



# Discipleship walking in small groups

**The disciples spent many hours walking with Jesus, much of their apprenticeship happened on the roads and in the fields around Galilee.**

Journeying 'in the dust' of a rabbi was an important part of 1st Century Jewish teaching culture. Walking, talking, listening, telling stories, being quiet and just noticing. Noticing the beautiful intricacies of creation, seeing the world through God's eyes, looking for opportunities to bless people, listening to the sound of birds and pausing to reflect. Walking with Jesus is a really important part of discipleship.

As restrictions are relaxed, we may have more opportunity to get outside and experience what it felt like for the disciples to walk with Jesus. Whether you're gently wandering round a neighbourhood park or hiking miles through the countryside, here are some important things to remember and some top tips that will help your conversations to come alive. Please make sure that you follow social distancing rules if you are planning a walk.

But first, here is an example session, with four questions to talk about as you walk...

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## Example Walk:

- 7:15pm Gather, chat and catch up.
- 7:30pm Start Walking.  
*Q1 - How are you feeling this week?  
How did you get on with putting our last discussion in to practice?*
- 7:45pm Pause. Two minute talk to introduce a theme / bible reading.  
Today's big question is:  
*Q2 - Craft this question really carefully to trigger a great conversation.*
- 8:15pm Pause. Drink/Snack.  
*Q3 - How are we going to live out what we've discussed today?*
- 8:45pm Pause. Reflect on what has been shared.  
*Q4 - What can we pray for as we finish our walk together?*
- 9:00pm Finish.

## Top Tips...

- Balance 'organised' with 'organic'. Whilst it's good to plan and be intentional about the discipleship questions, don't underestimate the power of just wandering and chatting.
- Jesus used the environment around him to tell a story or ask a question. How can you engage people using their senses?
- Walks are great family activities. When the social distancing rules allow, why not arrange a daytime walk that includes people of all ages.
- It's OK to be silent. It can be very powerful to have a time during the walk when no-one speaks. This can be really effective, especially towards the end of a walk.

## Remember...

- Be a good witness in the way you gather and walk
- Follow the latest social distancing advice at all times
- Stick to public footpaths / practise the route in advance
- Be aware of people's health issues before you set off
- Be inclusive, design your walk so that everyone can engage
- Pause every now and again to allow people to catch up. This also gives people a chance to talk to someone new, and the leader an opportunity to ask the next question

## Kit List...

- First Aid Kit
  - Bite/sting cream
  - OS Map (or equivalent)
  - Charged mobile phone
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- ✓ Make sure people know what footwear/clothing they need
  - ✓ Encourage the group to bring their own snack/drink

