



Thank you for listening to Kalos Conversations!

EPISODE 4: KALOS TRACK

In this episode, we take a deep-dive into the essentials of our "Kalos Track," a year-long discipleship intensive where women are formed in gospel-centered femininity and equipped to make disciples in the context of the local church.

WHAT IS KALOS TRACK?

Kalos Track is a year-long intensive that exists to equip women in our church to assist our elders (pastors) in making disciples of the women that Jesus is giving us by:

- A. helping women understand, embrace, and live gospel-centered femininity in all of its glory
- B. training, assessing, and mobilizing women for "diaconal, disciple-making ministry" in the life of the local church

AREAS OF EMPHASIS IN THE TRACK

Personal gospel formation: everything hinges on this!

Theological training: deep-diving on the clear teaching of Scripture on these three content areas:

- The Gospel
- Femininity
- The Church

Practical training: equipping women with skills across the following:

- How to disciple with gospel fluency
- How to study and teach Scripture
- How to live with missional intentionality
- How to resolve conflict
- How to thrive within your personality and wiring

HOW THE TRACK WORKS

Leadership: Kalos Track is led in concert by one of our pastors and one of our Kalos Team members working in brother-sister partnership.

Schedule: Kalos Track meets monthly on Sunday nights from September - June with overnights taking place in November and May.

Flow: Each night time is spent in prayer, in gospel conversation, in the Word, and in engaging a specific theological or practical topic. Readings for each month include select texts of Scripture and some short readings from an array of authors.

WHO THE TRACK IS FOR

Women who are members-in-good-standing of Seven Mile Road and have:

- Strong desire to disciple women long-term in the context of the local church
- Track record of humility, reliability, and service to Jesus' people
- Ability to attend/be fully prepared for all sessions

LINK TO SAMPLE APPLICATION FORM

<https://sevenmileroadcentral.wufoo.com/forms/kalos-track-application/>

CONVERSATION STARTERS

- Is this a good time for your church to be exploring running something like Kalos Track?
- Who in your church do you sense would benefit from participation?

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