassion. God completely identifies with being the outcast of society.
- (Alone) Read **Isaiah 53:3-7** again. Let God speak to you about His heart and connection with those who are pushed aside and suffer injustice.
2. A pastor in Brazil said that "poverty is lack of friendship". (Watch: www.youtube.com/watch?v=RGsvDvDZnb4). You probably already know the impact having a close friend who walks alongside you can have on your life. For that reason, you have chosen to be an Alongsider.
- How does having an Alongsider help your Little Brother or Sister? (Alone) Reflect on this as you compare your Little Brother or Sister's life with and without an Alongsider.

Life with an Alongsider	Life without an Alongsider

- (In pairs) It does take sacrifice to be a faithful Alongsider. What are some sacrifices and choices you make to be an Alongsider to your Little Brother or Sister?
- See some examples of sacrificial friendships in the Bible.
 - Ruth and Naomi [Ruth 1:16, 17]
 - David and Jonathan [1 Samuel 18:1-3]
 - Job and his friends [Job 2:11-13]
 - Paul, Timothy and Epaphroditus [Philippians 2:19-26]
- 3.** As we have seen before, Jesus not only cared for the sick, sinners, the poor, the marginalized, but also had His eyes on their family, relatives, friends, and the person's whole relationship network. As we learn to walk alongside our Little Brothers and Sisters, let us also widen our vision to his/her siblings, parents, cousins, aunts, uncles, grandparent(s), friends... because God cares for them too.
- With your Little Brother or Sister, draw his/her family members. It is up to you to design this picture. As you draw together, ask your Little Brother or Sister about each person. Name, age, where he/she lives, what he/she does, strength and weakness, how relationships are (good, fighting, controlling, peacemaker...) Write down one family relationship in your LBS' family that you would like to remember to pray for:

- Pray for this beautiful family that God loves dearly. Bless them in the name of Jesus. Pray for God to break down all the work of Satan, and allow Christ to enter into each relationship.



Application

How would you live out "God's welcome for everyone" in your family or community?

LESSON 6.

God's Plan for this World

Lesson Summary

1. We live in a society that is often selfish and unjust.
2. At the same time, God's Kingdom is growing in the midst of our broken world as we honour God and one another.
3. The Kingdom values and ways of life are often times the opposite of the world's.



Monthly Check Up

(sit in a circle, Alongsiders report to one another.)

How many times did you get together with your LBS this month?

- ☐ 0 times. Why? _____
- ☐ 1-2 times ☐ 3-4 times ☐ 5 or more times

How many hours did you spend together this month?

- ☐ Less than 1 hour ☐ 1-2 hours ☐ 3-4 hours ☐ 5 or more hours

Did you sit down and read comic lesson #6 together? ☐ Yes ☐ No

Did you discuss the questions in the comic together? ☐ Yes ☐ No

Did you do the activity in the comic together? ☐ Yes ☐ No

What did you notice (good or difficult things) in the life of your LBS this month?

(eg: health, family issues, school attendance, attitude, relationships, etc)

How did you walk alongside your LBS through those good or difficult moments?



Group Learning

1. Group leader introduce the topic and train the alongsiders how to read the comic.
2. Prepare two large pieces of paper. Draw one big circle on each paper. In the first circle, discuss and draw a picture of our broken world without God. Where is the brokenness in your society?
3. In the second circle, draw a picture of a society that honours God. How is brokenness restored?
4. Put one paper on top of the other. Our society is an overlap of both circles. The Kingdom of God is here and growing, as we follow in Jesus' steps. However, there still is brokenness in this world. Pray for your families, communities, village, church, city, state, country, that God's Kingdom may continue to spread and transform people and society from the inside out.
5. Share and pray for one another.
 - a. For each others' LBS
 - b. For each other (*share how you are doing*).



For Further Group Learning

(or by yourself during the month)

1. (In the large group) What is the Kingdom of God like? Read **Matthew 13:31, 32**.
 - The Kingdom of God is ruled by God who is the King over all the earth.
 - Like a mustard seed, it starts very small. However, it will grow and expand its roots and branches.
 - God's love may seem like a small influence, but as we love God and one another, it will continue to grow through our relationships.
 - Where do you see the Kingdom of God growing around you?
 - (In pairs) Ask God to show you one person who does not know God's love. How can you sow God's love in that person?
 - Pray that your relationship with that person will become a vital part of God's growing Kingdom.

The Kingdom of God is not a place or a church building. It is not a country. It appears when we submit our lives to God, the King. How does the King tell us to live? Read **Micah 6:8**.

Do justly. Love mercy. Walk humbly with your God

(Alone) Reflect on how you are doing in all 3 areas. Think about your relationships and life. Ask God in which area you need to grow more.

Justice: _____

Mercy: _____

Humility: _____

(In pairs) Share your reflection and pray for one another.

- 2.** Kingdom values are rooted in God's love and grace. Its fruit is characterized by new ways of thinking and living – the opposite of the values of our world. Some people call God's Kingdom, "The upside-down Kingdom". Read **Matthew 5:3-11**.
- (Alone) List the values that are honoured in God's Kingdom. By contrast, what values are honoured in our broken society?
 - (In pairs) Let's take time to reflect on the list below. Which one has God laid on your hearts today? Talk to God about it and with each other.

God's Kingdom (Blessed are...)	Honoured in our broken society
1. <i>the poor in spirit</i>	<i>Rich and wealthy</i>
2. <i>those who mourn</i>	<i>Those who are happy</i>
3.	
4.	
5.	
6.	
7.	
8.	
9.	



Application

How would you live out "God's Kingdom values" in your family or community?

Powerful Love

Lesson Summary

1. Jesus gave His life to defeat the power of sin.
2. Jesus gave His life to restore our broken relationships.
3. When we know how much God loves us, it will change our relationship with other people.



Monthly Check Up

(sit in a circle, Alongsiders report to one another.)

How many times did you get together with your LBS this month?

- ☐ 0 times. Why? _____
- ☐ 1-2 times ☐ 3-4 times ☐ 5 or more times

How many hours did you spend together this month?

- ☐ Less than 1 hour ☐ 1-2 hours ☐ 3-4 hours ☐ 5 or more hours

Did you sit down and read comic lesson #7 together? ☐ Yes ☐ No

Did you discuss the questions in the comic together? ☐ Yes ☐ No

Did you do the activity in the comic together? ☐ Yes ☐ No

What did you notice (good or difficult things) in the life of your LBS this month?

(eg: health, family issues, school attendance, attitude, relationships, etc)

How did you walk alongside your LBS through those good or difficult moments?



Group Learning

1. Group leader introduce the topic and train the alongsiders how to read the comic.
2. Just as the mother in the story was ready to give her life to save her daughter, God gave Himself for the sake of His beloved children. We see this love throughout the Bible. God gave us His breath of life. Humans rebelled, but God had a plan to restore this broken world - God gave Himself to live in our human world. Jesus had compassion on the sick, the oppressed, the lonely, the unloved, the outcast, the sinners--all the people who were considered to be outside of God's reach. He lived and walked in the human world and knew their physical pain and emotional sorrows, even the agony of death. Now at the right hand of God, Jesus is praying for us all. As we follow in Jesus's steps, we also live for the sake of others.
3. Divide into groups of 3 or 4. Each group brainstorm "God's Story" on the left side of the outline provided below. (Don't fill in Your Story yet).
4. Get into pairs. Discuss God's Story together:
 - a. What new insight did you gain about God/Jesus?
 - b. What new insight did you gain about his story of salvation?
 - c. Who do you want to share this story with?

GOD'S STORY	YOUR STORY
CREATION <i>What was God's original creation like?</i>	 <i>How did God originally create you to be?</i>
FALL <i>How did humans reject God? (sin)</i>	 <i>How have you rejected God?</i>
JESUS <i>What did Jesus do for us all?</i>	 <i>What did Jesus do for you?</i>
RESTORATION <i>What is God's plan for the whole world?</i>	 <i>What is God's desire for your life?</i>

5. Share and pray for one another.
 - a. For each others' LBS
 - b. For each other (*share how you are doing*).



For Further Group Learning

(or by yourself during the month)

1. In group training, we reflected on "God's Story". Let's add "Your Story" to God's. Get into the same groups. Following the same outline, write about yourself on the right side of the chart. Imagine sharing your story with a friend who doesn't know Jesus.

2. (Alone) Read the following verses and spend some quiet time with God:

Ephesians 2:4,5 "But God, being rich in mercy, because of the great love with which he loved us, even when we were dead in our sins, made us alive together with Christ."

- Take time to acknowledge any shameful places in your life you've hidden from God and others. In what ways are you covering your heart? Allow God to show you the areas you are ready to come out of hiding. Share with God.

Romans 8:37-39 "No, in all these things we are more than conquerors through him who loved us. For I am sure that neither death nor life, nor angels nor rulers, nor things present nor things to come, nor powers, nor height nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord."

- Now think about God's love for you. God loves you completely no matter what you've done. He longs to be with you no matter how ashamed you might feel.
- Close your eyes and let God love you, forgive you, and restore you. Jesus can restore every pain, shame, fear, grief, disappointment, failure, into a desire and inner strength to live for the sake of others.

3. Ephesians 4:32 “Be kind and compassionate to one another, forgiving each other, just as in Christ, God forgave you”

Since God has welcomed us to Himself through His life, death and resurrection first, we can choose to restore relationships with others. We can love others because He first loved us. We are forgiven!

- (In pairs) Is there someone in your life you need to forgive?
- Why is it hard to forgive that person?
- Give to God your desire for revenge, and choose to forgive the person.

Steps to Forgiveness:

- 1.** Accept your unforgiveness, hurt, anger, blame, regret, the person who hurt you... Confess them to God.
- 2.** Let God love you. You were hurt. Your relationship is broken. You need God's forgiveness and love.
- 3.** Choose to love the one who hurt you. Focus on who the person is rather than what the person did. He/she could be hurt, too. God loves that person as well.

(Sometimes for your own safety, you can forgive someone, but you need to stay away from them, like David running from King Saul in 1 Samuel 21:10)



Application

How do you plan to share the story of your relationship with God in your family or community?

When I Do Wrong

Lesson Summary

1. We all sin by disobeying God and being unloving towards one another.
2. However, God forgives us and desires to connect with us.
3. Since we are forgiven by God, we can choose to forgive and love one another.



Monthly Check Up

(sit in a circle, Alongsiders report to one another.)

How many times did you get together with your LBS this month?

- ☐ 0 times. Why? _____
- ☐ 1-2 times ☐ 3-4 times ☐ 5 or more times

How many hours did you spend together this month?

- ☐ Less than 1 hour ☐ 1-2 hours ☐ 3-4 hours ☐ 5 or more hours

Did you sit down and read comic lesson #8 together? ☐ Yes ☐ No

Did you discuss the questions in the comic together? ☐ Yes ☐ No

Did you do the activity in the comic together? ☐ Yes ☐ No

What did you notice (good or difficult things) in the life of your LBS this month?

(eg: health, family issues, school attendance, attitude, relationships, etc)

How did you walk alongside your LBS through those good or difficult moments?



Group Learning

1. Group leader introduce the topic and train the alongsiders how to read the comic.
2. In pairs, answer the following questions:
 - What are some wrong things you have done to other people?
 - How did your action affect your relationship with that person?
 - How did those experiences make you feel?
 - How does God see us when we do wrong?
 - What would God do about it?
3. Game: Divide into two groups. On one side of the room, put two sheets of paper and two pencils on the floor. Two groups line up on the other side of the room. Each group will send one person at a time to run to the paper. Group members will take turns to write one word at a time on the paper, run back, the next person will run to the paper, till the group writes down the verse **1 John 1:9**. It is a race to see which group can write the verse faster.
4. Share and pray for one another.
 - a. For each others' LBS
 - b. For each other (*share how you are doing*).

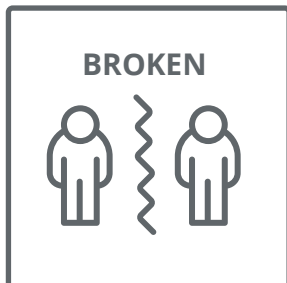


For Further Group Learning

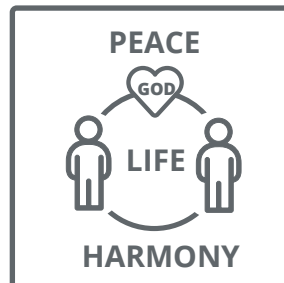
(or by yourself during the month)

1. Sin is bigger than just doing wrong things. Read **Genesis 3:1-13**, the story of the original sin. Sin caused broken relationships between God and Humans, as well as among Humans. It also introduced Guilt, Shame, and Fear.
 - In **Genesis 3:1-13**, how did Adam and Eve experience Guilt, Shame and Fear after they were disloyal to God?
 - a. Guilt: _____
 - b. Shame: _____
 - c. Fear: _____
 - Which of these do you identify with most: Guilt, Shame, or Fear? _____
 - How does sin affect your relationship with God and with others?
 - a. With God: _____
 - b. With others: _____

- 2.** (In pairs) The following diagrams help understand our sin and God's work of salvation. Describe each picture with your own words, practice drawing as you tell the story of the Broken world we live in: Creation, Fall, Jesus, Salvation, Restoration of honor from shame/guilt/fear.



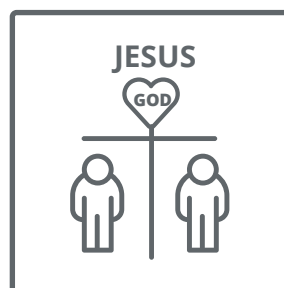
1. We see broken relationships everywhere: Between nations, groups, families, and friends.



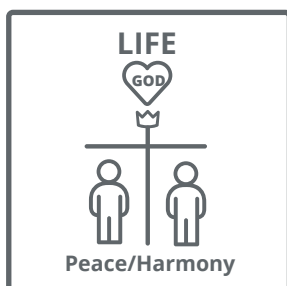
2. God, the Creator, made human beings for relationships. God gave human beings life, and had hoped for people to live in peace and harmony with each other and God.



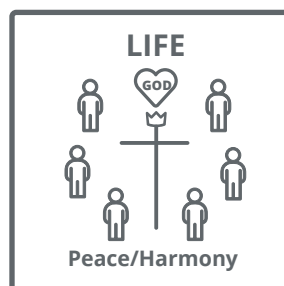
3. Fall: Human beings decided to dishonour God. As a result relationships were broken, and shame/guilt/fear/pain entered our world.



4. Jesus: Jesus restored our relationship with God. Jesus modelled peace and harmony between people.



5. Salvation: As we choose to trust in God, He will lead us to peace-filled relationships. We can choose forgiveness, peace, love, and justice.



6. God's family: Come, see, and learn with others who choose to seek God and to live in peace. Come and follow Jesus' ways to restore this broken world.

- 3.** In Genesis 3, God walked through the Garden and searched for Adam and Eve. When they were hiding behind a tree feeling Guilt, Shame and Fear, God longed to connect with them.

- (In pairs) "Be still and know that I am God" *Psalms 46:10*. Be still and listen to your heart. Are you hiding from God today? What and why are you hiding from God today?



Application

Write your heart and thoughts to God. Receive God's love and forgiveness. He loves you!

LESSON 9.

God and Me

Lesson Summary

1. God who created us wants to talk to us and listen to us. The more time we spend with God, the more our relationship with God grows.
2. When we feel lonely, our heart is looking for connection. God feels the pain and understands.
3. The more we connect with God, the more we move closer to each other as well.



Monthly Check Up

(sit in a circle, Alongsiders report to one another.)

How many times did you get together with your LBS this month?

- ☐ 0 times. Why? _____
- ☐ 1-2 times ☐ 3-4 times ☐ 5 or more times

How many hours did you spend together this month?

- ☐ Less than 1 hour ☐ 1-2 hours ☐ 3-4 hours ☐ 5 or more hours

Did you sit down and read comic lesson #9 together? ☐ Yes ☐ No

Did you discuss the questions in the comic together? ☐ Yes ☐ No

Did you do the activity in the comic together? ☐ Yes ☐ No

What did you notice (good or difficult things) in the life of your LBS this month?

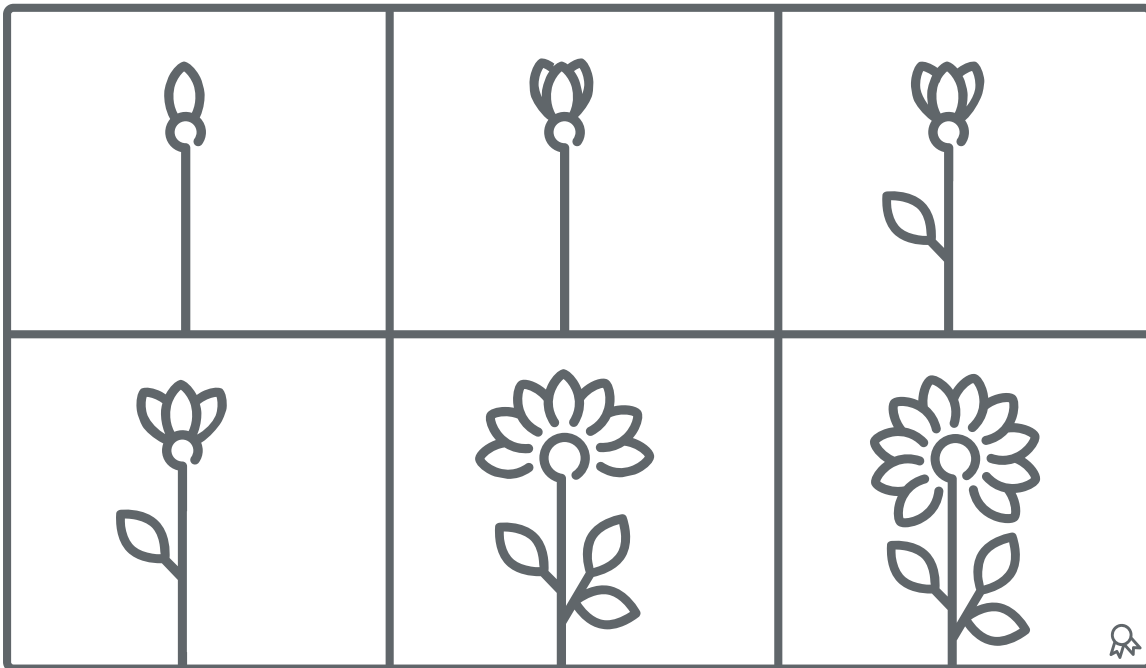
(eg: health, family issues, school attendance, attitude, relationships, etc)

How did you walk alongside your LBS through those good or difficult moments?



Group Learning

1. Group leader introduce the topic and train the alongsiders how to read the comic.
2. Most of us live our lives somewhere between the extremes of being completely closed to God and completely open. This is why we speak of opening up to God. As you open yourself to God, God works inside of you. It is an act of grace.
 - These pictures of the same flower represent the flower over a period of time. As a group, discuss what are some similarities between a flower blooming and a person opening to God?
 - In pairs, circle the flower that most closely symbolizes where you think you are on your journey of opening to God.



3. Share and pray for one another.
 - a. For each others' LBS
 - b. For each other (*share how you are doing*).



For Further Learning

1. Find a quiet place where you won't be disturbed. Do this activity alone during the week.
 - Invite God to spend this time with you. Ask God to protect this time from interruptions. Ask the Holy Spirit to help you to only hear God's message.
 - Here are some ideas for how you can spend this time with God. Choose one or more ideas below or use your own ideas:
 - › Take a walk. Observe your surroundings. Ask, "God, what do you want to show me today?"
 - › Read the Bible. Ask: "In these verses, which specific word(s) touched my heart?" or "How do these verses make me feel?" Why?
 - › Draw a picture. Or create a song or poem for God. Sing. Or Dance!
 - › Reflect on the last day or the last week. Ask God to help you remember. Ask: "What gave me the most joy or when did I feel God's presence the most?" Next ask, "What was the most difficult time or when was it most difficult for me to feel God's presence?" Then thank God for both the joyful time and the difficult time.



Application

Write down what God showed you as you spent time with Him:

My Child Protection Commitment

I commit to the following actions in order to protect my little brother or sister and other children:

1. When working with children, I will be in full view of others.
2. I will be careful of any situation that is dangerous.
3. I will commit to protect them from abuse in any of the following ways:

I commit to protect my little brother or sister from **SEXUAL** abuse:

- No sexual contact with children
- No touching private parts of children
- No hugging or kissing the children in a sexual way
- No pornographic speech or showing pornographic images to children
- I will not be alone with the child in a place where we cannot be seen
- I will not take children to any place where they are in danger of sexual abuse
- I will not persuade children to have sexual relations

I commit to protect my little brother or sister from **PHYSICAL** abuse:

- I will not hit children
- I will not exploit children's labour
- I will not make children do anything they do not want to do, or that is beyond their ability
- I will not punish children excessively

I commit to protect my little brother or sister from **EMOTIONAL** abuse:

- I will not mock or tease children or otherwise discourage children
- I will not insult, swear at or call children names
- I will not speak in a way that scares a child
- I will not share confidential information about children with others

I commit to follow up any abuse in the following ways:

- If possible, I will help save the child immediately
- I will inform the local authorities
- I will inform the Alongsiders Coordinator

Signature and Name of Mentor:

Date:

Final Exam

Circle True or False

- | | | |
|---|------|-------|
| 1. God loves you only when you are good. | True | False |
| 2. When you feel sad, it's OK to cry. | True | False |
| 3. You don't need to say "Thanks", because people already know. | True | False |
| 4. God welcomes everyone: even sinners, outcasts, and the poor. | True | False |
| 5. God's Kingdom is only in heaven, not on this earth. | True | False |
| 6. Everyone has sinned and needs God's forgiveness. | True | False |
| 7. A beautiful sunset may help remind you to worship God. | True | False |

8. If your LBS needs help, what is the Child helpline phone number: _____

9. What 3 activities did you do regularly together with your little brother or sister this year?

10. Name 3 areas your little brother or sister improved, developed or grew this year?

11. Name 3 areas you improved, developed or grew as an Alongsider this year?

FINAL EXAM continued...

12. What parts of your relationship with your little brother or sister were easy this year and why?

13. What parts of your relationship with your little brother or sister were difficult and why?

14. What could you have done differently this year to make the relationship stronger?

15. What do you plan to do next year to be a better Alongsider?

16. List 3 things that you have learned from using the Workbook this year.

17. Look back at the goals you made in the beginning. Have you achieved them?

If not, why not?

Goal #1 _____

Goal #2 _____

Goal #3 _____

How can I get a degree?

The Global University of Lifelong Learning (GULL) in United States of America (USA) is partnering with Alongsiders International to offer a professional bachelor degree for all Alongsiders who successfully complete Years 3. GULL is an officially recognised educational institution, endorsed by the government:



of multiple countries. A degree from GULL reflects your hard work as an Alongsider and may help you in applying for jobs in the future.

YEAR 1: CERTIFICATE OF ACHIEVEMENT

To receive the **Certificate of Achievement** at the end of Year 1 you must complete the following tasks:

1. Visit your little brother or sister a minimum of 3 to 4 times a month throughout the year.
2. Complete all parts of this *Discipleship Training Manual*.
3. Pass the Final Exam (See Appendix 2).
4. Receive a recommendation from your Group Leader.

Note: There is no cost for the certificate in Year 1.

YEAR 2: ALONGSIDERS INTERNATIONAL DIPLOMA

To receive the **Alongsiders International Diploma** at the end of Year 2, you must complete the tasks listed above for a second year. *There is no cost for the Diploma in Year 2.*

YEAR 3: BACHELOR OF SOCIAL WORK DEGREE

To receive a **Bachelor's Degree of Professional Studies (B.Prof)** from GULL at the end of Year 3, you must complete the tasks listed above for a third year. The cost for graduation with the Bachelor Degree is \$25 in your local currency.

