

## Taking part in an iD group

To take part in an iD group you need to be prepared to:

- fully commit to the group for six meetings over a two-and-a-half month period. *If you miss a session you will not be able to continue in the group unless the whole group agrees to re-arrange the date in advance.*
- keep the ground rules, take part in the group and mid-week exercises and fully engage with the process.

We have found that most people prefer to be part of a group in which they do not already know the other participants. This allows them to lay aside existing roles and be completely honest about their questions, difficulties, joys, hopes and dreams. We would normally, therefore, invite you to join a group which is not already familiar to you. However, if you have an existing group or team who are interested in the iD process, we would be happy to discuss providing trained facilitators for you.

To register for an iD Group either email the details below to Marianne Hambrook, or pop the form in the post.

### The Diocese of Canterbury: iD Group Enquiry

Name:

Email:

Phone:

Church:

Preferred Group location:

Return to Marianne Hambrook [mhambrook@diocant.org](mailto:mhambrook@diocant.org) @diocant.org or Diocesan House, Lady Wootton's Green, Canterbury, CT1 1NQ.

# iD

intentional Discipleship



*practical wisdom for daily living*

## What is iD?

A Canterbury Diocese initiative in which participants explore how to be more intentional about being disciples of Jesus.

These groups are about:

- Creating a safe space to reconsider *how* we can put ideas about following Jesus into practice.
- Identifying and exploring our personal and spiritual strengths, gifts and experience.
- Taking practical steps in daily life towards becoming who God is calling us to be.
- Asking what it takes to be more intentional in following Jesus in all of life— not just for ‘church’.
- Finding ways to grow spiritually and be sustained in following Christ as his disciples.



## What happens at an iD group?

An iD group is not a taught course. It is a small group in which a trained facilitator will, over 6 sessions, help you and three or four others to make life-transforming changes. Be warned! — iD requires you to face yourself with stark honesty. Don't sign up unless you are ready for this.

The facilitator's task is to make it a safe place to do this. Your task is to be honest about the present shape of your spiritual life, open to new insights about yourself and willing to make changes. Otherwise the process won't work. iD is best suited to those who know they need change.

In an iD group you will

- use *Lectio Divina* to sharpen your ability to listen to God through Scripture and one another.
- use a variety of tools to identify your personal and spiritual strengths and gifts.
- evaluate the extent to which your God-given strengths shape your life and ministry.
- explore your present pattern of life and re-shape it into a rhythm or 'Rule' of life which fits your own personality and circumstances.
- learn how to constantly reassess and refine your spiritual practices.

You will do all this in conversation with one another, allowing your insights to refine other group members' understanding and theirs yours. A focus on your individual needs is balanced by a shared responsibility for each other.