

MENTOR GUIDE

# MODULE 6: DISCIPLE-MAKING

# INTRODUCTION

In this module, **Christina and Joel Lowery** teach about disciple-making - how you can grow in your own discipleship and disciple others.



These videos will help you answer two central questions:

1. What does it mean to be a disciple?
2. How can I progress as a disciple and a disciple-maker?

# SESSION 1: DISCIPLESHIP MODEL OF JESUS

## *Video Notes*

- 1. A disciple *knows and follows Jesus*.** Matthew 4:19, John 12:26, Luke 9:23-24. Following Jesus means you spend time with Him in His word and surrender your will to His. This also involves leaving things behind.
- 2. A disciple *is transformed by Jesus*.** Ephesians 3:16-19. A disciple remains in an active state of being changed or transformed. As someone who disciples, you cannot take credit or responsibility for transforming your disciples. As a disciple, you cannot expect the people discipling you to cause the transformation in your heart.
- 3. A disciple *is committed to the mission of Jesus*.** Luke 19:10, Mark 6:34. To be a disciple who makes disciples, joining Jesus on mission requires that we partner with the Holy Spirit in reconciling people back to God, inviting them to experience his presence, and engaging in compassionate ministry.
- 4. Jesus' disciple-making was *purposeful, personal, and a process*.** Luke 4:4. Jesus went where he went and did what he did to bring hope and good news to the lost. In his discipleship, Jesus was relational. Information doesn't breed transformation; relationships do. Jesus' disciples became disciple-makers because of Jesus' intentionality and the personal relationships he built with each of them.

# SESSION 1: DISCIPLESHIP MODEL OF JESUS

## *Participant Reflection Questions*

**After watching the video, participants will answer or journal the following questions for reflection. Feel free to utilize these questions for discussion at your next Coaching Session.**

1. This session focuses on the passage in Matthew 4:18-22 where we hear how Jesus called his first disciples (specifically, Matthew 4:19). Reflect on your current life as a disciple. For each exercise below, place an “X” above the description that best describes you right now.

**FOLLOW ME** - Am I someone who follows Jesus?

---

No one  
tells me  
what to do.

I follow, but  
I am easily  
distracted.

I have good  
days and bad  
days, but I try  
to follow.

I am sold out  
and committed  
to following  
every moment  
of every day.

**I WILL MAKE YOU** - Is Jesus changing me?

---

I am no  
different than I  
always was.

I take three  
steps forward  
and two steps  
backward.

I can definitely  
list areas of my  
life that Jesus  
has changed.

It is becoming a  
habit for me to  
lay down my  
agenda and let  
Him change it  
to His.

## **FISHERS OF MEN** - At what level is my commitment to the mission of Jesus?

---

I don't give up  
time or  
resources to  
the mission of  
Jesus.

I know I should,  
but I haven't  
wanted to step  
up.

I try, but I have  
been confused  
at times as to  
what part I  
play.

I am sold out  
and using my  
time and  
resources  
regularly to  
make disciples.

2. The Lowerys teach that discipleship begins with knowing and following Jesus. Think about when you first experienced Jesus calling you to follow Him. How did you get to know Him as you began to follow Him? Did anyone help you get to know Him? What was that like?
3. Transformation in discipleship is the work of the Holy Spirit in our lives. How does this reality encourage you? How does it impact the way you think about your own life of discipleship?
4. Disciples join in on Jesus's mission - partnering with the Holy Spirit to reconcile others back to God, inviting them to His presence, and compassionate ministry. In this definition, the purpose of discipleship is others-focused. How does this align with your previous experience or understanding of the discipleship process? How does it differ?
5. The discipleship process is intentional and relational. As you think about your life and faith, how have you been able to prioritize intentional and relational time to be discipled? To disciple others?

## SESSION 2: THE DISCIPLESHIP PATHWAY

### *Video Notes*

- 1. As one who makes disciples, it is important to recognize God's part, your part, and the part of those you disciple.** Matthew 28:19-20. In the discipleship process, God's part is to be with you. You can rely on His Spirit to heal, set free, and draw hearts to the Father. Your part is simply to be aware of those whom the Holy Spirit is highlighting, invite them into an intentional discipleship relationship, and disciple them. Their part is to be taught and to obey all of the commands that Jesus has given us.
- 2. To disciple, you must first recognize the stages of spiritual maturity.** Discipleship is purposeful and personal, requiring intentionality and a relational environment. You learn someone's level of maturity as you spend time with them. The five stages of spiritual maturity are as follows: spiritually dead, infant, child, young adult, and parent.
- 3. Next, you understand and meet their needs.** For the spiritually dead, share the gospel authentically and relationally, earning their trust. Teach infants to obey God's commands by explaining what they encounter in church and the Bible, and help them establish daily habits for growth as you model everything. Help spiritual children discover their God-given gifts and how He prepares them to use them. Train young adults for ministry and coach them as they apprentice with you in your Kingdom work. Release spiritual parents to disciple others and produce other disciple-makers.

## SESSION 2: KINGDOM MINISTRY

### *Reflection Questions*

1. Christina and Joel described discipleship as a relationship between God, the person discipling, and the person being disciplined - each plays a part. Think about a discipleship relationship that you are in or have been in. How have you experienced each play their part?

When or how have you experienced someone either trying to do someone else's part or not doing their own? What was that like?

2. The Lowerys said discipleship is personal and purposeful and requires a relationship versus a program. When you think of how you've been disciplined (or, if you have not yet been in a discipleship relationship, how you've been taught about discipleship) - would you say that the words personal, purposeful, and relational are accurate descriptors of your understanding or experience?

If not, what was different for you? Why?

If so, how has personal, purposeful, relational discipleship impacted you?

3. Christina and Joel described people as having different discipleship needs at different stages of their spiritual maturity.

Was this description of spiritual maturity new to you? What stood out to you as interesting? Did you question or disagree with anything? If so, what?

**4.** What stage of spiritual maturity are you in? What makes you say that?

If you are currently discipling someone else, what stage do you think the person or people you are discipling may be in? What makes you think that?

Before moving on to the next part of this module, pray for any people who came to mind as you reflected on this session—people who have discipled you or are discipling you now and people whom you disciple.



# ACTIVATION ASSIGNMENT

## *Put This Into Practice*

This module was all about discipleship and disciple-making. In both sessions, Christina and Joel reminded us that discipleship transformation is God's work in our lives.

As you begin this time of reflection, take a few minutes to pray. Ask God to draw your attention to how he's transformed you as you have sought to follow His will and obey His commands.

Then, answer the following questions.

**What has your life as a disciple looked like this far? Who has intentionally helped you or disciplined you in your faith?**

**Take time to write out the “who, when, where, and how” of your discipleship journey. List each person, what period of your life they disciplined you, and how they led you.**

Ex. When I was in high school, a college-aged woman named Lisa gave me the book *Celebration of Discipline* by Richard J. Foster and met with me weekly to discuss it and talk about my life.

**Have you ever intentionally disciplined someone else to help them grow in their faith?**

**If so, take time to write out the “who, when, where, and how” of that discipleship relationship or relationships. List each person, what period of life you were each in, and how you built your relationship.**

Ex. During 2020-2022 I met weekly with a small group of 4 people on Zoom. We did a Bible study together, but more significantly, we spent a lot of time processing anxiety and praying together.

**If you have yet to intentionally disciple someone in their faith, what about the concept excites you? What questions or concerns do you have?**

**If you were to take an actionable step or steps toward intentionally discipling someone (or a small group of people,) what would that step be?**

**Take some time to write down your thoughts.**

## MODULE 6: COACHING CONVERSATION

As Christians, we are called to be disciples of Jesus and invite others to become disciples of Jesus. This is one calling, not two. Yet, often our conversations with other leaders focus more on whom we are discipling and how we are discipling rather than how we are growing as disciples and who is discipling us.

**Because of this, we recommend that you spend time discussing your own discipleship processes using the three scales provided in Session 1.**

As an entire group or, if applicable, in groups of 2-3, invite everyone to share where they see themselves on the three scales included in the module and how they have seen change in recent months. This is a good opportunity to share where you desire to be and how others in the group can support and pray for you.

**Then, reflect on your lives as disciple-makers - as individuals and as a church community.**

Where do you see life and change as you make disciples? Where do you feel stuck or frustrated? Where do you see disciple-making happening in your church community? Where would you like to see this group and your church grow in disciple-making?

**Next, we suggest you turn the conversation to a more practical discussion about how to begin moving in being a disciple that makes disciples.**

We recommend you use the participants' Activation Assignments as the launching point for this conversation. How have the participants experienced discipleship in their lives? What would they like to emulate? What would they like to try to do differently?

**Now, we recommend spending the remainder of your time praying for God to grow you as disciples of Jesus and as disciple-makers.**

# MENTOR SESSION GUIDE

**The real transformation and development of VLE: Foundations will happen in the context of the time you are spending with this group, collectively and individually.** So press into the relational aspect more than anything. Use this time to observe your participants and pay attention to areas of need, growth, challenge, and ministry.

**Connection time (10 minutes).** The relationships formed among VLE participants are central to the process. Take a couple of minutes for participants to talk about their week, initial thoughts on the material covered, etc. This is a great opportunity to connect with participants.

**Celebration time (10 minutes).** Ask the group if they have seen God do something in their lives or ministry that they'd like to share. This is an opportunity for you to affirm and reinforce the good growth happening in your group.

**Coaching Conversation (40 minutes).** Use this time to share some of your own experiences with Kingdom Ministry to help encourage participants to both take risks and share their own stories. Walk through key discussion and activation questions from the module to dive into deeper understanding of the topic.

**Care & Prayer / Ministry Time (25 minutes).** This is arguably the most important thing you can do in these sessions, by providing space for the work of the Holy Spirit among us. You could have a "Hot Seat" in the center and have the group pray for someone, you could have groups of 2 or 3 split up and pray for each other, or you can pray collectively for the group.

**Communication time (5 minutes).** This is the time to highlight important events, share church announcements, introduce the next module topic, and so forth.