



# Deep

Discipleship  
Programme

Hi and welcome to the **Deep** Discipleship programme,

This programme has been designed to help support you in three areas.

**1. At home** Every week you will be expected to spend time at home reading your bible and praying, spending time going deeper in your relationship with God.

Every half term you will be challenged to work with other Christians in your school to explore what God is doing and what He can do.

**2. At school**

**3. At church** You will have a mentor in your church who will be your first port of call for any help. You will also look at ways to bridge the gap between your friends at school and your friends at church.

**How long is the programme and when does it start?**

The programme lasts for about 1 year. It starts in the Autumn, after half term and runs through to the first half term in the Autumn the following year.

**Who can come on the programme?**

The programme is available for any 14- 15 year olds (Key stage 4).

**Do I have to find a mentor?**

We will help you to find a mentor who is in your church, or if there are non available there we will find somebody who is local to you who can support you through the programme.

**How much does it cost?**

The programme costs £10 to enrol and then there is an optional weekend residential near Easter that will cost around £40.

**How do I sign up?**

You can apply for the course at [www.niscu.org.uk/deep](http://www.niscu.org.uk/deep)

You will have a mentor to support you through the course. Ideally this will be someone from your local church who you already know and respect. It is expected that you will meet up and talk to each other most weeks. This could be 15 minutes over a hot chocolate, or a meal, or a walk, or however you decide together to do it.

Their role is to:

Help you to understand the Bible readings that you will get every fortnight.

support you with ideas about how to talk to your friends in school.

support you when thinking about taking part in church meetings.

### **How do I find my mentor?**

We will help you to find somebody that is suitable for you to have as a mentor. They will need to be somebody who is respected in your local church as being a suitable person who has the time, ability and skills to support you.

### **Are the Bible studies hard?**

The Bible readings are not hard to work through in terms of content. But you will need to be dedicated to spend about 10 minutes each day to do them. Your mentor will help you to think about how you can develop a routine that suits you, we find that once you have a routine reading your Bible can become easier.

### **Will I need to continue this work when I have exams and holidays?**

We expect you to put your school studies first, it is important for you to do as well as you can in school. Having said this we will still give you some Bible readings that are less taxing and might help you through your exams.

Similarly we reduce the level of readings through school holidays.

One of the aims of this programme to help you to consider who you are in God, and how that works in your church and school.

Every term we will give you challenges and tasks to try and do in church and school.

Types of tasks you might get to do in church include:

- praying with other teens.
- explaining something that you have read in the bible to others your own age.
- taking part in a Sunday service.
- supporting older teens to set up a new church event.

How you do the tasks in your church will depend on your church and how you can practically achieve them.

You will also be looking at how you can explore how God can work in you at school. Like with the church aspect we will give you some tasks and challenges every term to try out.

Types of tasks you might get to try in school include:

- finding Christians from other churches in your year
- sharing your experiences of God with other Christians
- taking part in a Christian group
- supporting older teens to set up a new school event

Don't forget your mentor and others around you are there to help you to be what you can be in God, and we will do our best to help you

Enjoy your Discipleship Year, and go **Deep** in God.

What now?

# 1. Pray & Ask

Pray about the programme, and ask your church youth leader, or your niscu schools' worker about whether this programme is suitable for you.

Go to [www.niscu.org.uk/deep](http://www.niscu.org.uk/deep) to download the application form, and send it to [deep@niscu.org.uk](mailto:deep@niscu.org.uk).

# 2. Apply

The programme is overseen by niscu. niscu is a registered charity that supports Christian work in schools.

For more information about niscu:  
visit [www.niscu.org.uk](http://www.niscu.org.uk)  
email [admin@niscu.org.uk](mailto:admin@niscu.org.uk)

