



DISCIPLESHIP BOOTCAMP MANUAL

** adapted from Kempsville Christian Church*

Name: _____

Essentials for Discipleship

A heart to make disciples

The Church in America is facing certain challenges regarding stagnation, decline and persecution for faith. At the heart of this problem, good Christian people are lost as to what to do. These next twelve weeks are dedicated to what we believe will be a life-changing journey to restore God's priorities in our lives and embrace what it means to live out the Great Commission in Virginia Beach and abroad with every opportunity we are given. The church was built to win.

WHAT DOES WINNING LOOK LIKE?

How would you answer these questions?

(1) If Christianity were a team sport and the church were Christ's team, what would winning be? (2) What is the church supposed to be and do to win?

You might answer that the church wins as we worship together or when it grows in attendance and people become believers. Some may say that we win when we are a family who cares for one another. What would a church have to do in order to accomplish all of these goals? Some may feel it would need inspiring weekend services with dynamic preaching and great music. Others thought the church should train people in pastoral care in order to meet the needs of hurting people.

1. Before you move ahead, write down your answers to these same questions.

- In relation to Christianity and the church, what is winning?

- What is the church supposed to be and do to win?

The Church needs to always turn to the Bible for a solution. The church needed a clear game plan or it would have been divided from the start. Jesus' last command in Matthew 28:18-20 makes the church's mission clear: **The church is called to know Jesus and make Him known.** This is the mission of KCC and it is the very essence of being a genuinely devoted follower of Jesus.

WEEK 1

DAY 1

2. Read Matthew 28:18-20 in the margin and circle the words in which Jesus is telling us to do something.

Did you circle the words *go, make disciples, baptizing, and teaching*? In the Bible's original language, *make disciples* is the key phrase in the verses because the words *going, baptizing, and teaching* support the command to make disciples.

3. In these verses, Jesus commanded us to go into the world and _____ of every nation.

4. The three other action words show us what is entailed in obeying that command. To make disciples, we must be _____, _____, and _____.

Go back and review how you answered the two questions at the beginning of this lesson. Compare what you wrote with the command above.

5. Check below that fits best at this point:

___ "Yes! I knew it. I am off to a good start because I knew that the church is supposed to make disciples."

___ "No, I missed it. No one has ever explained the church's purpose to me like this before."

___ "Well, I had it right, but I said it in a different way."

___ "I disagree! I had a different answer, and I still think I am right."

Your answers throughout this training manual will shape the discussions in your small group each week. Be sure not to skip over any of them. This process is designed to help you understand and remember the lesson.

6. In your own words, write what part the church plays in making disciples.

7. What is your personal role in helping the church make disciples?

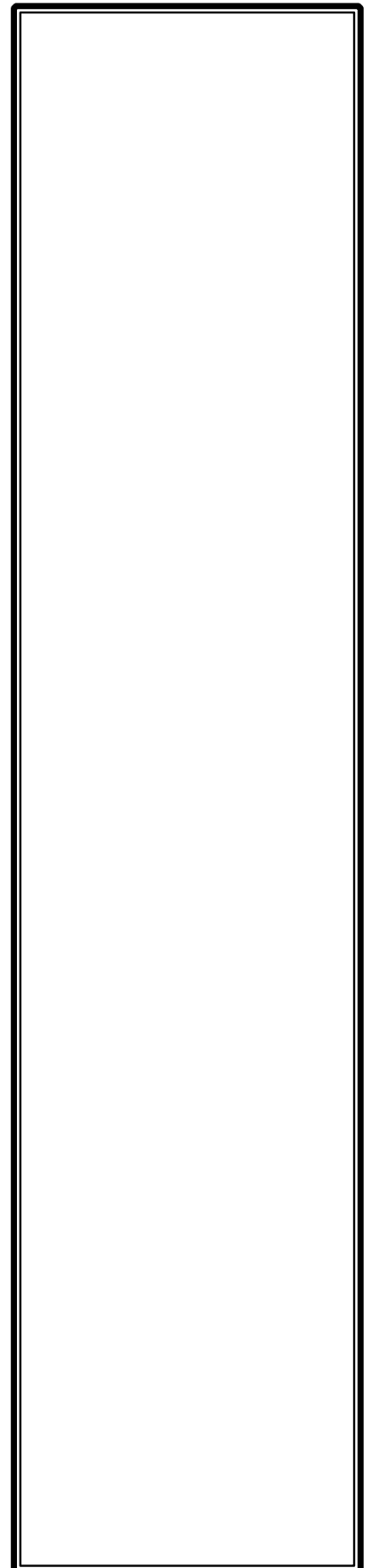
18 "Then Jesus came to them and said, "All authority in heaven and on earth has been given to me. **19** Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, **20** and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age."

Matthew 28:18-20

8. Spend some time meditating on Matthew 28:18-20. Begin memorizing it phrase by phrase. You will be asked to write it from memory later. Using these verses, explain to someone today why the church should focus on making disciples. Write the name(s) of the person(s) you told or plan to tell.

Review

- God designed the church to reach the world for Christ by making disciples.
- Making disciples was Jesus' original command.



WEEK 1

DAY 2

4 I have brought you glory on earth by finishing the work you gave me to do. 5 And now, Father, glorify me in your presence with the glory I had with you before the world began. 6 "I have revealed you[a] to those whom you gave me out of the world. They were yours; you gave them to me and they have obeyed your word. 7 Now they know that everything you have given me comes from you. 8 For I gave them the words you gave me and they accepted them. They knew with certainty that I came from you, and they believed that you sent me. 9 I pray for them. I am not praying for the world, but for those you have given me, for they are yours."

John 17:4-9

HOW DO WE OBEY JESUS' COMMAND?

Yesterday we looked at Jesus' command to make disciples. Today we will take a closer look at the importance of making disciples in our homes, workplaces, and churches.

Jesus Completed His Work

During the Last Supper, before Jesus was arrested and taken to the cross, He prayed with His disciples. In His prayer, Jesus says, "I have brought you glory on earth by *completing* the work you gave me to do" (John 17:4, emphasis added). How could He say that He had completed the work God had given Him to do when He had not yet died on the cross and risen from the dead?

1. Read John 17:4-9 in the margin and underline the work Jesus had completed when He prayed this prayer.

The answer? In His prayer, Jesus said that He had completed the work of making disciples. The disciples were ready to go and make disciples themselves; all they needed was the Holy Spirit. If Jesus had died on the cross for our sins but had not made disciples who could deliver the message, none of us would have heard the good news. Jesus completed the message: He died for us and rose from the grave. He also created a way for people even today to hear that message: by releasing His disciples to go and make disciples, who in turn were released to go and make disciples, and so on.

2. Many people believe that Jesus only came to die and be resurrected from the dead. Why do you think they often leave out the work Jesus did of making disciples?

Look again in Matthew 28:18-20. A few weeks after His resurrection, Jesus commanded twelve men to do the same work His Father had given Him to do. The disciples didn't look at Jesus and say, "How do we do *that*?" Jesus had already shown them how; He had given them a living model to follow. Jesus made disciples who made other disciples.

3. What main work did Jesus say He had completed when He prayed to the Father in John 17? Check the answer.

- Healed people who were sick
- Taught truth to the crowds
- Made twelve men into mature disciples
- Reformed Jewish worship
- Rose from the dead

The correct answer is the third one.

How can you know when your work with someone you are discipling is complete?

The Message Needs a Messenger

Your work is complete when the person you are discipling can make a disciple. Some might question the need for disciples who can disciple others. After all, we have the Bible and the Holy Spirit. Aren't they enough to make disciples? We must remember that Jesus knew we would have both these things, yet He still told His disciples to go and to teach others to obey. Jesus knew that mature disciples were needed to deliver the message. Disciples are made when the Spirit of God, the Word of God, and the people of God work together.

4. Read Romans 10:14 in the margin and then rate the importance of a messenger. Circle your choice:

The messenger is essential.

The messenger is very important.

The messenger is optional.

The messenger is unnecessary.

The church was designed to be a trained army with a powerful message. *All* believers are the messengers who bring the message to others and then continue the process of discipling those who believe. By doing this, we complete the same work Jesus prayed about in John 17. He gave that work to His disciples, who in turn gave it to us.

How Are We Doing?

Statistics tell us that a typical believer will die without leading a single person to a life-saving relationship with Jesus Christ. Before you say, "No way!" or "That figures!" ask yourself, *Who was the last person I led to Christ?*

According to Matthew 28:18-20, even if we have led someone to Christ, we need to ask another question. Have we disciplined that person to the point that he or she is able to lead someone *else* to Christ and then disciple that new believer? We complete our work when our disciple can do his or her part to win and train new disciples who are then able to do the same with others. In this way, the process of making disciples continues until Jesus returns. His command to the church remains the same generation after generation.

14 How, then, can they call on the one they have not believed in? And how can they believe in the one of whom they have not heard? And how can they hear without someone preaching to them?

Romans 10:14

5. Did you follow that? How can our work of making disciples be completed while the process of making disciples continues until Jesus returns? Write your answer using your own words.

As you consider your role in making disciples, spend time praying through Jesus' prayer in John 17.

6. Suppose someone challenges the belief that our first priority is to make disciples. Write how you would explain Jesus' example in John 17.

Review

- In John 17, Jesus prayed to the Father that He had completed the work He had been given.
- The work that Jesus had completed was training the twelve to be disciple-makers.
- God intended for the message of the gospel to come from a messenger who can disciple others.

I have brought you glory on earth by completing the work you gave me to do. And now, Father, glorify me in your presence with the glory I had with you before the world began. "I have revealed you to those whom you gave me out of the world. They were yours; you gave them to me and they have obeyed your word. Now they know that everything you have given me comes from you. For I gave them the words you gave me and they accepted them. They knew with certainty that I came from you, and they believed that you sent me. I pray for them. I am not praying for the world, but for those you have given me, for they are yours."

John 17:4-9

MAKE DISCIPLES AS YOU GO

This is an important day. We are going to get even more practical about our role in what the church is supposed to do.

Evil Will Not Prevail

Have you ever made bold claims about something you believe in? Jesus made bold claims about his church.

- 1. Read Matthew 16:15-18 in the margin and underline the bold statement Jesus made about the church.

Jesus said that the gates of hell (or the forces of evil) would not prevail against (overcome or stop) His church from completing its mission. But it seems the church is being overcome all the time—there are divisions, and splits, fights and feuds. Why aren't we seeing Jesus' words backed up? The church in America is not winning many converts, and it struggles to keep the ones it already has. So many indicators seem to say that the church is no match for the forces of evil. Should that be the case? No. Jesus meant what He said. So why aren't American Christians proving themselves...and winning?

- 2. Take a minute and list the top three reasons you think the church is not winning many converts.

- _____
- _____
- _____

In his book *The Unchurched Next Door*, Thom Rainer cites a study that shows that most unchurched people do not sense that Christians actively try to share their faith and that many wonder what makes Christians hesitant. In other words, many unchurched people would be open to talking about Christ, but Christians do not talk to them about their faith.

- 3. Why do you think a majority of unchurched people feel that Christians are reluctant to share their faith and, therefore, not advancing the kingdom?

WEEK 1

DAY 3

15 "But what about you?" he asked. "Who do you say I am?"

16 Simon Peter answered, "You are the Messiah, the Son of the living God."

17 Jesus replied, "Blessed are you, Simon son of Jonah, for this was not revealed to you by flesh and blood, but by my Father in heaven. **18** And I tell you that you are Peter, [a] and on this rock I will build my church, and the gates of Hades [b] will not overcome it."

Matthew 16:15-18

4. Compare that with the roadblocks you listed previously. Were you off base?

5. What do you think it will take to turn the situation around so that evil is not prevailing against the church?

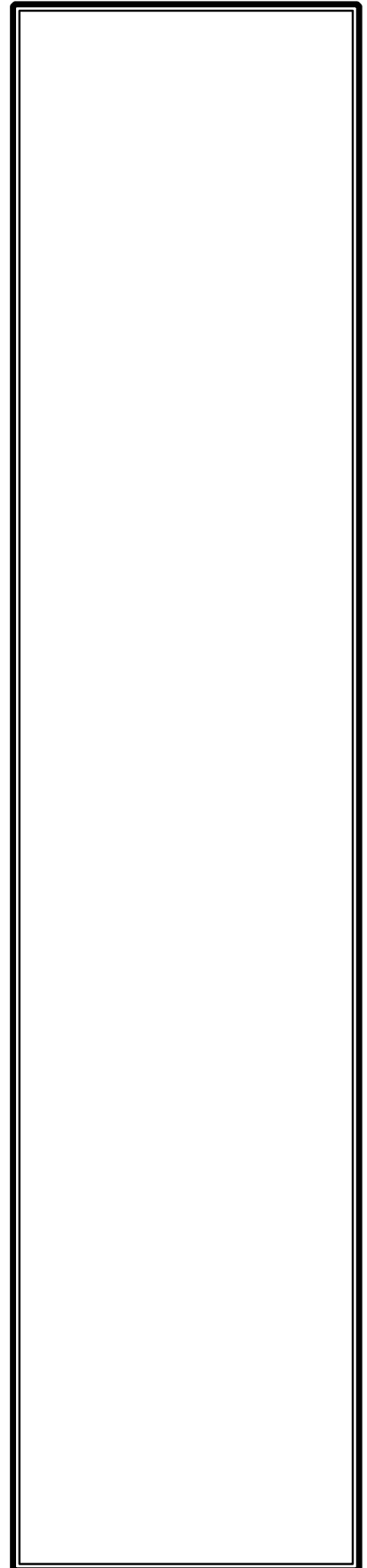
A KCC STORY:

Kathy came to know Christ and joined KCC many years ago. She has been a devoted member of the team at KCC for quite some time now. Kathy possesses a gift of teaching children and adults, especially with the subject of science. Although she could choose to use her skills only in the public school classroom, she understands her role as a disciple of Christ. She was led to the Lord, and now she leads children to the Lord at church by using her God-given gift.

Kathy's story is a constant reminder to us that the church still works. It is able to take territory from the enemy. Hell is no match for the power of Christ and His Church.

"As You Are Going . . ."

The literal translation of the command in Matthew 28:19-20 is this: "*As you are going, make disciples!*" (emphasis added). Jesus is directing us to make disciples as we go about doing life. Matthew 16:15-18 reminds us that the enemy has captured people and holds them from Christ. Disciple-makers are walking into a dark world that is in need of light.



6. What about you? As you read this, do you think about the non-Christians you know? Use the following categories to help you think of names of people who need Christ.

- Someone under your own roof
- Someone at work or school
- Someone you know because your kids play on the same team or have the same teacher
- Someone in your neighborhood or community
- A friend or family member

Pray for these individuals this week. God is leading these people across your path. People we meet every day need Jesus, and the enemy cannot stop us from sharing the gospel message with them. Disciple-making begins with our willingness to go to those who need to hear the message.

A KCC STORY

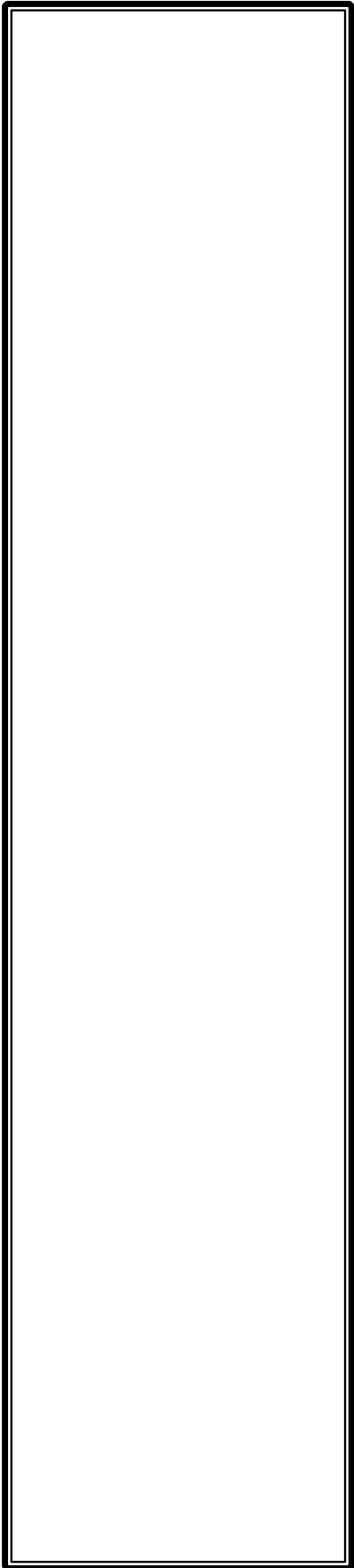
Here’s an example of what we are talking about. One day Terry, an elder at KCC, was vacationing on a cruise liner and rubbed shoulders with a man and his wife on the same cruise. They starting talking and realized they lived in the same area and had mutual connections with contracting services to help one another in their lines of work. After developing a friendship that extended beyond the time of the vacation into the months that followed, Terry realized Dave and his wife needed Christ and a church home, so he continually invited them to church with him. Dave agreed, accepted Jesus through the worship services, got involved, and now serves as a greeter at the front door every Sunday morning.

In the same way, when we see a person in need, it is an invitation from God to step in with love and service – and eventually with words – to point people to Christ and His mission.

7. As you go through your day, what is it that keeps you from making disciples?

Review

- Jesus said that the forces of evil would not overcome His church.
- As we go along in life, we will meet people who need Jesus.



THE CHURCH IS GOD'S TEAM

Let's review . . .

1. In Matthew 28:18-20, Jesus commanded us to _____
_____.
2. In John 17, Jesus prayed to the Father about completing the work He had been given: making disciples. This work was important because the message of the gospel needs a
_____.
3. Yesterday, we embraced Jesus' claim that the forces of _____ will not _____ against the _____. The church is supposed to be a winning team that moves forward and crushes our opponent's strongholds.

Make notes in the margins regarding what you would like to discuss in your small group about how the church should prevail. Invite God today to be part of your study.

Christianity Is a Team Sport

The church is God's team. Today some Christians think they can make disciples best without the church. They feel that the church (the corporate body) doesn't hold up to its end. Because of this, they are sometimes tempted to quit the church and go the Christian life alone. But Christianity is a team sport. No matter how gifted or talented an individual is, he or she needs the church to be able to successfully make disciples and be a disciple. In other words, a "go at it alone" philosophy is unbiblical. The church is part of God's design for disciple-making.

4. Read again Matthew 16:18: "I tell you, you are Peter, and on this rock I will build my church, and the gates of hell shall not prevail against it" (ESV). Jesus clearly tells us who is going to crush the gates of hell (the forces of evil). Check the one that is going to win the battle.

- Peter himself
 The twelve disciples
 The church

5. The apostle Paul uses the human body to illustrate this principle. Read Romans 12:4-8 in the margin and write out how you think the church team functions like a body.

The Bible makes it clear that although the church is made up of individuals, we must work together to succeed.

Follow Jesus, Not Me

The church team is also important because no one person has all the abilities, gifts, and wisdom of Jesus. We need each other to fulfill Christ’s command. Though we are responsible to disciple those God brings across our paths, we were never intended to do it all alone. Working as a team helps us to keep Jesus first and avoid exalting one player’s importance above another.

6. Think about the believers who surround you. Write down the names of someone you know who could:

- Help others locate Bible passages that shed light on a subject

- Give empathy and encouragement when someone is struggling

- Share wisdom about how God helped him or her work through marriage or partnering problems

- Serve as a good host

4 Just as each of us has one body with many members, and these members do not all have the same function, 5 so in Christ we who are many form one body, and each member belongs to all the others. 6 We have different gifts, according to the grace given us. If a man's gift is prophesying, let him use it in proportion to his faith. 7 If it is serving, let him serve; if it is teaching, let him teach; 8 if it is encouraging, let him encourage; if it is contributing to the needs of others, let him give generously; if it is leadership, let him govern diligently; if it is showing mercy, let him do it cheerfully.

Romans 12:4-8

- Organize a service project

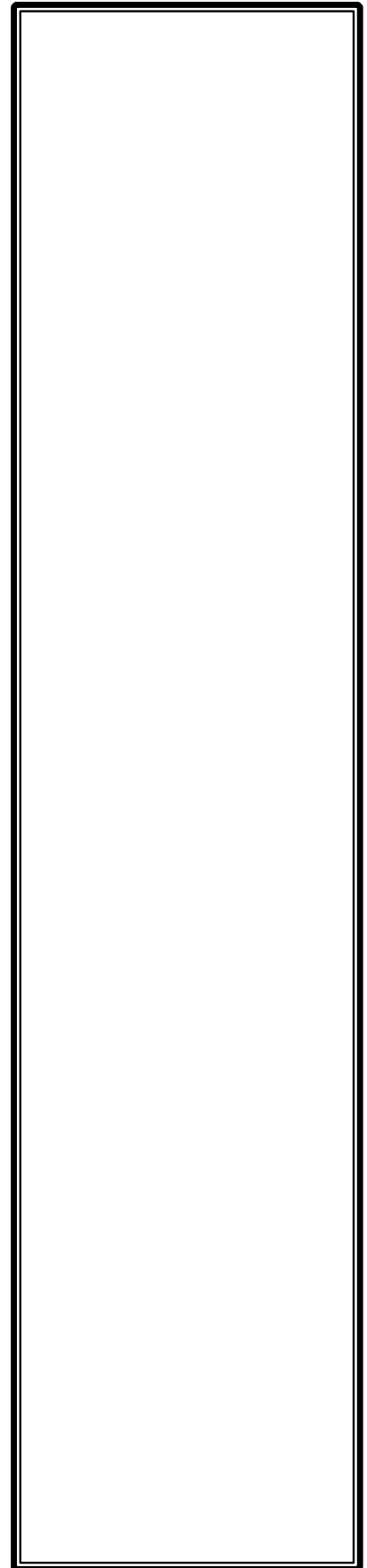
In the church, people do all these things to cooperate with God in making disciples. There is still a need for a minister, but he does not need to feel as if he must have all the wisdom, skills, or answers. The minister can be real about his struggles because the solutions are not going to be found in him. You see, the minister is not making disciples who follow *him*; he is making disciples who follow *Jesus*.

7. What abilities and gifts do you have that can help others be like Jesus?

Paul told us in Ephesians 2:10 that we are God’s masterpiece and that He saved us for good works that He planned for us to do. We all have roles we have been gifted and shaped to fulfill. Too many believers do not understand that even scars we’ve received from others (and the ones we’ve given to ourselves) can be used now for Jesus.

Our church has an active and ongoing ministry to the homeless in Hampton Roads. Every week, our transportation team picks them up and brings them to our Sunday AM worship services and often feeds them after service lets out. We also provide a shelter program for them during the cold season during the week of Thanksgiving. People who have hearts for the broken and hurting serve in this capacity to help those in need in a real and tangible way.

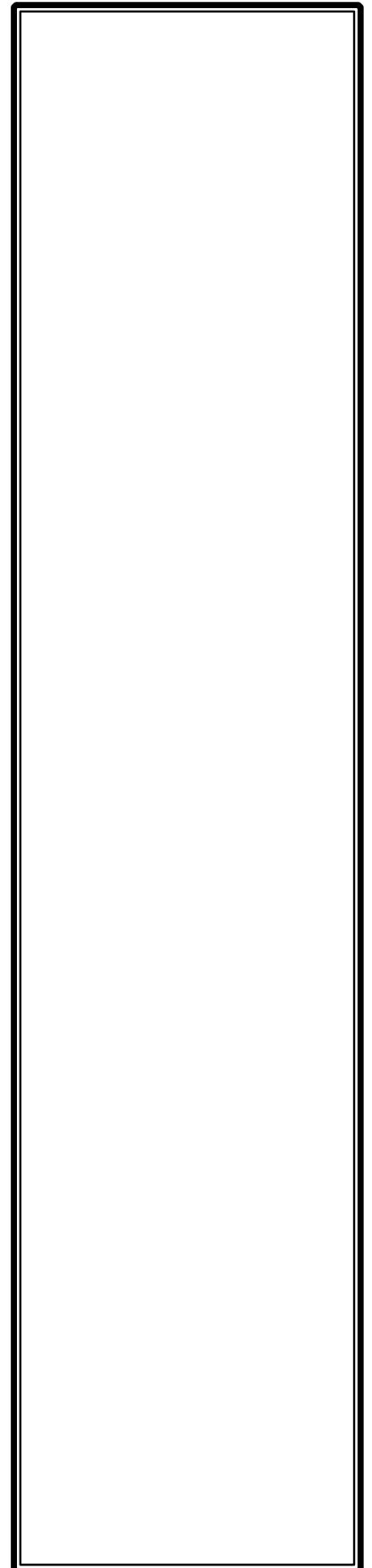
8. Earlier you wrote down your gifts and abilities that God might use to help others be like Jesus, but what about your scars? What has God brought you through that could be used to disciple others?



9. What areas of disciple-making could you use help?

Review

- Jesus called us to make disciples of Him, not ourselves.
- Every Christian has been given gifts to use for fulfilling Christ's command to go and make disciples.
- The church team offers a variety of gifts and abilities to make disciples together.



ON THIS TEAM, EVERYONE PLAYS

You made it! You are about to complete the first week. Be open to God’s leading today.

Get in the Game

If Christianity is a team sport, then the team cannot win unless everyone gets in the game. Take a moment to read 1 Corinthians 12:14-20 in the margin.

Paul writes that we are *all* part of the church—God’s team. We were chosen to be on this team and to play the role He gifted us for. We all have abilities and gifts to be used for the good of the team and the cause of Christ. Everyone is important and everyone plays.

Getting Started Can Be Hard

Think about this scenario: Scott attended one of KCC’s home groups. He listened intently each week to the discussion and quickly learned that it was okay to ask questions. People were drawn to Scott. His positive attitude and genuine enthusiasm were contagious. However, when Bill asked him to consider leading a group, he hesitated. He was concerned that he did not know enough about the Bible to lead a group. He thought the leaders had to know Bible languages, understand ancient history, and so on.

Fear is one of the roadblocks that keep people from playing on the team. What if someone asks a question you cannot answer? None of us wants to look stupid. Others think they can’t play on the team by leading a small group because they aren’t a trained counselor, and still others say they are too busy and would be unable to do a good job. Time is not like money: We can’t make more time.

- 1. What fears or concerns do you have about leading a discipleship group?

Too often, fears and concerns paralyze people from ever playing on God’s team. In some cases their concerns are excuses that hide an unwilling heart. They just don’t want to get involved. Leading a discipleship group sounds like too much work.

WEEK 1

DAY 5

14 Now the body is not made up of one part but of many. 15 If the foot should say, "Because I am not a hand, I do not belong to the body," it would not for that reason cease to be part of the body. 16 And if the ear should say, "Because I am not an eye, I do not belong to the body," it would not for that reason cease to be part of the body. 17 If the whole body were an eye, where would the sense of hearing be? If the whole body were an ear, where would the sense of smell be? 18 But in fact God has arranged the parts in the body, every one of them, just as he wanted them to be. 19 If they were all one part, where would the body be? 20 As it is, there are many parts, but one body.

1 Corinthians 12:14-20

Letting Others Play Can Be Harder Yet!

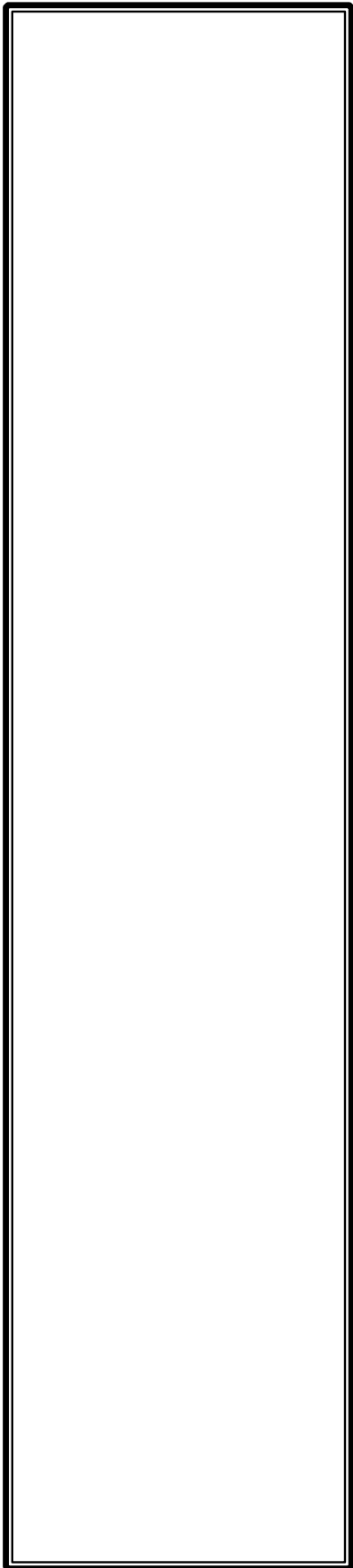
A minister, let’s say his name is John, was having breakfast with a minister named Jim from another church. During their conversation, John said he wondered why Jim’s church was growing while his was struggling. When Jim asked him if he was discipling his people, John replied, “Absolutely!” He had been meeting with a small group of guys for a couple of hours every week for nearly two years.

Jim was puzzled. This minister had been meeting with these folks for two years, yet he insisted that these disciples were not ready to be released.

Jim pulled out a napkin and asked the minister to write down everything a Christian needed to know in order to make disciples. He filled one side, then the other. Then he asked the waitress for another napkin. After filling it, he handed the napkins to Jim, who quickly saw the problem. The list of what a Christian must know in order to make disciples was the equivalent of what someone would know after graduating from seminary. This minister believed that the people he discipled could not disciple others until they knew everything that he knew. He was seminary trained, so it would take a while.

- 2. What would have happened to the disciples if Jesus had thought like this minister?

Like Scott, Jeanne had fears about facilitating a small group. She was shy and had a reserved personality but believed God wanted her to get involved in women’s ministry. Jeanne’s small group leader helped her get started by having her tell the story (see week 12) at her women’s small group occasionally. As Jeanne’s confidence grew, the women responded to her love of God’s Word and commonsense approach to its application, and she eventually took over the leadership of the group. What Jeanne lacked in public-speaking confidence she made up for in caring for the women of her group. She was intentional about calling those who missed meetings and following up with those who were struggling. She made the time to be a good leader. She was willing to play on God’s team, and she became a great player.



5. Has your commitment to making disciples grown? Mark the responses that best describe your commitment.

__ I have realized that I must be involved.

__ I have always been committed.

__ I've never thought much about it before.

__ I am nervous.

__ I need to be disciplined myself.

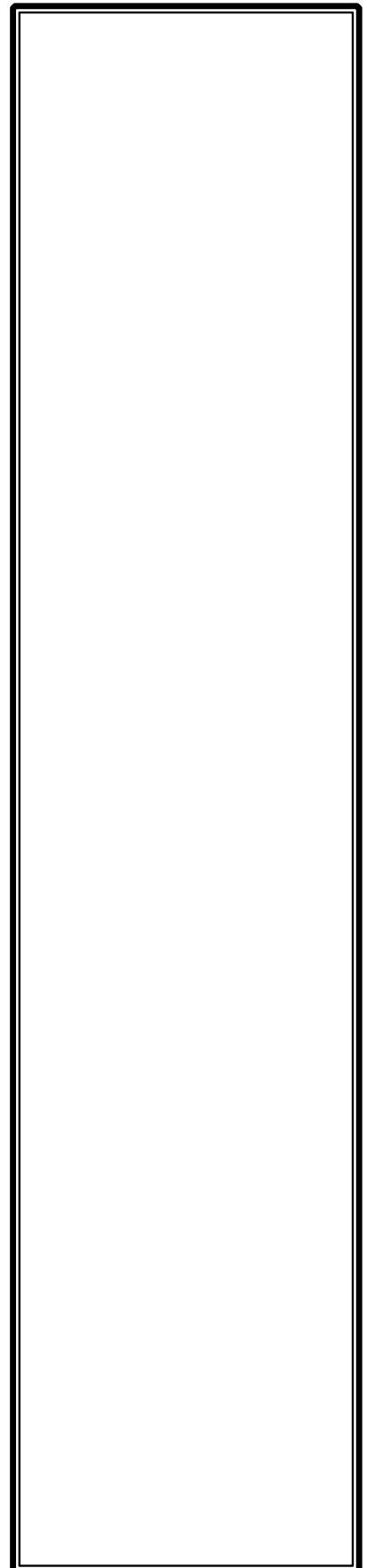
Other _____

6. Write what you will say to someone who asks, "Why should we be committed to making disciples?"

Be prepared to share your answers with your small group.

Review

- Disciple-making happens best when Christians play together as a team to make disciples.
- Each person has something to offer to disciple-making.
- We must get out of the stands and use our abilities "on the field" to make disciples.



What is a disciple?

JESUS INVITES US TO BE DISCIPLES

1. So we can all get on the same page, please write your definition of a disciple. Don't move ahead until you do so!

A disciple-making team must agree on what a disciple is. A definition enables us to evaluate if we are disciples, and it helps others to understand what it means to be a disciple of Jesus. So at KCC, we teach a biblical definition of discipleship that everyone in our church can remember. We believe that definition is found in Matthew 4:19: "Follow me. . . . and I will make you fishers of men."

2. In this chart, write in your own words the three parts of the definition of a disciple based on Jesus' invitation in Matthew 4:19.

Jesus' Words	Explaining Jesus' Words in My Words
"Follow me"	1. A disciple...
"I will make you"	2.
"fishers of men"	3.

Here is how we define *disciple* at KCC: (1) A disciple knows and **follows** Christ; (2) a disciple is being **changed** by Christ; and (3) a disciple is committed to the **mission** of Christ. Go back and add the words in bold in the margin beside your definition.

“Follow Me”

The first part of this definition is an invitation to follow Jesus. If we follow Christ, we must come under His authority and direction. That is what *follow* means—someone else leads. Matthew 4:19 is an invitation to be in relationship with Jesus, but to be in that relationship, we must submit to His leadership.

3. Read the following statements and check the ones you agree with:

- I believe that Jesus is Savior and Lord.
- Following Him wholeheartedly frightens me.
- I obey Christ’s commands.
- Trust is difficult for me, especially with God.
- I believe in Jesus, but I need to follow Him better as His disciple.

A disciple is someone who follows Jesus as Lord. Do you need to stop and talk to Him about how well you are doing as a disciple? If so, take a moment to do so now.

“I Will Make You”

The next part of the definition focuses on change. Jesus isn’t a dead man or someone who left this world without a trace. He is alive, and He transforms us into new persons if we follow Him as His disciples. We are changed as we stay in relationship with Him through Bible study, prayer, the counsel of other believers, and life experiences.

4. According to Romans 8:29 (in the margin), what are you being changed into?

5. How has your relationship with Jesus changed you since you got serious about following Him?

29 For those God foreknew he also predestined to be conformed to the likeness of his Son, that he might be the firstborn among many brothers.

Romans 8:29

A disciple is someone who is being changed by Jesus to be more like Him.

Remember, it is Jesus who fashions us. Contrary to popular belief, we do not have to be perfect to do God's work. Look no further than the twelve disciples whose many weaknesses are forever preserved throughout the pages of the New Testament. Jesus chose ordinary men - fisherman, tax collectors, political zealots - and turned their weakness into strength, producing greatness from utter uselessness. Christ's careful, hands-on training of the original twelve disciples apply to today's modern disciple - you.

What did Jesus mean when He said that He was going to make the disciples into fishers of men? Peter's fishing crew had just brought in a humongous catch. The men must have thought, *Wow! We won't need to work for a few months after we sell all these fish!* This was a business they understood.

Read Luke 5:1-11 in the margin. This is Luke's account of the story.

Jesus seized this opportunity to begin the work He had come to complete: *making disciples*. He put disciple-making into a language these fishermen would understand. Fishers of men are those who work to fulfill Christ's command to make disciples of all nations, and in their environment, **always desiring to know Christ and make Him known.**

6. Use the three parts of Jesus' words in Matthew 4:19 to complete the following chart.

Jesus' invitation (Matthew 4:19)	A disciple is one who...
	1. Knows and follows Christ
	2. Is being changed by Christ
	3. Is committed to the mission of Christ

1 One day as Jesus was standing by the Lake of Gennesaret, with the people crowding around him and listening to the word of God, **2** he saw at the water's edge two boats, left there by the fishermen, who were washing their nets. **3** He got into one of the boats, the one belonging to Simon, and asked him to put out a little from shore. Then he sat down and taught the people from the boat. **4** When he had finished speaking, he said to Simon, "Put out into deep water, and let down the nets for a catch." **5** Simon answered, "Master, we've worked hard all night and haven't caught anything. But because you say so, I will let down the nets." **6** When they had done so, they caught such a large number of fish that their nets began to break. **7** So they signaled their partners in the other boat to come and help them, and they came and filled both boats so full that they began to sink. **8** When Simon Peter saw this, he fell at Jesus' knees and said, "Go away from me, Lord; I am a sinful man!" **9** For he and all his companions were astonished at the catch of fish they had taken, **10** and so were James and John, the sons of Zebedee, Simon's partners. Then Jesus said to Simon, "Don't be afraid; from now on you will catch men." **11** So they pulled their boats up on shore, left everything and followed him.

Luke 5:1-11

How Are You Doing?

We cannot change the definition of discipleship to only include (1) *sit* and (2) *listen*, and then expect to make disciples as Jesus did.

7. How well have your actions lined up with the Matthew 4:19 definition of discipleship? Check any that apply:

- My beliefs are accurate, but my follow-through is weak.
 I was never shown how to be a disciple.
 I think my beliefs and actions line up well.
 I have been confused in my definition of discipleship.

8. Read Luke 5:1-11 again in the margin. What are you avoiding doing that you know needs to be done in order to follow Jesus more completely? Write down what comes to mind in the space below, and pray about sharing it in your small group.

Review

- Christians are confused about the definition of a disciple, which is a roadblock to making disciples together.
- A disciple is defined in Matthew 4:19 as one who follows Jesus, is being changed by Jesus, and is on mission with Him.

1 One day as Jesus was standing by the Lake of Gennesaret, with the people crowding around him and listening to the word of God, **2** he saw at the water's edge two boats, left there by the fishermen, who were washing their nets. **3** He got into one of the boats, the one belonging to Simon, and asked him to put out a little from shore. Then he sat down and taught the people from the boat. **4** When he had finished speaking, he said to Simon, "Put out into deep water, and let down the nets for a catch." **5** Simon answered, "Master, we've worked hard all night and haven't caught anything. But because you say so, I will let down the nets." **6** When they had done so, they caught such a large number of fish that their nets began to break. **7** So they signaled their partners in the other boat to come and help them, and they came and filled both boats so full that they began to sink. **8** When Simon Peter saw this, he fell at Jesus' knees and said, "Go away from me, Lord; I am a sinful man!" **9** For he and all his companions were astonished at the catch of fish they had taken, **10** and so were James and John, the sons of Zebedee, Simon's partners. Then Jesus said to Simon, "Don't be afraid; from now on you will catch men." **11** So they pulled their boats up on shore, left everything and followed him.

Luke 5:1-11

WEEK 2

DAY 2

“FOLLOW ME”

A clear definition of *disciple* cuts two ways. The first part of the definition challenges us to assess our own commitment. The second helps us disciple others. This week we’re focused on our personal commitment to discipleship so that later we can help others grow.

The Invitation to Follow

Peter believed that Jesus was the Messiah, and his actions backed up his beliefs. To follow means to acknowledge Jesus in His entirety. Yes, He is Savior, but He also said that to follow Him meant to obey Him (see John 14:23-24).

1. Read John 12:26 in the margin. What is Jesus saying in this verse about His position in the discipleship process?

26 Whoever serves me must follow me; and where I am, my servant also will be. My Father will honor the one who serves me.

John 12:26

The point Jesus made over and over again is that to be one of His disciples, we must follow Him. “I will lead,” Jesus says. “You will go where I want you to go. You will do what I want you to do.” When we surrender to Jesus as Savior, He expects to be Lord. In Matthew 4:19, His invitation made it clear that He would be the leader. Take it or leave it. We begin to be disciples when we understand that we are positioned *behind* Jesus. He leads. We follow.

2. List five characteristics that you desire in someone you are going to follow:

- _____
- _____
- _____
- _____
- _____

Look over your list. Are not all of these characteristics of Jesus Christ? Take a few minutes to ask in prayer if your current commitment is the same as your initial commitment to follow Jesus as Savior and Lord. Is Jesus asking you to make a deeper commitment? Listen to your Lord.

Once again, we come to the first part of our definition: A disciple is one who follows Christ. Disciples are being changed at the head level—we *acknowledge* Jesus as Lord—and we follow Jesus as our head. This is what it means to believe. We can picture the first part of the definition this way:



Discipleship involves a HEAD-LEVEL change:

A disciple knows who Christ is and makes a decision to follow Him.

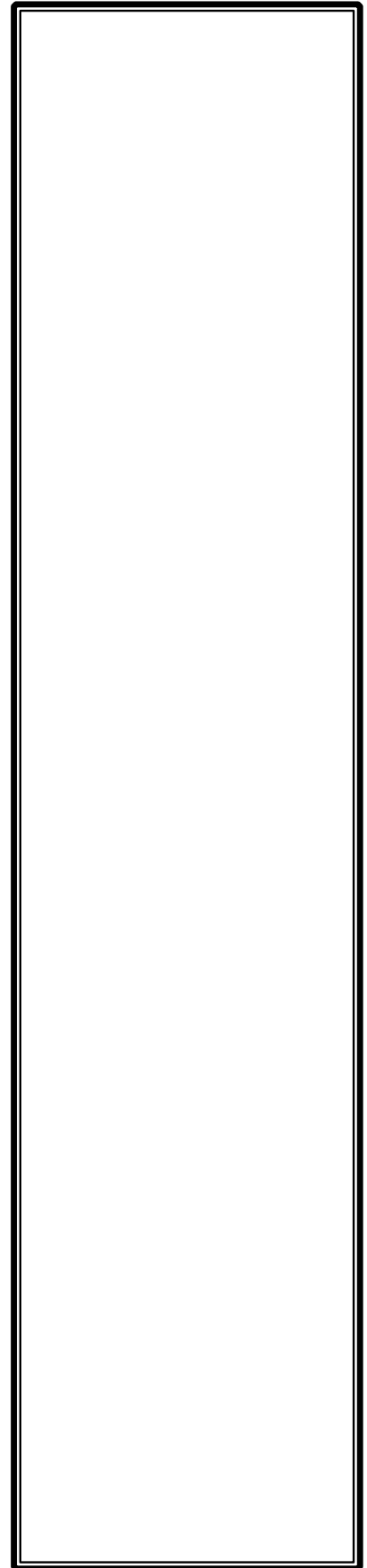
This head-level change is the first step, but as we will see throughout this week, there's much more to this definition. Following Jesus leads to changes in our motives and actions.

How About You?

Accepting Jesus' invitation to follow Him begins with realizing who He is. Following Jesus affects the disciple's thinking. This head-level change challenges everything from our worldview to our priorities. Peter, James and John believed that Jesus was the Messiah. They were so convinced that they took a drastic step: They left everything to answer His call to follow Him. Are you convinced? Have you come to the place where you believe that Jesus is who He says He is? Do you believe that God actually proved who Jesus was by resurrecting Him from the dead? If you haven't, you are still on the fence about following Him.

3. Have you made the decision that Jesus is both your Savior and Lord and that you will follow Him?

- Yes, most definitely.
- Yes, but I am afraid of the unknown.
- I am still not sure.
- No, I am not convinced.
- I just don't want to right now.



If you checked “Yes, most definitely” and have proclaimed Him as Your Lord and Savior and been baptized into Christ, you are a disciple of Jesus. If you checked “Yes, but I am afraid,” that is okay. Following Christ can take us through uncharted areas at times, but Jesus is with us. If you checked any of the other boxes, you must take action to either find answers to your questions or come to grips with the fact that you might not be Jesus’ disciple.

Leaving Things Behind

For these fishermen, following Jesus meant leaving some things behind.

4. Read Luke 9:23-26 in the margin. In the chart, write what Jesus is calling His disciples to leave in order to follow Him and what He is telling them to pick up.

What Jesus is calling them to leave	What Jesus is telling them to pick up

In the column on the left, you could have answers such as “self,” “life lived their way,” “thinking like people,” “worldly gain,” “fear of being ridiculed for believing in Jesus.” On the right, you should have answers such as “taking up their crosses,” “following Jesus,” “losing their lives for Jesus,” “an eternal perspective.”

What stands in the way of you following Jesus? If you cannot bring everything in your life under His authority, such as media or an ungodly relationship, you must abandon those things. This does not mean that you must leave your home and loved ones in order to follow Jesus. Followers of Jesus have families, jobs, and homes, but they follow Him all the same. For most of us, the big-ticket item we need to leave behind is self. In other words, following Jesus means we have

23 Then he said to them all: "If anyone would come after me, he must deny himself and take up his cross daily and follow me. 24 For whoever wants to save his life will lose it, but whoever loses his life for me will save it. 25 What good is it for a man to gain the whole world, and yet lose or forfeit his very self? 26 If anyone is ashamed of me and my words, the Son of Man will be ashamed of him when he comes in his glory and in the glory of the Father and of the holy angels."

Luke 9:23-26

to leave our selfish ambitions and our selfish way of life. Jesus said that we must take up our crosses daily and die to self. (see Luke 9:23).

- In the chart write some things Jesus is asking you to leave or pick up so you can follow Him as Lord.

What Jesus is calling me to leave	What Jesus is calling me to pick up

How will you follow through with what you have written? Here is a suggestion. This week ask your small group to help you daily leave behind what Jesus is calling you to leave and to pick up the right things. See what advice or encouragement the group can give to help you.

Review

- Discipleship involves a head-level change. A disciple knows who Christ is and makes a decision to follow Him.
- Following Jesus means that everything has been brought under His authority. He is both Savior and Lord.

23 Then he said to them all: "If anyone would come after me, he must deny himself and take up his cross daily and follow me. 24 For whoever wants to save his life will lose it, but whoever loses his life for me will save it. 25 What good is it for a man to gain the whole world, and yet lose or forfeit his very self? 26 If anyone is ashamed of me and my words, the Son of Man will be ashamed of him when he comes in his glory and in the glory of the Father and of the holy angels."

Luke 9:23-26

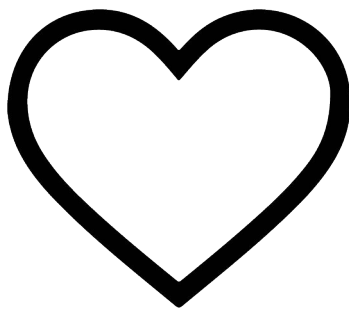
“AND I WILL MAKE YOU”

We hope this training manual and your regular interactions with the Lord are establishing a rhythm in your life. If you are struggling to get the assignment finished, make choices to clear time and find a quiet place. Keep the rhythm going.

A Disciple’s Growth and Change

Jesus made it clear that He intended to change those who follow Him. His words “I will make you” indicated that God has a plan and the ability to change us. A disciple begins with a head-level change: He or she makes a decision to follow Christ. But *knowing* who Jesus is includes just the first part of the definition. To be a disciple means that what we know is moving to our heart. What we know causes change in our character.

A disciple is one who is being changed by Jesus. He is making us into someone different. He changes hearts, which means our attitudes and priorities begin to shift. This kind of change is supernatural and is evidenced by a love for God and others. The Holy Spirit is making us into relational people with an eternal perspective. God intends to use these relationships to lead a broken world to the transforming power of Jesus. His power makes these relationships possible.



Discipleship involves a HEART-LEVEL change:

A disciple is being changed by Christ.

- 1. Meditate on Romans 12:1-2 (in the margin) and write out a prayer here asking God to change you in the places and ways He brings to mind.

1 Therefore, I urge you, brothers, in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God--this is your spiritual act of worship. 2 Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is-his good, pleasing and perfect will.

Romans 12:1-2

In Acts 3 and 4, Peter and John are on trial for preaching in public about Jesus. Earlier that day, God used them to heal a lame man. The next morning, they were brought to trial for the public disruption they had caused. Peter and John were not just fishermen from Galilee anymore.

2. Read Acts 4:13 in the margin. What brought about change in Peter and John?

Being with Jesus transformed Peter and John into world changers who cared about the plight of a beggar and who boldly preached about Jesus. When Jesus called them to follow Him, He saw potential that neither they nor anyone else saw. As they followed Him, they spent time with Him and He changed them.

Peter and John were not changed instantly into the courageous men who testified before the court. That encourages all of us. Jesus changes us (1) through a relationship, and (2) over time. He uses many different things to bring about this change, but the key ingredient is being with Him. As we spend time with Him, Jesus makes us more and more like Him in our inner persons, our hearts, and our characters (see 2 Corinthians 3:18).

3. Read John 15:5 in the margin, and list some ways you can spend time connecting with Jesus.

Did your list include things such as praying, reading the Bible, memorizing the Scripture, and spending time with other Christians? More ways to consciously spend time personally with Christ include writing in a prayer journal, reading books by Christian authors and listening to Bible teaching.

13 When they saw the courage of Peter and John and realized that they were unschooled, ordinary men, they were astonished and they took note that these men had been with Jesus.

Acts 4:13

5 "I am the vine; you are the branches. If a man remains in me and I in him, he will bear much fruit; apart from me you can do nothing."

John 15:5

How About You?

Jesus changes us through the ways mentioned above. We get to know Him more and receive His direction and guidance about how to live.

4. Read Ephesians 3:16-19 in the margin. Circle the words that show where the change takes place. Draw a box around the phrase that refers to Jesus being with us. Underline the words and phrases that describe the results of being with Jesus.

You should have circled *inner being* and drawn a box around *dwell in your hearts through faith*. As a result of Christ changing our characters, our hearts are filled with love for Him and for others. You should have underlined the word *love* three times, and you could have underlined other phrases such as *rooted and established in love, grasp how wide and long and high and deep is the love of Christ, and know this love that surpasses knowledge*.

5. Go back to your list of ways to spend time with Jesus. Choose three that you think are most important and write them in the left-hand column of this chart. In the column on the right, circle the most accurate description of your behavior.

Way to spend time with Jesus	How frequently do I spend time this way? Underline one.
1.	Daily 3-5 times a week Once a week A couple times a month Rarely, if ever
2.	Daily 3-5 times a week Once a week A couple times a month Rarely, if ever
3.	Daily 3-5 times a week Once a week A couple times a month Rarely, if ever

6. Start with the activity you do most frequently. Write one way you could encourage yourself to do this activity more often so that you continue to grow.

16 I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, 17 so that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love, 18 may have power, together with all the saints, to grasp how wide and long and high and deep is the love of Christ, 19 and to know this love that surpasses knowledge--that you may be filled to the measure of all the fullness of God.

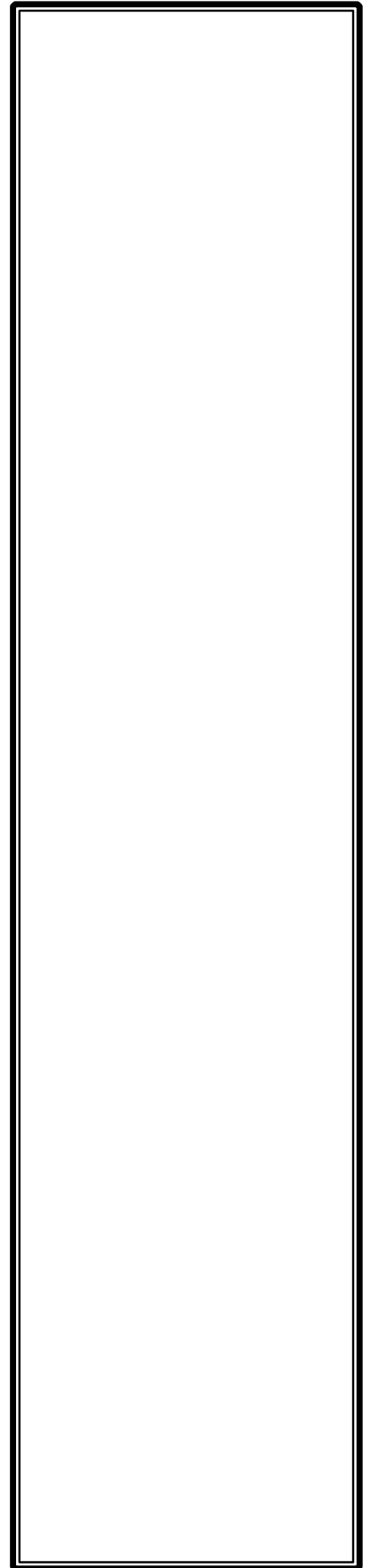
Ephesians 3:16-19

7. Next take the one you are weakest in doing. Write one way you could go to the next level of frequency in your weekly routine.

8. If you can, write Matthew 4:19 from memory. If you can't, look it up and copy it here.

Review

- Disciples experience a heart-level change by being with Christ.
- Having a relationship with Jesus requires that we spend time with Him, and as we spend time with Him, He changes us.



WEEK 2

DAY 4

“FISHER OF MEN”

A disciple makes a serious commitment to follow Jesus. Today’s lesson is not meant to discourage or overwhelm you, but it might. Throughout this lesson, keep reminding yourself of Paul’s words from Philippians 4:13, “I can do everything through him who gives me strength.”

A KCC STORY:

Don is an active member of KCC. We often get calls from Don at the church office telling us about how God is working in his Tuesday night Bible study groups at the church. Without mentioning names or details, Don asks the ministry staff to pray for those who are hurting and making life changes. As a result, God’s work through Don has led to numerous baptisms and discipleship opportunities.

Don sees the world in a different way, and he is joining the battle for the souls of men and women. He is a husband, father, grandfather and works long hours. He is a busy guy; however, he is finding time for the mission of Christ. Following Jesus has changed Don’s life.

What Was Jesus’ Mission?

The mission of Jesus is seen and stated clearly during His encounter with Zacchaeus (read Luke 19:1-10 in the margin). Over dinner, Zacchaeus put his faith in Jesus as the Messiah. Jesus proclaimed publicly that Zacchaeus was saved; that day the kingdom of God had come to his home.

1. In the middle of this dinner, Jesus stated His mission clearly (see Luke 19:1-10). What did he say that He had come to do?

1 Jesus entered Jericho and was passing through. 2 A man was there by the name of Zacchaeus; he was a chief tax collector and was wealthy. 3 He wanted to see who Jesus was, but being a short man he could not, because of the crowd. 4 So he ran ahead and climbed a sycamore-fig tree to see him, since Jesus was coming that way. 5 When Jesus reached the spot, he looked up and said to him, "Zacchaeus, come down immediately. I must stay at your house today." 6 So he came down at once and welcomed him gladly. 7 All the people saw this and began to mutter, "He has gone to be the guest of a 'sinner.' " *8 But Zacchaeus stood up and said to the Lord, "Look, Lord! Here and now I give half of my possessions to the poor, and if I have cheated anybody out of anything, I will pay back four times the amount." 9 Jesus said to him, "Today salvation has come to this house, because this man, too, is a son of Abraham. 10 For the Son of Man came to seek and to save what was lost."*

Luke 19:1-10

2. Compare Jesus' words in Matthew 4:19 to His words in Luke 19:10. Circle the phrases in these two verses that are related to the mission of Jesus Christ.

Matthew 4:19—"Follow me, and I will make you fishers of men."

Luke 19-10—"For the Son of Man came to seek and to save what was lost."

"Fisher of men" and "to seek and to save what was lost" both speak to the mission of Christ. Disciples join Jesus in His mission. Jesus broadened the concept of "fishers of men" when He challenged Peter after he had denied Jesus.

3. Read John 21:15-19 in the margin and state how Jesus further defined Peter's role.

Here Jesus let Peter know that taking care of the sheep was also his responsibility. We have already studied Jesus' last command to the disciples, in which He summed up His instructions to them (see Matthew 28:18-20).

4. Read Matthew 28:18-20 in the margin. Jesus' final command is His mission. In your own words, write His missions as stated in the passage.

Becoming a fisher of men means we also become shepherds of His sheep. Making disciples means caring for Jesus' flock.

15 When they had finished eating, Jesus said to Simon Peter, "Simon son of John, do you truly love me more than these?" "Yes, Lord," he said, "you know that I love you." Jesus said, "Feed my lambs."**16** Again Jesus said, "Simon son of John, do you truly love me?" He answered, "Yes, Lord, you know that I love you." Jesus said, "Take care of my sheep."**17** The third time he said to him, "Simon son of John, do you love me?" Peter was hurt because Jesus asked him the third time, "Do you love me?" He said, "Lord, you know all things; you know that I love you." Jesus said, "Feed my sheep. **18** I tell you the truth, when you were younger you dressed yourself and went where you wanted; but when you are old you will stretch out your hands, and someone else will dress you and lead you where you do not want to go." **19** Jesus said this to indicate the kind of death by which Peter would glorify God. Then he said to him, "Follow me!"

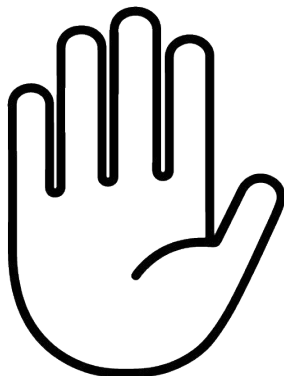
John 21:15-19

18 Then Jesus came to them and said, "All authority in heaven and on earth has been given to me. **19** Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, **20** and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age."

Matthew 28:18-20

A Disciple's Hands

When we know Christ, we start to look at people differently. As we spend time with Jesus as our head (our "boss"), we begin to have a change of heart that leads to a change in how we use our hands. We want to serve God wherever He has placed us. This means our abilities, gifts, and learned skills are all empowered and on call for the Lord's mission of making disciples of all nations.



Discipleship involves a HANDS-LEVEL change:

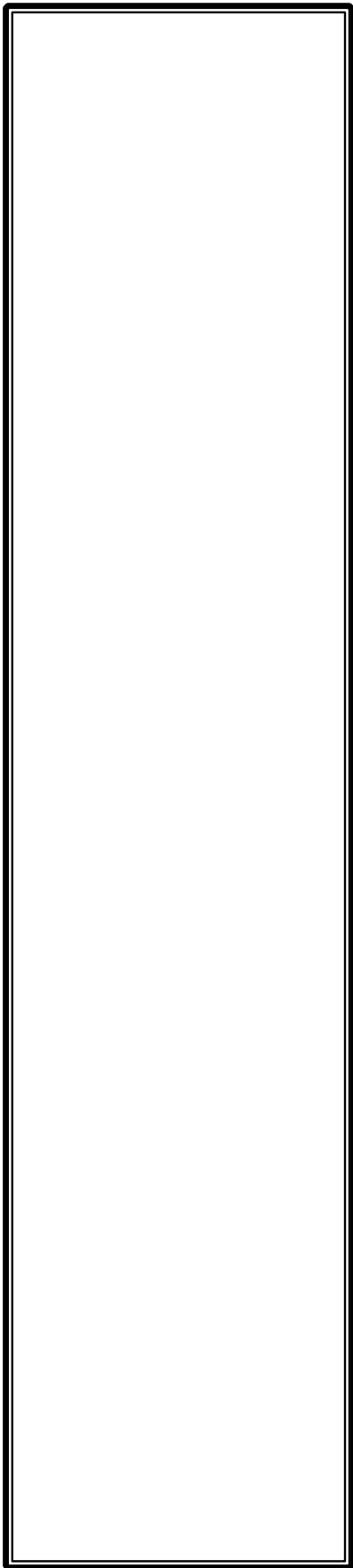
A disciple is committed to the mission of Christ.

A Big Task

You may wonder, *But there are so many people with so many needs, and I am limited: where do I start?* The beauty of God's plan is that we do not do the work of discipleship alone. Remember?

Here's a scenario: Erica is a coach over two other small-group leaders. How did she get to that place? Beth, another small-group leader shared the gospel with her a few years ago. For two years, Erica came to a small group. She asked questions about the Bible and Christian living week after week, leading her to make a decision to follow Christ. In her new journey with God, as she read the Bible, learned to pray, listened to God's Word being preached, she continued to grow. Then Erica was asked to lead a ladies small group. She was excited to be asked but didn't think she could do it, yet Beth and others came alongside her and showed her how. Every week Erica had new questions about leading, and every week she found answers through a phone call, a training time, or a conversation with another leader. Erica was part of a team. Now she has come alongside two small-group leaders and is helping them to become disciple-makers of other women as part of a team.

Erica is following Jesus (head), being changed by Jesus (heart), and is actively involved (hands) with Jesus' mission. She is doing the work Jesus commanded: She is making disciples.



This relational discipleship process goes both ways, as there are several people helping Erica, and several whom Erica is helping as well. Jesus never intended, nor does He want, any of us to go it alone. His design is making disciples together. Church is a team. His mission is best accomplished when we do it together. We are better together.

This is why we have a recommended starting journey called the “**3 hours principle**” to begin a deliberate journey **TOGETHER** with KCC. It is a starting point in your walk with Christ and others. See the target on this page.

5. Below are some “hands-on” applications of the mission of Jesus. Place a check in the circles by the ones that you do, and an “X” in the circles by the ones you want to work on doing.

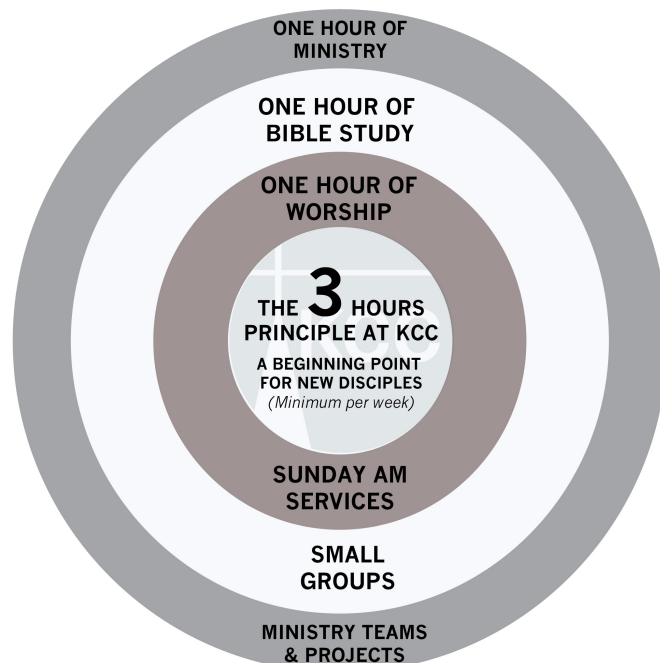
<input type="checkbox"/> Attend community activities to meet non-Christians	<input type="checkbox"/> Participate in Little League and meet non-Christians	<input type="checkbox"/> Serve at a local soup kitchen or rescue mission
<input type="checkbox"/> Invite unchurched neighbors over to my house for a meal or game night	<input type="checkbox"/> Invite non-Christian acquaintances to events at my church.	<input type="checkbox"/> Help with a church-sponsored event or service project
<input type="checkbox"/> Serve at a nursing home or retirement center	<input type="checkbox"/> Serve at an after-school program or on community committees and meet non-Christians	<input type="checkbox"/> Offer Christian books or resources to people I know
<input type="checkbox"/> Commit to a rotation in ministry for Sunday mornings at church	<input type="checkbox"/> Lead a small group in conversations about biblical truths	<input type="checkbox"/> Go on a short-term mission trip

6. List some other ways you could be on mission with Jesus.

Be prepared to discuss your answers in the small-group session.

Review

- Discipleship involves a hands-level change. A disciple is committed to the mission of Christ.
- We are not to do this by ourselves. The church is God’s team to make disciples.



THE INVITATION IS THE DEFINITION!

You are off to a solid start and are about to complete week 2. Your consistency indicates your commitment to completing this process. Congratulate yourself and the others in your group and keep going.

The Definition of a Disciple

All week we have been learning that Jesus' invitation encompasses the definition of a disciple:

"Follow me . . . and I will make you fishers of men."

When someone comes to know who Jesus is and follows Him, it requires a head-level commitment. Following Jesus requires a decision to allow Him to be the authority (leader or head), which begins to change a disciple's way of thinking and seeing the world. Soon what a disciple knows begins to affect his or her attitudes and priorities. It begins to reflect the supernatural change of the Holy Spirit at work; this is a heart-level change. Last but not least, a commitment to the mission of Christ grows in a disciple, and the disciple aligns his or her efforts and resources with the mission of Jesus. When Christ's mission affects how a disciple lives, change is happening at the hands-level.

1. Please fill in the blanks with the words from this box:

mission	committed
following	changed

- A disciple is one who is _____ Jesus.
(head-level change)
- A disciple is one who is being _____ by Jesus.
(heart-level change)
- A disciple is one who is _____ to the _____
of Jesus. (hands-level change)

Matthew 4:19 gives us a clear definition of a disciple that can be useful in several ways. A clear definition of a disciple can act as a measuring stick for our own maturity. It can also give new Christians a clear destination. Are they followers of Jesus? Have they entered into a relationship with Him to be changed by Him? Are they increasingly dedicating their time and energy to His mission?

A clear definition of a disciple also helps us be on the same page with the church team so that we can walk with them intentionally as they grow and mature.

Because we are at the end of this week, take a moment to look deeper at your life as a disciple in light of the definition. As you answer the following questions, keep your weekly schedule (time) and your monthly budget (money) in mind.

2. Reflect on your life as a disciple. For each exercise, place an “X” above the description that best describes you right now. (Remember, we are just starting this journey and will help one another as we grow.)

1. “Follow me” – Am I someone who follows Jesus?

O-----O

No one tells me what to do.	I follow, but am easily distracted like a puppy chasing a ball.	I have good days and bad days, but I try to follow.	I am sold out committed to following every moment of every day.
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2. “And I will make you” – Is Jesus changing me?

O-----O

I am no different than I always was.	I take three steps forward and two steps backward.	I can definitely list areas of my life that Jesus has changed.	It is becoming a habit for me to lay down my agenda and let Him change it to His.
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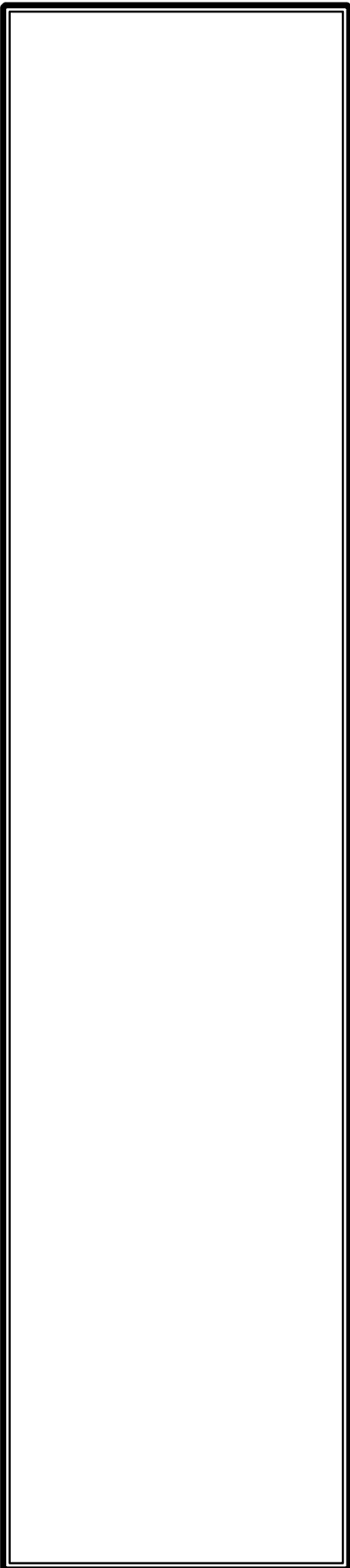
3. “Fishers of men” – At what level is my commitment to the mission of Jesus?

O-----O

I don’t give up time or resources to the mission of Jesus.	I know I should but I haven’t wanted to step up.	I try, but I have been confused at times as to what part I play.	I am sold out and using my time and resources regularly to make disciples.
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Share your answers this week in your small group. Allow the group to affirm your strengths and give suggestions about how you might view yourself more accurately as a disciple of Jesus.

3. Review the definition of a disciple. What aspect of this definition do you need to grow in most? Write one action that you could take by tomorrow evening that would move you ahead in this area.



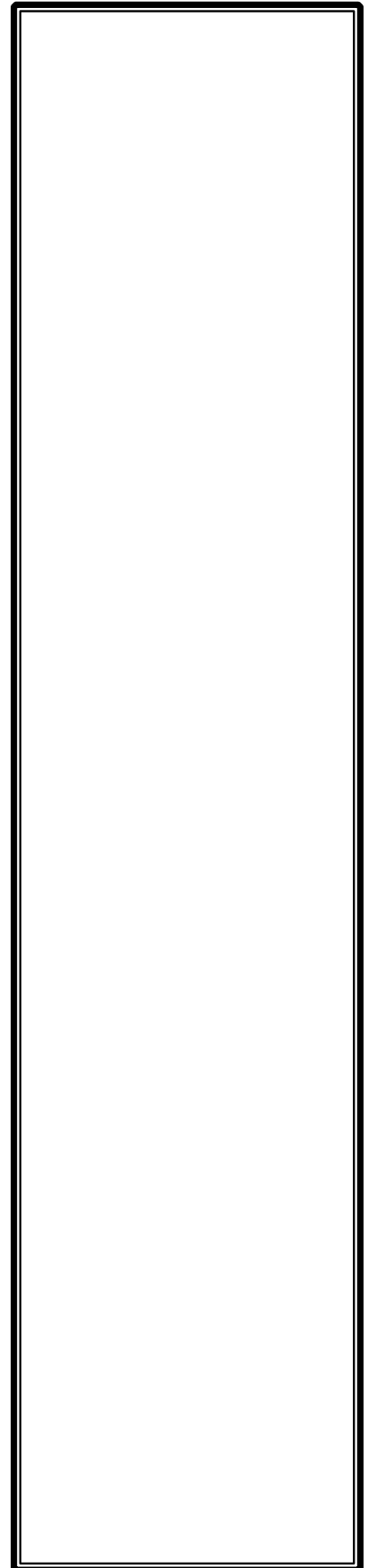
A Relationship

Before we leave our discussion of the definition of a disciple, we need to note that Jesus called His disciples to join with Him. He was not inviting them to *ONLY* attend a class or listen to weekly lectures. He did not sit on a throne and demand tribute from them. Jesus invited His disciples to be in relationship with Him. They traveled together. They ate together. At times, He spoke to them as a teacher, and other times He talked with them as a brother, but He was not just another buddy or acquaintance. Jesus is the Son of God. He is almighty God in the flesh of humanity. In John 15:14, Jesus says an amazing thing: “You are my friends if you do what I command.” Be careful not to brush over His words. The God of the universe, our Creator and Lord, calls His disciples *friends*. God is our ruler, sovereign, a designer, and the builder of all heaven and earth—and He is our friend. He desires a relationship with you.

1. Take time to pray about what God is telling you. Write out some specifics that you want prayer for to help you follow Jesus.

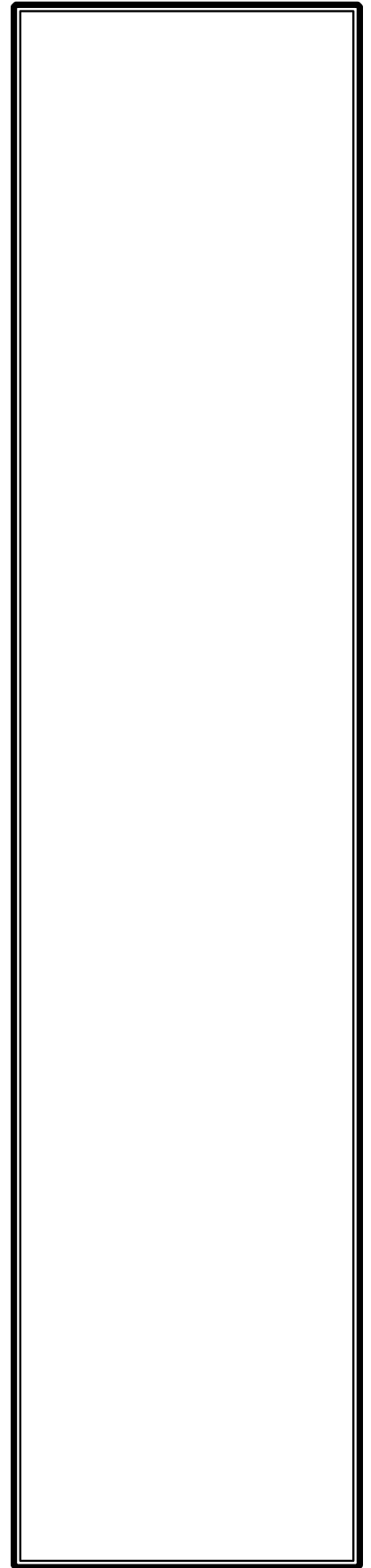
2. Write Matthew 4:19 from memory.

3. Write the three parts of the definition of a disciple from Matthew 4:19.



Review

- The definition of disciple from Matthew 4:19 includes change at the head-level, the heart-level, and the hands-level.
- The definition helps us evaluate our own growth, and it helps us show others a clear path to growing as a disciple.



WEEK 3

DAY 1

How disciples grow

This week we shift gears. When everyone in the church understands Christ's command (see week 1) and has a clear definition of a disciple (see week 2), they can work together as God's team to go and make disciples. When we understand how a disciple grows, we begin to see how we can be intentional to make disciples.

By the end of this week, you will be able to name the stages of growth for a disciple, understand the basic characteristics and needs of each stage, and recognize some key phrases that people say in each stage. This week will also help you assess your own spiritual maturity. As you begin each day, ask God for insight and understanding.

THE SPIRITUALLY DEAD

What if you had never heard the gospel? Where do you think you would be if you were ignorant of God's desire to have a relationship with you? The Bible teaches that we were all spiritually dead and separated from God until we received grace through believing in Christ.

1. Read Ephesians 2:1-5 in the margin. Underline the phrase that says we were dead. Put a checkmark for the situations you have personally experienced that were evidences of spiritual death.

- Living in "your transgressions and sins"
- Following "the ways of this world"
- Following "the spirit who is now at work in those who are disobedient"
- "Gratifying the cravings of [your] sinful nature"
- "Following [the] desires and thoughts" of your sinful nature

Be prepared to discuss your answers in the small-group session.

Characteristics of the Spiritually Dead

People will reveal their spiritual condition (see Matthew 7:17, 12:34). Two words that best characterize those who are spiritually dead are *unbelief* and *rebellion*. They might shake their fist at God or be angry at some hurt or injustice that they blame on Him. Perhaps they refuse to let anyone (including God) tell them what to do. Some may say that they are not against God, but their lifestyle reveals a heart of rebellion. Ignoring Him always results in spiritual death.

We should not be surprised when spiritually dead people act in unbelief, rebellion, and rejection of God's will. They are acting according to their human nature and cannot change until they have been made alive in Christ.

1 As for you, you were dead in your transgressions and sins, 2 in which you used to live when you followed the ways of this world and of the ruler of the kingdom of the air, the spirit who is now at work in those who are disobedient. 3 All of us also lived among them at one time, gratifying the cravings of our sinful nature and following its desires and thoughts. Like the rest, we were by nature objects of wrath. 4 But because of his great love for us, God, who is rich in mercy, 5 made us alive with Christ even when we were dead in transgressions--it is by grace you have been saved.

Ephesians 2:1-5

Spiritually dead people are deceived (see John 8:44), and though they might threaten and ridicule the Christian faith, they are blind to the truth. They may not even realize it, but they are in desperate need of a Savior. The only Savior that can help them is Jesus Christ. Becoming His disciple is their only hope. He is the only hope of heaven.

2. What does Paul’s request in Ephesians 6:19-20 (in the margin) say to you about any fear or hesitation you have in interacting with people who are spiritually dead?

“The Phrase from the Stage”

Our words and actions reveal where we are in the spiritual growth process. At KCC, we teach disciple-makers to intentionally listen for what we call “the phrase from the stage.” These phrases help us assess spiritual growth—both ours and those we are discipling.

3. Here are some typical phrases the spiritually dead say. Check the ones you have heard.

- “I don’t believe there is a God.”
- “The Bible is just a bunch of myths.”
- “God is just a crutch.”
- “I am not a Christian because religion is responsible for most of the wars in history.”
- “There are many ways to get to God.”
- “There is no hell because God is a God of love.”
- “I have been a good person, so I will be okay.”
- “There is no absolute right and wrong.”
- “I’ll take my chances with the man upstairs.”

4. Select one phrase that you checked, and write how you might begin a spiritual conversation with someone who says that phrase.

19 Pray also for me, that whenever I open my mouth, words may be given me so that I will fearlessly make known the mystery of the gospel, 20 for which I am an ambassador in chains. Pray that I may declare it fearlessly, as I should.

Ephesians 6:19-20

The Spiritually Dead's Needs

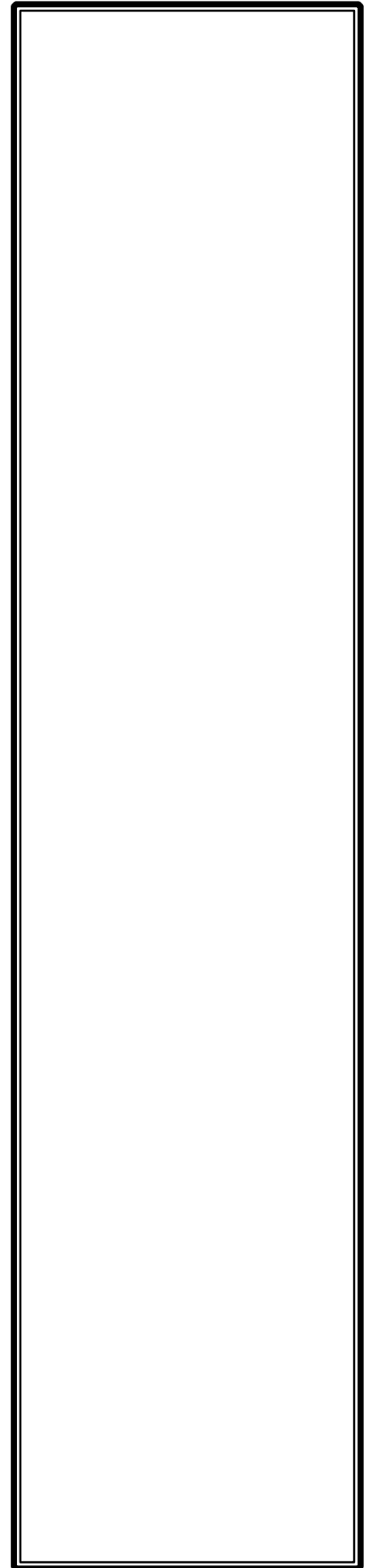
The spiritually dead need:

- An explanation of the gospel
- To see the gospel lived out
- Answers to their questions about the Bible, God, Christianity, and so on
- An invitation to receive Christ

5. In week 1, you wrote the names of family, friends, and acquaintances that are spiritually dead. Pray that God will help you meet the above spiritual needs in each person you identified.

Review

- Everyone starts out spiritually dead.
- The spiritually dead are characterized by unbelief and rebellion.
- Listening to people helps us identify what stage they are in. This is referred to as "the phrase from the stage."



THE SPIRITUAL INFANT

One of Jesus’ most profound sayings is “No one can see the kingdom of God unless he is born again” (John 3:3). Becoming a Christian is a new beginning. When a person accepts Jesus as Savior and Lord, he or she passes from spiritual death to life and is born again as a spiritual infant. The process of becoming more like Jesus has just begun.

Some spiritual infants have been Christians for a long time but are stuck in this stage. They never grew up spiritually after they were saved. Attending church and carrying a Bible is all they know of the Christian life. Disciple-makers cooperate with God to help these infants grow.

Characteristics of Spiritual Infants

The words that best characterize this stage of a disciple’s life are *ignorance*, *confusion*, and *dependence*.

1. Why do you think each of the following is true of spiritual infants?

Ignorance

Confusion

Dependence

Consider these answers: **Ignorance:** because spiritual infants don’t know much about biblical truths. They may mix a little of several religions and cultural beliefs with Christianity because they don’t know any better. **Confusion:** because they don’t know how to replace old, familiar habits with the habits and attitudes of a disciple. **Dependence:** because they cannot accomplish growth alone any more than a baby can feed and care for itself the day it comes home from the hospital.

Regardless of our physical age, when we first become believers, we are spiritual babies. We may have degrees from colleges and universities, but each one of us enters the Christian life as an infant. We may be Fortune 500 executives, but that does not allow us to skip the period where we are learning about Christ and the Bible for the first time.

“The Phrase from the Stage”

When people are spiritual infants, their words and their actions reveal it.

2. Here are some typical phrases a spiritual infant might say. Check the ones you have heard.

___ “Why do I need to go to church regularly?”

___ “I’ve been hurt by a lot of people, so it’s just me and God. I don’t need others.”

___ “I don’t need anyone else, just me and Jesus.”

___ “If I pray and read the Bible, will I be good enough?”

___ “I provide for my family. I don’t have time for the church.”

___ “What should I do about my old friends who don’t believe?”

___ “I didn’t know the Bible said that.”

___ “I know that Jesus is Lord and Savior, but is karma real?”

___ “Does God let dead people, such as my grandma, visit us to give us messages from Him?”

A Spiritual Infant’s Needs

Both physical babies and spiritual infants need someone to care for and feed them in order for them to grow and thrive.

3. Read 1 Peter 2:2-3 in the margin and underline what newborn spiritual babies need in order to grow.

You should have underlined *the pure milk of the word*. Paul gave us a model in 1 Thessalonians 2:6-8 for meeting the spiritual needs of infants. Some of their critical needs are:

- The personal attention of a disciple-maker/spiritual parent
- Care and protection during this vulnerable stage of discipleship
- Teaching and modeling the new truths of the Christian faith
- Developing new habits that become the rhythms they will live by as disciples

2 Like newborn babies, crave pure spiritual milk, so that by it you may grow up in your salvation, 3 now that you have tasted that the Lord is good.

1 Peter 2:2-3

6 We were not looking for praise from men, not from you or anyone else. As apostles of Christ we could have been a burden to you, **7** but we were gentle among you, like a mother caring for her little children. **8** We loved you so much that we were delighted to share with you not only the gospel of God but our lives as well, because you had become so dear to us.

1 Thessalonians 2:6-8

4. With Paul's attitude from 1 Thessalonians 2:6-8 in mind, what are some things a disciple-maker can do to help meet these needs?

5. Read the following list of new habits that spiritual infants need to learn and circle any that you may need to develop in yourself.

Weekly church attendance	Tithing (10% in keeping w/income)	Discerning media intake
Regular Bible reading	Putting off sin	Avoiding Temptation
Having a prayer life	Forgiving others	Redirecting thought life
Sharing their faith	Serving others	Weekly discipleship meeting

It is important that spiritual infants see mature believers (disciple-makers) living the discipleship lifestyle so that they can imitate these behaviors.

This does not mean that disciple-makers are perfect. Spiritual infants also need to watch how mature Christians deal with failure and mistakes. God uses a variety of people to teach and help spiritual infants grow. However, a spiritual infant typically requires an intentional investment from a disciple—maker/spiritual parent.

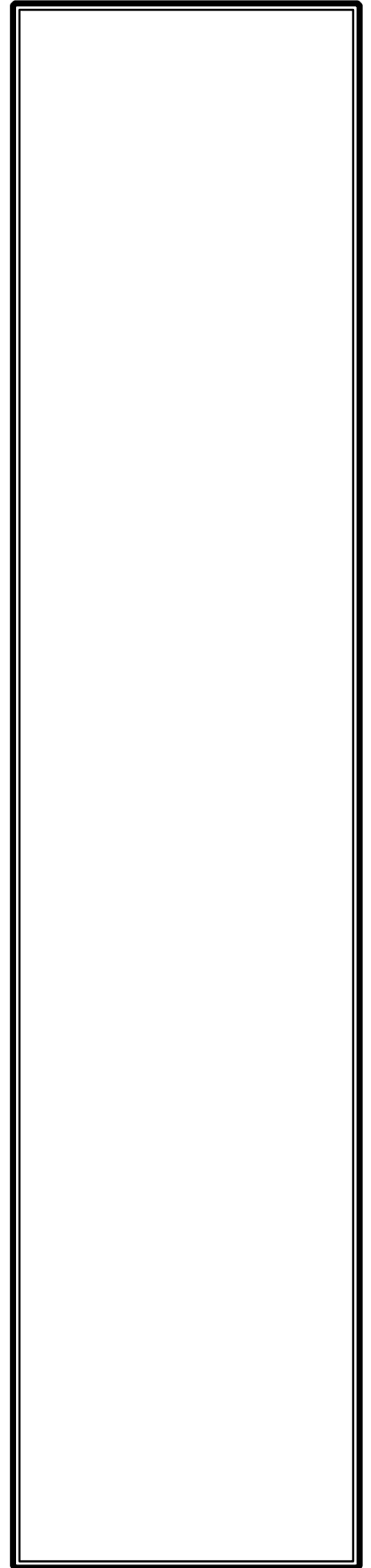
6. Write the names of any spiritual infants you know and ask God what they need to grow. Commit to more intentionally leading the spiritual babies that God brings to you to disciple.

6 We were not looking for praise from men, not from you or anyone else. As apostles of Christ we could have been a burden to you, 7 but we were gentle among you, like a mother caring for her little children. 8 We loved you so much that we were delighted to share with you not only the gospel of God but our lives as well, because you had become so dear to us.

1 Thessalonians 2:6-8

Review

- The second stage of spiritual growth is infancy.
- Spiritual infants are characterized by ignorance, confusion, and dependency.
- Physical age, education, and life experiences do not exempt anyone from entering the Christian life as an infant.
- Spiritual infants need individual attention to thrive.



THE SPIRITUAL CHILD

While it is helpful to know what a mature disciple looks and acts like, don't fall into the trap of comparing levels of spiritual maturity. Speaking in such terms is a sure sign of spiritual immaturity!

Another caution: Don't mistake the Bible knowledge, years of church attendance, physical age, education, and so forth for spiritual maturity. A person's *physical* maturity is easy to identify. Not so with a person's *spiritual* maturity. Some spiritually **immature** people have been in church for sixty years or more. And some spiritually **mature** disciples have been Christians for only a few years.

The apostle Paul almost always used the language of family when he wrote about discipleship. He was a spiritual parent to many, and when he wrote to them in his letters, he addressed them as his children in the faith.

1. Read the passages from the New Testament in the margin. Copy words from these Scriptures that describe the growth stage or relationship between a disciple-maker and the growing disciple.

Passage	Defining or describing spiritual childhood
1 Thessalonians 2:10-12	
1 Timothy 1:1-2	
Philemon 1:8-11	

The above verses make it clear that Paul, as a disciple-maker, intentionally invested in people who had been born again into the life of a disciple. He uses the term *father, children, and son*. He describes their relationship with words like *encouraging, comforting, urging, and true son in the faith*.

WEEK 3

DAY 3

10 You are witnesses, and so is God, of how holy, righteous and blameless we were among you who believed. **11** For you know that we dealt with each of you as a father deals with his own children, **12** encouraging, comforting and urging you to live lives worthy of God, who calls you into his kingdom and glory. **1 Thessalonians 2:10-12**

1 Paul, an apostle of Christ Jesus by the command of God our Savior and of Christ Jesus our hope, **2** To Timothy my true son in the faith: Grace, mercy and peace from God the Father and Christ Jesus our Lord. **1 Timothy 1:1-2**

8 Therefore, although in Christ I could be bold and order you to do what you ought to do, **9** yet I appeal to you on the basis of love. I then, as Paul--an old man and now also a prisoner of Christ Jesus-- **10** I appeal to you for my son Onesimus, who became my son while I was in chains. **11** Formerly he was useless to you, but now he has become useful both to you and to me. **Philemon 1:8-11**

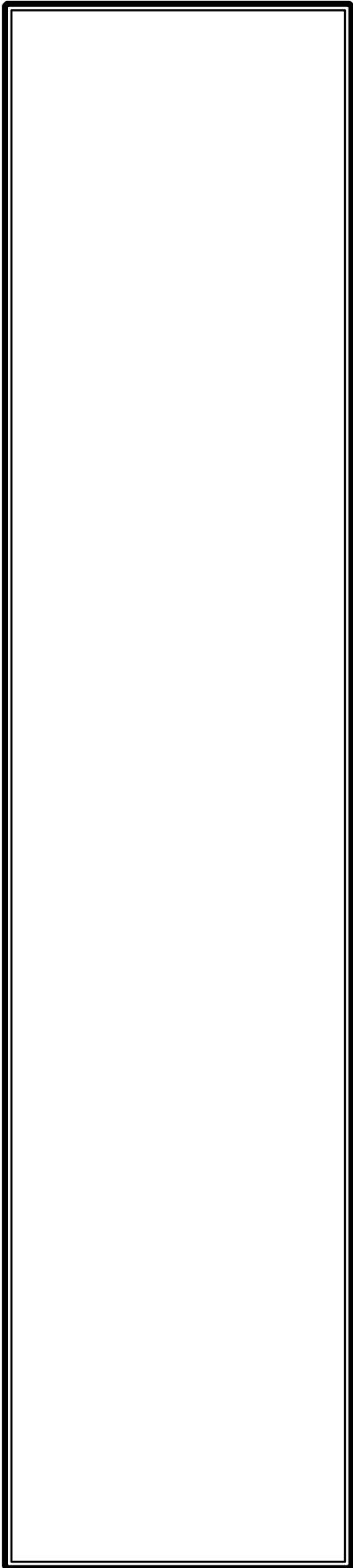
2. How do Paul's words reinforce what you thought discipleship was?

Characteristics of Spiritual Childhood

Spiritual infants typically see Christianity in terms of "just me and God." Spiritual children, on the other hand, have at least made a basic connection to a spiritual family: a church. They may be young in the faith, or they may have been Christians for years, but all spiritual children have the following characteristics, which are indications of their spiritual immaturity.

- Self-Centeredness.** We all struggle with selfishness from time to time, but children are self-centered because they are the center of their world and interpret everything from the perspective of "me." Spiritual children are often more concerned about *their* needs than the needs of others. This is why they need a spiritual family to help them begin the process of getting their eyes off themselves.
- Idealism.** Because they are inexperienced, children tend to be black-and-white in their thinking, as well as naïve. For instance, spiritual children might think disciples can listen only to Christian worship music, wear a suit and tie to church, or read nothing but the Bible. When spiritual children apply their idealism to how other Christians should live, it can be disappointing and legalistic. The only one who meets all ideals perfectly is Jesus Christ.
- Overconfidence or under-confidence.** Spiritual children move back and forth on a confidence continuum. Overconfidence manifests itself as pride. Under-confidence can become self-loathing and defeat. Without intentional guidance from a more mature disciple, spiritual children may swing back and forth on the confidence scale.

3. As you review the characteristics of a spiritual child, do you see any that apply to you? What areas of growth need work in your life?



“The Phrase from the Stage”

Again, we use the term “phrase from the stage” to help disciple-makers learn to listen for clues as to where a disciple may be in his or her development.

- 4. Check the boxes for the phrases you have heard in your small group or church.

“I believe in Jesus and my church is in the woods, just Him and me.”

“Don’t branch my group into two groups. It is comfortable for me right now.”

“Who are all these new people coming to our church? The church is getting too big.”

“I love my small group; don’t add any more people to it.”

“My small group is not taking care of my needs like they should.”

“I don’t have anyone who is spending enough time with me. No one is discipling me.”

“I didn’t like the music today. If they only did it like. . . “

“I am not being fed in my church, so I am going to a church that meets my needs better.”

“The minister looked right at me and didn’t even say hello.”

A Spiritual Child’s Needs

- 5. Based on what you have read so far in today’s lesson, what do you think a spiritual child needs at this stage?

- 6. Compare your ideas with some things that we have found spiritual children need. Check those that are similar to the ones you wrote above.

A relational connection to a church family

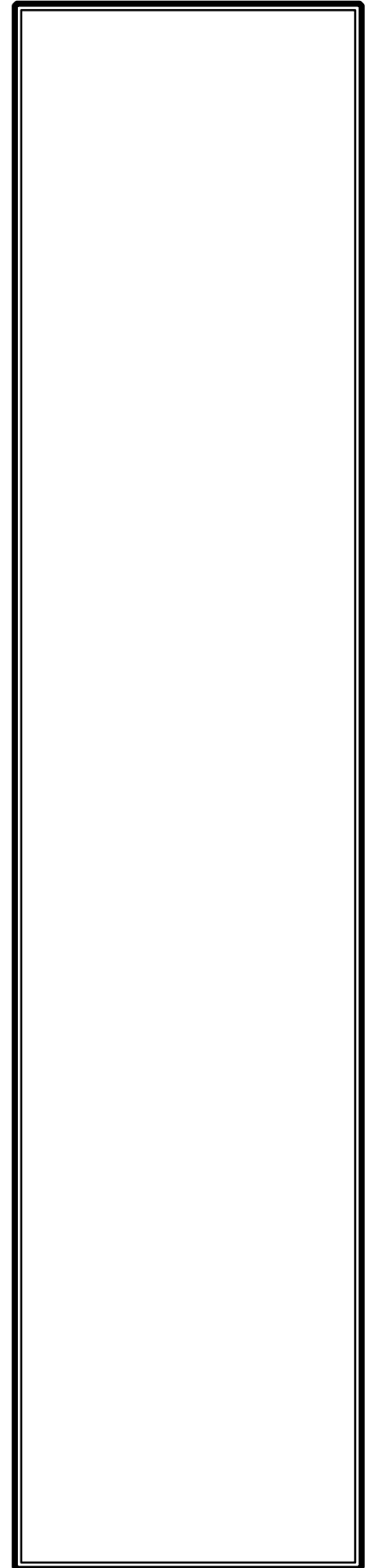
Help for how to start feeding themselves spiritually

Teaching about who they are in Christ

Teaching about how to have a relationship with Christ

Teaching about how to have relationships with other believers

Teaching about appropriate expectations concerning other believers

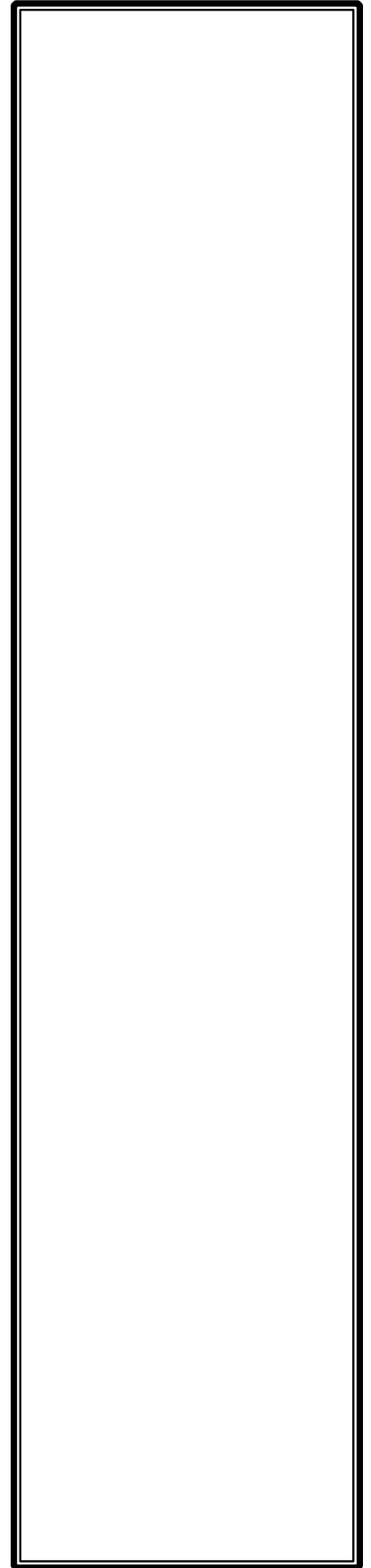


7. What are some ways you could intentionally help the spiritual children around you to grow?

Be prepared to discuss your answers in the small-group session.

Review

- The third stage of spiritual growth is childhood.
- Spiritual children are typically self-centered, idealistic, and prone to struggle with a balance in their confidence.
- Don't fall into the trap of misjudging spiritual maturity by the amount of time they have been Christians.



THE SPIRITUAL YOUNG ADULT

Stages of growth are all around us. Trees begin as seeds. Ferocious lions begin life as cubs. Human growth and development happens in stages as well. Jesus Himself experienced this physical process of human growth as He went from infancy to adulthood (see Luke 2:52).

God designed spiritual growth to occur in stages as well. He doesn't transform us instantly into mature disciples immediately after conversion and baptism. This week you are going to evaluate your own growth as disciples. Don't be discouraged if you find some areas needing work. We are all in process. We all have bad days, and we all have weak areas. God uses us despite our flaws, which is both amazing and humbling.

1. After you read 1 John 2:12-13 in the margin, please draw a line matching the characteristic described in the passage with the correct stage of maturity.

Stage	Characteristic
Children	Have known Jesus for a long time
Young Men	Know that Jesus forgave their sins
Fathers	Have victory over the Devil's temptations

This section of John's letter is not addressing the children's ministry, the youth ministry, and Sunday School Classes, nor is John writing to men only. Instead, he is writing about different stages of spiritual maturity.

Characteristics of a Spiritual Young Adult

The key characteristic for this stage is a God-and-others-centered outlook. This stage covers a wide span of spiritual growth. (Remember we are talking about *spiritual* characteristics, not *physical* ones. Age is not the criteria.) Spiritual young adults begin to see that God shaped them for a purpose, and as their priorities begin to change, they start looking for a place to serve where they can use their abilities and gifts. They make the sacrifice necessary to serve. As they become more secure in Christ, they are able to overlook the faults of others. They are action-oriented, zealous, and in need of a way to get involved in ministry.

WEEK 3

DAY 4

12 I write to you, dear children, because your sins have been forgiven on account of his name. **13** I write to you, fathers, because you have known him who is from the beginning. I write to you, young men, because you have overcome the evil one. I write to you, dear children, because you have known the Father.

1 John 2:12-13

While spiritual infants and children will serve in a church, they will do so as long as the personal benefits outweighs the costs. In contrast, spiritual young adults serve in a church for the glory of God and the good of others.

2. Read the verses in the margin. For each of the following characteristics of the spiritual young adults, write the corresponding Scripture reference:

_____ Serving others with joy
_____ Others-centered with humility
_____ Sacrificing for others

Your answers should be in the following order: Romans 12:10-13; Philippians 2:3-4; 1 John 3:16-18.

“The Phrase from the Stage”

3. Here again, the phrases people use can help us identify spiritual young adulthood. Check the ones you have heard before.

___ “I love my group, but there are others who need a group like this.”

___ “I think I could lead a group with a little help. I have three friends I have been witnessing to, and this group would be too big for them.”

___ “Look how many are at church today—it’s awesome! I had to walk two blocks from the closest parking spot.”

___ “Ricky and Rachel missed group and I called to see if they are ok. Their kids have the flu, so maybe our groups can make meals for them. I’ll start.”

___ “In my devotion, I came across something I have a question about.”

___ “I noticed that we don’t have a seniors’ visitation team. Do you think I could be involved?”

4. How are these phrases different from the ones a spiritual child or infant would use?

Be prepared to discuss your answers in the small-group session.

Read this scenario: Jeff began attending a small group. At first he was nervous, hesitant, and self-conscious, but because the members of the group accepted him without reservation, he soon felt that it was a safe place for him. After several weeks, Jeff opened up and talked about his struggles.

3 Do nothing out of selfish ambition or vain conceit, but in humility consider others better than yourselves. 4 Each of you should look not only to your own interests, but also to the interests of others.

Philippians 2:3-4

10 Be devoted to one another in brotherly love. Honor one another above yourselves. 11 Never be lacking in zeal, but keep your spiritual fervor, serving the Lord. 12 Be joyful in hope, patient in affliction, faithful in prayer. 13 Share with God's people who are in need. Practice hospitality.

Romans 12:10-13

16 This is how we know what love is: Jesus Christ laid down his life for us. And we ought to lay down our lives for our brothers. 17 If anyone has material possessions and sees his brother in need but has no pity on him, how can the love of God be in him? 18 Dear children, let us not love with words or tongue but with actions and in truth

1 John 3:16-18

To his surprise, others began talking about their own struggles, and Jeff discovered that all Christians experience difficulty from time to time. He experienced how disciples encourage one another and support one another.

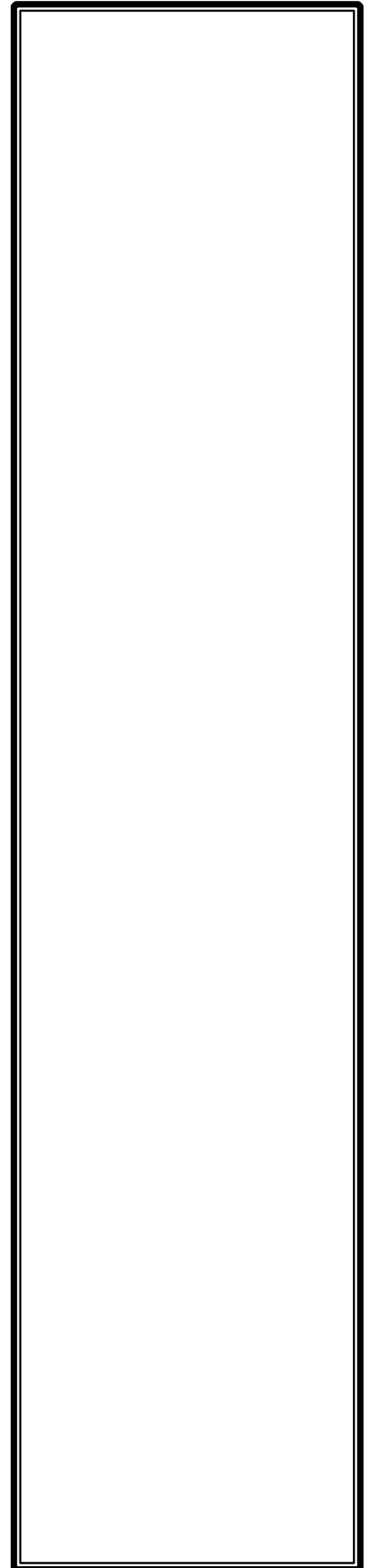
Jeff grew as a disciple, and he began to change. When his small group volunteered to pour a cement pad for a widow in the group, Jeff showed up, worked hard, and stayed around to finish the project after several others had to leave. He had also begun meeting with a few people who were struggling with problems.

- As you think about Jeff’s story, review today’s Bible verses. How does God bring about a change in perspective from self to others in the life of a maturing disciple?

- How can we cooperate with that change?

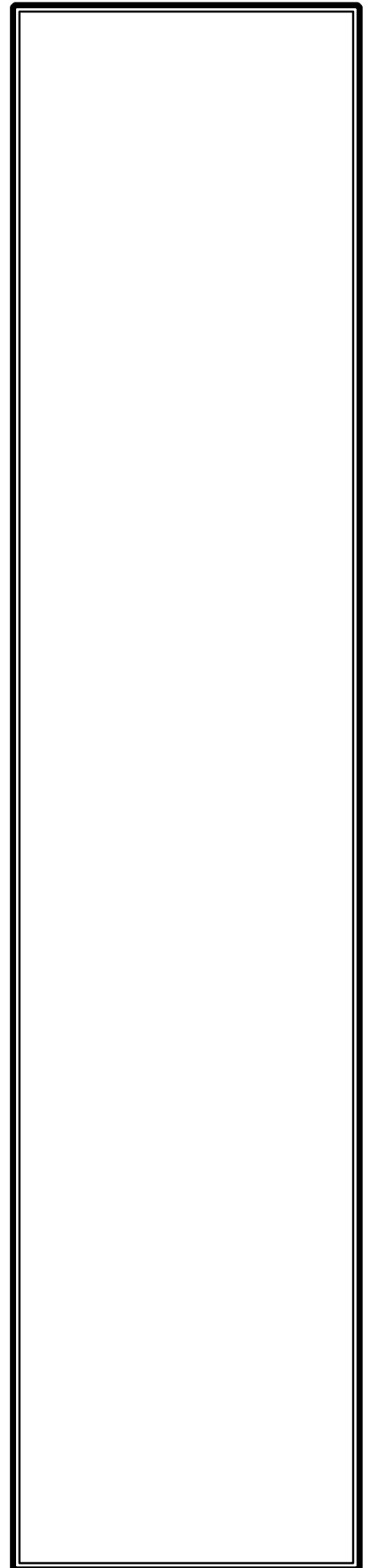
- Below is a list of what a spiritual young adult needs in order to grow spiritually. Write an “X” by those that you clearly know how to provide or help others with and an “O” by those that you are unclear about. Get clarity from your small group this week.

X or O	Young Adults Need...
	A place to learn how to serve <i>at least</i> one hour a week
	A spiritual parent who will debrief with them about ministry experiences
	Ongoing relationships that offer encouragement and accountability
	Help for establishing boundaries
	Guidance regarding appropriate expectations of people they will serve
	Help for identifying their gifts
	Skills training



Review

- The fourth stage of spiritual growth is the young adult stage.
- Spiritual young adults are characterized by a change from being focused on self to being focused on God and others.
- Spiritual young adults begin to see that God shaped them for a purpose and their priorities begin to change.



THE SPIRITUAL PARENT

This is the last stage of a disciple's growth. We purposely use the word *parent* rather than *adult* because a parent is someone who has a child. Spiritual parents reproduce. They intentionally make other disciples who in turn make disciples. While it's true that disciples do not have to wait until they are fully mature before they can make other disciples, intentional disciple-making is characteristic of spiritual parents.

A word of caution: Avoid thinking that any of the stages of discipleship imply levels of greater worth. Parents are not more valuable than infants; all kinds of disciples make up the family of God. They are all precious in His sight. A spiritual parent who mistakenly thinks that he or she has arrived is headed for the pitfall of pride. If anything, growth results in greater responsibility. The stage of spiritual parenthood is where the work really begins.

Characteristics of a Spiritual Parent

A spiritual parent intentionally cooperates with God to reproduce disciples.

1. The following statements are characteristics of disciples. Write "SP" beside the ones that you think apply to spiritual parents:

- ___ A. They are intentional about building relationships so that discipleship can happen.
- ___ B. They have a great need to be affirmed and accepted by others.
- ___ C. They are able to reproduce the process they have learned as a disciple.
- ___ D. They are able to feed themselves spiritually on God's Word.
- ___ E. They require lots of close personal attention and protection.
- ___ F. They are learning to serve, so they need a place to "practice" serving.
- ___ G. They work within a team of disciples, acknowledging that they do not possess all that a disciple needs to be well-rounded.

This list has a mix of characteristics from different stages of growth. Here they are according to growth stage: spiritual infants—E, spiritual children—B, young adults—F, spiritual parents—A, C, D, and G.

Here are some of the key characteristics of a spiritual parent. They:

- Reproduce disciples.** Spiritual parents fulfill the command to make disciples. They intentionally build relationships that open doors to lead others to follow Jesus. As a disciple grows, spiritual parents prepare to release them to make and train other disciples.

- Feed themselves.** Spiritual parents understand the Bible well enough that they can get personal nourishment from it. They are ready for meat, yet they know how to give milk to spiritual infants who are just learning about God’s Word. Usually if they have a question about the Bible, they know where to find the answer or know how to find a source to help them.

2. List three ways disciples can feed themselves from God’s Word.

- _____

- _____

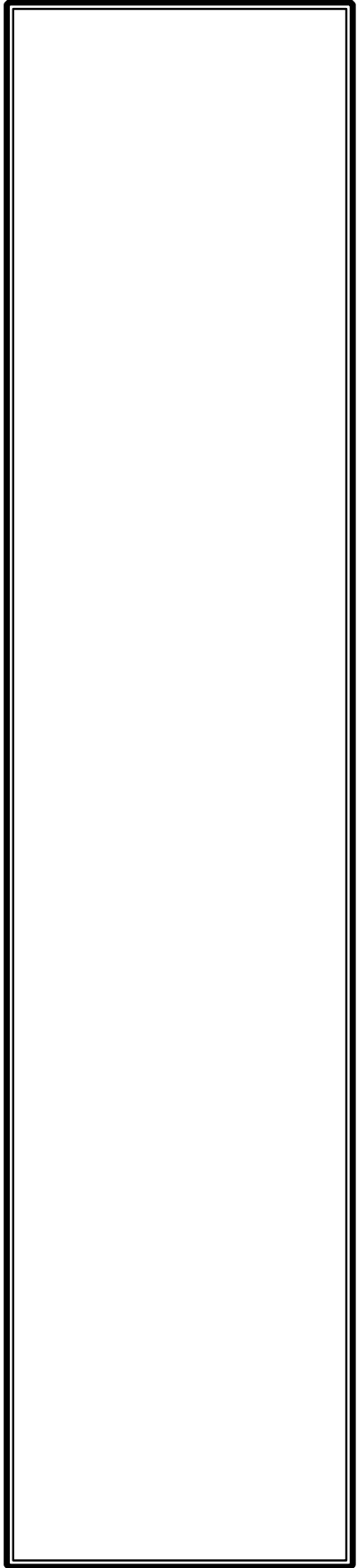
- _____

Spiritual parents feed themselves by doing things to keep God’s Word in their minds, including these habits: regularly reading and memorizing the Bible, learning true stories from Scripture, listening to sermons, studying the Bible, and regularly discussing Scripture with other disciples.

- Value the church team.** Spiritual parents are team players committed to seeing the church accomplish its mission. They are keenly aware of their own personal ministry. They work to help the body of Christ be a powerful force for accomplishing the parts of the tasks that require team effort.

“The Phrase from the Stage”

People talk about what they love, and when spiritual parents talk about what God is doing through them, they are not bragging or name-dropping. Their humility is evident.



3. Do you recognize yourself in any of these phrases? Check any that you have said or thought:

___ "This guy at work asked me to go explain the Bible to him. Pray for me."

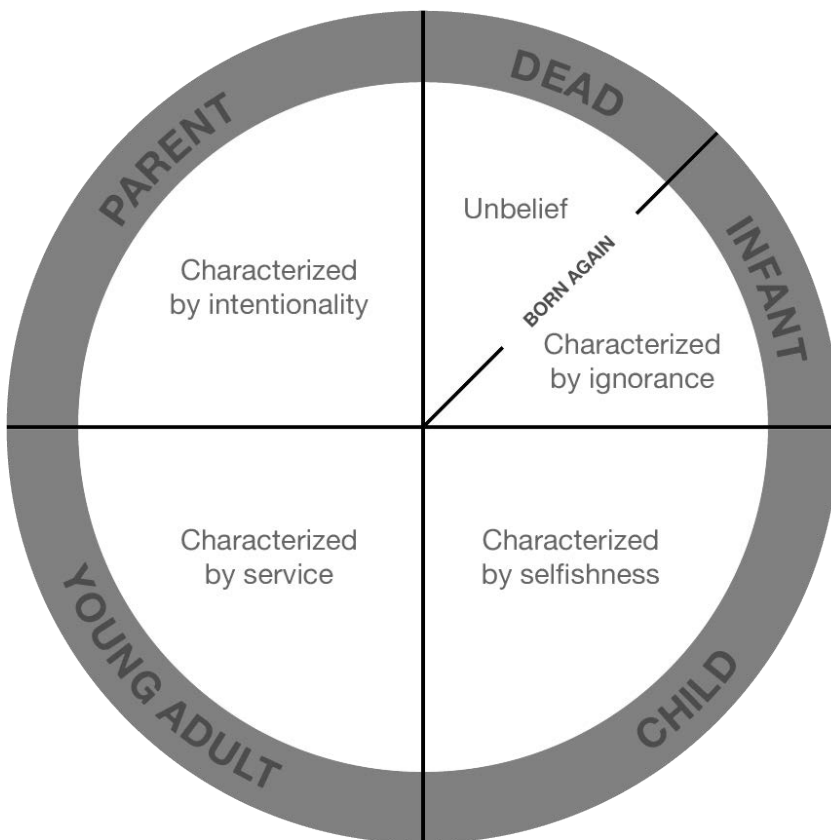
___ "We get to baptize someone from our small group tonight. When is the next KCC Starting Point class? I want to get her plugged into ministry somewhere."

___ "Our small group is going on a mission trip, and I have given each person a different responsibility."

___ "I realized discipleship happens at home, too. Will you hold me accountable to spend time discipling my kids?"

___ "I have a person in my small group who is passionate about children. Can you have the children's ministry people call me?"

4. Based on your study this week, circle the part of the diagram that best indicates your level of spiritual growth.



5. How has your assessment of yourself changed since the beginning of the week?

Be prepared to share your answers in your small group this week.

A Spiritual Parent’s Needs

Here’s a scenario: Stan had become an effective disciple-maker, but he wanted a break in his routine and decided he would take the summer off. We did not see him again until October. He became very sporadic in the Sunday morning gatherings at church. When he returned, he hung his head in shame. His time off had turned into a break from God. He had gotten out of the habit of Bible reading and prayer and had not continued to meet with his accountability partners. Consequently, victories over sin that he had previously experienced had become struggles once again.

6. Based on Stan’s story and the passage in the margin, what would you say a spiritual parent needs?

Lone Rangers often give up or fall into sin because they are isolated. Without the encouragement and accountability of others, our spiritual health is at risk. Even the most mature disciple can get discouraged or fail. A spiritually mature parent knows these truths and works to maintain the following:

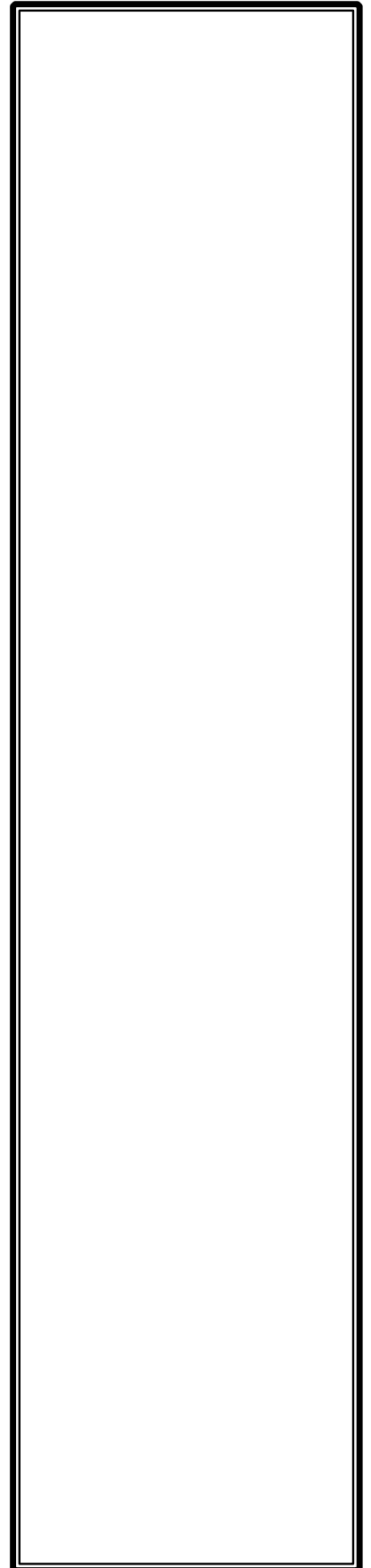
- Ongoing relationships with other disciple-makers
- A church family—discipling people as part of a team
- Peer accountability and encouragement

*12 See to it, brothers, that none of you has a sinful, unbelieving heart that turns away from the living God.
13 But encourage one another daily, as long as it is called Today, so that none of you may be hardened by sin's deceitfulness.*

Hebrews 3:12-13

Review

- The final stage of spiritual growth is parenthood.
- Spiritual parents are characterized by the ability to reproduce disciples.
- They are able to feed themselves from God's Word.
- Spiritual parents need encouragement and accountability.



WEEK 4

DAY 1

Three keys to making disciples

Do you remember the question that began our study? *What does a church look like when it succeeds?* We've spent the past three weeks looking at the biblical basis for how KCC answers that question.

1. From week 1, according to Matthew 28:19-20, a church is successful when it obeys the command to _____
_____.

Mathew 4:19, which gives a clear, uncomplicated picture of what a disciple looks like, can help a church know if it is obeying the command to make disciples.

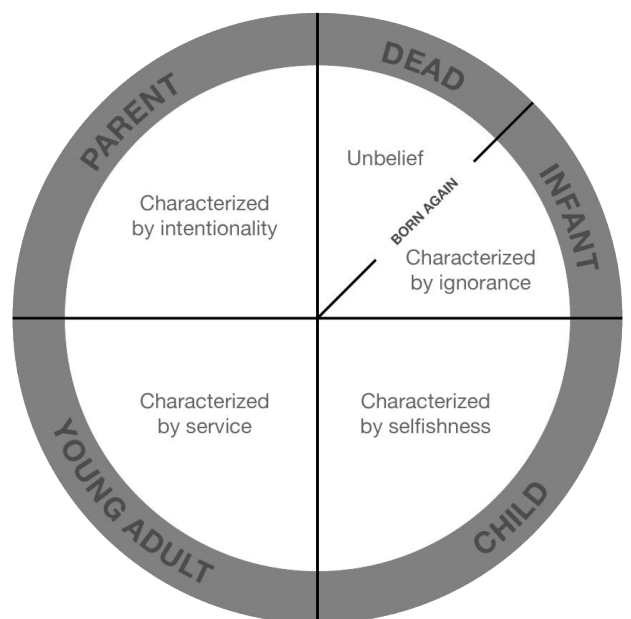
2. Without looking back to week 2, can you draw a line connecting the three phrases of Matthew 4:19 with the corresponding part of the definition?

"FOLLOW ME"	A disciple is committed to the mission of Christ (hands)
"I WILL MAKE YOU"	A disciple knows and follows Christ (head)
"FISHERS OF MEN"	A disciple is being changed by Christ (heart)

In week 3, we looked at the stages of growth that every believer moves through on his or her way to becoming a disciple who can disciple others.

A church is successful when everyone in the church is in the game, maturing into a disciple who can reproduce other disciples.

This week we move from the *why* of disciple-making to the *how*. We are going to coach you through the system we have put in place at KCC to help our people make disciples. By the end of the week, you will be able to summarize the process.

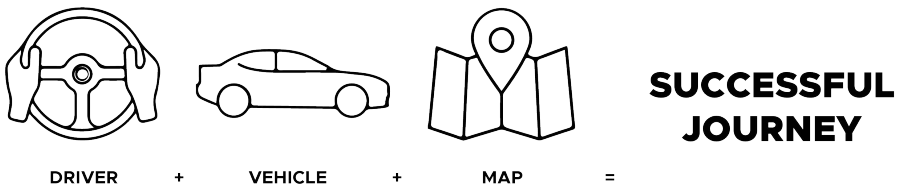


A SUCCESSFUL JOURNEY

Here's an illustration: When Bill was eighteen years old, he and some buddies headed from Virginia Beach to Gatlinburg, TN. This was before GPS systems and smart phones were invented, so Bill and his friends came up with what seemed a foolproof navigating strategy: Signs along the road would lead them to their destination.

They knew they were off course when they noticed they were driving along a set of railroad tracks in the middle of nowhere instead of on the freeway. The nine-hour trip to Gatlinburg turned into twelve. When they finally rolled into the town, things got worse. There were lots of signs, but they did not recognize a single name flying past them as they drove in the dark in the pouring rain. Then things got worse again. The car broke down. Stranded alongside the road, they called a friend to rescue them. When they finally arrived at their destination, it was very late and they were tired and confused. The journey was no fun. Bill and his buddies learned an invaluable road trip lesson: A successful journey requires planning and preparation.

This story illustrates the three key elements that must be present for a successful journey:



A Driver: The Intentional Leader

A road trip cannot begin if someone doesn't turn the key, start the car, and drive. A driver with a destination in mind is essential.

In the discipleship process, we call this driver an **intentional leader**. He or she has to drive the discipleship process toward the goal of making disciples. This driver needs some skills, and it helps if he or she has made the trip before or at least has a dependable map.

A Vehicle: The Relational Environment

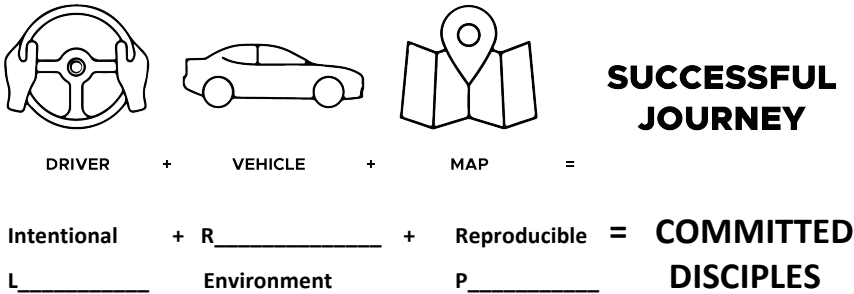
A driver, of course, must have something to drive. In discipleship, the vehicle the intentional leader drives is the **relational environment**. Relationships are what God uses to communicate His truth and help people grow. Without relationships, the journey of discipleship is boring and ineffective. It may be informative, but it won't be life-changing. Motivation can die because no one is there to celebrate a breakthrough or support us when we struggle. Relationships create the environment where discipleship happens best.

A Map: The Reproducible Process

The third component for a successful journey is a map. If Bill and his friends had a map, they would have saved time and energy and been able to track their progress along the way. With a map, Bill could have seen when he was halfway there, and he could have shown the others the best route to take. Using a map virtually eliminates the risk of getting lost.

We call the road map that we use in discipleship the **reproducible process**. This road map allows us to measure a disciple’s progress and teach that disciple the route so that he or she can intentionally lead others on the same journey.

1. Write the correct label below each part of a successful journey in the diagram.



A Biblical Foundation

The entire discipleship journey has a biblical foundation. In other words, these three elements of the discipleship journey are modeled in Scripture, especially in the life of Jesus and in the early church.

Look at what happened to the disciples after Jesus went back to heaven and sent them the Holy Spirit. We can see the three key elements of the discipleship journey at work in the early church.

2. Read Acts 2:42-46 in the margin. Draw a box around the words showing the intentional leaders. Circle the words indicating a relational environment. Underline the words showing a process that would reproduce disciples.

The apostles were the intentional leaders. The relational environment is inferred because the members of the early church met regularly in homes and the temple courts. The word *fellowship* highlights the importance of these relationships. And the reproducible process for growth? It is not as clear in this passage, but they were having daily meetings and were devoted to the apostles’ teaching, breaking bread, and prayer.

42 They devoted themselves to the apostles' teaching and to the fellowship, to the breaking of bread and to prayer. 43 Everyone was filled with awe, and many wonders and miraculous signs were done by the apostles. 44 All the believers were together and had everything in common. 45 Selling their possessions and goods, they gave to anyone as he had need. 46 Every day they continued to meet together in the temple courts. They broke bread in their homes and ate together with glad and sincere hearts.

ACTS 2:42-46

These meetings produced growing disciples, as we see later on in the book of Acts. We know that the apostles were intentionally training up others. We will take a closer look at the reproducible process later this week.

3. How have you experienced each part of this journey to date? Write notes that remind you of the experiences you have already had in your discipleship journey.

Intentional Leadership

Relational Environment

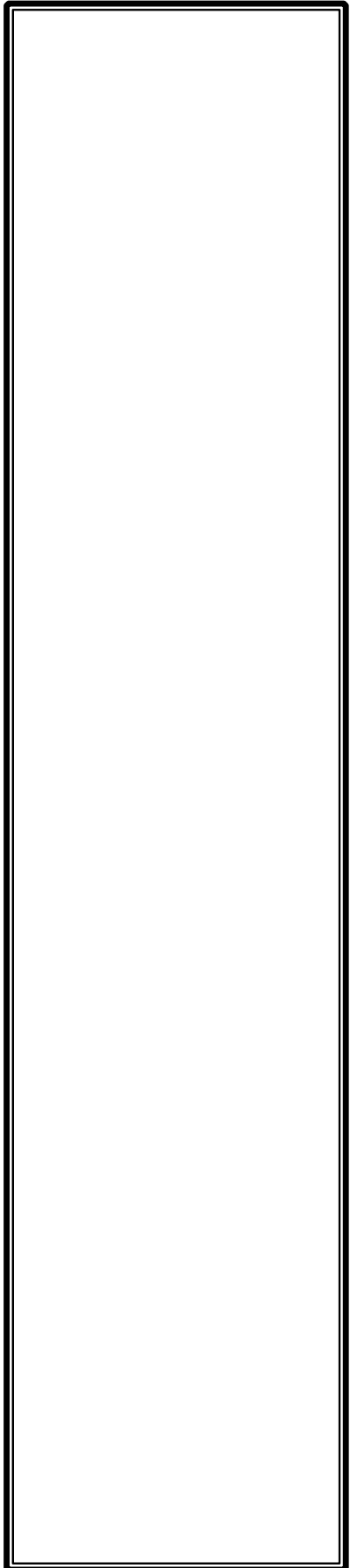
Reproducible Process

Be prepared to share your answers with your small group.

Review

The discipleship journey requires three key components:

- An intentional leader
- A relational environment
- A reproducible process



KEY #1: AN INTENTIONAL LEADER

Let's have some fun. Let's say some folks have come to a meeting to find out about leading a discipleship group. You are asked to divide them into two groups: those who have potential to be intentional leaders and those who do not.

1. Put a check beside any of the following characteristics or circumstances that would not indicate that a person is potentially an intentional leader.

- Knows the end result that he or she wants and works towards it
- Hands the leader's guide to someone the day of the group because he or she will be gone
- Asks for and gives clear instructions when assuming or delegating a task
- Has a heartfelt desire to give people an opportunity to know Jesus
- Quickly scans the week's lesson for the first time only minutes before the group meets
- Looks forward to the day when a disciple will join him or her in the mission of Christ
- Agrees to lead because no one else will volunteer
- Refuses to leave to chance another person's growth as a disciple
- Has an advanced Bible or theology degree

You will compare your list to others during the small-group time.

Leading On Purpose

Here's a scenario: Early in his ministry, a man named Avery attended a Sunday night Bible study. After attending for several weeks and questioning the leaders about their methods of discipling people, he convinced the leader, Skip Gray, that he was serious about discipleship, so Skip agreed to disciple him.

Every week Skip drove for an hour to spend some time with Avery. He always brought someone with him to disciple on the way, but once there, he met with Avery one on one. Skip had a definite goal in mind for each meeting. He gave Avery assignments and always took time to answer his questions, pray, and hold him accountable to develop the disciplines of a disciple. Skip traveled two hours for an hour of interaction. Though Avery learned only the basics of discipleship before Skip was transferred to another city, he made a lasting impression in Avery's life. Avery said, "Following Skip's example, I have committed my life to making disciples who make disciples."

2. What did Skip do that shows us who an intentional leader is and what he or she does?

Here are some possible answers:

- Make sure that Avery wanted to be a disciple
- Developed a personal relationship with Avery
- Had definite goals
- Gave Avery assignments that helped him move forward in his spiritual growth
- Assessed Avery's specific needs as he answered questions
- Held him accountable

Jesus as an Intentional Leader

Jesus spent purposeful time with His disciples and was involved in their daily lives.

3. Read the Scriptures listed in the margin. The following is a list of Jesus' intentional actions. For each actions, write the Scripture reference of the verse that describes it.

_____ Jesus sent out a team that had to trust Him by following specific instructions.

_____ Jesus presented a challenge in order to see how His disciples would respond.

_____ Jesus allowed a disciple to fail to teach a lesson about faith.

_____ Jesus organized teams to prepare for the next phase of His ministry.

Your answers should be in the following order: Luke 22:7-13; John 6:5-6; Matthew 14:28-31; Luke 10:1.

1 After this the Lord appointed seventy-two others and sent them two by two ahead of him to every town and place where he was about to go. **Luke 10:1**

5 When Jesus looked up and saw a great crowd coming toward him, he said to Philip, "Where shall we buy bread for these people to eat?" **6** He asked this only to test him, for he already had in mind what he was going to do.

John 6:5-6

7 Then came the day of Unleavened Bread on which the Passover lamb had to be sacrificed. **8** Jesus sent Peter and John, saying, "Go and make preparations for us to eat the Passover." **9** "Where do you want us to prepare for it?" they asked. **10** He replied, "As you enter the city, a man carrying a jar of water will meet you. Follow him to the house that he enters, **11** and say to the owner of the house, 'The Teacher asks: Where is the guest room, where I may eat the Passover with my disciples?' **12** He will show you a large upper room, all furnished. Make preparations there." **13** They left and found things just as Jesus had told them. So they prepared the Passover. **Luke 22:7-13**

28 "Lord, if it's you," Peter replied, "tell me to come to you on the water." **29** "Come," he said. Then Peter got down out of the boat, walked on the water and came toward Jesus. **30** But when he saw the wind, he was afraid and, beginning to sink, cried out, "Lord, save me!" **31** Immediately Jesus reached out his hand and caught him. "You of little faith," he said, "why did you doubt?"

Matthew 14:28-31

Jesus was the master disciple-maker, so we should study His methods and imitate Him. None of us will ever be perfect at making disciples, but we can look to Him as our perfect example.

Intentional leaders move with purpose through their interactions with the people in their small groups and in personal one-on-one meetings to move disciples along the journey. A leader who is intentional in what he or she does drives the work of disciple-making.

4. How intentional was someone to help you in your growth as a disciple of Jesus? Check the answer that is closest to your situation.

I had no one to lead me, so I picked it up on my own.

Those I followed were not as intentional as this lesson teaches.

I had leaders who were very intentional with me.

Even though they were not trained in disciple-making, my leaders were still led by Jesus.

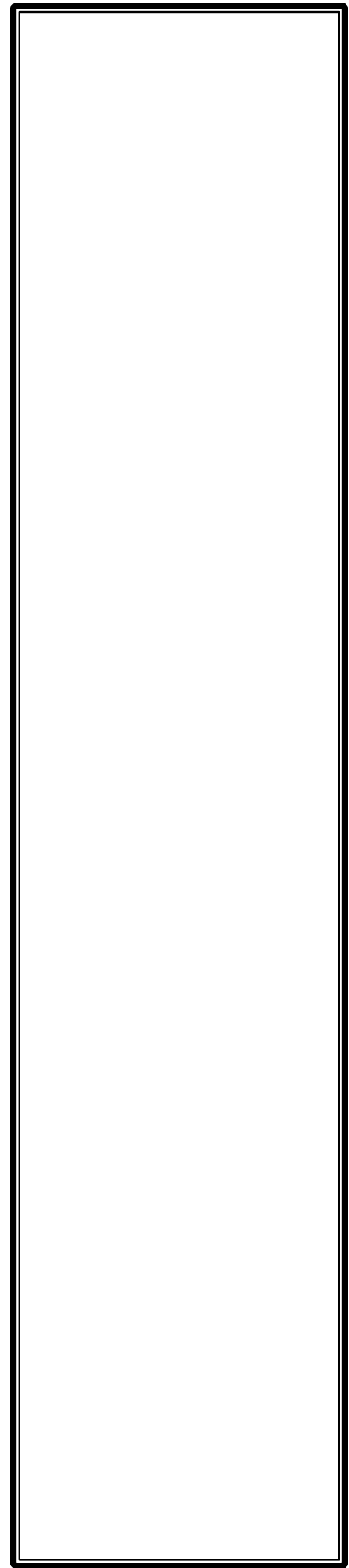
Other _____

Be prepared to discuss your answers with your small group.

At this point, you may be thinking, *I never had anyone intentionally disciple me. How can I disciple anyone else?* If so, don't despair. We wrote this training manual so you would know what to do. Even if you have never been intentionally disciplined, you *can* learn to be a disciple-maker.

Review

- A disciple-maker is intentional about accomplishing his or her purpose.
- An intentional leader relates personally to those being disciplined.
- An intentional leader follows a plan to bring disciples to maturity.



KEY #2: A RELATIONAL ENVIRONMENT

Relationships may well be the most sought-after yet most absent piece of the discipleship journey. People are desperate to find relationships. Today, social media forums inhibit face-to-face interaction. Most are inexperienced at knowing how to nurture relationships. Please give extra attention to this day.

Without a vehicle, you can't take a road trip. You can have the most skilled driver and the most accurate and user-friendly map as your guide, yet you won't get to your destination if you lack transportation. A relational environment is the vehicle that God uses to bring about real change in people's lives. Without true relationship(s), discipleship is difficult and rarely successful.

- 1. What do you think of when you read the term relational environment?

- 2. How might you evaluate the health of the relational environment in a small group? Select more than one of the following questions you might ask, or write your own.

- Are the people friendly?
- Are the people open and honest with each other?
- Do they care beyond the group meeting?
- Do they notice when others are gone?
- Other questions that reveal relational indicators:

Each of these questions touches on an aspect that contributes to making a relational environment. Today we will summarize a few essentials that you can begin to use right away. In week 6, we will look in depth at this key component of discipleship.

WEEK 4

DAY 3

God Is Relational

God's very nature is relational. The doctrine of the Trinity describes a relationship between Father, Son and Holy Spirit. God's relational nature is communicated throughout the Bible.

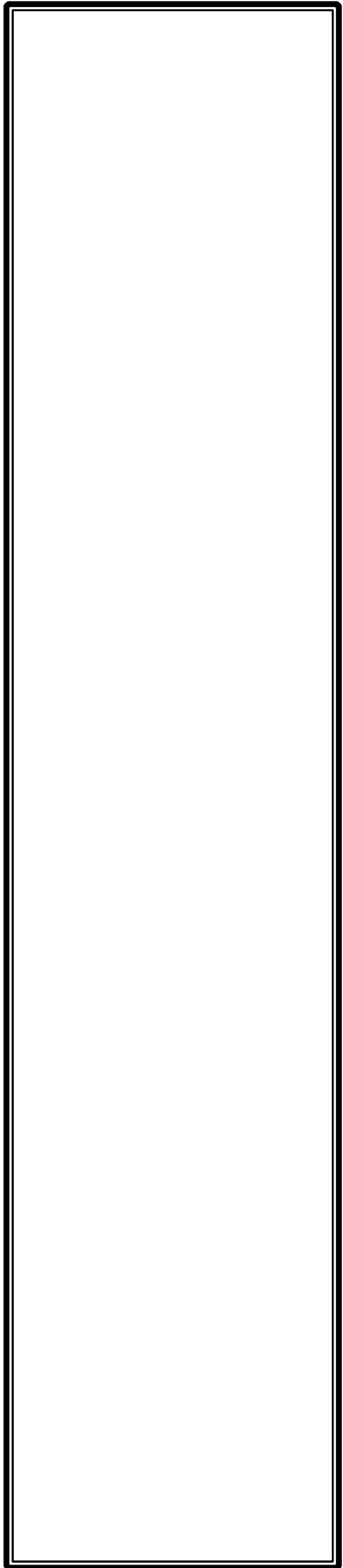
3. Read the following passages in your Bible. Write down words that represent the kind of relationship God is depicted as having in each passage.

Scripture	Your Description
Genesis 3:8-9	
Exodus 33:11	
Psalms 36:5-10	
John 15:13	

You might have written words such as *friend, loving, provider, and protector.*

Creating a Relational Environment

In order for a group to have a relational environment, it should be small whenever possible. Groups aren't small if they have twenty or more people in them. In fact, Jesus had only twelve in His small group, and He invested even more significantly in just three. We believe that small groups of twelve or less are best suited for disciple-making.



4. List a few reasons why you think a smaller group is preferable for making disciples.

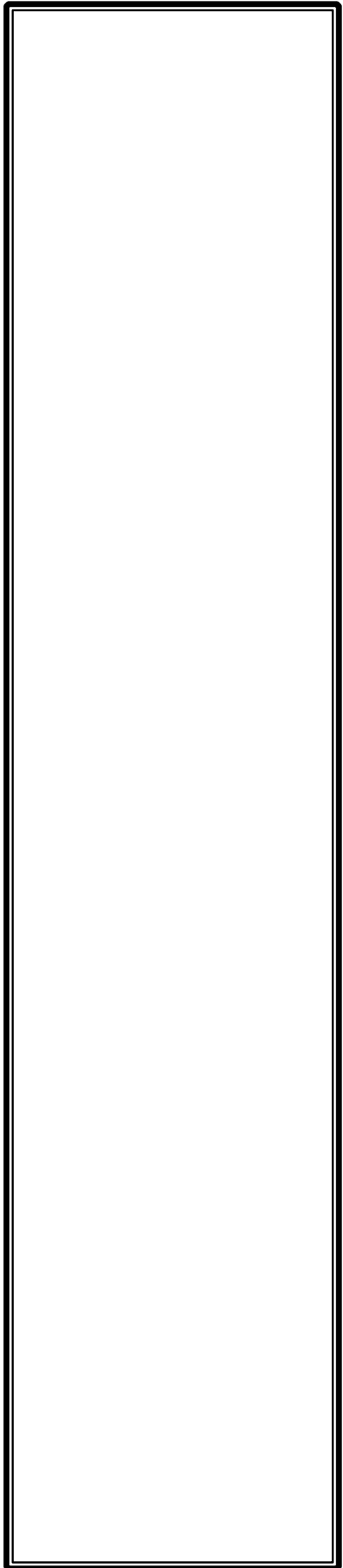
The reasons you have listed might have to do with communication, proximity, or even time management. Discuss your answers with your group this week.

The primary reason for keeping a small group is so each person can be known. When our motives are exposed, our lives can be challenged, encouraged, and developed. We cannot be known in a Sunday morning crowd. We cannot really be known by just sharing answers to questions from a training manual about discipleship or talking to someone for five minutes after a Bible study every week.

5. What are the traits or qualities people must possess in order for you to feel safe enough to share your heart with them? List them here.

6. How can intentional leaders cultivate these traits or qualities in a small group?

In order for a small group to have a relational environment, the leader must model transparency and authenticity. These two characteristics set the stage for disciples to draw closer in relationships.



7. Complete the following sentences:

Someone who is transparent usually tells me. . .

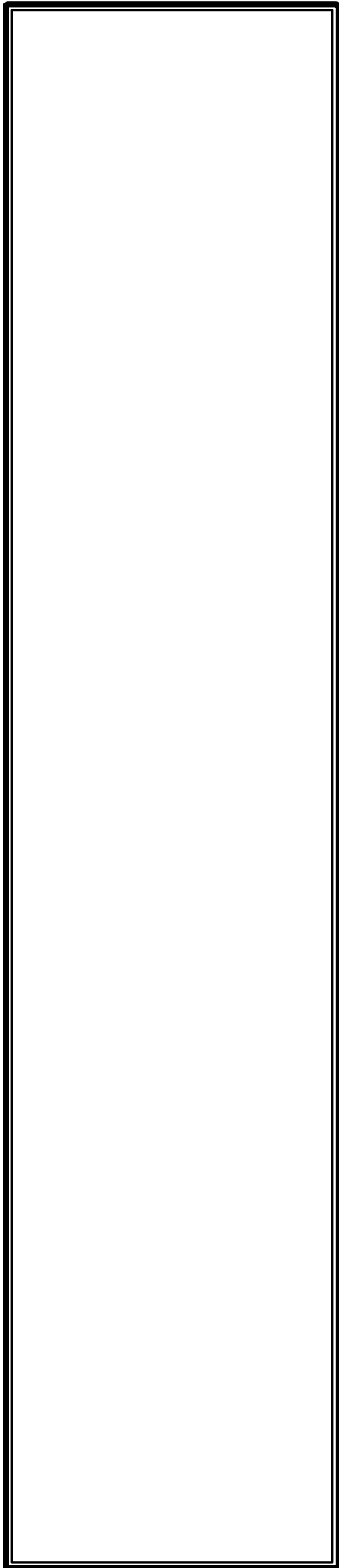
Someone who is transparent usually listens to me like (or with). . .

Someone who is transparent makes me feel. . .

The behavior that convinces me that someone is an authentic person is. . .

An authentic person will treat me like (or with). . .

When I am around a person who is authentic, I feel. . .



Your answer contains clues to the behaviors and attitudes that intentional leaders need to cultivate in themselves to create a relational environment. You can develop transparency and authenticity if you set your mind to it. It is not for our comfort but rather for the kingdom of God.

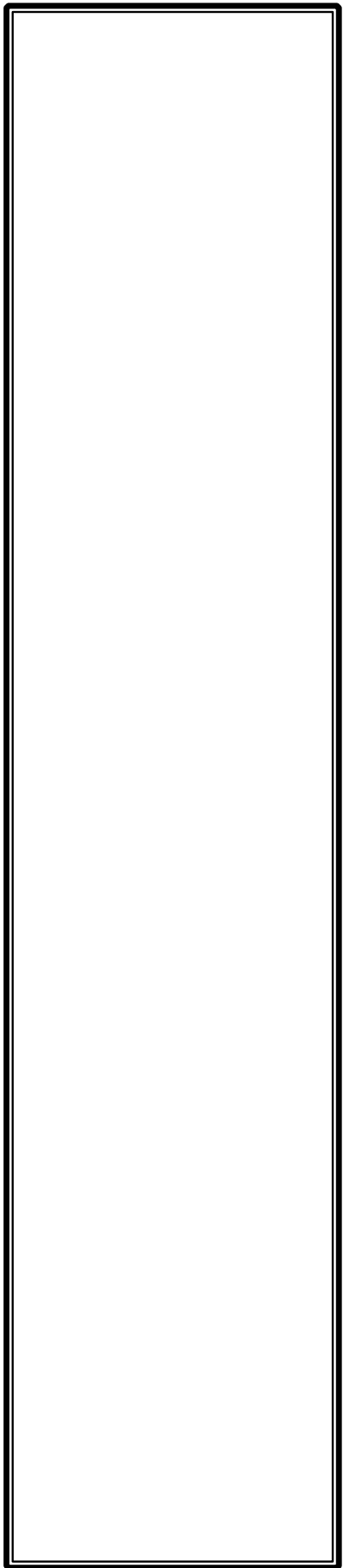
Large gatherings provide inspiration and help us pool our resources for the task, but they are not always effective for discipleship. Discipleship happens in relationships, such as those that can be formed in a small group. Intentional leaders must remove any roadblocks that might keep them from building meaningful, authentic relationships within their small group.

- 8. Build the relationships in your current small group. Write a personal affirmation for each person in the group.

- 9. What might hinder you from creating a relational environment for those whom you disciple? Write a prayer, asking God to help you remove those roadblocks.

Review

- A small group of twelve people or less is the best environment for disciple-making.
- Discipleship happens best in relationships.
- In a relational environment, the leader models authenticity and transparency.



KEY# 3: A REPRODUCIBLE PROCESS

Jesus intended for His disciple-making process to be reproduced. When the twelve accepted Him as Messiah, He invited each of them to join a small group in relationship with Him. As the disciples grew, Jesus gave them responsibilities. In their ministry, He joined them and coached them. Finally, He released them to do the same with others.

At KCC, we have given core values with the disciple-making process **COME, GROW, SERVE, GO**. This process is measurable, it is biblically accurate, and it is reproducible.

COME (SUNDAY AM WORSHIP SERVICES)

Intentional disciple-makers share their personal stories and invite. They do this to share hope and demonstrate the *transformative change* a follower of Jesus Christ experiences once they believe in the gospel and begin a life abiding in Him. They interact at this level with people who are spiritually dead or born again and have entered the infant stage of spiritual growth.

With the Spiritually Dead

1. What do you think sharing looks like with those who are spiritually dead? Write your thoughts here.

2. Read John 4:4-26 in the margin about the account of Jesus and the woman at the well. Write three things He taught this woman who was spiritually dead.

Your answers might include the following:

- Jesus asked the woman for a drink.
- He told her of a gift and challenged her to know who He really was.
- He did not condone her lifestyle, yet He affirmed her for being honest with Him.
- As her interest in what He was saying grew, He spoke to her spiritual need and answered her questions.

WEEK 4

DAY 4

4 Now he had to go through Samaria. **5** So he came to a town in Samaria called Sychar, near the plot of ground Jacob had given to his son Joseph. **6** Jacob's well was there, and Jesus, tired as he was from the journey, sat down by the well. It was about the sixth hour. **7** When a Samaritan woman came to draw water, Jesus said to her, "Will you give me a drink?" **8** (His disciples had gone into the town to buy food.) **9** The Samaritan woman said to him, "You are a Jew and I am a Samaritan woman. How can you ask me for a drink?" (For Jews do not associate with Samaritans.) **10** Jesus answered her, "If you knew the gift of God and who it is that asks you for a drink, you would have asked him and he would have given you living water." **11** "Sir," the woman said, "you have nothing to draw with and the well is deep. Where can you get this living water?" **12** Are you greater than our father Jacob, who gave us the well and drank from it himself, as did also his sons and his flocks and herds?" **13** Jesus answered, "Everyone who drinks this water will be thirsty again, **14** but whoever drinks the water I give him will never thirst. Indeed, the water I give him will become in him a spring of water welling up to eternal life." **15** The woman said to him, "Sir, give me this water so that I won't get thirsty and have to keep coming here to draw water." **16** He told her, "Go, call your husband and come back." (Continued on next page)

With Spiritual Infants

When someone we have shared the gospel with believes Jesus is who he says he is and follows the Scripture on how to have a new relationship with Him, that person is reborn as a spiritual infant. As disciple-makers, we continue to intentionally share with that person new truth, and we also share our lives with him or her to model character and life change. Though we will never be perfect in this life, we are changed. We need to share our stories of being transformed by His grace. Spiritual infants need our personalized examples and attention, as they will have questions and need to develop new habits. We cannot shove the whole Bible on a spiritual infant's plate. It must be doled out in digestible pieces.

3. Read what Peter says about this stage of discipleship in 1 Peter 2:2-3 in the margin. Write four things that a spiritual baby will need you to share with them.

- _____
- _____
- _____
- _____

You might have written things like answers to spiritual questions, understanding of the Bible, and support to break bad habits. We will look at this more in depth in weeks 7 and 8.

GROW (YOUR SMALL GROUP)

Spiritual Children

At this stage of spiritual growth, a believer's needs are highly relational. When a disciple arrives at spiritual childhood, he or she needs to be in community with a small group. To continue to grow, a spiritual child needs connection (which is why at KCC we encourage everyone to begin their journey by using the 3 hour principle. See page 36). Spiritual children need to move beyond personalized attention from a spiritual parent and build bonds with Christians from all stages of spiritual growth and maturity.

4. Read Luke 6:12-18 in the margin. Why do you think Jesus singled out twelve followers?

17 "I have no husband," she replied. Jesus said to her, "You are right when you say you have no husband. **18** The fact is, you have had five husbands, and the man you now have is not your husband. What you have just said is quite true." **19** "Sir," the woman said, "I can see that you are a prophet. **20** Our fathers worshiped on this mountain, but you Jews claim that the place where we must worship is in Jerusalem." **21** Jesus declared, "Believe me, woman, a time is coming when you will worship the Father neither on this mountain nor in Jerusalem. **22** You Samaritans worship what you do not know; we worship what we do know, for salvation is from the Jews. **23** Yet a time is coming and has now come when the true worshipers will worship the Father in spirit and truth, for they are the kind of worshipers the Father seeks. **24** God is spirit, and his worshipers must worship in spirit and in truth." **25** The woman said, "I know that Messiah" (called Christ) "is coming. When he comes, he will explain everything to us." **26** Then Jesus declared, "I who speak to you am he." **John 4:4-26**

2 Like newborn babies, crave pure spiritual milk, so that by it you may grow up in your salvation, **3** now that you have tasted that the Lord is good. **1 Peter 2:2-3**

12 One of those days Jesus went out to a mountainside to pray, and spent the night praying to God. **13** When morning came, he called his disciples to him and chose twelve of them, whom he also designated apostles: **14** Simon (whom he named Peter), his brother Andrew, James, John, Philip, Bartholomew, **15** Matthew, Thomas, James son of Alphaeus, Simon who was called the Zealot, **16** Judas son of James, and Judas Iscariot, who became a traitor.

17 He went down with them and stood on a level place. A large crowd of his disciples was there and a great number of people from all over Judea, from Jerusalem, and from the coast of Tyre and Sidon, **18** who had come to hear him and to be healed of their diseases. **Luke 6:12-18**

We believe that Jesus was solidifying the group He was discipling by connecting them to God and one another relationally. As the disciple-maker intentionally connects spiritual children to a larger family, the relational environment expands to others. However, the disciple-maker still guides the process.

SERVE (YOUR MINISTRY)

Spiritual Young Adults

As they become more aware of God and others, some spiritual young adults are eager to spread their wings and fly. While they are capable of serving in the church, they may lack wisdom in how to go about it. Spiritual young adults still need the steady influence of a spiritual parent. They also need to understand that the goal is to make disciples of Jesus, not disciples of themselves.

Some spiritual children are reluctant to take responsibility and minister to others. When this is the case, the leader must intentionally challenge and encourage the child to grow up. It is essential for spiritual young adults to learn to cooperate with and minister to others or they will not mature. Skipping a stage of growth or bypassing a phase in the process will result in a person who pretends to be spiritually mature, when in fact that person is not.

- 5. Read Mark 6:7-12 in the margin. In this passage, Jesus is leading His followers into the ministry. What strikes you as important?

At this stage, the role of disciple-maker changes from directing to coaching as he or she give disciples opportunities to serve and then debriefs them in regard to their ministry experiences. One of the goals at this stage is for the disciple to learn personal reliance upon God. Spiritual young adults will make some mistakes while serving, but as we can see from Jesus' example with His disciples, we can turn mistakes into opportunities for learning. Jesus was always close by in case His disciples got in over their heads.

GO (DISCIPLESHIP)

Spiritual Parents

In this part of the reproducible process, disciple-makers work with their disciples to help them become committed disciple-makers themselves.

7 Calling the Twelve to him, he sent them out two by two and gave them authority over evil spirits. 8 These were his instructions: "Take nothing for the journey except a staff--no bread, no bag, no money in your belts. 9 Wear sandals but not an extra tunic. 10 Whenever you enter a house, stay there until you leave that town. 11 And if any place will not welcome you or listen to you, shake the dust off your feet when you leave, as a testimony against them." 12 They went out and preached that people should repent. Mark 6:7-12

6. Review Matthew 28:18-20 in the margin. Think about it from the vantage point of disciple-makers who are releasing disciples to give others what they have received. What was Jesus' attitude about releasing His disciples?

7. How had Jesus prepared them for this day?

8. What did He say to give confidence to them?

The next few weeks will add to your thoughts on this passage.

Review

- Jesus modeled a reproducible process of discipleship.
- That process included the following:
 - Sharing the gospel with the spiritually dead by inviting and through personal examples of the transformative change in character.
 - Sharing your life and basic teaching with spiritual infants to help them discover new habits to shape their character.
 - Connecting spiritual children in relationships within God's family
 - Helping spiritual young adults to mature through ministry
 - Releasing spiritual parents to be committed in discipling others

18 Then Jesus came to them and said, "All authority in heaven and on earth has been given to me. 19 Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, 20 and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age."

Matthew 28:18-20

THE LIMITLESS POTENTIAL OF GOD'S PLAN

You are now in your fourth week of this study. It is exciting to think about what God will do through you as you make disciples. The tools and insights that are coming up can help you build a legacy of disciple-making that will continue on until Jesus returns.

1. Let's start by matching the growth stage with the appropriate phase of the discipleship process. Using the values of **come, grow, serve, go**, write the correct phase of the process beside the stage of spiritual growth below:

Spiritually Dead	
Spiritual Infant	
Spiritual Child	
Spiritual Young Adult	
Spiritual Parent	

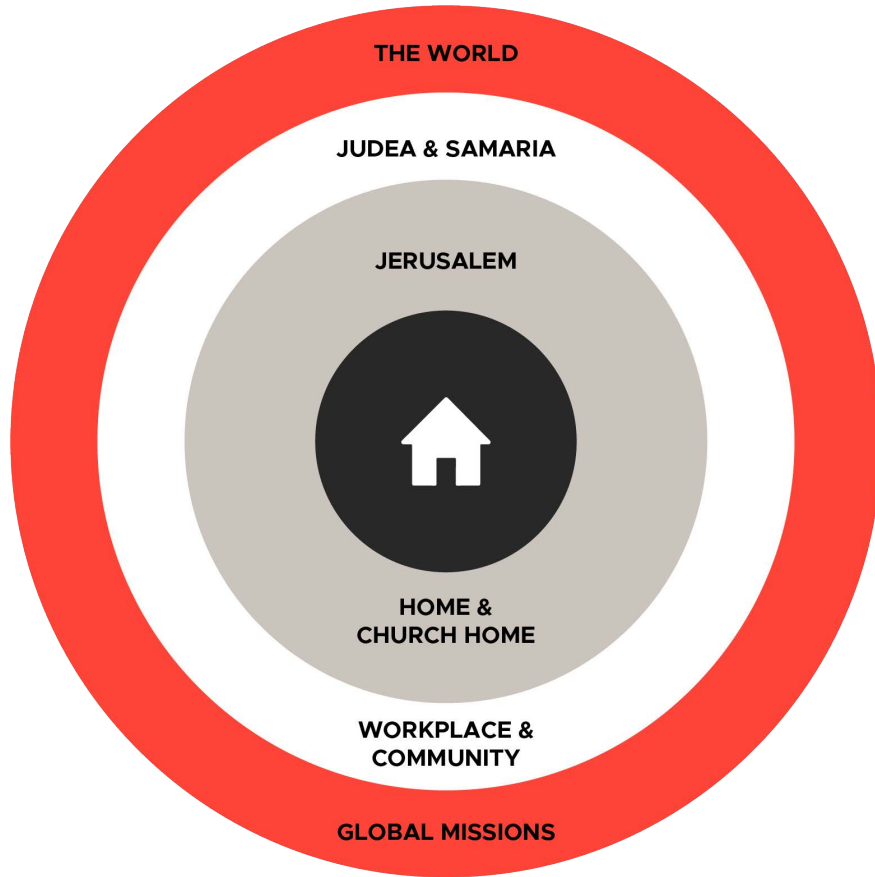
If you are unsure, go back and check.

God's Plan

God's plan for discipleship unfolds in the book of Acts. Jesus released His disciples to reach for the world for Christ. The following words give the outline for the book of Acts:

You will receive power when the Holy Spirit comes on you; and you will be my witnesses in Jerusalem, and in all Judea and Samaria, and to the ends of the earth. (Acts 1:8)

The following diagram shows the limitless potential of God's plan as outlined in this verse. This diagram also illustrates the circles of personal influence that disciples should be teaching: their home (family and church), their workplaces and community, and their global reach. In this lesson, we want to focus on the power of discipleship that makes this possible.



The book of Acts is a record of how Acts 1:8 became reality in the first forty years of the church's existence. At the close of Acts, disciples had been made and churches established from Jerusalem, throughout Asia Minor, into Macedonia and Greece, and again across the Adrian Sea clear to Rome. By 300 AD, conservative estimates calculate there were over six million Christians—so many that Emperor Constantine declared Christianity the official religion of the Roman Empire. Jesus' plan worked. These first twelve disciples empowered and trained by God, transformed the whole world.

Think about it. The message those first disciples gave has even reached you, some two thousand years later and in a very different culture and time than when it was first proclaimed. For twelve men to reach so far, the disciple-making process had to be reproducible.

- 2. What are some of the reproducible parts of Jesus' disciple-making process?

We will further explore the reproducible process next week, so this question is only intended to get you thinking about the next phase of our study together.

Notice that Jesus did not place an expiration date on His plan to reach the world. His plan is still active today. God is still directing the church to make disciples of every nation.

A church conference speaker talked about the state of the church in America. He compared the American church to a flower that sprouted and bloomed during our nation's history but is now dying. He believed that it was time for the church in America to cast its seed to other nations before it completely died. We could not disagree more! The church in America may have forgotten how to make disciples, but that does not mean she must give up. The church comes alive anywhere disciples are being made.

- 3. Read Romans 8:29-32, Matthew 16:16-18, and 2 Corinthians 4:7-9 in the margin and answer these questions:

- What can stop the mission of Christ?

- Who can stop the mission of Christ?

29 For those God foreknew he also predestined to be conformed to the likeness of his Son, that he might be the firstborn among many brothers. 30 And those he predestined, he also called; those he called, he also justified; those he justified, he also glorified. 31 What, then, shall we say in response to this? If God is for us, who can be against us? 32 He who did not spare his own Son, but gave him up for us all--how will he not also, along with him, graciously give us all things?

Romans 8:29-32

16 Simon Peter answered, "You are the Christ, the Son of the living God." 17 Jesus replied, "Blessed are you, Simon son of Jonah, for this was not revealed to you by man, but by my Father in heaven. 18 And I tell you that you are Peter, and on this rock I will build my church, and the gates of Hades will not overcome it.

Matthew 16:16-18

7 But we have this treasure in jars of clay to show that this all-surpassing power is from God and not from us. 8 We are hard pressed on every side, but not crushed; perplexed, but not in despair; 9 persecuted, but not abandoned; struck down, but not destroyed. 2 Corinthians 4:7-9

The power of the mission of Christ is evident from Scripture as well as world history. Imbedded in the disciple-making is great potential. If a disciple makes a disciple who can make disciples, mathematically the process might look something like this:

- One disciple makes three disciple-makers every five years.
- If those disciples do the same every five years, in ten years there will be almost 180,000 disciple-makers.
- If they continue, in seventy years (less than the average life span) there are potentially fourteen billion disciple-makers. That is twice the number of people currently occupying our planet.

Certainly not everyone will choose to follow Jesus, and some disciple-makers will go to heaven before the seventy years are up, but the point is this: Disciple-making is based on multiplication, not addition. God's plan for disciple-making has limitless potential. So the real question is, what is holding us back?

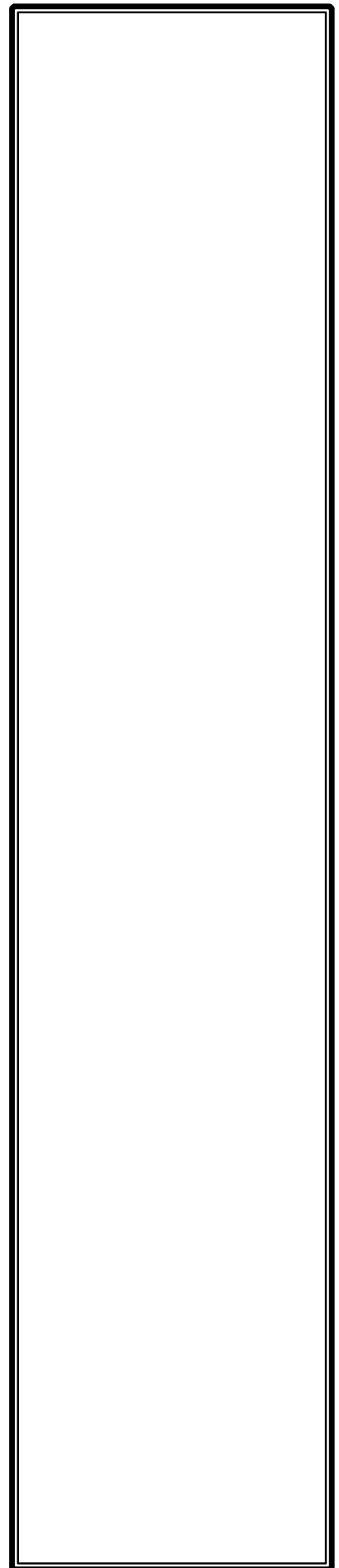
4. What holds you back from making three disciple-makers in the next five years? Write your thoughts here.

5. What three actions can you take this year to begin making disciples intentionally?

Be prepared to discuss your answers with your group this week.

Review

- Acts 1:8 gives a description of the power and potential of disciple-making.
- History and Scripture indicate that nothing can stop Christ's mission to make disciples.
- The math of disciple-making is exponential.



Leader's Guide

As the small-group leader, it is your job to facilitate discussion each week. Help group members probe their beliefs and experiences using God's Word for direction. The exchange of ideas within your small group is as much a learning tool in your journey as this leader's guide is.

At the outset, it is important to get a commitment from group members to attend consistently, arrive on time, and come prepared with homework completed. The time commitment for homework each week is twenty to thirty minutes a day for five days. If this time commitment is met consistently, members will not only come prepared for your group discussions but also reinforce a daily devotional habit over the twelve weeks of the study. You should emphasize that it is important to complete each learning exercise before moving forward. Sections should not be skipped. You should also exhort members not to cram the week's lessons in just before coming to your small group for discussion.

TEAM GOALS

Each week you will be given a set of team goals that should guide the purpose and direction of your discussions for the week. You will also be given a game plan to guide your team through the material. Below is a breakdown of what a meeting will entail.

Warm-Ups: Welcome, Sharing and Shepherding

It is important that you as the group leader intentionally build a relational environment within your small group and maintain it each week. This first fifteen minutes each week is dedicated to the goal of building relationships and caring for one another. This time will provide a context for members to continue sharing their stories in a safe and encouraging environment.

Build a relational environment in which each member feels safe to share. You should take some time each week to have members share parts of their personal stories. Each week you will be given questions to facilitate that discussion. Encourage members to participate in the discussions by sharing their own lives and engaging one another with follow-up questions and responses.

Vision Casting and Review

The context of this vision casting and review is discipleship. Keep this squarely in mind as you use this time to ask such questions as:

1. Why are we here?
2. Where are we going?
3. What have we learned so far?

Coaching and Practice

This is the meat of each week's discussion. During this discussion, you should be unpacking the week's lesson, including all of the activities, and evaluation how you played the game that week.

1. What were your successes?
2. Where do you need improvement individually or as a group?
3. What are the next steps to that improvement?

The questions you should ask during this time are provided directly from the material, but each question will take your group in unique directions.

Game Plan and Strategy

This is your time to strategize for growth. Coach one another to grow through encouragement, constructive critique, correction, prayer, and accountability.

This may seem like a lot to cover. The guidelines are based on the assumption that you will be meeting for at least ninety minutes each week, that members will arrive on time, and that you as a leader will respect members' commitment by ending on time. If you agree to meet for a longer period of time, that's great. The material provided in this leader's guide is meant to help you cover all of the important material from the training manual. However, these questions and activities are a starting point and reinforce the main ideas of each week's study but do not prohibit you from adding your own questions or curtailing questions and activities as the Holy Spirit leads you.

It is important that you as the facilitator draw each member into the discussion to the best of your ability. The group experience will be life-changing to the degree each member participates wholeheartedly and shares openly.

Post-Practice Coach's Evaluation

This section is for you only and should help you process the group's progress. This section asks you to evaluate the players on your team in areas of progress and growth:

1. Where is each person at in the discipleship process?
2. What is each person's next step?
3. As the coach, what is your part in the process?
4. List action items or prayer points for each person.

You should provide your own notebook to make these notations in. Do not make them directly on the pages of this leader's guide for all to see. These are your private observations. Make sure you plan time for following up on this evaluation before, during, or after each week's meeting. Remember, you are discipling this team. Growth will not happen by chance. Keep your destination in mind as you grow in being an intentional leader, building a relational environment, and using the reproducible process.

Week1:

A Heart to Make Disciples

Team goals:

1. Each member will be able to defend making disciples as a priority for both the individual Christian and KCC as a body of believers.
2. Each member will evaluate his or her past participation in making disciples.

Warm-Ups: Welcome, Sharing and Shepherding

Have members share their stories by having them do one of the following:

- Introduce themselves and give a brief explanation of the ministry they are a part of and the role they play in that ministry
- Briefly describe their most meaningful ministry experience and why it was meaningful
- Introduce themselves and tell the group why they are participating in this study and what they hope to get out of it

Open the rest of the meeting with prayer. Pray for God to meet each member's needs for growth as both a disciple and a disciple over the next twelve weeks.

Vision Casting and Review

If Christianity is a team sport and the church is Christ's team, what would winning be? What is the church supposed to be and do to win?

Coaching and Practice

1. What part is the church commanded to play in making disciples?
2. What is your personal role, as commanded in God's Word, in helping the church make disciples?
3. Tell the group about an encounter you had sharing with someone about the church's first priority of making disciples. Were you challenged to defend this point of view?
4. How does Jesus' example and John 17 provide that defense?
5. How would you know when your work with someone you were discipling was complete?
6. How can our work of making disciples be completed and yet the process continue on until Jesus returns?
7. What three reasons did you give for why the church in America is not overcoming the Enemy?

Game Plan and Strategy

If Christianity is a team sport, the team cannot win unless everyone gets “in the game”. Have someone read 1 Corinthians 12:14-20 aloud, and then as a group, answer the following questions:

1. Where did you place your “X” on the field diagram? Why do you think you have spent most of the last two years in that place?
2. Look again at this week’s key verse, Matthew 28:18-20. How has your understanding of making disciples changed?

Close the meeting with prayer. Ask each member of the group to participate in the prayer by praying for one or more needs of another member as they were shared.

Post-Practice Coach’s Evaluation

1. How did each member evaluate his or her past participation in the discipleship process?
2. What is each person’s next step?
3. As their coach, what is your part in the process?
4. List action items or prayer points for each person.

Week 2:

What Is a Disciple?

Team Goals:

1. Each member of the group will be able to define what a disciple is according to Matthew 4:19.
2. Based on self-assessment, each member will create an action plan to move his or her own discipleship forward in one part of the process.

Warm-Ups: Welcome, Sharing and Shepherding

Open the meeting with prayer. Then open up this part of the meeting by asking the group the following questions:

1. Are you struggling to get the assignments finished?
2. Do you have a regular rhythm in your interactions with the Lord?
3. Share with the group one area of strength in your time spent with Jesus and one area of weakness.

Vision Casting and Review

A team cannot win unless they have the same definition of winning. What happens when church leaders don't have the same definition of discipleship?

1. How did you define disciple in this lesson?
2. When you read Luke 5:1-11, what areas did you identify that needs to change to match Jesus' definition of His disciples?

Coaching and Practice

1. What did the story of Zacchaeus (see Luke 19:1-10; John 21:15-19; Matthew 28:19-20) say about Jesus' mission?
2. All week we have been learning that "Follow me...and I will make you fishers of men" is the biblical definition of what a disciple is. Can you explain it in your own words?
3. What is the head-level change that must take place in a disciple of Jesus?
4. What is the heart-level change?
5. What is the hands-level change?

Game Plan and Strategy

1. As you considered your schedule, time and money on day 5, where did you place your "X" as someone who follows Jesus, is being changed by Jesus, and is committed to the mission of Jesus?

2. Share your action plan from this week with the group.

Close the meeting with prayer. Ask each member of the group to participate in the prayer by praying for one or more needs of another member as they were being shared.

Post-Practice Coach's Evaluation

1. Where did each member of the group place they "X" as someone who follows Jesus, is being changed by Jesus, and is committed to the mission of Jesus?
2. What was their action plan for growth?
3. As their coach, what is your part in the process?
4. List action items or prayer points for each person.

Week 3:

How Disciples Grow

Team goals:

1. Each member of the group will be able to name the stages of growth for a disciple.
2. Each member of the group will be able to describe the basic characteristics and needs of each growth stage of discipleship.
3. Each member of the group will be able to generally identify what growth stage their small-group members are in based on key phrases they tend to use.

Warm-Ups: Welcome, Sharing and Shepherding

Open the meeting with prayer. Then ask the group the following questions:

1. What if you had never heard the gospel?
2. Where do you think you would be if you were completely ignorant of God's desire to restore a relationship with you?

Vision Casting and Review

One of Jesus' most profound sayings is "No one can see the kingdom of God unless is born again" (John 3:3)

1. What were we like when were first born to our biological mothers?
2. What similarities can you think of between our first birth and being born again?

Coaching and Practice

1. What are the characteristics of the spiritually dead, spiritual infant, spiritual child, spiritual young adult, and spiritual parent?
2. What are some of the typical phrases used by disciples at each of these stages?
3. What are some of the needs of a disciple at each spiritual stage?

Game Plan and Strategy

1. As you review the characteristics of each of these stages, which of them apply to you?
2. What are some ways you can take the next step in your own spiritual growth?
3. Lone Rangers either give up or fall into sin because they are isolated. Without the encouragement and accountability of others, our health as

a disciple is at risk. Even the most mature disciple can get discouraged. Knowing this, what should a spiritually mature parent work to maintain?

In week 1, you identified the names of family, friends, and acquaintances who were spiritually dead. As a small group, support one another by closing your meeting with prayer for the needs of these individuals.

Post-Practice Coach's Evaluation

1. What stages did each member of the group identify as applying to them?
2. What next step of growth did each member of the group identify for themselves?
3. As their coach, what is your part in the process?
4. List action items or prayer points for each person.

Week 4:

Three Keys to Making Disciples

Team goals:

1. Each member of the group will be able to identify the keys for a successful discipleship journey.
2. Each member will be able to summarize the process of disciple-making.

Warm-ups: Welcome, Sharing and Shepherding

This week moves from the why of disciple-making to the how.

1. Share your observations from Acts 2:42-46 from day 1 of this week with the group.
2. Share with the group how you have experienced each part of this process (intentional leader, relational environment, and reproducible process) to date or why you believe you have not experienced them.

Vision Casting and Review

This is a transition week. Spend some time in a quick review before going forward. Draw a blank discipleship wheel and have the group fill it in with what you have learned so far.

Coaching and Practice

1. Define how the material described each of the following: an intentional leader, a relational environment, and a reproducible process.
2. What can happen if a disciple skips a stage of growth or bypasses a phase in the process?
3. According to Matthew 28:18-20, what was Jesus' attitude about his disciples' release? How had Jesus prepared them for this day? What did He say to give confidence in them?

Game Plan and Strategy

1. What might hinder you from being an intentional leader or creating a relational environment for those you disciple?
2. Share with the group the prayer you wrote to God on day 3 about removing those roadblocks.
3. Work on building the relationships in your current small group. Share the personal affirmations you wrote for each person in your group.
4. What holds you back from making three disciple-makers in the next five years?

Close your meeting by praying for one another according to what was shared in the responses above.

Post-Practice Coach's Evaluation

1. List the hindrances each member listed that could keep him or her from being an intentional leader or creating a relational environment.
2. What is each person's next step?
3. As their coach, what is your part in the process?
4. List action items or prayer points for each person.