

# FOLLOW-UP CHRISTIAN FORMATION RESOURCES

(DISCLAIMER: This listing of resources is offered as suggestions only.

They have not all been fully screened or reviewed closely, and so there may be portions or materials that do not fit within the wide spectrum of Anglicanism. No one book or program is perfect, and each should be adapted to the particular audience in which they are to be presented.)

## BOOKS

### AFTER THE LEAP: GROWING IN CHRIST – THE BASICS OF DISCIPLESHIP

Although you're a Christian, do you really understand the basics? Could you explain who is God to a friend? Who is the Holy Spirit and how does He communicate with me? Why is it critical to forgive those who've sinned against me? Why is it so important to study the Bible? • What is the purpose of prayer? In *After the Leap*, Carol Vance answers these questions and many more, explaining what God requires of those who've taken the leap into a new life with Christ. A Bible study course based on 26 topics for growing in Christian discipleship. The original meaning of each of the ten commandments is explained in relation to daily modern life, with scriptural references to Old and New Testament. Author is Carol Vance, a prison volunteer and former district attorney in Texas.

**PRODUCER:** Whitecaps Media (2009)

**FORMAT:** Paperback (264 pages)

**WEBSITE INFORMATION:** [www.whitecapsmedia.com/After\\_the\\_Leap](http://www.whitecapsmedia.com/After_the_Leap)






**AVAILABLE FROM:** Amazon.com

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### BEGINNING THE JOURNEY (EXTENSIONS SERIES)

This book is designed for people who are new to Christianity as well as Christians seeking to understand some of the foundations of the Christian life. *Beginning the Journey* seeks to help your group explore that relationship through looking at discipleship as a lifelong process, the idea of community in one's faith relationship, the Christian mission in the world, Christianity as a lifestyle choice, and how Christians might tackle some of the tough questions of their faith. You will find five weeks of ideas for weekly guidance in Christian reflection. Author is James Evans.

#### SESSION TOPICS:

-  The Christian Journey
-  The Community of Faith
-  The Christian Mission
-  The Christian Lifestyle
-  The Christian Struggle

**PRODUCER:** Smyth & Helwys Publishing, Inc (1995)

**FORMAT:** Paperback, Learner's guide, 40 pages; Teaching guide, 64 pages.

**AVAILABLE FROM:** Amazon; Christianbook.com

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### BEGINNINGS: THE SPIRITUAL LIFE, HABITS OF THE HEART

*Beginnings: The Spiritual Life* helps people answer questions about spiritual characteristics of someone who follows Christ by exploring ten habits of spirituality, as they continue their Christian journey. Author is Andy Langford.

#### SESSION TOPICS INCLUDE:

- ✚ Where is the Spirit in spirituality?
- ✚ How much am I willing to risk?
- ✚ What is most important to me?
- ✚ Can I find balance in a whirlwind world?
- ✚ What do I do want to be when I grow up?
- ✚ How do I keep my possessions from possessing me?
- ✚ How do I get ahead?
- ✚ Can I go deeper without going under?
- ✚ What do I do with my doubts?
- ✚ Can a change in me change the world?

**PRODUCER:** Abingdon Press (2006)

**FORMAT:** Paperback, 224 pages; Participant's companion; 10 sessions.

**AVAILABLE FROM:** Amazon; Christianbook.com

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### **BEYOND BAPTISM**

Beyond Baptism walks new Christians through the first few weeks of their young spiritual lives, integrating them into the congregation, strengthening their faith, and helping them to become active as Christians. Designed for Bible classes, personal work, or individual study, Beyond Baptism offers gentle guidance, challenging questions, and practical assignments to make baptism a prelude to faithful Christian living. Author is Kevin W. Rhodes.

### **SESSION TOPICS:**

- ✚ You've Only Just Begun
- ✚ Treating Jesus as Lord
- ✚ Respecting Inspiration
- ✚ What Makes the Church THE Church?
- ✚ We Shall Assemble
- ✚ Time to Get Busy
- ✚ Who Are These People?
- ✚ Nobody's Perfect
- ✚ You're Different But in a Good Way
- ✚ Christianity is More Than Theory
- ✚ Gaining Knowledge Growing Faith
- ✚ The Challenges That Lie Ahead
- ✚ What Kind of Christian Will You Be?

**PRODUCER:** Hopkins Publishing (2012)

**FORMAT:** Paperback, 142 pages

**AVAILABLE FROM:** Christianbook.com

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### **CALL TO FOLLOW CHRIST: 6 DISCIPLINES FOR NEW AND GROWING BELIEVERS**

The Call to Follow Christ: 6 Disciplines for New & Growing Believers is a foundational discipleship resource that will guide new and growing believers to understand and begin implementing six disciplines (6 sessions) into their daily lives. The workbook includes daily, interactive devotions averaging 10-15 minutes, suggestions for small-group meetings and one-on-one mentoring, a CD with 7 heart-stirring songs by Damaris Carbaugh (frequent soloist with Brooklyn Tabernacle Choir), tied to each study theme and tips for memorizing scripture, suggested bible study tools, suggestions for praying together, and guidelines for reconciling and forgiving. Author is Claude V. King.

## SESSION TOPICS:

- ✚ Introducing The Call to Follow Christ
- ✚ Abide in Christ
- ✚ Pray In Faith
- ✚ Live in the Word
- ✚ Fellowship with Believers
- ✚ Witness to the World
- ✚ Minister to Others

**PRODUCER:** Lifeway (2006)

**FORMAT:** Paperback, 112 pages and CD.

**WEBSITE INFORMATION:** [www.lifeway.com](http://www.lifeway.com)

**AVAILABLE FROM:** [Christianbook.com](http://Christianbook.com)

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### **FIRST STEPS FOR THE NEW CHRISTIAN (FOLLOWING GOD SERIES)**

As a new or maturing Christian, you probably have many questions about your faith. In this book, Eddie Rasnake vividly recalls his early struggles and insecurities and wrote it in an effort to inform and encourage new believers. Designed as a twelve-week study course, you will find answers to the following questions: What is your position in Christ - as a Christian? How about your inheritance? What is spiritual growth and what is not spiritual growth? How should a Christian deal with sin? How important are Bible study, prayer, and meditation to the Christian walk? What should Christians do to cultivate the gifts, talents, and opportunities God gives each one of us?

**PRODUCER:** AMG Publishers (2002)

**FORMAT:** Paperback, 224 pages; Leader's guide

**AVAILABLE FROM:** Google books; Barnes and Noble; [Christianbook.com](http://Christianbook.com)

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### **GETTING A GRIP ON THE BASICS: BUILDING A FIRM FOUNDATION FOR THE VICTORIOUS CHRISTIAN LIFE**

When a child is born doctors and family encourage the new parents to provide three elements essential to the survival of the newborn: love, nourishment, and protection. These same elements are vital for every newborn Christian as well. This Getting a Grip on the Basics workbook, you will get a grip on: how to become a Christian, be sure you are a Christian, develop your relationship with God, develop your prayer life, hear from God, obey God, experience God's love and forgiveness, be filled with the Holy Spirit, be sure you are filled with the Spirit, grow and develop your faith, enjoy the abundant life, be an overcomer and serve God. Author is Beth Jones.

**PRODUCER:** Harrison House (2006)

**FORMAT:** Paperback, 128 pages

**AVAILABLE FROM:** Amazon; [Christianbook.com](http://Christianbook.com)

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### **LEAP FOR FAITH**

The primary purpose of the LEAP for Faith Book and Program is to foster faith development by sharing a simple and logical process (LEAP\*) by which readers and participants can enhance their relationship with God, grow in the knowledge and appreciation of Jesus His Son, and experience the Holy Spirit at work in their lives. LEAP - Look and Listen; Explore and Examine; Acknowledge and Accept; Practice and Pray. The book is a fictional tale about a man, Troy, who is coached in Christianity through the LEAP process by his friend and co-worker, Nick. It is a story that takes you on the journey of one man's life but it is a story that shows you that faith is a never ending story, a journey

that continues to grow, strengthen and deepen as one walks along. At the conclusion of each chapter are questions, Bible verses and actions that can be used by readers, either independently or in groups. Author is Gary Cox of the Anglican Church of Saint Andrew, Cole Harbour, NS.

**SESSIONS INCLUDE:**

- ✚ Introduction week
- ✚ Look & Listen
- ✚ Explore & Examine
- ✚ Acknowledge and Accept
- ✚ Practice and Pray
- ✚ Celebration dinner

**PRODUCER:** Bryler Publications Inc (2011); In Point Media

**FORMAT:** Paperback study; Runs 6 weeks; Free program downloads, navigator's guide

**VARIATIONS:** Web series; Eastlink television sessions

**WEBSITE INFORMATION:** [www.leapforfaith.org](http://www.leapforfaith.org)

**AVAILABLE FROM:** Miracles Christian Store, Bayers Lake Park, Halifax

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**LIFE WITH GOD SERIES: BOOK 2, BASICS FOR NEW CHRISTIANS**

Guiding the new Christian into the life of Bible study, prayer, and corporate worship, Life with God: Basics for New Christians lays a solid foundation for future spiritual growth. Its six-week Bible reading plan shows how to establish a habit that will enrich the Christian's life forever. This is a follow-up to Life With God Book 1, First Steps. Author is Helen Johns. (Other books: Life With God Book 3, Love in Action; Life With God: Being the Church.)

**PRODUCER:** Evangel Publishing House (2006)

**FORMAT:** Paperback study, 64 pages; Runs 7 sessions.

**AVAILABLE FROM:** [Christianbook.com](http://Christianbook.com)

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**NEW IDENTITY: DISCOVERING WHO YOU ARE IN CHRIST (INTERACTIONS SERIES)**

As a Christian, you have received more than God's forgiveness. You also have a brand new identity! You are a new creation in Christ, with fresh and exciting privileges and responsibilities. And God wants you to walk confidently in this identity, serving Him with joy and energy in your various roles as: A son or daughter of God; A saint of God; A soldier of God; An ambassador of God; A friend of God; A manager of God's resources. The Real You gives you a close-up view of these different roles and equips you with the sound biblical insights you need to fulfill them. You'll discover new ways to make your citizenship in God's kingdom a daily reality right where you live. If you are the discussion leader, you will find additional suggestions and helpful ideas in the Leader's Notes. Authors are Bill Hybels, Kevin G. Harney and Sherry Harney.

**PRODUCER:** Zondervan (2005)

**FORMAT:** Paperback, 96 pages

**AVAILABLE FROM:** Amazon; [Christianbook.com](http://Christianbook.com)

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**THE PURPLE BOOK: BIBLICAL FOUNDATIONS FOR BUILDING STRONG DISCIPLES**

Have you done The Purple Book? From students and scholars to parents, kids, rock stars, and professional athletes, people all over the world are doing The Purple Book. Why? Because they're looking for a foundation that no storm in life will prevail against - and a heart that's shaped and guided by the knowledge of God's Word. Feel like a shrinking

violet in your faith? Let this 12-part Bible study give you a heart encouraged by God! Designed to help new believers and longtime followers stand firm and grow strong in their Christianity, this popular workbook is motivating people from all walks of life to build an unshakable spiritual foundation. Authors are Rice Broocks and Steve Murrell

**PRODUCER:** Zondervan (2006)

**FORMAT:** Paperback, 128 pages.

**AVAILABLE FROM:** Amazon; Christianbook.com

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### **SO THIS IS FAITH: BECOMING AN AUTHENTIC DISCIPLE OF CHRIST**

New believers often have lots of questions about their newly accepted faith. They need help understanding the fundamental truths that lead to a solid foundation in Christ. Even seasoned believers need help fostering growth in their relationship with God. So This is Faith guides believers through their journey of faith to a deeper understanding of God and a more balanced, authentic relationship with Him. Divided into six units, it can be used for either individual or group study. Unit one answers several serious questions about God. Unit two builds on the foundational truths of the Bible and explores who God is and the relationship He intended for us to have with Him. Unit three discusses the role Christ plays in reconnecting us to God. Unit four explores ways we can move beyond knowing about God to truly knowing Him. Units five and six focus on the ways God chooses to restore His image to us. Through the use of scriptures, questions, illustrations, and insights, So This is Faith illuminates what a truly blessed life looks like and disciples believers as they grow and flourish in their faith. Author is Kevin Stirratt.

**PRODUCER:** Beacon Hill Press (2007)

**FORMAT:** Paperback, 192 pages.

**AVAILABLE FROM:** Amazon; Christianbook.com

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### **STARTING POINT CONVERSATION GUIDE**

Find your place in the story. Starting Point is a journey of discovering the broad arch of God's story and where you fit into the narrative. Whether you are new to the Christian faith, simply curious about it, or reexamining it after time away from church, you'll appreciate the accepting, conversational, small group environment. Come as you are, be who you are, and build enriching connections with fellow travelers as you explore who God is and what Christianity is really about. In preparation for each group meeting, there will be a chapter to read and a few questions to answer in this Conversation Guide. Each chapter contains five components: a narrative introduction, key scripture text, thought-provoking questions, additional resources, and the bottom line. There are 10 sessions. The 5 CDs included in this pack contain 10 audio messages you will listen to in preparation for the discussion meeting. Author is Andy Stanley.

**PRODUCER:** Zondervan (2009)

**FORMAT:** Spiral Bound book, 128 pages.; Audio CD

**WEBSITE INFORMATION:** [www.store.northpoint.org](http://www.store.northpoint.org)

**AVAILABLE FROM:** Amazon; Christianbook.com; North Point Resources

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### **WHAT WE BELIEVE: THE BASICS (STUDY OF THE APOSTLES' CREED)**

If you had to communicate the essential teachings of Christianity to someone, where would you begin? That's the question the early believers began asking themselves within a century of Christ's resurrection. With a growing number of new believers to teach, and conflicting variations of the faith cropping up every day, they developed the Apostle's Creed to instill the core elements of the gospel in everyone's mind. Rooted in that Creed, this study guide will establish

your group in the faith, and help you put your beliefs into practice wherever you live. Eight lessons. Author is Jeffrey Arnold.

**PRODUCER:** NavPress (1997)

**FORMAT:** Paperback

**AVAILABLE FROM:** Christianbook.com

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## **VIDEOS**

### **BEGINNING IN CHRIST TOGETHER: THE LIFE OF JESUS (A LIFE TOGETHER RESOURCE)**

The heart of Christianity is not a ritual or a structure, but a person: Jesus Christ. But even as his followers, our vision of Jesus can get muddled by man-made theories of who he was. Whether you're a seasoned believer or a brand-new Christian, come walk in the footsteps of his first disciples to see him afresh: as Teacher, Healer, Shepherd, Servant, Saviour and Risen Lord. These six sessions lay the foundation for radical discipleship as our hearts are once again captured by who he is. Experiencing Christ Together helps your group explore the five biblical purposes that make up a high-impact Christian life - fellowship, discipleship, ministry, evangelism, and worship. Jesus perfectly lived out God's purposes for his life, and he taught his followers how to do the same. As you walk in the footsteps of those first disciples by listening to and watching Jesus through these studies, you and your group will be transformed. Authors are Deanna Eastman and Brett Eastman. On the DVD are leader helps - insights and techniques for each weekly lesson, dynamic teaching featuring well-known teachers, personal stories, interviews, and worship music complete with lyrics and uplifting video images. The teachers on this DVD are: Mike Breaux, Mike Meeks, Doug Fields, Tom Mullins, Dave Redriquez, and Kay Arthur.

### **SESSION TOPICS INCLUDE**

-  The Teacher
-  The Healer
-  The Shepherd
-  The Servant
-  The Saviour
-  The Risen Lord

**PRODUCER:** Zondervan (2005)

**FORMAT:** Paperback, 128 pages; DVD

**WEBSITE INFORMATION:** [www.saddlebackresources.com](http://www.saddlebackresources.com)



**AVAILABLE FROM:** Christianbook.com

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### **DISCIPLESHIP EXPLORED**

Discipleship Explored is an informal 8-week course for anyone who wants to make the most of their Christian lives. It is perfect for guests who have been through Christianity Explored and have recently decided to follow Christ. Looking at Paul's letter to the Philippians, guests can explore for themselves the meaning of Paul's words 'for me to live is Christ and to die is gain.' Those familiar with Christianity Explored will feel right at home. Each session has a group discussion, picking up on the previous week's material and a short study in Philippians, a short talk or DVD as a theme for that week, and a further group discussion on issues arising. (Materials have recently been updated and revised.)

### **SESSION TOPICS:**

-  Confident In Christ - Philippians 1:1-11
-  Living In Christ - Philippians 1:12-26

- ✚ Standing Together In Christ - Philippians 1:27-2:1
- ✚ Transformed By Christ - Philippians 2:12-30
- ✚ Righteous In Christ - Philippians 3:1-9
- ✚ Knowing Christ - Philippians 3:10-4:1
- ✚ Rejoicing In Christ - Philippians 4:2-9
- ✚ Content In Christ - Philippians 4:10-23

**PRODUCER:** Zondervan (2005)

**FORMAT:** DVD, Leader's guide, Participant's handbook

**VARIATIONS:** Braille and giant print versions also available.

**AVAILABLE FROM:** Christianbook.com

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### **EMOTIONALLY HEALTHY SPIRITUALITY COURSE**

Author Peter Scazzero learned the hard way: you can't be spiritually mature while remaining emotionally immature. God awakened him to a biblical integration of emotional health, his relationship with Jesus and the classic practices of contemplative spirituality. And it created nothing short of a spiritual revolution. A revolution that reached so far beneath the surface that he and his church were utterly transformed. This Emotionally Healthy Spirituality Church Kit gives you the tools to bring this revolution to your church.

#### **SESSIONS:**

- ✚ The Problem of Emotionally Unhealthy Spirituality
- ✚ Know Yourself that You May Know God
- ✚ Going Back in Order to Go Forward
- ✚ Journey through the Wall
- ✚ Enlarge Your Soul through Grief and Loss
- ✚ Discover the Rhythms of the Daily Office and Sabbath
- ✚ Grow into an Emotionally Healthy Adult
- ✚ Go to the Next Step to Develop a "Rule of Life"

**PRODUCER:** Willow Creek Association (2009)

**FORMAT:** Church-Wide Initiative Kit includes a book, a multimedia pack containing message transcripts, teaching notes, promotional materials, campaign training DVDs and CDs and a kickoff DVD; an eight-session small group teaching DVD, a workbook and a Daily Office Devotional.

**WEBSITE INFORMATION:** [www.emotionallyhealthy.org](http://www.emotionallyhealthy.org)

**AVAILABLE FROM:** Amazon; Christianbook.com

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### **GROWING TO BE LIKE CHRIST (STARTER KIT)**

Spiritual maturity doesn't happen by accident. The six sessions in this study equip you for the basic habits of spiritual growth: relying on the Holy Spirit, cultivating time in the Bible and prayer, seeing life's obstacles as opportunities for growth, and partnering with Christians who are committed to supporting your growth. Here is a realistic, practical path to growing strong in faith and Christian character. Growing to Be Like Christ is one of the study guides in the Doing Life Together series based on the Purpose Driven Life by Rick Warren. The focus of this study is discipleship and the six sessions explore the basic habits of spiritual growth: relying on the Holy Spirit, cultivating time in the Bible and prayer, seeing life's obstacles as opportunities for growth, and partnering with Christians who are committed to supporting your growth. Here is a realistic, practical path to growing strong in faith and Christian character.

Authors are Brett Eastman and Karen Lee-Thorp. Video teachers featured on Growing to Be Like Christ are Steve Arterburn, Doug Fields, John Ortberg, Anne Ortlund, Todd Wendorff, and Lance Witt.

**PRODUCER:** Zondervan (2002)

**FORMAT:** Paperback, 96 pages; DVD

**WEBSITE INFORMATION:** [www.saddlebackresources.com](http://www.saddlebackresources.com)

**AVAILABLE FROM:** Amazon; Christianbook.com

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### **A LIFE WORTH LIVING**

A Life Worth Living is a nine-week course based on Paul's letter to the Philippians. Each talk explains how it is possible to live the Christian life positively, practically, and joyfully and is aimed specifically at those who are starting out in the Christian life. Filmed at Holy Trinity Brompton church in London, and presented by Nicky Gumbel, A Life Worth Living is designed to be used as a follow-up to Alpha, and is ideal for use in small groups.

#### **SESSION TOPICS:**

- ✚ New Heart
- ✚ New Purpose
- ✚ New Attitude
- ✚ New Responsibilities
- ✚ New Friendships
- ✚ New Confidence
- ✚ New Ambitions
- ✚ New Resources
- ✚ New Generosity

**PRODUCER:** Holy Trinity Brompton, London, UK (Anglican), (Revised 2007, 2011)

**FORMAT:** DVD set, book, course manual, and a leader's guide are available..

**WEBSITE INFORMATION:** [www.alphacanada.org](http://www.alphacanada.org)

**AVAILABLE FROM:** David C. Cook Distribution, Canada; Amazon; Christianbook.com

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### **SAVING JESUS REDUX**

Saving Jesus Redux is a follow-up to Living the Questions course (See the Christian Formation Resources list). This series is a 12-session DVD-based small group exploration of a credible Jesus for the third millenium. We're invited to join a host of experts (12 or more) for a conversation around the relevance of Jesus for the 21st century. The basic format for each 1 to 1 ½ hour session includes conversation around the readings, the video segment and guided discussion.

#### **SESSIONS:**

- ✚ Jesus Through the Ages
- ✚ Who Was Jesus?
- ✚ What Can We Know About Jesus (and How)?
- ✚ The World into which Jesus Was Born
- ✚ Jesus' Birth: Incarnation
- ✚ Teachings of Jesus: Wisdom Tradition
- ✚ Jesus' Program: The Kingdom of God
- ✚ Jesus' Ministry of Compassion
- ✚ Who Killed Jesus?
- ✚ The Atonement
- ✚ The Resurrection of Christ
- ✚ Why Jesus is Worth Saving



**PRODUCER:** livingthequestions.com, LLC

**FORMAT:** 12 DVD sessions, 30 minutes each. Includes printable participant reader and a facilitator guide with discussion questions.

**OTHER OPTIONS/VARIATIONS:** Violence Divine: Overcoming the Bible's Betrayal of Its Non-Violent God; First Light: Jesus and the Kingdom; Eclipsing Empire: Paul, Rome, and the Kingdom of God.

**WEBSITE INFORMATION:** [www.livingthequestions.com/xcart/home.php?cat=471](http://www.livingthequestions.com/xcart/home.php?cat=471)

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### **MOVING ON**

Moving On! is a sequel to the Start! course. (See Christian Formation Resources list) With a down-to-earth approach, the course helps people explore Christian discipleship in a relaxed, small-group setting. It is ideal for people who are taking new steps of faith (participation in Start! Is not essential). Moving On! is for anyone who wants to explore what it means to be a Christian disciple today. Works well for anyone preparing for Confirmation or entering into church membership. Moving On! is perfect for people who want to grow in their relationship with God, going deeper in to prayer and the Bible.

Moving On! provides seven interactive, small-group sessions. Each is based around a lively 15-minute DVD programme that includes location-based input and a thought-provoking personal story. Beginning with course members' current experience Moving On! helps them: consider the benefits and challenges of being a follower of Jesus; be active and committed members of the church; explore Christian worship; grow in their relationship with God; explore the Trinity and the Holy Spirit; think about Christian stewardship; and be wholehearted disciples.

**PRODUCER:** Leading your Church into Growth (LyCiG) (Anglican)

**FORMAT:** Seven sessions. Includes 48-page leader's book, photocopyable handouts, 105-minute DVD publicity materials, additional resources and online resources.

**WEBSITE INFORMATION/AVAILABLE FROM:** [www.leadingyourchurchintogrowth.org.uk/moving-on/](http://www.leadingyourchurchintogrowth.org.uk/moving-on/)

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