

A dirt road winds through a field of tall, dry grass. In the background, there are rolling hills and a large, dark, rounded mound. The sky is filled with large, white, fluffy clouds against a blue background. The overall scene is bright and open.

THE WAY OF THE DISCIPLE

/dis-ci-ple/

**WEEK ONE
WORSHEET**

The Way of the Disciple

"Helping people become more and better followers of Jesus."

Overview of Training

Week 1: The Heart of Discipleship – Connect. Imitate. Influence.

Laying the foundation for what discipleship is — and what it's not.

- Overview of **Connect → Imitate → Influence**:
- Learn how the Gospel fuels an other-oriented life
- Reflect on your own journey and how God might use you to invest in others

Big Idea: Discipleship is an invitation to join God's work in others, not as experts, but as faithful, intentional followers of Jesus.

Week 2: Imitate – Building Core Practices

Helping someone grow in spiritual habits — and walk with Jesus for themselves.

- Define and practice core spiritual practices and rhythms
- Learn how to model and invite, not micromanage or overwhelm
- Interactive exercises for helping others take first steps

Big Idea: The best way to lead someone spiritually is to model a life that's walking with Jesus and help them imitate as they grow.

Week 3: Influence – Leading Through Grace, Truth, and Healthy Rhythms

Discipleship is about more than what you say — it's how you live, how you correct, and how you stay healthy in the process.

- Build trustworthy influence through grace, truth, consistency, and presence
- Learn how to correct with gentleness and wisdom
- Set spiritual, emotional, and time boundaries for sustainability

Big Idea: Discipleship that multiplies comes from healthy, trustworthy leaders who walk the path with intention and pace, not pressure.

Week 4: The Disciple's Path – Walking Others Toward Maturity

Putting it all together with a clear, simple framework to walk someone through.

- Hands-on walk-through of The Disciple's Path Workbook
- Practice using story, questions, and rhythms to disciple well
- Reinforce the importance of pace, seasons, and setting expectations

Big Idea: You don't have to guess your way through disciple-making. With prayer, relationship, and the right tools, you can help someone follow Jesus — and prepare them to help others too.



Week 1: The Heart of Discipleship – Connect, Imitate, Influence

“Helping people **become** more and better followers of Jesus.”

Definition: Discipleship is intentionally entering into relationships to **help others follow** Jesus, **be changed** by Jesus, and **join the mission** of Jesus.

Why Discipleship Matters

- It begins with God, who is **unchanging**.
- God invites **us to respond** to his call.
- Who, by nature, are **constantly** changing.
- We all live in the **tension** of influence.
- Choosing to make that influence **intentional**, not **accidental**.
- How will you **use your influence**?

***Bible Verses:** Mark 10:45, Deuteronomy 6:6-7, Mark 3:13-14, 2 Timothy 2:2

A **culture** where disciple-making becomes **normal, relational, and generational**.

“²⁸ We **proclaim him**, warning and teaching everyone with all wisdom, so that we may **present everyone mature in Christ**. ²⁹ I labor for this, striving with his strength that works powerfully in me.” - Colossians 1:28-29

The Heart of Discipleship is an **others-oriented life** that labors in the power of God to **proclaim** Christ and **present others mature** in Christ.

Proclaim & Present

- We work in the **present** with eyes set **on the end**.
- How are we helping people **become** more and better **followers of Jesus**?

Our Process

- **Connect** – We believe you grow when you connect with **God** and **others**.
 - **Imitate** – We believe you grow when you imitate the **life of Jesus**.
 - **Influence** – We believe you grow when you influence **others toward** Jesus.
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Connect: Help Others Follow Jesus

1) Build **Relational** Trust

- **Time**
- **Consistency**
- **Curiosity** over **Correction**
- **Vulnerability**
- **Follow-Through**

2) **Assessing** Spiritual Needs

- Learning the art of **asking good questions**.
- Requires **practice**.



Practice Asking Good Questions

Step 1: Pair up

Invite everyone to turn to the person next to them (or group into 3s if needed).

Step 2: The Goal

Your goal in this exercise isn't to fix, teach, or advise. It's simply to *ask thoughtful, spiritual questions* and *really listen* to the answers. Think of yourself as someone trying to understand where this person is spiritually, not where you want them to be, just where they are.

Sample questions you can use:

- *What's one way you've felt encouraged or challenged in your faith recently?*
- *What's something about God you're learning — or want to learn?*
- *What's been your experience with church or spiritual community?*
- *When do you feel closest to God? When do you feel furthest?*
- *Is there a next step you think God might be inviting you to take?*

Encourage you to:

- Pick 1–2 questions
 - Ask *follow-up* questions based on what they hear (“Can you tell me more about that?”)
 - Listen well — not thinking about what to say next, just being present
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Take Home:

- *Building Trust: Personal Diagnostic Tool*
- *Practice Case Studies*



Building Trust: Personal Diagnostic Tool

"Before someone will follow you toward Jesus, they need to trust that you care."

Use this tool to reflect on how you're doing in building relational trust with those around you — family, friends, neighbors, co-workers, or potential disciples.

Instructions: Read each statement below and rate yourself from 1–5:
(1 = Rarely true, 3 = Sometimes true, 5 = Consistently true)

Presence & Availability

- I intentionally make time for unstructured, relational moments with others. ____
- I show up consistently for people, not just when it's convenient. ____
- I respond to messages or needs in a timely and thoughtful way. ____

Your Score (____ / 15)

Curiosity & Listening

- I ask thoughtful, open-ended questions to understand people's lives and stories. ____
- I listen more than I talk in spiritual conversations. ____
- I follow up on things people have shared with me (prayer request, struggle, milestone). ____

Your Score (____ / 15)

Vulnerability & Honesty

- I'm willing to admit weakness and share parts of my own story. ____
- I create a safe space for others to be honest about their struggles. ____
- I avoid pretending to have all the answers. ____

Your Score (____ / 15)

Relational Intentionality

- I pray regularly for people God has put in my life. ____
- I am actively investing in at least one person spiritually. ____
- I view disciple-making as part of my everyday relationships, not just a church activity. ____

Your Score (____ / 15)

Reflection Questions:

- Which area is strongest for you right now?
- Which area needs growth?
- Is there one person you need to pursue more intentionally this week?

Discipleship Assessment Guide

Helping Choose the Right Curriculum

Purpose: This guide helps assess where someone is in their faith journey so we can provide the best discipleship resources and support for their growth.

Tip: Don't just start reading through the list: It's Organic. You can you ahead of time, look through these questions and pick 3-5 as a starting place.

Opening the Conversation

"I'm excited to walk alongside you as you grow in your faith. To help us get started, I'd love to hear about where you are spiritually, what questions you may have, and how I can best support you."

1. Where Are They Spiritually?

Use these categories and questions to help discern where they are in their faith journey.

A. Exploring / Skeptical

(Someone who is not yet a believer but is open to learning or struggling with doubts.)

- Would you say you believe in God, or are you still figuring that out?
- What has shaped your view of faith the most?
- Do you have any spiritual background (church, another religion, none)?
- Do you have any questions or doubts about Christianity?
- What do you think about Jesus?
- Have you ever read the Bible? What has that experience been like?
- What would you need to feel more confident in exploring faith?

Possible Next Steps: Starting Point by Andy Stanley

B. New Believer

(Someone who has recently accepted Christ and is learning the basics of faith.)

- When did you start following Jesus?
- What does being a Christian mean to you?
- Have you been baptized? If not, would you like to learn more about it?
- Do you feel confident in understanding the Bible?
- Do you have a personal prayer life?
- What is most exciting to you about following Jesus? What's been most challenging?

Possible Next Steps: Disciples Path: The Beginning, The Truth



C. Growing Believer

(Someone who has been a Christian for a while and wants to go deeper.)

- How has your faith grown over the past year?
- What spiritual practices (Bible reading, prayer, serving) do you currently engage in?
- Do you feel confident in sharing your faith?
- Are there specific areas where you feel stuck in your spiritual growth?
- How do you handle challenges or doubts in your faith?
- What's one area of your faith you'd love to strengthen?

Possible Next Steps: Disciples Path: The Truth, The Life

D. Disciple-Maker / Leader

(Someone who is spiritually mature and looking to disciple others.)

- How have you discipled or mentored others in the past?
- What has helped you grow the most in your faith?
- How confident do you feel in teaching or leading others spiritually?
- What are the biggest challenges you face in discipling others?
- What areas of leadership or spiritual development would you like to grow in?

Possible Next Steps: Disciples Path: The Call, The Mission

2. Current Spiritual Habits & Practices

Regardless of their stage, these questions will help assess their daily walk with Jesus:

- How do you currently engage with God? (Bible reading, prayer, worship, etc.)
 - What's been the most helpful thing in your spiritual growth?
 - Are you part of a church or small group?
 - How often do you spend time reading Scripture?
 - Do you feel like you understand the Bible, or is it confusing at times?
 - What's one thing you'd like to change or improve in your walk with Jesus?
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3. Community & Accountability

- Do you have Christian friends who encourage you in your faith?
 - How comfortable are you being honest about your struggles with others?
 - Would you like a mentor or accountability partner to walk alongside you?
 - Are there areas of your life where you feel spiritually isolated?
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4. Areas of Growth & Next Steps

- If you could grow in one area of your faith this year, what would it be?
- Are there specific struggles (doubt, sin, life circumstances) that are affecting your faith?
- What's one thing you'd love to see God do in your life through this discipleship journey?

