



Discipleship Reference Guide

2016 – AFLTS Discipleship Class

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Scripture Quotations are taken from the HOLY BIBLE - ESV

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TABLE OF CONTENTS

Introduction.....	4
Scriptural Examples of Discipleship	6
Discipleship Essentials	12
Annotated Bibliography.....	15

Introduction

It's clear from Jesus ministry that discipleship is at the core of both individual and church growth. Although Jesus did minister to the crowds, he spent the majority of his time with a small group of disciples through whom the whole world would eventually hear the good news. His example demonstrates that, as Christians, we must be disciple makers.

On one hand, making disciples is a monumental task. On the other, it can be nothing more than two friends praying for one another over a cup of coffee. Many resources have been written on the subject, providing formulaic strategies, or Bible studies. Our intent is to distill discipleship down to only the essential elements, and give you and your church the freedom to do discipleship in the ideal way for *your* flock. Discipleship need not be overwhelming. This resource is meant to help you understand the basic and essential elements of discipleship. We believe that the discipleship fundamentals are few and that as long as these elements are present, your discipling relationships can take infinite forms.

It is likely that many discipleship relationships already exist within your church, and that you may be making disciples without even being aware. Remember, discipleship looks different for everyone, so resist the temptation to make judgments based on formulaic programs. Also resist the temptation to compare your relationships with others. You are called to shepherd the flock that is among *you* (1 Peter 5:2). And discipleship will look different in every flock. It may take place in a combine, over 6 a.m. breakfast, Skype, or

while repairing a widow's car.

This reference guide teaches the fundamentals of discipleship as modeled by Christ, and will hopefully encourage you to intentionally foster discipleship relationships personally, and amongst the believers in your congregation. Furthermore, we have provided a list of resources spanning a wide array of topics. There are discipleship programs, if you desire more structure, Bible studies for help in spiritual nurture, and many more addressing more specific discipleship needs.

We believe that the Annotated Resources/Bibliography section will be most helpful to you in creating and sustaining a lasting and multiplying discipleship ministry . There are few of us that feel we could say we have a definitive grasp on all the is discipleship. Nor can we say that there is no room for more knowledge on the subject. The list is of some of the best resources on the topic at hand.

The hope is that through this resource you are able to begin and sustain meaningful discipleship within your congregation---discipleship which not only trains and equips the saints but brings about discipleship multiplication.

SCRIPTURAL EXAMPLES OF DISCIPLESHIP

Bible Verses

Observation

Luke 6:12

“In these days he went out to the mountain to pray, and all night he continued in prayer to God.”

Matthew 6:9-13

Pray then like this: “Our Father in heaven, hallowed be your name. Your kingdom come, your will be done, on earth as it is in heaven. Give us this day our daily bread, and forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from evil.

Jesus chose his disciples after prayer.

Jesus modeled prayer

Mark 4:35

“On that day, when evening had come, he said to them, ‘Let us go across to the other side.’”

Jesus spent time with the disciples, away from the crowds to teach and prepare them for ministry.

Bible Verses

Observation

Mark 6:3

“And he said to them, ‘Come away by yourselves to a desolate place and rest a while.’ For many were coming and going, and they had no leisure even to eat.”

Mark 9:30-31

“They went on from there and passed through Galilee. And he did not want anyone to know, for he was teaching his disciples, saying to them, ‘The Son of Man is going to be delivered into the hands of men, and they will kill him. And when he is killed, after three days he will rise.’”

Jesus spent time with the disciples, away from the crowds to teach and prepare them for ministry.

(continued)

Mark 8:27-30,

“And Jesus went on with his disciples to the villages of Caesarea Philippi. And on the way he asked his disciples, ‘Who do people say that I am?’ And they told him, ‘John the Baptist; and others say, Elijah; and others, one of the prophets.’ And he asked them, ‘But

Jesus confronted personal beliefs, not just general sentiments. Touch base with the heart-convictions of the disciples. Listen for growth. Affirm growth.

Bible Verses

Observation

who do you say that I am?’ Peter answered him, ‘You are the Christ.’ And he strictly charged them to tell no one about him.”

Matthew 17:14-20

“And when they came to the crowd, a man came up to him and, kneeling before him, said, “Lord, have mercy on my son, for he is an epileptic and he suffers terribly. For often he falls into the fire, and often into the water. And I brought him to your disciples, and they could not heal him.” And Jesus answered, “O faithless and twisted generation, how long am I to be with you? How long am I to bear with you? Bring him here to me.” And Jesus rebuked the demon, and it came out of him, and the boy was healed instantly. Then the disciples came to Jesus privately and said, “Why could we not cast it out?” He said to them,

Learning through failure. Jesus gave the disciples opportunity to fail at ministry. When they recognized their failure He used it as a teachable moment. Jesus recognized that when His disciples faced trials and temptations they needed encouragement.

(See also the example of Peter’s failure and Christ’s restoration: John 18:15-18; 21:15-19)

Bible Verses

Observation

“Because of your little faith. For truly, I say to you, if you have faith like a grain of mustard seed, you will say to this mountain, ‘Move from here to there,’ and it will move, and nothing will be impossible for you.”

Mark 9:28-29

“And when he had entered the house, his disciples asked him privately, ‘Why could we not cast it out?’ And he said to them, “This kind cannot be driven out by anything but prayer.”

Mark 10:13-16

“And they were bringing children to him that he might touch them, and the disciples rebuked them. But when Jesus saw it, he was indignant and said to them, ‘Let the children come to me; do not hinder them, for to such belongs the kingdom of God. Truly, I say to you, whoever does not receive the kingdom of God like a child shall not enter it.’ And he

Learning through failure.

Jesus gave the disciples opportunity to fail.

Bible Verses

Observation

took them in his arms and blessed them, laying his hands on them.”

Mark 9:33-37

“And they came to Capernaum. And when he was in the house he asked them, ‘What were you discussing on the way?’ But they kept silent, for on the way they had argued with one another about who was the greatest. And he sat down and called the twelve. And he said to them, ‘If anyone would be first, he must be last of all and servant of all.’ And he took a child and put him in the midst of them, and taking him in his arms, he said to them, ‘Whoever receives one such child in my name receives me, and whoever receives me, receives not me but him who sent me.’”

Jesus taught the importance of humility in ministry. Pride had become a hindrance in the ministry of the disciples. Jesus gently addresses this issue.

Bible Verses

Observation

Luke 24:27

“And beginning with Moses and all the Prophets, he interpreted to them in all the Scriptures the things concerning himself.”

Jesus prepared His disciples by going to Scripture and opening it up for them.

Matthew 28:18-20

“And Jesus came and said to them, ‘All authority in heaven and on earth has been given to me. Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, teaching them to observe all that I have commanded you. And behold, I am with you always, to the end of the age.’”

Jesus sent His disciples in the authority of His Father. He sent them out to make disciples.

DISCIPLESHIP ESSENTIALS

A Relationship

- This can be an established relationship or a new relationship nurtured for the purpose of discipleship.
- It can be one on one or a small group.
- A relationship requires getting together on a regular basis.

Examples:

1. Weekly lunch or coffee meeting to talk, pray, and/or study Scripture or a book.
2. Inviting your disciple(s) into your everyday life (i.e. running errands together, inviting them over to help with a project, eating together)
3. A small group up to 5 or 6 that meets regularly for breakfast

Intentional Spiritual Development

The discipleship relationship should include:

Biblical teaching and prayer,
with the goal of growing spiritually.

A discipleship relationship is not simply a friendship and spending time together; it is a relationship for the purpose of helping the disciple(s) grow in their

relationship with God.

A Mindset of Multiplication

Begin with the expectation that those whom you disciple will soon start discipling someone else.

Work to establish a culture of discipleship among church leaders (elders/deacons) by providing training on discipling and encouraging them to disciple others.

Examples:

1. Pastor may provide teaching on discipleship.
2. Attend a discipleship conference with church leaders.
3. Study a book on discipleship.
4. Start with each leader discipling one person or leading one small group.

Customizable Elements of Discipleship

- Study Material
 - Refer to the Resource List for possible curriculums and study material.
 - There is a wide variety of material available, or you can develop your own as you go.
 - Getting to know your disciple(s) will help you determine what to study in order to meet

them where they are spiritually.

Meeting Location

- Location can vary depending on the situation.
- Find a place that is comfortable and conducive to conversation and/or studying together.
- Find places to meet other than the church building.
- Home environments, coffee shops, or restaurants are good options.

Activities

It's ok to set material aside and do things together

- Sports activities
- Cooking/Baking
- Camping
- Shopping
- Woodworking
- Home projects
- Running errands

Schedule and frequency

- You can meet weekly, bi-weekly, monthly, etc. depending on your situation.
- Be sure to meet frequently enough to build a relationship and encourage growth.

ANNOTATED BIBLIOGRAPHY

Categorized by target audience

- New believers
- Young Adults
- Adult church members
- Married Couples
- Addicts
- Church leadership

New Christians

Books to Read Together

- *AFLC Discipleship Manual* by AFLC Commission on Evangelism
- *Growing in Christ* by The Navigators
This manual pairs Scripture memory with an overview of the basic teachings of the Christian faith. It's a helpful tool for discussing what every new believer should know about God.
- *Working for Our Neighbor* by Gene Edward Veith
According to Luther, God himself is hidden in vocation, as he providentially works through ordinary human beings to care for his creation. In their work Christians live out their faith in love and service to their neighbors. For Lutherans, the doctrine of vocation is nothing less than the theology of the Christian life.

Recommended Reading

- *Counterfeit Gods* by Timothy Keller
Uncovers the challenges of the human heart which seeks to turn “good things” into “ultimate goals”. It is a very relevant discussion for our world which is full of veiled idolatry.

Young Adults

Books to Read Together

- *Broken: 7 "Christian" Rules that Every Christian Ought to Break as Often as Possible.* by Jonathan Fisk
Prepares Christians to defend the faith against false spirituality in the church and in society. A distinctively Lutheran book that teaches how to know the difference between sound doctrine and postmodern garbage.
- *The Lutheran Handbook* by Kristofer Skrade
For Teenagers, Fun helpful for cultural Christianity, builds interest among young people, deals with important topics.

Adult Church Members

Books to Read Together

- *I Am A Church Member* by Thom S. Rainer
Concise biblical walk-through of the attitudes and responsibilities of church membership written to remedy the outbreak of inactive or barely committed church members.

- *We to Me* by Alan Nelson
This book is a guide for congregations to discover, develop, and deploy their gifts in service. It explores practical ways to move your church from a pastor-centric model to one that maximizes its volunteers, staff, and everyone in your church.
- *God at Work* by Gene Edward Veith
The biblical understanding of vocation tells us that we are all called by God to specific vocations as believers. God works through our vocations. This book teaches how we are able to love and serve others through our vocation and how our work is directly connected to our faith.
- *Law and Gospel: Good news Bad News* Leroy Doberstein
Excellent introduction on the Doctrine of the Word of God, God's covenants, sacraments, role of works.
- *Becoming a Disciple Maker* by Billie Hanks Jr.

Recommended Reading

- *Working for Our Neighbor* by Gene Edward Veith
- *A Call to Joy* by Billie Hanks
- *The Measure of a Man* by Gene Getz
- *Growing Strong* by The Navigators
- *Jesus Christ, Disciplemaker* by Bill Hull

Married Christians

Recommended Reading

- *Love & Respect* by Dr. Emerson Eggerich
Helpful for understanding the “crazy cycle” and explaining how men and women hear differently.
- *Laugh Your Way to a Better Marriage* by Mark Gungor
- *The Art of Marriage* by Wilferd Arlan Peterson
Family Life Today puts out marriage resources, retreats, and programs to working on your marriage. It’s not primarily a book, but a marriage retreat in a box.
- *You and Me Forever: Marriage in Light of the Gospel* by Francis Chan. Chan puts the eternal perspective ahead of the here and now.
- *The Meaning of Marriage* by Timothy and Kathy Keller. This book offers practical instruction about how to have a successful marriage and tries to remove the modern day assumptions our culture has about marriage.

Addicts

Books to Read Together

- *Pure Desire* by Ted Roberts
A practical and powerful Biblical approach to understand and deal with the issues of addiction.

- *Breaking Free* by Russell Willingham
A Scriptural approach to addiction recovery.
- Alcoholics Anonymous, the Big Book
Available free online, not a Christian resource, but heavily influenced by Christianity.

Church Leadership

Books to Read Together

- *The Lost Art of Disciple Making* by Leroy Eims **
the best one
This book teaches how to grow Disciple-making Christians in their maturity of faith.

Recommended Reading

- *Basic Christian Leadership* by John Stott
John Stott offers a biblical approach to servant leadership, exemplified by the apostle Paul in his ministry to the church in Corinth. This exposition of 1 Corinthians 1--4 offers us a model of ministry rooted in humility and grace.
- *Real Life Discipleship* by Jim Putman
Explains what should happen in the life of every Christian and in every small group so that the church becomes an army of believers dedicated to seeing the world saved. With the overriding goal to train disciples who know how to make more disciples, discover what the Bible says about true and effective discipleship with these strategies and practices.

- *The Disciple-Making Pastor* by Bill Hull. Grand Rapids: Baker Books, 2007.

Shows pastors the obstacles they will face, what disciples really look like, the pastor's role in producing them, and the practices that lead to positive change. He also offers a six-step coaching process to help new disciples grow in commitment and obedience, and practical ideas to integrate disciple making into the fabric of the church.

- *The Equipping Church* by Susan Mallory

In *The Equipping Church* describes the benefits, the structure, and the culture of an equipping church and shows how your congregation can become one that equips believers for the work of ministry.

- *One Conversation at a Time* - Michael Henderson
- *Luther's Large Catechism with Study Questions* by Paul T McCain

