



Discipleship Journal

Starter Discipleship Journal

Credits

Daily Liturgy is adapted from Drawing Near by Kenneth Boa and Max Anders

Articles are reprinted from Discipleship Journal Online Archive. Articles are "Used by permission of Discipleship Journal. Copyright 1997, The Navigators. Used by permission of NavPress. All rights reserved. To subscribe, visit www.discipleshipjournal.com or call (800) 877-1811".

Some articles are reprinted from Christianity Today Online Library. Articles are used by permission of Christianity Today.

Bible Text is NIV



TABLE OF CONTENTS

Welcome

<u>You CAN start a Life Group... and Multiply</u>	3
<u>Discipleship Overview</u>	4—7
Overview	4
Beliefs and Values	6
<u>Introduction to Life Groups</u>	8
<u>Week 1 Guide—Getting Started</u>	10-14
Week 1 Overview	10
Week 1 Small Group Questions	11
Individual Growth Sheet	12
Group Growth Sheet	13
3:1:M Prayer Guide	14
<u>Life Transformation Groups</u>	16
<u>Helping a Friend see Two Ways to Live</u>	18
<u>Credits</u>	20



Yet Jesus did die. **Why?** Although he had the power to heal the sick, walk on water and even raise the dead, Jesus allowed himself to be executed on a cross. Jesus died as a substitute for rebels like us. The debt that we owed God, Jesus paid by dying in our place, so that forgiveness and pardon might be available to us. It is a generous gift, from start to finish.



- God raised Jesus to life again as ruler of all
- Jesus conquered death and now offers life

1 Peter 1:3 John 3:16-17

God accepted Jesus' death as payment in full for our sins, and raised him from the dead. The risen Jesus is now what humanity was always meant to be: God's ruler of the world. As God's ruler, Jesus offers us new life, both now and eternally. Now, our sins can be forgiven through Jesus' death, and we can make a fresh start with God, no longer as rebels but as friends.

Two ways to live

A. Our way

Reject the ruler – God
Try to run our own life

Result? Separation from God

B. God's way (John 3:36)

Admit you can't be the ruler
Believe that Jesus died in your place
Confess publicly that He's in charge



Result? Forgiveness and Eternal Life

We can continue in our rebellion against God, and, in the end God will give us what we ask for... the messy consequences of a rebellious life, and an eternity of separation from him. **However, if we turn back to God** and appeal for mercy, trusting in Jesus' death and resurrection, then everything changes. God wipes our slate clean and gives us new life... forever. We are no longer rebels, but family. God adopts us as His own and we live with Jesus as our ruler.

So ask yourself... Which way do I want to live?

If this makes sense to you... then take the next step:

Pray – Take a couple of moments to pray the ABC's .

Dear God, I **admit** that I can't be the ruler of my life... and I'm sorry for trying. I **believe** that Jesus died in my place because of my rebellion. Thank you! I **confess** that I want you to be the ruler of my life. Please forgive me and change me so that I can live with you forever. **Amen**



TWO WAYS TO LIVE



- *God is the loving ruler of the world*
- *He made the world*
- *He made us the rulers of the world, under him*

Genesis 1:31 Revelation 4:11

The first point of the Christian message is that God is in charge of the world. Unlike human rulers, however, God always does what is best for his subjects. He also made us like himself, and put us in charge of the world—to rule it, to care for it, and to enjoy all its beauty and goodness. But everything is obviously not right—with the world or us. **What happened??**



- *We all reject the ruler*
- *We want God's job*
- *We fail in ruling ourselves or the world.*

Romans 3:1-12; 23

People everywhere reject God by doing things their own way. We don't like someone telling us what to do or how to live—least of all God—and so we rebel against him. This rebellious, self-sufficient attitude is what the Bible calls 'sin'. The trouble is, if everyone does their own thing... the result is misery. By rebelling against God, we've made a terrible mess of things.

The question is: what will God do about it?



- *God won't let us rebel forever*
- *God's punishment for rebellion is death and judgment.*

Romans 6:23 Hebrews 9:27

God cares enough about humanity to take our rebellion seriously. In rebellion we are saying to God, "Go away. I don't want you telling me what to do. Leave me alone." God's judgment on rebels is to withdraw from them—permanently. But since God is the source of life and all good things, being cut off from him means death and hell. **Is that it then? Are we all destined for death and everlasting ruin?**



- *Because of His love, God sent His Son*
- *Jesus always lived under God's rule*
- *By dying He took our punishment and brought forgiveness*

Romans 5:8 1 Peter 3:18

Because of his great love, God did not leave us to suffer the consequences of our foolish rebellion. He did something to save us. He sent his own divine son into our world to become a man—Jesus of Nazareth. Jesus didn't rebel and did not deserve death.



YOU CAN START A LIFE GROUP... AND MULTIPLY IT!

Life groups are at the heart of Epiphany... and anyone can start one. Here's a helpful guide to starting, growing, and multiplying your Life Group...

1 - Read through the “Discipleship Overview” and “Beliefs and Values” pages (4-7) for background on our strategies for Knowing Jesus.

2 - Organize your Life group. Read through the “Introduction to Life Groups” page (8-9) and assign roles as a group.

3 - Choose a curriculum with your pastor's help. Pray through what your group needs and what your congregation needs and try to build on synergies.

4 - Work through the “Week 1 Questions” individually and then as a group (pages 10-14)

5 - Consider forming “Life Transformation Groups” or smaller sub groups of the Life Group to help each other grow more. (page 16)

6 - Report Back! Let your pastor know what's happening so that he can celebrate, coach, and encourage your group! (A weekly email is a great help!)

Most of all... Enjoy the process!! We pastors trust you and know that you are God's “Plan A” for changing the world! Communicate often and let us pray for you!! You can do it!!



DISCIPLESHIP OVERVIEW

Our mission is “To know Jesus and to make Him known in the context of authentic community.” But how do you do that?

If you were to go to a gym today, before you joined, met an instructor, or spent time with a trainer, you’d be asked one simple question: “What are your goals”. In a gym those goals might range from gaining information about how to eat and exercise better, to working with someone to lose weight and gain muscle, to being challenged to go further and harder as an athlete.

In the Church we should use the same simple question:

What is your goal?

Maybe you...

- Need to get the facts and need help understanding the story
- Want to shed the weight of living life according to your own rules
- Are looking for a community to train with
- Long to train harder and go further as a disciple
- Are ready to be a trainer yourself – ready to live the life of Knowing Jesus and help others in their journey.

What are some of the goals you have???

How would you like to grow as one who “knows Jesus and makes Him known in the context of authentic community”?



Character Conversation Questions

1. Have you been a testimony this week to the greatness of Jesus Christ with both your words and actions?
2. Have you been exposed to sexually alluring material or allowed your mind to entertain inappropriate sexual thoughts about another this week?
3. Have you lacked integrity in your financial dealings or coveted something that does not belong to you?
4. Have you been honoring, understanding, and generous in your important relationships this week?
5. Have you damaged another person by your words, either behind their back or face?
6. Have you give in to an addictive behavior this past week? Explain.
7. Have you continued to remain angry toward another?
8. Have you secretly wished for another’s misfortune
9. Did you finish the readings and hear from God? Have you been doing what He asked you to do?
10. Have you been completely honest?



LIFE TRANSFORMATION GROUPS

What is a Life Transformation Group

A Life Transformation Group (LTG) is a group of two or three people, all of the same gender, who meet weekly for personal accountability for their spiritual growth and development. It is recommended that a group not grow past three but rather multiply into two groups of two once the fourth participant has proven faithful to the process.

What should a Life Transformation Group do?

1. Confess sin with mutual accountability

Christians need one another (Hebrews 10:24-25). There is strength in relationships that are built around supporting one another. The first thing the LTG does together is ask each other Character Conversation Questions. Confession of sin sanctifies the rest of the meeting. This must be done in a safe place with honesty from all participants.

2. Read Scripture prayerfully, in context, and in community

The power of Scripture is the unleashing of God's word in the lives of people. Jesus made it clear that the word of God is the seed of new life (Luke 8:11-15). Each group decides if they will read a book of the Bible or read the daily readings from this journal. Read complete stories or complete sections, even if it goes beyond "assigned readings" or chapter/verse markings. After reading, answer simple questions that get at the heart of transformation

3. Pray specifically and regularly for lost souls

Take time to identify two or three people whom the Lord lays on your heart — people who need Jesus. The names of these people are to be written down and prayed for throughout the week. Those who begin to seek Christ become perfect candidates for the next LTG and multiplication of the group can occur naturally and spontaneously.



Here's the overview of the Discipleship Process





Beliefs and Values

OUR BELIEFS

Jesus as Lord (1 Corinthians 12:3; Romans 10:9)

We believe that Jesus is Lord. To live out this belief we affirm our connection to historic Christianity as revealed in the Scriptures and summarized in the three Creeds:

- The Apostles
- The Nicene
- The Athanasian

and the historic Anglican formularies

- The Book of Common Prayer
- The Ordinal (1662)
- The Catechism (1928)
- The 39 Articles.

OUR VALUES

PRAYING

Always, in the beginning, in the middle and at the end.

Psalms 66:16-20, "Come and listen, all you who fear God; let me tell you what He has done for me. I cried out to Him with my mouth; His praise was on my tongue. If I had cherished sin in my heart, the Lord would not have listened; but God has surely listened and heard my voice in prayer. Praise be to God, who has not rejected my prayer or withheld His love from me!"

BEING TRANSFORMED

Allowing Jesus to transform us and the world.

Matthew 28:19,20 "Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age."

BEING FILLED WITH THE HOLY SPIRIT

The Holy Spirit is our strength and our guide, revealing Jesus.

John 16:13 "But when he, the Spirit of truth, comes, he will guide you into all truth. He will not speak on his own; he will speak only what he hears, and he will tell you what is yet to come."



Prayers for seeking friends

Heart Surgery – May they understand their need...

May _____ know that he/she cannot stand on his/her own righteousness. No one can because there is no one righteous, not even one. (Ro. 3:10)

May _____ know You are Lord; and there is no Savior besides You (Is 43:11)

Repentance — May they be brought to repentance...

May _____ know that his/her sin has caused a separation between him/her and You, God. (Is. 59:2)

Help _____ to understand that he/she can have forgiveness through the blood of Christ

Salvation — May they trust the Lord for their salvation...

May _____ understand that he/she can be saved by grace and that it is a free gift from You (Eph. 2:8)

Father, I pray _____ will repent, be baptized in the name of Jesus, and receive the gift of the Holy Spirit (Acts 2:38)

Laborers — May there be people who will share the Gospel...

Father, please send a faithful witness who can go to _____ and preach the gospel (Mk. 16:15)

Teach me to make the most of every opportunity I have to share the gospel with _____ (Col. 4:5)



3:1:M PRAYER GUIDE

Use these pages as a reminder to pray for your friends who don't yet know Christ!

3 Names – 1 Chair – Many Prayers

Always have an empty chair at small group and pray that God will fill that chair with YOUR friend!

1. Choose 3 friends who live close by and don't Know Christ
2. Talk with each friend individually let them know you're working on your prayer life, and then ask if they have any needs or concerns that you can pray about.
3. If appropriate, share some of the prayer requests with your small group. (You can leave out names too.)
4. Using the prayers below, or your own prayers...
PRAY - PRAY - PRAY!!!
5. From time to time, check back with each friend to let them know you've been praying and to see if anything has changed.
6. When it is appropriate, invite your friend to join you at a church sponsored event. (Sunday morning worship, small group, outreach event, BBQ, etc.)

3:1:M Friends	Needs or Concerns
1	
2	
3	
4	
5	
6	
7	
8	
9	



BEING IN COMMUNITY

We will discover God within our spiritual community.

Acts 2:44-47, "All the believers were together and had everything in common.... they gave to anyone as He had need... they broke bread in their homes and ate together with glad and sincere hearts, praising God and enjoying the favor of all the people. And the Lord added to their number daily those who were being saved."

CHILDREN ARE HIGHLY VALUED

God communicates with and through children.

Mark 10:13-16 People were bringing little children to Jesus to have him touch them, but the disciples rebuked them. When Jesus saw this, he was indignant. He said to them, "Let the little children come to me, and do not hinder them, for the kingdom of God belongs to such as these. I tell you the truth, anyone who will not receive the kingdom of God like a little child will never enter it." And he took the children in his arms, put his hands on them and blessed them.

GIVING

God gave Himself for us and inspires us to give ourselves for others.

Romans 12:4,5, "Just as each of us has one body with many members, and these members do not all have the same function, so in Christ we who are many form one body, and each member belongs to all the others. We have different gifts, according to the grace given us."

RECEIVING HOLY COMMUNION

Through Holy Communion we discover and receive grace.

I Corinthians 10:16 Is not the cup of thanksgiving for which we give thanks a participation in the blood of Christ? And is not the bread that we break a participation in the body of Christ?

BEING PEOPLE OF THE WORD

Our standard containing all that is necessary for salvation.

Hebrews 4:12, "For the word of God is living and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart."



INTRODUCTION TO LIFE GROUPS

Why Life Groups?

Life groups are the essential building block of Christ Community Church providing the place for both Community and Mission Impact so that we can truly build a community where people can “Know Christ”.

Life groups provide robust Community by providing a place to practice the Christian life together. In Life groups you can be known and loved for who you are currently while being challenged to grow into the person God designed you to be. You can practice the Christian Life, learning to understand the Scriptures, care for others, pray effectively, and use your gifts.

Life groups also provide a vehicle for impacting neighborhoods for Jesus. No single person has all the gifts for the Church, it is a Body after all! You see the needs around your homes. You see the way Jesus could change the people you interact with. You have better ideas, goals and dreams for the people in your neighborhood than any bureaucratic system could. So, why not empower you and your Life group of Jesus Followers to help people Know Christ... neighborhood by neighborhood.

Goals of Life Groups:

1. Build Community

- Make group a priority time!
(Meals and Babysitting help facilitate this.)
- Prepare for a “half way decent” lesson every week.
(leaders and participants)
- Pray for and serve your members through the week!
- Volunteer and lead with a team of three.
(Bible Study / Hospitality / Outreach)

2. Outreach

- Pray weekly for friends who don't Know Christ!
- Reach into your neighborhood with practical service to show Christ's love,
- Host one fellowship a month with your group.
- Multiply your group every year!



Group Growth Worksheet

How is your group doing in helping you Know Christ? Take a moment to look at the Introduction to Small Groups. How good is your group at meeting those goals? When we talk about Knowing Christ through Worship, Experience, and Sharing, is there a gap between what your group is doing and what you dream your group could do?

Using the bracket below, write down what you dream your small group could be in terms of Worship (on Sunday or in group time), Experience (of forgiveness, grace, and prayer); and Sharing (of your gifts, and your faith). ... taking notice of the goals that are stated. Write those things down on the right side. Then list where you are right now. What's going right and what's not going happening? What's on the bottom of your groups “task list” that you're hoping you won't have time for? What is challenging for your group? Where are you hitting it “out of the ballpark?” After you've written those things down, list in the middle one or two actions that would help your group get closer to where you want to be. Make those your goals for this Discipleship Journal.

Now

Goal



Individual Growth Worksheet

As you think about your individual growth as a Christian (or a seeker!) how would you rate your satisfaction? Are you doing great or is there something lacking? Often as we take time to evaluate, there is a gap between what we long for and where we are. When we talk about Knowing Christ, we define that through Worship, Experience, and Sharing.

Using the chart below, list where you are right now on the left side of the brackets, in terms of your Worship (in Spirit, Word, and Sacrament); Experience (of forgiveness, grace, and prayer); and Sharing (of your gifts, and your faith). It might be helpful to think of where you are in terms of head (what you know), heart (what you feel), and hands (what you do). On the right side of the page, write down what you'd like to see and experience in your life in terms of Worship, Experience, and Sharing. After you've written those things down, list in the middle one or two actions that would help you get closer from where you are to where you want to be. Share these action steps and goals with your group.

Now

Goal



Life Group Job Descriptions

Group Leader

- Prepare a Bible Study in coordination with Greg
- Recruit and train other leaders including an apprentice/assistant
- Guide group into prayer and worship
- Follow up with those who are missing (Send postcards!)
- Call or email weekly reports to Greg

Apprentice

- Assist the Leader with Bible Studies
- Help the group with prayer and pastoral care.
- Dream, plan, and prepare to multiply the group

Hospitality Coordinator

- Plan weekly meal
- Arrange babysitting
- Organize a monthly fellowship time

Outreach Coordinator

- Creatively plan outreach to the neighborhood (servantevangelism.com)
- Help group pray weekly for friends who don't know Christ (3:1:M)
- Plan and encourage invitations for monthly fellowship time

Time-Keeper – Any one of above... or another

Keep the total time for Life group, including gathering time to 1:45.

- 15 min gathering
- 30 min food
- 15 min worship/prayer
- 30 min Bible study
- 15 min outreach planning



Week 1 Guide – Getting Started

- Read through the “**Discipleship Overview**” and “**Beliefs and Values**” pages for background on our strategies for Knowing Jesus.
- Organize your Life group. Read through the “**Introduction to Life Groups**” page and assign roles as a group.
- **Choose a curriculum** with your pastor’s help. Pray through what your group needs and what your congregation needs and try to build on synergies.
- Work through the “**Week 1 Questions**” individually and then as a group
- Consider forming “**Life Transformation Groups**” or smaller sub groups of the Life Group to help each other grow more.
- **Report Back!** Let your pastor know what’s happening so that he can celebrate, coach, and encourage your group! (A weekly email is a great help!)

Devotional Readings

Sunday	Acts 2:44-47
Monday	Psalms 66:16-20
Tuesday	Romans 12:4-5
Wednesday	Matthew 28:19-20
Thursday	John 16:13
Friday	Hebrews 4:12; 1 Corinthians 10:16
Saturday	Mark 10:13-16



Small Group Questions

Accountability—D N A

Divine Living - Are you building an interactive relationship with God? In your private prayer and devotional time, what are you learning or experiencing? How are you Knowing Christ in worship? Are you reaching your group and individual goals in this area?

1. *What is your picture of the ideal Christian? What one step can you take to grow towards that picture? (Use the “Individual Growth Sheet” on the next page as a guide)*

2. *What one thing can your small group do to become even better? What can you contribute to the group’s growth? (Use the “Group Growth Sheet” on the next page as a guide)*

3. *Who are your five (at least!) 3:1:M friends? What can this group do to support you in your longing to see them Know Christ? What is one seed that you or the group can plant into their life? (Fill out the 3:1:M Sheet)*

Leader’s Note: Record all this information as a way to pray for your group! Report back to small group coach or pastor what you’re excited about your group growing in over the next few weeks...