

ANTIOCH BAPTIST CHURCH

Omaha, Nebraska



UBUNTU CARE & GROWTH

PERSONAL CARE & GROWTH PLAN

*Living in Community – your companion worksheet for stepping
into the five systems of Ubuntu*

THIS PLAN BELONGS TO

NAME _____

DATE _____

BEFORE YOU BEGIN

YOUR UBUNTU JOURNEY

IS THIS YOUR FIRST PLAN?

☐ Yes ☐ No

If this is a revised plan, what prompted the revision?

Before you plan, pause and reflect on where you genuinely are right now and what God is inviting you into.

1 WHAT'S HAPPENING IN MY LIFE RIGHT NOW?

What season are you in? What's capturing your attention, energy, or concern?

2 IN WHAT AREAS DO I SENSE GOD CALLING ME TO GROW?

What's the Spirit stirring in your heart? Where do you feel invited to deepen your faith, serve, or connect?

3 HOW COMMITTED AM I TO RESPOND IN OBEDIENCE?

Given your current capacity and circumstances, what level of commitment feels realistic for this season?

- ☐ **Deeply committed** — ready to pursue this seriously
- ☐ **Moderately committed** — willing to engage within my limits
- ☐ **Exploring** — I want to commit but need more clarity
- ☐ **Uncertain** — I need more time to discern

"I am because we are." Ubuntu is not a checklist to complete — it is a way of life to step into together.

1

SYSTEM ONE

SELF-CARE & GROWTH

Personal spiritual and emotional growth through intentional rhythms



Self-care in Ubuntu is stewardship of the life God has given you. The rhythms you build personally become the fuel that sustains your presence in community. Your daily rhythms form the foundation; your weekly rhythm connects you to the body of Christ; your monthly rhythm creates space for reset; and your evangelism rhythm extends what God is building in you outward to others.

STEP 1 · WHERE ARE YOU?

Honestly assess your starting point before choosing rhythms.

- ☐ I have consistent spiritual rhythms and want to strengthen them
- ☐ I have some rhythms but they're inconsistent — I need more structure
- ☐ I'm starting from scratch and need to establish rhythms for the first time
- ☐ I'm in a difficult season and maintaining any rhythm feels hard right now

STEP 2 · CHOOSE YOUR DAILY RHYTHM

Start with ONE. Sustainability matters more than ambition.

- ☐ **Scripture reading** — Read and reflect on a passage of God's Word
- ☐ **Prayer** — Structured time of conversation with God
- ☐ **Journaling or reflection** — Writing to process what God is doing in your life
- ☐ Other: _____

DAILY SCRIPTURE RESOURCES

Quarter Daily Bread — hard-copy devotional booklet at the welcome table each quarter.

YouVersion Bible App — follow Antioch's daily reading plan, or ask your deacon for the link.

HOW OFTEN?

- ☐ Daily ☐ 4-5×/wk ☐ 3×/wk TIME _____ PLACE _____

STEP 3 · CHOOSE YOUR WEEKLY RHYTHM

Corporate worship anchors everything else. Engage the sermon through *Prepare · Reflect · Respond*.

- ☐ I will attend in-person worship each week
- ☐ I will join our online worship when I cannot attend in person

How will I engage the sermon rhythm?

- ☐ Individually — a weekly worship journal
- ☐ Individually — the weekly sermon discipleship email pathway
- ☐ In my group — discussing the sermon together

STEP 4 · CHOOSE YOUR MONTHLY RHYTHM

Monthly rhythms connect your personal formation to the congregation's shared life.

- ☐ **Corporate Fasting Day** — Wednesday before the first Sunday; fast 6:30 AM–6:30 PM, then gather for Fast & Fellowship at 6:30 PM
- ☐ **Personal fasting & prayer** — fast on any day God leads you
- ☐ **Reflection or retreat time** — extended time with God outside your routine

STEP 5 · PRAYER · CARE · SHARE

Each month, choose ONE person God has placed on your heart — then pray for them, care for them, and share your faith. Pick up your **Prayer · Care · Share bookmark** on the first Sunday to name your ONE and track your three steps through the month.

I will begin my System 1 rhythms on _____

One person I'll tell about these commitments _____

"I am because we are." Your personal rhythms don't just shape you — they shape what you bring to community.

2

SYSTEM TWO

GROUP CARE & GROWTH

Mutual support, accountability, and growth in small communities



Group care happens when believers gather in smaller communities to learn, support one another, and grow together — where you are truly known, challenged, and encouraged, and Ubuntu becomes lived experience.

STEP 1 · WHERE DO YOU MOST NEED TO GROW?

Your answer points you toward the right type of group below.

- | | |
|---|---|
| ☐ Knowledge — understand God's Word more deeply | ☐ Identity — grow in who I am in Christ |
| ☐ Community — deeper relationship with others | ☐ Care Skills — give and receive Christ-centered care |

STEP 2 · CHOOSE YOUR GROUP

STUDY GROUPS — DEEPENING KNOWLEDGE

Both journey through God's Story — our curriculum covering all 66 books of the Bible.

- ☐ **Wednesdays in the Word** — the God's Story journey in community, Wednesdays 6:00 PM online
- ☐ **Adult Sunday School** — in-person Bible study, Sundays, open enrollment

*Prefer to study on your own? The **God's Story: A Self-Paced Journey** app walks you through the same journey at antiochgodstory.base44.app/start — a resource, not a group.*

LIFE GROUPS — IDENTITY, COMMUNITY & PRACTICE

- ☐ **Women's Life Groups** — bimonthly, in-person, open enrollment
- ☐ Other: _____

CARE GROUPS — GIVING & RECEIVING CARE

- ☐ **Fast & Fellowship** — monthly, Wednesday before the first Sunday at 6:30 PM. Meal, life sharing, care formation, communion

STEP 3 · MY COMMITMENT TO GROUP LIFE

Ubuntu is not just showing up — it's contributing. What will you bring?

- | | |
|--|--|
| ☐ Regular attendance | ☐ Serving in a group role |
| ☐ Praying for group members | ☐ Inviting others to join |

One specific way I will contribute this season:

STEP 4 · MY GROUP PLAN

Group I am joining _____

First meeting _____ Leader _____

I will commit for at least _____

Ubuntu encourages at least 3 months of commitment — authentic community takes time to form.

“I am because we are.” Your growth in community equips you to serve others and extend God’s love beyond these walls.

3

SYSTEM THREE

CONGREGATIONAL CARE & GROWTH

Being welcomed, known, and cared for through the church family



Congregational care is Ubuntu in organizational form — the church's commitment that everyone who gathers with us is welcomed, and that every member is known, prayed for, and supported.

CORPORATE WORSHIP

Worship is open to everyone — the front door of congregational care.

- ☐ I will attend in-person worship regularly
- ☐ I will engage the Prepare · Reflect · Respond sermon rhythm each week

NOT YET A MEMBER?

You do not need to be a member to experience care at Antioch. Worship is open to all. If you have a care need beyond worship, Pastor Hawkins is available for up to three pastoral care sessions for non-members, with connections to community resources (see System 4). When you are ready to go deeper, membership opens the full covenant of congregational care.

DIACONATE CARE CONNECTION

Members: your assigned deacon is your primary point of connection. They reach out to you — don't wait for a crisis.

My Care Leader (Deacon) _____

When I will connect with them: ☐ This week ☐ This month By _____

What I want them to know about me / my current needs:

"I am because we are." Congregational care is Ubuntu made structural — the church's promise that no one walks alone.

4

SYSTEM FOUR

PASTORAL CARE & GROWTH

Specialized support during transition, crisis, or discernment



Pastoral care offers confidential, professional-level support for complex life situations — clinically informed care grounded in biblical foundations and CPE-trained practice. Your deacon is often the bridge to this system. Non-members are welcome for up to 3 sessions.

DO I CURRENTLY NEED PERSONALIZED PASTORAL CARE SUPPORT?

☐ Yes ☐ No ☐ Uncertain

IF YES, WHAT AREA(S)? CHECK ALL THAT APPLY.

- | | |
|--|--|
| ☐ Premarital or marital support | ☐ Grief and loss |
| ☐ Spiritual direction and discernment | ☐ Conflict resolution |
| ☐ Questions about calling and purpose | ☐ Other: _____ |

Trauma, abuse, and addiction are cared for through professional referrals — see Community Care (System 5).

WHEN I'D LIKE TO SCHEDULE A CONVERSATION:

☐ ASAP / urgent ☐ Within 2 weeks ☐ Within a month

“I am because we are.” The caregiver’s role is to care, not cure — we give care, but only God gives cure.

5

SYSTEM FIVE

COMMUNITY CARE & GROWTH

Extending care beyond church walls through partnerships and outreach



Ubuntu does not stop at the church door. Community care recognizes that some needs require resources beyond what any congregation can provide alone — and invites every Ubuntu practitioner to extend care into the world around them.

COMMUNITY NEEDS I'M EXPERIENCING

What additional supports or resources do I need? Check all that apply.

- | | |
|--|--|
| ☐ Employment assistance | ☐ Housing resources |
| ☐ Financial counseling | ☐ Educational support |
| ☐ Healthcare navigation | ☐ Legal aid |
| ☐ Addiction recovery | ☐ Mental health, trauma & abuse support |
| ☐ Other: _____ | |

*“I am because we are.” Ubuntu extends beyond these walls — into the neighborhood,
the city, and the world.*

BRINGING IT TOGETHER

YOUR INTEGRATED PLAN

My commitments in this season of life.

SYSTEM 1 SELF-CARE & GROWTH

Daily rhythms I'm committing to _____

Start date / frequency _____ My ONE this month _____

SYSTEM 2 GROUP CARE & GROWTH

Group I am joining _____

First meeting date / leader _____

SYSTEM 3 CONGREGATIONAL CARE & GROWTH

I will connect with my care leader by _____

How I'll engage worship & the sermon rhythm _____

SYSTEM 4 PASTORAL CARE & GROWTH

Do I need pastoral care right now? ☐ Yes ☐ No ☐ Uncertain

If yes, how I'll engage _____

SYSTEM 5 COMMUNITY CARE & GROWTH

Do I need community supports right now? ☐ Yes ☐ No ☐ Uncertain

If yes, how I'll engage _____

WALKING TOGETHER

ACCOUNTABILITY & FOLLOW-UP

WHO WILL I SHARE THIS PLAN WITH?

Required – this is how Ubuntu works. Growth is never meant to be carried alone.

NAME _____ RELATIONSHIP _____

NAME _____ RELATIONSHIP _____



MY COMMITMENT STATEMENT

I recognize that spiritual growth happens best in community. I am committing to this plan because I want to grow in my relationship with Jesus and experience the joy of Ubuntu – “I am because we are.”

SIGNATURE & DATE _____

*Remember: Ubuntu is not a checklist. You’re stepping into a way of life.
“I AM BECAUSE WE ARE.”*