



Helping a Disciple have Get-Alone Time: 9:59 and F•A•C•T•S



Disciples need to spend time alone with Jesus, learning to love the one who loved and died for them. Help them to practice Silence and Solitude by training them in **9:59** and **F•A•C•T•S**

9:59.

That means, *take 10 minutes to listen and talk to God each day*. Train a disciple to read the Bible for 5 minutes, then pray for 5 minutes, until it becomes part of their life.

Listening to God: Recommend a schedule of Bible reading, perhaps a Gospel first (like John), then one of the Letters (like Philippians). Encourage them to read Psalms, the believer's prayer book, one psalm a day. Suggest "bite-sized" portions to read daily, not entire chapters. They need an encounter with Jesus and personal transformation, not just more learning. Have them write down a verse that speaks to them from God, then talk it out with him in prayer.

Talking to God: F•A•C•T•S Get the young Disciple to start praying with these five themes (if they need a system...). It gives them ideas if they don't know where to start.

F aith
A dore
C onfess
T hanks
S tuff
(S ilence)

F•A•C•T•S helps a Disciple express the thoughts of their heart to God. For example:

F aith: expressing faith: *Father, I believe you made me, you love me, you sent Jesus, you created everything, you're right here, you have a plan for me, you have power to do whatever you want... etc.*

A dore: expressing love: *Father, you're so great, you're so kind to me, you listen to me, you adopted me as your child, you are so wise, you can do anything, you're my dad – many ways to express love...*

C onfess: expressing sin: asking God to clean up sins in life by telling God about them (to confess is to say the truth, to agree with God...): *Father, I said something I shouldn't have – I'm sorry; my thoughts were bad, Father; I got mad again; I gossiped about my friend; I didn't care about others today – please forgive me - things that were wrong, made me dirty inside, for God to forgive*

T hanks: expressing thanks, *Father, I'm thankful for... friends like _____, for my parents, for a job, for good health, for the ability to laugh – through the day, mention things to be thankful for.*

S tuff: expressing need: maybe an exam; maybe concern for a friend; maybe worries; health issues; maybe a desire to be more like Jesus. Maybe loneliness. Anything, lots of things...

(S ilence): if they can, it's good to take time to quiet their heart and listen to God.

Take time to help a disciple in **9:59** and **F•A•C•T•S**. Coach them personally, encouraging them to get alone with Jesus. Share your own struggles to build these disciplines, how Get-Alone time with God has helped you. This is a very practical way a DiscipleMaker can care for a Disciple.

Small things done in great love will change the world, one person at a time...