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# Advanced DISCIPLESHIP

2024 Fall Syllabus

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Presented By Christian Families Today



  
**Christian Families Today**  
A Christian Counseling and Training Ministry

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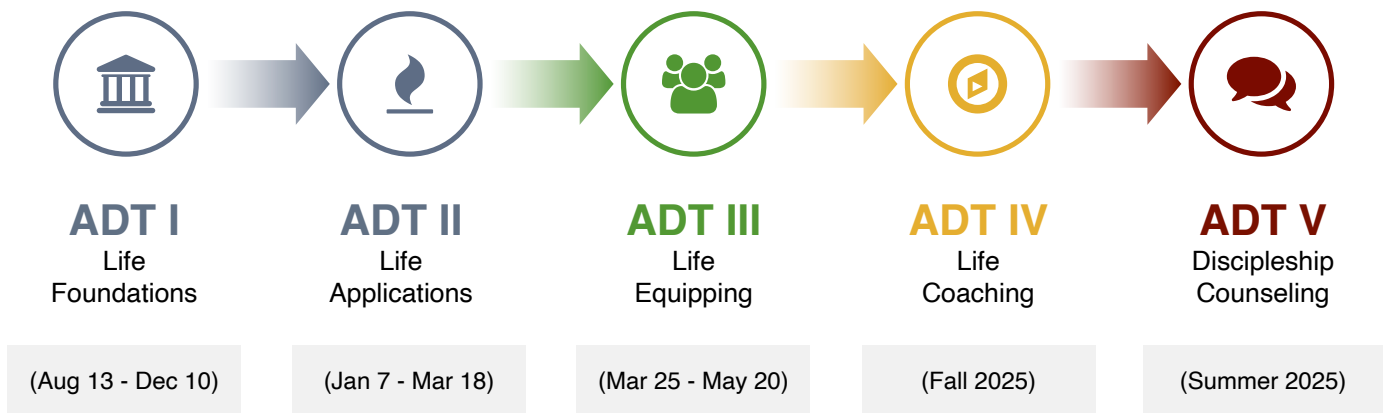
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## Overview

Advanced Discipleship Training is a process where a believer can gain a deeper and more comprehensive personal and practical understanding of the Good News of God's wonderful grace in Christ, which is known as the Exchanged Life. As the believer applies these truths personally, he or she can learn to effectively communicate the Exchanged Life truths to others. The believer can continue through the process to effectively disciple (counsel) hurting people, or coach others by the leading of the Holy Spirit.

## Weekly Track



- \* Completion of ADT I is required for admission into ADT III, IV and V (unless approved by Director of Training).
- \* These courses are taken in sequence.

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## Training Philosophy

The ADT training philosophy is to concentrate on personal growth in Christ. The Exchanged Life or identification truths in Christ are taught in a class framework within a safe environment that encourages group discussion and personal application. Care is taken in maintaining a balance between learning, dialogue, and personal growth. We believe that it is necessary to integrate scripture work and reading into one's own thoughts, beliefs and actions. One may also need to work through some issues in his or her life as the training classes progress.

It should be noted that much of the learning occurs at CFT incidentally; that is, through interacting with the staff, fellow students, and participation during "check-out" time. Trainees will not be monitored as in a "school", although there are definite expectations. No one will be looking over the student's shoulder to ensure that he or she completes his or her work. In Christ, the student has the necessary grace sufficient to carry out this learning and training program.

## The Exchanged Life

The Exchanged Life is simply a term that describes what happened to each believer at the moment of his or her salvation. When a believer receives Christ he or she exchanges his or her old life in Adam for a new life in Christ.<sup>1</sup> The Apostle Paul sums up the Exchanged Life when he says, "I have been crucified with Christ; and it is no longer I who live, but Christ lives in me; and the life which I now live in the flesh I live by faith in the Son of God, who loved me, and delivered Himself up for me."<sup>2</sup> Paul also speaks about the exchanged life in Colossians when he says, "For He delivered us from the domain of darkness, and transferred (or exchanged) us to the kingdom of His beloved Son...."<sup>3</sup>

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<sup>1</sup> II Corinthians 5:17

<sup>2</sup> Galatians 2:20

<sup>3</sup> Colossians 1:13



## ADT I – Life Foundations

### Objective

The objective of this course is to provide believers with an opportunity to gain a deeper and more comprehensive personal and practical understanding of the Good News of God’s wonderful grace in Christ. The believers will experience Christ as Life, having exchanged their old life and sin nature for Christ’s Life and His nature. This concept is referred to as the Exchanged Life.<sup>4</sup> ADT I – Life Foundations is designed to turn information into God’s transformation leading the students to experience personal relationship and intimate fellowship with God.

### Method

ADT I - Foundations follows the book, *Living IN Jesus* for content and progression. The ADT I – Foundations program consists of lectures, recommended reading, videos, online audios, and open book exams. The student will be asked to complete periodic reports reflecting his or her progress through the material. **In addition, each student will personally go through the process of discovering his or her history regarding how they developed false beliefs and resulting flesh patterns. A CFT Staff Equipper will guide them through this process.** Each week class time is allotted to the following:

- **Presentation of principles / truths** – lectures that may include demonstrations or videos
- **Interaction** - with the staff and fellow students
- **Meeting with Staff Equipper** – main purpose is for the student to learn how he/she developed his/her flesh. These meetings will be scheduled outside of the Tuesday night class times.
- **Outside of class** – personal time processing the Exchanged Life truths by working through the book, *Living IN Jesus*, internalizing and owning the truths by completing the “Transform” section in *Living IN Jesus*, reading and listening to audio messages.

### Meeting Times - 17 Evening Sessions, One Weekend Retreat, One Saturday

August 13th – December 10th, 2024, on Tuesday nights, 6:00 – 9:30 PM

A weekend retreat will be held on a Saturday morning through Sunday early afternoon is not yet scheduled. Cost of the retreat is included in the ADT I tuition. Attendance is required. This retreat does not include students enrolled in the 8-Week ADT Course.

**Session Topics are listed on the chart, “Training Topics and Requirements Overview” on p. 11.**

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<sup>4</sup> Galatians 2:20; Ephesians 2:8-10



## ADT II – Life Applications

### Objective

To continue the students' learning by providing an opportunity to apply the foundational truths learned in ADT I – Life Foundations to specific areas of life. As the student applies the truth of identity, contentment (needs met by God alone), victory over flesh, Satan, and the world to real life challenges, a deeper and more consistent walking in the Spirit is possible.

### Method

A prerequisite to this course is that a person must take ADT I – Life Foundations. ADT II – Life Applications will continue to use the book, *Living IN Jesus* as a resource along with the lecture handouts. Students will have the opportunity to present a paper expressing one's personal growth and experience of the Exchanged Life. Each week class time is allotted to the following:

Presentation of principles and truths – lectures that may include demonstrations or videos

Interaction - with the staff and fellow students

Outside of class – watching videos, recommended reading

### Meeting Times - 11 Evening Sessions

January 7th – March 18th, 2025, on Tuesday nights, 6:00 – 9:30 PM

**Session Topics are listed on the chart, “Training Topics and Requirements Overview” on p. 11.**



## ADT III – Life Equipping

### Objective

To provide an opportunity for the ADT I student to master what they have personally learned in ADT I and II. ADT II is recommended but not required as a prerequisite. The student will become equipped in how to effectively communicate the Exchanged Life truths to their friends and family members as well as learning how to intentionally build relationships in their church and community.<sup>5</sup>

### Method

The ADT III – Life Equipping follows the completion of ADT I and II. The focus of ADT III is to develop the teaching, listening, and interpersonal skills needed to equip others in the Exchanged Life using the book, *Living IN Jesus*. ADT III – Life Equipping continues the same class format as ADT I and II, but includes group practice (in a dyad or triad format) and training with Staff Equippers. At the completion of ADT III, the trainee will be skilled as a Life Equipper and able to begin seeking God’s appointed relationships where the student can “equip” other disciples in experiencing Christ’s life and expressing God’s grace to others. Each week class time is allotted to the following:

- **Presentation of principles and truths** – lectures that may include demonstrations and videos
- **Interaction** - with the staff & fellow students
- **Practice** – a large amount of time dedicated to practice communicating the Exchanged Life truths (done in groups of 2, 3, or 4 of your fellow students)
- **Outside of class** – personal time processing the Exchanged Life truths, internalizing and owning the truths, possible assignments to include practice with other students

### Meeting Times - 9 Evening Sessions (Graduation on last night)

March 25th - May 20th, 2025 on Tuesday nights, 6:00 – 9:30 PM

**Session Topics are listed on the chart, “Training Topics and Requirements Overview” on p. 11.**

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<sup>5</sup> Matthew 28:18-20



## ADT IV – Life Coaching

### Objective

To provide an opportunity for the student who has participated in ADT I through III to learn how to effectively connect with believers (or others) and lead them to discover and realize their hope in Christ, so that they will move forward in their journey of expressing Christ's life. A person can take ADT IV – Life Coaching after completing ADT I, II, and III. Completion of ADT IV signifies a fundamental understanding of life coaching and does NOT qualify the student to be a life coach in an official capacity.

### Method

The ADT IV – Life Coaching program follows the completion of ADT I, II, and III. The focus of ADT IV - Life Coaching is training the student in advanced levels of coaching, listening, and interpersonal skills to equip others in the Exchanged Life. The ADT IV - Life Coaching continues the same class format as ADT, including group practice (in a dyad or triad format) and training with Staff Equippers. At the completion of ADT IV - Life Coaching, the student will be able to effectively apply these coaching principles to others and themselves. Class times will include: presentation of principles and truths (lectures that may include demonstrations or videos), interaction, practice (in groups), time outside of class (personal time processing coaching principles and possible assignments to include practice with other students).

### Meeting Times - 12 Evening Sessions (Graduation on last night)

Fall, 2025 on Monday nights, 6:00 – 8:30 PM

**Session Topics are listed on the chart, “Training Topics and Requirements Overview” on p. 11.**



## ADT V – Discipleship Counseling

### Objective

To equip the student who has completed ADT I, II, III, and IV to learn how to effectively disciple (counsel) others in the Good News of God’s wonderful grace in Christ (also known as the Exchanged Life truths<sup>6</sup>) in an informal setting. Completion signifies a fundamental understanding of discipleship counseling and does NOT qualify the student to discipleship counsel others in an official capacity.

### Method

The ADT V – Discipleship Counseling training follows the completion of ADT I II, III, and IV. The focus of ADT V is developing the skills to disciple (counsel) others in the Exchanged Life in a vocational or pastoral setting.

### Meeting Times - Individual Sessions Scheduled To Accomplish Requirements

Usually scheduled in the Summers. Scheduled individually by student and staff mentor

### Discipling in Grace

ADT V – Discipleship Counseling gives the student continued understanding of God’s grace in specific areas of one’s everyday life. It also emphasizes how to share the healing we have experienced through God’s grace with the Exchanged Life discipleship counseling model in a vocational or pastoral setting. Freedom received through Christ’s healing enables us to “comfort others with the comfort which we have received”<sup>7</sup> as we rest in His amazing grace.

Topics included will be discipleship counseling ethics, model, flow and tools. The student will observe recorded counseling sessions as well as sit in on live discipleship counseling cases. A CFT discipleship counselor will mentor the student and guide him/her through the learning experience.

**The successful completion of ADT I, II, and V will satisfy requirements for Network 220 certification and 3 hours credit in the Masters of Biblical Counseling Program at Luther Rice University (LRU).**

Students who desire the 3 hours of credit from Luther Rice University must confirm prior to enrollment both with LRU and CFT’s training director their intent to complete the ADT for the purposes of their masters program. Students must fulfill all requirements satisfactorily with their Staff Equipper and Training Director for certification and college credit. Completion provides a fundamental understanding of the discipleship counseling process. The certificate however does not “certify” or “license” a believer to be a “Christian Counselor” or “Therapist.”

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<sup>6</sup> Galatians 2:20

<sup>7</sup> II Corinthians 1:3-5



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## Co-Discipleship and Counseling Observation

In ADT V – Discipleship Counseling, thirty hours of co-discipleship and discipleship counseling observation are required for certification. The following methods of discipleship counseling activity will count as credit towards the 30-hour requirement.

**Practice co-discipleship during ADT II and ADT V classes** – Up to 10 hours credit will be given for attending and participating in discipleship role-play led by CFT staff.

**Video sessions** – 10 hours credit will be given for the Marie Marshall series (viewed during ADT V – Discipleship Counseling). Other videos may also be required. See your Staff Equipper.

**Discipleship counseling session observation** – Counseling observation and staff mentoring will begin after the student notifies the Training director that he/she has completed the lectures/reading/listening requirements from ADT I-V. 10 hours credit will be given for observing actual discipleship counseling sessions with a CFT discipleship counselor during normal office hours. We intend for you to participate in actual discipleship counseling sessions as an observer. Time and availability may limit these opportunities, so some options are allowable. You should maintain a record of these sessions. These records should only use initials of clients, your name, staff mentor, date of session and number of hours. As there are many ADT students, observation opportunities with actual clients are on a first come, first served basis and are subject to the approval of the staff discipleship counselor.

**Session Topics are listed on the chart, “Training Topics and Requirements Overview” on p. 11.**

## Training Topics and Requirements Overview

Course	Session Topics	Book, Booklet, Video, Audio Requirements	Suggested Additional Resources**	
ADT I	Introduction Concept of God Design of Humanity Needs of Humanity Purpose of Humanity The Two Trees Consequences of the Fall Development of Flesh God's Solution and Our Response The Great Exchange New Identity	Romans 5 & 6 Romans 7 & 8 Expressing His Life Growing in Grace and Knowledge Brokenness & Surrender Giving & Asking Forgiveness Law and Grace Relating Unconditionally Diagramming Flesh Life After ADT	<b>Classic Christianity</b> – by Bob George (book) * <b>The Rest of the Gospel</b> – by Stone & Gregory (book) <b>Lifetime Guarantee</b> – Bill Gilham (book) <b>The Naked Gospel</b> - Andrew Farley (book) <b>The Exchanged Life</b> – by Hudson Taylor (booklet) <b>A Study of the Mind</b> – Bill Gilliam (booklet) <b>A Study of Romans 1 – 8</b> by Bob Warren * (audio) <b>Emotions: Bridges or Barriers</b> – by Jeff VanVonderan (audio) <b>The Cross of Christ</b> – by John Best (audio) <b>Turkeys and Eagles</b> – by Peter Lord (audio) <b>GrowInGrace Seminar</b> * - (live seminar)	<b>Sacred Romance</b> – by John Eldredge (book) <b>Wild at Heart</b> - Men - John Eldredge (book) <b>Captivating</b> - Women - Staci Eldridge (book)
ADT II	Codependency Marriage Divorce & Re-Marriage Parenting & Single Parenting Blended Families Sexuality & Sexual Maladjustments Trauma	Fear & Anxiety Addictions & Grace Dealing with Grief	<b>Birthright</b> – by David Needham (book) <b>Bondage Breaker</b> – Anderson (book) <b>Faithful Forever</b> – by Anabel Gillham (booklet) <b>Himself</b> – A.B. Simpson (booklet) <b>Brokenness, The Way To Blessing</b> – by Charles Stanley (audio) <b>Receiving</b> – by Jack Taylor (video) <b>Strength of Weakness</b> – by Jack Taylor (audio) <b>Search for Self Worth</b> – Malcolm Smith (audio)	<b>Families Where Grace Is In Place</b> – by Jeff Van Vonderan (book) <b>Tired Of Trying To Measure Up</b> – by Jeff Van Vonderan (book)
ADT III	Building Healthy Relationships The Heart of the Matter Listening for the Heart Living in Jesus book, Sessions 2 - 10, 13 - 15, 17 - 19 (FOCUS IS ON EQUIPPING STUDENTS TO TEACH THESE TOPICS TO OTHERS)		<b>Handbook To Happiness</b> – by Charles Solomon (book) <b>The Normal Christian Life</b> – by Watchman Nee (book) <b>Resolving Misunderstandings of the Exchanged Life</b> – by John Best (booklet) <b>Victory In Christ</b> – by Charles Trumbell (booklet)	
ADT IV	Intro. to Exchanged Life Coaching The Heart to the Life Coach Coaching Relationships Hope & Exchanged Life Coaching Effective Listening Asking Powerful Questions	Turning Intentions into Actions Providing Support Exploring & Discovering Your Design, Preparation, Passions, & Calling Discovering Dreams & Destiny	<b>Leadership Coaching</b> – by Tony Stoltzfus (book) <b>Christian Coaching</b> – by Gary R. Collins (book) <b>You're Already Amazing; Embracing Who You Are, Becoming All God Created You to Be</b> – by Holley Gerth (book)  <b>CHOOSE ONE OF THE ABOVE</b>	
ADT V	Counseling Approaches Discipleship Ethics Listening Skills The Relationship Diagram Family Systems Taking Histories Advanced Counseling Skills Diagramming Flesh	Presenting Diagrams (Snowman) Presenting Diagrams (Line and Cross, Two Sides of Cross, Octopus) Counseling Children Dealing with Suicide Sexual Maladjustment	<b>Foundations Of Exchanged Life Counseling</b> – by Richard Hall (book) <b>The Believer's Identity</b> – Lee Lefebvre (video) <b>Marie Marshall Series</b> – Lee LeFebvre (9 videos) <b>CFT Counseling Training Series</b> – (11 videos)	<b>Liberated in the Beloved</b> – Juan Carlos Ortiz (video)

\* Attend prior to the beginning of training. The cost of this seminar is not included in the ADT Tuition






\*\* **Additional suggested reading may be recommended at the discretion of your Staff Equipper.**

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## Credit for Education

CFT will cooperate and coordinate as best we can with colleges, universities or seminaries that wish to offer credit for work accomplished in ADT I, II, III, IV, and V programs. Please see the director of training if you have questions about credit for your work. We will write a letter to the school outlining the requirements you have completed and assist, as best we can, in any other way your program may require.

## Finances

 <b>ADT I</b> Life Foundations	 <b>ADT II</b> Life Applications	 <b>ADT III</b> Life Equipping	 <b>ADT IV</b> Life Coaching	 <b>ADT V</b> Discipleship Counseling
<b>17 Weeks</b> 1 Saturday	<b>11 Weeks</b>	<b>9 Weeks</b>	<b>12 Weeks</b>	<b>Individually Paced</b>
<b>66 Hours</b> of Group Instruction	<b>38 Hours</b> of Group Instruction	<b>32 Hours</b> of Group Instruction	<b>30 Hours</b> of Group Instruction	
<b>3 Hours</b> of Individual Supervision	<b>Supervision</b> Included as requested	<b>Supervision</b> Included	<b>Supervision</b> Included as requested	<b>7 Hours</b> of Individual Supervision
Includes Training Notebook and <i>Living IN Jesus</i> book	Includes Training Notebook	Includes <i>Living IN Jesus</i> Equippers Guide	Includes Training Notebook	Includes Training Notebook
Includes Cost of Weekend Retreat		Small Group Coaching Time	Small Group Coaching By Staff	Co-counseling opportunities
<b>\$895*</b>	<b>\$300</b>	<b>\$275</b>	<b>\$325</b>	<b>\$695</b>

(Payment method and schedule must be indicated on the ADT Application. For questions or additional information please contact the Director of Training.)

\*A \$100 deposit is required with the Application Form. This \$100 deposits holds the applicant's place in the class. It is included in the \$895 (ADT I). If the applicant must cancel the deposit is non-refundable and can be transferred to a future class. The online audios are located on a webpage that is on the CFT website. The student will be given a password to access the webpage containing the audio topics. The student should be able to listen from any a cell phone, a vehicle connected to a cell phone, tablet, and computer. The passwords will be changed each year. CFT has paid for the licensing of these audio sessions and they are protected by copyright laws. Therefore, CFT asks the students not to share the passwords and not attempt to download the audio sessions.

A Certificate of Completion or a Certificate of Participation is given at the conclusion of ADT I, II, and III. Certificates are also given after ADT IV and V.

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## Payment options are:



**One lump sum payment with cash, check or credit card.**



**Regular payments** until the total is paid (which can extend beyond the duration of the program if needed). For example, for ADT I, payments of \$40 can be made weekly, \$75 can be made bi-monthly, or \$150 can be made monthly. A monthly invoice will be provided until payment is made in full.



**Raising scholarship support** from family, friends, church and others who desire to invest in the student and the work God is doing in his/her life (Contact the Training Director for more information on how this option has worked for past students.)



**Volunteer** at CFT weekly during the ADT and subsequently. (For example – approximately 66 Volunteer hours for ADT I and approximately 24 hours for ADT II for a total of 90 hours)



**A combination** of the options above

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## Additional Private “Discipleship”

Intensive issues that arise during the ADT process should be discussed with your Staff Equipper. Any “discipleship” needed by a student beyond the 7 hours of discipleship/equipping included in the ADT I, II, and III programs will be handled as a regular “discipleship counseling” client.

## Respecting Schedules

We ask that all students gracefully respect their fellow students and staff regarding times for study, reading, and personal discipleship, as well as beginning class at the designated time.

## Team Concept

Please remember that the focus of the Advanced Discipleship Training I, II, III, IV, and V is the Exchanged Life approach to discipleship. At Christian Families Today, we desire to minister to all denominations and therefore request that students refrain from focusing on, promoting or emphasizing unique denominational doctrines and/or issues. All are free to discuss denominational doctrines and/or issues with their individual Staff Equippers.

## Absence

Students in the ADT I, II, III, IV and V programs are expected to attend all sessions. Each session is built upon another and every session is crucial to understanding the concepts and discipleship. If it is not possible to attend a session or if one is going to be late for a session, we ask that the student call the office or contact the Training Director. Also note that some classes are requirements for Network 220 certificates. If student misses a required class, he/she must make an arrangement with their Staff Equipper to make up these classes.

## Dress

Although we do not have a dress code for ADT classes, we stress the need to maintain a professional appearance. However, we do have a dress code when observing discipleship counseling during office hours, which is business casual attire.

## Health and Wellness

In order to best love others (John 13:34) and protect the health of other class members, we ask that you not attend any session where you have symptoms of sickness (e.g. fever, sore throat, coughing, shortness of breath, etc.) Please contact the Training Director so that the training material for the class can be completed at home.



### Housekeeping

CFT does not use a cleaning service and the staff and volunteers perform all housekeeping. We ask that students please do their part to help us keep the office “peachy” clean.



### Refreshments

Coffee will be provided. Students are also encouraged to bring refreshments to share. (There will be a refreshment list so that students can sign up to bring snacks). Foods left in the refrigerator or cabinet after ADT classes become available for all to enjoy unless otherwise specified.



### Schedule

ADT I, II, and III (Lecture, Breaks, “Check-out”, Video’s & Training).....	6:00 PM to 9.30 PM
ADT IV – Life Coaching.....	6:30 PM to 9:00 PM
ADT V – Discipleship Counseling.....	Contact Training Director for details



### Cell Phones

Cell phones can be used in the building. Cell phones should be off or on vibrate during sessions. If a student must take a call, he or she can step out of the room to attend to the call.



### Confidentiality

Confidentiality (including while students are in the training class and outside of the training class) is foundational to a healthy ADT experience. Care must be taken to refrain from discussing any information that is personal and private. Confidentiality should be observed at all times including breaks, “check out”, commuting times, other social activities, or at home with family. Recording is not allowed. All rights are reserved by CFT.



### Books and Audios

All students can purchase the required readings for ADT I, II, III, IV, and V from CFT or from online booksellers.



### Building Access

Monday, Tuesday .....	9:00 am to 8:00 pm
Wednesday .....	9:00 am to 5:00 pm
Thursday .....	9:00 am to 8:00 pm
Friday .....	Closed

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## About Christian Families Today

Christian Families Today (CFT) is a non-profit, interdenominational ministry founded by Greg and Connie Brezina in 1980. CFT's purpose is to share God's grace so that others may know and worship Jesus intimately as Savior, Lord and Life in the context of family.

Encouraging others is accomplished through one-on-one Exchanged Life "Christian discipleship counseling" and "Christian life coaching", Grow In Grace seminars, Advanced Discipleship Training, marriage, parenting, and family enrichment seminars.

For further information regarding our Advanced Discipleship Training or any other CFT ministry services please contact us at:

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## Acknowledgements

Classical Christian writers such as C. S. Lewis, Hudson Taylor, A.W. Tozer, and Watchman Nee have written, taught, and experienced the Exchanged Life during the past century. The ADT was developed from an accumulation of these and other resources. Dr. Charles Solomon first introduced the concept of "spirituotherapy" as an "exchanged life" counseling or discipling model in 1980. His book, *The Handbook To Happiness*, has been used by thousands of Christians as a discipleship resource of the Exchanged Life and is part of the required reading for the ADT training program.

Various members of Network 220 ([www.network220.org](http://www.network220.org)) (formerly known as the Association of Exchanged Life Ministries (AELM)) have contributed to the development of our Advanced Discipleship Training. Lee LeFebre of Exchanged Life Ministries, Bill and Anabel Gillham of Lifetime Guarantee, Al Scardino (former Director of First Baptist Church of Atlanta Counseling Center), Tom Grady (formerly of Grace Ministries International GMI), and others have contributed through their books, conferences, and personal input to the development of the ADT. References from other sources will be given as they occur within the text during the course of the ADT.

A special thanks is given to GMI who sponsored Christian Families Today into Network 220. We also want to thank Network 220 who has allowed CFT the liberal use of their resources. CFT's staff has taken that which has been gifted to us and expanded it.