

# Table of Contents

<b>Preface</b>	<b>4</b>
<b>Table of Contents</b>	<b>5</b>
<b>Reprint Guidelines</b>	<b>9</b>
<b>References and Abbreviations</b>	<b>10</b>
<b>1. What Is a Disciple?</b>	<b>12</b>
<b>1.1 The Great Commission (Matthew 28:19-20)</b>	<b>12</b>
<b>1.2 Synonyms for Disciple</b>	<b>14</b>
1. Disciple ( <i>mathētēs</i> )	14
2. Follower ( <i>akoluthēō</i> )	17
3. Believer ( <i>ho pistos</i> )	19
4. Christian ( <i>christianos</i> ) and other words	20
Which Word Best Conveys the Idea of Disciple Today?	20
<b>1.3 The Necessity of Following Jesus</b>	<b>21</b>
<b>1.4 Analogies of Discipleship</b>	<b>23</b>
1. Analogy of Abiding in the Vine (John 15:5)	23
2. Analogy of Sitting at Jesus' Feet (Luke 10:39)	25
3. Analogy of Taking Jesus' Yoke upon Us (Matthew 11:28-30)	27
<b>1.5 Jesus Expects His Disciples to Obey His Teachings</b>	<b>29</b>
1. Putting Jesus' Words into Practice ( <i>poieō</i> )	29
2. Obeying ( <i>tēreō</i> ) Jesus' Commandments	30
3. Continuing ( <i>menō</i> ) in Jesus' Teachings	31
4. Holding Jesus' Word Firmly ( <i>katechō</i> )	32
Grace When We Stumble (1 John 1:7-2:6)	32
<b>2. Jesus' Discipling Strategy</b>	<b>34</b>
<b>2.1 Jesus Selects His Disciples Carefully</b>	<b>34</b>
<b>2.2 Jesus Spends Time with His Disciples</b>	<b>39</b>
Openness and Vulnerability	39
Being with Jesus is Primary	41
Jesus Teaches by Example	42
<b>2.3 Jesus Teaches His Disciples to Pray</b>	<b>43</b>
<b>2.4 Jesus Teaches Publicly and Privately</b>	<b>45</b>

Public Teaching to Crowds	45
Private Teaching to Disciples	46
<b>2.5 Jesus Rebukes His Disciples</b>	<b>48</b>
<b>2.6 Jesus Involves His Disciples in Ministry</b>	<b>51</b>
<b>2.7 Jesus Builds a Community of Disciples</b>	<b>53</b>
<b>3. Paul the Disciple Maker</b>	<b>56</b>
<b>3.1 Paul's Goal: Maturity in Christ (Colossians 1:27-29)</b>	<b>56</b>
<b>3.2 Paul's Teaching on Spiritual Formation (<i>morphoō</i>)</b>	<b>59</b>
1. Christ Formed in You (Galatians 4:29)	60
2. Be Transformed by the Renewing of Your Mind (Romans 12:2a)	60
3. Conformed to the Image of His Son (Romans 8:29a)	61
4. Transformed by Beholding Christ (2 Corinthians 3:18)	62
5. Sanctification and Spiritual Formation	62
<b>3.3 Paul's Intensity: Correct, Rebuke, Exhort (2 Timothy 4:2)</b>	<b>64</b>
<b>3.4 Paul's Portraits of a Disciple Maker (1 Thessalonians 2:7-13)</b>	<b>66</b>
<b>3.5 Paul Uses His Personal Example</b>	<b>70</b>
Imitation ( <i>mimētēs</i> )	70
Patterns ( <i>typos</i> )	71
Paul's Template for Disciples (1 Timothy 3:1-7; Titus 1:5-9)	72
Allowing People to Know and Observe Him	72
The Example of Your Manner of Living (Titus 2:7-8a)	73
<b>3.6 Paul Prays for His Disciples</b>	<b>74</b>
<b>3.7 Paul Mentors Co-Workers</b>	<b>75</b>
Paul Is Mentored by Barnabas	76
Timothy	76
Paul and Other Workers	78
<b>3.8 Paul Extends His Influence through Letters</b>	<b>78</b>
<b>4. Elements of Discipleship Training</b>	<b>79</b>
<b>4.1 Discipleship Gospel</b>	<b>79</b>
The Preaching of the Apostles	79
The Plan of Salvation Is <i>Part</i> of the Gospel	81
The Gospel of the Kingdom	81
The Essential Response: Repent, Believe, Follow	83
<b>4.2 Discipleship Training Curricula</b>	<b>84</b>
Jesus' Disciple Training Curriculum	85
Paul's Disciple Training Curriculum	86

Table of Contents	7
A Culturally Sensitive Discipleship Curriculum	88
<i>JesusWalk: Beginning the Journey</i>	89
Leroy Eims' Discipleship Curriculum	90
Disciple Training vs. Pastoral Preaching	90
<b>4.3 Mentors and Influencers</b>	<b>91</b>
Mentors	91
Remote Influencers	92
<b>5. Spiritual Disciplines (part 1)</b>	<b>98</b>
<b>5.1 The Role of Spiritual Disciplines</b>	<b>98</b>
Changed by Face-Time with Jesus (2 Corinthians 3:18)	99
Spiritual Disciplines as a Training Program (1 Timothy 4:8)	99
Good Habits	101
Training for Godliness (1 Timothy 4:7-8)	101
Joy in Seeking God	103
<b>5.2 Continual Practices</b>	<b>103</b>
1. Continual Prayer and Praise	104
2. Spiritual Awareness	104
3. Prayer before Meals	105
4. Making the Sign of the Cross	106
5. Hours of Prayer	106
<b>5.3 Daily Spiritual Practices (components of a Quiet Time)</b>	<b>107</b>
1. Solitude	108
2. Praise, Thanksgiving	110
3. Bible Reading	112
4. Meditation on Scripture	113
5. Journaling	114
6. Prayer of Confession	115
7. Prayer of Intercession	116
8. Listening, Contemplation	118
<b>6. Spiritual Disciplines (part 2)</b>	<b>120</b>
<b>6.1 Weekly Spiritual Practices</b>	<b>120</b>
1. Community Gathering	120
2. Generous Giving	122
3. Submission	123
4. Service	124
5. Fasting	125
<b>6.2 Monthly Spiritual Practices</b>	<b>128</b>

1. The Lord's Supper or Eucharist	128
2. Scripture Memorization	129
<b>6.3 Annual Spiritual Practices</b>	<b>129</b>
1. Retreats	129
2. Celebration, Church Feast Days	130
<b>6.4 Developing a "Rule of Life" or "Trellis"</b>	<b>131</b>
<b>6.5 Dangers of Spiritual Disciplines</b>	<b>134</b>
<b>7. Becoming Both Disciple and Disciple Maker</b>	<b>138</b>
<b>7.1 Discipling Yourself</b>	<b>138</b>
<b>7.2 Discipling Individuals</b>	<b>142</b>
<b>7.3 Discipling in a Small Group or Class</b>	<b>145</b>
1. Groups Affect Values and Behavior	145
2. Differences between a Discipleship Group and Other Small Groups	146
3. Structure for Discipleship Groups	148
4. Ideal Group Size	150
5. Closed or Open Group?	151
6. Relationship to Church	151
<b>7.4 Discipling as Pastor</b>	<b>152</b>
<b>Epilogue</b>	<b>154</b>
<b>Appendix 1. Participant Handouts</b>	<b>156</b>
Discussion Questions	156
Suggestions for Classes and Groups	156
<b>Appendix 2. Various Approaches to Discipling</b>	<b>157</b>
1. Description of Your Group	157
2. Spiritual Disciplines or Practices You Are Encouraging	162
3. Leader Teaching Compared to Group Sharing	166
4. The Person You Hope to Form	167
5. Changes in the Discipled	167
Wrap-Up	168