

**HOW TO BE & MAKE DISCIPLES**

## INTRODUCTION (WEEK 1)

Often in Christian circles, you hear this idea of discipleship, and rightly so! The New Testament is rich with the idea of men and women, spending time together and investing into one another for the glory and renown of Christ. Churches and individuals, therefore, talk frequently about the importance of discipleship, and the value it brings into one's Christian life. At The Well we think it is one of the main ways at which you make much of Jesus... by reproducing disciples.

However, one problem that we frequently see is that while one does desire growth in Christ, and even desires to be discipled, they don't know *how* to be discipled and therefore have a hard time entering or flourishing in discipleship relationships.

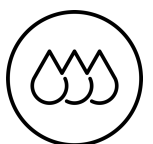
During the time of Jesus, discipleship was an idea that was fairly regular and understood. Young Jewish boys at an early age began to "sit at the feet" of older rabbis. These rabbis would teach them things about the Old Testament and give them practical understanding in how to live this out in their lives. We even see Jesus following this pattern. After Mary and Joseph had a bad parenting moment, leaving Jesus behind in Jerusalem by himself as a boy, they went back to find him. Luke 2:46-47 says, "After three days they found him in the temple, sitting among the teachers, listening to them and asking them questions. **47** And all who heard him were amazed at his understanding and his answers." Jesus sat, asked questions, listened, and even amazed them with His answers. Jesus was a learner.

Over the next two weeks we're going to learn very basic principles (in hopes of personally building on these principals) about discipleship, mainly how to be discipled. We hope that this will encourage us in our discipleship relationships, and help us grow more into the image of Christ our King.

For this first week we will look at the internal qualities of how to be discipled, whereas next week we will focus more on the time spent together in a discipleship relationship, and how to be discipled here. In other words, this week will focus on the "pre-meeting" and next week will focus on time spent during the meeting.

### F.A.T. & HUNGRY

One of the most important, if not the most important quality in a disciple is to be FAT & Hungry. What do you think it means to be FAT and hungry?



*Faithful* – Look at 2 Timothy 2:2. *Why would Paul give Timothy this charge? Why faithful men? Why not just men in general?*

Many of Jesus' parables were stories of faithfulness (i.e. Matthew 25:14-30). Will you do what someone else gives you to do? In order to be a disciple, you have to be willing to follow through.

*How would you say you currently are with faithfulness?*

*What do you think are some of the main enemies of faithfulness?*

*Available* – One cannot grow if they don't have time! In our culture that screams for our affections, attention, and time, sometimes finding men and women who are actually available is a struggle. Along with time, sometimes, finding men and women whose hearts are "present" in a moment, ready to receive is equally difficult.

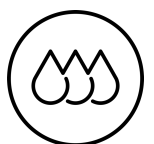
Look at some of these passages and explain what they say about availability.

Isaiah 6:8

Mark 1:17-18

Luke 9:57-62

Explain why you think this is important for discipleship. How are you doing at being available?



*Teachable* – Mark Twain once said, “Never undertake to instruct a pig to sing. You’ll only frustrate yourself and annoy the pig.” While a pig may not have the literal ability to sing, and therefore is un-teachable, many humans possess the same lack of ability to learn; it’s called pride.

God has given the Christian everything they need for life and godliness (2 Pet. 1:3). Yet some people think they’ve already achieved complete perfection! They are not teachable. They are not looking to learn, they are looking to teach, and through this become fools. They always have the right answers, their way of doing things is always the best, the only people who can teach them are the best experts... maybe (though God used pagans and a donkey to teach people in Scripture!); they will never be a disciple. For the very definition of a disciple entails one who follows or learns. They don’t learn, because they don’t hear instruction. A disciple must be a person who is teachable.

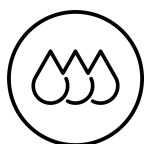
Look at Proverbs 5:7-14. What does this tell us about being teachable?

What about Proverbs 13:18? 12:1? 4:5? 1:5? 19:20? 15:31? 18:2?

Not only in the Proverbs is there a call to be teachable, but all throughout Scripture. One could easily argue it is the most important quality in a disciple. To be teachable is to have the ability to grow and learn in nearly every other area in life. If you want to be disciplined, you have to be teachable. How do you feel like you are at this?

*Hungry* – FAT people are hungry people! They have an insatiable desire to grow and to learn more and more about everything concerning the Lord. One can only grow as much as he or she is willing to grow. If they don’t care, they could have the Apostle Paul as their disciple and only grow minimally (though Paul wouldn’t spend his time with people who weren’t willing to grow!).

Check out some of these stories in Scripture. Exodus 33:7-11. Psalm 27. Luke 19:1-10. What do these say about hunger?



How are you on your hunger meter?

Do you think you can grow in your “hunger?” If yes, how do you think one grows in being “hungry?” If no, why not?

## DEVOTIONAL LIFE

One thing that aids greatly in growing in hunger is one’s own devotional life. Without a private devotional life, it is nearly impossible to grow deeply in the Lord. We do not by any means want to deny the deep need for corporate devotion and growth. In fact, one could make the same argument corporately; without corporate devotion it is nearly impossible to grow deeply in the Lord.

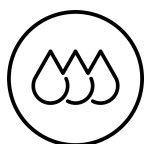
However, one’s private seeking of Jesus is one of the main ways in which one does grow in being FAT and hungry. If you are not hungry, it’s probably because you’re not eating a lot. Just as is with the human body, so it seems true with the spiritual. The more one eats, the more one desires food. If you only eat food once a day, your body will eventually adjust and learn to desire only one meal a day, though we all know this isn’t healthy.

Similarly, if one only gets one dose of God a week while at church (and let’s be honest, we aren’t even at church every week!), then you won’t be very hungry for God. A constant diet of God and His goodness is needed to grow in our hunger. James 4:8 commands us to, “Draw near to God,” and then offers us a beautiful promise, “and he will draw near to you.”

While there are many “means of grace” (ways in which you can interact with God, often called spiritual disciplines), and practicing all of them are important for one’s growth and development, the two that Christians throughout church history have practiced and highlighted the most are times in the Word, and times in prayer.

*Prayer* - The Lord’s Prayer has been used throughout church history as a good guide into how to pray. Turn to Matthew 6:9-13. In Luke’s version the disciples asked teach us “how” to pray. Since it is how, as opposed to “*what* should we say,” it is a good outline for prayer. Not that you must do this, but simply an outline or a tool. So, let’s look at it together, *what are some things that you see Jesus saying we should prayer for?*

- Our (comforting, not His, but our) Father:
- in heaven, hallowed (or holy) be your name:
- Your kingdom come:



- Your will be done:
- Give us this day 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 evil:

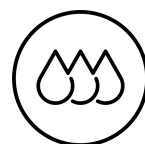
This is a good model to use. If you include these in your prayers often, you will enrich your prayer life and draw closer to Jesus and know and love Him more because of it! [Note: this is only a model. There are many ways in which to pray. Find what works for you, and then chase and pursue that!]

#### Scripture:

Scripture testifies to itself. It tells us its role in our life. *What does Scripture say about itself that it is for us?* (Hint: Uses a concordance, and look up verses about Scripture, Word, Law, Precepts, etc.).

One of the things Scripture calls itself is a “sword” (Heb. 4:12, Eph. 6:17). Below trace an outline of your hand. In order to wield a sword you have to use all of your fingers and your palm. Imagine trying to swing a sword using only two fingers. How equipped do you think you’d be?

For each finger (beginning with your pinky) write: Hear (Rom. 10:17), Read (Rev. 1:3), Study (Acts 17:11), Memorize (Ps. 119:9, 11), Meditate (Ps.

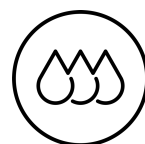


1:2-3), and for the palm write Apply (Jas. 1:22-25). *Give an example of how you can do each of these.*

*Homework:*

Anything that we did not cover this first week (Scripture references, etc.) walk through these throughout the week. Begin to, at the same time, think about your own discipleship pursuit. How can you grow in what has been mentioned above? Specifically, are you faithful, available, teachable, and hungry? What are practical steps you can take this week to grow in these areas?

Remember, this doesn't come easily or naturally. The flesh isn't voluntarily submitting to die! This is a hard and long process to become the man or woman God desires and intends for you to be. However, the more you, by the power of the Holy Spirit submit to the Lord in this, the more "natural" this will be, and the more you'll find great, great joy in Christ.



## MEETING TOGETHER (WEEK 2)

The reason we ended last week with Scripture and prayer was because of its importance in you being discipled. *A mentor cannot give you anything that the Lord Himself isn't moving in you.* Or, a mentor cannot change your heart, only the Lord can. Because of this, it's important that we, as disciples, would be seeking Christ. For while we may be mentored by someone on earth, our ultimate mentor is the Holy Spirit, God Himself.

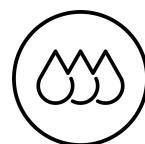
This week we'll be looking at the actual discipleship meeting. While last week was the pre-meeting (your attitude and position coming into a discipleship time), this week we'll look at the time together, and how to get the most out of your mentor or discipleship group.

### GOD'S WAVE

One of the biggest things we can do in a discipleship relationship is ask someone we respect to take our spiritual ride with us. Read Hebrews 10:23-25. What does this verse tell us about "meeting together?"

One of the ways that we can do Hebrews 10:24-25 best is by simply inviting your mentor to "ride the wave" with us. This occurs when we are attuned to what God is already doing in our lives, and then invite another along with us, to ride that wave. The mentor can then help you discern and give Biblical wisdom as to what is going on. So, let's practice! What has God been teaching you about Himself, or about you this week?

Thinking through this helps the mentor not just prescribe a "one size fits all" model of growth, but rather allows them to see what God is doing, and simply encourage God's movement in your life further along.





## PROVERBIAL QUESTIONS

Proverbial questions are things that require wisdom, that you aren't sure on yourself. What should you do in *this* work situation? How should you respond to your spouse in *this* topic? What do I do with my roommate's sin problem? These questions you can ask a mentor and you two can try to discern it together. Read some of these verses and discuss why seeking counsel is wise: Proverbs 12:15, 11:14, 19:20-21, 15:22, 28:26, 20:18.

What are some examples of "Proverbial questions" you have even right now?

## SPECIFIC GROWTH AREAS

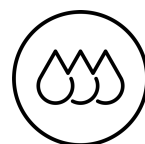
Sometimes you know exactly where you are in need of help growing. Maybe you need to better handle your finances. Maybe you're struggling with sexual purity. Maybe you desire to understand how the gospel applies to your work. Maybe you need to learn how to read the Bible better. Maybe you're struggling with being single. Often you know how you want to grow.

Talk with your mentor about this! Find out ways that together you can tackle a specific issue. Maybe for finances you and your mentor go through Financial Peace together. Maybe for purity you set up a plan to maintain accountability. Maybe for fitting the gospel in your work you read Tim Keller's "Every Good Endeavor." Whatever it may be, think about, and be intentional about areas you feel you need to develop in. Then together, walk through plans, books, curriculum, etc., for growth.

Where do you feel like you need growth in, in this current season of life?

## CONFESSION & ACCOUNTABILITY

Vulnerability. One of the biggest keys to your own personal growth! Read John 3:16-21. What does this passage teach us about vulnerability?



You need to be open and honest. Say this out loud, “I am not Jesus, I am not my own Savior, I need Jesus, I need a Savior.” Every single Christian is in the same boat. So to confess your sin and to ask for accountability is not for your loss, but rather for your gain in Christ. In fact, it can even lead to your healing (James 5:16).

Why do you think it is hard for you to confess your own sins?  
What sins are you currently struggling with?

## **ASK HARD QUESTIONS**

Ask questions that would tear-up your flesh. Shred it. Dismantle it! Asking hard questions helps you to grow in your relationship with Christ, because it often removes you, and draws forth Him. Some examples of some hard questions:

What is it like to sit across the table from me?

What are some key areas of growth you would say I currently need?

What are some of my biggest characteristic weaknesses?

What sins do I have that you think I am unaware of?

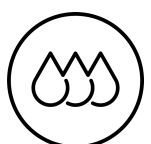
How do I need to grow in my ministry skill?

Where have you seen me slacking off in my growth?

Where do I need to grow in my faith? Speech? Love? Faith? Purity?

Questions such as these are hard to hear the responses of sometimes. But, they are good, because they give us an insight into ourselves that often only a mentor can bring. A mentor can see things you can't see at times.

What are some questions that you can ask of your mentor this week?



## HOW DO I FIND A MENTOR?

A question that is often asked is how does one go about getting a mentor? There is no mentor tree you can grab mentors from, so what do you do? Well, the question to this is simple, ask! Ask men and women that you respect to enter into a discipleship relationship with you. (We'll study more on what specifically discipleship relationships are, and how this time can be spent in the following weeks. This will give you an idea of people you could potentially do discipleship, or "intentional friendship" with.

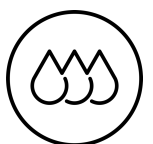
As a hint, these relationships don't have to always be based on age, or even length in the faith, but who do you see around you that you respect? Ask them to being teaching you more about Christ!

## Conclusion

This is just the surface of spending time with your mentor. Often once you enter into this relationship, it will flourish and take place naturally. The most important thing to remember, *be intentional*. You will get out of the time that you put into it. Come prepare, desire to grow deep in Christ. If you take the basic skills mentioned from the past two weeks, you will flourish in your being discipled.

One question I think that is important to remember as we conclude is "what is the goal of discipleship?" Ultimately all throughout the New Testament we see that we are to "grow in the grace and knowledge of our Lord and Savior Jesus Christ" (2 Pet. 3:18), that we should "grow up in every way into him who is the head, into Christ," (Eph. 4:15), "to be conformed to the image of his Son" (Rom. 8:29), etc. In other words, we should desire to look, act, talk, think, and live like Jesus Christ, our King! If you and your mentor are focused on this, you will find true life in being a disciple of Christ.

As a quick reflection, go back through the questions at the end of each subheading and write down your responses, use them as a guide over the next few weeks in your discipleship group, or discipleship relationship.



## HOW TO DISCIPLE OTHERS (WEEK 3)

### Introduction

As mentioned in week 1, “discipleship” is a buzzword in the Christian faith, and rightly so. At The Well we frequently say we believe “discipleship is the key to taking over the world.” In our mission statement we think we “make much of Jesus, by reproducing disciples, who impact the world.” Our motto as a church is “Exalt, Disciple, Send.” In the Bible we see discipleship explicitly or implicitly flooded throughout Scripture. Discipleship is indeed a big thing!

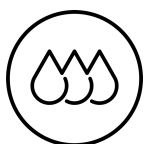
The problem is that when it comes into pouring into others, we frequently feel unqualified or unsure as to exactly what this means, and how to do this. What does it mean to disciple others? How do we disciple people who then go on and disciple others? We may feel too young, too immature, like we lack knowledge, or a slew of other feelings (some true, some false) that prevents us from feeling, or being able to disciple others.

Throughout these next two weeks we are going to look at some basic principles of how you disciple others. Basic is a key term, because two weeks cannot begin to cover everything necessary for being an effective discipler. But with these beginning tools we think you will have a strong enough foundation to begin to make much of Jesus by discipling others.

### BE A DISCIPLE YOURSELF

Before we dive fully into how to disciple others, I think it is important to consider, “are we ourselves disciples?” While sometimes we think we have to be the Apostle Paul in order to pour into others (which this is not true!), we do have to at least be moving towards true Christ-like discipleship in our own lives. Read 1 Co. 11:1. Why would Paul make this statement?

Are we being poured into? Are we being challenged through the Word? Do we desire Christ; to know and follow Him? If you haven’t taken part one of this class, we would encourage you to. If you aren’t being a disciple, it’s hard to disciple others. A good beginning question to ask before we dive into discipling others is: *How are we at being disciples? What does it mean to be a disciple? Am I growing in my own personal development?*

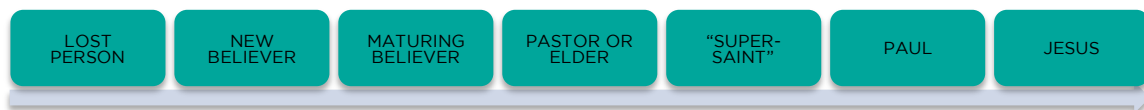


## Overcoming Unnecessary Fear

Discipleship is NOT just knowledge based. The beauty of discipleship being a life marked by following Jesus is that it is not a slave to age, gender, ethnicity, socio-economic status, or anything else. In other words, any one can disciple anyone.

Look at Romans 1:12 quickly. *What does this tell us about discipleship?*

Discipleship is not a line that looks like this:

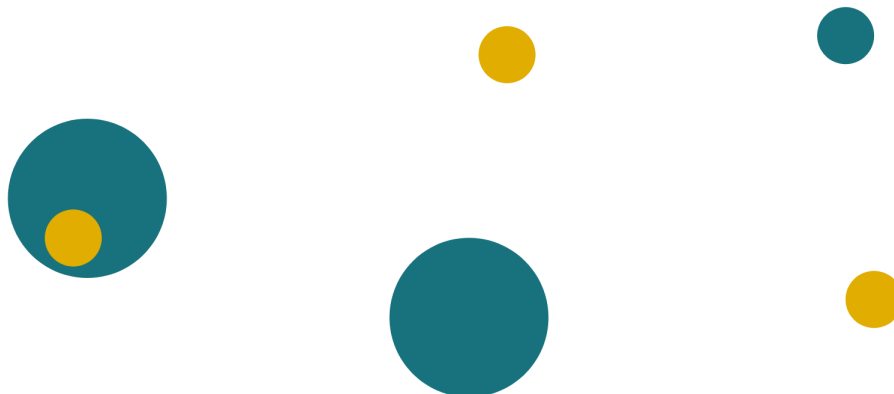


While the believer should continue to grow in Christ, and the “older” you are in the faith the more mature you should be, it is not that only the 30-year-old can disciple the 20-year-old. Sometimes it’s the opposite. Rather than a westernized line, discipleship, Biblically speaking tends to look more like this:

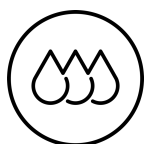
## KNOWLEDGE OF GOD

Blue = John

Yellow = Billy



This whole area represents the full knowledge of God. Notice that John does have a more “complete” understanding of the Lord than Billy does. In the bottom left two circles they both have some of the same knowledge, yet John has much more of it from walking with the Lord longer.



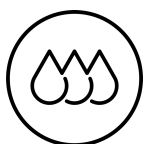
However, because of Billy's life experiences, how he connects with the Lord, what the Lord is currently teaching him, etc., Billy can also help John grow and learn more as well. So all of us can disciple people, we just need to be connected continually to the source and then help others see and learn more of who He is!

While ultimately if you are the main discipler of someone, you should have a deeper relationship with the Lord, this doesn't hamstring you. You can still pour out into others, even if you find out they may actually be further along than you thought. Ultimately, like Paul to the Romans, or even the Romans to Paul, if both parties are chasing Jesus, a discipleship relationship can flourish. *For the heart of discipleship is helping each other see, love and treasure Christ.*

## THE SCRIPTURE & THE SPIRIT

When we are discipling others, our main objective should be to help transform them more into the image of Christ (1 Jn. 2:6, 1 Co. 11:1, 1 Pet. 1:15-16, Eph. 4:11-13, etc.). We know that God's word changes and creates things (Gen. 1, Heb. 4:12, Prov. 4:20-22, Isa. 55:10-11), and we also know it is the Holy Spirit who does the work in our heart to produce in us more Christ-likeness (Gal. 5:16-24, Jn. 14:26, 16:13, Ti. 3:5). Therefore, what is the discipler without the aid of the Holy Spirit and the Word in someone's life?

*Scripture* - Look at 2 Timothy 3:16-17. What does this verse mean, particularly in regard to discipleship?



One of the most important things we can be for someone we are discipling is a mirror into the Word of God for them. Let's practice. Where would you say to someone, and where would you lead them in Scripture if they are wrestling with:

Anxiousness

Depression

Lust

Anger

Marital Issues

Faith & Work

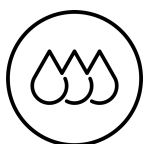
One of the ways that we can be of best aid to someone else is for us to have a good working knowledge of Scripture. We should want Scripture written on our hearts, that we may write it on others (Duet. 6:5-7, Ps. 119:11, Prov. 4:20-23, Jer. 31:31-34, Matt. 12:35).

Often times, I suggest to people not just to memorize individual verses (though this too is extremely valuable), but also to memorize the ideas behind chunks of Scripture. This will allow you to "memorize" more "help" material. For example, if someone is wrestling with applying the Word into his or her life, you may not have the book of James memorized. However, if you remember that James 1 is about applying the Word, you don't need to have every individual verse memorized. You can turn to James 1 together, and then talk about the text there.

Let's try this for exercise, memorize large sections of the book of Ephesians:

Ephesians 1:

Ephesians 2:



Ephesians 3:

Ephesians 4:

Ephesians 5:

Ephesians 6:

From just this one book, you now have 10, 15, 20, 30 themes in which to help lead people through! The more comfortable we are with the Bible, the more we can help lead other people to read, believe, and follow what it says!

*The Spirit* – The Holy Spirit is probably the most confusing part of the Trinity for many. Some Christians over spiritualize the Spirit of God and make Him into an emotional experience as opposed to a person. Others have very little knowledge of the Spirit, and even refer to Him as an “it,” showing a lack of intimacy and understanding.

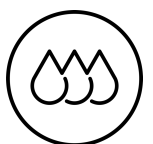
The Holy Spirit is the most important person in a discipleship relationship though. For it is the Spirit who convicts of sin, produces fruit, and actually creates genuine change in one’s heart (Jn. 16, 7-8, Gal. 5:22-23, Ezek. 36:26-27). Without the Spirit, the best thing that can happen when one meets is to produce momentary happiness or guilt, and moralistic responses usually void of spiritual or gospel fruit.

One must learn to partner with the Spirit. Before reading ahead, *how do you do this? How do you partner with what the Spirit is already doing?*

One of the biggest things one can do is learn what the Spirit is doing in someone else’s life, and then jump on the same train. One of the best ways to do this is to be a question asker. Ask questions, lots of them!

Jesus was our ultimate example in this (and the ultimate disciple-maker). Jesus asked lots of questions, and often used questions as a tool to dive deeper into the person’s heart, in hopes to increase their faith.

*How many questions do you think Jesus asked, and how many do you think were asked of Him?*





Ask questions! What are some good questions you can ask while meeting with someone to help them consider what God is doing in their lives?

One of the things that we learned in the “How to Be Disciplined” class was the importance of asking questions of our mentor. Often times when we are discipling others, they don’t know how to ask these questions. How do you think you can help your mentee learn the art of asking questions (besides sending them through the “How to be Disciplined class!)?

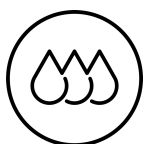
In the appendix (last page) is a list of questions you can ask that may help spur your discipleship time. However, one of the best set of questions to ask whenever you are meeting with people are:

Who are you?

Where are you at spiritually?

How can I help you take the next step?

This should cover almost every discipleship meeting!



## LIFE ON LIFE (WEEK 4)

One of the most important things in a healthy discipleship relationship is “doing life together.” We see this in Jesus’ life with the disciples (they did just about everything together), as well as Paul’s model with many of his mentees. Though instructing people is good *more is caught than taught*. People learn best from seeing it done in others, and they tend to emulate what they see.

Often times in today’s culture there is the excuse of busyness, and this being a hindrance and a burden to really do life together. But in order for discipleship to be holistic, life on life is an important tool.

*Have you ever had someone mentor you, that was a good model of life on life discipleship for you? Explain how this helped.*

*What are some ideas as to how you can “do life” with others, that isn’t as “burdensome” as some would think?*

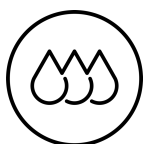
At The Well we are committed to discipleship and leadership development. We have leadership material available (or in the process) to help you in your one on one, or one on some meetings! A link on our website will be available for you to use soon.

### GOAL

*What is the overall goal of discipleship?*

2 Timothy 2:2 is a base verse for reproduction. How many generations of discipleship are shown in this verse?

In discipleship one of our goals must always be, “who is the next person.” Think about it like this, we are only one generation from Christianity being completely lost. If no one shared during our generation, it stops at the next! It is important to reproduce to many!



In many ways we've discussed the other goal, "Christ-likeness." In the previous week, and in the "How to Be Discipled" portion of this class this is covered in detail.

In the appendix (C) are a set of questions that may help you gauge as to whether or not your disciple is becoming more like Christ and multiplying their lives out to others.

## HONESTY

The more you are honest about your own shortcomings, struggles, failures, etc., the more your disciples will open up to you, very simply! If you are closed off and unwilling to talk about real struggles and shortcomings, so too will they. This is why it is important to be honest with your struggles, and show them how you're walking through it, and help them begin to work through their problems as they become more and more vulnerable. *Have you ever seen this to be true in your own life (either with mentors or mentees)?*

The reason this is important is because of James 5:16. If sins are confessed, and shortcomings are seen, there's opportunity for healing. However, where it is hidden, and light is not allowed to touch it, it is unlikely healing will really come to full fruition (John 3:16-21).

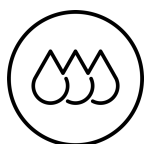
The second portion of honesty is speaking the truth boldly to them. Read some of these verses and write what they tell us about boldness and honesty, specifically regarding discipleship:

Proverbs 27:17

Proverbs 27:5-6

Proverbs 28:23

You have to be willing to speak the truth in love. For this is the way that we will grow up into Christ-likeness (Eph. 4:15). *Can you think of times where someone spoke the truth to you, and it caused great growth, even if it stung a little?*



## DEPENDENCY

As we said in week 1, you are not the Holy Spirit! Therefore, one of the greatest gifts we can teach our disciples is to be dependent on God, not you! You will fail, God will not. You will lie (purposefully or accidentally), God will not. You will die, God will not! It is important, therefore, to not be a crutch that our mentees lean on for their relationship with God, but rather a springboard to help them jump to new heights with Him. We can't be our mentees life for them; we have to point them to the one who gives life.

What do you think are some practical ways that you can do this?

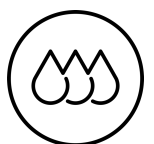
## DON'T KILL YOURSELF

Sometimes it may feel burdensome as you try to help your mentees progress in their faith. Frequently what seems to happen is the mentor sees something that would be helpful for the mentee, and they want to help them. So they suggest a book, a Bible study, and some practical life stuff, and the mentor is planning on doing all of this with them. However, the mentor also has his/her own personal devotions, is reading a book with their spouse, and is leading a CG. How can they do all this?

One very simple rule to follow, don't kill yourself! Don't do it, it's not worth it. *Your mentee needs your health as much as they need your help.* One simple thing you can do is to invite them into things you're already doing, not add a bunch of things on your own plate.

Can you think of practical examples of how you can invite them into things you're currently doing, while still helping them in practical ways?

Read John 17:4. What does this tell us about Jesus and how he followed this example?



## Conclusion

Once again, this packet covers only a small portion of what it means to disciple someone. Hopefully as you begin to practice though, you become skilled in the art of disciple-making and grow in your ability to reproduce Christ followers for the Kingdom and our King.



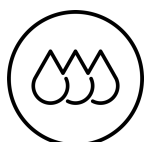
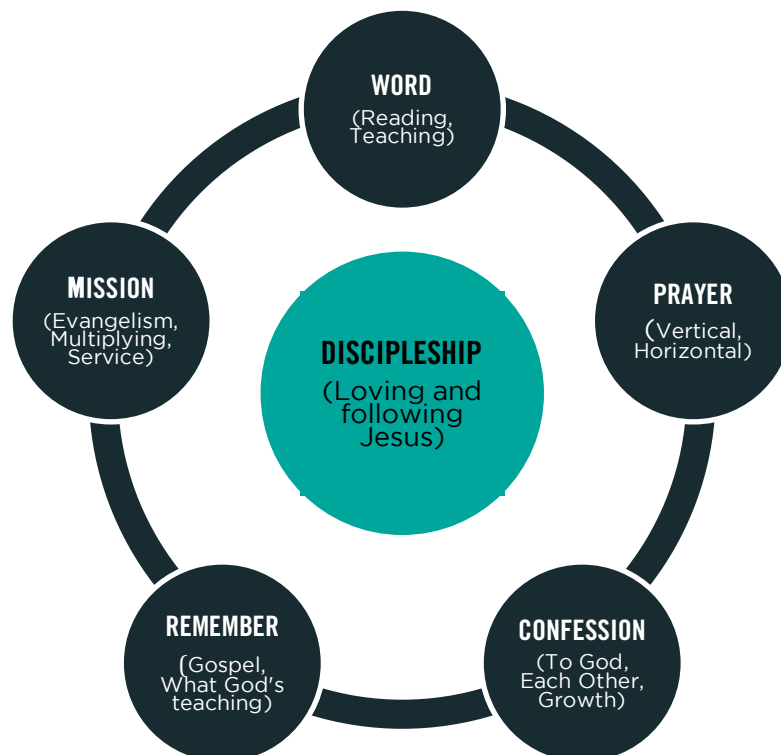
## APPENDIX A: HOW DO WE STRUCTURE OUR MEETING?

Often times when people have a desire to be in a discipleship relationship they don't know what to do. They may even be proactive about finding someone to go through life with, they are consistent when meeting together, and yet it seems like when they gather... they're stuck. What do we do?!?

While curriculum is helpful, it isn't always as reproducible. It is helpful, particularly in leadership development situations, but what about meeting, week-in and week-out? Below is a guide for you to use in your weekly meetings. On the next page, you'll find some questions you can use to go through each time.

First, importantly, we have to ask, *what is a disciple?* **A disciple is simply someone who loves and follows Jesus.** Disciple-making then is simply helping others love and follow Jesus. Another way to view disciple-making is *intentional friendship*. Whether it is mentorship (mature pouring into younger), or accountability (similar spiritual situation becoming running partners) it is still intentional friendship. Intentional in purposefully discussing Jesus, and friendship in doing this together, being there for each other.

At The Well, we desire for every covenant member to be able to be and make disciples. As we *Exalt | Disciple | Send* together, meeting regularly is one of the key ways at making this a reality.



## MEETING GUIDE

### WORD AND PRAYER (EXALT)

Open with prayer, asking God to guide your time, encourage your hearts, and mature your faith. Some things to do or discuss:

- What has God been teaching you in the Word?
- How has God been faithful to answer prayer recently?
- Spend time reciting Scripture you're memorizing.
- Discuss a theological book or Bible study you're going through together.
- Prayer for various people, situations.
- Spend some time going through a passage of Scripture together, teaching, questioning, challenging, and encouraging each other.
- Pray to God with adoration (worshipping who He is) or thanksgiving (thanking Him for what He's done).

### CONFESSION, REMEMBERING (DISCIPLE)

Spend some time [confessing](#) sins and struggles you're currently wrestling with, being honest and transparent with each other, getting beneath the surface. Also confess areas where God may be challenging you to grow in, or to change (i.e. is God challenging you to give more, serve more, kill a certain sin, forgive someone, etc.).

Be direct and specific, and consider coming up with questions you can frequently ask each other. You can even take a passage like the 10 Commandments (Ex. 20:1-17), and walk through that. For example:

- |                                       |   |
|---------------------------------------|---|
| 1. Love, affection, & worship of God? | 7. Sexual immorality in thought/deed?     |
| 2. Struggling with specific idol?     | 8. Stealing/withholding good from others? |
| 3. Revering God's name, works, word?  | 9. Honesty and integrity in all areas?    |
| 4. Balance of work, rest, and play?   | 10. Coveting or envying anything/anyone?  |
| 5. Honoring & loving your family?     |   |
| 6. Hatred/bitterness towards others?  |   |

After confession, you want to spend some time [remembering](#) several things. Remember verses like Romans 8:1, 1 John 1:9, James 5:16... remember the gospel. Speak and preach the gospel to each other. We have hope, restoration, joy, forgiveness, peace, and reconciliation in the gospel. We have healing and truth in the gospel.

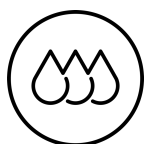
- How can you preach the gospel to each other?
- How can you remember God's former works in your life (to encourage your present situation)?
- How can you remember God's general character; who He is?
- How can you remember what He's called you to do, or taught you recently, to motivate what you're going through now?
- How can you preach the Word to each other?

### MISSION (SEND)

Spend some time discussing how you can live on mission by the power of the Holy Spirit this week.

- What neighbors, co-workers, relatives, friends is God calling you to pray for, or share with?
- Have you shared the gospel recently? How did that go? Has God been nudging you or opening doors for you spiritually with others?
- Who is God calling you to disciple, pour into? If discipling, how's that going?
- What are you doing to serve others both in and outside the church?

Close in prayer for each other, and for those you are reaching out to and discipling.



## APPENDIX B: DISCIPLESHIP QUESTIONS

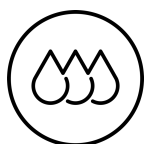
Below is a list of questions that may be helpful during your discipleship time:

1. Did you spend significant time with God through His Word, prayer, quiet time, devotions, and other spiritual disciplines? How much; how constant? Is He your driving force?
2. What lies, temptations, struggles, have you been face with this week? What does the gospel say about those things? How can you replace sin or shortcoming with gospel truth?
3. What blocks your growth in Christ? What blocks growth, in your other relationships, from becoming more mature and effectual?
4. How has your time with God been? Did you pray for others? Are you satisfied with the time you spent with our Lord this week? How so? What can you do to improve it?
5. Have you faithfully served the Lord, His people, and the lost?
6. Did you go and participate in church activities and worship this week? How so? Why not?
7. Did you set spiritual goals this week? What were they? Did you achieve your spiritual goals?
8. Have you made your family a priority? What noteworthy activity or deed did you do for your spouse and/or family?
9. How have you struggled with sin? What are the sins that have weighed down your walk with God this week?
10. What did you do to enhance your relationship with your spouse/friends? What can you do to make that relationship better?
11. In what ways has God blessed you this week? How have you shared your blessings?
12. What disappointments did you face? Did they consume your thoughts? What did you do about it? What can you learn?
13. Have you filled the mandates of your call, work and school, practicing excellence, and being the best 100% as you can be for His glory?
14. Have you committed any sexual sin? Did you look at someone lustfully? Have you been alone in a compromising situation? Have you been flirtatious? Have you struggled with pornography or "romance novels?" Have you exposed yourself to any sexually oriented material? Did you put yourself in a situation with a member of the opposite sex that could appear to be compromising, even though it may not have been?





15. Have you shared your faith? In what ways? How can you improve? Have you had an opportunity to share with a non-Christian?
16. How well are you handling your finances right now? Have your financial dealings been questionable?
17. Have you been trustworthy? Have you lied? Stolen? Cheated? Been Dishonest or Manipulative? Have you elevated yourself over another for your own personal agenda? What about your language and attitude?
18. Have you allowed the media and its distortions in TV, music and movies to unduly influence you? What about peer pressure?
19. Have you been prideful? Have you been guilty of Gossip or Anger? Slandered? Shown Indifference? Been Greedy? Not Controlled your tongue?
20. Have you demonstrated a servant's heart? How so? What have you done for someone else this week?
21. Did you struggle with a disappointment this week? How did you handle it?
22. Have you respected and treated your classmates, co-workers and peers graciously by showing them compassion and the love of God in your words and deeds? What can you do to enhance your relationships here?
23. How is your level of character, according to the comparison of Gal. 5:22-23 versus Gal. 5:19-21?
24. How did you practice *joy* this week? Have you had a thankful attitude toward God? Have you struggled with anger toward God? How so? What can you do about it?
25. Have you taken care of the temple of the Holy Spirit with rest, sleep, exercise, healthy eating, etc? What about addictions, gluttony, or substance abuse?
26. Has your thoughts been kept pure?
27. Are you giving to the Lord's work with your time, talent, and treasures? What about financially?
28. What do you need to do to improve your relationships with God and with others?
29. What do you see as your number one need or struggle for this next week?
30. Have you compromised your integrity in any way, or lied about the above questions?



31. How can I help you?
  32. What worries or other issues are you currently facing?
  33. Is there an area that God is working on in your life or any sin that you would like to pray about?
  34. For what non-Christian friends can we pray?
  35. In your reading of the Bible: Who is God? What does Jesus expect of you? What do you think he is saying to you? How do you think you should respond?
  36. How have you sensed God's presence in your life during this past week?
  37. Have you received a specific answer to your prayers? What was it?
  38. Have you spoken with a non-believer about your faith in Jesus Christ? With whom?
  39. To whom have you shown God's love during this past week?
  40. What have you learned about God in your personal Bible reading this past week?
  41. What is the condition of your soul?
  42. What sin do you need to confess?
  43. What have you held back from God that you need to surrender?
  44. Is there anything that has dampened your zeal for Christ?
  45. Who have you talked with about Christ this week?
- Obviously there are a slew of others questions you can ask, and by no means do you "have" to ask these questions! This is meant to simply be a "starter" list to help your conversations get going during your time with your disciple.

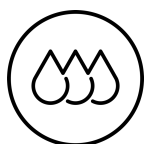


## APPENDIX C: GAUGE OF HEALTH & REPRODUCTION

### DISCIPLE-RATING SHEET

On a scale of 1 to 10 (1 being very weak, 10 being very strong) evaluate yourself and then, the person with whom you are working in the areas of Vision, Ministry Skills, and Character.

	<b>VISION</b>	<b>1 2 3 4 5 6 7 8 9 10</b>	<b>COMMENTS</b>
1	Grasp of what follow-up is		
2	Grasp of multiplication principle		
3	Understanding what it means to motivate, teach, train, and build		
4	Understanding & obeying the great commandment (Matt. 22:36-40)		
5	The Great Commission being his vision		
6	An understanding of world need		
7	Understands every persons need for Christ		
8	An understanding of the world situation-political, economic, religious		
9	A grasp of population centers, degree of evangelical witness, present response		
10	An understanding of what God has done in the past		
11	The infinite worth of the individual		
12	The absolute authority of the Bible		
13	Prophecy- what is going to happen		
14	Reality of heaven and hell		
	<b>MINISTRY SKILLS</b>		
1	Personal testimony		
2	Evangelism		
3	Public speaking		
4	Ability to encourage others		
5	Specific application of the Word		
6	Ability to lead a group Bible study		
7	Scripture memory		
8	Helping another one-on-one		
9	Ability to set objectives		
10	Takes steps to reach objectives		
11	Prayer life		
12	Quiet time		
13	Ability to prepare Bible study		
14	Ability to work on a team		
15	Initiative to do things independently		
16	Ability to motivate people		



17	A thinker		
18	Balance		
19	Peacemaker		
20	Leader		
21	Creative		
22	Ability to work with those who disagree		
23	Flexible		
24	Organizational ability		
25	Sensitivity to sin		
26	Sensitivity to needs of others		
27	Sensitive to others' response toward him		
28	Pacesetter		
29	Recognizes spiritual gifts		
30	Develops spiritual gifts		
	<b>CHARACTER</b>		
1	Honest		
2	Faithful		
3	Servant heart		
4	Mannerly		
5	Relates well to opposite sex		
6	Relates well to own sex		
7	Good attitude towards possessions		
8	Wise use of money (Financially responsible)		
9	Generosity		
10	Good relationship with parents		
11	Good relationship with spouse		
12	Open (not playing games & hiding)		
13	Hard worker		
14	Humility		
15	Patience		
16	Teachable		
17	Not easily discouraged		
18	Will sacrifice to be available		
19	Faith (believes God)		
20	Forgiving		
21	Self-confident		
22	Appreciate		
23	Hospitable		
24	Cleanliness		
25	Good personal appearances		
26	Positive attitude		
27	Loving spirit		
28	Enthusiastic		
29	Gentle		
30	Steadfast		
31	Prompt		
32	Joyous		
33	Integrity		



34	Tenacity i.e., a finisher		
35	Reliability		
36	Decisive		
37	Consistent		
38	Stability		
39	Dependability		

