Leslie J. Francis and David W. Lankshear have launched the report on the new study into discipleship learning on which they collaborated with the St Peter’s Saltley Trust.

‘What helps Christians grow? An exploratory study distinguishing among four distinctive pathways’ draws on a detailed survey completed by 1,123 churchgoers attending churches within the West Midlands region in order to identify two indicators of Christian growth (depth of discipleship and strength of vocation) and to distinguish among four distinctive pathways to growth (growth through group activity, growth through Christian experience, growth through church worship, and growth through public engagement). Regression analyses, taking into account individual differences in sex, age, education, church support and hampers to faith, identified growth through Christian experience as the most important factor in helping Christians to grow, while public engagement adds weight to depth of discipleship and group activities adds weight to strength of vocation. The implications of these findings are discussed for future research and for Discipleship Learning programmes within the Church.

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