

BAC ENGLISH

PERSONAL DISCIPLESHIP PLAN (PDP)

TABLE OF CONTENTS

PDP Template.....Page 2

“Good” Example of a PDP.....Page 6

“Bad Example of a PDP because it's “too much”.....Page 8

“Bad” Example of a PDP because it's “too vague”.....Page 11

Resources for your PDPPage 13

Contact or Help.....Page 18

**Used by permission and adapted from Redeemer Church Bellingham*

PERSONAL DISCIPLESHIP PLAN TEMPLATE

WHY A PERSONAL DISCIPLESHIP PLAN (PDP)?

We are all a “work-in-progress.” That’s ok. That’s good. We are all on a journey. God intended it that way. None of us have arrived. We all have room for growth. So why the PDP? At BAC English, we want to be a family of disciple makers. We think the PDP will help with this.

We would love if everyone at BAC English had an annual PDP. If you are a member of BAC English, having an annual PDP isn’t required, but it is strongly recommended. This is a great tool for helping you be intentional as you are growing in following Jesus.

INSTRUCTIONS

- **Pray:** Before you fill out your PDP, pray. Ask God to help you.
- **Remember the Gospel:** God is for you because of Jesus’ performance, not your own.
- **Be Brief:** Brevity is good. Keep your PDP short and sweet.
- **Be Specific:** Specificity helps you know where you are at in terms of your goals.
- **Fill in the Blanks:** Simply fill in the blanks below to fill out your PDP.
- **Look at PDP Regularly:** Print it out. Put it on your Device. Put it in your bedroom.
- **Share your PDP:** Find someone to ask you how your PDP is going (see “Next Step”)

HOW TO USE THIS PLAN

PDP Template: The PDP Template is the primary resource within. You could fill out your PDP in 20 minutes and use it for all of 2021. There are three (3) sections that correspond to our framework for what disciple looks like here at BAC English: Being Like Jesus (Identity), Being With Jesus (Relationship), Living Like Jesus (Mission).

The examples and resources at the end are just a “bonus” and include some books and other resources that you might want to check out. Feel free to simply fill out the PDP Template without the resources, but they will certainly help.

Good Example: We wanted to provide an example of a “good” PDP. “Good” PDPs have what are known as “SMART” goals. SMART goals are: (S) Specific, (M) Measurable, (A) Achievable, (R) Relevant, (T) Timely.

“Bad” Examples: There are two common pitfalls when filling out the PDP: 1) being “too vague” or, 2) putting “too much” on your PDP. We have provided examples of both. Feel free to skip the “bad examples” if you want. The reason in providing these examples is to help us avoid some common pitfalls.

Resources: You can check out the resources to see if you might want to include any of these in your PDP. The hope is that the resources gives you options to enhance your PDP. If you don’t know what to put on your PDP, the resources could help.

BEING LIKE JESUS

This section focuses on how to be more like Christ in our identity and character. The Bible says that those who are in Christ are a new creation. We want to live fully in our new identities in Christ Jesus the King. We do this by progressively reflecting the character of Christ, so we want to be intentional about finding freedom from our sin, doubts, unbelief and our past hurts.

Focus

- What is 1 or more areas of study, sin, skill or growth that God might want you to focus on in 2021:

eg. I want to deal with this sin or hurt _____ and find freedom from it in Jesus. I want to discover more fully my identity and calling in Christ.

- How will you focus on these areas you have identified:

eg. I will practice listening prayer 1x a week to discover areas of bondage that I may still need to give to God. I will regularly meet with my life group (3-4 same-gender friends) for prayer and accountability. I will read the book, Knowing God by JI Packer by March 15, 2021.

- Pick 1-3 unhealthy habits you want to change this year:

- Pick 1-3 Spiritual disciplines to do in place of the habits you just dropped (*For example, you might swap watching a show on Netflix before bed for prayer, or a email with your Community. Or you might swap checking your phone first thing every morning with reading a Psalm or saying the Lord's Prayer*):

BEING WITH JESUS

This section focuses on spiritual practices like Bible reading and prayer that help set rhythms and routines that connect us to the presence of Jesus.

Bible

- This is my plan for reading my Bible in 2021: _____

- I want to read my Bible _____ times per week
- I want to read my Bible _____ minutes per day
- I want to read my Bible during this time slot during the day _____

Prayer

- I want to set aside time to pray for _____ minutes per day
- I want to pray during this time slot during the day _____
- Additional comments on my practice of prayer (eg - types of praying I want to do such as Lectio Divina, examen prayer, meditation on Scripture, etc.):

Other Spiritual Practices

(some spiritual practices you may consider as part of your rhythms of being with Jesus)

- Fasting: I want to fast from _____ (food/screens/Netflix/etc) for _____ once per _____ (week/month/year)
- Silence and Solitude: I want to spend _____ (hours/days) in silence and/or solitude (intentionally making space away from other people). How regularly? _____
- Rule of Life: I will commit to setting up and following a rule of life that will help me arrange my life around practicing the presence of Jesus (See resources)
- Others:

LIVING LIKE JESUS

LIVE AS FAMILY

This section focuses on engaging with your church, specifically with regard to serving and giving financially.

- In what way(s) do you want to serve BAC in 2021?

- How much would you like to give financially to BAC in 2021 to support the mission?

LIVE ON MISSION

This section focuses on sharing the Gospel and serving our city/county.

- What neighbourhood(s), area(s), culture, or people group(s) do you want to be on mission toward in 2021?

- Who is 1 person you will pray for and hang out with regularly, in hopes that they meet Jesus in 2021?

LIVE TO MULTIPLY

This section focuses on discipleship, development, relational investment and making disciples.

- Do you want to primarily focus on being discipled or discipling someone else in 2021?

- Who do you want to disciple in 2021? OR, who do you want to disciple you?

A NEXT STEP (Section 5)

Sharing your PDP with someone else helps with encouragement and accountability.

Who is 1 person you are going to share your PDP with: _____

By what date are you going to share your PDP with this person: _____

"GOOD" EXAMPLE OF A PDP

BEING LIKE JESUS

- What is 1 or more areas of study, sin, skill or growth that God might want you to focus on in 2021:

I want to focus on growing in my understanding of the Gospel and Gospel Culture. I also want to pray for God to reveal to me places in which I fall short but may have not realized.

- How will you focus on these areas you have identified:

So, I will read Ray Ortlund's book "The Gospel" by May 1, 2021. I want to intentionally and regularly journey with Bob and Ray in a life group to pray through these issues and to disciple one another.

BEING WITH JESUS

This section focuses on Bible reading, prayer, and an area of your life that you feel God might want you to focus on.

Bible

- This is my plan for reading my Bible in 2021: *The 5 day Bible reading plan from "Ligonier" ministries - <https://www.ligonier.org/blog/bible-reading-plans/>*
- I want to read my Bible 5 times per week
- I want to read my Bible 20 minutes per day
- I want to read my Bible during this time slot during the day: *6:40-7am, Mon - Fri*

Prayer

- I want to set aside time to pray for *10* minutes per day
- I want to pray during this time slot during the day *4: 7-7:10am, Mon - Fri*

LIVING LIKE JESUS

LIVE AS FAMILY

This section focuses on serving and giving financially.

- In what way do you want to serve BAC in 2021?

I will talk to one of the pastors or elders by February 10, 2021. I do not know my Spiritual gifts so I will ask them to help me discern what they might be. I hope to serve as an Usher, on the Worship Team, or in Youth ministry.

- How much would you like to give financially to BAC in 2021 to support the mission?
My family and I will give 10% of our income in 2021. Our annual family income is \$75,000. So we will give \$7,500 to support the mission of BAC in 2021.

LIVE ON MISSION

This section focuses on sharing the Gospel and serving our city/country/world.

- What neighbourhood, area, culture, or people group do you want to be on mission toward in 2021?
My family and I want to be on mission with the families and teammates on Ashley's soccer team. I also want to join the short term mission team to Peru this year.
- Who is 1 person who you will pray for to meet Jesus in 2021?
I am praying for Kara to meet Jesus in 2021. She is the mom I have connected with from Ashley's soccer team.

LIVE TO MULTIPLY

This section focuses on discipleship, development, relational investment and making disciples.

- Do you want to primarily focus on being discipled or discipling someone else in 2021?
I want to focus on discipling someone in 2021.
- Who is the person you are going to pursue to disciple you OR for you to disciple them?
I am going to ask Tami B from my Gospel Community to see if she is interested in me discipling her.

A NEXT STEP

Sharing your PDP with someone else helps with encouragement and accountability.

Who is 1 person you are going to share your PDP with: *Karla, from my GC*

By what date are you going to share your PDP with this person: *January 20, 2021*

"BAD" EXAMPLE OF A PDP - TOO MUCH

BEING LIKE JESUS

- What is 1 thing that God might want you to focus on in 2021?
I want to focus on Theology in 2021. Everything from ecclesiology to eschatology to memorizing 1 Thessalonians. I also want to focus on the Old Testament. Lastly, mission. I need to be on mission. Oh, 1 more thing, I think discipleship is important. And I have to manage my time better.

BEING WITH JESUS

Bible

- This is my plan for reading my Bible in 2021: *I am going to read my Bible 2 times, front to back, in 2021. I have never read my Bible front to back before, but I want to do it 2x this year.*
- I want to read my Bible 7 times per week
- I want to read my Bible *90 minutes in the morning and 60 minutes at night. My spouse and 3 kids will do this too.*
- I want to read my Bible during this time slot during the day: *Every morning and every night. 90 minutes in the AM, 60 minutes in the PM.*

Prayer

- I want to set aside time to pray for 60 minutes per day
- I want to pray during this time slot during the day: *2-3pm*

LIVING LIKE JESUS

LIVE AS FAMILY

This section focuses on serving and giving financially.

- In what way do you want to serve BAC in 2021?

I have a servants-heart. I want to do anything and everything for my church. I will hop in wherever I am needed. I want to start a new ministry. I want a Gospel Community. The church needs to be cleaned, so I will do that. I heard that BAC Kids Ministry needs volunteers. I play guitar, so I will do that. And I will also serve in Women's ministry.

- How much would you like to give financially to BAC in 2021 to support the mission?

We have a household income of 50,000. Our mortgage is 2,500. Car payment is \$600/mo. We have 4 kids under the age of 7. And we want to give \$20,000 this year to support BAC's mission. We just love our church.

LIVE ON MISSION

This section focuses on sharing the Gospel and serving our city/county.

- What neighborhood, area, culture, or people group do you want to be on mission toward in 2021?

I want God to use me to bring 25 people to Christ this year. I have never led anyone to Jesus, but I feel like 25 is a good number. I am going to focus on Burnaby as my mission.

- Who is 1 person who you will pray for to meet Jesus in 2021?

I can't pray for just one. I will pray for all 25 people. Some of them I don't even know right now. But I just want to pray for all of them.

LIVE TO MULTIPLY

This section focuses on discipleship, development, relational investment and making disciples.

- Do you want to primarily focus on being discipled or discipling someone else in 2021?

I want to disciple 10 people: Mark, Sam, Jose, Andrew, Ben, Lamar, Cameron, Jim, Alan, Ted. I am going to ask the following people to meet with me weekly and ask me how I am doing with Jesus: Dwayne, Eric, Tyson, Carl, Matt.

- Who is the person you are going to pursue to disciple you OR for you to disciple them?

See the 15 people mentioned above.

A NEXT STEP

Sharing your PDP with someone else helps with encouragement and accountability.

Who is 1 person you are going to share your PDP with: Dwayne, Eric, Tyson, Carl, Matt

By what date are you going to share your PDP with this person: *Every Monday in 2021*

“BAD” EXAMPLE - TOO VAGUE

BEING LIKE JESUS

- What is 1 thing that God might want you to focus on in 2021?
I want to love Jesus more.

BEING WITH JESUS

Bible

- This is my plan for reading my Bible in 2019: *I will read my Bible.*
- I want to read my Bible 1-4 times per week
- I want to read my Bible 5-60 minutes per day
- I want to read my Bible during this time slot during the day: *At night*

Prayer

- I want to set aside time to pray for *a couple* minutes per day
- I want to pray during this time slot during the day 4: *Whenever I can fit it in*

LIVING LIKE JESUS

LIVE AS FAMILY

This section focuses on serving and giving financially.

- In what way do you want to serve BAC in 2021?
I want to serve with all my heart. I can't wait!
- How much would you like to give financially to BAC in 2021 to support the mission?
My family and I will start giving to BAC in 2021. Not sure what percentage or how much.

LIVE ON MISSION

This section focuses on sharing the Gospel and serving our city/country/world.

- What neighbourhood, area, culture, or people group do you want to be on mission toward in 2021?

I want to be on mission to Vancouver in 2021. I love my city so much that I want to be on mission to everyone.

- Who is 1 person who you will pray for to meet Jesus in 2021?
There are so many people I could pray for. I just want to pray for everyone.

LIVE TO MULTIPLY

This section focuses on discipleship, development, relational investment and making disciples.

- Do you want to primarily focus on being discipled or discipling someone else in 2021?
I don't know enough to disciple someone. And nobody has asked me if they could disciple me. So, I don't know.
- Who is the person you are going to pursue to disciple you OR for you to disciple them?
I don't know. We will just see how things go.

A NEXT STEP

Sharing your PDP with someone else helps with encouragement and accountability.

Who is 1 person you are going to share your PDP with: *Someone*

By what date are you going to share your PDP with this person: *Soon*

RESOURCES

HOW TO USE THESE RESOURCES

We want to provide some resources for you to include in your PDP. We know that sometimes we have good godly desires, but we don't know what to do with that, where to go, what to look for, or what resources to check out. We have compiled a brief list of resources for each of our 3 aspects of following in the way of Jesus. Click on the links below to take a look at resources that might interest you. Feel free to add some of these resources to your PDP.

BEING LIKE JESUS

The following resources can help us discover our identity in Christ and how the gospel shapes us to be more like Jesus.

Books:

Dallas Willard - *Renovation of the Heart: Putting on the Character of Christ*
Dane Ortlund - *Gentle and Lowly: The Heart of Christ for Sinners and Sufferers*
Jeff Vanderstelt - *Gospel Fluency: Speaking the Truths of Jesus into the Everyday Stuff of Life*
Os Guinness - *The Call: Finding and Fulfilling the Central Purpose of Your Life*
Timothy Keller - *Prodigal God*
John Mark Comer - *The Ruthless Elimination of Hurry*
David Benner - *The Gift of Being Yourself: The Sacred Call to Self-Discovery*
[NT Wright - Surprised by Hope](#)
CS Lewis - *Mere Christianity*
Peter Scazzero - *Emotionally Healthy Spirituality*
Dietrich Bonhoeffer - *The Cost of Discipleship*

BEING WITH JESUS

Below are some Bible reading plans for people at all stages of life, spiritual maturity, etc. We have also provided a list of books, you might find a few of them to catch your interest. The underlined links are click-able.

General Books on Spiritual Formation:

Ruth Haley Barton: *Sacred Rhythms: Arranging Our Lives for Spiritual Transformation*
Dallas Willard: *Hearing God: Developing a Conversational Relationship with God*
Henri Nouwen - *Way of the Heart: The Spirituality of the Desert Fathers and Mothers*
Eugene Peterson - *A Long Obedience in the Same Direction: Discipleship in an Instant Society*
A.W. Tozer - *The Pursuit of God*
Adele Ahlberg Calhoun - *Spiritual Disciplines Handbook*
Richard Foster - *Celebration of Discipline: The Path to Spiritual Growth*
Ken Shigematsu - *God in My Everything*

Resources for Spiritual Practices:

The Scriptures

Books:

Gordon Fee - *How to Read the Bible For All It's Worth*

Jen Wilkin - *Women of the Word: How to Study the Bible With Both Our Hearts and Minds*

Eugene Peterson - *Eat This Book: A Conversation in the Art of Spiritual Reading*

Online Resources to Help you Read the Bible

- [Well-Watered Women](#) (Online & Book)
- [The Bible Project](#) (Online: includes video)
- [Scripture Labs](#)
- Youversion (the mack daddy of Bible apps - countless Bible versions and reading plans)
- Dwell Bible App (subscription-based audio bible and reading plans)
- Streetlights Bible App (Audio Bible with hip-hop beats for all you hip-hop heads out there)

Bible reading plans:

(Most of these plans may be found on the Youversion Bible app)

Read the Bible In Multiple Years

- [3 Year Plan](#)
- [Robert Murray M'Cheyne Plan](#) or [Youversion](#)
- [2-Year Plan](#)

Read the Bible in 1 Year

- [5-Day Bible Reading](#)
- [Bible Project Plan](#)
- [BibleProject Biblical Storyline Plan](#)
- [ESV Bible Plan](#)
- [52 Week Plan](#)
- [Chronological Bible Reading](#)
- [Discipleship Reading Plan](#)
- [Life Journal Plan](#)

Read the Bible at Your Own Pace

- [Flexible & Color-Coated](#)
- [5 Minutes a Day New Testament Plan](#)

PRAYER

Books:

Michael Reeves - *Enjoy Your Prayer Life*

Timothy Keller - *Prayer: Experiencing Awe and Intimacy with God*

Paul E. Miller - *A Praying Life*

The Valley of Vision (a book of puritan prayers)

Prayer practices:

Lectio Divina

Examen Prayer
Fixed Hour Prayer
Listening Prayer

OTHER SPIRITUAL PRACTICES

Fasting

Silence

Rule of Life - a rule of life is a schedule and rhythm to order your life to make space for Jesus.

The following are some helpful resources:

[Practicing the Way](#)

The Gospel Coalition - [Make a Rule of Life](#)

LIVING LIKE JESUS

General books on Mission and the Church

Christopher Wright - *The Mission of God*

Tim Chester and Steve Timmis - *Total Church*

Lesslie Newbigin - *The Gospel in a Pluralistic Society* (more academic)

Alan Hirsch - *The Forgotten Ways*

LIVE AS FAMILY

Our church is a family. We need each other. What if we believed that everyone had something to offer? Whether it's our skills, passions, time, experience, etc. God calls us all to give sacrificially.

Serving

- Email keith.cheung@bacfamily.org or david.eng@bacfamily.org to find out where God may be calling you to serve.

Giving

- There are 3 easy ways to give: 1) Online, 2) In person on Sundays, 3) Drop-off at the Church office
- Click [HERE](#) to find out more

LIVE ON MISSION

This section focuses on sharing the Gospel and serving our city/county. But how do you know where to be "on mission"? There are plenty of places or people you could be on mission toward.

Questions that Might Help you Be on Mission

- What neighborhood do you live in?

- How has God put you in the place you live for the good of those around you?
- What neighbors don't know Jesus?
- Where do you work?
- How could you be on mission with a co-worker?
- Do your kids play on any sports teams? Could you be on mission here?
- Do your kids do any hobbies or have any interests? Could you be on mission here?
- Who is someone in your life who doesn't know Jesus that you would like to meet Jesus?
- Do you work out or do any physical activity at a certain place? Are there missional opportunities with people there?
- What non-christians do you see regularly?
- What school(s) do your kid(s) go to?
- Are you involved in any community or neighborhood groups?
- Who in my church community can I be on mission with?

LIVE TO MULTIPLY

This section focuses on discipleship, development, relational investment and making disciples. How do you know who to invest time in? Who do you want to disciple you?

Questions that Might Help you with Discipleship

- Who are a couple of people in the church that you look up to as a follower of Christ?
- In what ways do you want to grow in your faith? Who could you ask to help you grow?
- Who is hungry to learn?
- Who is teachable?
- Who has available time for you to meet with them?

Some Books on Discipleship

- Robert Coleman, *Master Plan of Discipleship*
- Jim Putnam - *Discipleshift*
- Francis Chan - [Multiply](#) (free PDF book)
- Rich Villodas - *The Deeply Formed Life*
- Greg Ogden - *Discipleship Essentials*

A NEXT STEP

You are done with your PDP. Or, at least a good first draft. So, what's next? Good question. Sharing your PDP with someone else helps with encouragement and accountability.

Some Questions that Might Help You Figure Out Who to Share your PDP With

- Who is someone you could ask to ask you the question, "How is your PDP going?"
- Who is someone who cares about your faith or would encourage you in your walk with Jesus?
- Is there anyone in your GC who you could ask to share your PDP with them?

- Who is discipling you? If someone is discipling you, that might be a good person to share your PDP with.
- Are you discipling anyone? If so, consider sharing your PDP with the person you are discipling. You could even swap PDPs.

CONTACT OR HELP

Feel free to contact keith.cheung@bacfamily.org or david@bacfamily.org if you want help with any of the following:

- I want some help with my PDP
- I would like help learning how to disciple someone
- I would like help finding someone who could disciple me
- I would like help finding someone I could disciple
- I am curious if there are other recommended resources