

BE A DISCIPLE

THE NUTS & BOLTS OF LIVING FOR JESUS



COLLEGE MINISTRY

BE A DISCIPLE, PART 1: JESUS AS LORD

VERSE OF THE WEEK: Matthew 7:21 – *“Not everyone who says to Me, ‘Lord, Lord,’ will enter the kingdom of heaven, but the one who does the will of My Father who is in heaven will enter.”*

Is everyone a follower of Christ who claims to be?

According to Jesus, there will be many people on judgment day who think they are going to heaven but will be turned away (Matthew 7:21-23).

HOW WE CAN TEST OURSELVES?

Examine yourselves to see whether you are in the faith; test yourselves. Do you not realize that Christ Jesus is in you—unless, of course, you fail the test! - 2 Corinthians 13:5

The Transformation Test

Romans 12:2 says, “Do not conform 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.”

2 Corinthians 5:17 says, "If anyone is in Christ, he is a new creation; the old has gone and the new has come!" This means that there will be some changes when you commit your life to Christ (Semi Truck Illustration).

The Fruit Test

In Matthew 7:20 Jesus says, “You will know them by their fruit.” “Fruit” is what someone’s life produces: words, actions, and attitudes. (Apple Tree Illustration)

Roots or Fruits?

“For it is by grace you have been saved, through faith—and this not from yourselves, it is the gift of God—not by works, so that no one can boast.” - Ephesians 2:8–9

It is important to remember that salvation is in no way earned because of one’s fruit or good works. We are not saved *by* good works, we are saved *to* good works – because Jesus has saved us, we are empowered to do good! Salvation is a free gift that Christ purchased for us through His death and resurrection. When one receives this gift by giving their life to Christ through belief, repentance, and baptism, their life will change and produce fruit. Our works are not to earn our salvation, they are the result of our salvation.

First John 2:3 says, "We know that we have come to know Him if we obey His commands." We often get this mixed up, thinking, “We know He will love us if we obey.” We think obedience is a root; that it needs to happen before God will love us and grow us. But in the Bible, obedience is a fruit of our faith. (Roots/Fruits Illustration)

The following Bible passages show the fruit that will be in a true Christian’s life:

Galatians 5:19-26, 2 Corinthians 6:3-10, 2 Peter 1:3-8, James 3:13-18, Philippians 4:4-8, Colossians 3:12-14
Read two of these passages and look for the fruit they describe. Write the ones you want to see in your life.

The Pie of Life

Romans 12:1 says, “I urge you, brothers and sisters, in view of God’s mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship.” Jesus says in Matthew 16:24, “If anyone wants to come after me, let him deny himself, take up his cross, and follow me.” Discipleship means allowing Jesus to be “Lord” over every area of our lives. (Pie Illustration)

HOW DO WE HELP THE FRUIT GROW?

Jesus summarized the answer to this question in John 15:4–5: “Abide in me, and I in you. As the branch cannot bear fruit by itself, unless it abides in the vine, neither can you, unless you abide in me. I am the vine; you are the branches. Whoever abides in me and I in him, he it is that bears much fruit, for apart from me you can do nothing.”

Bearing fruit in the Christian life requires *abiding in Jesus*. The Christian life is like a rechargeable battery – it is not meant to run on its own forever; it has to be re-charged regularly because it uses up the energy it has stored. For us, this broken world drains our energy and brings us down, so we have to be re-charged spiritually. The best way to abide in Jesus is to spend time with Him, His message, and His people through prayer, Bible reading, and participation in a faith community. There are also many “spiritual disciplines” that can build us up, like meditation, fasting, solitude, service, and others. Pray and search the scriptures daily, and see what God has in store for those who love Him!

What does a Disciple do?: The Wheel Illustration

- The Hub: Christ the Center (2 Corinthians 5:17)
- The Vertical Spokes: The Word & Prayer (John 8:31, John 16:24)
- The Horizontal Spokes: Fellowship & Evangelism (John 13:34-35, Matthew 4:19)
- The Rim: Obedience to Christ (John 14:21)

What would happen to a wheel if it were missing a spoke? What if the spokes were uneven? Which of these areas do you need to work on most? Which comes most naturally?

DISCIPLESHIP CHALLENGE: Set up our next meeting times to go through the other discipleship lessons.

BE A DISCIPLE, PART 1: JESUS AS LORD (LEADER GUIDE)

Congratulations! You have taken an opportunity to help someone follow Jesus. You both may be wondering “what now?” This lesson marks the first step in your new brother or sister in Christ becoming a true disciple! There’s a long journey ahead for both of you, but with God’s help, lives will change!

PURPOSE

The primary purpose of this lesson is to help somebody who believes learn what it looks like to actively follow Jesus, live obediently, and bear fruit. It emphasizes the need to truly allow Jesus to be *Lord* of your life.

During or after this lesson, ask if the person has been baptized. Baptism is a key part of following Jesus, so if they have not, it’s important to talk about this. There is a Lesson 1B about baptism that you can go over the next time you get together. At this point you may have already invited your friend to join your Life Group, but if you haven’t, be sure to do that. You can say something like, “Me and some friends get together once a week to hang out and study the Bible. Can you join our group?”

KEY ILLUSTRATIONS

The Apple Tree Illustration

If I showed you a tree with oranges hanging on its branches but I told you it was an apple tree would you believe me? It is the same thing with people. If a person says they are a follower of Jesus, their life should bear the fruit (actions and attitudes) of a Christian. *What fruit do you think should be in a true Christian’s life?*

The Semi Truck Illustration

If I told you that I was hit by a semi-truck today and I showed up to our meeting uninjured and clean, would you believe me? It is the same thing when you become a Christian. Following Jesus hits you like a truck. If you have the living God in your life, you will be different.

The Roots/Fruits Illustration

Use this to explain the difference between seeing obedience as a “root” instead of a “fruit.” Write the equation that we usually think of when we think about following Jesus: Faith + Works = Salvation. Explain that this is not how the Bible teaches and this kind of life leads to pride (if we think we are doing great) or depression (if we think we are failing). Write a better equation - the Biblical truth that Faith in Jesus = Salvation + Works.

~~Faith + Works = Salvation~~

Faith = Salvation + Works

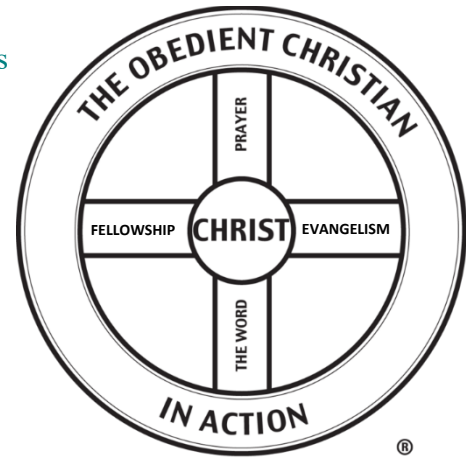
The Pie Illustration

The point of the pie illustration is to explain "Lordship." Lordship means that Jesus is the leader, master, and king of your life. He calls the shots in every area of life. Lordship means leaving your self-ruled life for a Jesus-ruled life.

1. Draw one pie chart. Say, "this is the way most people live life." Write in different areas of life such as relationship, job, school, family, future, free time, friends, etc., and sometimes God gets a slice. Then say, "that is not what it means to be a Christian."
2. Draw a second pie chart with the same categories, except draw a big cross over the middle and explain that Jesus leads you and empowers you to live each of these areas in a way that honors Him. Ask and discuss how He might impact those different areas of life. Say something like, "it's an amazing blessing to have Jesus influencing every area of your life."
3. Ask, "Which pie chart would you like to most represent your life?" and discuss.
4. Have them choose one or two categories from their life and discuss what it would look like to live that area of life for Jesus. *How can you make Jesus Lord over that area of your life?* (Ex: Jesus can be Lord over school when you view it as an opportunity to share your faith with others.)

The Wheel Illustration

The Wheel Illustration, developed by Dawson Trotman and Navigators, is an excellent tool to describe to new Christians what it means to have a vibrant Christian lifestyle. By the end of the lesson, your disciple will begin to develop goals towards their spiritual development! Here is a model of the completed Wheel and instructions for how to present the illustration.



Presenting the Wheel Illustration

1. On the back of page 2, draw a small circle and write “Christ” in the middle. Explain that this is the hub of the wheel: Christ at the center of a person’s life. We totally surrender to Jesus’s authority, and do our best to follow His will.
2. Draw two vertical “spokes” that extend out from the center. Explain that these two show how we relate to God. Write “The Word” on the downward spoke and explain how the Bible shows us who God is and what He wants from us. Write “Prayer” on the upward spoke and explain that prayer is sharing our heart with God and responding to what He says through His word.
3. Draw two horizontal “spokes” that extend out from the center. Explain that these two show how we relate to others. Write “Fellowship” on the left one and explain how God wants us to build each other up through community and loving relationships with each other. Write “Evangelism” on the right one and explain how God wants us to take the good news we have received and share it with others.
4. Draw a large circle around the perimeter. Write “Obedience In Action” on it. Explain that while some acts of obedience are internal, others are external as well. Keeping God’s commands is an outward reflection of our inward spiritual health and love of Christ.

This wheel will be your guide for the next several studies, as you will walk through these four aspects of a disciple’s life.

After this study, arrange the next time you will get together with your student. It may be a week from now, or maybe sooner. Figure out what works best, but don’t wait more than one week to get together for the next lesson. Be sure to communicate the excitement of diving deeply into following Jesus!

BAPTISM

WHAT CHRISTIAN BAPTISM IS

- Christian baptism is immersion in water in submission to the authority of Jesus Christ. It is an act of obedience that commits one to a life of obedience. (**Matthew 3:16, John 3:23, Acts 8:26–39**)
- It is a command to be obeyed. (**Matthew 28:18–20**)
- Christian baptism symbolizes the cleansing from sin; a washing away of the old. (**Acts 22:16**)
- It reflects the death, burial, and resurrection of Jesus and the one being baptized. (**Romans 6:3–4, Colossians 2:12**)
- Christian baptism symbolizes the new birth by which one becomes a new creature in Christ. It is the beginning of the new life. (**John 3:1–8, 1 Peter 3:21, 2 Corinthians 5:17**)
- Christian baptism is that act which initiates the Christian into fellowship. (**Acts 2:36–41, 1 Corinthians 12:13**)

WHAT CHRISTIAN BAPTISM IS NOT

- It is not a guarantee of salvation. Apart from faith and repentance, baptism is ineffective. (**Ephesians 2:8–9, 1 Peter 3:21**)
- Baptism is not the end. Just like a marriage is not the end of a relationship, but the beginning of a new union, baptism is the beginning of one's new life, united with God through Christ by the power of the Spirit. It is the start one's life under the lordship of Jesus and living for God. This does not mean that all problems will go away, it just means you and God will be working on things *together*. (**Galatians 3:27, 2 Corinthians 5:17, Romans 6:3–4**)

WHY SHOULD A PERSON BE BAPTIZED?

- Jesus was baptized. (**Matthew 3:13**)
- Jesus said, "Whoever believes and is baptized will be saved." (**Mark 16:16**)
- We are commanded by our Savior and Lord, Jesus Christ, to make disciples, which includes baptizing people and teaching them to obey Christ. (**Matthew 28:18–20**)
- The apostle Peter told believers to "Repent and be baptized... for the forgiveness of your sins." (**Acts 2:38**)
- Baptism is an appeal to God for a clean conscience and a new beginning. (**1 Peter 3:21**)
- Baptism demonstrates our obedience and willingness to come under the Lordship of Christ. (**Matthew 3:15, 1 John 2:4**)
- In baptism, you receive the gift of the Holy Spirit. (**Acts 2:38**)

WHY BE BAPTIZED BY IMMERSION?

- Because Jesus was baptized that way. (**Matthew 3:16**)
- Baptism in the Bible was by immersion. (**Ex: Acts 8:38–39**)
- It best symbolizes a death, burial and resurrection. (**Romans 6:3–4**)
- The word "Baptize" means "to dip under water." The Greek word βαπτίζω (baptizo) means "to immerse or dip under water."

WHO IS A PROPER CANDIDATE FOR BAPTISM?

- Those who have **heard** the gospel. (**Acts 18:8**)
- Those who **believe** in Christ. (**Mark 16:16**)
- Those who want to **repent** of sin. (**Acts 2:38**)
- Those who will **confess** Christ to others. (**Acts 2:37**)

SOME QUESTIONS AND ANSWERS ABOUT BAPTISM

Q. Can a person be a Christian and not be baptized?

A. To say *yes* is to say more than the Bible says (**Mark 16:16**). To say *no* is to presume to be God. Once a person has said yes to Jesus as their Lord, they forfeit all rights to say no to any of Christ's commands. Baptism is one of those commands.

Q. The Bible says we are not saved by works (**Ephesians 2:9**). Isn't baptism a work that can't save us?

A. Ephesians 2 does remind us that we are saved by faith, not works, but there are two things to remember: First, baptism is not a work we can do; it is something that must be done to us (**Acts 8:35-39**). Second, faith is more than a mere mental belief that Jesus is real – faith begets obedience, and baptism is an act of obedience. Baptism is submission to Christ as Lord and Master; when we are baptized into Christ, we “put on Christ” and trust Him to represent us before God. (**Galatians 3:27**)

Q. When should a person get baptized?

A. In the book of Acts, the pattern was to be baptized the moment you confess Jesus as Lord and choose to repent and reject sin. (**Acts 8:36-37, Acts 16:31-33**)

Q. Am I ready to be baptized?

A. When you are baptized, you are saying yes to two questions in front of whomever witnesses your baptism: 1) Do you believe Jesus is the Son of God, He died on the cross for your sins, and He rose again to defeat sin and death? 2) Are you prepared to devote yourself to Christ and make Him Lord over every area of your life with no excuses? If you can sincerely say yes to both of those questions, you are ready to be baptized!

IF YOU WOULD LIKE TO BE BAPTIZED...

You do not need any special clothing or a special appointment to be baptized; just come.

During a worship service, at the end of the sermon you may come forward at the close of the sermon, as we sing during our invitation time, and one of our ministers or elders can help you. You can also speak with a church leader at any time and express your desire to give your life to Christ in baptism.

If you believe that Jesus is the Son of God, and you are ready to die to sin and give your life to Christ, we encourage you to obey the Lord today. There is no reason to delay. If you wait until you are “perfect,” you’ll never feel “good enough!”

BE A DISCIPLE, PART 2: THE WORD OF GOD

VERSE OF THE WEEK: Joshua 1:8 – *“Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful.”*

THROUGH GOD’S WORD, WE CAN KNOW HIM PERSONALLY!

What do you spend time thinking about?

According to this week’s verse, what is the benefit of reading, thinking about, and obeying God’s Word?

How could God’s Word help improve your life?

HOW TO INTAKE THE BIBLE: THE HAND ILLUSTRATION

1. Hear God’s Word from leaders, sermons, and books.
“So faith comes from hearing, that is, hearing the Good News about Christ.” - Romans 10:17
2. Read God’s Word with a plan during your quiet time.
“Blessed is the one who reads aloud the words of this prophecy, and blessed are those who hear it and take to heart what is written in it, because the time is near.” - Revelation 1:3
3. Study God’s Word and go deeper to discover meaning.
“Now the Berean Jews were of more noble character than those in Thessalonica, for they received the message with great eagerness and examined the Scriptures every day to see if what Paul said was true.” - Acts 17:11
4. Memorize God’s Word to get it into your heart.
“I have hidden your word in my heart that I might not sin against you.” - Psalm 119:11
5. Meditate on God’s Word thinking deeply about the meaning of the verses.
“but whose delight is in the law of the Lord, and who meditates on his law day and night. That person is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither—whatever they do prospers.” - Psalm 1:1-3
6. Apply God’s Word making practical applications to do what you learn.
“Do not merely listen to the word, and so deceive yourselves. Do what it says.”- James 1:22

GETTING STARTED: QUIET TIMES

A “Quiet Time” is any time spent between you and God. It can be intimidating to try and study the Bible to many, so here’s a great and easy way to get started:

1. Get a Bible, a journal and a pen (Always keep them where you can find them)
2. Find a place without distractions (not in your bed—it may become a really quiet time!)
3. Pick a time. Mornings are a great way to start your day with God (Tune-up Illustration), but do what works best for you! *What time might work best for you?*

4. Start out with H.E.A.R. This method is easy to remember, and helps you get started in studying the Bible.

(H) Highlight: Choose a book of the Bible to read. Then, try and read one or two chapters a day. Look for a verse that particularly impressed you that day, and write it in your journal.

(E) Explain: Describe how the highlighted verse fits into the context of the chapter and the larger context of scripture. What did the author want his readers to know?

(A) Apply: What does this mean for our world? Apply the text to today. Why did the verse(s) stick out to you and what do you think God is saying through this scripture?

(R) Respond: Answer the question, “If this is God’s word for me, how should I live differently?” Make S.M.A.R.T applications! Make them Specific, Measurable, Achievable, Relevant, and Timely. Your response might also be a prayer. Spend some time praying about what you learned and surrendering your life to God.

DISCIPLESHIP CHALLENGE: Try H.E.A.R. Journaling on your own this week. *What will you read?*

BE A DISCIPLE, PART 2: THE WORD OF GOD (LEADER GUIDE)

You're on the first spoke of the wheel! Getting your disciple into God's Word is so important, as it is the basis of everything these discipleship lessons are built on.

PURPOSE

To help your disciple see the importance of knowing God through spending regular time in His Word.

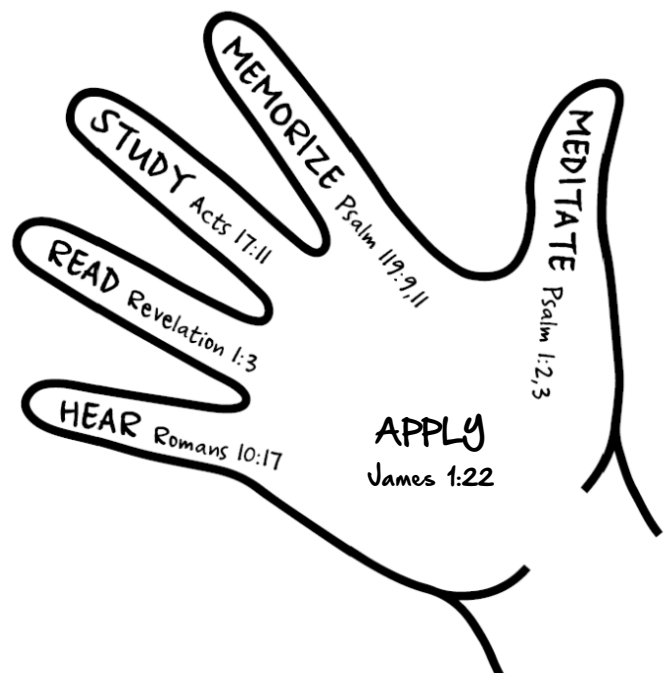
PLAN

1. **Read the lesson and the Scriptures before the meeting.** You should do this before every lesson moving forward. Make sure you are familiar with the verses and their context. Have your own personal answers to any questions, in case they struggle to come up with anything. Talk to a ministry leader or mentor if you're unfamiliar with anything.
2. **Take a moment to pray** for your time with your disciple and to prepare for your lesson. Spend a few minutes talking to them about their week. Ask them how their relationship with Christ is going.
3. **Follow up with any questions** they may have or discuss anything you talked about last time you met.
4. **Go through the lesson**, explaining the illustrations as they come up. A guide on how to do the illustrations is provided below.
5. **Introduce H.E.A.R. journaling to your disciple.** Show them the sample H.E.A.R. Journal on the next page as an example of what it looks like, then encourage them to give it a try this week. The discipleship challenge will push them to journal through scripture on their own.
6. **Ask your disciple if they have any questions and ask how you can pray for them.** Take a moment to pray with them, asking God to help them to spend time with Him in His word.
7. **Give the discipleship challenge.** Help your disciple pick a book of the Bible to study and plan a time/place to do it. Challenge them to practice H.E.A.R. journaling.

KEY ILLUSTRATIONS

The Hand (Resource by The Navigators)

1. Before you start, have your student make an outline of their hand on the top of page 2 of this lesson.
2. Tell them that as Christians, we need a good "grip" on the Word. And to have a good grip, you need to use your whole hand.
3. In the pinkie finger, write the word "Hear". Read the text accompanying the point. Do the same, putting "Read" in the ring finger, "Study" in the middle finger, "Memorize" in the pointer finger, "Meditate" in the thumb, and "Apply" in the palm/wrist.
4. Bring out the book, and ask them to pick it up and hold it with just their pinky and ring fingers. If they manage to do so, tell them to keep you from taking it. Explain that it's important to have a firm grip on God's Word by using all of these concepts together, and not focusing on just a couple of them.



The Tune-Up

1. Ask "Imagine you are getting together with your friends to go on a cross-country road trip. You want to make sure your car is going to make it through the trip, so when is the best time to get a tune-up? Before you leave on your trip, or after?"
2. Explain that the same principle works when spending time with God. Spending time with God early in the day allows God and His Word to speak to us throughout the day allowing us opportunities to apply what God showed us through our quiet time.

Sample H.E.A.R. Journal

READING: Philippians 3-4

DATE: January 10, 2019

H (Highlight) - Phil. 4:13 "I am able to do all things through Him who strengthens me."

E (Explain) - Paul was telling the church at Philippi that he has discovered the secret of contentment. No matter the situation in Paul's life, he realized that Christ was all he needed, and Christ was the one who strengthened him to persevere through difficult times.

A (Apply) - In my life, I will experience many ups and downs. My contentment is not found in circumstances. Rather, it is based on my relationship with Jesus Christ. Only Jesus gives me the strength I need to be content in every circumstance of life.

R (Respond) - Lord Jesus, please help me as I strive to be content in You. Through Your strength, I can make it through any situation I face.

BE A DISCIPLE, PART 3: SCRIPTURE MEMORY

VERSE OF THE WEEK: Psalm 119:11 *“I have hidden your word in my heart that I might not sin against you.”*

BY MEMORIZING GOD’S WORD, WE CAN LEARN TO HONOR GOD

According to this week’s verse, why is it important to “hide God’s word in your heart”?

What do you think it means to hide God’s word in your heart?

How would memorizing verses help us think about God’s Word all the time?

WHY MEMORIZE SCRIPTURE?

1. It helps give victory over sin.

Look up and read Matthew 4:1–11.

What did Jesus do when He was tempted by Satan, according to this passage?

2. It will grow your faith and help renew your mind.

Look up and read Romans 10:17 and Romans 12:2.

How could memorizing God’s Word help renew your mind?

3. It equips you for any opportunity to minister to others.

Look up and read 2 Timothy 3:16–17 and 1 Peter 3:15

How could memorizing the Word prepare you for ministering to others? (Dumb Doctor Illustration)

4. God uses it to speak to you and lead you.

Look up and read Proverbs 6:20–24 and Psalm 119:105.

Is there a time God has spoken to you through the Bible? What was it?

GETTING STARTED: THE VERSE PACK

1. Make a specific goal for how many you want to memorize each week. For example: 1 verse/week x 52 weeks = 52 verses per year. 52 verses/year x 20 years = 1,040 verses!
2. Find a verse that you want to memorize. It could be from a sermon, your quiet time, or maybe a friend referenced it or you saw it online.
3. Write the verse on a card. Index cards work great for this. Write the verse on one side and the reference on the other side.
4. Review the verse daily for 30 days until you can quote the verse and reference from memory.
5. Be encouraged! You can do it one verse at a time!

Quick-tip: If you struggle to memorize a verse or passage, try writing the first letter of each word and using that as a reference instead of the full verse. This can help you think about it differently and provide a stepping stone to memorization.

Example: For this week's verse, you could write out - *i h h y w i m h t i m n s a y*

See if this helps you to commit scripture to memory.

NOT JUST MEMORIZING, BUT MEDITATING

Scripture memory is not just about raw memorization and being able to recite back words from the Bible, it is really about meditating on God's Word and being deeply filled with the truths of scripture. Psalm 1:1-3 says, "Blessed is the one who does not walk in step with the wicked or stand in the way that sinners take or sit in the company of mockers, but whose delight is in the law of the Lord, and *who meditates on his law day and night*. That person is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither – whatever they do prospers."

What is the difference between memorization and meditation?

What might we miss out on if we just memorize?

How can you help make sure you are memorizing and meditating on the Word?

DISCIPLESHIP CHALLENGE: Continue to spend daily quiet time with God and practice H.E.A.R. Journaling. Memorize and meditate on Psalm 119:11.

BE A DISCIPLE, PART 3: SCRIPTURE MEMORY (LEADER GUIDE)

Memorizing Scripture can be a game-changing spiritual discipline. It brings conviction to the heart, and it is used by the Holy Spirit to prompt the mind to action. However, it's one that a lot of people try and talk themselves out of. Some people struggle with memorizing anything or aren't willing to put in the time and effort to do so. This lesson will help lay a foundation for why scripture memory is important and lay out a game plan for memorizing scripture that anyone can follow!

PURPOSE

- To help your disciple see the value and importance of scripture memorization.
- To teach them how to effectively memorize scripture.
- To equip them with a plan that will help them continue memorizing scripture in the long run.
- To discuss what it means to meditate on God's Word.

PLAN

1. Before your one-on-one, take a moment to pray for your time with your disciple and to prepare for your lesson. Spend a few minutes talking to them about their week. Ask them how their SOAPs are going and ask them to share one thing that God showed them from their quiet time this week.
2. If they're comfortable with it, have your disciple do the Scripture reading! It's a great and easy way for them to participate in the lesson.
3. Take time to look up the verses. Help them to see the value of hiding God's word on their heart. The spaces are there for your disciple to write down their answers to each question.. Remember that the point of the lesson is not to get through it in 30 minutes, but to help them see why scripture memory is important and how they can get started.
4. Have some extra verse cards with you and even a verse pack to give to them. Tell them that you want to memorize the verse together. It is the "With them" principle.
5. Go through the process of memorizing a verse with them! They may not know how to memorize things well, and if you show them how easy it is to memorize a section of the verse in 5 minutes, then they will be much more likely to do it!
6. Encourage your new disciple, as this lesson may feel overwhelming.

KEY ILLUSTRATION

Dumb Doctor Illustration

If you were sick and you went to a doctor and told him your symptoms you would expect him to be able to know what was wrong and be able to help you. But if instead the doctor started scratching his head and said, "that sounds like something I read about in medical school," you wouldn't trust the doctor very much.

Many times when people ask a spiritual question and we respond with, "I think somewhere in the bible it says...", it does not sound very convincing that we know what we are talking about. However, if we are able to say John 3:16 says, "For God so loved the world...", it gives much more credibility to our answer.

BE A DISCIPLE, PART 4: PRAYER

Memory verse checklist: ☐ Psalm 119:11

VERSE OF THE WEEK: Philippians 4:6 - *“Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.”*

THROUGH PRAYER, WE CAN COMMUNICATE TO GOD DIRECTLY!

What causes stress in your life?

According to this verse, what should we do instead of worrying about things?

What kinds of things do you want to talk to God about?

WHY DO WE PRAY?

1. **Connection:** It connects us with God
“The LORD is near to all who call on him, to all who call on him in truth.” - Psalm 145:18
2. **Blessings:** He answers our prayers and takes care of us
“You do not have, because you do not ask God. When you ask, you do not receive; because you ask with wrong motives, that you may spend what you get on your pleasures.” - James 4:2-3
3. **Joy:** We experience fulfillment and happiness regardless of our circumstances
“Until now you have not asked for anything in my name. Ask and you will receive, and your joy will be complete.” - John 16:24
4. **Discernment:** We seek wisdom from God about which direction to go in life
“Trust in the Lord with all your heart, and do not lean on your own understanding. In all your ways acknowledge him, and he will make straight your paths.” – Proverbs 3:5-6
5. **Peace:** God takes care of us, and we don’t have to live in anxiety and worry.
“Don’t worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God’s peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.” - Philippians 4:6-7
6. **God’s Glory:** We bring God glory when He blesses us and we praise Him for it.
“And I will do whatever you ask in my name, so that the Son may bring glory to the Father.” - John 14:13

Which of these reasons to pray motivate you most?

HOW DO WE PRAY?

Matthew 6:9-13 – “This, then, is how you should pray: ‘Our Father in heaven, hallowed be your name, your kingdom come, your will be done, on earth as it is in heaven. Give us today our daily bread. And forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from the evil one.’”

This is a prayer of Jesus that serves as a model for his followers. *What are some elements you see in this prayer?*

GETTING STARTED: A PLAN FOR PRAYER

1. Set time aside to pray. Start with five or ten minutes a day.
2. Write out a list of prayer requests and log them in a journal or on your phone. Keep track of when God answers those prayers. The ECHO Prayer app is a great keep this list and track answered prayers.
3. **Follow the P.R.A.Y. acrostic** – Praise, Repent, Ask, Yield. This simple four-part tool is easy to remember and helps guide you through prayer.

Let's try starting a prayer list!

PRAYER ASKED & DATE

PRAYER ANSWERED DATE

DISCIPLESHIP CHALLENGE: Start praying over your prayer list every day. Continue doing your H.E.A.R. Journal. Memorize Philippians 4:6.

BE A DISCIPLE, PART 4: PRAYER (LEADER GUIDE)

Congratulations! If you've been having weekly meetings with your disciple then this marks about a month of meeting together! It's a great milestone, and you're halfway through the lessons focused on the Wheel Illustration.

PURPOSE

- To show your prospective disciple why prayer is important.
- To teach them what kinds of things they should pray about.
- To show them how to keep a prayer list and get them started praying over it.

PLAN

1. Before you start, be sure to pray! It would be ironic to get into a lesson on prayer without first praying yourself.
2. With each of the five points, share personal stories about how prayer has impacted your life. As we say in Challenge, personal is most powerful!
3. Going through the P.R.A.Y. acronym, share examples of what each point looks like. They may have never prayed before, or prayed like this before, so setting an example is key to developing a foundation of prayer.
4. Finally, help them create their own prayer list! Have them come up with a mix of short-term and long-term prayer requests. If it's full of tiny prayers, then their vision for the world will stay small. However, if it's only massive prayers, then they may grow discouraged if things do not go their way.

KEY ILLUSTRATION

The P.R.A.Y. acronym

1. Write out the acronym, PRAY, vertically and in big letters. Explain that this acronym reminds us of what kinds of things we should pray about.
2. Write "Praise" out of the P. Explain that it's important to acknowledge God for who He is and what He has done in your life. It's a great time to express thankfulness to God.
3. Write "Repent" out of the R. Explain that it's important for us to confess and repent of sins we've committed because they get in the way of our relationship with God. Remind your disciple that as we do this, God is always faithful to forgive us.
4. Write "Ask" out of the A. Explain that we can ask God for anything and trust that He hears us! (1 John 5:14-15)
5. Write "Yield" out of the Y. Explain that we put our trust in God's plan, even if it's different from our plan.
6. Talk about why it is important to "yield" to God. Analogy: If we went to the doctor, told him all our symptoms, then left, we would never hear his diagnosis or instruction to improve. But this is often how we talk to God in prayer – we list out all our problems and needs, then we end our prayer and get on with life. It is important to seek God's will and listen for the conviction/direction of the Holy Spirit.

BE A DISCIPLE, PART 5: FELLOWSHIP

Memory verse checklist: ☐ Psalm 119:11 ☐ Philippians 4:6

VERSE OF THE WEEK: Hebrews 10:24-25 - *“And let us consider how we may spur one another on toward love and good deeds, not giving up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the Day approaching.”*

CHRISTIAN FELLOWSHIP HELPS YOU KEEP GROWING!

In the past, what’s been your experience with being part of a church or faith community?

Why do you think God cares so much about us being involved with other Christians?

According to this week’s verse, what kinds of things should we do with other Christians?

HOW CAN WE EXPRESS GODLY FELLOWSHIP? THE HEART ATTITUDES

The Heart Attitudes, created by Harold Bullock and the 17:6 Network, have helped guide how members of the church relate to each other in a way that brings glory to God.

1. Put the goals and interests of others above your own

“Do nothing out of selfish ambition or vain conceit, but in humility consider others better than yourselves.

Each of you should look not only to your own interests, but also to the interests of others.” - Philippians 2:3-4

2. Live an honest, open life before others

“Therefore each of you must put off falsehood and speak truthfully to his neighbor, for we are all members of one body.” - Ephesians 4:25

3. Give and receive Scriptural correction

“And let us consider how we may spur one another on toward love and good deeds. Let us not give up meeting together, as some are in the habit of doing, but let us encourage one another—and all the more as you see the Day approaching.” - Hebrews 10:24-25

4. Clear up relationships

“Therefore, if you are offering your gift at the altar and there remember that your brother has something against you, leave your gift there in front of the altar. First go and be reconciled to your brother; then come and offer your gift.” - Matthew 5:23-24

5. Participate in the ministry

“Each one should use whatever gift he has received to serve others, faithfully administering God’s grace in its various forms.” - 1 Peter 4:10

6. Support the work financially

“On the first day of every week, each one of you should set aside a sum of money in keeping with his income, saving it up, so that when I come no collections will have to be made.” - 1 Corinthians 16:2

7. Follow spiritual leadership within Scriptural limits

“Obey your leaders and submit to their authority. They keep watch over you as men who must give an account. Obey them so that their work will be a joy, not a burden, for that would be of no advantage to you.” - Hebrews 13:17

Which of these heart attitudes comes most naturally to you? Which one is the most difficult?

WHERE TO START: 5 MEANS OF CONNECTION

Ministry Involvement

Read Hebrews 10:24-25

According to this verse, what are we commanded to do as Christians? Are you involved in a ministry area?

Baptism

Read Acts 2:38-41

What role does baptism play in connecting us? Have you ever been baptized? What would keep you from getting baptized?

Serving

Read 1 Peter 4:8–11

What are we commanded to do according to this verse? How can you help serve the body of Christ?

Confessing Sin

Read James 5:16

What does it say that we are commanded to do? What is the benefit to confessing sin to each other according to this verse? How can you grow in your ability to do this?

Inviting Accountability

Read 1 John 1:8-9

Why is it hard to be honest about the things we struggle with? What can be gained by transparency and openness? Do you have an accountability partner who you can share with who will help you grow?

DISCIPLESHIP CHALLENGE: Pick one of the five above applications and practice it this week. Continue doing daily quiet times in scripture and prayer. Memorize Hebrews 10:24-25

BE A DISCIPLE, PART 5: FELLOWSHIP (LEADER GUIDE)

Congratulations on making it this far into the “Be a Disciple” series! You have finished the lessons covering how we relate to God via the Word and Prayer, and now you will be covering how Christians relate to others. This is an important topic to cover in our day and age, as more and more Christians carry this idea that they can go “lone wolf” with their walk with God, and that church and fellowship aren’t important.

PURPOSE

- To help your disciple see the importance of Christian fellowship.
- To learn the Heart Attitudes and see how they could apply to the disciple’s life.
- To emphasize the need for authenticity and openness with the faith community
- To get involved in a local church, accountability group, and to help serve in some way if they are not already doing so.

PLAN

1. Take some time to pray for your disciple before the meeting. Pray that they will desire Christian fellowship and will follow through in the next steps.
2. Take some time to catch up and hear about how life is going. Don’t spend all day about it, but it is important to focus on the relationship.
3. As you go through the Heart Attitudes, share personal stories that apply to the different points. You don’t need one for all seven, but dispersing a few throughout can help them see the importance of fellowship.
4. If your disciple has not been baptized, ask them if they would like to. This is a pretty key step in someone’s walk with God, so if they haven’t done it yet, start a conversation with them about it.
5. Help them come up with a practical application from the lesson. Maybe this means taking them with you to serve at your local church, or talking to your minister with them about getting baptized. Don’t come up with their application for them, but don’t let them get away with an easy takeaway.

BE A DISCIPLE, PART 6: EVANGELISM

Memory verse checklist: ☐ Psalm 119:11 ☐ Philippians 4:6 ☐ Hebrews 10:24-25

VERSE OF THE WEEK: Matthew 28:19-20 - *“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, and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age.”*

SHARING THE GOSPEL LETS YOU IMPACT OTHER PEOPLE FOR ETERNITY!

This week’s verse contains Jesus’s last words before He went up to heaven. *According to this verse, what does Jesus command his disciples to do? What is He telling His disciples to train their disciples to do?*

What do you think about sharing the gospel with your friends? What do you think would be the most challenging aspect of that? According to this verse, what gives us the strength to do this?

WHY DO WE SHARE? THE “CURE FOR CANCER” ILLUSTRATION

Why do you think many Christians don’t have a bigger sense of urgency to share the gospel?

“I’m convinced that the main reason many of us don’t witness for Christ in ways that would be effective and relatively fear free is simply because we don’t discipline ourselves to do it.” Donald Whitney
How can we grow in our readiness to share Christ?

HOW CAN WE SHARE? PRAY, CONNECT, RESPOND

Read Colossians 4:2-6. *What principles from this passage can we apply to our efforts in everyday evangelism?*

PRAY | Pray Daily for B.O.B.

Prayer is the foundation of everything we do. If you want to evangelize, but you don’t start with prayer, you are wasting your time. So pray daily for God to provide these things:

- Burden for the lost
- Opportunities and Open doors
- Boldness to share your faith

Knowing God through prayer and scripture is a key piece (maybe *the* key piece) in sharing your faith. If you don’t know God well, how can you introduce someone else to Him?

CONNECT | Spend intentional time around your non-Christian friends

What is the difference between investing in someone and just hanging out?

Text your friend “Hey friend! I have been learning a lot about Jesus lately and it has made me really want to share with my friends about what’s going on in my life. You have been a good friend of mine, so I was wondering would you be down to get together so I can share that with you?”

RESPOND | Act on opportunities for spiritual conversation

If you are praying for opportunities, and you are spending time connecting with non-Christian friends, the Holy Spirit will create opportunities to talk about spiritual things and prompt you to speak up. Respond to the Spirit!

When was a time you realized after the fact that there was an opportunity for spiritual conversation?

PERSONAL TESTIMONY | What does the gospel mean to you?

Your own experience of being transformed by God is the most powerful tool you have for evangelism. A changed life is greater evidence than any type of gospel presentation. Share with your friend about characteristics that held you back in the past, and how Jesus gives you freedom!

What was your life like before you were a Christian? How has Jesus impacted your life since becoming a Christian?

WHO CAN WE SHARE WITH?

List some people in your life who need to know about Jesus or might be interested in learning:

Pray for them, plan to spend time with them, and respond to opportunities to talk about spiritual things. Share with them about how God has worked in your life!

The 2x4 Method

Prayerfully select 2 people that you’re pretty sure don’t know Jesus, then do 4 things:

Identify – Focus on them. You’ve already done this by starting the 2x4 process.

Intercede – Pray for them. Begin to pray often for these 2 people.

Invest – Spend time with them. Eat a meal, get coffee, play games, talk after class, etc.

Invite – This might look like having a spiritual conversation, inviting them to an event, sharing the gospel with them. Whatever form it takes, clearly invite them into your faith.

DISCIPLESHIP CHALLENGE: Begin praying for B.O.B. every day, and do something to spend time with a non-Christian friend this week. Begin preparing for the “Time Management” lesson by writing down what you do over the next week in 30-minute chunks. Follow @yesheis on Instagram for more inspiration. Memorize Matthew 28:19-20 and continue your daily quiet times in scripture and prayer.

BE A DISCIPLE, PART 6: EVANGELISM (LEADER GUIDE)

Congratulations! You've made it through the Wheel-themed lessons. This may be an intense lesson to go through with your disciple, as many people will fight against the need to share the gospel with others. If you think that may be the case, steel yourself and trust the Holy Spirit to convict your disciple's heart about the need to share the gospel with those around them.

PURPOSE

- To give your disciple an understanding of the need for evangelism.
- To get them started on the habits of “Pray, Connect, Respond.”
- To get them to make an Impact List, begin praying over it, and look for opportunities to spend time with the people on that list.
- Encourage them to do some “2x4’s”

PLAN

1. Remember to emphasize scripture memory at the beginning of each lesson. By this time they've memorized a handful of verses, and it might be tempting for them to focus less on the old ones and more on the new ones. Don't let them do this! Remind them that verse memory is a key part of developing your spiritual foundation.
2. When sharing the “Cure for Cancer” illustration, don't shy away from the seriousness of sharing the gospel. It might be tempting to de-emphasize it to keep your disciple from getting uncomfortable, but that's the point.
3. Share personal stories about how you've shared the gospel and related to others. Share how you've made mistakes and how you've succeeded. It will help them feel like they could share the gospel too!

ILLUSTRATIONS

The “Cure to Cancer” illustration

Share these questions and let them respond to each one: Imagine that you have the cure to cancer - How would you share that with the world? What if you kept the cure to yourself and didn't share it with anyone? What would people do if they found out that you didn't share the cure with anyone? We have the cure to the deadly disease that is sin. Every person on earth is affected by it and only Jesus can heal them. Spreading the gospel of Jesus is much more urgent than finding the cure to cancer because it is an issue of eternal death or eternal life.

WRAPPING UP

As you finish up this lesson encourage your disciple with a vision of how applying these habits could help them in daily life. Pray for B.O.B. together and ask God to give you both open doors. Challenge them to do the “2x4” method. When you meet next, ask how their evangelism went and provide some accountability.

At the Discipleship Challenge, set them up for the next lesson by having them log what they do with their time. There is a pre-made time audit sheet on the next page. It doesn't need to be hyper-specific, but it should give a sense of what they did with that time. Below is an example. It's important they do this, as the next lesson is very interactive and necessitates them doing this.

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY
8:00 am	Ate Breakfast	Ate Breakfast	Ate Breakfast	Quiet Time
8:30 am	Getting Ready	Quiet Time	Scrolled on Phone	Ate Breakfast
9:00 am	Travel to Church	Class	Homework	Class
9:30 am	Worship at Church	Class	Scrolled on Phone	Class
10:00 am	Worship at Church	Homework	Watched YouTube	Played Video Games
10:30 am	Bible Class	Watched YouTube	Class	Played Video Games

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00a							
6:30a							
7:00a							
7:30a							
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11:30p							
12:00a							

BE A DISCIPLE, PART 7: TIME MANAGEMENT

Memory verse checklist: ☐ Psalm 119:11 ☐ Philippians 4:6 ☐ Hebrews 10:24-25 ☐ Matthew 28:19-20

VERSE OF THE WEEK: Ephesians 5:15-17 *“Be very careful, then, how you live—not as unwise but as wise, making the most of every opportunity, because the days are evil. Therefore do not be foolish, but understand what the Lord’s will is.”*

MANAGING OUR TIME ALLOWS US TO BE MOST EFFECTIVE FOR GOD!

Are you a big planning person? Why or why not?

If you had an extra hour in your day, what would you do with it?

According to this week’s verse, why should we care about how we manage our time?

GETTING STARTED: REVIEW OF HOMEWORK

Last week you were assigned to track your week in half-hour increments. Now we are going to take that apart.

1. Organize your week of time tracking into these categories.

CATEGORY	TIME SPENT
Classes	
Homework	
Ministry	
Spiritual Development (church, quiet times, scripture memory, etc.)	
Leisure (social media, YouTube, time with friends, etc.)	
Sleeping	
Eating	
Work	
Transportation	
Transition Time	
Other	

2. *If somebody looked at your schedule, what would they say are your top five priorities?*
3. *What is something you need to spend less time doing? What do you need to spend more time on?*
4. *Re-rank your top five priorities based on how you want them to look.*
5. *What changes do you need to make to have a schedule that reflects these priorities?*

HOW TO MANAGE YOUR TIME

1. **Put God first in your life.**

“But seek first his kingdom and his righteousness, and all these things will be given to you as well.” - Matthew 6:33
How could putting God first help you manage your time?

2. **Work smarter, not harder.**

“If the ax is dull and its edge unsharpened, more strength is needed, but skill will bring success.” - Ecclesiastes 10:10
What are some practical changes you can make to help you manage your time better?

3. **Make S.M.A.R.T. goals.**

“Commit to the LORD whatever you do, and he will establish your plans.” - Proverbs 16:3
S.M.A.R.T. stands for Specific, Measurable, Action-oriented, Realistic, and Timely. *How would setting S.M.A.R.T. goals help improve your life?*

4. **Create a master to-do list.**

When somebody is flooded with due dates, work projects, homework, and a host of other things, it’s easy to let things slip simply because they forgot about it. Keeping a master to-do list in a phone app or a planning notebook where you keep all your due dates can be extremely helpful for keeping track of these things. When you wake up, scan the list and prioritize it by what needs to get done that day.

5. **Keep a detailed calendar.**

There are so many great calendar tools and apps nowadays for keeping track of what’s due or where you need to be, and keeping it up to date will save you time and money. Brian Tracy, author of many popular time-management books, says, “Every minute you spend in planning saves 10 minutes in execution.”

6. **Do a weekly “sync”**

A weekly sync ties together the to-do list and the calendar. At the beginning of your week, take the things in your to-do list, and put them into your calendar. Decide at the beginning of the week when you’ll get those things done, and commit to doing them then. This can alleviate anxiety about getting lots of work done, and it frees up time that you can devote to things you care about.

DISCIPLESHIP CHALLENGE: Create a master to-do list of everything that needs to get done in your life. Keep track of them through a calendar, then do a weekly sync at the beginning of the week. Report back next week with how that went. Memorize Ephesians 5:15-17

BE A DISCIPLE, PART 7: TIME MANAGEMENT (LEADER GUIDE)

This lesson is a bit of an outlier from the rest of the lessons. For one, it may come across as a much less “spiritual” topic to cover, but it has a huge impact on a disciple’s spiritual growth. If they can get a grip on the concept of time management, then they will grow in consistency with their disciplines, make time for fellowship, and increase their impact on the campus! Secondly, it requires the previous homework from the “Be a Disciple, Part 9: The Holy Spirit” lesson in order to really work, so if your disciple didn’t accomplish that, it may be good to have them do the homework, then return to this next week.

PURPOSE

- To give your disciple a sense of godly time management and what that means.
- To help them begin the practice of “weekly syncs” and planning how to use their time.

PLAN

1. Pray over the meeting beforehand! Pray that your disciple would develop a desire to use their limited time for God’s glory and to advance His kingdom.
2. During the activity, be slow and methodical. Take however much time you need to be thorough in helping them understand and develop a plan for healthy time management.
3. When you start talking about to-do lists and calendars, bring your own to show as an example! If you aren’t currently doing so, then spend some time before your meeting and plan out a few days at least so your disciple has an example to follow.
4. At the end, help your disciple come up with effective, S.M.A.R.T. applications. Make sure they are realistic, because if they start seeing success in this area, they will be motivated to shoot for more!

BE A DISCIPLE, PART 8: THE HOLY SPIRIT

Memory verse checklist: ☐ Psalm 119:11 ☐ Philippians 4:6 ☐ Hebrews 10:24-25 ☐ Matthew 28:19-20
☐ Ephesians 5:15-17

VERSE OF THE WEEK: John 14:26 *“But the Helper, the Holy Spirit, whom the Father will send in my name, he will teach you all things and bring to your remembrance all that I have said to you.”*

What are some things that you’ve learned in our discipleship relationship that stand out to you?

According to this week’s verse, what is the purpose of the Holy Spirit?

In the New Testament, many people who are helped by God are described as being “Filled with the Holy Spirit.” What do you think that means? (No Room For Dessert Illustration)

WHAT DOES IT MEAN TO BE “FILLED WITH THE SPIRIT?”: THE CHAIR ILLUSTRATION

Natural Person (One who has not received Christ)

Self-Directed Person (Has received Christ, but lives in defeat because they are trying to live the Christian life by their own strength)

Spirit-Filled Person (One who is directed and empowered by the Holy Spirit)

We cannot experience intimacy with God and enjoy all he has for us if we fail to depend on His Spirit. We cannot live the Christian life in our own strength. We also cannot enjoy all God desires for us if we live guided by our self-centered desires.

“So I say, live by the Spirit, and you will not gratify the desires of the sinful nature. For the sinful nature desires what is contrary to the Spirit, and the Spirit what is contrary to the sinful nature. They are in conflict with each other, so that you do not do what you want” - Galatians 5:16-17

HOW TO BE FILLED WITH THE SPIRIT: SPIRITUAL BREATHING

“Spiritual Breathing” is a tool meant to help us understand how to stay connected to God. Like our physical breathing, it’s something that should be done daily, helping us maintain a clear connection with God. Before going through this exercise, you should ask yourself these questions:

1. Am I ready to surrender control of my life to our Lord Jesus Christ?
2. Am I ready now to confess my sins?
3. Do I sincerely desire to be directed and empowered by the Holy Spirit?

Exhale: Confess your sin the moment you become aware of it. Agree with God concerning it and thank Him for His forgiveness, according to 1 John 1:9 and Hebrews 10:1-25. Confession requires repentance - a change in attitude and action.

Inhale: Surrender control of your life to Christ and rely upon the Holy Spirit to fill you with His presence and power by faith, according to His command (Ephesians 5:18) and promise (1 John 5:14-15).

“Which of you fathers, if your son asks for a fish, will give him a snake instead? Or if he asks for an egg, will give him a scorpion? If you then, though you are evil, know how to give good gifts to your children, how much more will your Father in heaven give the Holy Spirit to those who ask him!” - Luke 11:11-13

DISCIPLESHIP CHALLENGE: Go through the process of “spiritual breathing” and ask God to fill you with his Spirit each day this week. Memorize John 14:26 and continue with your other disciplines.

BE A DISCIPLE, PART 8: THE HOLY SPIRIT (LEADER GUIDE)

Of the three parts of the Trinity, the Holy Spirit is perhaps the most misunderstood aspect of God. Many new Christians might hear people talk about being “filled with the Spirit” or how they saw “the Spirit move” in a particular person’s life, but those concepts fly right past their understanding. This lesson, while by no means comprehensive, aims to begin an understanding of the unique role of the Holy Spirit in their lives.

PURPOSE

- To help your disciple begin to understand who the Holy Spirit is, and what He does in our lives.
- To help them understand what it means to be “filled with the Spirit.”
- To get them practicing “spiritual breathing” to maintain their walk with God.

PLAN

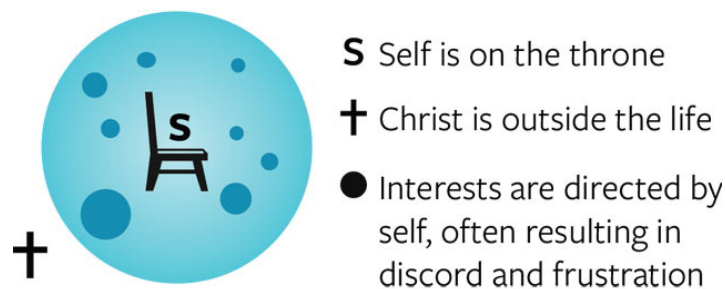
1. Before your meeting, pray for the Holy Spirit to stir an interest for Him in your disciple’s life. No work of God begins without prayer, and what better way to start your disciple’s relationship with the Holy Spirit than by interceding on their behalf?
2. If they’ve been memorizing a verse a week consistently, get them started on their first weekly verse pack! Remind them of the structure, and help them organize their verses. It’s a big milestone for them, so celebrate their consistency.
3. Emphasize the importance of “spiritual breathing.” Confession is something that’s too often overlooked in a Christian’s life, so use this to help make it a regular practice in your disciple’s life.
4. Remember, personal makes the most powerful. Interject your own stories of the Spirit working in your life, and you’ll help to ground these truths into your disciple’s life!

IMPORTANT ILLUSTRATIONS

No Room for Dessert

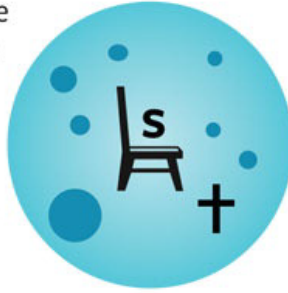
You know when you eat at a restaurant, then after you’ve eaten a whole meal, the waiter says, “Did anyone save room for dessert?” Everyone always says, “No way, I’m full.” We don’t have room for dessert, because we’re already full of food. This is similar to being full of the Spirit. When the world offers us “sweet stuff,” we can say, “No thanks, I’m full.” We don’t have room for junk when we’re filled with good. (see Matthew 12:43-35)

The Chair Illustration (adapted from *Satisfied* by Bill Bright)



1. Under the heading “Natural Person” draw a chair with a circle around it. Put an S (for “Self”) in the seat of the chair, a cross outside of the circle, and various shaped black circles around the chair. Explain that in this self-directed lifestyle, the self is on the throne of that person’s life, Christ is outside the person’s life, and the person’s interests are directed by the self, resulting in discord and frustration.

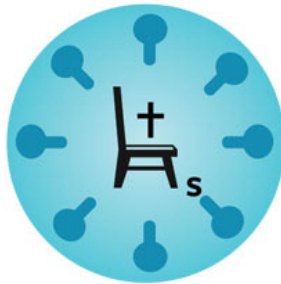
- Legalistic attitude
- Impure thoughts
- Jealousy
- Guilt
- Worry
- Discouragement
- Critical spirit
- Frustration



- Aimlessness
- Fear
- Ignorance of spiritual heritage
- Unbelief
- Disobedience
- Loss of love for God and others
- Poor prayer life
- No desire for Bible Study

2. Under the heading “Self-Directed Person” draw a chair, a circle around the chair, an S on the chair, and a cross inside the circle. Draw various shaped black circles inside the bigger circle. Explain that in this “self-directed life,” self is on the throne, Christ has been dethroned and isn’t allowed to direct the life, and the interests are directed by self, often resulting in discord and frustration.

- Love
- Joy
- Peace
- Patience
- Kindness
- Goodness
- Faithfulness



- Life is Christ-centered
- Empowered by Holy Spirit
- Introduces others to Christ
- Has effective prayer life
- Understands God’s Word
- Trusts God
- Obeys God

3. Under the heading “Spirit-Filled Person” draw a chair and a circle around it. Put the cross on the chair, and an S inside the circle. Draw equally sized smaller black circles along the side of the circle. Explain that in this person, Christ is on the throne, the self is yielding to Christ, and the person’s interests are directed by Christ, resulting in harmony with God’s plan.
4. Explain the passage that follows on the sheet, emphasizing that we must continually draw close to God for Him to continue working in our lives

Spiritual Breathing

This is just a simple way to encourage your disciple to invite the Holy Spirit into their lives more and more. Encourage them to pray daily for a fresh filling of the Holy Spirit.

BE A DISCIPLE, PART 9A: LOVE

Memory verse checklist: ☐ Psalm 119:11 ☐ Philippians 4:6 ☐ Hebrews 10:24-25 ☐ Matthew 28:19-20
☐ Ephesians 5:15-17 ☐ John 14:26

VERSE OF THE WEEK: Romans 5:8 - *“But God demonstrates his own love for us in this: While we were still sinners, Christ died for us.”*

GOD LOVES US MORE THAN WE CAN IMAGINE!

Think of somebody you know that loves you: how do you know they do?

According to this week’s verse, when did God demonstrate his love towards us? What happened?

What is significant about what this verse tells us about God’s love?

EXAMINING GOD’S LOVE AND HOW TO EMULATE IT.

1. It is sacrificial

“For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life.” - John 3:16

The Greek language has multiple words for “love” (ex: eros, phileo, storge). The one used most often to describe God’s love for us is ἀγάπη (agape). It is defined by being totally focused on the greater good of others, to the point of sacrifice. It is active, and it is fully expressed in Jesus’ death on the cross.

2. It is towards friends and enemies alike

“You have heard that it was said, ‘Love your neighbor and hate your enemy.’ But I tell you, love your enemies and pray for those who persecute you, that you may be children of your Father in heaven. He causes his sun to rise on the evil and the good, and sends rain on the righteous and the unrighteous. If you love those who love you, what reward will you get? Are not even the tax collectors doing that? And if you greet only your own people, what are you doing more than others? Do not even pagans do that?”
Matthew 5:43-47

God doesn’t just love those who love Him back. He loves everyone, even the people who ignore Him or reject Him. That’s what makes Romans 5:8 so powerful! Christ died for us before we loved Him.

3. It is totally dependent on God's strength

“I would like to learn just one thing from you: Did you receive the Spirit by the works of the law, or by believing what you heard? Are you so foolish? After beginning by means of the Spirit, are you now trying to finish by means of the flesh? Have you experienced so much in vain—if it really was in vain?”
- Galatians 3:2-4

Loving the way God loves requires incredible strength: God's strength! You'll only be able to love like Christ for a lifetime by regularly leaning on God and trusting in the Holy Spirit

What is different about God's love and the way we define love?

How can we focus on the greater good of others if they disagree about what is best?

HOW CAN WE EXPRESS GOD'S LOVE? 1 CORINTHIANS 13

Often described as the “Love Chapter”, 1 Corinthians 13 does a great job of describing what a loving Christian does. Read it together below:

“If I speak in the tongues of men or of angels, but do not have love, I am only a resounding gong or a clanging cymbal. If I have the gift of prophecy and can fathom all mysteries and all knowledge, and if I have a faith that can move mountains, but do not have love, I am nothing. If I give all I possess to the poor and give over my body to hardship that I may boast, but do not have love, I gain nothing. Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres. Love never fails. But where there are prophecies, they will cease; where there are tongues, they will be stilled; where there is knowledge, it will pass away. For we know in part and we prophesy in part, but when completeness comes, what is in part disappears. When I was a child, I talked like a child, I thought like a child, I reasoned like a child. When I became a man, I put the ways of childhood behind me. For now we see only a reflection as in a mirror; then we shall see face to face. Now I know in part; then I shall know fully, even as I am fully known. And now these three remain: faith, hope and love. But the greatest of these is love.”

There are quite a few “Love is...” statements. *Which one do you think is the easiest for you? Which is the most difficult? How could you work on the ones you struggle with?*

DISCIPLESHIP CHALLENGE: Pick one of the “Love is...” statements and form an application to do this week. Continue your quiet times and prayer for your impact list. Memorize Romans 5:8.

BE A DISCIPLE, PART 9A: LOVE (LEADER GUIDE)

Everybody has their own view of what it means to “love”. For some people, “loving” someone means letting them do whatever they want, and being a good friend to them regardless. Others might encounter “tough love” often, where their only experience with love is discipline and harsh words, trying to shape them up for success in the world. Whatever someone’s experience, we all start with our own subjective view of love, which stems from our experiences.

For the Christian, however, love is something much greater. It is the ultimate expression of sacrifice, fully expressed in Christ’s sacrifice on the cross for our sins. The Christian’s goal is to be a reflection of this love that God has poured into us and to give it to those around us.

PURPOSE

- To clarify what the Bible means by “love”.
- To give the disciple an understanding how God expects a Christian to love others.
- To equip them to be able to create their own application after the reading of this lesson.

PLAN

1. Remember to go over the verse review! It’ll take up a bit of time each week, but it’s important to get them in the habit of making sure they’re keeping up. If they are struggling with remembering certain verses, spend a little time thinking through why they feel challenged and help them come up with a solution.
2. Make sure to emphasize that God’s love is for them as well! Some people struggle with understanding how God could love them, so wherever you think your disciple might have been struggling to understand about God’s love up to this point, make sure they get it here.
3. When talking about the Discipleship Challenge, help them formulate a S.M.A.R.T. application! Don’t give them an application, but ask questions to guide them to come up with one on their own.

S – Make sure the goal is SPECIFIC, not vague.

M – A goal should be MEASURABLE, so you know when it’s completed.

A – Keep your goals ACHIEVABLE, not too farfetched.

R – Set goals that are RELEVANT to your life and situation.

T – Goals should be TIME-BOUND, with an aim for when to finish.

OTHER SCRIPTURES ABOUT LOVE

Galatians 6:2 "Carry each other’s burdens, and in this way you will fulfill the law of Christ."

Hebrews 13:16 "And do not forget to do good and to share with others, for with such sacrifices God is pleased."

John 15:12 "My command is this: Love each other as I have loved you."

Matthew 5:42 "Give to the one who asks you, and do not turn away from the one who wants to borrow from you."

Proverbs 19:17 "Whoever is kind to the poor lends to the Lord, and he will reward them for what they have done."

BE A DISCIPLE, PART 9B: ASSURANCES

Memory verse checklist: ☐ Psalm 119:11 ☐ Philippians 4:6 ☐ Hebrews 10:24-25 ☐ Matthew 28:19-20
☐ Ephesians 5:15-17 ☐ John 14:26 ☐ Romans 5:8

VERSE OF THE WEEK: 1 John 5:11-13 *“And this is the testimony: God has given us eternal life, and this life is in his Son. Whoever has the Son has life; whoever does not have the Son of God does not have life. I write these things to you who believe in the name of the Son of God so that you may know that you have eternal life.”*

What does it mean to have confidence in something?

According to this verse, why did John write this letter?

Why do you think it was important to John that his audience understands this?

Keep in mind: According to 1 John 2:3-4 & 5:1-5, obedience is a sign of assurance for us. John does not offer assurance in a vacuum, but he tells us that we can be sure of our salvation when we see change in our lives.

THE FOUNDATION OF BELIEF: THE 5 ASSURANCES

Assurance #1: Assurance of Salvation

“And this is the testimony: God has given us eternal life, and this life is in his Son. Whoever has the Son has life; whoever does not have the Son of God does not have life. I write these things to you who believe in the name of the Son of God so that you may know that you have eternal life.” - 1 John 5:11-13

There will be times where you may not “feel” like you are saved. Maybe you gave in to sin, or you feel so overwhelmed with your brokenness that you wonder if you really are saved. But because of what Jesus Christ did on the cross, we can rest in the knowledge that if we have given our hearts to God, received Christ as our Savior and Lord, and faithfully aim to follow Him, we have eternal life in Him (See the letter of 1 John).

Assurance #2: Assurance of Answered Prayer

“Until now you have not asked for anything in my name. Ask and you will receive, and your joy will be complete.” - John 16:24

You may feel doubts about whether or not God is answering your prayers. But according to the Bible, if Jesus Christ is your Lord and Savior, you have a privilege of getting to speak directly to God. *How does that make you feel?*

Asking in Jesus’ name means asking in His authority based on His merit, not your own. This also means that the prayer God answers are those that fall in line with Jesus’ character, since it’s on His authority we ask them.

Assurance #3: Assurance of Victory over Sin

“No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can endure it.” - 1 Corinthians 10:13

What is a temptation that you struggle with regularly? What is the “way of escape” that God wants you to use to get out of it?

Keep in mind: 1 Corinthians 10:13 does not tell us that God will never give us more than we can handle. We will deal with more than we can handle – that is how we learn to rely on God and our faith community!

Assurance #4: Assurance of Forgiveness

“If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.” - 1 John 1:9

Although God promises us victory over sin, there will be times where we still fail, and fall into sin. *What does this passage say God will do if we confess our sins to Him?*

Assurance #5: Assurance of Guidance

“Trust in the LORD with all your heart and do not lean on your own understanding. In all your ways acknowledge Him, and He will make your paths straight.” - Proverbs 3:5-6

God promises to lead us in our lives as we follow Him. *What three things are we supposed to do? What does God promise to do in return? How would that help you in your life?*

WORKING THROUGH DOUBT: THE TRAIN ILLUSTRATION

Many Christians have struggled with doubts in their minds, and from that can develop a wrong idea that God isn't who He says He is in the Bible. This illustration helps guide us through those feelings.

DISCIPLESHIP CHALLENGE: Pick one of the assurances above and do some study on it. Memorize 1 John 5:11-13

BE A DISCIPLE, PART 9B: ASSURANCES (LEADER GUIDE)

This lesson is designed to help solidify some basic fundamental ideas that back up the habits you've been developing in your disciple.

PURPOSE

- To give a basic understanding of the “5 Assurances”, and what they mean for the disciple's life
- To be able to do a “word study” to find out what a Bible verse has to say about any particular topic.

PLAN

1. Remember to pray before the meeting! Your disciple may be struggling with doubts that are addressed in this lesson, so pray that God would soften their hearts and that they would be responsive.
2. If you feel the need to, spend some extra time on the assurances you think your disciple really needs to hear. Look up other verses beforehand that go with the assurance.
3. When you get to the Discipleship Challenge, teach them how to do a Word Study! This simple method is a great way to help your disciple begin discovering biblical truth on their own. Here is a structure for how to do one:
 - a) Write the word you plan to study and a definition from the dictionary. Go to a thesaurus and look up any related words that might be helpful.
 - b) Go to www.biblestudytools.com and put your word into the search. Copy down every verse that comes up, including the text and the reference. If it's a word with a lot of references (Love has over 500!), then specify a few books in the filter settings.
 - c) Spend some time meditating on these verses. What does each verse have to say about your word? What insights does it give you? Why was that word used in the story?
 - d) After you do this with each verse, summarize your findings on what the Bible says about your word. Create an application based on your summary.

IMPORTANT ILLUSTRATIONS

The Train Illustration



1. Draw a train with the locomotive at the front, a passenger car in the middle, and a caboose at the back. Explain that this illustration shows how we should order what we believe.
2. In the middle of the locomotive, write “Fact”. Explain that when dealing with doubts, we must first remember what is true. *What does Scripture have to say about the subject? What do you know to be true about God?*
3. In the passenger car, write “Faith”. Because of what we know about God, we can trust Him in situations where there isn't a clear answer. *What is something you've had to trust God in? How did it work out?*
4. In the caboose, write “Feelings”. Explain that feelings are important, but they shouldn't be driving the train because they are fickle and prone to change. Feelings should be guided by what we know and believe, not the other way around. *How have feelings guided you in making a decision in the past?*
5. Explain that when we have these in order, working through doubts can be a faith-building experience, rather than a faith-destroying one. *Are there doubts you struggle with? How do you think this way of thinking can help you process it?*

BE A DISCIPLE, PART 10: THE GOAL

Memory verse checklist: ☐ Psalm 119:11 ☐ Philippians 4:6 ☐ Hebrews 10:24-25 ☐ Matthew 28:19-20
☐ Ephesians 5:15-17 ☐ John 14:26 ☐ Romans 5:8 ☐ 1 John 5:11-13

VERSE OF THE WEEK: 2 Timothy 2:2 *“and what you have heard from me in the presence of many witnesses entrust to faithful men who will be able to teach others also.”*

How many levels of discipleship do you see in this week’s verse?

According to this verse, what are we supposed to teach our disciples?

Second Timothy is widely considered the last letter Paul sent before he was executed, and he sent it to his closest disciple. Why do you think it was so important for him to mention this to Timothy?

God wants to use your life to help others

"Let each of you look not only to his own interests, but also to the interests of others." - Philippians 2:4

"I tell you the truth, unless a kernel of wheat falls to the ground and dies, it remains only a single seed. But if it dies, it produces many seeds." - John 12:24

"And do not forget to do good and to share with others, for with such sacrifices God is pleased." - Hebrews 13:16

"For there will never cease to be poor in the land. Therefore I command you, 'You shall open wide your hand to your brother, to the needy and to the poor, in your land.'" - Deuteronomy 15:11

"'What should we do then?' the crowd asked. John answered, 'Anyone who has two shirts should share with the one who has none, and anyone who has food should do the same.'" - Luke 3:10-11

"Suppose a brother or a sister is without clothes and daily food. If one of you says to them, 'Go in peace; keep warm and well fed,' but does nothing about their physical needs, what good is it? In the same way, faith by itself, if it is not accompanied by action, is dead." - James 2:14-17

"Do not withhold good from those to whom it is due, when it is in your power to act." - Proverbs 3:27

"Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God." - 1 Corinthians 1:3-4

"Teacher, which is the greatest commandment in the Law?" Jesus replied: "'Love the Lord your God with all your heart and with all your soul and with all your mind.' This is the first and greatest commandment. And the second is like it: 'Love your neighbor as yourself.' All the Law and the Prophets hang on these two commandments." - Matthew 22:36-40

God wants to grow you into a person of F.A.I.T.H.

F _____

A _____

I _____

T _____

H _____

WHAT HE CALLS US TO: THE MISSION

Jesus commissioned us to make disciples

“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, and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age.” Matt 28:19-20

Jesus’ commission is urgent

“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? And how can anyone preach unless they are sent? As it is written: ‘How beautiful are the feet of those who bring good news!’” - Romans 10:14-15

Jesus’ Commission needs workers

“When he saw the crowds, he had compassion on them, because they were harassed and helpless, like sheep without a shepherd. Then he said to his disciples, ‘The harvest is plentiful but the workers are few. Ask the Lord of the harvest, therefore, to send out workers into his harvest field.’” - Matthew 9:36-38

WHY GOD CALLS US: THE VISION

God wants to multiply your life

“And what you have heard from me in the presence of many witnesses entrust to faithful men who will be able to teach others also.” - 2 Timothy 2:2

(Addition vs. Multiplication Illustration) You can multiply the kingdom of God! Having completed this study series, you are fully equipped to walk someone else through it. *Who can you lead in discipleship?*

DISCIPLESHIP CHALLENGE: Continue learning with the “Make Disciples” series. Memorize 2 Timothy 2:2. Keep growing habits of daily scripture, prayer, spiritual breathing, and more. **Choose who you can disciple and lead through this study series now that you have completed it!** Grab a copy of *The Disciple Maker’s Handbook* by Bobby Harrington and Josh Patrick to learn more.

BE A DISCIPLE, PART 10: THE GOAL (LEADER GUIDE)

Congratulations! You've made it all the way through the "Be a Disciple" series! It's been a long journey with you and your disciple, and they've come a long way since you've started. They've begun doing spiritual disciplines, as well as learned a variety of biblical concepts that will be foundational as they continue growing in their faith. This lesson may be the most important lesson you go over with your disciple, in terms of their longevity. This lesson gets into the very why of God's call for our lives. It's a commission to go further in their walk with God, to push and be pushed in ways they haven't yet. It's challenging and exciting!

If your disciple desires to continue growing, then the next steps for you would be to take them through the "Make Disciples" series. This gets deeper into their spiritual walk, while also training them to start sharing the gospel and reaching their friends in a variety of ways.

PURPOSE

- To help the disciple understand what God's ultimate mission for the world is.
- To help them develop a personal vision for what God could use their life for.
- To commission them to continue in discipleship by leading someone else through this study series
- When you get to the end, ask them if they want to continue in discipleship with the "Make Disciples" series

PLAN

1. Remember to saturate this lesson in prayer! Your ask at the end of this lesson may be big for your disciple.
2. As you go through the various points, make it personal! Share why you personally think these things are important and use stories that illustrate these points (how have you done your part so far for the Great Commission?). This will help your disciple gain vision for how they can use their own life.
3. Cast vision for your disciple to walk through this same study series with someone else.

ILLUSTRATIONS

A Person of F.A.I.T.H. | When you get to "God wants to grow you into a person of F.A.I.T.H." fill in the blanks and discuss:

- **Faithful:** Those who do what they say they will do.
- **Available:** Those who find time to pursue Him and His mission.
- **Initiative:** Those who pursue God and His mission of their own accord.
- **Teachable:** Those who listen to their mentors and learn from their mistakes.
- **Heart for God and People:** Those who love God and love people, despite what they may do.

Addition vs. Multiplication

- Imagine if you were able to lead 1,000 people to Christ every day. That would be pretty incredible. At the end of a year, you would have led 365,000 people to Christ! This looks pretty impressive. That's 3,650,000 after ten years, and 9,125,000 people after 25 years. *How many years do you think it would take to reach the world's population?* **Answer:** About 21,369 years, not accounting for population growth.
- Let's look at multiplication. You share the Gospel with 1 person and spend a year training them up. At the end of that year, you would have 2 disciples. Then the two of you go out and find 1 person each and spend the rest of the 2nd year training them up. At the end of the 2nd year, you would have 4 disciples. After ten years, that's 1,024 disciples. However, after 25 years, there would be 33,554,432 disciples! *How many years do you think it would take to reach the world's population?* **Answer:** Around 33 years, accounting for population growth.
- *Which method is more feasible? Which method is the most effective in reaching the world?*
- The most important outcome of this lesson is helping your disciple figure out who they can disciple. Cast vision for them about how they can multiply by walking with just one person!