

SAINTS GLOBAL
LEADER GUIDE

DISCIPLESHIP

SPIRITUAL CORE

Version 2026.1





PURPOSE & IDENTITY

SKILL BADGE PURPOSE

This skill badge is designed to help saints develop essential skills in discipleship. Through structured learning and hands-on activities, participants will gain practical experience and deepen their understanding of key concepts.

DEVELOPMENT CORE: SPIRITUAL

This badge develops spiritual attributes through focused activities and reflection. Saints will grow in this area while building practical skills.

CORE FOCUSES

- Understanding fundamental concepts and principles
- Developing practical application skills
- Building confidence through hands-on experience
- Connecting learning to daily life

TIME COMMITMENT

4-6 weeks (suggested)

RECOMMENDED AGE

12+ years



SAFETY CONSIDERATIONS

SUPERVISION

Ensure appropriate adult supervision for all activities following Saints Global guidelines. Never leave youth unsupervised during badge activities.

PRIVACY

Respect personal experiences and information shared during activities. Maintain confidentiality and help youth understand appropriate boundaries.

ENVIRONMENTAL SAFETY

Assess outdoor locations and weather conditions before activities. Ensure proper shelter, hydration, and protection from hazards appropriate to the environment.

FIRST AID

Maintain a first aid kit and ensure at least one leader is trained in basic first aid. Know the location of the nearest medical facility and have emergency contact information readily available.

EMERGENCY CONTACTS

Troopmaster:

Emergency:



THE DPAR METHOD

Saints Global uses the DPAR method for skill badge completion. As a leader, you should practice DPAR yourself when preparing to teach.

D

DISCOVER

Learn foundational knowledge and concepts. Research, study, and explore the topic.

YOUR ROLE AS LEADER:

- Immerse yourself in the material before teaching
- Study each requirement—understand what AND why
- Anticipate questions saints might ask

P

PLAN

Create a personal action plan with goals and timeline.

YOUR ROLE AS LEADER:

- Design your teaching approach for each requirement
- Gather materials and prepare discussion questions
- Consider how to adapt for different learning styles

A

ACT

Execute through hands-on practice with leader guidance.

YOUR ROLE AS LEADER:

- Shift from teacher to guide—step back
- Create safe space for practice and mistakes
- Model the skills yourself when helpful

R

REFLECT

Review what was learned and share experiences gained.

YOUR ROLE AS LEADER:

- Facilitate meaningful conversations
- Ask open-ended questions, listen more than speak
- Celebrate growth and help saints see their progress



STEP 1: DISCOVER

LEADER PREPARATION

- ☐ Review all DISCOVER requirements thoroughly
- ☐ Gather necessary resources and materials
- ☐ Prepare discussion questions and activities
- ☐ Identify potential challenges saints may face

STEP 1: DISCOVER — TEACHING GUIDE

Requirement 1a: Read Luke 9:23–25 and identify two specific costs of discipleship Jesus describes. Explain them in your own words.

HOW TO TEACH

- Read Luke 9:23–25 aloud once without commentary
- Have the Saint identify each cost in the passage in his own words
- Discuss the difference between losing one's life and surrendering one's preferences
- Connect the costs to specific choices the Saint faces this week

Completion: Saint identifies two specific costs of discipleship from Luke 9:23–25 and explains each in his own words.

Requirement 1b: Identify three commandments or teachings of Christ that require daily effort and explain why each is difficult to keep.

HOW TO TEACH

- Help the Saint pick three teachings that touch his actual daily life
- Have him name the specific situation where each becomes difficult
- Discuss the difference between intellectual agreement and daily practice
- Reinforce that daily commandments expose where discipleship lives

Completion: Saint identifies three teachings of Christ that require daily effort and explains why each is difficult to keep.

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STEP 1: DISCOVER — TEACHING GUIDE (CONTINUED)

Requirement 1c: Study one Book of Mormon example of discipleship and identify the single choice that proved their faith, including consequences.

HOW TO TEACH

- Suggest candidates (Alma the Younger, Abinadi, Captain Moroni, the brother of Jared, Nephi)
- Have the Saint identify the single choice that proved the disciple's faith
- Discuss the consequences in the moment, not just the long-term outcome
- Reinforce that discipleship hinges on specific choices, not vague commitment

Completion: Saint studies one Book of Mormon disciple and identifies the single choice that proved their faith, with consequences.



STEP 2: PLAN

LEADER PREPARATION

- ☐ Review all PLAN requirements thoroughly
- ☐ Gather necessary resources and materials
- ☐ Prepare discussion questions and activities
- ☐ Identify potential challenges saints may face

STEP 2: PLAN — TEACHING GUIDE

Requirement 2a: Identify one habit or behavior that interferes with discipleship and describe the real situations where it appears.

HOW TO TEACH

- Have the Saint name a habit that is real, not virtuous-sounding
- Discuss the specific situations where the habit shows up
- Ask what the habit gives him in the moment that makes it hard to drop
- Reinforce that naming the habit precisely is half the work

Completion: Saint identifies one habit interfering with discipleship and names the real situations where it appears.

Requirement 2b: Choose one Christlike action that directly replaces that habit and explain why it is harder but better.

HOW TO TEACH

- Have the Saint pick a Christlike action that fills the same slot as the habit
- Discuss why this action is harder but better in specific terms
- Walk through what the action looks like in the actual situation
- Reinforce that replacement is more effective than suppression

Completion: Saint chooses one Christlike action to replace the habit and explains why it is harder but better.

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STEP 2: PLAN — TEACHING GUIDE (CONTINUED)

Requirement 2c: Identify one accountability person and explain exactly what they will ask you after your actions.

HOW TO TEACH

- Help the Saint pick an accountability person who will actually ask hard questions
- Draft the exact questions the partner will ask after each opportunity
- Discuss what makes accountability work vs. fail
- Reinforce that accountability is shared, not delegated

Completion: Saint identifies one accountability person and the exact questions that person will ask after his actions.



STEP 3: ACT

LEADER PREPARATION

- ☐ Review all ACT requirements thoroughly
- ☐ Gather necessary resources and materials
- ☐ Prepare discussion questions and activities
- ☐ Identify potential challenges saints may face

STEP 3: ACT — TEACHING GUIDE

Requirement 3a: Face three real-life situations where your chosen habit normally appears and deliberately choose the Christlike action each time.

HOW TO TEACH

- Have the Saint identify the next three situations where the habit appears
- Watch for the second or two before the choice — that is where discipleship lives
- Discuss what he noticed in himself during each moment
- Reinforce that the three real moments matter more than three perfect outcomes

Completion: Saint faces three real-life situations where the habit normally appears and deliberately chooses the Christlike action each time.

Requirement 3b: Perform one quiet act of service that costs time, comfort, or convenience.

HOW TO TEACH

- Pick a service act the Saint can do without recognition
- Discuss the difference between visible and invisible service
- Have the Saint document the act without naming himself in the report
- Reinforce that quiet service is the practice ground for discipleship

Completion: Saint performs one quiet act of service that costs time, comfort, or convenience.

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STEP 3: ACT — TEACHING GUIDE (CONTINUED)

Requirement 3c: Share one gospel truth or testimony with someone outside your immediate family and respond respectfully to at least one question.

HOW TO TEACH

- Help the Saint pick someone outside the family but inside his real circle
- Rehearse one gospel truth he can share in his own words
- Discuss how to handle a respectful question vs. a hostile one
- Reinforce that sharing is about honesty, not winning the conversation

Completion: Saint shares one gospel truth or testimony outside his immediate family and responds respectfully to at least one question.

Requirement 3d: Lead a short discussion with your accountability person explaining what obedience cost you and what it changed.

HOW TO TEACH

- Set the conversation aside in a quiet place with no interruptions
- Use specific questions: what did obedience cost, what did it change
- Have the Saint lead the discussion, not just answer questions
- Reinforce that leading the discussion exposes what was actually learned

Completion: Saint leads a short discussion with his accountability person explaining what obedience cost and what it changed.



STEP 4: REFLECT

LEADER PREPARATION

- ☐ Review all REFLECT requirements thoroughly
- ☐ Gather necessary resources and materials
- ☐ Prepare discussion questions and activities
- ☐ Identify potential challenges saints may face

STEP 4: REFLECT — TEACHING GUIDE

Requirement 4a: Write a reflection explaining which choice was hardest and how discipleship required action, not intention.

HOW TO TEACH

- Give the Saint a moment of silent reflection before drafting
- Ask which specific choice was hardest and why
- Discuss the gap between intention and action in specific moments
- Sharpen the wording only — do not rewrite the Saint's reflection

Completion: Saint writes a reflection naming which choice was hardest and how discipleship required action, not intention.

Requirement 4b: Bear testimony of following Christ when it was uncomfortable.

HOW TO TEACH

- Begin with a brief personal example to model honest testimony
- Ask the Saint to speak from one specific moment of discomfort
- Discuss the difference between testifying and reporting
- Keep the connection grounded in what the Saint actually did

Completion: Saint bears testimony of following Christ when it was uncomfortable.



RESOURCES & CONTACT

RECOMMENDED RESOURCES

- Saints Global Resource Library — Online materials and guides
- DPAR Method Quick Reference — Printable guide for leaders
- Child and Youth Program Guidebook — LDS Church Official Documentation for Children and Youth
- For the Strength of Youth — A Guide for Making Choices

SAINTS GLOBAL CONTACT INFORMATION

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Thank you for leading Saints Global!

Your dedication makes a difference in the lives of our children and youth.