



Leader Guide Preface

Operation Timothy is an investigative Bible study with the goal of helping people to grow spiritually. This Leader's guide is designed for use by a facilitator in a one-on-one or small group situation as a link with the Living Proof Evangelism and Discipleship series.

How To Use This Guide

Operation Timothy (OT) is designed to be used in a one-on-one situation or small group setting. It may be used with new Christians or with those who are investigating the claims of Christ. Originally designed for application in men's groups, the material has been rewritten to exclude gender specific language so as not to limit its use with women.

This leader's guide follows the format of the three OT books. It has been written to keep preparation time to a minimum in order to provide additional time for you as the leader to pray for and interact with your Timothy. Our approach is not content vs. relationship; rather we encourage a balance of both. The leader's guide is arranged to give you a visual picture of where you are. On each page you will find images corresponding with study book and notes with helpful teaching tips.

In an effort to continually improve our materials, we encourage your suggestions and observations. Our goal is to serve the Christian community at-large, as well as members of CBMC in the United States and abroad by providing high quality, cost effective materials to reach and disciple men and women for Christ.

Operation Timothy: The Purpose

You are embarking on something big: the awesome privilege of being involved in the plans of God. People are at the heart of God. He desires an increasingly intimate relationship with us. God has specifically chosen us to be His light and extend His love to His world. It is not an option.

God has an intense desire for people to be rightly related to Him: "He desires all men to be saved and come to the knowledge of Him" (1 Timothy 2:4). God did not choose angels or His creation to articulate this good news of Jesus Christ, and He did not choose a few gifted individuals to be His messengers. He chose every believer to be a witness of His glory in their words, in their conduct, in their attitudes— in summation, their

very lives (Matthew 5:16).

Yet just as babies need to grow and be taught how to communicate, so it is with new believers. This growth and teaching of new believers is at the heart of discipleship. Discipleship is God's means of maturing a new Christian to accomplish the following: for each individual to grow in an intimate relationship with his Lord, to be a life witness of Christ to a searching world, to offer love and care to the hurting and desperate, and to be interdependent in meeting each others' needs.

Operation Timothy is not just a curriculum or program that teaches information and principles. It is an opportunity for you to enter into a relationship with another believer or seeker, either one-on-one or with several in a small group. The purpose is that each person will grow in intimacy with God and catch the vision of multiplying disciples. God uses every person who is indwelt by Christ to reach the next generation. With each new generation following our Lord Christ Jesus, our Father's glory is extended to the end of the earth and to the end of time. So the process of OT is something larger than you, and yet it allows you to leverage your impact in this world.

Multiplied thousands have entered into the OT process and have been dramatically changed. Don't hesitate to enter as a disciple or as a discipler. God will touch you, mold you and use you for His kingdom purpose. In Isaiah 60:22, God promises the people of Israel to make the least and the smallest of them a mighty nation. He is looking for people who will love, follow and obey Him. It is this promise and moreover this vision that has fired many people to enter into the life-changing process of Operation Timothy, that "one shall become a thousand" (KJV). Fruitfulness is the result of a life yielded to God to be used by Him.

CBMC and the Relational Approach

More than eighty years ago, leaders of Christian Business Mens Connection (CBMC) recognized a problem. Americans needed Christ, but many men would never hear the gospel, because they never went to church. They spent most of their time in business. CBMC leaders sought to take the good news into the business community and thereby change the country and perhaps the entire world.

In CBMC, we take the battle for souls into the world's marketplace and neighborhoods. Rather than using formulas or classes, we present the gospel through relationships. To that end, this leader's guide will often suggest questions to consider that relate content to context and learning to life. This will help keep you both from merely intellectualizing your experience. This is practical stuff. You will study and discuss such topics as faith in the home, the handling of money and living your faith at work.

The God of the Process

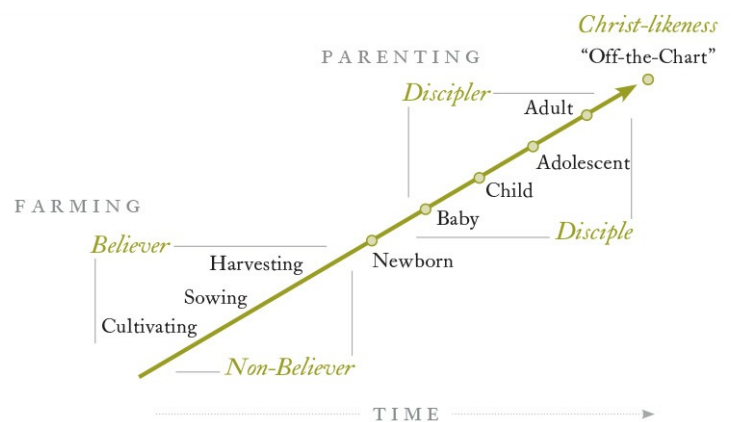
Keep the "big picture" in mind during each session. What is the bottom line? What's the central purpose of the lesson? As you approach each lesson, look for opportunities to connect with Christ. How often do we perform a full slate of Christian activities without sharing the company of the One who is at the center of them? For the process to be effective, it must begin with you. You must be connected to Christ. Be sure you are in the Word of God on a daily basis. The fact is you cannot teach the reality of Christ if He is not a reality to you. Timothy needs to see Jesus living in and through another human. It will give him the desire to experience what he sees being lived out before him.

The Principles of Effective Discipleship

1. The Principle of the Spiritual Growth Process

As believers, we are called to make disciples (Matt. 28:19-20). If we examine Christ’s command in Matthew 28, we see that evangelism and discipleship are one process. The Bible uses the metaphors of farming and parenting to describe it. When the Scriptures speak of evangelism, almost without exception, it uses the picture of a farmer tilling the soil, planting seed and harvesting the produce.

Parenting begins after harvesting. For example, the apostle Paul writes, “My dear children, for whom I am again in the pains of childbirth until Christ has formed you” (Galatians 4:19). To the church in Thessalonica he writes, “But we were gentle among you, like a mother caring for her children...for you know that we dealt with each of you as a Father deals with his own children...”



(1 Thessalonians 2:7,11). Peter spoke of “newborn babies.” John repeatedly addressed his readers as “dear children.” The author of Hebrews talks about spiritual infancy and the importance of moving to adulthood. As farmers, we cultivate relationships with non- believers, allowing them to witness firsthand the power of a changed life. Once a person becomes a believer, our role changes to that of spiritual parent. Just as with any newborn, spiritual babes are fragile and require a lot of time and energy. But as we continue the life-on-life process, modeling the way and helping the young believer grow into adulthood, our initiative decreases as we allow him to flourish and eventually reproduce. This is not a program. It’s a long process.

2. The Principle of Spiritual Farming

Spiritual farming consists of three phases: cultivating, sowing and harvesting.

CULTIVATING – Before we can sow seed, we must break up the hard ground, removing rocks, roots and other debris. If the soil is the human heart, God must remove obstacles and prepare it to receive the Word. Cultivation begins with a relationship, and relationships work through common ground. Activities, sports, computers, cooking, music – all can become the common ground of a new relationship. In 1 Corinthians 9:19-23, Paul tells how he related to different kinds of people in order to lead them to Christ. He met people at their point of need. Jesus did too. He went to them. In doing so, He was known as a friend of sinners. He didn’t think that was such a bad thing. Our call is to do the same.

SOWING – The goal of sowing is to bring the unbeliever to a place where they ask the question, “Who is Jesus?” It may take years. Along the way, believers must be patient and consistent. But when the unbelieving friend is comfortable enough with us, and they like what they see, we can sow the Word.

Remember, we are to be “salt and light” (Matthew 5:13-14). Salt causes thirst. Light illuminates. Operation Timothy is designed to sow the Word.

HARVESTING – We can cultivate and sow for years and never see a harvest. We must leave that to God. Paul tells us in 1 Corinthians 3:6-7 that, “I planted, Apollos watered, but God was causing the growth. So then, neither the one who plants nor the one who waters is anything, but God who causes the growth.” This is a long process. It takes time to turn hard, rocky clay into fertile, crop-producing soil. As we walk in obedience, we still share in the joy of that person coming into the kingdom of God. When we see a person come to know Christ, the metaphor shifts from that of farmer to that of parent.

3. The Principle of Spiritual Parenting (Life on Life)

Most people in western culture approach the subject of discipleship in a systematic, logical manner. We create an agenda, formulate a plan, and launch out – often oblivious to the needs of the person with whom we are attempting to share our life in Christ. The approach of Jesus followed the patterns indigenous to ancient Palestine. As a Rabbi (teacher), Jesus spent time with his followers. His disciples had the opportunity to observe his reactions to the rich, the poor, the priests, and the politicians. He was constantly asking questions, forcing them to think through choices and weigh events against the teachings of Scripture.

Jesus was very practical, too. He discussed the purpose and use of money, the importance of family, and the role of government. For over three years, His disciples were engaged in a life-on-life course on how to live for God in a fallen world.

For the Duration

Life-on-life discipleship is a long-term commitment. This kind of relationship requires sacrifice and may seem too costly to some. Those who see the end from the beginning possess the vision necessary for success. In His work with the twelve, Jesus did not see His ministry in their lives as something that could be put on the calendar or measured in terms of hours, days or weeks. In the three years He spent with His disciples, Jesus was absolutely devoted to them. His commitment was unlimited.

It is interesting to note that Jesus took into account changing roles and situations. For example, He dealt with Peter in a different manner than He did with Bartholomew. As a spiritual parent, you will be wise to keep in mind the stages of spiritual growth in Timothy. Infants, children, and adolescent children of God require flexibility with schedules and materials. If you have children of your own, you will see the parallels. As you deal with Timothy, begin with the patience required of a parent with a newborn and adjust your expectations as growth occurs.

Jim Peterson states:

“Our tendency is to create programs for discipleship and offer them to people as a substitute for parental care. We put people through a prescribed curriculum and expect that to take care of their needs. It doesn’t work. It doesn’t work because their primary need at this stage is not for information. Caring relationships are far more important to the early stages.

“New Christians need a meaningful relationship with spiritual parents. It’s a primary spiritual need, along with their need for Scripture. If study guides are used, they need to be carefully chosen. They must guide people into Scripture, and the content of those guides must truly correspond with needs. If we fail to connect these matters of relationships and appropriate content, the new Christian will often just stall out in his or her growth. They might do the studies and show up with all the right answers, but still flunk the test in true spiritual growth.”

Care must be taken not to extend this idea of spiritual parenthood to the point where one person virtually takes over the life of another. This kind of control becomes bizarre and creates dependency. Paul said, “Not that we lord it over your faith, but we work with you for your joy, because it is by faith you stand firm.”

4. The Principle of Reproduction and Multiplication (The New Math)

In the first pages of the Bible, we discover one of the purposes of man on earth: reproduction and multiplication. The same is true in the spiritual dimension.

A Spiritual Baby Boom

In the New Testament, we see roots of the spiritual family tree to which all believers are connected. Jesus began with twelve, teaching and living the principles of a life lived under God’s authority. We are the spiritual descendants of those twelve men.

Of course, the principle of exponential growth does not require the number twelve. For example, if you as an individual were to reach and cultivate two new believers over a two-year period, and continued this practice (and they did likewise) for 25 years, you would produce over a thousand spiritual descendants.

Isaiah 60:22 says, “The least of you will become a thousand, the smallest a mighty nation.” And remember, while some might not be faithful, others will reach more than two – and many will have families that number in the tens of thousands. It is a formula for changing the world.

Fruitful Labors

In John 15:16, Jesus tells His followers to, “Go and bear fruit.” A fully loaded apple tree is the result of one small seed. Who knows where those seeds will scatter and take root? How many new trees will grow as a result of that first, small, seemingly insignificant seed? We will never see the fruits of our labors in our lifetime. Yes, we will enjoy the fellowship and companionship of the first seeds, and first fruit, but long after we are gone, countless others will follow.

Just as parents enjoy the rich rewards and the unique experience that comes with raising children, we as spiritual parents do the same. In the end, we find ourselves closer to God, more in line with what He desires during our stay on earth.

5. The Principle of Being an Insider

The decision to follow Christ carries radical, possibly even traumatic, implications. It is a watershed in one’s life. When the difference between the church and the world is so extreme, the tendency is for the Christian to bail out of society completely, seeking refuge in cloistered fellowship. In 1 Corinthians 7, the Apostle Paul repeats three times the command for the believers to remain in the situation in which God has called them. We are instructed to stay put and make a difference where we are.

Bloom Where You're Planted

The implications are significant for Timothy. If married to an unsaved spouse, remain in the marriage. If working in the midst of a pagan culture or a spiritually hostile work environment, stay there and make a difference. This may seem to be a radical prescription for a young, fragile Christian. Again, the tendency of new and excited converts will be to immerse themselves in activities and Christian fellowship. Yet this kind of young believer, with a fresh commitment and reckless enthusiasm, often has the greatest impact for Christ. The rest of us, sadly enough, become more and more enmeshed in activities that take us deeper into fellowship with other Christians while at the same time distancing ourselves from those God has given us to reach with the good news. When Paul says to remain where we are, he means new Christians have a great opportunity to influence others in the marketplace.

As you share your life with Timothy, you may need to make some effort to encourage him not to bail out as a player. The tension will come as a result of Timothy's drive to purity while attempting to maintain the vital position for influence with old friends and associates.

A Child Shall Lead Them

How ironic that God is positioning infants to accomplish His greatest works of evangelism! These people have not been branded as fanatics. They continue to have the trust of the crowd. Your role is to counsel, encourage and listen to Timothy. Encourage Timothy to begin sharing the gospel with others now. Explain that there is no need to wait until someone has completed several discipleship courses to start telling others about Jesus Christ. His work in the Great Commission begins now. In summary, we as believers are to serve on the "inside" in our culture as active agents of change. And we do it now, not tomorrow or next week.

6. The Principle of Being a Laborer

In Matthew 9:36, we pick up a conversation Jesus is having with the twelve. The Bible says, "...He had compassion on them, because they were harassed and helpless, like sheep without a shepherd." Turning to His inner circle of disciples, the Lord continues, "...the harvest is plentiful but the workers are few. Ask the Lord of the harvest, therefore, to send out workers into his harvest field" (Matthew 9:37-38). Each individual life is compared to a crop needing to be tended, watered, prepared and ultimately reaped. Send out workers! This is God's pressing desire. With more people walking the earth than at any time in history, the harvest field is almost beyond imagination. There is an urgent need to pray that God will use us to equip, train, and send out more laborers. That is the essence of discipleship.

Go With the Flow

To become an effective discipler, we must first be a disciple. There is always the temptation to feed others while depriving ourselves. However, if we constantly give, and do not receive, we will dry up and have little to give the cause of Christ. Therefore it is of vital importance as you disciple a young Christian that you continue to seek God, stay grounded in His Word, develop your prayer life and stay close to other growing Christians.

Eight Qualities of an Effective Discipler

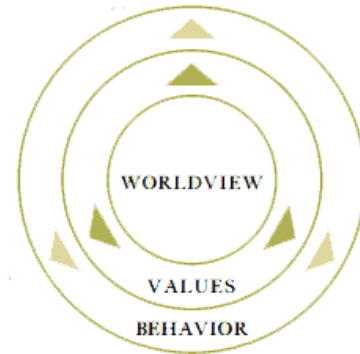
Some people doubt that they have the skills or time to become a discipler. Ultimately, it is a matter of obedience. Just as few of us feel ready to become biological parents, few feel ready to take on the nurture and care of a spiritual infant. The following qualities are the ingredients of an effective disciple-maker:

- **LOVE OF GOD:** the quality of an infectious love of God,

- LOVE OF PEOPLE: the ability to help Timothy learn to love others as God does,
- VISION: the ability to see Timothy as he can be, while accepting him where he is,
- FAITHFULNESS: the ability to depend on God to be consistent,
- DEPENDABILITY: the availability that will help Timothy trust you,
- HEART OF A TEACHER: the ability to look for a teachable moment,
- SERVANTHOOD: the quality of a humble heart, the willingness to sacrifice for Timothy's needs,
- DURABILITY: a heart that says, "Whatever it takes."

7. The Principle of Spiritual Transformation

Authentic Christian growth comes from the inside and works its way to the surface—just the opposite of the manner we so often seek to impose. When we foolishly measure a new Christian's progress based on the trappings of spirituality (the right words, the correct do's and don'ts), we settle for the good over the best, the expedient over the extraordinary.



Spiritual change starts from within; it is a transformation. It is the heart motivation that must change, and that revolutionary kind of transformation takes place on three fronts: worldview, values and behavior. Discipleship focuses first on worldview: my view of God and God's view of the world. This is where I answer the big questions of life: How did I get here? Where am I going? Who is in charge? My answer to these will affect my value system: what is important to me, what I will die for, etc. My behavior, then, is a direct outgrowth of my worldview and my values. Much of spiritual growth in the past focused on behavior first. We tried to clean people up on the outside (reformation) without a change on the inside (transformation). This spiritual transformation begins with God. Philippians 1:6 says it best: "He who began a good work in me will perfect it..." It is the role of the Holy Spirit and God's Word to establish and build us spiritually. "Christ is my life" is the ultimate goal in our walk (Colossians 3:4). It is a life yielded to and drawing upon the Spirit of God within us. God's role is to grow us to maturity; our role as a spiritual parent is to guide, counsel, and care for.

8. The Principle of the Three C's: Competence, Character and Community

It is the journey that brings maturity. There are no shortcuts, no substitutes, no way earn a better position along the path. Maturity takes time, commitment, and sacrifice. Jim Petersen, in his book *Lifestyle Discipleship*, discusses three central issues around which spiritual maturity is manifest: competence, character, and community.

Competence: This refers to the basics of living and working as a Christian. How does a Christian handle this or that situation? Where are the answers to be found? How can I communicate with God? It is true that a lifetime in God's Word is not enough time to understand its depth and meaning. However, we need to be competent in our knowledge of the Scripture, "correctly handling the word of truth" (2 Timothy 2:15). Beyond that, we must be skilled in how to counsel as well as listen, to articulate the gospel and basic Christian truth, to function in a small group setting and many more.

Character: This has been defined as “who you are when no one is looking.” This means that our behavior is to be pleasing to God, who is watching. Not only is God watching, so is the world. It is a lifetime pursuit, and may be the most difficult of all areas in which a Christian builds spiritual maturity. Character often develops through suffering. It is a quality that is not so much built as it is forged.

Community: The final issue is that of community. In a culture characterized by the “rugged individualist,” we are duped into believing that we can do this alone – just me and God in divine fellowship. The truth is that God designed a better way. We are to do it together. He created us for fellowship. Since the beginning, God has said that it is not good for humans to be alone (Genesis 2:18). We need each other.

Spiritual maturity is always framed in the context of community. It is here that we find our gifts, exercise them and look to our brothers and sisters to supply the gifts we do not possess. It is here that we find humility, receive rebuke and correction. When we become discouraged and God seems far off, it is often through the community that God reaches out to us. Here is affirmation, encouragement and accountability. Community begins for Timothy in the context of your one-on-one relationship, but Timothy will have needs you will not be able to supply. It will also take a friend, a small group, or a church fellowship to serve the needs of a new believer. Good disciplers help find a place where roots can grow.

9. The Principle of “The Balanced Life” – The Three Devotions

Finally, we must talk about maintaining a balanced focus for our lives and ministry. God has created man with three overarching needs: a need for God, a need to be involved in a cause bigger than himself and a need for one another. For man (individually and corporately) to be at peace and be fruitful here on earth, these needs must be met and must be in balance. We are called

1. to be devoted to Christ (the first commandment: love the Lord your God with all your heart, soul, and mind—Matthew 22:37-38),
2. to be devoted to one another (the second commandment: love your neighbor as yourself— Matthew 22:39),
3. to be devoted to the gospel (the great commission: “Go therefore and make disciples...” Matthew 28:18-20).

These three devotions must be in balance; if we neglect one of them, we will not be fruitful over the long haul. If, as an individual, a team, or a church, we neglect devotion to the gospel, we will become self-focused and self-absorbed, not reaching out to others. If we misuse the concept of love for one another, we hurt each other. If we aren’t devoted wholeheartedly to Christ, we miss it all and walk in the flesh.

We want to see Timothy grow in these areas as we disciple him. This balance will help Timothy grow up and give away his life, rather than holding onto it. He will truly be one who becomes a thousand (Isaiah 60:22).

Getting Started

You’ve heard the challenge and now four words come to mind: Where do I start?

Where do I find Timothy?

Standing on the Mount of Olives, the disciples watched their leader disappear into the clouds and felt just as overwhelmed as you may feel today. But Jesus had made things clear and concise. Here is how Jesus said to do it: “You will be my witnesses in Jerusalem” (Acts 1:8). Today Jerusalem, tomorrow the world. Jerusalem

was not the hometown of any of the disciples. They were practically tourists, having followed Jesus there. He ordered them to start here and now. Urgency is, therefore, a part of the equation. In this statement, there is also an emphasis on the marketplace, where the people are: the Jerusalem of any particular era.

Steps in finding Timothy

1. Ask God to make you sensitive and attentive. Look for growing relationships between you and particular friends and acquaintances. Evaluate the chemistry you share (or lack).
2. Survey the social landscape around you. Cultivate several relationships and see where they lead. Ask different acquaintances to lunch. Enlarge your circles of friendship.
3. “Raise the Flag” from time to time, that is, mention your faith in Christ. Observe the response. Try telling a faith story (“How God helped me through the time when...”). Afterward, take some time for “gardening.” Watch what breaks the surface after you’ve planted these seeds. It may take a few days or a few weeks, or much longer.
4. Consider both non-Christians as well as young believers. The most likely person is the one you personally lead to Christ.
5. If you feel God leading you to a specific person, spend some quality time with him/her without proposing the greater commitment of a study. Invite this person to dinner. Do something recreational together over a weekend. Build informality and levity into the relationship from the beginning (it will serve you well later).

How do I invite Timothy to do *Operation Timothy*?

Ask general questions about Timothy’s background, including spiritual, emotional and physical areas of life, as you spend time together. Ask God to give you discernment to recognize when He has prepared Timothy. At that time, ask Him for courage to ask Timothy to investigate the Scriptures together. Reflect on the “Spiritual Awareness Chart” below, asking God to give you insight into where Timothy is in his spiritual journey.

Don’t rush or pressure. Notice the different phases of each stage in the chart. One person may quickly move through these; it may take another person years to change from an antagonistic attitude to a mere willingness to discuss spiritual issues. As finite human beings, we cannot see into another person’s heart and know for certain where they are spiritually, but God’s Spirit does give discernment into Timothy’s spiritual needs.

If Timothy seems open, show him the *Operation Timothy*. Explain that he will be able to investigate personally what the Bible says about various topics. Point out a few topics from Book 1. Ask Timothy if he would like to meet regularly to discuss these issues. If Timothy agrees, set a time and place to meet and give him Book 1, *Life Questions*. Ask him to complete the lesson before your appointment. Show him the question-and-answer format and the printed Scriptures in the text.

Fellowship and sharing - 15 minutes
Scripture memory (begins in Book 2) - 10 minutes
Review of previous lessons - 15 minutes
Discuss major topic - 30 minutes
Assignment - 5 minutes
Prayer - 10 minutes

No session will be exactly the same. Be flexible, but avoid the temptation to let fellowship stretch out too long, unless Timothy is in a crisis and needs time to talk.

Fellowship and Sharing

Every session should begin with relaxed conversation allowing you and Timothy to get to know one another and build a strong relationship. This relationship provides the environment for character development and ultimately determines your success as a disciple. This is an opportunity for you to identify his needs and evaluate progress. You, the leader, control the pace and direction of the conversation by asking questions. It's an excellent way to gain insight, and to express interest in his life as well.

Discussion

The key to reaching your session objective is a good start, and the key to a good start is making sure both you and Timothy know where you're going and how you're going to get there. Explain the lesson and why it is important. Too often, without such an introduction the session wanders and ends 2 hours later with little progress having been made toward the goal. Questions play a vital role in the discussion. Study Jesus' use of questions and how He guided people toward the truth through them. A good question compels the listener to discover the truth for himself. There are four basic types of questions and their value is determined, to a large extent, by the situation.

- a. Leading Question - "Paul says in Philippians that we are always to rejoice, doesn't he?" This type of question is great for a lecture, but has little value in a discussion. Little, if any, response is required. It should be used only as a last resort.
- b. Limiting Question - "What three great truths are in this passage?" This question also has limited value in a discussion. It is clear you have an exact answer in mind and this will constrain the discovery process. This type of question should only be used when Timothy has difficulty understanding the initial question and needs further clarification.
- c. Open Question - "What are some of the truths you see in this passage?" This type of question has great value in your discussion. It allows discovery of one, two, three, or even more truths. The emphasis is on discovery, not on finding the answer.
- d. Wide-Open Question - "What else do you see in this passage?" This question is an excellent way to maintain momentum in the discussion, particularly if an important point remains undiscovered.

Your discussion should contain at least 80-90% of the "open questions." These allow you to guide the discussion in such a manner that your Timothy can discover answers himself. Begin your discussion by asking an open, application-oriented question: Why is this concept important? How does it apply to us personally? Allow him to wrestle with the answer and then move to the Scriptures dealing with that concept. Continue to ask questions, using the ones you developed during your study and preparation of this subject. If he has difficulty answering a question, rephrase it or break it down into smaller, simpler questions. It would be better to ask a limiting question than to give him the answer. Otherwise, you have no way to measure his understanding. The most effective learning technique is self-discovery, and you're the guide.

Prayer

Prayer is the time you and Timothy spend directly in the presence of God. Keep in mind the importance of that statement, and avoid falling into the “punctuational prayer” trap, using it as bookends for a meeting. Timothy is learning to talk to God through your model. You’ll do most of the praying in the beginning, with Timothy picking up his share as time progresses. Be sure to use language that Timothy understands.

Administration

- a. You and Timothy should meet once a week or whatever works best with your schedules.
- b. Decide which meeting time works best for the two of you.
- c. Operation Timothy is not a social club. Operation Timothy is discipleship!
- d. Everything that is spoken must be kept confidential.
- e. You should always teach personal application: How does the Word apply to Timothy?
- f. You should be creating an atmosphere for building a relationship with Timothy.
- g. You should emphasize accountability from Timothy.
- h. Timothy should notify you if he is going to miss a meeting.
- i. You should follow up if Timothy is missing an excessive number of sessions.