

Beyond Ourselves

a course which explores the wider meaning of our lives

Beyond Ourselves is the first book in ReSource's three-part discipleship series *The God Who is There*. An alternative or sequel to the Alpha course, based on informal discussion and shared activities, and accessible to those with no church background, *Beyond Ourselves* enables ordinary people, Christian and not yet Christian, to discover together what it means to develop a living relationship with God.



The God Who is There takes its inspiration from *Rooted in Jesus*, ReSource's highly successful practical discipleship course for Africa, and is a response to the increasingly voiced need for simple, interactive and relational discipleship material for use in this country. Like the original, it is based on the conviction that discipleship is not so much about 'what we know' as about 'who we are becoming.'

Beyond Ourselves is not a conventional Bible study course. Designed to help people get to know God rather than just learn about him, it is simple in format but spiritually challenging. Topics covered include creation, suffering, life after death, the life and resurrection of Jesus and the gift of the Holy Spirit.

***The God Who is There* is:**

- A three part course; each book offers 10 enjoyable, accessible and life-changing sessions
- Interactive; sessions are based on group discussion and practical exercises
- Not dependent on the personal charisma of a leader
- Focussed on key verses of scripture
- Includes prayer and, in books 2 and 3, worship
- Provides a course member's booklet with session summaries and creative homework exercises for use during the week

Beyond Ourselves is edited by Roger Morgan, working with Anita Benson and a small team of experienced practitioners. Roger has 25 years' experience in parish ministry, and he has seen many people grow in faith and discipleship through membership of small groups.



The other two books in the series are *The New Community* and *Shining Like Stars*.

Modelled on the discipleship patterns of the New Testament, *The New Community* enables participants to discover what it means to be part of a group of people who are seeking God in and through their relationships with one another. *Shining Like Stars* focusses on what it means to live as Christian disciples in ordinary day to day life.

Getting started

The books may be used consecutively or independently. Training and support is available to group leaders through ReSource – please contact us to find out more. To preview or to order *Beyond Ourselves* please visit www.resource-arm.net.

What do people say about *Beyond Ourselves*?

- Refreshing... original... at last a Bible-based course embracing the work of the Spirit yet sympathetic to an outsider's perspective – *Revd Mike Clark, Edgware*
- By using *Beyond Ourselves*, we have seen a group of ordinary people be introduced to the Christian faith and be supportive of one another as they discover together what it means to be a disciple of Jesus today. This flexible discipleship programme is a welcome resource for the UK church – *Revd Sonja Arnold, Trinity College Bristol*.
- *Beyond Ourselves* started where people were. The material engaged them emotionally and experientially as much as at the knowledge level. This was really valuable. Participants enjoyed the homework exercises, especially the guidance on how to meditate on scripture and feel its relevance to their daily lives. The material boldly invited honest sharing; this drew people towards each other and has helped to build a valued community – *Revd Stephen Coe, Wallington, Surrey*

Why discipleship?

“The UK will never be reached until we begin to cultivate open, authentic, learning and praying communities that are focused on making whole-life disciples who live and share the gospel wherever they relate to people in their daily lives” – LICC

ReSource is an independent Christian charity based in Wells, Somerset. Our vision is to help build a church which is diverse, local, renewed in the Spirit and effective in mission. Please do get in touch with us if you think we may be able to help you.

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