

INTEGRAL DISCIPLE MAKING MOVEMENT OVERVIEW

Knowledge	<i>After working through this lesson, participants will:</i>
Attitude	a. Understand the key elements of Integral Disciple Making Movement
Practice	b. Understand that making disciples is helping people to develop in all areas of their life. c. Be motivated to go through a full training and start work in their community
Overview	This lesson can be used in a vision seminar, conference, or CHE training to introduce IDMM. IDMM is a CHE Model based on discovery groups where both health and scripture are shared in a small group of disciples or seekers who know each other.
Materials	<i>Collect these items before beginning the lesson:</i> • Poster-size paper, markers, and masking tape • Bible • Handouts – IDMM Process Diagram, God's Big Story, IDMM Overview

LESSON**(60m)****I. This is a true story.****5m**

In a local community, believers wanted to see healthy disciples, churches, and transformation in their community. They had visited with many people and encouraged them that they could see positive changes in health and other areas. One woman was very excited to learn about how to be a good mother for her new baby. The team started a women's discovery group where they shared a lesson about mother and baby health and a bible story each week. Soon this woman was leading this group herself. A team member met with her weekly to share a lesson and story. She used a flip book of pictures and asked questions. The women in the group were so excited with what they were learning. The team were also sharing their faith stories when there were questions from community members. Soon some of the women began to follow Jesus. Some of them wanted to start their own groups and the team mentored each one through this process. Each group were also challenged to reach out to their neighbors with acts of love. For example, taking a meal to a sick elderly woman or helping to dig up her garden plot to make it ready for planting. Men in the community were interested to find ways to improve their crop yields and began their own discovery groups to learn more about farming. Some families began to meet in their homes and follow the practices of the early church in Acts 2. Slowly, slowly this community is changing and being transformed through their own resources and the help of God.

----SHO questions----S = What do you See?H = What is Happening?O = Does this happen in Our place?

Today, we will learn about Integral Disciple Making Movement (IDMM).

II. What does Integral mean?**5m**

- A. One or more parts coming together to make one entity. Whole. Complete.
- B. This training brings together biblically based principles about making disciples, God's Kingdom, sharing the gospel, healthy living in all areas and community development.
- C. The overall goal is to see Healthy Disciples, families, and churches in community. Genesis 12:3 – God said to Abraham – in you, all the families of the earth shall be blessed. Our calling, as it was with Abraham, is to bring God's blessing to communities.
- D. Show the overall IDMM Process.
- E. *There are five objectives to achieve this goal (Make 5 sheets with these objectives printed in large letters)*

INTEGRAL DISCIPLE MAKING MOVEMENT OVERVIEW – IDMM

1. **Go**
2. **Share**
3. **Disciple**
4. **Multiply**
5. **Transform**

- F. Discovery Group is where integral disciple making happens. Families and friends gather to learn about the Word of God, grow in obedience to the Word and learn about healthy relationships, disease prevention, and livelihood.

III. GO

15m

- A. **Jesus sent his disciples out to do ministry. What do we learn from Jesus' instructions for our community work?**

Break into four groups for 5 minutes. Two groups read Luke 10:1-9 and two groups read Matthew 28:18-20. Answer the above question. Bring back and combine answers into one list.

Luke 10:1-9

1. Two by two – How many in their team?
2. Pray earnestly for laborers – What are different ways we can pray for the community?
3. Be prepared for opposition – Why is this important?
4. Carry no money – What do we learn from this?
5. Enter homes with greeting of peace and blessing – what kind of person are we looking for? (person of peace)
6. Accept their hospitality – why is this important?
7. Heal the sick – what does this mean? How can we do this?
8. The Kingdom of God has come near you – what does this mean?

Matthew 28:18-20

1. Go with Jesus' authority
2. Make disciples of all nations (people groups)
3. Baptize those who follow Jesus
4. Teach them Jesus' commands
5. encourage them to obey Jesus' commands
6. He is with you in every place and situation

- B. **What are some activities that we can do as we enter a community? (large group) – 2m**

1. Needs and resources
2. Ask about assets in community
3. Problem scoring exercise
4. Calendar
5. Mapping
6. Health lessons – ie women's health, nutrition,
7. Pray for blessing over homes
8. Pray for healing in the name of Jesus

- C. **Show the GO section of the IDMM Process.** Point out the key elements

1. Form a team
2. Pray Earnestly for community
3. Enter the community to get to know people
4. Share the good news and Kingdom vision
5. Find a person of peace

INTEGRAL DISCIPLE MAKING MOVEMENT OVERVIEW – IDMM

IV. SHARE

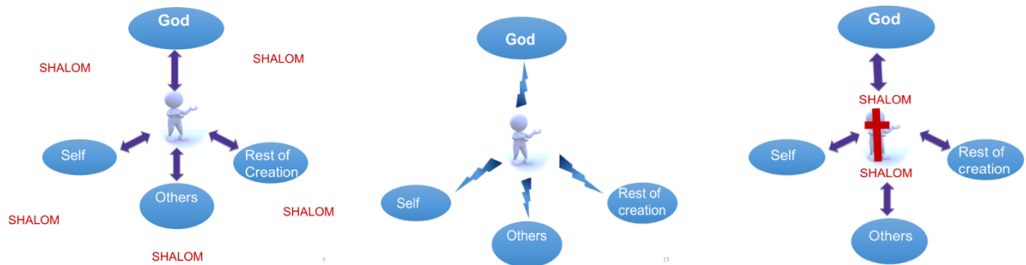
15m

- A. **As we go into community, we pray for open hearts to hear the good news. In IDMM, we call the good news -- God's Big Story** – We want to clearly share the story of Creation, Rebellion and the Fall and Restoration through Jesus Christ. We will practice sharing this story today.

Break up into three groups and each group prepares a 2-minute summary of one of these sections. One group prepares 2 minutes on Creation, one group describes what happened during the rebellion and fall of man (sin in the garden), and the other describes how Jesus came, lived and died for mankind to restore man to a place of Shalom. Start by making a list of what you want to share. One person will share when we come back in 7 minutes.

- B. **What four relationships do we see in this story?** Ask the large group and show the diagrams on the board.

1. With God
2. With Other
3. With Ourselves
4. With Creation



- C. **In the garden, what did God, man and creation experience with each other?**

Shalom – peace

- D. **When man sinned, what happened?**

Brokenness came into all these relationships.

- E. **What was God's plan?**

1. Provide a way for reconciliation through Jesus Christ
2. Restore peace in all four relationships.
3. How does this happen? Through believing and following Jesus and obeying His commands. We can also be part of restoring peace in our environment.

- F. **Show the SHARE section of the IDMM Process.** Review the key elements

1. Share God's Big Story
2. Go deeper in relationships with people
3. Pray for the person of peace
4. Find a person of peace and ask if they would like to meet to learn more from the Word of God and about relevant health or relationship topics.
5. Start a discovery group.

V. DISCIPLE

10m

- A. **Jesus is our model for making disciples. What Can We Learn from Jesus' Life?**

Read Luke 2:52 - Jesus grew in wisdom and in stature and in favor with God and all the people. Even though he was the Son of God, he was also the Son of Man and grew up as a baby, young boy and teenager.

He grew in four areas

1. **Wisdom** – Intellectual or Education

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2. **Stature** – Physical health
3. **Favor with God** – Spiritual
4. **Favor with people** – Emotional and social

B. What are the different aspects of health?

Use your own hand to illustrate.

1. Point at different fingers - Emotional, mental, physical, mental.
2. Palm - When they mention Spiritual, leave that till the end and explain that the palm represents our spiritual health. God cares about all these areas in our lives.
3. What about the thumb? This represents making good decisions.



Share: In Integral Disciple Making Movement (IDMM), we will equip and train people and communities, so they can grow in all these areas. There is no specialist. We are all called to be **integral disciples**.

C. How do we practically make integral disciples who will multiply what they are learning?

Through Discovery Groups

1. Discovery Groups can be family, friends or people who have similar interests (young mothers, sports, sewing club)
2. Discovery Group has four parts
 1. Looking back – review of the past week
 2. Looking Up – tell a bible story or reading a passage and asking the following questions:
 - a. What do you learn about God?
 - b. What do you learn about man or yourself?
 - c. If this is the word of God, what are you going to do this week?
 3. Looking forward – Who will I share with?
 4. Looking Outward –
 - a. Learn about healthy living and put into practice
 - b. Disciples pray for their friends, family, and community
 - c. Acts of Love - Disciples discern needs and depend on God for resources

D. Show the DISCIPLE Section of the IDMM Process

VI. MULTIPLY

5m

A. How do we make disciples who make disciples? Read 2 Timothy 2:2

And the things you have heard me say in the presence of many witnesses entrust to reliable people who will also be qualified to teach others.

1. We first grow as a disciple
2. We find reliable people and help them grow as disciples
3. We release them to teach others and make disciples
4. We look for multiplication into many generations.

B. Show the MULTIPLY Section of the IDMM Process - When there are multiple discovery groups, what other groups are formed?

1. Home Fellowship or churches
2. Discovery Group Leaders group – Hub

INTEGRAL DISCIPLE MAKING MOVEMENT OVERVIEW – IDMM

- a. equip leaders to care for disciples through continuing training.
- b. DG leaders plan seed projects that can help equip the community

VII. TRANSFORM

5m

- A. Show the TRANSFORM section. **When there are multiple discovery groups in a community, what do we hope to begin to see?**
 - 1. Healthy Homes
 - 2. Home Fellowships forming
 - 3. Acts of loves with neighbors
 - 4. DG members growing as disciples
 - 5. Disciples becoming healthier in all areas
 - 6. Disciples growing as leaders
 - 7. Seed projects carried out by the community

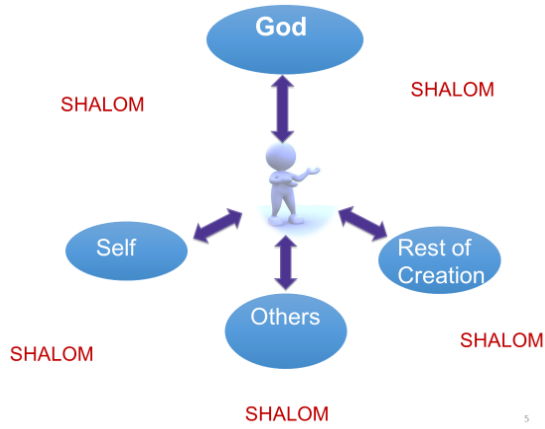
VIII. What have we learned about IDMM?

- A. What are the four fundamental relationships? God, Others, Ourselves, Creation
- B. What are the three questions used in the Looking up section of Discovery Group?
 - 1. What do we learn about God?
 - 2. What do we learn about people?
 - 3. If this is the Word of God, what is God saying to you?
 - 4. What will you do? I will...
- C. Ask someone to explain the hand illustration
- D. Review the iDMM process diagram
- E. **Through IDMM, people obey God, follow Him, and grow as an Integral Disciple.**

INTEGRAL DISCIPLE MAKING MOVEMENT OVERVIEW – IDMM

GOD’S BIG STORY

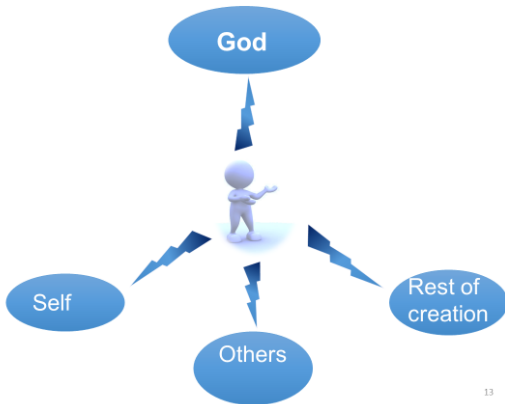
FOUR FUNDAMENTAL RELATIONSHIPS



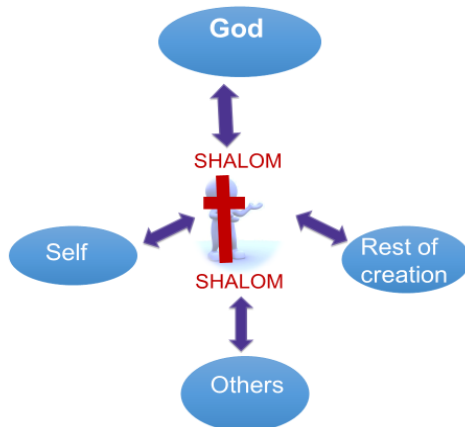
God’s Big Story References

Genesis 1:26-31
 Genesis 2:7
 Genesis 2:15-17
 Genesis 3:1-24
 Isaiah 53:5-6
 Colossians 1:19-20
 John 3:16
 2 Corinthians 5:18-21

BROKEN RELATIONSHIPS

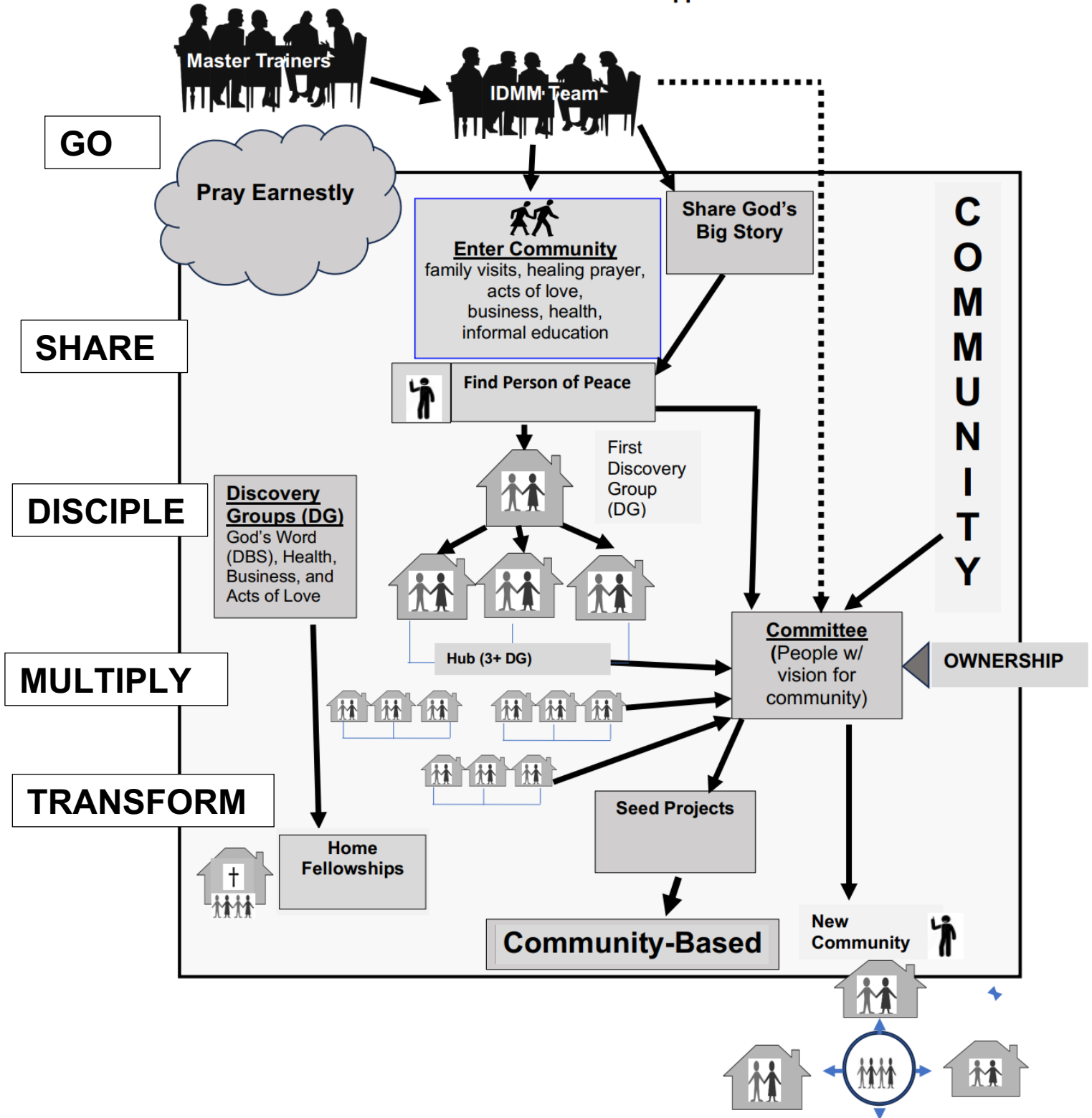


REDEMPTION



INTEGRAL DISCIPLE MAKING MOVEMENT OVERVIEW – IDMM

Integral Disciple Making Movement (IDMM) Outsider-Initiated Approach



INTEGRAL DISCIPLE MAKING MOVEMENT OVERVIEW – IDMM

Integral Disciple Making Movement (IDMM)

The **IDMM master trainer** meets with churches or organizations working in an area where there are few or no believers. These leaders have a passion to promote better health in communities and make disciples of Jesus. They desire to see long-term community-based development owned by the community. The trainer organizes a training known as **Integral Disciple Making Movement (IDMM)**. Trainees form teams who will start work in communities.

The **IDMM team** prays earnestly for their target area and makes regular visits to talk about needs and resources in the community. If the community is open, they enter the community with low cost activities such as business, health, literacy, or technology seminars to help build awareness and find the **person of peace**. The team prays for openings to share God's Big Story about creation, the fall of man, and restoration through Jesus.

When a person is open spiritually and wants to see community change, the team member helps this person to start a **discovery group** where both spiritual and physical topics are introduced. A core element of the group is **discovery bible study** which encourages Spirit-led discovery of the Word of God and accountability for growth, obedience and sharing with others. The group also learns about a health, social or business topics which they can readily do in their own lives. They reach out to their neighbors with **acts of love**. Group members are encouraged to share what they are learning with their friends and neighbors.

After a few sessions, the person of peace will have the confidence to lead their group. They then encourage members to start their own discovery groups following the model they have observed in their discovery group leader or IDMM trainer.

The IDMM trainer or team meet weekly with the discovery group leaders to review a Bible passage and a health, social, or business topic. Discovery group leaders will then facilitate in their own discovery groups. This weekly meeting is known as a **hub** which is 3 or more discovery groups within a 5 km area.

The hub is trained in how to start a **seed projects** which are initiated by the hub or discovery groups, using local resources and addressing needs in the community. Other community members are recruited to help carry out a seed project such as cleaning up garbage in the community. The goal is to encourage community ownership. As the hub mobilizes community leaders and discovery groups, a local **committee** is formed. This committee represents the community. A hub can help start a new hub within their own community or in a neighboring community.

When there are believers in the community, they can start a church in their home or community hall and practice the elements of church (worship, prayer, fellowship, Bible study, baptism, communion).

The role of the IDMM team is to motivate, train, mentor and consult with the hub leaders. The hub passes on the scripture and health topics to the discovery group leaders. They encourage community ownership through a local committee that they can be part of. These leaders model healthy lives in all areas as Jesus modeled. They will grow in wisdom (intellect), stature (physical health), favor with man (socially) and favor with God (spiritually).