



## GETTING STARTED WITH DISCIPLESHIP QUADS

1. **PRAY** – Take this to prayer. Who is God putting on your heart to reach out to? They might be someone close to you. It might be someone who requires a stretch. Consider any name that arrives on your heart.
2. **DOWNLOAD-** Download the Discipleship Quad materials from [www.davenportdiocese.org](http://www.davenportdiocese.org) Familiarize yourself with the program and read recommendations on forming a group.
3. **REACH OUT** – Make the next step to reach out to others and invite them to join you on this journey.
4. **SCHEDULE** – Once you have your Quad formed, make plans for the first meeting. Coordinate with the others to find a time, place and format that everyone is comfortable with and can regularly attend.
5. **GROW** – Enjoy this walk together. Be intentional about growing in your faith together. Share your experience with others and encourage them to take the same leap you have.

The Discipleship Quad Program is designed for a group of four to participate in on a weekly basis. If you are unable to meet this frequently, we suggest the following:

- Meet at least monthly.
- Keep at 4 people if possible, but no more than 8.
- You can likely finish the sessions in 60 minutes rather than 90 with a group of 4.
- Follow the packet for each session. There is “homework” to do in between sessions. Please continue to do that even if you don’t follow every portion of the program. The sessions build on each other in this fashion.
- Keep in mind that these materials are meant to be visited weekly. If you start monthly and find that it would be better to meet more often, by all means please do!