



Session 1 | “What is ‘Discipling’ According to Jesus”

Book Chapters 1-2 | Matthew 4:19, Matthew 28:19-20

BIG Goal | To begin discipling our family and friends the way Jesus disciplines His followers in the gospels.

Today’s Goal | To clarify what “discipling” is according to Jesus in the gospels.

Watch video session #1 and then process questions and insights with the following:

The overall goal of this video training curriculum is to clarify how Jesus disciplines His followers in the gospels so we can disciple our family and friends in the same way. In the video’s introduction, we hear the following:

“Jesus is on a mission and you’ve been joining Him. You’ve learned a lot. You’ve learned to watch for what He’s up to, and to care about the people around you. You’ve learned the value of offering little seeds of His grace and laughter and kindness and truth. You’ve learned what Jesus can do when you spend unhurried time with your neighbors. So, what’s next? It’s time to show your family and friends what you’ve been learning. In fact, it’s important that you do. Believe it or not, showing others how to join Jesus on His mission is what the Bible calls “making disciples,” and it’s the next step in your mission training with Him. Are you ready? Then let’s go with Jesus so He can show us how to disciple our family and friends.”

- 1) What have you been learning as you have been joining Jesus on His mission?
- 2) The Finke’s say that showing our family and friends what we’ve discovered about joining Jesus on His mission is an important part of the process Jesus calls “making disciples.” Where did they get that idea?
- 3) Is your first emotion fear as you think about discipling your family or friends? According to the video, where does your fear probably come from?
- 4) The goal of Session 1 is to clarify what “discipling” is according to Jesus. What insights did you gain about discipling during the video?

- 5) What are some synonyms we can use for the word “discipling?” How do these synonyms help you understand what “discipling” is?
- 6) So, when we say Jesus is “discipling” Peter and Andrew in the gospels, we are simply saying that Jesus is taking His “apprentices” through a “training process” to help them develop skills for joining Him on His mission.

We can sum it up this way:

“Discipling is Jesus’ training process for showing the people of God how to participate in the mission of God as a daily lifestyle.”

- When you heard this summary on the video, what was your reaction?

Before We Go

(Note: It may be helpful to break into groups of three for this.)

Insight to Action

What was the most significant insight you had as a result of today’s video and discussion? Can you take your insight and turn it into a plan for action in the coming week?

Write down your insight and plan for action:

Take **60 seconds** to have each person share their response with the group.

Ministering through Prayer

As we prepare to head out with Jesus, have each person ask the next person, “**How can I help you in prayer?**” After everyone has had a turn to answer, each person then prays for their neighbor.