



Session 4 | “What is a Disciple According to Jesus?”

Book Chapters 9-10 | Matthew 4:19, John 13:35, Luke 6:40

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

Today’s Goal | To see what a disciple is and what a disciple does according to Jesus in the gospels.

Watch video session #4 and then process questions and insights with the following:

- 1) The Finke’s tell the story of an elder of a congregation who once asked his pastor, “If we’re supposed to make disciples, what is one?”
 - Now that you have watched the video, how would you answer the elder’s question?

- 2) Why is it so important to be able to answer this question clearly and simply?

- What implications does the answer have for discipling your family and friends?

(Hint: If we clarify what we want them to be and do by the end of the process, we are in a better position for knowing the best way to get there.)

- 3) Of course, the best person to answer the question is Jesus in the gospels. Here’s one way to sum up what Jesus shows us:

A disciple

- follows Jesus (why?)
- in order to become *like* Jesus (how?)
- through baptism *into* Jesus and training *by* Jesus (to what end?)
- to participate *with* Jesus on his mission as a daily lifestyle (is that all?)
- and show others how to do the same.

What questions do you still have about what a disciple is?

4) Now, what does Jesus train His disciples to actually do?

In the gospels, we see Jesus training people by having them follow Him so they can watch how He lives out His teachings for the good of others as a daily lifestyle. By doing that, His followers can then imitate His lifestyle and start making it their own. As we think about crafting our own discipling plan, we can have our family or friends do the same thing. They can open the gospels, watch first-hand how Jesus lives out His teachings, and then imitate His lifestyle and start making it their own.

“The 5 Lifestyle Practices of Jesus” were presented in the video as a summary for what Jesus is doing in the gospels which He wants us to imitate:

- a) Jesus remembers His true identity and mission.
- b) He seeks the kingdom.
- c) He submits to His Father’s timing and purpose.
- d) He freely gives from the abundance He has already received from His Father.
- e) He shows others how to do the same.

It may seem like Jesus has a thousand different practices for us to imitate. But these are His primary lifestyle practices out of which flows a simple, redemptive lifestyle for the good of others.

- As you watched the video, what were some of your thoughts regarding the Lifestyle Practices of Jesus? What made sense?

- What implications do the Lifestyle Practices of Jesus have for discipling your family and friends?

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.