

## INTRODUCTION TO DISCIPLESHIP

**Purpose:** The purpose of this session is for you to understand the scriptural principles of discipleship.

**Objectives:** This session will help you to:

1. Understand the role of discipleship in leading new Christians toward growth and maturity.
2. Understand God's sovereignty in following up new Christians.
3. Understand our responsibility in following up new Christians.
4. Understand the elements of effective discipleship.

### YOU NEED TO KNOW

1. This session should motivate the participants to want to be involved in following up of new believers as the beginning of a discipleship relationship. This is a 1 ½ hour session.
2. Prepare the tasks in advance that will enable the participants to learn through self discovery.
3. Be sure to have **copies of the materials** available. The “landing of the plane” takes place as participants gain an understanding of the basic things that a new believer needs to know.
4. Pray as you prepare and be sure you are filled with the Holy Spirit as you present this session.

2M05



**Campus Crusade for Christ International**  
**International Training Office**  
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## INTRODUCTION TO DISCIPLESHIP

### I. Introduction

#### TASK

ARRANGE A SMALL GROUP ACTIVITY WHICH WILL ALLOW THE PARTICIPANTS TO ANSWER THE FOLLOWING QUESTIONS. USE ONE ACTIVITY (NUMBER 16 OR ANYTHING THAT YOU CREATE) TO START THEM THINKING. HAVE THEM REPORT BACK IN \_\_\_ MINUTES.

REFER BACK TO THEIR ANSWERS WHEN YOU COVER THE CONTENT OF THE "NEW LIFE IN CHRIST" SERIES, SHOWING HOW THE "NEW LIFE IN CHRIST" SERIES MEETS THE DIFFERENT THINGS ON THEIR LISTS.

"WHAT WAS HELPFUL TO YOUR GROWTH AS A NEW BELIEVER?"

"WHAT ARE SOME OF THE QUESTIONS YOU HAD AS A NEW BELIEVER?"

"WHAT IS YOUR UNDERSTANDING OF THE TERM, FOLLOW-UP?"

"WHAT IS YOUR UNDERSTANDING OF THE TERM, DISCIPLESHIP?"

- ⊗ "WHAT DO YOU THINK ABOUT THE FOLLOWING CORE BELIEF? HOW WOULD YOU CHANGE IT?"

#### CORE BELIEF

IT IS IMPORTANT FOR A NEW BELIEVER TO BE FOLLOWED UP WITHIN 24 - 48 HOURS AFTER THEY MAKE A DECISION TO FOLLOW CHRIST.

### II. What Are The Objectives of Follow-up and Discipleship?

#### TASK

ARRANGE A SMALL GROUP ACTIVITY WHICH WILL ALLOW THE GROUP TO ANSWER THE ABOVE QUESTION. USE ONE ACTIVITY (NUMBER 10, 14 OR ANYTHING THAT YOU CREATE) TO CONTINUE PROCESSING. THEY MAY REFER TO THE FOLLOWING SCRIPTURES, BUT THEY ARE NOT LIMITED TO THEM. HAVE THEM REPORT BACK IN \_\_\_ MINUTES.

**Matthew 28:18-20; Philippians 3:10; Colossians 1:28, 29; Colossians 2:2, 3; 2 Timothy 2:2**

☒ [NOTE TO THE FACILITATOR: SUMMARIZE THEIR ANSWERS INCLUDING ANY OF THE FOLLOWING THAT MAY HAVE BEEN LEFT OUT.]

- A. "CHRIST SENDS US OUT TO INTRODUCE PEOPLE TO HIM, TO HELP THEM BECOME HIS DISCIPLES AND TO TEACH THEM HOW TO REACH OUT TO OTHERS." (Matthew 28:18 - 20)
- B. "FOLLOW-UP IS THE INTIAL PROCESS OF HELPING A NEW BELIEVER BEGIN TO GROW. IT IS THE STARTING POINT OF DISCIPLESHIP."

"FOLLOW-UP HAS TWO OBJECTIVES."

1. "TO HELP NEW BELIEVERS GROW TO THEIR FULL MATURITY IN THEIR RELATIONSHIP WITH CHRIST." (Philippians 3:10; Colossians 1:28, 29; 2:2, 3)
2. "TO HELP NEW BELIEVERS BECOME MULTIPLYING DISCIPLES." (2 Timothy 2:2)

"WE DO NOT JUST WANT TO ADD MORE PEOPLE TO OUR GROUP OF BELIEVERS ('SPIRITUAL ADDITION'). WE WANT TO MAKE DISCIPLES OF OUR LORD WHO WILL MAKE DISCIPLES OF OTHERS ('SPIRITUAL MLTIPLICATION')."

### III. What is God's Role in Follow-Up and Discipleship?

**TASK**

ARRANGE A SMALL GROUP ACTIVITY WHICH WILL ALLOW THE GROUP TO ANSWER THE ABOVE QUESTION. USE ONE ACTIVITY (NUMBER 10, 14 OR ANYTHING THAT YOU CREATE) TO CONTINUE PROCESSING. THEY MAY REFER TO THE FOLLOWING SCRIPTURES, BUT THEY ARE NOT LIMITED TO THEM. HAVE THEM REPORT BACK IN \_\_\_ MINUTES.

Philippians 1:6; Philippians 2:13; Mark 4:3-9; Mark 4:14-20

☒ [NOTE TO THE FACILITATOR: SUMMARIZE THEIR ANSWERS INCLUDING ANY OF THE FOLLOWING THAT MAY HAVE BEEN LEFT OUT.]

- A. God is sovereign in the work of making disciples.

"GOD BEGAN THE WORK IN THE PHILIPPIANS AND HE ENSURED THEIR GROWTH AND FRUITFULNESS."

1. "ONLY GOD CAN PRODUCE GROWTH." (Philippians 1:6; 2:13)

"WE CAN BE CONFIDENT THAT IN HIS WAY AND IN HIS TIME, HE WILL ACCOMPLISH WHAT HE HAS BEGUN IN ALL BELIEVERS."

2. "GOD USES VARIOUS MEANS TO BRING ABOUT GROWTH."

"HE USES PEOPLE, EVENTS, HIS WORD AND CIRCUMSTANCES TO CAUSE US TO GROW. HE DEALS WITH EACH OF US IN A UNIQUE WAY."

B. God allows people to respond differently to His Word. (Mark 4:3-9; 14-20)

"NOTE THAT THE SEED, GOD'S WORD, WAS THE SAME IN EACH CASE. IN FOLLOW-UP AS IN WITNESSING, WE ARE NOT RESPONSIBLE FOR THE WAY PEOPLE RESPOND. WE MUST NOT BE DISCOURAGED IF SOME PEOPLE DO NOT RESPOND AS WE WOULD LIKE."

[NOTE TO THE FACILITATOR: GIVE AN EXAMPLE FROM YOUR EXPERIENCE IF APPROPRIATE.]

"HOWEVER, WE DO HAVE CERTAIN RESPONSIBILITIES BEFORE GOD FOR NEW BELIEVERS."

#### IV. What is Our Responsibility in Follow-Up and Discipleship?

**TASK**

ARRANGE A SMALL GROUP ACTIVITY WHICH WILL ALLOW THE GROUP TO ANSWER THE ABOVE QUESTION. USE ONE ACTIVITY (NUMBER 10, 14 OR ANYTHING THAT YOU CREATE) TO CONTINUE PROCESSING. THEY MAY REFER TO THE FOLLOWING PASSAGE, BUT THEY ARE NOT LIMITED TO IT. HAVE THEM REPORT BACK IN \_\_\_ MINUTES.

1 Corinthians 3:5-9.



[NOTE TO THE FACILITATOR: SUMMARIZE THEIR ANSWERS INCLUDING ANY OF THE FOLLOWING THAT MAY HAVE BEEN LEFT OUT.]

A. "WE ARE GOD'S INSTRUMENTS ON EARTH. HE CHOOSES TO WORK THROUGH PEOPLE TO ACCOMPLISH HIS PURPOSES." (1 Corinthians 3:5-9)

☒ "PAUL RECOGNIZED THAT GOD CAUSES SPIRITUAL GROWTH. BUT HE ALSO CALLED HIMSELF A CO-WORKER WITH GOD. JUST AS GOD USUALLY USES PEOPLE TO BRING OTHERS TO CHRIST, HE USUALLY USES PEOPLE TO HELP NEW BELIEVERS MATURE. OUR RESPONSIBILITY IS JUST AS GREAT IN FOLLOW-UP AS IT IS IN EVANGELISM."

B. "WE HAVE THE RESPONSIBILITY TO NURTURE NEW CHRISTIANS AND CREATE AN ENVIRONMENT THAT ENCOURAGES THEIR SPIRITUAL GROWTH." (2 Corinthians 3:6)

## V. Elements of Effective Follow-Up & Discipleship.

### TASK

ARRANGE A SMALL GROUP ACTIVITY WHICH WILL ALLOW THE GROUP TO STUDY THE FOLLOWING ELEMENTS OF EFFECTIVE FOLLOW-UP AND DISCIPLESHIP. USE ONE ACTIVITY (IT IS SUGGESTED THAT YOU USE NUMBER 10, 14, 16 OR ANYTHING THAT YOU CREATE). THEY MAY REFER TO THE FOLLOWING SCRIPTURES, BUT THEY ARE NOT LIMITED TO THEM. HAVE THEM REPORT BACK IN \_\_\_ MINUTES.

#### Prayer

(1 Thessalonians 1:2, 3; Philippians 1:3-6; John 17)

#### Word of God

(1 Thessalonians 2:13; Romans 10:17; 1 Peter 2:2; Matthew 4:4)

#### Loving Relationship

(1 Thessalonians 2: 5-8; 1 Thessalonians 1:6; 2:10; 1 Corinthians 4:16; Philippians 3:17; 1 Thessalonians 2:11, 12)

#### Fellowship

(Hebrews 10:25; Ephesians 4:11-13)

#### Telling others about Christ

(1 Thessalonians 1:4-10; John 1:43-50; Matthew 4:19)

#### Role of the Holy Spirit

(1 Thessalonians 1:5, 6)

☒ [NOTE TO THE FACILITATOR: SUMMARIZE THEIR ANSWERS INCLUDING ANY OF THE FOLLOWING THAT MAY HAVE BEEN LEFT OUT.]

"MANY ELEMENTS OF EFFECTIVE FOLLOW-UP ARE SEEN IN PAUL'S MINISTRY TO THE THESSALONIANS." (1 Thessalonians 1:1-2:16)

A. "PRAYER IS ESSENTIAL TO FOLLOW-UP." (1 Thessalonians 1:2, 3)

1. "PAUL PRAYED FOR HIS DISCIPLES AND WAS CONFIDENT THAT GOD WOULD COMPLETE THE WORK THAT HE HAD BEGUN IN THEM." (Philippians 1:3-6)
2. "THE LORD JESUS CHRIST PRAYED FOR HIS DICIPLES." (John 17)
3. "PRAY FOR THE NEW CHRISTIANS YOU ARE FOLLOWING UP. GOD CHOOSES TO WORK THROUGH OUR PRAYERS."

**B. "THE WORD OF GOD IS ESSENTIAL TO FOLLOW-UP."** (1 Thessalonians 2:13)

"WE SHOULD TEACH FROM THE WORD OF GOD, NOT OUR OWN OPINIONS AND WISDOM. GO TO THE BIBLE EVERY TIME A NEW BELIEVER ASKS A QUESTION ABOUT THE CHRISTIAN LIFE."

1. "OUR FAITH GROWS AS WE READ, STUDY AND OBEY GOD'S WORD." (Romans 10:17)
2. "A GROWING FAITH IS DEPENDENT ON CONSISTENT BIBLE STUDY." (1 Peter 2:2)
3. "GOD'S WORD IS OUR SPIRITUAL FOOD." (Matthew 4:4)

**C. A LOVING RELATIONSHIP WITH THE NEW BELIEVER IS ESSENTIAL TO FOLLOW-UP.**

1. "BE OPEN AND HONEST." (1 Thessalonians 2:5, 6)
2. "SHARE YOUR LIFE WITH NEW BELIEVERS, NOT JUST SPIRITUAL KNOWLEDGE." (1 Thessalonians 2:8)
  - a. "BECOME A FRIEND TO NEW CHRISTIANS."
  - b. "SPEND TIME TOGETHER.

DO THINGS TOGETHER IN ADDITION TO 'SPIRITUAL' ACTIVITIES (I.E., HOBBIES, SPORTS, CHORES, ETC.). MOST MISTAKES IN FOLLOW-UP HAPPEN WHEN WE GO THROUGH A PROGRAM WITHOUT LOVING THE NEW CHRISTIAN."

**[NOTE TO THE FACILITATOR: RELATE A RELEVANT EXAMPLE IF YOU KNOW ONE.]**

3. "BE AN EXAMPLE TO NEW BELIEVERS." (1 Thessalonians 1:6; 2:10; 1 Corinthians 4:16; Philippians 3:17)
4. "BE A SPIRITUAL PARENT TO NEW BELIEVERS."
  - a. "BE LIKE A MOTHER WHO LOVES AND CARES FOR HER CHILDREN, AS PAUL SAID HE DID." (1 Thessalonians 2:7)
  - b. "BE LIKE A FATHER WHO ENCOURAGES, COMFORTS, CORRECTS AND URGES HIS CHILDREN IN THE RIGHT WAY OF LIFE, AS PAUL SAID HE DID." (1 Thessalonians 2:11, 12)

**D. FELLOWSHIP WITH OTHER BELIEVERS IS ESSENTIAL TO FOLLOW-UP.**

1. PAUL ENCOURAGED HIS DISCIPLES TO BE TOGETHER AND HE PROMOTED THE LOCAL CHURCH. GOD INTENDS FOR US TO GROW WITH OTHER BELIEVERS AS A BODY AND TO BECOME PART OF A LOCAL CHURCH THAT HONORS CHRIST AND FAITHFULLY TEACHES GOD'S WORD." (Hebrews 10:25; Ephesians 4:11-13)

"WE OUGHT TO ENCOURAGE PEOPLE TO GROW WITH US BY PARTICIPATING WITH US AT CHURCH."

2. CONDUCT FOLLOW-UP IN THE CONTEXT OF A GROUP IF PRACTICAL. A VITAL ENVIRONMENT WITH OTHER BELIEVERS ENCOURAGES THE GROWTH OF NEW CHRISTIANS IN WAYS YOU CANNOT DO ALONE.

**E. TELLING OTHERS ABOUT CHRIST IS ESSENTIAL TO FOLLOW-UP.**

(1 Thessalonians 1:4-10; John 1:43-50; Matthew 4:19)

1. "ENCOURAGE NEW BELIEVERS TO JOIN US IN SPREADING THE GOOD NEWS." (1 Thessalonians 1:4-10)

- a. "ENCOURAGE THEM TO JOIN YOU AS YOU TELL OTHERS ABOUT CHRIST."

"SET UP AN APPOINTMENT TO SHARE CHRIST WITH SOMEONE AND TAKE THE NEW CHRISTIAN WITH YOU. PUT THE NEW CHRISTIAN AT EASE BY TELLING HIM THAT YOU WILL DO THE TALKING BUT AS 'THE PARTNER' NEEDS TO PRAY FOR YOU AS YOU SHARE, AND FOR THE PERSON HEARING THE GOSPEL. AFTER THE SHARING TIME, DISCUSS WHAT WAS OBSERVED. BE POSITIVE ABOUT THE FACT THAT GOD IS PLEASED WITH OUR OBEDIENCE TO WITNESS NO MATTER WHAT THE RESULT, AND THAT THE RESULTS ARE IN THE HOLY SPIRIT'S CONTROL."

- b. "ENCOURAGE THEM TO TELL OTHERS ABOUT THEIR EXPERIENCE WITH CHRIST." (John 1:43-50) "THIS HELPS THEIR SPIRITUAL GROWTH."

"PHILIP WENT TO NATHANIEL WITH HIS TESTIMONY ABOUT CHRIST IN JOHN 1:43-50 AND THIS HELPED NATHANIEL TO BELIEVE IN CHRIST."

2. "PREPARE THEM TO EXPLAIN THE GOSPEL TO OTHERS AS SOON

AS THEY ARE READY." (Matthew 4:19)

MATHEW 4:19, "COME, FOLLOW ME,' JESUS SAID, 'AND I WILL MAKE YOU FISHERS OF MEN.'"

"NOTE THAT JESUS TOLD HIS DISCIPLES THAT THEY WOULD REACH OTHERS FROM THE BEGINNING OF HIS RELATIONSHIP WITH THEM."

⊗ [NOTE TO THE FACILITATOR: ENCOURAGE THE CLASS TO TAKE ANY NEW BELIEVERS THEY KNOW OUT WITNESSING WITH THEM AS SOON AS POSSIBLE.]

F. THE **ROLE OF THE HOLY SPIRIT** IS ESSENTIAL TO FOLLOW-UP.  
(1 Thessalonians 1:5, 6)

1. PAUL'S MESSAGE WAS DELIVERED IN THE POWER OF THE SPIRIT (1 Thessalonians 1:5) AND THE FRUIT WAS "JOY GIVE BY THE HOLY SPIRIT." (1 Thessalonians 1:6)
2. WALKING IN THE SPIRIT IS AN ESSENTIAL ELEMENT TO SPIRITUAL GROWTH. WITHOUT THE SPIRIT-FILLED LIFE, NEW CHRISTIANS WOULD LIVE DEFEATED WORLDLY LIVES.

## VI. Overview of the "Your Life in Christ" Series. (The Follow-Up Materials)

### TASK

ARRANGE A SMALL GROUP ACTIVITY WHICH WILL ALLOW THE PARTICIPANTS TO DISCUSS THE FOLLOWING QUESTIONS. USE ONE ACTIVITY (IT IS SUGGESTED THAT YOU USE NUMBER 44 OR ANYTHING THAT YOU CREATE). PLACE THE QUESTIONS WHERE THE PARTICIPANTS CAN SEE THEM. HAVE THEM REPORT BACK IN \_\_\_ MINUTES.

[NOTE TO THE FACILITATOR: YOU WILL NEED TO PROVIDE COPIES OF THE "NEW LIFE IN CHRIST" SERIES FOR THIS EXERCISE. AFTER NUMBERING THE PARTICPANTS FROM ONE THROUGH SIX, THE ONES WILL EACH NEED A COPY OF LESSON ONE, THE TWOS WILL EACH NEED A COPY OF LESSON TWO, ETC.]

- A. WHAT IS THE TITLE OF THIS FOLLOW-UP APPOINTMENT?
- B. WHAT IS THE MAIN THEME OF THIS FOLLOW-UP APPOINTMENT?
- C. WHAT ARE THE MAJOR POINTS OF THIS FOLLOW-UP APPOINTMENT?
- D. WHAT IS AT LEAST ONE ACTION POINT OF THIS FOLLOW-UP APPOINTMENT?

**[NOTE TO THE FACILITATOR:** AFTER COMPLETION OF THE ABOVE ACTIVITY, ASK PARTICIPANTS TO REFLECT ON THE INITIAL FOUR QUESTIONS DISCUSSED IN THE INTRODUCTION. ASK IF WHAT THEY HAVE LEARNED IN THIS SESSION MEETS THE NEEDS RAISED BY THOSE QUESTIONS. ALLOW COMMENTS.]

**VII. Action Point.**

- ☒ “TAKE A MOMENT TO REFLECT ON WHAT YOU HAVE LEARNED DURING YOUR INVESTIGATION. WRITE IT DOWN. WHAT ARE YOU GOING TO DO WITH THE INFORMATION YOU PROCESSED? CAN YOU THINK OF SOME PEOPLE YOU COULD BEGIN TO DISCIPLE? SHARE THEIR NAMES WITH A PARTNER. PRAY FOR ONE ANOTHER.”