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DISCIPLESHIP CURRICULUM

04.DISCIPLE

The final step to being an Equipped Disciple is being challenged to disciple others.

LEARN IT!

Walk through both of the primary resources to learn about the call and command to disciple others. Then feel free to take a look at the supplemental resources to go deeper and learn more.

PRIMARY RESOURCE

How to Lead a Discipleship Group
Invitation and Challenge

LIVE IT!

We suggest the following ministry approach as you move into discipling others and leave you with this final challenge.

Suggested Ministry Training Approach/Philosophy:

I lead, you watch

I lead, you help

You lead, I help

You lead, I watch

Lead a section of your weekly group meeting. If you are not in a group, assist your mentor in a discipleship appointment with another individual.

It's always good to go to God's Word, the ultimate source. In addition to the resources listed, we have collected these Scripture passages on discipleship for you to use, study and share as God leads.

Matthew 28:18-20

2 Timothy 2:2

Matthew 4:19

John 15:18-20

Luke 14:25-33

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HOW TO LEAD A DISCIPLESHIP GROUP

INTRO

A. The **AIM**: The purpose of a discipleship group is twofold:

1. To **know God**. We are not just to know about God, but we are to really know God. There are a lot of opinions on who God is. We have to know God as He says He is, not just who we “think” He is or “want” Him to be or even who He is rumored to be in our culture. We need to know God as He says He is in His Word, and how He wants to interact with us.
2. To create an environment for disciples to process and learn how Christ wants them to **be (character)** and what He wants them to **do (competency)**.

B. It is helpful to know some basic techniques for leading and facilitating a group; but the **most important** thing you can be doing now is **praying for your discipleship group** — for chemistry, for surrender, for God to be known. Be praying every week. Before your group meets, get there early, and pray for three to five minutes for the time together. This is the secret to leading a vibrant, fruitful discipleship group! You will have the best discussions if you pray!

1. **This is God’s work**. These are God’s people. He knows what He’s doing in each individual life, we don’t. We just get to be faithful in our roles that He has allowed us to have. So to be in prayer, **asking God for His help and for His wisdom and discernment, is the most effective way you can help and shepherd your discipleship group**. And it’s how you will see the most spiritual fruit!

FILLING YOUR TOOLBOX

What are some things to have in my “toolbox” to be prepared to lead my discipleship group?

1. Invite and Challenge

- a. Effective leadership is based upon an **invitation** to relationship and a **challenge** to change. Create a culture where there’s an appropriate mix of invitation and challenge. Draw disciples closer, love them (invitation), but also give them the opportunity to accept the responsibilities of discipleship (challenge).

2. Lead with Vision

- a. Regularly communicate the mission and vision.

3. Know How to Ask Questions

- a. By asking good questions, you make a couple things happen.
 01. You help them to build confidence in knowing God and speaking about Him.
 02. You provide an environment for self-discovery. **Self-discovery** sticks; you remember what you share.
- b. What about when you ask a good question and it’s silent? What could be going on in your group?
 01. They could be processing the question.
 02. They could be processing what God is teaching them and how to articulate that.
 03. Be disciplined, and fight the urge to answer the questions for your group.

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c. What happens when you wait for 15 seconds and then share your own experience to answer the question?

01. It might stop the internal processing and what God is teaching them.
02. It might limit others in their sharing.
03. You are giving “the answer,” so why should they share? They may then feel that their answers aren’t as good as yours.
04. Sometimes it is helpful to jump in and share your experience. It is okay to share once or twice in your group meetings.
05. If the question seems hard to answer, before sharing your answer, try rewording the question to spur thoughts and sharing.
06. Awkward silence is only awkward for you.

4. Create an Environment

- a. Create an environment that is a safe place to be honest, but one of accountability, learning, encouragement and challenge
- b. Be authentic and appropriately open, vulnerable, transparent and real to allow others to do so.

5. Be a Good Listener

- a. Group leaders are good facilitators of discussion.
- b. What makes you feel heard or that someone has listened intently to you?
 01. Eye contact (not looking around at other people walking by, looking down at phone when it buzzes)
 02. Nodding along

03. Giving a response after someone shares (For example, “**Thank you, Jake,**” or “That is a helpful reminder that God’s love is unconditional. **Thanks for sharing that!**”)
04. Use eye contact, and say their name
05. Celebrate their responses! Use enthusiasm!

6. Know When to Defer or Move On (Remember your AIM. Don’t have a discussion where it is not needed.)

- a. A question comes up; how do you know if you should answer it?
 01. Is it something that would benefit the whole group?
 02. Does time allow for it, or would it distract from the bigger picture?
 03. **Is it central to understanding the gospel?**
- b. How about when something is said in the group that is totally wrong — they are sharing or answering a question that totally misses the point. When do you, as the group leader, correct it and how?
 01. **Is it central to understanding the gospel? If yes, correct it.**
 02. Identify a “go-to person,” and ask if he or she agrees. Or ask, “Mary, how would you answer that?”
- c. If it’s a rabbit trail and not central to the gospel and doesn’t benefit the group to talk about, what could you say to move on?
 01. “That’s an interesting question, Matt. In light of time, let’s see if we have time to come back to that.” Or, “Let’s talk about that more afterward.”

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d. A question comes up that you don't know the answer to; what do I do?

01. Don't feel pressure to give the right answer or make one up just because you are the group leader.
02. Be willing to admit you don't know the answer. "That's a great question, I don't know. I'll look into it. You can do the same, and let's talk more at another time."
03. Point them back to **God's Word** and the **character of God**. "I don't know the answer to your question, but I know this to be true about God because His Word says so."

7. Watch for Things to Address One-on-One

- a. Listen for bits of their stories or misunderstandings they express in the group that need to be individually followed up with the salvation message or truth from the Word. It is good to get back with individuals if something was confusing in the group.

8. Be Intentional with Those in Your Group

They are your flock!

9. Maintain Confidentiality

- a. When it is appropriate to break confidentiality: self-harm, abuse, or anything you feel is "over your head" to address.
- b. Find a spiritual mentor or local pastor to address the issue. If a mentor or pastor is not available, feel free to contact the AIA Coaching Center for help.

10. Encourage Interaction

- a. There may be some in your group who are very comfortable talking about what they are learning about God. Others you may need to draw out initially, and help them build confidence in speaking about God. The facilitator keeps the time and pace and should encourage interaction from all group members. Kindly call on the quieter individuals to help keep everyone alert and involved. ("Jordan, I would love to hear your thoughts on this.")

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INVITATION AND CHALLENGE TO DISCIPLE

PRAY

SOCIAL SPACE

A. Get to know each other. (You can use “Soularium™,” life updates, highlights and lowlights from the past week, etc.)

CALIBRATION

A. Why are we here tonight? What are we all about? What’s the purpose?

1. The gospel: It’s all about Jesus. We are not considering what we can do for Him, but we are looking at what He has done for us.

2. Discipleship

a. What do you think the word “disciple” means? (Answer: learner, apprentice)

01. Scripture leads us to become lifelong learners of Jesus

b. What are discipleship groups?

01. A small group of men or women who want to be learners together

02. **Language creates culture:** this is a **discipleship group** - more serious and intimate than a **Bible study**

03. This group will be both organized (our meeting time) and organic (life on life)

B. Jesus model

1. Where did this plan of discipleship groups come from? (Answer: It’s the Jesus model for ministry)

a. In less than years time, Jesus disciplined a group of unlikely men and taught them to **DO** and **BE** like Him in a way that, when released in the power of the Holy Spirit, they would go on to change the course of human history forever. Jesus created a discipleship culture where there was an appropriate mix of **invitation** and **challenge** in the way they related to Him. He drew His disciples close and loved them, but also gave them the opportunity to accept the responsibilities of discipleship.

b. Jesus’ model of discipleship was life on life, but not everyone got equal access to Him. He chose a team of 12 men, but within that team He offered a deeper level of intimacy to Peter, James, and John.

c. Jesus calls every disciple to disciple others. (Matthew 28:18-20)

C. Practically, I want this group to be a place where you grow to become more like Christ and grow in your relationship with Him, with the **end goal** and **expectation** that one day you might lead a group like this. **In short, I want to help you become a disciple of Jesus, who makes disciples who makes disciples!**

INVITATION AND CHALLENGE

A. Invitation

1. I am inviting you into a relationship where you have unique **access** to my life. I want to invite you to be a part of a community that seeks to grow in our walk with Jesus together. I want to pass along what I have been taught, and my hope is that you would join me in this awesome faith journey as we grow together as a group this semester.

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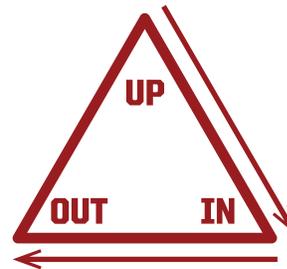
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2. I will commit to giving you the best hours of my week to help you grow in the most important relationship of your life, your life with Christ. You will get my best time, energy, and planning to make the group worthwhile for you.
 3. **The invitation** for you this year is to enter this relationship with me, grow spiritually and be equipped to eventually lead others. It doesn't get much better than doing this with a small group of men/women.
- a. You will get out of this group what you put into it, and It will be most fun and beneficial if we are all here every week.
 - b. This can't be your only time in the Word and time in prayer all week. We will help you learn how to read the Bible for yourself and how to spend time with God each day.

B. Challenge

1. We all have limited time and a long list of things needing our attention. **The reality is that you are sitting here because the God of the Universe is pursuing YOU.** Growing in your relationship with Him is the most effective use of your time. Learning how to model your life after the most influential man to ever live, Jesus, is worth your time and commitment.
2. I would love to work with you, but I don't want to assume that you all are in for discipleship group this year. There are a lot of places you can get plugged in to grow, this is one of them. After tonight, if you don't want to be a part of this group anymore, give me a call or text. If I don't hear from you, I will plan on seeing you at our first group next week.
3. If you are in, we are asking for you to consider this commitment a **top priority** after your classes and your sport. Don't miss this, don't schedule your tutor or study group or bail out because you didn't get your homework done in time. If we have given you an assignment, have it done before the group. I am going to be intentional in our time and will use it wisely, so please come prepared and ready to learn.

TRIANGLE



- A. Our group will focus on three key components of discipleship that Jesus modeled during His time on earth.
1. **UP:** growing in your relationship with God
 2. **IN:** growing in our relationships with each other
 3. **OUT:** growing in Christ-like character and reaching out to others

QUESTIONS

PRAY