

# SAINTS GLOBAL ACTIVITY PLAN

## DISCIPLESHIP

### SPIRITUAL CORE

Version 2026.1



Companion to the BRC: a series of one-hour activity sessions for use on weekly activity night or at home. Each session declares which requirements it contributes to.

#### THE CULMINATING EVENT

### The lived two weeks

Between Sessions 3 and 4, each saint runs the four real-life pieces of discipleship he rehearsed in Session 3: three live moments where he chooses the Christlike action over his named habit, one quiet act of service, one gospel-truth conversation outside the family, and one led debrief with his accountability person. He logs each on the rule-of-life card. Session 4 is where the BRC sign-off lands.

OFF-MEETING — THE SAINT'S ACTUAL WEEK, NOT A CHURCH LOCATION

#### 4 SESSIONS IN THIS PLAN

## SESSION 1 · SPIRITUAL CORE

⌚ 60 min target

# What discipleship costs

Name what Luke 9 calls a cost of discipleship and connect each to this week.

## SESSION AIM

Saints read Luke 9:23-25 once, name two specific costs of discipleship in their own words, list three teachings of Christ that require daily effort, and study one Book of Mormon disciple to identify the single choice that proved his faith. Each saint leaves with the costs named on paper and a Book of Mormon disciple picked for short Session 2 report.

## 🎯 WALK AWAY WITH

- Has two specific costs from Luke 9:23-25 written in his own words
- Has three teachings of Christ named with the daily situation where each is hard
- Has one Book of Mormon disciple picked and the single proving choice identified

## 📦 BRING / SET UP

- Scripture handouts of Luke 9:23-25 (one per saint)
- Index cards or a quarter-sheet of paper per saint for the cost notes
- Pens
- A short list of Book of Mormon disciple candidates on the board: Alma the Younger, Abinadi, Captain Moroni, the brother of Jared, Nephi
- A whiteboard or easel pad for the three-teaching board

## 🔗 THE HOUR

BLOCK 1 · DISCUSSION **Opener — A cost you've already paid**

⌚ 5 min

Ask one question: "Name one thing being a saint has cost you this month — time, a friendship, a comfort, something you wanted to say back and didn't." Take three or four answers. Don't expand, don't moralize, don't connect it to anything yet. Move on after a minute.

BLOCK 2 · SCRIPTURE **Scripture connection — Luke 9:23-25**

⌚ 15 min

1. Read Luke 9:23-25 aloud once, slowly, without commentary.
2. Hand each saint a quarter-sheet. Give two minutes of silent writing: identify two specific costs of discipleship the passage names, in his own words.
3. Go around the room once. Each saint reads his two costs aloud. The leader writes the costs on the board as they come — duplicates get a tick mark, not a rewrite.
4. Ask the room: what's the difference between losing your life and surrendering your preferences? Take two or three answers, then move on.
5. Each saint draws a line under his two costs and writes one situation this week where one of those costs will actually show up.

REQ 1A

## SESSION 1 · WHAT DISCIPLESHIP COSTS (PAGE 2 OF 2)

## THE HOUR — CONTINUED

BLOCK 3 · CREATIVE **Three teachings that take daily effort**

⌚ 20 min

1. Each saint writes down three teachings of Christ that require daily effort — not the easy ones, the ones he actually wrestles with.
2. Next to each teaching, he names the specific situation where it gets hard: which person, which place, which time of day.
3. Pair up. Each saint reads his three to his partner and explains why each is difficult in plain terms. Partner listens and asks one follow-up question per teaching.
4. Bring it back to the group. Each saint shares the one teaching he expects to fail at this week. The leader writes the shared list on the board.
5. Read the board across. Ask the room: which one of these teachings did most of us name? Take one or two answers, then move on.

## REQ 1B

BLOCK 4 · DISCUSSION **Pick a Book of Mormon disciple**

⌚ 15 min

1. Read the candidate list on the board: Alma the Younger, Abinadi, Captain Moroni, the brother of Jared, Nephi. Each saint picks one.
2. Give five minutes of silent reading and writing. The saint finds the single choice in his disciple's story that proved his faith, and writes the consequence the disciple paid in the moment — not the long-term outcome.
3. Go around the room. Each saint names his disciple, the proving choice, and the in-the-moment cost in two or three sentences. No back-and-forth between saints; the leader writes the choices on the board.
4. Close the block by reading the board across: five disciples, five single choices that cost something specific.

## REQ 1C

BLOCK 5 · REFLECTION **Close — Carry the costs into the week**

⌚ 5 min

1. Each saint folds his quarter-sheet of costs and keeps it on him this week — wallet, scriptures, phone case, wherever he'll see it.
2. Confirm Session 2's date. Remind the room that Session 2 starts naming one real habit and its replacement.

## AT THE CLOSE · DEBRIEF

1. Which of your two costs from Luke 9 will actually show up this week, and where?
2. Which of your three teachings did you feel exposed naming aloud?
3. What did your disciple lose in the moment he made the proving choice?

☑ Initial Reqs 1a, 1b, and 1c on each saint's BRC after the round-robin sharing.

## SESSION 2 · SPIRITUAL CORE

⌚ 60 min target

# Name the habit, name the replacement

*Choose one habit, one Christlike replacement, and one accountability person before leaving.*

**SESSION AIM**

Saints fill in the rule-of-life card — one real habit that interferes with discipleship, the Christlike action that replaces it, the situations where the habit shows up, and one accountability person with exact questions drafted. The first accountability call goes out before the saint sleeps tonight.

**🎯 WALK AWAY WITH**

- Has one real habit named on the rule-of-life card with the situations it shows up
- Has a Christlike action chosen that fills the same slot as the habit
- Has an accountability person named, the exact questions drafted, and the first call scheduled tonight

**📦 BRING / SET UP**

- Printed rule-of-life cards (one per saint — see handout)
- Pens
- A whiteboard or easel pad for the example habit walkthrough
- Phones available for the end-of-session accountability call
- Spare paper for any saint who wants to draft a longer note

**🔗 THE HOUR****BLOCK 1 · DISCUSSION Opener — Last week's cost**

⌚ 5 min

Pick up where Session 1 ended. Ask: "Did the cost you wrote down actually show up this week — where and what did you do?" Take three or four answers. No fixing, no advice. Move on after a minute and hand out the rule-of-life cards.

**BLOCK 2 · CREATIVE Name the habit precisely**

⌚ 15 min

1. Walk through one example on the board. Lead with a real habit — "checking my phone the second I'm bored" — and name the three situations it shows up: bed at night, ride to school, awkward moment with family.
2. Each saint writes one habit on his card. Stay specific. "Bad attitude" is not a habit; "snapping at my younger brother when he interrupts my game" is.
3. Next to the habit, he writes the three real situations where it appears.
4. Below the habit he writes what the habit gives him in the moment — the thing that makes it hard to drop. Be honest, not virtuous.
5. Pair up. Each saint reads his habit and situations aloud. Partner asks one question: "Is that the habit, or the cover for the habit?"

REQ 2A

## SESSION 2 · NAME THE HABIT, NAME THE REPLACEMENT (PAGE 2 OF 3)

## THE HOUR — CONTINUED

## BLOCK 3 · CREATIVE Choose the Christlike replacement

⌚ 15 min

1. On the same card, each saint writes one Christlike action that fills the same slot as the habit — not a vague virtue, a specific action he can take in the same moment.
2. Walk through the example: in the awkward family moment, instead of reaching for the phone, look up and ask one question of the person across from him.
3. Each saint writes one sentence on why this action is harder but better than the habit.
4. Pair up again. Read the replacement aloud. Partner asks: "Could you actually do that in the moment you described — or is this still the easy answer?"

## BY TIER

## ENTRY

Pick a replacement you can do in under a minute — the smaller the action, the more likely you'll actually use it.

## ESTABLISHED

Pick a replacement that has cost you something the last time you tried it, so you know what the friction looks like.

## MENTOR

Pick a replacement you've held before and lost. Name what made you drop it — so the saint you're paired with sees the failure mode.

## REQ 2B

## BLOCK 4 · SKILL PRACTICE Line up accountability

⌚ 20 min

1. Each saint writes one name on the card — the accountability person. Pick someone who will actually ask hard questions, not someone who will be nice about it. A parent, an older saint, a leader.
2. Draft the exact two or three questions that person will ask, in the saint's own words. Not "how are you doing?" Something like: "Did you snap at your brother when he interrupted you this week? How many times?"
3. Pair up. Each saint reads his name and questions aloud. Partner plays the accountability person and asks the questions once. The saint answers as he would in a real call.
4. Switch roles and repeat.
5. Each saint pulls out his phone and either texts or schedules the first call to his accountability person before the session ends. Show the leader the sent message or the calendar entry.
6. Leader writes the names on the board with the saint's initials next to each — visible to the room.

## REQ 2C

## BLOCK 5 · REFLECTION Close — Carry the card

⌚ 5 min

1. Fold the card and keep it on you this week — same place as the Luke 9 sheet from Session 1.
2. Remind the room that Session 3 starts rehearsing real conversations and naming the off-meeting work. Confirm the date.

## SESSION 2 · NAME THE HABIT, NAME THE REPLACEMENT (PAGE 3 OF 3)

## AT THE CLOSE · DEBRIEF

1. Which line on your card did you almost soften before you wrote it?
2. What did your partner's follow-up question expose about your replacement?
3. When your accountability person asks you the questions, what's the answer you don't want to give?

☑ *Initial Reqs 2a, 2b, and 2c on each saint's BRC after the first call is shown to the leader.*

## SESSION 3 · SPIRITUAL CORE

🕒 60 min target

## Rehearse and commit

*Rehearse one gospel-truth conversation and date the four pieces of the lived two weeks.*

**SESSION AIM**

Saints rehearse one gospel-truth conversation outside the family with a paired partner playing the listener, then name the quiet service act, schedule the three live habit moments, and date the led discussion with the accountability person. The lived two weeks runs between this session and Session 4 — the saint walks out with four dated commitments on his card.

**🎯 WALK AWAY WITH**

- Has rehearsed one gospel-truth conversation outside the family and handled a respectful question
- Has the quiet service act named and dated this week
- Has three real-life situations identified where the habit will show up before Session 4
- Has a led debrief with the accountability person scheduled before Session 4

**📦 BRING / SET UP**

- The rule-of-life cards from Session 2 (each saint brings his own)
- Pens
- Printed scenario cards (optional — see handout candidate; not required if the leader runs the rehearsal verbally)
- A whiteboard or easel pad for the schedule board
- Phones for date-setting and the first text to the accountability person

**🕒 THE HOUR****BLOCK 1 · DISCUSSION Opener — Two weeks in front of you**

🕒 5 min

Pull out the rule-of-life cards from Session 2. Set the frame for the hour: "Tonight we rehearse the conversation, name the service, and date everything. The next two weeks are where this badge is earned. Session 4 is the report." Take one question if anyone has one, then move into Block 2.

## SESSION 3 · REHEARSE AND COMMIT (PAGE 2 OF 3)

## THE HOUR — CONTINUED

## BLOCK 2 · ROLEPLAY Rehearse one gospel-truth conversation

⌚ 20 min

1. Each saint picks one person outside his immediate family he could share a gospel truth with this week — a friend, a teammate, a cousin, a coworker.
2. On his card, the saint writes one gospel truth in his own words. One sentence. No scripture quote, no formula — what he actually believes, in plain language.
3. Pair up. One saint is the speaker, the other plays the listener. Run the conversation twice: once where the listener asks a respectful question, once where the listener pushes back politely.
4. Switch roles and repeat.
5. Bring it back to the group. Each saint names the person he'll talk to and the gospel truth he'll share. Leader writes the names on the schedule board.
6. Reminder before the block ends: the goal is to say it in his own words, not to win the conversation. A respectful question is a sign the conversation worked, not a sign he failed.

## BY TIER

## ENTRY

Pick someone you trust to be kind about it — the practice run matters more than the audience.

## ESTABLISHED

Pick someone whose pushback you respect, so the conversation actually costs you something.

## MENTOR

Pick someone you've avoided this conversation with for a reason — name the reason on your card before you talk to him.

## REQ 3C

## BLOCK 3 · SERVICE Name the quiet service

⌚ 15 min

1. Each saint picks one quiet service act that costs time, comfort, or convenience — not a thing that earns recognition.
2. On his card he writes: who he's serving, what he's doing, when it happens this week. Specific. No "help around the house."
3. Pair up. Read the service aloud. Partner asks one question: "If no one ever finds out, will you still do it?"
4. Each saint shows the leader the date on his card. The leader marks the date on the schedule board with the saint's initials.
5. Reminder: when he documents the service for the BRC, he writes what he did without naming himself in the report. The act stays quiet.

## REQ 3B



## SESSION 3 · REHEARSE AND COMMIT (PAGE 3 OF 3)

## THE HOUR — CONTINUED

BLOCK 4 · CREATIVE **Date the three habit moments and the debrief**

🕒 15 min

1. On the card, each saint writes the next three situations where his named habit will show up — concrete, dated, by person and place. Not "sometime this week."
2. For each situation, he writes the Christlike action he'll take in the moment. Same wording as the card from Session 2.
3. Each saint schedules the led debrief with his accountability person — a 20-minute conversation he runs, not one his accountability partner runs. Date and time on the card, before Session 4.
4. Saint texts the accountability person to confirm the debrief date now. Show the leader the sent message.
5. Leader writes the four dates on the schedule board next to the saint's initials: gospel-truth conversation, service act, three habit moments, led debrief. Four commitments per saint, visible to the room.

BLOCK 5 · REFLECTION **Close — The lived two weeks**

🕒 5 min

1. Each saint puts the card back in his wallet or on his phone. Confirm Session 4's date out loud.
2. Remind the room: Session 4 is a report on what happened, not what was intended. Show up with the card filled in.

## AT THE CLOSE · DEBRIEF

1. Which name on your schedule board are you most likely to delay calling — and why that one?
  2. What did your partner's pushback in the rehearsal change about how you'll start the actual conversation?
  3. Of your three habit moments, which one are you already nervous about — and what's your first move when it arrives?
- ☒ Mark Req 3c as launched after the rehearsal — sign off in Session 4 once the actual conversation has happened. Reqs 3a, 3b, and 3d are scheduled here and signed off in Session 4 after the lived two weeks.

## SESSION 4 · SPIRITUAL CORE

⌚ 60 min target

## Report and sign-off

*Give an honest report on the lived two weeks and write the reflection that closes the badge.*

**SESSION AIM**

Saints report on the four pieces of the lived two weeks, write the reflection naming which choice was hardest, bear testimony in two or three sentences of one specific uncomfortable moment, and meet one-on-one with the leader for BRC sign-off. Outstanding requirements get a deadline before the saint leaves the room.

**🎯 WALK AWAY WITH**

- Has reported honestly on the three habit moments, the service, the conversation, and the debrief
- Has a written reflection naming which choice was hardest and how discipleship required action
- Has borne testimony of one uncomfortable moment of following Christ in two or three sentences
- Has a signed BRC, or an outstanding-requirements plan with deadlines

**📦 BRING / SET UP**

- The rule-of-life cards from Sessions 2 and 3 (each saint brings his own, filled in)
- Pens and a lined sheet per saint for the reflection
- Printed BRCs (one per saint) for the one-on-one sign-off
- Quiet corner or hallway space for the one-on-ones
- A timer to keep one-on-ones at three to four minutes each

**🕒 THE HOUR****BLOCK 1 · DISCUSSION Opener — Two weeks done**

⌚ 5 min

Pull out the rule-of-life cards from Session 3. Set the frame: "Tonight is the honest report. The four pieces, the reflection, the one-on-one sign-off. We don't fix anything tonight — we tell the truth about what happened." Move into Block 2.

**BLOCK 2 · DISCUSSION Walk through the four pieces**

⌚ 13 min

1. Go around the room. Each saint reads from his card in order: the three habit moments, the service act, the gospel-truth conversation, the led debrief.
2. Plain report, not interpretation. Two minutes per saint, no longer. Other saints listen without comment.
3. Leader checks each piece against the card and marks the BRC reqs as the saint speaks — 3a, 3b, 3c, 3d as each one lands.
4. Any incomplete piece gets named here. Don't fix it in this block; the deadline gets written in Block 4.

REQ 3A

REQ 3B

REQ 3C

REQ 3D

## SESSION 4 · REPORT AND SIGN-OFF (PAGE 2 OF 2)

## THE HOUR — CONTINUED

BLOCK 3 · CREATIVE **Write the reflection**

⌚ 15 min

1. Hand each saint a lined sheet. Set a 12-minute timer.
2. Prompt: "Which choice in the last two weeks was hardest, and how did discipleship require action rather than intention? Write half a page, plain prose, no padding."
3. Silence in the room. Leader does not interrupt. If a saint finishes early he sits with it.
4. Two minutes before time, give a one-minute warning. At the timer, each saint underlines the one sentence in his reflection he wants to keep.

## REQ 4A

BLOCK 4 · REFLECTION **Testimony and one-on-one sign-off**

⌚ 22 min

1. Leader goes first. Two or three sentences. One specific uncomfortable moment of following Christ — not a general thought, a named moment.
2. Go around the room. Each saint speaks two or three sentences from one moment in the last two weeks where following Christ was uncomfortable. Speak from the moment, not about it.
3. After each saint speaks, the leader pulls him aside for three to four minutes for the BRC sign-off. Walk the BRC top to bottom. Initial each completed requirement; for any incomplete requirement, write a deadline and a one-sentence plan on the BRC.
4. While the leader is one-on-one, the rest of the room rereads the reflection and picks one habit to keep practicing past the badge — write it on the back of the rule-of-life card.
5. Any saint with an outstanding req leaves with the deadline written on his BRC.

## REQ 4B

BLOCK 5 · REFLECTION **Close — Carry one habit forward**

⌚ 5 min

1. Each saint reads the kept-habit line he wrote on the back of his card. One sentence each, no commentary.
2. Leader confirms the next gathering and reminds any saint with outstanding reqs of his written deadline.

## AT THE CLOSE · DEBRIEF

1. Of the four pieces of the lived two weeks, which one did you almost skip — and what got you to do it?
2. Which sentence did you underline in your reflection, and why that one?
3. What habit are you keeping past this badge, and what's the next moment it shows up?

☑ Sign off Reqs 4a and 4b after the reflection and testimony. Confirm Reqs 3a, 3b, 3c, and 3d signed during the round-robin report. Any incomplete req leaves with a written deadline on the BRC.

HANDOUT 1 OF 1

FROM SESSION 2 — NAME THE HABIT PRECISELY

# Rule-of-Life Card

Print one per saint. Filled in across Sessions 2 and 3; carried through the lived two weeks and brought back for Session 4.

## DISCIPLESHIP · CARD

### Name one habit and one action to replace it.

Start in Session 2. Carry through the lived two weeks. Bring back filled in for Session 4.

SAINT \_\_\_\_\_ DATE STARTED \_\_\_\_\_

#### 1 THE HABIT

be specific — the cover story is not the habit

The habit, in one line \_\_\_\_\_

not "bad attitude" — "snapping at my brother when he interrupts my game"

Three situations it shows up \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

#### 2 WHAT IT GIVES YOU

be honest, not virtuous

In the moment, the habit gives me \_\_\_\_\_

\_\_\_\_\_

#### 3 THE REPLACEMENT

a specific action, not a virtue

The Christlike action that fills the same slot \_\_\_\_\_

\_\_\_\_\_

Why it's harder but better \_\_\_\_\_

\_\_\_\_\_

#### 4 ACCOUNTABILITY

pick someone who will ask hard questions

Person \_\_\_\_\_

First call by \_\_\_\_\_

Exact questions he or she will ask after each commitment

\_\_\_\_\_  
\_\_\_\_\_

#### 5 THE LIVED TWO WEEKS

DATE EACH AT THE SESSION 3 CLOSE

Three habit moments by \_\_\_\_\_

Service act by \_\_\_\_\_

Conversation by \_\_\_\_\_

Led debrief by \_\_\_\_\_

☐ All four dates texted or scheduled with the person involved.

Bring this card to Session 4 with each line filled in from the lived week.

Print this handout for in-person reference during session 2 — name the habit precisely.