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GROWING  
FAITH  
RESOURCES

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Curriculum Specialist and POINT Coordinator



Introducing a new curriculum for today's church.

- *Follow Me* centers around biblical practices
- **Practices** – verb, things Jesus did, said, or embodied. Things Christians have done over time.



[www.pcusastore.com/FollowMeCurriculum](http://www.pcusastore.com/FollowMeCurriculum)



# Why Biblical Practices?

- Believing → Behaving → Belonging  
Shift to a new way
- Behaving → Belonging → Believing  
Practices form identity and transform
- Practices → Community → Faith



- 36 units, over three years, are based on practices Jesus did, embodied, and taught his followers.
- Each session explores an aspect of the practice through Bible study, how it's been practiced through time, and how practiced today.
- Personal, communal, worship, and global practices are included.
- Units are four sessions in length, except for a six-session unit each year, ideal to be used during Lent.

YEAR 1 PRACTICES (2021–2022)	YEAR 2 PRACTICES (2022–2023)	YEAR 3 PRACTICES (2023–2024)
Available July 2021 <b>Follow Jesus</b> <b>Welcome All</b> <b>Confess</b>	Available July 2022 <b>Honor Sabbath</b> <b>Pray</b> <b>Forgive</b>	Available July 2023 <b>Take Up Your Cross</b> <b>Worship God</b> <b>Feed Others</b>
Available October 2021 <b>Hope</b> <b>Baptize</b> <b>Live in Community</b>	Available October 2022 <b>Announce the Realm of God</b> <b>Lament</b> <b>Do Justice</b>	Available October 2023 <b>Do Not Fear</b> <b>Renounce Evil</b> <b>Comfort Those Who Mourn</b>
Available January 2022 <b>Practice Spiritual Disciplines</b> (6-sessions, ideal for Lent) <b>Practice Joy</b> <b>Honor God's Diversity</b>	Available January 2023 <b>Love God, Neighbor, Enemy</b> (6-sessions, ideal for Lent) <b>Celebrate Communion</b> <b>Break Boundaries</b>	Available January 2024 <b>Use Spiritual Gifts</b> (6-sessions, ideal for Lent) <b>Share the Good News</b> <b>Serve Others</b>
Available April 2022 <b>Sing a New Song</b> <b>Make Peace</b> <b>Practice Generosity</b>	Available April 2023 <b>Make Disciples</b> <b>Practice Stewardship</b> <b>Walk Humbly</b>	Available April 2024 <b>Heal the Sick</b> <b>Practice Gratitude</b> <b>Speak the Truth</b>





## Components

- **Congregational Guide**
- Colorful infographic poster (18" x 24") for each unit (set of 12 for each year) and a set of 12 Bible Basic posters (available separately)
- **Young Children Leader's Guide** (ages 3–5)
- **Multiage Children Leader's Guide** (ages 6–10)
- **Youth Leaders Guide** (ages 11–18)
- **Adult Leader's Guide**
- **Adult Reflection Guide**, which can be used alone or in group study





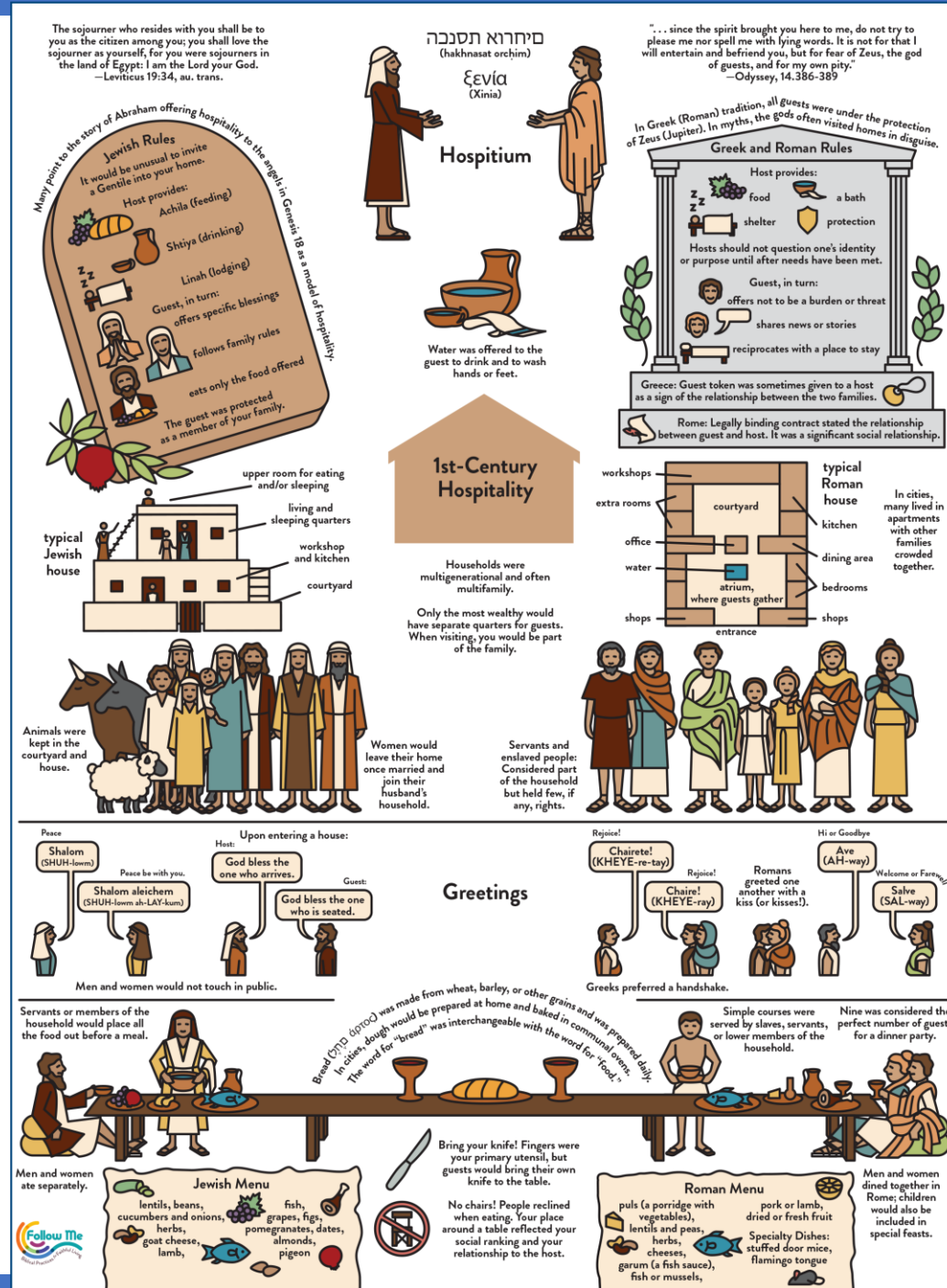
## Inside the Congregational Guide

- The Foundational Essay
- Worship Helps
- Café Discussion Guides
- Intergenerational Session
- Curriculum Connections
- Practicing the Practice at Home
- Children's Worship Leaflets



## Infographic Posters

- Sets of twelve 18" x 24" full-color posters that will be available in print or download.
- The Follow Me Set (12) includes one poster for each practice in a year.
- The Bible Basic Set (12) can be used with any Bible study group.
- Individual posters from the Follow Me Set or from the Bible Basic Set will be available in download format only



## Infographic poster for "Welcome All."

- This shows key aspects of Jewish, or biblical, hospitality and Roman/Greek hospitality in the same time period.
- Foundational writings in Leviticus 19:34 (Jewish) and the Odyssey, 14.386-389 (Roman/Greek)
- Expectations of hosts and guests
- Homes
- Family members and more
- Greetings
- Table service
- Typical foods offered





Let's take a look at  
a session. . .

All age levels:

Young Children,  
Multiage Children,  
Youth,  
Adult,

and the  
Intergenerational  
session in the  
Congregational  
Guide

follow the same  
format.







The **Youth Leader's Guide** provides activity symbols to designate the type of activity included in the session, such as Art, Active Movement, Conversation, Drama, Game, Music, Quiet/Contemplative, Service, Technology, and Extra Prep.

Abstract Thinking and Concrete Thinking are noted to help leaders plan age-appropriate activities for wider range of cognitive development among youth ages 11–18.

#### EXPLANATION OF SYMBOLS

- A Art:** invites creativity in hands-on arts and crafts.
- AM Active/Movement:** allows time for youth to move their bodies.
- AT Abstract Thinking:** allows youth to reflect on concepts, such as grace, faith, and hope. Younger youth may find this challenging while older youth are able to think about objects, principles, and ideas not physically present.
- C Conversation:** allows time to talk and share thoughts, feelings, and questions.
- CT Concrete Thinking:** focuses on the physical world and objects we can see. Generally, younger youth are more drawn to concrete thinking as their brains have not developed to grasp abstract concepts.
- D Drama:** uses skits and role-play to engage with the story/practice.
- G Game:** allows for cooperative play.
- M Music:** engages youth with music and rhythm.
- QC Quiet/Contemplative:** provides space and time for thought and reflection.
- S Service:** provides opportunities for youth to help others.
- T Technology:** uses an internet-connected device.
- X Extra Prep:** requires additional time or materials.





The **Adult Reflection Guide** may be used in an adult study group along with the **Adult Leader's Guide**.

The **Adult Reflection Guide** is also a great resource for individuals who wish to learn about a practice as a self-study or who are unable to attend group meetings.

Short introductory videos for each practice with the Foundational Essay author!







### How to Order

1. Check out the special size packages for small scale or large scale use, as well as our individually-priced guides.  
  
Order additional Adult Reflection Guides and the Infographic Posters or Poster Sets, as needed.
2. Choose your format: print or download.
3. Place your order! Go to [www.pcusastore.com/curriculum](http://www.pcusastore.com/curriculum) or call 1-800-533-4371, Monday–Friday, 9:00 am–5:00 pm EST.

<b>Small-Scale Package Includes:</b> 1 Congregational Guide 1 Multiage Children Leader's Guide 1 Adult Leader's Guide 5 Adult Reflection Guides (print only)  Small-Scale Package:      \$120   \$100D	<b>Large-Scale Package Includes:</b> 1 Congregational Guide 1 Young Children Leader's Guide 1 Multiage Children Leader's Guide 1 Youth Leader's Guide 1 Adult Leader's Guide 10 Adult Reflection Guides (print only)  Large-Scale Package:      \$220   \$200D	<b>Individual Guides:</b> <table> <tr> <td>Congregational Guide</td><td>\$45</td><td>\$40D</td></tr> <tr> <td>Young Children Leader's Guide</td><td>\$35</td><td>\$30D</td></tr> <tr> <td>Multiage Children Leader's Guide</td><td>\$35</td><td>\$30D</td></tr> <tr> <td>Youth Leader's Guide</td><td>\$35</td><td>\$30D</td></tr> <tr> <td>Adult Leader's Guide</td><td>\$15</td><td>\$12D</td></tr> <tr> <td>Adult Reflection Guide (print only)</td><td>\$8</td><td>N/A</td></tr> </table>	Congregational Guide	\$45	\$40D	Young Children Leader's Guide	\$35	\$30D	Multiage Children Leader's Guide	\$35	\$30D	Youth Leader's Guide	\$35	\$30D	Adult Leader's Guide	\$15	\$12D	Adult Reflection Guide (print only)	\$8	N/A
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<b>Adult Reflection Guides:</b> <ul style="list-style-type: none"> <li>• These can be ordered individually. Order one <i>Adult Reflection Guide</i> for each adult participant</li> <li>• Bulk pricing is available: 10 or more for \$7/guide, or 25 or more for \$6.50/guide.</li> <li>• E-book version of the <i>Adult Reflection Guides</i> maybe be purchased individually or in bulk from Amazon.com.</li> </ul>																				
<b>Infographic Poster Sets:</b> <ul style="list-style-type: none"> <li>• There is one infographic poster for each unit (practice) available in a year (12 posters) \$80 (P) \$70 (D).</li> <li>• Poster sets for each year (Year 1, Year 2, and Year 3) can be purchased in print or download format.</li> <li>• Individual infographic posters are available only in download format \$10 (D only).</li> <li>• A helpful Bible Basics infographic poster set is also available (twelve posters) \$80 (P) \$70 (D).</li> <li>• Bulk pricing is available for poster sets 2 or more for \$70/set.</li> </ul>																				
<b>Print Curriculum</b> Print pieces will be shipped to you once the curriculum is published and your order is processed. <ul style="list-style-type: none"> <li>• Individual unit posters are available only in download format.</li> </ul>	<b>Download Curriculum</b> Download pieces will be available immediately when the item is published. To download your product, go to your account page, click on the Products and Downloads section, and then click on the title of the resource you want to download. <ul style="list-style-type: none"> <li>• <i>Adult Reflection Guides</i> are available only in print form.</li> </ul>																			





## Key Takeaways

- Learn more about Follow Me: Biblical Practices for Faithful Living  
[www.pcusastore.com/FollowMeCurriculum](http://www.pcusastore.com/FollowMeCurriculum)
  - [Download the Sampler](#)
  - Subscribe to our email list
  - Preorder the first 3 units
  - Watch the [Follow Me trailer](#)
  - Follow Me Preaching Guide
- [Subscribe to our YouTube Channel](#) Growing Faith Resources
- Set up a presentation with your APCE region, presbytery or local educator group [Email Katie](#)
- Questions? [Email Katie](#)

