

Discussion Notes from Jesus + Discipleship - Session

#1

What Is a Disciple?

- A disciple is someone who is held accountable and welcomes accountability in their walk with Christ.
- A disciple is someone who desires to learn and grow in faith, character, and practice.
- A disciple walks side by side with another person, learning through relationship and shared life.
- A disciple is a follower of Jesus who seeks to know Him more deeply and imitate His way of life.
- A disciple is a student of Scripture—an expert-in-training in the Word of God.
- A disciple engages their whole self—mind, heart, and body—as a thinker, feeler, and doer of truth.
- A disciple loves Jesus and orders their life around that love.
- A disciple multiplies faith by investing in others—discipling people who will also disciple others.
- A disciple is the hands and feet of Jesus on earth, serving others with compassion and humility.
- A disciple lives sacrificially, following Jesus' example of self-giving love.
- A disciple practices *apprenticeship*—watching how to live faithfully, spending time with mentors, practicing spiritual habits, and receiving ongoing guidance.
- A disciple is a leader who can say with integrity, “Follow me as I follow Christ.”
- A disciple can be anyone—from leaders like Peter and Francis Chan to everyday people in our church who faithfully follow Jesus.

What Discipleship Challenges Are You Facing?

- There is often a social stigma around discipleship plans; some view being disciplined as punitive rather than formative.
- Scheduling and time constraints make consistent discipleship difficult.
- People are busy and struggle to make spiritual growth a priority.
- Group leaders often feel they need more guidance and clarity on how to disciple others effectively.
- Many leaders don't always know where to begin when starting the discipleship process.
- Some people resist discipleship altogether, believing they don't need help or accountability.
- Leaders sometimes feel like the "vortex" of the group—constantly pulled into every need or conflict.
- There is a recurring feeling of failure or inadequacy as a disciple or group leader.
- Younger leaders may feel too inexperienced or too young to lead others spiritually.
- Discipleship can feel intimidating, especially when it involves holding others accountable to show up and grow.
- The scope of need can be overwhelming; it's hard to know where to focus energy and care.
- It's challenging to prioritize people's spiritual needs when everyone's life circumstances differ.
- Leaders must continually adjust expectations for themselves as both disciples and disciplers.
- There is pressure to meet the many different needs and expectations of group members, which can feel exhausting and unclear at times.

