LIFE ON LIFE DISCIPLESHIP



AS IRON SHARPENS IRON, SO ONE MAN

SHARPENS ANOTHER.

PROVERBS 27:17

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SESSION 01 BE A DISCIPLE & MODEL

Answer the following questions in preparation for Session 1.



BE A DISCIPLE

1. List the benefits of reading, studying, memorizing, meditating and applying the Scriptures? (See Psalm 119:9, 11, 24, 49, 50, 54, 72, 98, 102, 104, 105, 111, 114, 128, 130, 164 and 165.)

2. Which are the most meaningful to you, and how do they motivate you to make Bible reading a priority in your life?

BE A MODEL

3. In what ways did Jesus model discipleship— through shepherding, mentoring, friendship and humility—to His disciples? (See John 13, Luke 11 and any other Bible passages.)

4. According to 1 Peter 2:21-25, what additional ways was Christ an example to His disciples?

5. Read Matthew 5:16. What are we to be to others? Why?

6. In what ways are you challenged to be a disciple and to be a model? Where do you need to trust and obey God to equip you for discipleship in these two areas?

NOTES

SESSION 02 BEAN ENCOURAGER & NURTURER

Answer the following questions in preparation for Session 2.



BE AN ENCOURAGER

1. What do the following verses command us to do: 1 Thessalonians 5:11; Hebrews 3:13, 10:25? Why do people need encouragement?

- 2. Read Colossians 1:1-14.
 - a. What are the different ways Paul encouraged the Colossians? (List as many as you can find.)

b. Which would be the easiest and which would be the hardest for you to do? Why?

c. Who in your life needs encouragement today?

BE A NURTURER

3. What do Proverbs 17:17 and 18:24 say about being a friend? How do these truths relate to nurturing?

4. What does James 1:19 command us to do, and how do these relate to nurturing?

5. Read Psalm 40:1-3 and 66:17-20. As you consider how God listens to you, how are you encouraged to be a listener?

6. Read 1 Samuel 20. Circle the word "Lord." How many times was "Lord" mentioned in this chapter? How was Jonathan's relationship with David an example for us to follow in nurturing others?

7. In what ways are you challenged to be an encourager and a nurturer? Where do you need to trust and obey God to equip you for discipleship in these two areas?

NOTES

SESSION 03 BE TRANSPARENT & AVAILABLE

Answer the following questions in preparation for Session 3.



BE A TRANSPARENT

 Read Psalm 51, a prayer David wrote after Nathan the prophet came to him regarding his adultery with Bathsheba and the killing of her husband Uriah.
 a. How does David describe his sin?

b. List at least eight things David asks God to do for him.

c. What do you learn about being transparent from David?

BE AVAILABLE

2. How was Jesus approachable to both individuals and multitudes? (See passages such as Mark 1:40-42; 5:21-43; 6:34; Luke 7:11-15 and any other Scripture passages you remember.)

Compare Jesus' response to the following people with the reactions of others. What was Jesus' ultimate goal with each man?
a. Blind beggar (Luke 18:35-43)

b. Zacchaeus (Luke 19:1-10)

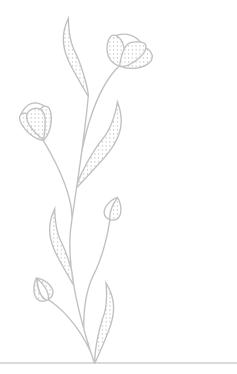
c. What do you learn from Jesus about being available to those outside of your immediate circle of family and friends?

4. In what ways are you challenged to be transparent and available? Where do you need to trust and obey God to equip you for discipleship in these two areas?

NOTES

SESSION 04 BE RELATIONAL

Answer the following questions in preparation for Session 4.



BE RELATIONAL

Read Psalm 42:1-2, 63:1 and 143:6.
 a. What do these verses teach you about a relationship with God?

b. Do the Psalmist's words express the desire of your heart? If so, in what ways? If not, why not?

c. How does one's relationship with God affect earthly relationships?

2. How did Moses prepare Joshua and the Israelites for the change in leadership? (See Deuteronomy 31:1-8; 34:9) How does Moses' example help you?

What do you learn about relationships from Paul's example with Timothy?
 (See Acts 16:1-3; Philippians 2:19-23; 1 Timothy 1:18-19; 4:12-16; 2 Timothy 1:1-8; 2:1-3, 15, 22-23 and any other passages you remember.)

- **4.** What do the following verses teach you about relationships?
 - a. Proverbs 3:3-4
 - b. Proverbs 13:20
 - c. Proverbs 27:9
 - d. Proverbs 27:17
- **5.** Where do you struggle the most in relationships?

6. In what ways are you challenged to be relational? Where do you need to trust and obey God to equip you for discipleship in this area?

NOTES

SESSION 05 BE INTENTIONAL

Answer the following questions in preparation for Session 5.



BE A INTENTIONAL

Read Romans 8:29 and 2 Corinthians 3:18.
 a. To what are we to be conformed?

b. Describe what this would look like in our daily lives.

c. How does this conformity affect relationships?

2. Compare Mark 1:16-18 with Acts 2:14-41. How did Jesus' investment in Peter impact his life and others?

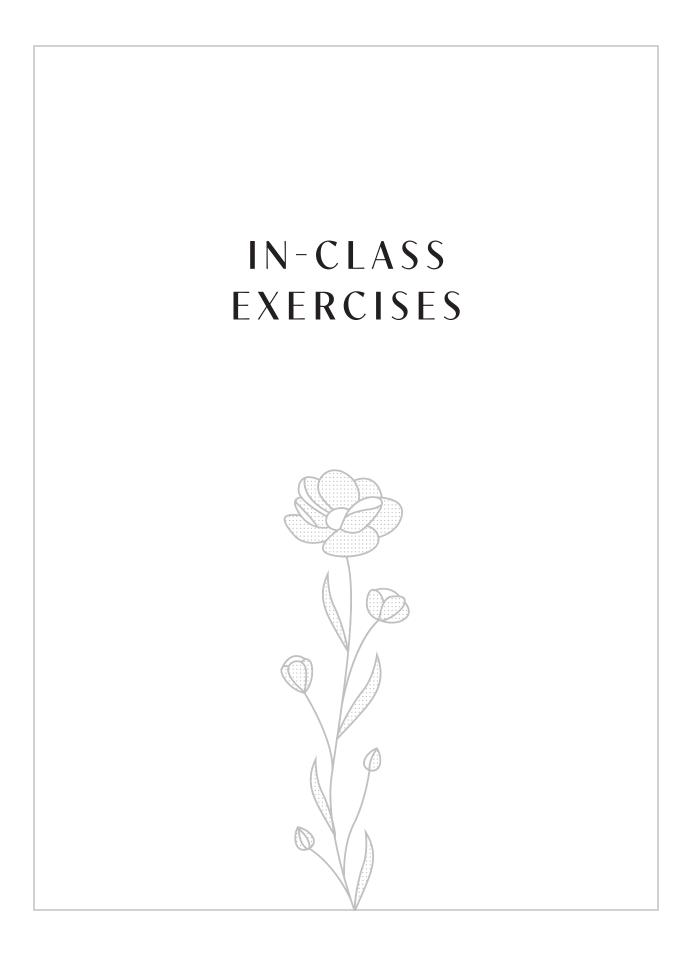
3. Compare Mark 1:19-20 with Revelation 1:1-2, 9 and any other verses that speak about John. How did Jesus' investment in John's life impact him long-term?

4. How does the parable recorded in Luke 19:11-27 show us the importance of investing in the lives of others? When it comes to relationships, which of these men do you identify with the most?

5. What changes do you need to make in your life so that your relationships with others make a greater impact for Jesus Christ?

6. In what ways are you challenged to be intentional in discipleship? Where do you need to trust and obey God to equip you for discipleship in this area?

NOTES



SESSION 1 - EXERCISE

Think back over your life. For every decade write down the name of a person and how he or she impacted you in a positive way.

1-10 years old

10-20 years old

20-30 years old

30-40 years old

40-50 years old

50+ years old

Group Sharing: Briefly (1 minute) share how one person on your list impacted you.Group Sharing: Briefly share how a person on your list was a model of Christ.

SESSION 2 - EXERCISE A

Write an encouraging statement or action for the following scenarios:

- **1.** A friend's mother is in the last stages of Alzheimer's.
- 2. A friend shares how irritated she is with her husband.
- **3.** The talented woman you are mentoring does not recognize her potential.
- 4. Your daughter wants to quit playing soccer after having a successful game.
- **5.** Your son continually teases or pesters his sister.
- 6. A young woman you are mentoring wants to give up on life.
- 7. Your co-teacher failed to complete a project that affects you.

Without giving details, share in groups of 2-3 one statement or action. After sharing, spend time praying for one another that we become encouragers to those in our homes, circles of friends, church, neighborhood and community.

SESSION 2 - EXERCISE B

Write a question you could ask to help each of these people come up with a solution to their problem.

1. A friend's mother-in-law does not like her.

2. A woman you are discipling is struggling with loneliness.

3. An acquaintance shares her abusive past.

4. A friend does not see how God could love her.

Share one question with the group without elaborating.

SESSION 3 - EXERCISE A

How God redeemed you in the midst of your mess, is your message!

In three to four of the following struggles of life, write how God has helped you and what you learned about his character.

- 1. Rejection
- 2. Health
- 3. Parents
- 4. Pride
- **5.** Job
- 6. Depression
- 7. Child
- 8. Anger
- 9. Fear
- 10. Other

Choose one to briefly share with the group.

SESSION 3 - EXERCISE B

Consider the entirety of your life.

1. What have you learned about God?

2. How has it changed you?

3. How can you apply what you have learned and how you have been changed to your current relationships?

Briefly share with the group the one that is the most meaningful to you.

SESSION 4 - EXERCISE A

Consider current relationships you may have with the following people:

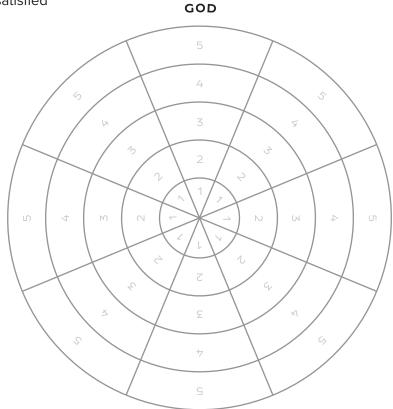
Parents In-laws Spouse Siblings Children Students Friends Church Neighbors Co-workers

- **1.** How can you begin working to improve any of these relationships?
- 2. Briefly share one of these with the group.
- **3.** In groups of 2, pray for one another.

WHEEL OF RELATIONSHIPS

In addition to GOD on the wheel below, write seven additional relationships that apply to you, such as spouse, children, parents, siblings, in-laws, friends, co-workers, co-ministry workers, neighbors, co-community workers, and etc. Rate yourself on a scale of 1 to 5 regarding your satisfaction in each of the eight relationships. Beginning with your relationship with God, fill in the appropriate boxes of the wheel with 5 being the largest box and 1 being the smallest.

- 5 Extremely satisfied
- 4 Very satisfied
- 3 Satisfied
- 2 A little satisfied
- 1 Not at all satisfied



When the pie is complete, ask yourself these questions:

- 1. Which relationships need work?
- 2. What would a 5 look like in those relationships?
- 3. If this were a wheel on a bicycle, would your ride be smooth or bumpy?

G.R.O.W. EXERCISE

G — Goal

Write one goal for yourself regarding discipleship.

R — Reality

Describe where you are currently regarding discipleship.

O — Options

What are some possible options to get from the reality to the goal – moving from where you are currently to where you would like to be?

W — Walk

- **1.** Which of your options sounds the most compelling?
- **2.** Which idea would you like to act on first?
- 3. How can you put that idea into practice this week?

NOTES

BY THIS ALL PEOPLE WILL KNOW THAT YOU ARE MY DISCIPLES, IF YOU HAVE LOVE FOR ONE ANOTHER.

JOHN 13:34-35

