



# *Discipleship Reflection Guide*

**BELMONT UNITED METHODIST CHURCH**

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# *Introduction to Discipleship Pathways*

Discipleship Pathways is designed to support you as you continue to cultivate your spiritual life and your discipleship to Christ so that you may grow more fully in love of God and neighbor. This journey unfolds through engagement with three interconnected pathways: Learning, Forming, and Equipping.

- The **Learning Pathway** invites you to connect with God through your mind by engaging Scripture, Methodist theology, and social principles.
- The **Equipping Pathway** invites you to connect with God through your hands by exploring your unique gifts and your call to serve the church and the world.
- The **Forming Pathway** invites you to connect with God through your heart by cultivating spiritual practices such as prayer, silence, meditation, and retreat.

Each of these pathways is rooted in community, recognizing that discipleship is not meant to be lived in isolation but sustained through shared life and faith. Engaging each of the pathways is necessary in a life lived faithfully to God.



# How to Use

The Discipleship Reflection Guide is designed to help you prayerfully discern where you are in your discipleship journey and which pathway—Learning, Equipping, or Forming—feels most needed in this season. All three pathways are necessary and inextricable, and often engaged simultaneously in daily life. However, focusing on one can help you take your next faithful step with intention. This guide serves as a wayfinder, helping you notice where you are and where God may be leading you.

## How to Use this Guide:

- 1. Reflect individually.** Take time to sit with or journal through the questions for each pathway, noticing where you are in your discipleship right now. (Pages 4-9)
- 2. Discern God's invitation.** Consider which pathway God may be inviting you to invest in during this season. (Pages 10-11)
- 3. Reflect in community.** Share insights and questions with a small group, family, or Sunday School class. You may also participate in *Exploring the Pathways* through WNAB (January 14–February 4), offered Wednesdays in person and Thursdays on Zoom at 12pm. (Pages 12-13)

You may complete the guide in one sitting or spread it out over several weeks. Engage with it in whatever way best supports your reflection. As you do, listen for how God is calling you to grow in love of God and neighbor at this point in your journey.

# *How to Use this Guide*

**Step 1:** Reflect individually on questions for learning, equipping, forming pathways

**Step 2:** Discern God's invitation for next steps

**Step 3:** Reflect in community

**Step 4:** Make a plan for how you will engage in discipleship pathways in this season

**Step 5:** Continue on your spiritual journey as we walk down discipleship pathways together

# *Learning Pathway Reflection*

## CONNECTING TO GOD WITH YOUR HEAD

When you think about reading the Bible what feelings arise for you—curiosity, hesitancy, excitement, overwhelm, something else? What questions do you have about the Bible?

When you think about Methodist theology and social principles what feelings arise for you? What questions do you have about them?

# *Learning Pathway Reflection*

## CONNECTING TO GOD WITH YOUR HEAD

What rhythms of connecting to God with your mind do you currently have? Examples: Lectio divina, studying scripture alone or in a group, reading theological books, listening to sermons.

In what ways have you experienced God speaking to you through Scripture or study recently? If you haven't, what do you hope for?



# *Equipping Pathway Reflection*

## CONNECTING TO GOD WITH YOUR HANDS

How would you describe your unique gifts God has given you?

In what settings do you feel most alive, purposeful, or aligned with who God created you to be?

# *Equipping Pathway Reflection*

## CONNECTING TO GOD WITH YOUR HANDS

How are you currently using your gifts to serve the church and the world? Or how do you hope to?

What obstacles, hesitations, or fears make it difficult for you to use your gifts right now?

# *Forming Pathway Reflection*

## CONNECTING TO GOD WITH YOUR HEART

How would you describe your current sense of connection with God through prayer and other spiritual practices?

When you imagine a life of deeper spiritual grounding, what practices or rhythms come to mind? Practices could be prayer, silence, journaling, music, walking, something else?

# *Forming Pathway Reflection*

## CONNECTING TO GOD WITH YOUR HEART

What feels life-giving about prayer or spiritual practices for you right now?

What feels challenging about prayer or spiritual practices for you right now?

# *Navigating Your Journey*

LOCATE YOURSELF ON THE PATH.  
CHOOSE THE NEXT RIGHT STEP.

What did this time of reflection show me about where I am in my spiritual journey? What feels good? What feels like it might want more attention or be an opportunity for growth?

We are always integrating all three pathways on our Discipleship journey. But for this season, which pathway feels most inviting, needed, or energizing—Learning, Equipping, or Forming? Brainstorm ways to take next steps down that pathway.

# *Navigating Your Journey*

LOCATE YOURSELF ON THE PATH.  
CHOOSE THE NEXT RIGHT STEP.

How can I connect with others in community as I move forward on my path of discipleship? What support do I need from others? How could I support others on their path?

What is one next step I can take this week to continue down the path of discipleship? Make a plan for taking this step.

# *Small Group Reflection*

GATHER AND DISCUSS. WE WALK THE PATH OF  
DISCIPLESHIP TOGETHER.

Share an example of a time you felt really connected to God through your head, heart, or hands, or all three!

What stood out to you as you reflected on the three pathways? It could be something that felt encouraging, challenging, or simply noticeable.

Why do you think that caught your attention?

# *Small Group Reflection*

GATHER AND DISCUSS. WE WALK THE PATH OF  
DISCIPLESHIP TOGETHER.

Where do you sense God guiding you next on your path of discipleship?  
Share the pathway—Learning, Equipping, Forming—you want to focus on  
in this next season?

How can we support one another in this season of discipleship—with encouragement, grace, prayer, presence, shared gifts, and gentle check-ins? What might this support look like in real life?

# *Next steps on Discipleship Pathways*

Visit our Discipleship Pathways webpage to explore upcoming events, programs, and opportunities to get involved!

[belmontumc.org/discipleship-pathways](http://belmontumc.org/discipleship-pathways)