

My 90-Day Multiplication Plan

The natural next step after these twelve sessions is to walk through them with someone else. Put these dates on your calendar now. Your discipler becomes your coach.

When	What	Date
Week 1	Invite your “one” (if you haven’t yet) and set your first meeting.	
Week 2	First meeting: Session 1, Begin with Jesus.	
Week 4	Coaching check-in with your discipler. What’s going well? What’s hard?	
Week 8	Coaching check-in. Celebrate progress and troubleshoot.	
Week 12	Commission your disciple, and ask them: “Who’s your one?”	

My “one” _____

My coach _____

Where we’ll meet _____

If I’m not ready to lead yet

I will (co-lead, assist, or keep growing):

I’ll revisit leading on _____

Sources & Acknowledgment

The original pathway

This booklet adapts and substantially rewrites material from *Discipleship Pathway* (2024) by Rev. Megan Koch and Rev. Phil Wiseman of Table Church in Des Moines, Iowa, used with the authors' blessing. The original identifies its license as Creative Commons Attribution 4.0 International (CC BY 4.0).

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The Colonial adaptation

Prepared for Colonial Presbyterian Church by Pastor Jeff Sparks for the Be the L.I.G.H.T. Discipleship Pathway. This adaptation keeps the original ten lesson themes; adds a Launch session with a gospel foundation and a Commissioning session with a multiplication plan; restructures each lesson around a weekly meeting, one action step, and a five-day reading plan; and draws on Colonial's *Be the LIGHT Abide Guide* (P.R.A.Y., R³, BLESS, and the Abide Plan), earlier micro-course drafts, and Kent Mathews' evangelism training at Colonial (listening, validating, clarifying, and "know, tell, do, and be the story").

Also informed by

Zúme Training (the Model, Assist, Watch, Leave pattern and the emphasis on obeying and sharing between sessions); *Rooted* by Mariners Church (short daily readings and shared experiences); and *Practicing the Way* by John Mark Comer (one practice at a time, and a rule of life).

Quotations

John Mark Comer, *Live No Lies* (2021). Dallas Willard, on "pitching its message too low." Henri Nouwen, on downward mobility. Robert Louis Stevenson (attributed), on seeds and harvest. The *Didache* (early Christian teaching, 1st–2nd century), on weekly fasting.

Scripture

Scripture quotations are from the Berean Standard Bible (BSB), which is in the public domain. Read the full passages in any trustworthy translation or audio Bible.

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