

Foundations *for* **Discipleship Mobilization**



Larry L. Niemeyer

The Harvest Practicum is a ministry of Harvest Heralds, Inc., an international, evangelical Christian organization committed to participate with other Christians in the mandate of Jesus Christ to make disciples of all nations, baptizing them in the name of the Father, Son and Holy Spirit, and teaching them to observe all that Christ taught.

In East Africa, this and two other ministries are part of Harvest Impact Ministries.

This book is one of four in a discipling series designed, tested and used in Africa since 1986.

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Introduction to the Series

The Bible studies and tools of Foundations for Discipleship Mobilization were first used by only two people who spent five months discipling one person each. After those five months, they spent another four months walking through the second set of Bible studies and tools – Fruitfulness in Discipleship Mobilization. When those accumulated nine months were completed, their disciples were ready to disciple one more person each.

They assisted those new disciple-makers in their new task by walking through what have become two other important Bible studies and tools: Building Discipleship Foundations: Motivation and Conservation Necessities for Disciple-makers and Bearing Discipleship Fruitfulness: Proclamation and Multiplication Necessities for Disciple-makers. The originators were also ready to disciple one more person each. The two became four and the four became eight. This series of tools became the heart of the ministry.

By 2008, 24,000 disciples had been mobilized and 6,000 disciple-makers in God's grace.

The content of the four current books reveal the underlying strategy of discipleship mobilization. Knowing the Great Commission of Christ in Matthew 28:18-20, like others, the emphasis of this series is upon mobilization. Jesus said, "Go." It is our conviction that we don't have disciples until we have disciple-makers. Everyone must go as Jesus instructed. Mobilization is essential for Great Commission effectiveness. Anything less than that falls short of Christ's intended discipleship. The contents, therefore, contain tools for Christ-centered mobilization – in everything.

Foundations for Discipleship Mobilization contains tools for three mobilizing transformations with ten standards attached to each:

Transformation One: Confidence

Transformation Two: Consistency

Transformation Three: Stability

Without these transformations, Christ-centered mobilization is not going to take place. Each transformation leads progressively to the next and the ultimate goal is for the one disciplined to become a disciple-maker.

Fruitfulness in Discipleship Mobilization contains additional tools for three more mobilizing transformations with ten standards again, attached to each.

Transformation Four: Christlikeness

Transformation Five: Evangelism

Transformation Six: Discipling

These are the very transformations that lead to mobilization. Transformation Six is not the end of anything; it is the beginning of everything because now, disciple and discipler can both go out to disciple others.

Building Discipleship Foundations contains tools that will benefit the new disciple-maker. Thus, while this person is discipling someone for the first time, her disciple-maker will be walking through these sessions with her. Two Bible studies and two new self-evaluation tools reinforce motivation while the new disciple-maker is walking through Transformation One with a new disciple and conservation when

she is walking through Transformations Two and Three. Bearing Discipleship Fruitfulness is patterned on the same content and relates proclamation to Transformations Four and Five and multiplication to Transformation Six.

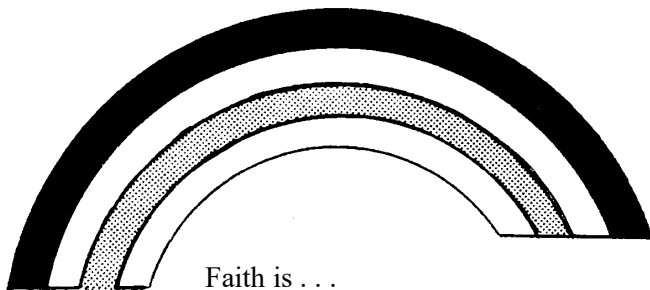
This may all sound confusing, but the series is actually quite straightforward. An easy format for Bible study and application provides a basis of relationship under the Lordship of Christ for both disciple and disciple-maker. The contents are presented as “Sessions” not “Lessons.” Simplicity underlies the presentation because the end result sought is a disciple ready to make disciples using the same tools again and again. The contents are intended to create hunger for more – and the discipler is discouraged from telling a disciple everything he knows on the contents. A “professional” or “highly trained” demeanor will only frighten away prospective disciple-makers. Our aim is that, at the end of the six transformations, people will say, “By God’s grace, I can do this! When can I start?”

No disciple or disciple-maker is alone in the venture of discipleship. Jesus, the one who planned this journey, said, “. . . surely I will be with you always, to the very end of the age” (Matthew 28:20). Go with Jesus. May your journey be a blessing to many.

If you bought one of these books and tools, you need to buy two – one for you and one for your disciple. This material is designed to encourage meaningful relationships between Christians. Concentrate on the relationship as well as the sessions. Let the relationship with your disciple mature slowly with a clear focus on the Lordship of Jesus Christ. If there is to be any addition, let it be at the level of relationship -- spend more time with each other as your schedules allow. A biblical relationship results in multiplication that glorifies God -- and that is what this journey is all about.

TRANSFORMATION ONE

Someone has said



Belief in a record - the Bible

Trust in a person - Jesus Christ

Confidence - in God's promises

Having established both belief and trust, you, as a Christian, can now give serious attention to the third aspect of faith:

CONFIDENCE

God has made thousands of promises.
The Bible is the record of those promises.
Jesus is the source of those promises.

"Let us hold unswervingly to the hope we profess, for he who promised is faithful." (Hebrews 10:23)

This is a study of some of the seventy-five promises recorded by the Apostle John in his Gospel and his Epistles. Special attention is given to:

- 1) Discovering God's Promises
- 2) The Promise of a New Relationship
- 3) The Promise of a New Life
- 4) The Promise of a New Presence

SELF-EVALUATION

On a scale of 1 to 10, evaluate your confidence in God's promises.

	Not at all			Somewhat				Completely		
	1	2	3	4	5	6	7	8	9	10
1. I am aware of the promises God has made to me.										
2. I am confident that the faith I have expressed pleases God.										
3. I am confident that my repentance has satisfied the Lord.										
4. I am confident that my confession of faith and baptism was in his will.										
5. I feel a part of the family of God.										
6. I am aware of changes Jesus has made in my life.										
7. I know the LIFE Jesus has given me and that he wants it to continue.										
8. The Holy Spirit has been active in my life.										
9. I know that the Holy Spirit is with me always.										
10. My confidence is in Jesus Christ and his promises for my life.										

Summary

1. Which statements are your strongest? _____

2. Which ones are your weakest? _____

Discuss these results with your discipler.

Compare evaluations.

Pray together for growth in confidence in your lives.

Session 1

DISCOVERING GOD'S PROMISES

Instructions: Read 1 John in the New International Version of the Bible. In the spaces below, list all the promises you can find. Write the reference for the promise, and then write the promise. Here is a hint: You will have to distinguish the promises from the commands, facts, and warnings.

Reference

God's Promise

Example:

1 John 1:7 We have fellowship with one another

Your first meeting with your discipler will be to review and compare your findings while also repeating the memory verse of Hebrews 10:23 to each other.

Session 3

THE PROMISE OF A NEW RELATIONSHIP

"This is the message we have heard from him and declare to you: God is light; in him there is no darkness at all" (1 John 1:5).

I. The New Relationship is a Relationship in the Light



A. What do the following verses say about the light?

1. 1 John 1:5 _____

2. John 8:12 _____

3. 1 John 1:6-7 _____

God is light. Jesus has come to earth to give us all a glimpse of that light - not to blind us but to attract us. Christians are those who choose to walk in His light.

B. A person needs to continually ask three questions:

Have I truly come to Christ in the light?

Am I related to Him in the light?

Is my fellowship with him in the light?

1. What keeps you from walking in the full light of God?

2. What are some consequences of living outside the light of God?

C. The beginning of the relationship with God in the light is by faith, repentance, confession, and baptism. Consider each of these in your life. Are they in the full light of God?

	Yes	I don't know	No
Faith			
Repentance			
Confession			
Baptism			

Stop and pray about your relationship with God. Ask the one who is discipling you to help. All Christians have some shadows rather than the full light.

He who comes to God an inch in doubtings dim, in blazing light, God will rush to him a mile - Author Unknown

II. The New Relationship is a Relationship in the Family

A. What do the following verses say about God's family?

1. John 1:12-13 _____

2. John 14:13-14 _____

3. John 14:23 _____

B. Earthly families remember special days. Christians can also remember such days in the family of God.

1. On what day did you first believe?

2. On what day did you first repent of your sins?

3. On what day did you stand before others and first confess the name of Jesus?

4. On what day were you baptized?

C. What are the circumstances that brought you into the family of God? Write them very briefly below.

Activity

After completing the above exercises, memorize John 8:12.

"When Jesus spoke again to the people, he said, 'I am the light of the world. Whoever follows me will never walk in darkness, but will have the light of life.'"

Add this verse to those you are memorizing and remember all of them.

Session 3

THE PROMISE OF A NEW LIFE

Many promises for Christians recorded by John in his Gospel and his Epistles refer to a new life completely different from life as people know it.

I. The New Life is . . . CONFIRMED

A. The Lord Himself Promised it to Believers.

1. Read John 3:16. What is the promise?

2. Complete the words of John 5:24 and 12:25 from the New International Version of the Bible.



John 5:24

"I tell you the truth, whoever hears my word and believes him who sent me has _____ and will not be condemned; he has crossed over from _____ to _____."

John 12:25

"The man who _____ his life will _____ it, while the man who _____ his life in this world will _____ it for eternal life."

3. What do you understand by the term, "lose your life?"

B. The Lord's Apostles Reminded Believers.

1. Fill in the blanks for the following Scriptures from the New International Version of the Bible.

1 John 2:25

"And this is what he _____ us -- even _____
_____."

1 John 5:11-12

"And this is the testimony: God has given us _____,
and this _____ is in his Son. He who has the Son has _____; he
who does not have the Son of God does not have _____."

2. State in your own words what these verses mean to you.

II. This New Life is . . CONTRASTED

A. Jesus Has Described the Contrast

1. Read John 3:1-8 and answer the following questions.

- a. What truth did Jesus call attention to in verse 3?

- b. How did Nicodemus interpret this truth according to verse 4?

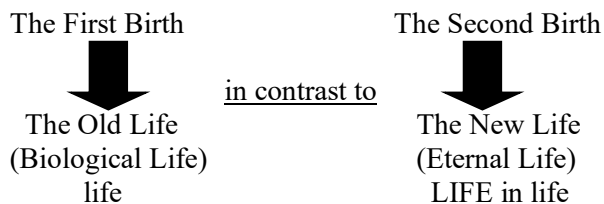
- c. What two types of birth does Jesus describe in verses 5, 6 and 7?

*"For God so loved the world that He gave his one and only Son,
that whoever believes in him shall not perish but have eternal life"
(John 3:16).*

2. Believers often become so worried about their old life in this world that they miss the new life God wants them to enjoy even now.

B. We Must Understand the Contrast

1. Consider this illustration:



2. At this time in your life, what is new life to you? Choose the best answer.

- ☐ a. Something I will get when I die.
- ☐ b. Something I have now and continue to have.
- ☐ c. Something I don't yet have.

Activity

After completing the Bible study, memorize 1 John 5:12.

"He who has the Son has life; he who does not have the Son of God does not have life."

Don't forget Hebrews 10:23 and John 8:12.

Session 4

THE PROMISE OF A NEW PRESENCE

There are promises in the writings of John that concern a new presence in the life of a Christian.

I. The Promise of a New Presence . . . FROM THE BEGINNING

Consider the new relationship and the new life we have studied as you read the following verses and answer the questions.

A. John 3:6. Who gives birth to the spirit in man?

B. John 6:63. Who gives the new life?

C. 1 John 4:12-13. How do we know that we live in God and God lives in us?

II. The Promise of a New Presence . . . ALWAYS

A. Read 1 John 3:24. Where does the Holy Spirit dwell?

B. Read the following Scriptures and answer the questions about the Holy Spirit's work.

1. John 14:16-17. What two names are given the Holy Spirit in these verses?

2. John 14:16-17. How long will he be with believers? _____

3. John 16:7-8. What does the Holy Spirit do? _____

4. 1 John 4:2. Who does the Holy Spirit lead us to acknowledge in our lives?



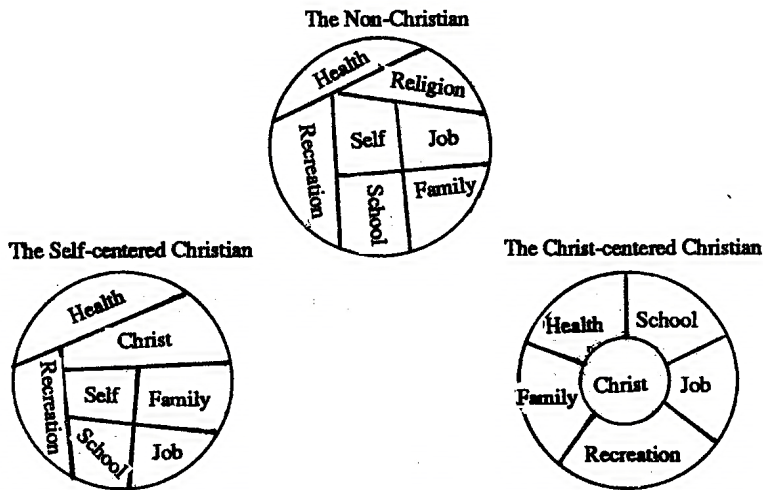
C. The Holy Spirit works in leading us to confess or acknowledge Jesus Christ.

Everyone begins as a non-Christian with many competing interests. They have human authority whether theirs or someone else's at the center of their lives. This is supposed to change when one becomes a Christian. But many who say they believe remain self-centered with other interests still competing.

All Christians can become Christ-centered so that Christ has the authority in their lives. It is the Holy Spirit who works to lead the believer to make the choice for Christ's authority rather than human.

This explanation of Christ-centeredness is illustrated below:

1. Consider the illustrations then answer the questions.



- Who is at the center of life for the Non-Christian? _____
- Who is at the center of life for the self-centered Christian? _____
- Does the picture of these two ways to live seem peaceful and orderly?

- Who is at the center of life for the Christ-centered Christian? _____

As the 8th century writer of "Deer's Cry" said,

Christ to shield me this day
So that there come to me abundance of reward.
Christ with me, Christ before me, Christ behind me,
Christ in me, Christ beneath me, Christ above me,
Christ when I lie down, Christ when I sit, Christ when I arise.
Christ in the heart of every man who thinks of me,

Christ in the mouth of everyone who speaks of me,
Christ in every eye that sees me,
Christ in every ear that hears me.

2. Consider your own life.

a. What did you do last week that showed that Christ was in control of your life?

b. What did you do last week that showed the self in you is still in control?

Do the above exercises very seriously because they become basic to the continuing relationship recommended for disciple and discipler. Failure to improve in the ability to focus on Jesus will be a great handicap to further growth in discipleship.

3. Read 1 John 3:24. How do we know that Christ lives in us?

The Holy Spirit is at work in the life of a disciple. His presence has been promised from the beginning of our faith (John 6:63). His presence is likewise promised for the duration of our faith (John 14:16).

D. Stop now to pray about the presence of the Holy Spirit in your life. Thank God for the promise of His presence. Ask God to help you to be a grateful recipient of this gift.

Activity

Memorize 1 John 3:24 so that you can repeat the words accurately to the one who is discipling you.

"Those who obey his commands live in him, and he in them. And this is how we know that he lives in us: We know it by the Spirit he gave us."

Review Hebrews 10:23, John 8:12 and 1 John 5:12.

RE-EVALUATION

Without looking at the previous evaluation, re-evaluate your confidence in God's promises now that you have experienced these sessions.

	Not at all				Somewhat				Completely	
	1	2	3	4	5	6	7	8	9	10
1. I am aware of the promises God has made to me.										
2. I am confident that the faith I have expressed pleases God.										
3. I am confident that my repentance has satisfied the Lord.										
4. I am confident that my confession of faith and baptism was in his will.										
5. I feel a part of the family of God.										
6. I am aware of changes Jesus has made in my life.										
7. I know the LIFE Jesus has given me and that he wants it to continue.										
8. The Holy Spirit has been active in my life.										
9. I know that the Holy Spirit is with me always.										
10. My confidence is in Jesus Christ and his promises for my life.										

Summary

In which have you changed the most from the previous evaluation?

Discuss the changes with your discipler.

What were his/her results?

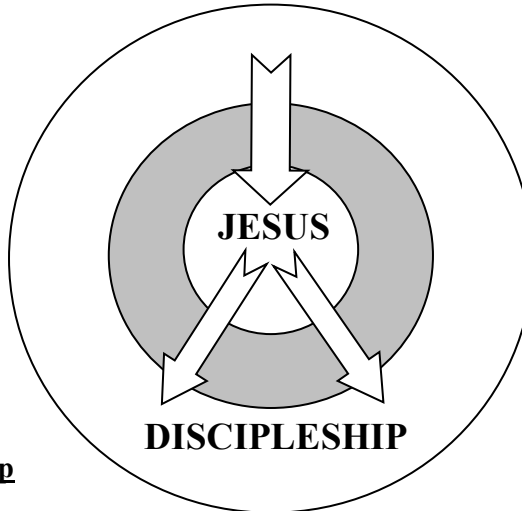
Do you see transformation in your lives? Have you been transformed in your confidence?

Pray together. Praise God for the changes. Seek his guidance for continual growth.

TRANSFORMATION TWO

CONSISTENCY

A
Christ-centered
life
begins with a
Focus on Jesus
and is
Consistent in Discipleship



Definition

Consistent: Living continually in harmony with the belief and commitment that Jesus is the center of our lives – a commitment made possible by the Holy Spirit’s work of helping us to focus on him.

Six Ways to Express Consistency

Bible Reading and Memorization (John 8:31-32)

Daily Prayer (John 16:24)

Fellowship (John 13:34-35)

Confession (John 20:30-31)

Giving (John 17:10)

Fruitfulness (John 15:5)

SELF-EVALUATION

On a scale of 1 to 10, evaluate your consistency in the Christian basics.

	Not at all			Somewhat				Completely		
	1	2	3	4	5	6	7	8	9	10
1. I focus daily on Jesus as the center of my life.										
2. I have a plan which I follow every day to express my commitment and submission to the Lord.										
3. I read my Bible every day.										
4. I memorize Scripture every week.										
5. I pray every day: praising, confessing sins, thanking God, and asking help for myself and others.										
6. I am consistent in my fellowship with other Christians.										
7. I regularly seek new ways to fellow-ship.										
8. I make sure I confess Jesus to someone each week										
9. Every week I find some way to share something that God has given me.										
10. Each week there is something of Christ's life that I give to others.										

Summary

1. Which statements are your strongest? _____

2. Which ones are your weakest? _____

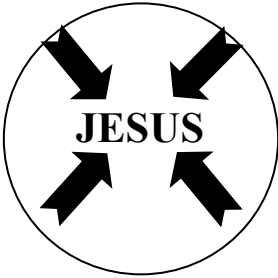
Discuss the results with your discipler.

What were his/her results?

Pray together for growth in your consistency. Thank the Lord for your stronger areas. Seek his help to improve in your weaker areas.

Session 1

BIBLE READING AND MEMORIZATION



Focus on Jesus

To be a Christian is to have Christ within.

To be a disciplined Christian is to have Christ at the center.

1. Jesus and You

- a. We should focus on Jesus every day. Read John 10:30-33; 5:17-18; 14:8-9. What relationship does Jesus have with the Father?

- b. Describe one event in your life this week in which being Christ-centered made a difference.

- c. Describe one event of this past week in which you failed to be Christ-centered.

2. Jesus and the Bible

- a. Read John 5:39. About whom do the Scriptures testify? _____

- b. Read John 20:30-31. Why are miraculous signs of Jesus recorded in the Bible?

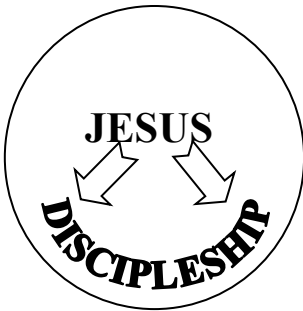
c. Read John 17:17. What did Jesus reveal about "the word?"

SANCTIFY comes from the Greek word *hagiazō* which means "set apart for sacred use". To be sanctified by the truth means to be set apart by God's Word. The obedient disciple is set apart in this way as he continues to read and memorize Scripture.

d. Read John 17:17 again. What did Jesus desire for his disciples according to this verse?

*The Old Testament prepares for the coming of Jesus.
The New Testament tells of the coming of Jesus.*

*The Gospels - the life of Jesus.
Acts of the Apostles - faith in Jesus.
The Epistles - the fruit of Jesus.
Revelation - the finality of Jesus*



Consistent in Discipleship

*To be a Christian is to have Christ as Saviour.
To be a disciplined Christian is to have Christ as Lord.*

a. Read John 8:31.

1) How should a Christian respond to God's word according to this verse?

To "hold" means to stay in relationship to, to continue, abide, or dwell.

2) If the Christian responds in this way, what does this response show? (See verse 31 again)

- b. Read John 8:32. Why is it important to know the truth of the Scriptures? Explain one area in your life where in knowing the truth you have been set free.
-
-

- c. Read John 14:21 then add the word that is missing in the following sentence.

The person who knows and obeys the commandments of Jesus is the one who _____ him.

Activity

Now that you are focusing on Jesus and have a desire to continue in discipleship, begin the following activities and make them a part of your daily life. Now is the time to establish Christian habits that will last a lifetime.

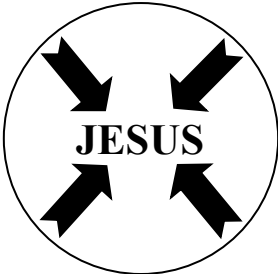
1. Read the Bible Daily. Using the Bible Reading Record supplied, work to read the entire Bible. Read at least one chapter every day. Increase this number as you grow. Keep a record of your reading and share this with the one discipling you.
2. Memorize Scripture. You have already begun to do this. Review the verses you memorized in the transformations having to do with confidence. Continue by memorizing the verses assigned for these sessions.

This week memorize John 8:31-32.

"To the Jews who believed him, Jesus said, 'If you hold to my teaching, you are really my disciples. Then you will know the truth, and the truth will set you free.'"

Session 2

PRAYER



Focus on Jesus

To be a Christian is to have Christ within.

To be a disciplined Christian is to have Christ at the center.

1. Jesus and You

- a. Read John 13:13. Who is Jesus to us? _____
- b. Describe one event in your life this week in which being Christ-centered made a difference.
- _____
- _____
- c. Describe one event of this past week in which you failed to be Christ-centered.
- _____
- _____

2. Jesus and Prayer

Jesus always prayed. He prayed in homes, in the rural areas, in the city, on mountains, by the seashore and even on the cross. On every important occasion of his life Jesus was found at prayer. He shows disciples why and how they should pray.

- a. Read John 16:24. In what way was Christian prayer different than any other kind of prayer for these disciples? (Check the best answer).
- ☐ 1) It was different because they had never prayed before.
- ☐ 2) It was different because they had never asked for anything before.
- ☐ 3) It was different because they had never asked for anything in the name of Jesus.
- ☐ 4) It was not different from previous ways of praying.

b. To pray in Jesus' name is to allow him to fulfill his purpose in our lives.

1) Read John 14:13. Why will Jesus do what we ask in His name?

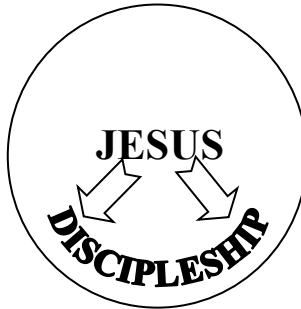
2) Read 1 John 5:14 and complete the following statement:

*"This is the confidence we have in approaching God: that if we ask anything
_____, he hears us."*

3) Read John 14:14-15. Jesus encouraged us to pray and to ask for anything. He adds in verse 15:

"If you _____ me, you will _____"

Though Jesus wants disciples to ask anything and to pray in His name, prayer is not just a way of getting our will done in heaven. It is the way to see God's will done on earth. It requires a consistency in discipleship that focuses on Jesus.



Consistent in Discipleship

*To be a Christian is to have Christ as Savior.
To be a disciplined Christian is to have Christ as Lord.*

1. Read John 15:7.

a. List two things necessary for our prayers to be heard by Jesus.

1) _____ 2) _____

b. What do you think it means to "remain"?

To remain in Jesus and to keep His words brings us to the place in our prayers where we .
..

think God's thoughts,

- we try to think through our prayer the way God may think about it.

feel God's emotions,

- we try to have the feelings God may have as we pray.

desire God's plan,

- we prepare to become personally involved in God's plans.

2. In John 16:24 Jesus tells of two blessings for those who pray in His name.

The two blessings are:

a. _____

b. _____

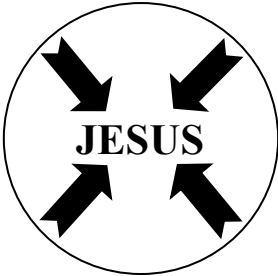
Activity

1. Continue with your daily Bible reading. Review all verses already memorized.
2. Develop a plan to pray each day. If helpful, arrange to keep the provided "Prayer Record" for twenty days in order to develop new prayer habits. When ready to pray more see "Suggestions for Developing a Consistent Prayer Life."
3. Memorize John 16:24 for next week.

"Until now you have not asked for anything in my name. Ask and you will receive, and your joy will be complete."
4. When you meet with your disciple, be sure to share your progress in Bible reading.

Session 3

FELLOWSHIP



Focus on Jesus

To be a Christian is to have Christ within.

To be a disciplined Christian is to have Christ at the center.

1. Jesus and You

- a. Read John 10:11-15. Jesus says, "I am the good shepherd." What does the good shepherd do for his sheep?

- b. Describe one event in your life this week in which being Christ-centered made a difference.

- c. Describe one event of this past week in which you failed to be Christ-centered.

2. Jesus and Fellowship

In order to understand the importance of consistency in fellow-ship, we must first recognize that fellowship begins with God. Jesus showed what this divine fellowship with the Father is like.

- a. Read and respond to the following verses.

- 1) John 10:30. Complete the following statement:

"I and _____ are one."

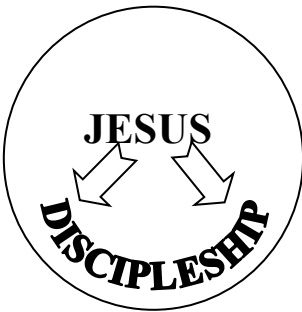
- 2) John 3:35. What word is used to describe the relationship of the Father to the Son?

- b. Read John 17:1. In the fellowship of the Son and the Father, what does each seek to do for the other?

*Just as Jesus has fellowship with the Father,
so we must have fellowship with Jesus and the Father.*

- c. Read John 14:6. Through whom do we enter this fellowship with the Father?

-
- d. Read John 14:23. What must we do to be in this fellowship with the Father?
-



Consistent in Discipleship

To be a Christian is to have Christ as Savior.

To be a disciplined Christian is to have Christ as Lord.

"Our fellowship is that which we hold in common in our spiritual life from God. Fellowship is defined as comradeship, companionship, a relation in which parties hold something in common, mutual sharing, or friendly association." Gene Warr

1. Expressing Fellowship in Love

- a. In your own words, write out the words of the new commandment in John 13:34.

- b. Read John 13:35. How will people know that we are disciples?

- c. In John 13:34 and 35, to whom does "one another" refer?

- d. Read John 15:12. How should we love one another?

e. Read John 15:13. What is the greatest expression of this love?

2. Expressing Fellowship in Unity

a. Read John 17:20-21. What was Jesus' prayer for his disciples?

"That all of them may be _____"

b. Now read John 17:23.

1) What do you understand by the term, 'to be one?' _____

2) Why did Jesus pray for this unity?

"To let the _____ that you sent me."

Expressing fellowship in love and unity are two characteristics of a consistent disciple.

3. Below is a list of ways to express fellowship. Check the ones that you did this week. Add other ways to the list if necessary.

- ___ Faithful attendance at Christian gatherings.
 - ___ Participation in large group Bible studies.
 - ___ Participation in small group Bible studies.
 - ___ Greeting one another in Christian assemblies, especially strangers or new people.
 - ___ Attending prayer meetings.
 - ___ Sharing a meal or refreshment with other Christians.
 - ___ Sending a card or letter to another Christian.
 - ___ Telephoning one another for encouragement.
-

Activity

Express fellowship with other Christians in a new way this week. Choose something from the list above or from other ways that may come to your attention. Continue in your Bible reading, your review of memory verses, and prayer on a daily basis.

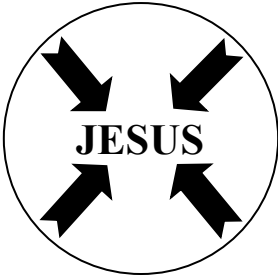
Memorize John 13:34-35.

"A new commandment I give you: Love one another. As I have loved you, so you must love one another. All men will know that you are my disciples if you love one another."

Session 4

CONFESSION

Focus on Jesus



To be a Christian is to have Christ within.

To be a disciplined Christian is to have Christ at the center.

1. Jesus and You

- a. Read John 14:6. In what three things is Jesus important to us?

He is the _____, the _____, the _____

- b. Describe one event in your life this week in which being Christ-centered made a difference.

- c. Describe one event of this past week in which you failed to be Christ-centered.

2. Jesus and Confession

Confession is the public declaration of our faith in Jesus Christ. It is more than just a one-time occurrence. Confession is a continuous activity of the Christian life.

- a. There are several instances in the Gospel of John where confessions of Jesus were made. Read the following passages. Tell who was making the confession and what they publicly declared.

1) John 4:39. Person: _____

Confession: _____

2) John 4:40-42. Person: _____

Confession: _____

3) John 6:66-69. Person: _____

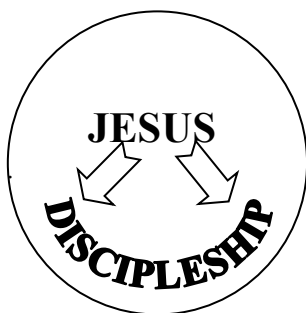
Confession: _____

4) John 11:23-27. Person: _____

Confession: _____

5) John 20:24-29. Person: _____

Confession: _____



Consistent in Discipleship

To be a Christian is to have Christ as Savior.

To be a disciplined Christian is to have Christ as Lord.

1. Another word for confession is acknowledgement.

a. Read 1 John 4:15 and fill in the blanks.

*"If anyone _____ that Jesus is the
_____, God lives in him, and he in God."*

b. Read 1 John 2:23 and fill in the blanks.

*"No one who _____ the Son has the _____; whoever
_____ the _____ has the _____ also."*

If the child never talks in childhood, most probably he will be dumb for the rest of his life. If he cannot call "Papa," or "Mama" as a child, he very likely never will. Likewise one who believes in the Lord must confess him immediately, or else he may be dumb throughout his life (Watchman Nee).

2. Denying the Son is the opposite of confessing him. Many things prevent people from acknowledging or confessing Jesus.

a. What prevented people from acknowledging Jesus in the following passages?

1) John 7:10-13 _____

2) John 9:18-23 _____

3) John 12:42-43 _____

4) John 18:15-18 _____

5) John 18:25-27 _____

b. What can prevent you from confessing the name of Jesus Christ?

c. Following is a list of places where a disciple can begin to confess Christ. Read the list, then add some other places where you could confess him. Put a check beside the places you have already confessed him.

___ In conversations at church.

___ To my own family members.

___ To my closest friends while visiting.

___ In a letter.

___ On the telephone while visiting with a friend.

___ On the bus.

___ At the place where I work.

___ _____

___ _____

3. Why is confession important? (Rev 12:10)

4. Now write in your own words what you would say when confessing Christ.

Activity

Add this activity of confession to your Bible reading, memorization, prayer, and fellowship. Look for opportunities this week and every week to insert the name of Jesus into your conversations with both Christians and non-Christians. There is no need to try to persuade people at this time. Just confess. Make this a regular habit.

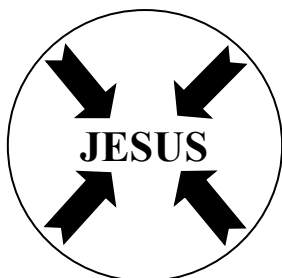
Memorize John 20:30-31.

Jesus did many other miraculous signs in the presence of his disciples, which are not recorded in this book. But these are written that you may believe that Jesus is the Christ, the Son of God; and that by believing you may have life in his name."

When you meet with your disciple, be sure to share your progress in Bible reading, prayer, and fellowship.

Session 5

GIVING



Focus on Jesus

To be a Christian is to have Christ within.

To be a disciplined Christian is to have Christ at the center.

1. Jesus and You

- a. Read the following verses in John- 4:14, 5:21, 6:27, 10:28, 14:27. List the things that Jesus gives.

- b. Describe one event in your life this week in which being Christ-centered made a difference.

- c. Describe one event of this past week in which you failed to be Christ-centered.

2. Jesus and Giving

A disciple must learn to give. This giving is not just of money, but also of time, strength and ability or talent.

- a. Jesus himself shows the attitude we need toward what we have.

- 1) On one occasion he recognized that he had twelve disciples (John 17:1-9). To whom did Jesus say all he had belonged (verse 10)?

- 2) On another occasion, Jesus had a towel in his hand and he began washing the feet of the disciples with it.
 - a) Read John 13:1-5.
 - b) From whom did Jesus know he had been given that towel, his life, his work and all things? (Read verse 3 carefully).

The Lord's attitude toward what he had was that it all came from the Father - whether disciples, a towel, a task, or whatever. That is the same attitude necessary to a disciple.

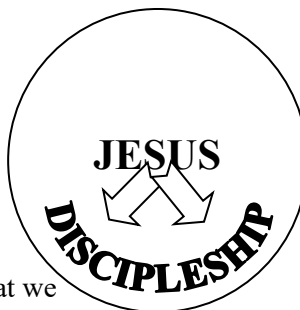
b. Notice what Jesus did with what he had been given by the Father. Read John 13:1-17.

- 1) What is the work of a disciple? _____
 - 2) What did Jesus say would happen to a disciple if he or she followed his example and used what the Father had given them? (Read verse 17 carefully).
-

Consistent in Discipleship

To be a Christian is to have Christ as Savior.

To be a disciplined Christian is to have Christ as Lord.



1. Discipleship continues as the disciple learns to give what the Father has given.
 - a. Which of the following verses support the fact that we have received all things from the Father? (Put a tick beside your answers)
 - ___ 1) John 5:7
 - ___ 2) John 1:16
 - ___ 3) John 11:40
 - ___ 4) John 3:27
 - b. List some things that have come to you from God. _____

2. The way a person gives or uses his or her money often shows that person's attitude toward God.
 - a. Read John 2:13-16. What did Jesus do to people who were using God's money for personal gain?

- b. Read John 12:1-8. Who was the disciple who complained at the way one follower gave, but then stole money himself from the other disciples who entrusted it to him?
-

3. God has given us many things besides money. Therefore, we must learn how to give such things as well.

- a. What did a young boy give according to John 6:8-13?
-

- b. What did Jesus do with what the boy had given? (Choose the best answer below).

- ☐ 1) He ate it.
☐ 2) He divided the little that was there.
☐ 3) He thanked the Father for it and multiplied it.
☐ 4) He refused it because it was so small.

God can only multiply that which is returned by us to him in recognition that it is his, not ours. This is true of what we call ours - our money, our possessions, our strengths, our abilities, and our lives.

- c. List other things that can be given apart from money?
-
-

4. The Lord's work is a costly work. It requires a generous spirit on the part of the disciple who wants to be a part of it. Read John 21:15-19.

- a. Who was the disciple to whom Jesus was talking in John 21:15-19?
-

- b. What did Jesus tell this disciple each time after the disciple had assured Jesus that he loved him? (Write your answer beside each verse)

1) John 21:15 _____

2) John 21:16 _____

3) John 21:17 _____

- c. Did it seem that Jesus was asking the disciple to give a lot? What do you think? Briefly explain your answer, then check your answer with John 21:19.
-

The Lord's questions about love made it clear to Peter that his love for Jesus was not perfect. The Lord's command about service made it equally clear that, though imperfect, that love was to be given in service to others.

d. What about you? Are you giving what God has given you? Respond to the following exercises.

1) In which of the following things were you faithful this past week in returning to God his portion of what he gave you. Check all that apply and discuss.

- ☐ a) Money
- ☐ b) Time
- ☐ c) Strength
- ☐ d) Ability or talent

2) What special things did you receive this past week from God?

3) What special things did you give last week because of what God gave you?

Activity

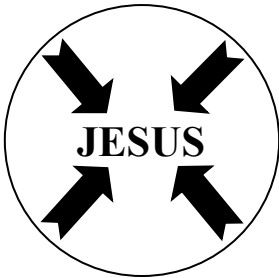
As you are learning to be consistent in Bible reading and memorization, prayer, fellowship and confession, determine also to be consistent in generous giving. Remember these are the changes that come to your life when you allow the Holy Spirit to cause you to focus on Jesus Christ.

Memorize John 17:10.

"All I have is yours, and all you have is mine And glory has come to me through them."

Session 6

FRUITFULNESS



Focus on Jesus

To be a Christian is to have Christ within.

To be a disciplined Christian is to have Christ at the center.

1. Jesus and You

- a. Read John 15:13-15. If we do what Jesus commands, we become the friend of whom?

- b. Describe one event in your life this week in which being Christ-centered made a difference.

- c. Describe one event of this past week in which you failed to be Christ-centered.

A proper focus on Jesus should result in the fruitfulness of a life that is a reproduction itself of Christ's own life.

2. Jesus and Fruitfulness

Jesus performed many miracles and taught thousands of people, but he chose to reproduce himself in the lives of a few men and women with whom he personally shared his divine life.

- a. Who was with Jesus in the following places?

1) John 2:1-2 _____

2) John 2:12 _____

b. For a time, large numbers wanted to be disciples. But when his teaching became hard to accept, many changed their minds. Read John 6:66-68 and tell the two responses made by disciples.

1) _____

2) _____

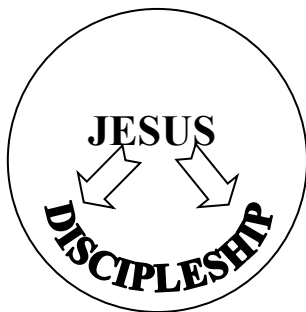
c. Why should a Christian continue to hold on even when they do not feel like it?

d. Jesus did many things for his disciples. Read the following scriptures to see some of these things.

- 1) He revealed the Father to them (John 17:6).
- 2) He gave them the Father's words (John 17:8).
- 3) He prayed for them (John 17:9).
- 4) He protected them (John 17:11).
- 5) He gave his joy to them (John 17:13).
- 6) He sent them into the world (John 17:18).
- 7) He sanctified himself for them (John 17:19).
- 8) He gave them glory (John 17:22).

e. Read John 13:1-5. What did Jesus do for his disciples to show the full extent of his love for them?

A disciple today can do many good things. But his real fruitfulness will be seen in the lives of people with whom he shares his Christ-centered life.



Consistent in Discipleship

To be a Christian is to have Christ as Savior.

To be a disciplined Christian is to have Christ as Lord.

1. Jesus calls our attention to fruitfulness when he talks about the vine and branches in John 15:1-8.

a. Who is the vine? _____

b. Who is the gardener? _____

c. Who are the branches? _____

d. What happens to the disciple who does not bear fruit by allowing the life Jesus has given him to flow through him and on to others? (John 15:2)

e. What happens to the disciple who bears fruit -- the evidence that Christ's life is truly within him? (John 15:2)

f. How can a disciple bear fruit? Complete the words of John 15:4:

" _____ in me, and I will _____ in you. No
_____ can _____ by itself; it must
_____. Neither can
_____ bear fruit unless you _____ in me."

g. Read John 15:8. How can a Christian bring glory to God? Put a tick beside the best answer.

- ___ 1) Bear some fruit.
___ 2) Bear much fruit.
___ 3) Bear a little fruit.

h. How do you know that a Christian is bearing fruit?

In bearing fruit, Jesus reproduced God's LIFE that was in his human life. Then he passed on that LIFE to his disciples as he ascended to heaven. Later those disciples ensured that the LIFE they had been given in their lives was given in others. This gift of God's LIFE to others has been going on ever since. Today, we are the ones who are involved with God to make sure the same LIFE is brought to and reproduced in the lives of others.

2. How can we share Christ's life the way Jesus shared it as we saw in John 17? Add other ways to the following list.

We can . . .

- a. Reveal God to others (John 17:6)
 - b. Teach (John 17:8)
 - c. Pray for others (John 17:9)
 - d. Share joy with others -- hospital visits, on the bus, with family or friends (John 17:13)
 - e. Invest your life in them (John 17:19)
-
-
-
-

Activity

Continue in your consistency as learned from previous sessions. Focus on Jesus and report on each aspect of consistency. Review all the scriptures you have memorized.

Prepare yourself to become a possible discipler by going on in these studies, in later studies more will be covered on fruitfulness and discipleship. Real fruitfulness begins when you begin evangelism and the discipling of others.

Memorize John 15:5.

"I am the vine; you are the branches. If a man remains in me and I in him, he will bear much fruit; apart from me you can do nothing."

RE-EVALUATION

Without looking at the previous self-evaluation, evaluate your consistency today in the Christian basics.

	Not at all			Somewhat				Completely		
	1	2	3	4	5	6	7	8	9	10
1. I daily focus on Jesus as the center of my life.										
2. I have a plan which I follow every day to express my discipleship and submission to the Lord.										
3. I read my Bible every day.										
4. I memorize Scripture every week.										
5. I pray every day: praising, confessing sins, thanking God, and asking help for myself and others.										
6. I am consistent in my fellowship with other Christians.										
7. I regularly seek new ways to fellowships.										
8. I make sure I confess Jesus to someone each week										
9. Every week I find some way to share something that God has given me.										
10. Each week there is something of Christ's life that I give to others.										

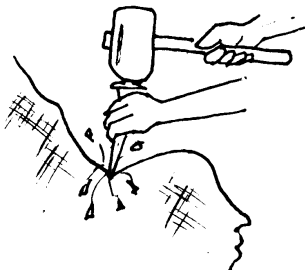
Summary

1. Which statements are your strongest now? _____

2. In which have you changed the most from the previous evaluation? _____

Discuss these results with your discipler. What were his/her results? Has there been transformation in your lives? How has God been changing you during these past weeks? Pray together for continued growth and the temptation to be inconsistent in any of the areas.

TRANSFORMATION THREE



STABILITY

Just as a craftsman uses his tools to carve a figure out of stone or wood, God uses suffering as a tool to shape our character.

Five sessions about . . .

Temptation
Doubt
Sorrow
Conflict
False Teaching

. . . in the life of a disciple

God turns the disciple's challenge into the disciple's character.

*"Not only so, but we also rejoice in our sufferings,
because we know that suffering
produces perseverance;
perseverance, character; and character, hope.
And hope does not disappoint us,
because God has poured out his love
into our hearts by the Holy Spirit,
whom he has given us" (Romans 5:3-5)*

Memorize this key verse.

SELF EVALUATION

On a scale of 1 to 10, evaluate yourself in terms of your stability in faith.

	Not at all			Somewhat			Completely			
	1	2	3	4	5	6	7	8	9	10
1. I have memorized one scripture that has helped when stability was needed.										
2. I understand suffering and am prepared for it in my life and in the lives of others.										
3. I know what perseverance means and why it is important.										
4. I know how perseverance leads to character development.										
5. I can define and express Christian hope where needed.										
6. I can deal with doubts so as to arrive at a deeper faith.										
7. I know how to persevere through times of temptation and to grow in Christ.										
8. I know how to minister to someone suffering sorrow.										
9. I know how to persevere through conflict relationships.										
10. I can respond to false teaching in a biblical way.										

Summary

1. Which statements are your strongest? _____
2. Which ones are your weakest? _____

Discuss the results with your discipler.

What were his/her results?

Pray together, thanking God for the stronger areas of stability in your lives and ask him to lead you both into a more mature stance in faith.

Five Definitions Important to This Study

Instructions: Find a good English dictionary. After reading the following definitions and descriptions, write the definitions called for in the space provided.

SUFFERING

Physical, emotional, or spiritual pain that one experiences. Various difficulties that everyone faces: temptation, doubt, sorrow, conflict, and false teaching. These can become very difficult and we call such times "crises" or "challenges."

English Dictionary meaning: _____

STABILITY

Being steady or firm in one's faith. Fixed on Jesus Christ so that one is not shaken from him during times of crises or challenges.

English Dictionary meaning: _____

PERSEVERANCE

In the Greek language of the New Testament, the word is *hupomone*. From the Greek, the meaning refers not to mere endurance through difficult times. It is not simply bearing something with stubborn determination. *Hupomone* speaks of heroism, of brave patience, and of struggle to achieve good (Bill Gothard).

English Dictionary meaning: _____

CHARACTER

In the Greek, the word is *dokime*. This word refers to integrity of an excellent reputation that has been tested and has withstood. There is a stamp of approval involved. The Greek suggests a picture of a stone carving that withstands the storms of life (Bill Gothard).

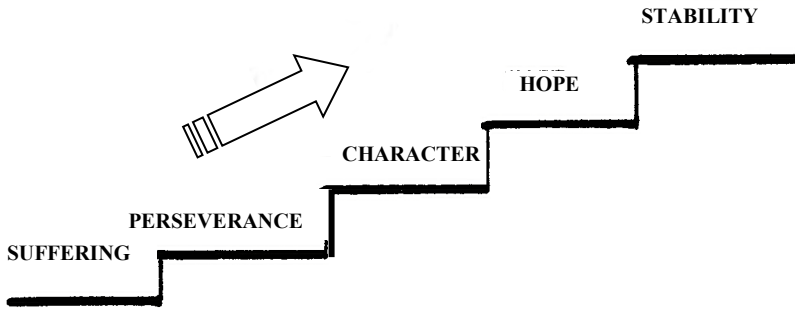
English Dictionary meaning: _____

HOPE

In the Greek, the word is *elpis*. It refers to favorable and confident expectation based on God's point of view. It is like seeing the sun still shining above the clouds. God sees the sun above the clouds while we see only the clouds.

English Dictionary meaning: _____

These five sessions show how the disciple can progress from suffering to stability.



Suffering: Various difficulties the disciple faces: temptation, doubt, sorrow, conflict, false teaching.

Perseverance: In times of suffering, disciples deliberately aim at increasing their trust in God through obedience to His will.

Character: In times of suffering, the disciple looks for those ways in which God is developing the disciple's character by engraving upon him relationships with new people, the discovery of new goals, and the correction of poor attitudes, thoughts and actions.

Hope: In times of suffering, the disciple acquires hope and this arrival at hope in his situation, in turn gives hope to others in similar situations.

Stability: After times of suffering, the disciple is still firm in his or her faith. The bond with Jesus is permanent. Having arrived at hope, they can help others to do so, too.

Session 1

TEMPTATION



Temptation is a form of suffering for the disciple. But this kind of suffering can be turned into an opportunity for stability if the promises of Romans 5:3-5 are claimed.

Suffering - The Disciple's Challenge

Have you ever been caught in a flood? As long as you do not resist and allow yourself to be carried along, you do not know the flood's real strength. It is when you decide to stand against it that you come to know the real strength of the flood. Temptation is like a flood. As long as we give in to it, we never really know its strength. But as we stand against the devil we suddenly find out the full strength of temptation (adapted from M. Wood).

1. Read James 1:13-15 then answer the questions below.

a. Should we ever say, "God is tempting me"? _____

b. What leads to temptation? _____

2. Read 1 John 2:15-16 and do what you are asked to do in the exercises.

a. Fill in the blanks for verse 15:

"Do not love the _____ or anything in the _____. If anyone loves the _____, the love of the Father is not in him."

b. Name three things in the world that lead to temptation (vs. 16).

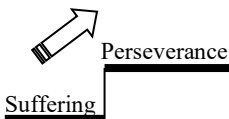
1) _____

2) _____

3) _____

Stability - The Disciple's Character

1. Perseverance



"No temptation has seized you except what is common to man. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can stand up under it" (1 Corinthians 10:13 (NIV)).

a. Consider 1 Corinthians 10:13 above, then answer the questions.

1) Which of the following statements is most accurate? Tick the best answer.

- ☐ a) Some people have more temptations than others.
- ☐ b) Some people have unusual temptations.
- ☐ c) All people have common temptations.

2) How is God faithful when you face temptation?

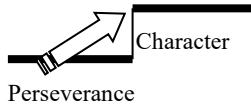
3) Why does God provide a way out?

b. Read 1 Corinthians 15:58 and fill in the blanks.

"Therefore, my dear brothers, _____. Let nothing _____ you. Always _____ fully to the _____ of the Lord, because you know that your _____ in the Lord is not in vain."

Perseverance is not just standing in the flood of temptation, but is fighting for God's way against the flood. We not only stand against something; we also stand for something -- God's good.

2. Character



Remember, the picture of character development in the Greek language is that of a stonemason carving an image in stone. That takes a chisel, a hammer, a good blow, and an artist. If we persevere, while suffering temptation, God is able to chisel some lasting impressions into our lives.

a. Read James 1:4. Note especially the words *mature*, *complete*, and *not lacking anything*.

1) What are the opposites of these words?

a) The opposite of mature: _____

b) The opposite of complete: _____

c) The opposite of not lacking anything: _____

2) What weak points or short-comings in our character become evident during a time of temptation?

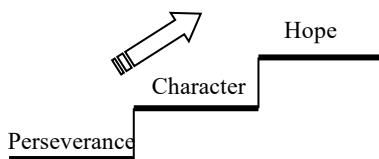
3) What new goals for character development might come out of a time of temptation? (The opposite of the above)

4) According to James 1:4, when perseverance has done its work, we will be

_____ and _____, not lacking
_____.

b. What does James 1:12 say will happen to the person who is tempted and stands firm under trial?

Perseverance and character can cause a disciple to have hope even during times of temptation.



3. Hope

a. Complete the words of Romans 5:5.

"And _____ does not _____ us, because God has poured out _____ into our hearts by the Holy Spirit, whom he has _____."

b. Read Hebrews 4:15-16.

1) What is Jesus' attitude towards our weaknesses?

2) Why does he have this attitude?

3) What was the outcome of his time of temptation?

Just as Jesus' victory over temptation gives us hope, our victories, in turn, can give hope to others.

c. Read 1 Peter 3:15-16.

1) What are we to be prepared to do at any time?

2) How can one's suffering in times of temptation provide hope for others? (Check the best answer).

- ___ By never letting them know we have been tempted.
- ___ By letting them know how holy we are.
- ___ By telling them how Jesus gave us victory over our own temptations.

3) How does 1 Peter 3:15 say we are to tell people?

Activity

Review your progress in consistency: Focus on Jesus. How has he changed your knowledge, attitudes and behavior this past week? How have you failed to let him change you? Be prepared to report your consistency to the discipler: Bible reading and Scripture memorization, prayer, fellowship, confession, giving and fruitfulness. Be ready to relate that progress to the one discipling you. Share your focus on Jesus with your discipler.

Memorize 1 Corinthians 10:13 for this session.

"No temptation has seized you except what is common to man. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can stand up under it."

Session 2

DOUBT



Doubt is a form of suffering for the disciple. This kind of suffering can be turned into an opportunity for stability if the promises of Romans 5:3-5 are claimed.

Suffering - The Disciple's Challenge

1. Read Matthew 14:25-33.

a. Why were the disciples terrified? _____

b. How did Peter want to test Jesus? _____

c. Why did Peter begin to sink? _____

d. Write the words of Jesus found in Matthew 14:31.

2. Read John 20:24-29.

a. Who was absent when Jesus appeared to his disciples after the resurrection?

b. What did Thomas claim was necessary in order for him to believe that Jesus was resurrected?

c. When Jesus appeared a second time to the disciples and Thomas was with them, what did Jesus tell Thomas to stop doing?

Stability - The Disciple's Character

1. Perseverance



Perseverance is not just denying our doubts, but it is trusting God in the midst of doubts. It is fighting and standing firm for our trust in God. We deliberately aim at increasing our trust in him.

Put yourself in the place of Peter and Thomas below.

- a. Look at Matthew 14:25-33 again. How did this experience increase Peter's trust in God? What do you think?

- b. Look at John 20:24-29 again. How did this experience increase Thomas' trust in God? What do you think?

- c. What did Peter and the other disciples do and say when they persevered as they did through their faith? (Matthew 14:33)

- d. What did Thomas say to Jesus in John 20:28?

- e. Complete the words of John 20:29.

"Because you have _____, you have _____; blessed are those who _____ and yet have _____"

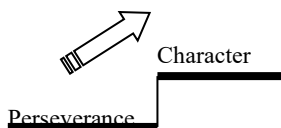
- f. Who suffered the doubts in the above examples? Choose the best answer.

___ Enemies of God
___ Pharisees

___ Disciples
___ Strangers

When troubled by doubts, Peter and Thomas saw God deal lovingly with them. When we take our doubts to Him in prayer, God responds to us in the same way.

2. Character



*Doubt is dangerous - Because it may lead to disbelief
Doubt is good - Because it may lead to deeper faith*

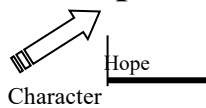
- How is the person who doubts described in James 1:5-8?
- In what ways do you think Peter and Thomas, whom we have studied, grew during their times of doubt? Be specific.

1) Matthew 14:25-33 _____

2) John 20:24-29 _____

Through a time of suffering doubts, God is able to touch some new places in one's life. He is able to apply the "chisel" where it hasn't been applied before. This results in character development.

3. Hope



Perseverance and character can cause a disciple to have hope even during times of doubt.

- Read Romans 8:24-25. What is the nature of hope? Check the best answer below.

☐ Hope is in that which can be seen and possessed.

☐ Hope is in that which is unseen and unpossessed.

- Consider Matthew 14:25-33 and John 20:24-29 again.

1) What was Peter not able to do or see in his time of doubt?

2) What could Thomas not see in his time of doubt?

3) Under what circumstances do you think those disciples would remember these times of doubt?

4) Who could benefit from the perseverance, character, and hope that grew out of Peter and Thomas' doubts?

c. Think about one time when you have suffered from doubts. Rethink the incident. Does knowing Romans 5:3-5 now help you understand the incident better? How?

d. How can your suffering doubt provide hope for others?

Activity

Review the memory work thus far: Romans 5:3-5, 1 Corinthians 10:13. Be prepared to focus on Jesus with your discipler. How has Jesus changed you? How have you neglected to let him change you? Be sure you are consistent in ways that show Jesus is the focus of your life and report your growth in Bible reading, prayer, fellowship, confession, giving and fruitfulness.

Memorize James 1:5, 6a for this session.

"If any of you lacks wisdom, he should ask God, who gives generously to all without finding fault, and it will be given to him. But when he asks, he must believe and not doubt."

Session 3

SORROW



Sorrow is a form of suffering for the disciple of Jesus Christ. But this time of suffering can be turned into an opportunity for stability if the promises of Romans 5:3-5 are claimed.

Suffering - The Disciple's Challenge

Willis M. Whitaker describes six steps down into the valley of sorrow.

Step 1 - Shock! One is never fully prepared.

Step 2 - The overflow of emotions seen in tears.

Step 3 - Depression--doubts--despondency.

Step 4 - Possible development of imagined symptoms.

Step 5 - The feeling of guilt ("If I had only. . .").

Step 6 - Resentment--bitterness--hostility.



1. Read Romans 8:35-36.

a. List the things from this Scripture that can cause sorrow.

_____	_____
_____	_____
_____	_____
_____	_____

b. Add other sorrow causing events of which you can think:

2. Paul himself despaired for his own people, the Jews. Note what he says in Romans 9:2.

"I have great _____ and unceasing _____
in my heart."

It must be recognized that sorrow occurs, not only at death, but also at despair and discouragement.

Stability - The Disciple's Character

1. Perseverance



Suffering

Perseverance

Jesus provides an example of persevering through sorrow. He was obedient to the will of God during such times.

a. How did Isaiah 53:3 describe Jesus? He was a man of _____.

b. What does this verse suggest was one of the reasons for the Lord's sorrow?

c. What did Jesus have to endure according to Hebrews 12:1-3?

d. Read Matthew 26:36-46.

1) What did Jesus say about his soul in verse 38?

2) Whose will did he desire in verse 42? _____

Identify and discuss a situation in your life where you surrendered to the will of God.

2. Character



Sorrow makes life either bitter or better - Lee Carter Maynard

a. Read Hebrews 12:1-13 then do the exercises below.

1) Answer the following questions about character development.

a) What kind of a son are we when we persevere through discipline? (vs. 7 and 8)

b) Why does God discipline us for our good? (vs. 10)

c) What does God's discipline produce in us? (vs. 11)

2) Take one of the above results of discipline and describe how it applies to you.

b. Write the two kinds of sorrow described in 2 Corinthians 7:10. Beside each answer, write what that type of sorrow produces.

1) _____ produces _____

BUT

2) _____ produces _____

c. What character qualities are produced by godly sorrow according to 2 Corinthians 7:11?

"These have come so that your faith - of greater worth than gold, which perishes even though refined by fire - may be proved genuine and may result in praise, glory and honor when Jesus Christ is revealed." (1 Peter 1:7)

Willis M. Whitaker describes six steps out of sorrow:

Begin here



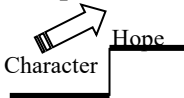
- Step 6 - Give Jesus your burdens.*
Step 5 - Get busy for a purpose.
Step 4 - Get up! Get out! Get going!
Step 3 - Talk freely about sorrow.
Step 2 - Allow time to heal.
Step 1 - Accept the fact of the circumstance.



Each step could produce character development if we but allow God his way.

d. Discuss an event in your life where sorrow led to developing stronger character.

3. Hope



As Moses turned aside to observe the bush that burned but was not consumed, so people are challenged by the life that comes through the fire without being consumed."- Leroy Eims

a. Read Hebrews 12:1-13 to see how Jesus came through the fire of suffering.

1) Read verse 2. What was the attitude of Jesus as he endured?

2) How does Eim's statement above apply to Jesus?

b. Hebrews 12:3 says we should consider Jesus. Why should we consider him?

c. Describe one incident in your life when, as a Christian, you "came through the fire without being consumed."

d. Discuss and describe an event in your life where suffering through sorrow -- whether sorrow because of despair, discouragement, or death -- brought hope to others.

Activity

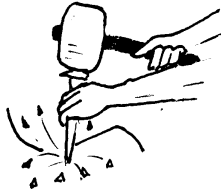
Have you expressed consistency in Bible reading and memorization this week? What about in prayer? Remember to give a report to the one who is discipling you. Include your consistency in confession, fellowship, giving, and fruitfulness. Focus on Jesus with each other: How has Jesus at the center of your life changed your knowledge, attitudes, or behavior? When did you fail to focus on Jesus ? How?

Memorize 1 Peter 1:7.

"These have come so that your faith - of greater worth than gold, which perishes even though refined by fire - may be proved genuine and may result in praise, glory and honor when Jesus Christ is revealed."

Session 4

CONFLICT



Conflict is a common source of suffering for Christian disciples. Personal failure in the midst of relationships is often obvious in conflicts, making the suffering even more painful. Therefore, the word "conflict" makes us think of hostility, anger and misunderstandings. And, with this in mind, our most common responses to conflict are to fight, flee or freeze in fear. Other alternatives are to compromise a little or try to ignore the problem or conflict altogether.

But conflict can be a positive thing if it is managed well. What better way to handle it than after the pattern of Romans 5:3-5?

Suffering - The Disciple's Challenge

One of the conflicts faced by the first disciples occurred at the betrayal and arrest of Jesus. Notice Peter's initial responses to this crisis.

1. Read John 18:10-11. What did Peter do when the soldiers came to arrest Jesus?

2. Read Mark 14:46-50. What does verse 50 say the disciples did next?

3. Read John 18:15-18 and 25-27. What did Peter say about being a disciple of Jesus in verses 17 and 25?

4. In the exercise on the next page, draw a line from Peter's response to conflict to the correct reference.

Peter's Response

To fight

To flee

To freeze in fear

Reference

Mark 14:46-54

Matthew 5:7-8

John 18:15-27

Luke 10:13

John 18:10-11

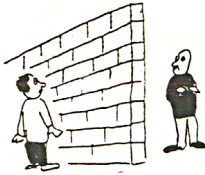
Stability - The Disciple's Character

1. Perseverance

Remember, perseverance is not merely surviving the conflict; it is deliberately aiming at increasing our trust in God's will through the conflict. Merely surviving a conflict results in a barrier. Standing for God through a conflict results in a bridge. What shall we build? Barriers or bridges?

- a. Which of the viewpoints below help in easing conflicts and which build barriers? Write the word "bridge" or "barrier" (*Stop! Do this section with your discipler if you do not understand the instructions*).

A Barrier



A Bridge

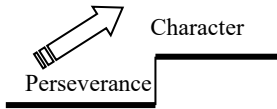


- 1) _____ I need to use this conflict to improve relationships rather than worsen them.
- 2) _____ I must stop this conflict right away. There will be no argument.
- 3) _____ This conflict shows that certain things are important to us in this conflict.
- 4) _____ This conflict shows that we need each other and are trying to work out the relationship.
- 5) _____ Through this conflict we should be able to understand each other better.
- 6) _____ The best way to settle this conflict is to let the other person win.

- b. Peter tried to survive his conflicts by fighting, fleeing and freezing. Do you think he built any bridges in behaving as he did in the Scriptures we have studied? (John 18:10-11, Mark 14:46-50, John 18:15-18, 25-27). Explain your answer.

- c. Read 2 Peter 1:5-8 and discuss what Peter learned from his mistake and how he grew through his obedience to God's will.

2. Character



*Jesus foresaw the conflicts we have read about in the life of Peter.
He also knows our conflicts.*

a. Read Luke 22:31-34.

1) What did Satan want to do with Peter in the conflict?

"Sifting like wheat" refers to a severe testing. Perhaps Satan was hoping to cause some of the disciples, especially Peter, to fail Jesus.

2) What did Jesus want for Peter in the conflict?

3) When would Peter be ready to strengthen others and give them hope?

A change in our own lives is usually necessary in times of conflict.

b. In turning back to God, we give God a chance to improve our character. Read 2 Peter 1:5-8 again.

1) Peter was given a chance to turn back. Later he had advice for people who also want to turn back so that God can improve their character. List the things to be added to one's faith in one column and list the opposites of these words - the things from which one turns.

Additions to your faith

Opposites

Continue

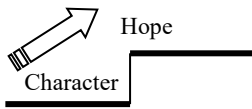


_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

2) Look at the list above. Which of the "opposites" are most common to you during times of conflict?

3) What good things could be added to your faith through a time of conflict?

3. Hope



Peter fought, fled and froze in the midst of conflict, but he had an example to whom he could turn. That example gave him hope.

a. Read 1 Peter 2:21. Who was Peter's example? _____

b. Contrast the behavior of Jesus and the behavior of those with whom he was in conflict (1 Peter 2:22-24).

Jesus

Others

c. To whom did Jesus entrust himself in hope (vs. 23)?

d. Name the one disciple upon whom this hope seemed to have great impact.

Why? _____

e. Read 1 Peter 3:15.

1) Complete the words.

*"But in your hearts, _____ Christ as _____. Always
be _____ to _____ to everyone
who _____ you to give the _____ for the
_____ that you have."*

2) Identify a conflict you've had in which you persevered and saw character development. Describe it below.

3) How can your handling of that conflict be a source of hope for others?

In the midst of every conflict, look for these three: perseverance, character and hope.

Activity

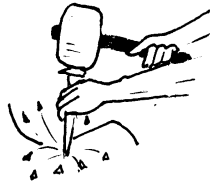
Memorize Ephesians 4:3 and add it to the verses you have learned for stability.

Make every effort to keep the unity of the Spirit through the bond of peace.

Always be prepared to focus on Jesus with your discipler and report on growth in consistency. Stability will not come when consistency is absent.

Session 5

FALSE TEACHINGS



There are many cults of false teaching today:

Mormons, Christian Scientists, Jehovah's Witnesses, Bahai, the Unification Church (Moonies), and New Age, just to name a few. Members of these cults are characterized by great zeal, excellent publications, a strong interest in weak Christians, and a concentrated base of doctrinal material. An encounter with the cults and their members can cause a great deal of suffering for Christians. How should they be faced? With Romans 5:3-5 in mind, these sufferings can lead to perseverance, character and hope.

Suffering - The Disciple's Challenge

1. How are false teachers described in the following verses?

a. Ephesians 4:14 _____

b. 2 Timothy 2:16-18 _____

c. 2 Timothy 3:8 _____

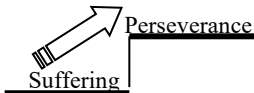
d. 2 Peter 2:1-3, 17, 20 _____

e. Jude vs.4 and 17-19 _____

2. List some cults known to you. _____

Stability - The Disciple's Character

1. Perseverance



a. Read 2 Timothy 1:13-14.

1) What were the disciples to do with the things they had heard from Paul?

a) _____

b) _____

2) How did Paul describe his teachings?

a) _____ teaching.

b) _____ deposit.

3) Who helped the disciples to guard this teaching?

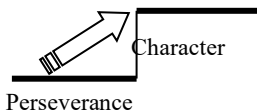
*Paul was telling them to hold fast to sound teaching
and truth in the face of false teaching.*

b. What might a person mistakenly hold to when confronting false teaching? (Choose all answers that could be correct)

- ___ 1) His own arguments.
- ___ 2) The Bible message itself.
- ___ 3) How certain people have interpreted the Bible.
- ___ 4) The truth of God's message.
- ___ 5) His or her church traditions.

The disciple of Christ should keep the truth of the proclamation in front of his hearers rather than the defense of his own arguments and interpretations about the truth. Let the truth speak for itself.

2. Character



a. What happens to many Christians when confronted by false teaching according to the following verses?

1) Ephesians 4:14 _____

2) 2 Peter 2:1-3 _____

b. How should one respond to false teaching according to the following verses?

1) Ephesians 4:15 _____

2) Matthew 7:15 _____

3) Colossians 2:6-8 _____

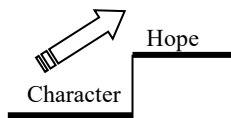
4) 1 Timothy 6:20-21 _____

5) 1 John 4:1 _____

c. Look at the above instructions. Which one do you think could be developed or improved right now in your life?

The only way to gain the skills necessary to overcome false teaching is to engage in the conflict and persevere. Character development follows.

3. Hope



"The reward of going through suffering and responding to it the right way is a new ability to understand the real needs of those around us" - Bill Gothard

a. Read 1 John 4:4-6.

1) What hope is there for Christians who confront false teachings?

2) Why do they have this hope? _____

3) Who listens to these Christians? _____

b. Read 2 Corinthians 1:3-5.

1) What does God do for us in our troubles? _____

2) Why does he do this? _____

3) What can we give to those who face the troubles of false teachings?

4) Complete the words of verse 5.

*"For just as the _____ of _____ flow over into our
_____, so also through Christ our _____
overflows (towards others)."*

"For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all" (2 Corinthians 4:17).

Activity

For this session, memorize 1 John 4:4b.

*"You, dear children, are from God and have overcome them,
because the one who is in you is greater than the one who is in the
world."*

RE-EVALUATION

On a scale of 1 to 10, re-evaluate yourself in terms of your stability in faith today after completing these sessions.

	Not at all			Somewhat				Completely		
	1	2	3	4	5	6	7	8	9	10
1. I have memorized one scripture that has helped when stability was needed.										
2. I understand suffering and am prepared for it in my life and in the lives of others.										
3. I know what perseverance means and why it is important.										
4. I know how perseverance leads to character development.										
5. I can define and express Christian hope where needed.										
6. I can deal with doubts so as to arrive at a deeper faith.										
7. I know how to persevere through times of temptation and to grow in Christ.										
8. I know how to minister to someone suffering sorrow.										
9. I know how to persevere through conflict relationships.										
10. I can respond to false teaching in a biblical way.										

Summary

1. In which have you changed the most from the previous evaluation?

Discuss your results with your discipler.

What were his/her results?

How has transformation taken place in your lives?

Pray together, giving thanks and also seeking guidance.

A Summary of Five Stability Sessions

The Application of Romans 5:3-5	<u>Suffering</u> <i>The Shape it Takes (examples)</i>	<u>Perseverance</u> <i>Contending for God's Way</i>	<u>Character</u> <i>The Result of God's Work</i>	<u>Hope</u> <i>Those who will find hope in our application</i>
To Temptation	1. Yielding in our behavior, knowledge, and attitudes. 2. Seeking power, money, position, satisfaction.	1 Cor.10:13 – is common, God provides a way out, enables standing up to it.	James 1:4 – Maturity, completeness, adequacy. Overcoming weaknesses: unfaithfulness, worries, distrust, short-temper, fear, dishonesty, deception, manipulation, criticism, impatience, laziness, foolishness.	Those who find our stories of temptation helpful in overcoming their own. Example – Jesus (Hebrews 4:15-16). The challenge to us – 1 Peter 3:15-16.
To Doubt	1. Directed at God – his love, promises, existence, ability. 2. Directed at others: relationships. 3. Directed at self: abilities, esteem, salvation, forgiveness.	Matthew 14:25-33 – God supplies strength, knowledge, abilities. John 20:28-29 – God is personal, provides opportunities to grow through doubts, deepen faith.	James 1:5-8 - Doubts reveal our instability, double-mindedness, confusion, dullness, limitations – and God wants to overcome all of these in our character.	Those who hear our stories or those of the Bible and see a way through their own doubts. Romans 8:24-25
To Sorrow	Hardships, dangers, persecution, violence, famine, death, loss of job, poverty, theft, sickness, rejection, betrayal, insecurity, exploitation, marriage, broken relationships, conflicts.	Isaiah 53:3, Hebrews 12:1-3, Matthew 26:36-46. God's will is perfect.	2 Corinthians 7:10, 11 – repentance, earnestness, eagerness to clear self, indignation at wrong, alarm, longing for the good, concern, readiness, justice, innocence.	Those who will experience sorrows of different kinds but can benefit from our sharing with them some of ours. Hebrews 12:1-13 1 Peter 1:7
To Conflict	With spouses, children, parents, friends, employers, employees, church members	2 Peter 1:5-8 – obedience, peace, harmony, unity, truth	Luke 22:31-34, 2 Peter 1:5-8 - Weaknesses become evident: selfishness, resentment, lack of wisdom, foolishness, turbulence, disorder, carelessness, permissiveness, compromise, uncontrollable, temper, recklessness, fear, hatred	Those who will find themselves engaged in conflicts of many kinds but who will benefit from hearing how we handled ours. Example: Jesus 1 Peter 2:21-24. 1 Peter 3:15
To False Teaching	Cunning people, deceit, schemers, talkers, false understandings, falsehood, a challenge to faith, heresies, shameful ways, deny Christ, scoffing, division, godlessness	To contend for God's revelation, truth, the Bible, the work of the Holy Spirit. 2 Timothy 1:13-14.	Weaknesses become evident: indecisiveness, insecurity, lack of confidence, immature, vulnerability, careless, easily seduced. Eph. 4:14-15, Matt. 7:15, Col. 2:8, 1 Tim. 6:20-21 2 Pet. 2:1-3.	Those who hear us share similar experiences and come through it with perseverance and character. 1 John 4:4-6 2 Corinthians 1:3-5

EXAMPLES OF RELEVANT READING

For Building Confidence:

A Forgiving God in an Unforgiving World, Ron L. Davis, Eugene, Oregon: Harvest House.

New Man - New World, Leighton Ford, Waco, Texas: Word Books.

The Blessing, Gary Smalley and John Trent, Nashville: Thomas Nelson.

The First Year of Your Christian Life, Chuck Miller, Glendale, California: Regal Press.

The New You, Harold Myra, Wheaton, Illinois: Victor Books/Scripture Press.

Survival Kit for New Christians, Ralph W. Neighbors, Nashville, Tennessee: Convention Press.

For Building Consistency:

Bible Reading:

How to Study the Bible for Yourself, Tim LaHaye, Irvine, California: Harvest House.

Growing in the Word, Robert E. Coleman, New Jersey: Fleming Publishers.

Getting More from Your Bible, Terry Hall, Wheaton: Victor Books.

How to Read the Bible for All Its Worth, Gordon D. Fee, London: Scripture Union.

For Prayer:

Prayer: Conversing with God, Rosalind Rinker, Grand Rapids: Zondervan.

The Possibilities of Prayer, E.M. Bounds, Grand Rapids: Baker Book House.

What Happens when Women Pray? Evelyn Christianson, Wheaton: Victor Books.

The Hour That Changes the World, Dick Eastman, Grand Rapids: Baker Book House.

Prayer Power Unlimited, J.Oswald Sanders, Minneapolis: World Wide Publications.

The Secret of Effective Prayer, Helen S. Shoemaker, Waco, Texas: Word Books.

For Fellowship:

You and the Church, Agrippa V. Masiye, Achimota, Ghana: Africa Christian Press.

Authentic Christianity, Ray C. Stedman, Waco, Texas: Word Books.

What Christ Thinks of the Church, John R.W. Stott, Grand Rapids: Eerdmans.

I Believe in the Church, David Watson, London: Hodder and Stoughton.

For Confession:

Good News Is for Sharing, Leighton Ford, Glendale: David C. Cook.

Out of the Salt Shakers, Rebecca M. Pippert, Leicester: Inter-Varsity Press.

For Giving:

Seeking First the Kingdom, Robert A. Yoder, Pennsylvania: Herald Press.

The Economics of Discipleship, Timothy Ole Kileteny, Nairobi: Harvest Heralds.

For Fruitfulness:

Living and Enjoying the Fruit of the Spirit, Ian Barclay, Chicago: Moody Press.

Life on the Highest Plane, Ruth Paxson, Chicago: Moody Press.

For Building Stability:

Temptation: Help for Struggling Christians, Charles Durham, Downer's Grove, Illinois: Inter-Varsity Press.

Pattern for Maturity, Dwight L. Pentecost, Chicago: Moody Press.

Rebuilding Your Broken World, Gordon MacDonald, East Sussex: Highland Books.

Trusting God Even When Life Hurts, Jerry Bridges, Singapore: The Navigators.

When God's Children Suffer, Horatius Bonar, New Canaan, Conn. Keats Publishing, Inc.

Where Is God When It Hurts? Philip Yancey, Grand Rapids: Zondervan.

The Misunderstood Man: Why Men Suffer and What Can Be Done About It, Walter Trobisch, Kehl: Editions Trobisch.

Lord, Heal My Hurts, Kay Arthur, Portland, Oregon: Multnomah Press.

The sequel to these discipleship tools is a similar book called Fruitfulness in Discipleship. It contains three topics and twelve sessions – Christlikeness, evangelism and discipling – to turn your disciple into a disciple-maker.