



# The **CROWN** Rhythm

## USING CROWN TO DISCIPLE: A SIMPLE PROCESS FOR TRIPLETS & GROUPS

### AIM

The aim of any mentoring / discipling process with CROWN is to help people to form rhythms in each area that are life-giving, sustainable and fruitful. They should be simple enough to write down and remember - a reference point to keep returning to.

### FOCUS

We recommend the group choose one aspect of the CROWN rule at a time, and focus on establishing / developing patterns in that area. This is a long-term journey, so it may help to limit the focus to one of the core principles within that area, gradually building in the others as time goes on. When selecting the focus together, bear in mind most are probably doing well in some areas, but we will all have some weak-spots and blind spots. If it helps, use the checklist over the page, to ensure that, over time, you've covered everything.

### PROCESS

The full week by week 'life-beats' material is available for groups to use, but more experienced / confident mentors and groups with less time may wish to take a more flexible approach to reach the same goals.

The general mentoring flow (see below) and detailed week-plan for the studies (page 12 of the Mentoring Guide) give the sense of direction required. Sitting a little lighter to the clear structure of the studies needn't compromise the outcome if a group has clear direction and intention to form a personal rule. It is important, though, not to rush or take short-cuts. Forming or developing a rhythm that lasts in any area is likely to take at least six or seven weeks.

**The Core Teaching videos can now be accessed on-line. Get the group to watch one of the short talks between each meeting.**

*Therefore, we recommend that the group does not move on to another element of CROWN until everyone has established their rule within this area. This accountability helps keep people focused and also enables some to embed their patterns whilst others work their's out.*



### A Sample Group Plan Could Be:

Watch the relevant teaching video on-line before sessions each week to prepare and reflect.

Week 1	Week 2	Week 3
Study the key passages.	Use the 'Getting Started' Tool	Use The Discussion Questions
Week 4	Week 5	Week 6
Use the 'Going Deeper' Tool	Use The Discussion Questions	Record the rule you will keep.

**RESOURCES:** The following tools (available on-line) can be used in a more flexible way to help the group's growth and formation of rhythms in each area of CROWN.

1. Video teaching can be accessed on-line and watched in or between sessions. (There are 6 or 7 videos for each aspect of CROWN; watching one a week is roughly the period needed to establish healthy patterns.)
2. Mentor "Quick Guides" highlight likely issues that will crop up in each area, and how to tackle them.
3. Crown Discipling Discussion Questions can be used to stimulate conversation and reflection to help establish what God is saying and how he is calling us to respond.
4. The "Getting Started" reflection tool helps identify where we are really "at" to establish an honest baseline - and give vision for what "could be."
5. The "Going Deeper" reflection tool, can help to identify where God is working, celebrate progress, sharpen plans, and resolve blockages and barriers.
6. The full Mentor guide provides a more thorough overview of the CROWN discipling process.



The table below details the shape of each element of the CROWN rhythm, showing what areas may be covered. Group 'life-beats' studies, designed to build rhythms in line with God's heart are being written. Items marked with a \* have been completed,

COMMUNITY	DONE:	OFFERING	DONE:	NETWORKS*	DONE:
1. Presence in Community		1. Serving		1. Seek & Sent	
2. Present in Community - Commitment		2. Calling		2. Search & Spot	
3. Present in Community - Consistency & Contribution		3. Obedience & Gifting		3. Stay & Share	
<b>RE-CREATE*</b>		<b>WORD</b>			
1. Stopping		1. Sitting			
2. Resting		2. Scripture			
3. Renewal		3. Song			
4. Celebration		4. Solitude			