

PODS and Basic Follow-up



FREQUENTLY ASKED QUESTIONS:

Is PODS designed to replace basic follow-up?

It depends. We designed Profile of a Discipled Student (PODS) to be an outline of the core content you need to cover in the process of discipleship, including basic follow-up. PODS provides core content for discipleship. If you cover this and the students internalizes its truths, they will be prepared for a life of discipleship.

How is PODS related to basic Cru follow-up?

Most Cru follow-up, that you did as a college student or used on Stint, will cover the key points listed in the second column in PODS. If you have a simple, effective system for follow-up then make sure you cover the topics in PODS and check off the topics in this column. Whatever system you use, make sure it is simple, Bible-based, easy-to-use, and transferable.

How is PODS different from basic Cru follow-up?

Unlike other follow-up materials, PODS are not designed to be studied alone or read by the individual student. The biblical themes are there but not the explanation that you get in traditional Cru follow-up, such as Foundations (designed by Priority Associates) or the International Essentials (designed by Bridges International). PODS uses longer, narrative passages of Scripture. Instead of looking up several isolated verses, we selected longer passages and stories.

When should I do basic follow-up?

We suggest completing basic follow-up (second column of PODS) within one month of a student placing their faith in Christ. Do not drag it out; go through it while the passion is high and there are more questions. We should strive to make basic follow-up a top priority in our schedule. Drop other activities or change your routine to make it happen. At a minimum, follow-up should be once/week. But twice a week might be better. If the student is available and is leaving your campus soon, you can even meet daily and complete the follow-up in one week.

Can I use the back-page of PODS or Discovery Bible study (DBS) for basic follow-up?

Yes, but the questions developed by David Watson and adapted by Bridges International are designed to be done in small groups. If you are doing follow-up in a small group (3 or more people, including the leader), the PODS/DBS questions should work well.

If my follow-up is one-on-one, what should I do?

For many staff and volunteers, the best route for one-on-one follow-up is utilizing an existing follow-up tool. Experienced Bridges staff or volunteers might be able to adapt PODS intuitively, based on years of experience. If this is the case, we recommend adapting PODS. As a ministry we believe that more of our discipleship needs to be in a small group setting. Many of our students come from collectivistic cultures. Learning to study and discuss the Bible in small groups will equip internationals for a lifetime of following Christ.

We want to provide some key steps to increase your effectiveness in using PODS for basic follow-up. In many ways, the following suggestions are a hybrid between the PODS and Cru's basic follow-up.

Assurance. In addition to Luke 15:11-24 and 1 John 5:11-13:

- Read Eph. 2:8-9, Rom. 6:23, 1 Peter 3:18 to discuss what it means to be saved by grace through faith.
- Read John 1:12, Heb. 13:5, and 2 Cor. 5:17 to discuss what happens when we begin a relationship with God through Jesus.
- Explain the Train Diagram: FACT (God & His Word), FAITH (your trust in God & His Word), FEELING fact (God and His Word), faith.



SUMMARY: Jesus *forgives your sins, adopts you into God's family, comes into your life and will never leave you, gives you new life, and grants you eternal life.*

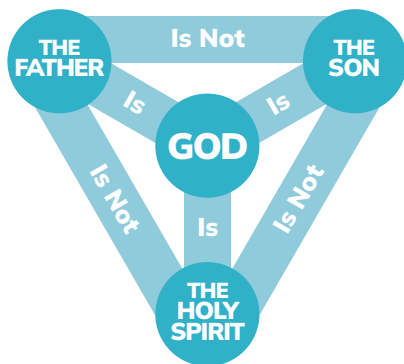
Forgiveness. In addition to Luke 7:36-50:

- Read Rom. 8:15-17; 8:31-32, 38-39 and Eph. 2:10 to explore new truths about being in Christ.
- Explain the difference between:
 - o Our relationship with God which lasts forever (1 Pet. 1:3,4), is maintained by God (John 10:27-29) and never changes (Heb. 13:5) and
 - o Fellowship with God which can be damaged (Psalm 32:3-5), is maintained in part by you (1 John 1:9), and changes when you sin (Psalm 66:18).
- Read 1 Pet. 3:18 and Col. 2:13-14 to explore the basis of God's forgiveness when we sin.
- Read 1 John 1:9, Psalm 32:5 and Psalm 103:12 to explore how we we can experience God's love and forgiveness daily (by confessing our sin).

SUMMARY: God's love and forgiveness is the basis for our relationship with God but confession allows us to return to fellowship with God.

The Holy Spirit. In addition to John 14:15-28:

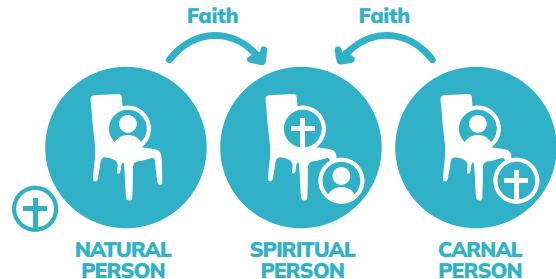
- Read John 16:13-15 to explore how Jesus described the Holy Spirit.
- Read Acts 1:8, 2:1-13 and 5:3-5 to explore the power of the Holy Spirit among Jesus' followers.
- Read Rom. 8:9-11, 15-16 to explore what the Holy Spirit communicates about our relationship with God.
- Draw diagram of Trinity:



SUMMARY: God is Triune: Father, Son & Holy Spirit. The Holy Spirit, who is fully God, empowers Christians, lives in us, and confirms that we are God's children.

Living in the Spirit. In addition to Gal. 5:16-25:

- Read 1 Cor. 2:14-3:3 to explore the difference between the natural, spiritual, and fleshly (carnal) person.
- Draw out diagram of the natural/spiritual/carnal person:

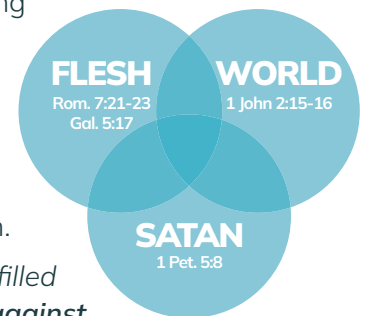


- Read Eph. 4:30 and 5:18 and explore what it means to grieve the Spirit and to be filled with the Spirit.
- Read Gal. 5:16-25 and Col. 3:5-14 to explore what it looks like to walk in the Spirit's power.
- Explain spiritual breathing: EXHALE (confess your sin) and INHALE (in faith surrender control of your life to Christ and trust Him)

SUMMARY: Many Christians are not experiencing the Holy Spirit's power because they are living fleshly (carnal) lives and not walking in the Spirit's power; spiritual breathing enables us to live a Spirit-filled life.

Spiritual Warfare. In addition to Eph. 6:10-20:

- Read Mark 5:1-15 and Mark 9:14-29 to explore how Jesus battled against demons.
- Read Matt. 4:1-11 and 1 Pet. 5:8 to explore who Satan is and how he attacks us.
- Draw diagram explaining our battle against our flesh, the world, and Satan.
- Read Eph. 6:10-20 to explore how God equips us to fight Satan.



SUMMARY: To live a Spirit-filled life Christians must battle against our flesh, the world, and Satan. God equips us to fight this spiritual battle.