



Training the Trainer: Facilitator's Workbook

Equipping Disciples to Multiply Disciples and Launch Movements



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Movements



FACILITATOR OVERVIEW

Who this is for:

This workbook is for any pastor, leader, or disciple who is ready to:

- Multiply disciple-makers
- Launch new simple churches or gatherings
- Train others using tools like *The Foundry* and *Desolate Places*

Trainer Assumptions:

- You don't need to be perfect. You need to be obedient.
- The best way to train is to **model, then release**.
- Simplicity is strength. If it can't multiply, it won't last.



SESSION FORMAT (Use Weekly or as a 2-Day Intensive)

Session	Title	Key Focus	Core Scripture
1	What Is a Disciple?	Obedience-based discipleship	Matthew 4:19
2	Discipleship Must Multiply	Train to release	2 Timothy 2:2
3	Leading With Surrender	Character, not charisma	John 3:30
4	Training That Reproduces	Tools anyone can train others to use	Luke 10



SESSION 1: WHAT IS A DISCIPLE?



Key Idea:

A disciple is someone who **follows Jesus**, is being **formed by Jesus**, and is committed to **fishing for others** (Matthew 4:19).



Group Activity



Read: *John 8:31*



Ask:

- What's the difference between a convert and a disciple?
 - What does Jesus expect of His disciples?
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Trainer Mini-Talk:

Use *The Foundry* Week 1 or draw the “3 Fs”:

- Follow
- Formed
- Fish

Say:

“Jesus didn’t ask for volunteers. He called disciples to obey, multiply, and endure.”



Practice:



Share your personal story: “*Why I started discipling others.*”



Pair up: Role-play starting a Foundry session with a new believer.

SESSION 2: DISCIPLESHIP MUST MULTIPLY

Key Idea:

If your disciples cannot make other disciples — the chain stops with you.

 2 Timothy 2:2

“Entrust to faithful people who will teach others also.”

Trainer Teaching:

- Explain the 4 Generations Principle:
You → Your disciple → Their disciple → The next one
 - Show how **simple tools multiply** faster than programs
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Multiplication Map Activity

Draw a simple tree:

- Circle 1: Your name
- Circle 2: Who you are discipling now
- Circle 3: Who they could disciple

Ask:

- Where is the multiplication stuck?
 - Who is ready to be trained?
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Commitment:

✓ Each participant commits to **launching a Foundry or Desolate Places group** within 7 days.

SESSION 3: LEADING WITH SURRENDER

Key Idea:

You reproduce what you are — not just what you teach.

 *Luke 9:23 | John 3:30*

Personal Reflection:

- What is God still breaking in you?
- What pride, fear, or insecurity must die for your fruit to grow?

 Use *Desolate Places* Week 2 ("The Gift of Brokenness")

Pair Share:

Answer these 2 questions with a partner:

- “Where has God broken me for others?”
 - “How is surrender changing how I lead?”
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Ministry Time:

Facilitator leads the room in a time of:

- Confession and humility
- Prayer for leaders to be formed in the wilderness
- Surrender of position, platform, or pride

SESSION 4: TRAINING THAT REPRODUCES

Key Idea:

If it can't multiply, it's not ready for the harvest.

 *Luke 10 | Acts 1:8*

Reproducibility Test (In groups):

Each participant must:

- Teach a Foundry session
- Guide a 3-questions Discovery Bible study
- Explain the Desolate Places 4-week journey
- Practice the 5-step healing & deliverance model

 Give each person a turn. Don't correct perfection — coach for clarity.

Fill the Reproducibility Grid

Tool	Can I Do It?	Can I Teach It?	Can It Multiply?
Share my testimony	☐ Yes ☐ No	☐ Yes ☐ No	☐ Yes ☐ No

Lead a Foundry session ☐ Yes ☐ No ☐ Yes ☐ No ☐ Yes ☐ No

Train a new leader ☐ Yes ☐ No ☐ Yes ☐ No ☐ Yes ☐ No

Use DBS method ☐ Yes ☐ No ☐ Yes ☐ No ☐ Yes ☐ No

Commissioning Moment

Have participants stand, stretch out their hands.

“Father, we bless these trainers — not just as leaders, but as multipliers.
May the fire on their altar never burn out. May their disciples multiply for generations.

Send them into fields white for harvest. In Jesus’ name, amen.”

Final Trainer Challenge

 In the next 30 days:

- ☐ Start a Foundry or Desolate Places group
 - ☐ Train someone else to start one
 - ☐ Share a story of multiplication with your network leader
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DECLARATION OF A TRAINER

“I am not only a follower of Jesus.

I am a trainer of trainers.

I will lead with humility, live in obedience, and multiply what God gives me.

I will train disciples who make disciples — to the glory of Jesus alone.”

 Signed: _____

 Date: _____