

IBG Visions Discipleship Hub

Know. Commune. Respond. Walk. Become.

Equipping believers to grow in relationship with God, develop spiritual maturity, walk in freedom, and live as faithful disciples of Jesus Christ.

The Discipleship Pathway

Phase 1: Know God → Relationship

Phase 2: Communion → Fellowship

Phase 3: Respond → Alignment

Phase 4: Walk → Freedom

Phase 5: Become → Multiplication

Core Scripture

“Then Jesus said to His disciples, ‘Whoever wants to be My disciple must deny themselves and take up their cross daily and follow Me.’”

— Luke 9:23

Phase 2:

Communion

Cultivating Connection with God

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Phase Purpose

Knowing God is the foundation of discipleship. Communion is the ongoing cultivation of that relationship. Through prayer, worship, and fasting, believers learn how to intentionally spend time with God, hear His voice, align their hearts with His will, and deepen their fellowship with Him. Communion is not about religious activity—it is about relational connection. This phase teaches believers how to move from simply knowing about God to actively walking with Him daily.

Phase 2 Learning Outcomes

By the completion of this phase, participants will:

- ☐ Understand the purpose of prayer
 - ☐ Develop a consistent prayer life
 - ☐ Understand biblical worship
 - ☐ Learn to worship beyond music
 - ☐ Understand the purpose and practice of fasting
 - ☐ Grow in spiritual sensitivity
 - ☐ Develop deeper fellowship with God
 - ☐ Establish spiritual disciplines that strengthen communion with God
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MODULE 1

Prayer 🙏

Objective: To understand prayer as communication and communion with God and develop a consistent lifestyle of prayer.

Lesson 1: What Is Prayer?

Key Truth: Prayer is relational communication with God.

Prayer is not merely asking God for things—it is an ongoing conversation that deepens relationship and alignment with Him.

Key Scriptures:

- Jeremiah 33:3
- Matthew 6:6
- James 4:8
- 1 Thessalonians 5:17

Reflection: *How would you describe your current prayer life?*

Lesson 2: Prayer Develops Spiritual Growth

Key Truth: Prayer strengthens spiritual maturity.

Consistent prayer develops wisdom, discernment, dependence upon God, and spiritual resilience.

Key Scriptures:

- Colossians 4:2
- Luke 18:1
- Jude 1:20
- Psalm 5:3

Reflection: *What spiritual growth have you experienced through prayer?*

Lesson 3: Different Types of Prayer

Key Truth: Scripture reveals multiple expressions of prayer.

Biblical Forms of Prayer:

- Adoration
- Confession
- Thanksgiving
- Supplication
- Intercession
- Listening Prayer
- Agreement Prayer
- Warfare Prayer

Key Scriptures:

- Matthew 6:9-13
- Philippians 4:6
- James 5:16
- Ephesians 6:11-18

Reflection: *Which type of prayer comes naturally to you and which requires growth?*

Lesson 4: Prayer as a Lifestyle

Key Truths

Prayer is not an event—it is a way of life.

Believers are called to maintain continual fellowship with God throughout the day.

Key Scriptures

- 1 Thessalonians 5:17
- Daniel 6:10
- Mark 1:35
- Psalm 55:17

Reflection

What practical changes could help you pray more consistently?

Lesson 5: Prayer Aligns Us with God's Will

Key Truth

Prayer transforms our desires and aligns us with God's purposes.

Key Scriptures

- Matthew 6:10
- Proverbs 3:5-6
- Romans 8:26-27
- Psalm 37:4

Reflection

What area of your life needs greater surrender to God's will?

Lesson 6: Prayer Produces Spiritual Strength

Key Truth

Prayer strengthens believers during trials and spiritual battles.

Key Scriptures

- Philippians 4:6-7
- Isaiah 40:31
- Mark 14:38
- Ephesians 6:18

Reflection

How has prayer sustained you during difficult seasons?

Module 1 Assessment

Knowledge Check

1. What is prayer?
2. Why is prayer important?
3. What are the different forms of prayer?
4. How does prayer align believers with God?

Action Step

Create a daily prayer routine.

MODULE 2

Worship

Objective

To understand biblical worship as a lifestyle of reverence, surrender, obedience, and devotion to God.

Lesson 1: What Is Worship?

Key Truth

Worship is a response to God's worthiness.

Worship extends beyond songs and church gatherings and encompasses the believer's entire life.

Key Scriptures

- Romans 12:1
- Colossians 3:17
- 1 Corinthians 10:31

Reflection

What comes to mind when you hear the word worship?

Lesson 2: Worship as a Lifestyle

Key Truth

True worship is expressed through daily living.

Every decision, attitude, and action can become an act of worship.

Key Scriptures

- Romans 12:1
- John 14:15
- Micah 6:8

Reflection

How can your daily life become an act of worship?

Lesson 3: Worship Through Reverence and Adoration

Key Truth

Worship acknowledges God's holiness and greatness.

Key Scriptures

- Psalm 95:6
- Psalm 29:2
- Hebrews 12:28-29
- Revelation 4:8-11

Reflection

How does understanding God's holiness affect your worship?

Lesson 4: Worship in Spirit and Truth

Key Truth

Authentic worship requires both relationship and truth.

Key Scriptures

- John 4:24
- Joshua 24:14
- Philippians 3:3
- Ephesians 5:18-19

Reflection

What does worshiping in spirit and truth mean to you?

Lesson 5: Worship vs. Music

Key Truth

Music is an expression of worship, not the definition of worship.

Praise celebrates what God has done.

Worship reverences who God is.

Reflection

How has your understanding of worship changed?

Lesson 6: Worship Through Obedience

Key Truth

Obedience is one of the highest expressions of worship.

Key Scriptures

- John 14:15
- 1 Samuel 15:22
- James 1:22
- Deuteronomy 10:12

Reflection

What act of obedience is God currently asking of you?

Module 2 Assessment

Knowledge Check

1. What is worship?
2. How is worship different from praise?
3. Why must worship be rooted in spirit and truth?
4. How does obedience relate to worship?

Action Step

Identify three ways you can intentionally worship God throughout your week.

MODULE 3

Fasting

Objective

To understand biblical fasting and learn how fasting deepens dependence upon God and strengthens spiritual sensitivity.

Lesson 1: What Is Fasting?

Key Truth

Fasting is voluntarily abstaining from something to pursue God more intentionally.

Fasting is not about earning favor with God but creating space for greater communion with Him.

Key Scriptures

- Ezra 8:23
- Joel 2:12
- Matthew 6:16-18
- Acts 13:2-3

Reflection

What is your current understanding of fasting?

Lesson 2: The Purpose of Fasting

Key Truth

Fasting redirects focus toward God.

Purposes of Fasting

- Repentance
- Consecration
- Spiritual Focus
- Guidance
- Breakthrough
- Alignment

Key Scriptures

- Matthew 6:33
- Isaiah 58:6
- Nehemiah 1:4

Reflection

Why do you believe God calls believers to fast?

Lesson 3: Biblical Examples of Fasting

Key Truth

Scripture provides numerous examples of fasting.

Examples

- Moses
- Esther
- Daniel

- Jesus
- The Early Church

Reflection

Which biblical example of fasting resonates most with you?

Lesson 4: Fasting and Spiritual Breakthrough

Key Truth

Fasting positions believers for greater spiritual clarity and obedience.

Key Scriptures

- Isaiah 58:6
- James 4:7-8
- 2 Corinthians 10:3-5

Reflection

What distractions currently compete for your attention?

Lesson 5: The Heart Posture of Fasting

Key Truth

God looks at the heart more than the sacrifice.

Key Scriptures

- Matthew 6:16-18
- Psalm 51:10-12
- James 4:10

Reflection

How can you approach fasting with humility and sincerity?

Lesson 6: Practical Guidance for Fasting

Key Truth

Preparation and intentionality help create a healthy fasting experience.

Practical Considerations

- Pray before beginning
- Define your purpose

- Choose your fast
- Spend additional time in Scripture
- Worship throughout the fast
- End with gratitude

Reflection

What type of fast could you realistically commit to?

Module 3 Assessment

Knowledge Check

1. What is fasting?
2. Why do believers fast?
3. What are common biblical purposes for fasting?
4. Why is heart posture important?

Action Step

Prayerfully plan and complete a personal fast.

PHASE 2 CAPSTONE

Personal Reflection

Prayer

What have you learned about communicating with God?

Worship

How has your understanding of worship expanded?

Fasting

What have you learned about dependence upon God?

Communion Growth Challenge

For the next 30 days:

- ✓ Pray daily
- ✓ Spend time listening to God
- ✓ Practice intentional worship
- ✓ Complete one fast

✓ Journal what God is teaching you

✓ Identify areas where God is inviting deeper fellowship

Phase 2 Declaration

I desire deeper fellowship with God.

I will seek Him through prayer.

I will worship Him in spirit and truth.

I will humble myself through fasting.

I will cultivate daily communion with my Heavenly Father.

I will pursue His presence above all else.

Phase Outcome

Fellowship with God

Prayer teaches us to communicate with God.

Worship teaches us to honor God.

Fasting teaches us to depend upon God.

Together they cultivate a life of communion that deepens intimacy and prepares believers to respond to God's voice.

Next Phase

Phase 3: Respond

Responding to God Through:

- Repentance
- Deliverance
- Kingdom Authority & Legal Rights

Outcome:

Freedom and Alignment 🌱✝️

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