



# SEVEN STRONG

Seven Strong is an 8-week discipleship journey designed to move us from simply believing in Jesus to truly following Him. Beginning with an introduction to what it means to be a disciple, we will then explore seven essential spiritual dimensions—Bible, Holy Spirit, Mission, Prayer, Worship, Service, and Generosity. Each week helps us grow deeper, live stronger, and become more like Christ as we build a faith that lasts.

## Seven Strong — Week 1

### What is a Disciple?

#### Big Idea

Discipleship is not just believing in Jesus — it is following Him, learning from Him, and becoming like Him.

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### 1. The Noise of a New Year

- Culture constantly tells us to start over
- Jesus asks one unchanging question:  
“Are you My disciple?”

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### 2. The Wrong Questions

- *Do you believe in God? (James 2:19)*
- *Are you a good person? (Mark 10:17–18)*

- **What church do you go to? (John 8:31–32)**

**Truth: Belief, goodness, and attendance do not equal discipleship.**

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### **3. What Is a Disciple?**

**A disciple is:**

- **A Follower — goes where Jesus leads**
- **A Learner — sits under Jesus' teaching**
- **An Imitator — becomes like Jesus**

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### **4. The Seven Dimensions of a Disciple**

**These shape how we grow as followers of Christ:**

- 1. Bible — Living by God's truth**
- 2. Holy Spirit — Living in God's power**
- 3. Mission — Living on God's purpose**
- 4. Prayer — Living in God's presence**
- 5. Worship — Living for God's glory**
- 6. Service — Living as God's hands**
- 7. Generosity — Living with God's heart**

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### **5. Jesus Modeled All Seven**

**In His final days, Jesus lived out every dimension—obedience, prayer, service, sacrifice, and love.**

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### **Communion Reflection**

**Will I simply believe in Jesus...  
or will I truly follow Him?**

**Seven Strong is about becoming a disciple who stands firm when it matters most.**