

5-Questions To Encourage Disciples

And Disciple-Making

With Group Study

Vol.2

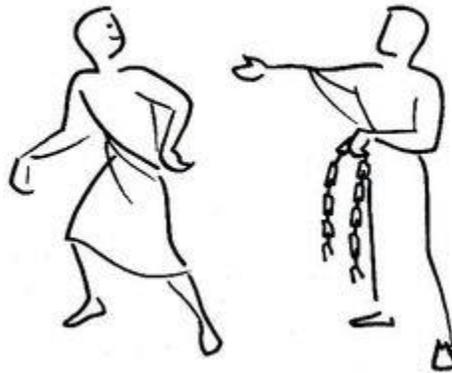


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Unless otherwise indicated, all Scripture references are from the Christian Standard Bible (CSB Text Edition: 2020).

Introduction

Introduction

Sometimes it's the few things, practiced well, that lead to big changes, even *big change movements*.

Think about a big change you've made in your life. Maybe it was a healthy lifestyle change, you made some adjustments to your diet and started moving more, and those small changes made a big difference. But what really made the difference was a word we don't like much today. That word is *discipline*.

Small changes made in a disciplined fashion, with consistency and regularity, can lead to big things.

Godly disciples lead disciplined lives with consistency and regularity focused on the things of God.

So, how does one implement the things of God in such a way? What does one choose to focus on? The Bible contains many do's and don'ts. Do they all need to be mastered before we can be a disciple?

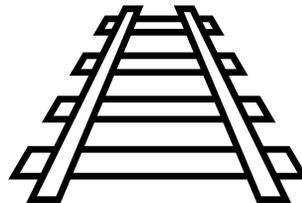
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Why five?

You may have noticed that most of us have five fingers on each hand, and often the same number of toes on each foot to match. So let us begin focusing on five disciplines to being a disciple. We will be encouraged to put to practice these five disciplines with consistency and regularity by using five simple questions.

For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline.

2 Timothy 1:7 (NLT)



The Significance of Last Things

The Significance Of Last Things

Jesus left His disciples with a command:

¹⁸ Jesus came near and said to them, “All authority has been given to me in heaven and on earth. ¹⁹ Go, therefore, and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, ²⁰ teaching them to observe everything I have commanded you. And remember, I am with you always, to the end of the age.”

Matthew 28:18-20

Let's take a closer look:

Read Matthew 28:18 again and ask these questions:

- How much authority?
- Where is this authority?
- Who has the authority?

So, whatever Jesus is about to tell His disciples, and by extension us, it's pretty significant that there be follow-through with what He commands.

Matthew 28:19-20 is referred to as *The Great Commission*. A commission is defined as a command to act or to perform prescribed acts. To act in the prescribed manner commanded, we need to know exactly what this command is.

The Great Commission Command is to...

Go, therefore, and make disciples of all nations.

Miriam-Webster defines *disciple* as: *one who accepts and assists in spreading the doctrines of another.*

Our *doctrine* is the gospel and our *another* is Jesus.

Therefore, a Christian disciple is *one who accepts and assists in spreading the gospel of Jesus Christ.*

So, the “what” is *make disciples*, the “where” is *all nations*, but the “how” has two parts, hence the commas in verse 19.

Making Disciples How #1: *Baptizing Them...*

Command: **Evangelize**



Baptism is a picture, a culmination, a metric, of a disciples' accepted gospel spreading. I.e., Evangelism.

Read Romans 10:13-14

¹³ For everyone who calls on the name of the Lord will be saved.

¹⁴ How, then, can they call on him they have not believed in? And how can they believe without hearing about him? And how can they hear without a preacher?

The metric here is “*calls on His name*” and if we read these verses in chronological order, it starts because someone is preaching (sharing the good news, the gospel).

The command is to spread the Gospel by **evangelizing**. And, if they accept, we baptize them.



Making Disciples How #2: *Teaching them to observe everything I have commanded you.*

Command: **Teach Obedience**

This is a command to **teach obedience** to commands. A bit cyclical, but obedience is another metric. You obey or you don't. We can observe obedience. But *everything* Jesus commanded? How long is that list?

In Matthew 22:36 Jesus is asked, “*Teacher, which command in the law is the greatest?*”

Jesus responds with what we call *The Great Commandment(s)* in Matthew 22:37-40.

³⁷ He said to him, “**Love the Lord your God with all your heart, with all your soul, and with all your mind.** ³⁸ This is the greatest and most important command. ³⁹ The second is like it: **Love your neighbor as yourself.** ⁴⁰ All the Law and the Prophets depend on these two commands.”

Look at verse 40 again: “*All the Law and the Prophets.*”



The 5-Questions

All the Old Testament. All of God's Word at that time could be wrapped up in two commands –

Love God and love your neighbor.

Jesus is not stating anything new. He is quoting from Deuteronomy and Leviticus and these two commands that Jesus quotes are written throughout these two books of the Law. If you follow these two commands, all the laws and commands will be easy to follow and obey.

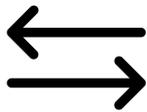
The Two Love Commands:

Love Command 1: Love God



How can we express our love to the creator of all things? Well, since we were made to be His image bearers (Genesis 1:26) and saved to be His ambassadors (2 Corinthians 5:20), it requires that we develop a close relationship with him. That requires spending time with Him, getting to know Him. To do so, He's given us His Word and Holy Spirit. Therefore, we need to spend intentional, observable time with Him in His Word and in prayer.

Love Command 2: Love Your Neighbor



While the world's definition of love may be based on a feeling (I love pizza) or conditions (I would love you if...), God's love is based on action (John 3:16). As He directs His love towards us, He expects us to direct our love towards Him – in action, not lip service. We show this love by obeying Him in how we treat other people – to *love your neighbor as yourself*.



The 5-Questions

The Great Commands:

A. Love God

B. Love Your Neighbor

C. Go Make Disciples by Evangelizing and Teaching Obedience

5

From these commands we can encourage one another to put into practice five disciplines with consistency and regularity by using five simple, measurable questions.

(Note: A specific time period should be stipulated along with each question. E.g., "In the last week...")

The 5-Questions:

Love God	<ol style="list-style-type: none"> 1) Did you spend specific personal time in God's Word, the BIBLE? 2) Did you spend specific time in PRAYER with God – not just for meals?
Love Your Neighbor	<ol style="list-style-type: none"> 3) Did you do something specific to show God's LOVE to someone?
Make Disciples by Evangelizing and Teaching	<ol style="list-style-type: none"> 4) Did you intentionally share the GOSPEL? 5) Did you TEACH anyone how to be a disciple? (E.g., Teach those you know to read God's Word, pray with God, love others, share the gospel, and teach those who accept to do the same with others. 2 Timothy 2:2)

The 5-Questions in Practice

Partner-up: Disciple-Making is not something you do on your own. You will need at least one partner. It can be done in a small group or family unit, but keep in mind, this is intended to be a brief but transparent interaction. Partnerships should be of the same gender.



Logistics: You will meet regularly with your group or partner(s), so you need to determine what regularly means. (We will use a regularity of one-week in our examples.) A meeting location must be specified. Meetings can be done over the phone or other apps, but a face-to-face should happen at least monthly.



Process: Partners ask the five questions of each other and assess each of the responses:

1. Did you spend specific personal time in the BIBLE each day this past week?
 - This is a “Yes” or “No” question. Any hesitations or “Well...” responses are a “No.”
2. Did you spend specific time in PRAYER each day this past week – not just for meals?
 - This is a “Yes” or “No” question. Any hesitations or “Well...” responses are a “No.”
3. Did you do something specific to show Godly LOVE to someone this past week?
 - If so, the partner briefly shares the encounter(s).
4. Did you intentionally share the GOSPEL with anyone this past week?
 - If so, the partner briefly shares the encounter(s).
5. Did you TEACH anyone this past week? (E.g., Teach those you know to read, pray, love, share, and teach them to do the same with others. 2 Timothy 2:2)
 - If so, the partner briefly shares the encounter(s).

Now the work begins:

A. **Prayer:** Each partner prays for the other.



- To the areas in which the partner has been obedient to the commands:

Praises are given to God. Encouragement and planning for continued development is raised in prayer.

- To those areas in which there has been no activity:

No matter how or what the partner has done or not done over the past week, this is an intentional prayer of encouragement for the coming week!

B. **Journaling:** It is strongly suggested to keep a journal of these question and prayer times. Activities and interactions are rarely one-and-done affairs and discussion regarding future



interactions can help in planning and follow-up. (E.g., Loving interactions can easily be followed up with gospel sharing.)

C. **Skills Development:** Is there a need for specific training or assistance in any of the five areas?

Session 3: Love Your Neighbor

LOOK BACK: Prayer With God

Question 1: Did you spend specific personal time in the BIBLE each day this past week?

Question 2: Did you spend specific time in PRAYER each day this past week – not just for meals?

- If yes, what was your plan, how did it go?
- If not, repeat Session 2.

LOOK UP: Love Your Neighbor

Read Leviticus 19:18 & 34

18 Do not take revenge or bear a grudge against members of your community, but love your neighbor as yourself; I am the Lord.

34 You will regard the alien who resides with you as the native-born among you. You are to love him as yourself, for you were aliens in the land of Egypt; I am the Lord your God.

Love: The Hebrew word for love is *Ahavah* meaning affection, care, and loyalty. God’s love is so much more than a feeling, it’s an action (John 3:16). Like a parent loving a child, the parent will always love, “no matter what”, even if it’s “tough love.”

In the New Testament, the Greek word for love is *Agape* and refers to a way of treating people that was defined by Jesus himself. In John 15:13, Jesus said, “*Greater love has no one than this, that someone lay down his life for his friends.*”

Love is expressed as the act of putting others before oneself—serving the interest and well-being of another regardless of their response.

In the same way as Jesus laid down His life for us, our purpose is now to receive this love and give it back out to others – to *love your neighbor as yourself.*



LOOK IN: Group Discussion:

(Optional Video: “Agape Love”)



Read Luke 10:30-37

- Who is your neighbor?

List three practical ways to show them love:

1. _____
2. _____
3. _____

LOOK FORWARD:

Circle one practical way to show love from your list and respond how you can put it to practice:

- With Whom? _____
- When? _____
- Where? _____

Read 1 John 4 and apply the four questions from Session 1:

Teaching:	Rebuking:
Correcting:	Training:

Verse 19 says, “*We love because he first loved us.*” What does this mean?

Question 3: Did you do something specific to show Godly LOVE to someone this past week?



Session 4: Make Disciples – Evangelize – Leg 1: God’s Story

LOOK BACK: Love Your Neighbor

Question 1: Did you spend specific personal time in the BIBLE each day this past week?

Question 2: Did you spend specific time in PRAYER each day this past week – not just for meals?

Question 3: Did you do something specific to show Godly LOVE to someone this past week?

- If yes, what did you do and how did it go?
- If not, repeat Session 3.

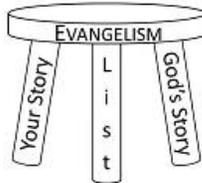
LOOK UP: Make Disciples – Evangelize

Evangelism is a 3-Legged Stool:

Leg 1. Your Story: What You Have Seen & Heard.

Leg 2. God’s Story: The Gospel (His grace to restore our relationship)!

Leg 3. A List: Who needs to hear this good news?



LOOK IN: Evangelism 101

Leg 1: God’s Story

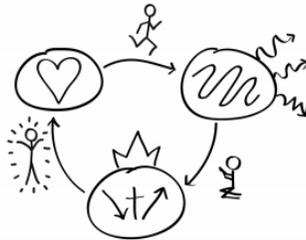
The 3-Circles: Practice

Watch this video and follow along with pen & paper:

vimeo.com/389878453

(Supplies needed: Paper or plastic tablecloths (Dollar Store party section), Pens or dry erase markers (one for each participant).

We will look at the first leg of the Evangelism stool, God’s Story. To tell His story we will use the 3-Circles. Let’s watch this short video. (Watch the 3-Circles video.)



Group Study

(Give each participant a pen and paper or put the tablecloths on the table and give each participant a marker.)

Now we will watch the video a second time and as we watch you will draw the 3-Circles on the tablecloth.

(Pause the video often to give the participants time and to reinforce the concepts, putting each in your own words and giving practical examples. Make sure everyone can explain each concept and give personal anecdotes or examples. Talk about the “churchy” words we might use. Ex: Turn = Repentance).

Re-ask the 3-Questions from the end of the video.

Finally, partner up. Each participant explains their drawing to their partner and re-asks the 3-Questions from the end of the video.

LOOK FORWARD:

- Discuss: Who can you share the 3-Circles with this week?

- When: _____ Where: _____
- Pray for one another to follow-through.

Question 4: Did you intentionally share the GOSPEL with anyone this past week?



Session 5: Make Disciples – Evangelize – Leg 2: Your Story

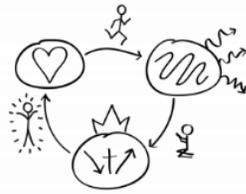
LOOK BACK: Love Your Neighbor

Question 1: Did you spend specific personal time in the BIBLE each day this past week?

Question 2: Did you spend specific time in PRAYER each day this past week – not just for meals?

Question 3: Did you do something specific to show Godly LOVE to someone this past week?

Question 4: Did you intentionally share God’s Gospel (the 3-Circles) with anyone this past week? If so, share in one or two sentences what happened.



- If yes, what did you do and how did it go?
- If not, repeat Session 4.

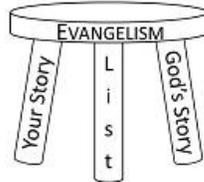
LOOK UP: Make Disciples – Evangelize

Evangelism is a 3-Legged Stool:

Leg 1. Your Story: What You Have Seen & Heard.

Leg 2. God’s Story: The Gospel (His grace to restore our relationship)!

Leg 3. A List: Who needs to hear this good news?



LOOK IN: Evangelism 101

Leg 2: Your 15-Second Testimony. Watch this video to prepare and practice, practice, practice: vimeo.com/419998882

NOTE: Each participant will need a piece of paper and a pen. Have them partner-up. Then give instructions specifically as learned from the video.

Intro	← Before	But Then Jesus...	→ Now	Ask
There was a time in my life...	When I was/felt... _____ _____	_____ And I chose to... _____	Now I am/have... _____ _____	Do you have a story like that?

After you have volleyed your final 15 second testimonies. Share with your partner *why* you picked those two “Before” words and *why* you picked those two “Now” words.

LOOK FORWARD:

- Discuss: Who can you share your 15-second Testimony with this week?

○ When: _____ Where: _____

- Pray for one another to follow-through.

Question 4: Did you intentionally share the GOSPEL with anyone this past week?



Session 6: Make Disciples – Evangelize – Leg 3: A List

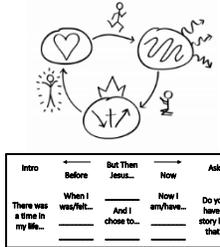
LOOK BACK: Love Your Neighbor

Question 1: Did you spend specific personal time in the BIBLE each day this past week?

Question 2: Did you spend specific time in PRAYER each day this past week – not just for meals?

Question 3: Did you do something specific to show Godly LOVE to someone this past week?

Question 4: Did you intentionally share The Gospel – God’s Story (the 3-Circles) or your story (15-second testimony) – with anyone this past week? If so, share in one or two sentences what happened.



- If yes, what did you do and how did it go?
- If not, repeat Session 5.

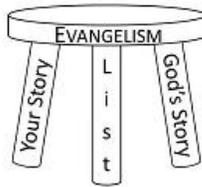
LOOK UP: Make Disciples – Evangelize

Evangelism is a 3-Legged Stool:

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LOOK IN: Evangelism 101

Leg 3: A List

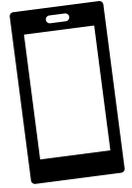
If you don’t know who to share the Gospel with, you probably won’t share with anyone.

Who do you know who needs to hear your story?

Group Study

Get out your phone and open two apps: Your **Contacts** and a **Note-taking App** (or prepare to write on the lines below).

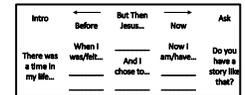
Scroll down your contacts list and choose 10 people who need to hear Your Story – your 15-Second Testimony. You decide who needs to hear. Put these 10 names in your Notes App. Title this note page, *“Those who need to hear.”*



- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

LOOK FORWARD:

- We are going to pray for your list of 10, and as we pray, we are going to ask the Holy Spirit to place three names from your list specifically on your heart. When we finish praying, you will highlight or circle those three. Let’s Pray.
- Make plans to share your 15-Second Testimony with your three this week.
- Pray for one another to implement these plans.



Question 4: Did you intentionally share the GOSPEL with anyone this past week?



Session 7: Make Disciples – Teach

LOOK BACK: Make Disciples – Evangelize

Question 1: Did you spend specific personal time in the BIBLE each day this past week?

Question 2: Did you spend specific time in PRAYER each day this past week – not just for meals?

Question 3: Did you do something specific to show Godly LOVE to someone this past week?

Question 4: Did you intentionally share The Gospel – God’s Story (the 3-Circles) or your story (15-second testimony) – with anyone this past week? If so, share in one or two sentences what happened?

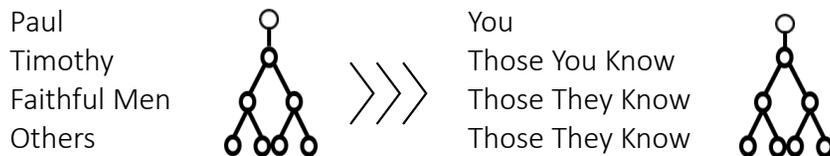
- If yes, who did you tell and how did it go?
- If not, repeat Session 6.

LOOK UP: Make Disciples – Teach

Read 2 Timothy 2:2 (CSB)

What you [Timothy] have heard from me [Paul] in the presence of many witnesses, commit to faithful men who will be able to teach others also.

There are four levels in this verse:



So, who do we teach?

Last session we asked for a list of five people you know. Start there and then ask, “Who do they know?”

This week, pray for those you know and those they know.

LOOK IN: What do we teach?

Matthew 28:20a

***Teaching** them to observe [obey] everything I [Jesus] have commanded you.*

- What did Jesus Command His disciples to do?

Matthew 22:37-40

³⁷ He said to him, “Love the Lord your God with all your heart, with all your soul, and with all your mind. ³⁸ This is the greatest and most important command. ³⁹ The second is like it: Love your neighbor as yourself. ⁴⁰ All the Law and the Prophets depend on these two commands.”

Matthew 28:19

*Go, therefore, and **make disciples of all nations, baptizing them into the name of the Father and of the Son and of the Holy Spirit.***

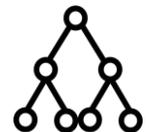
- This booklet is an excellent starting point to teach the commands of Christ to others you know.
- Who do you know who needs to be taught the three commands? Start with your names from last week.

1. _____
2. _____
3. _____
4. _____

LOOK FORWARD:

- Circle two from the list above and plan to teach them, starting with Session 1.

Question 5: Did you TEACH anyone this past week? (E.g.: How to put to practice one of the five questions.)



Session 8: Measuring Obedience

LOOK BACK: Make Disciples – Teach

In these past 7 sessions, we’ve discussed the importance of daily Bible reading and prayer and having a plan to do it. We discussed the need to show Godly love to those around us, no matter their origin. We talked about evangelism and practiced how to share God’s Gospel using the 3-Circles. We talked about evangelism again and how to use our personal salvation stories – our testimonies – to share the gospel. We talked about who to share with by making a list of those who need to hear our God story. And last week, we discussed what to teach those who respond to the Gospel.

Get with a partner – preferably of the same gender – and prepare to follow **The 3-Step “1-on-1 Encouragement” Process** on page 15. Start by reading Hebrews 10:24-25 together and discuss what it means.

Then, go through the three steps and complete the Scorecard:

1-on-1 ENCOURAGEMENT		Date: _____
 Y / N	 Y / N	 _____
 _____	 _____	

LOOK UP: Measuring Obedience

Jesus said in Matthew 7:21; *Not everyone who says to me, ‘Lord, Lord,’ will enter the kingdom of heaven, but only the one who does the will of my Father in heaven.*

In Luke 6:46 it’s recorded this way; *Why do you call me ‘Lord, Lord,’ and not do what I tell you?*

James would later write in James 1:22; *But be doers of the word, and not hearers only, deceiving yourselves.*

LOOK IN: Discussion

- Share your scorecard results with the group.
 - Give praise for obedience.
- Pray encouragement for one another going into the next week and into the future.
- Talk about how you might start your own 5-Questions Group Study. Brainstorm, share details, and put together a plan to begin your own 8-Session, 5-Questions study.
- Whatever you do next with your group, plan on spending the first five minutes of each group session going through *The 5-Questions* with a partner using the outline and scorecards on pages 27 & 28. Afterwards, share with the group the little victories group members have as an encouragement to one another.



Helpful Tools

The following pages have two simple tools to help anyone with the 5-Questions process.

1. The 3-Step “1-on-1 Encouragement” Process.

On page 27 is a process for use by small groups. It is typically applied after a time of initial fellowship.

It is common that after the 1-on-1 process is completed, positive results are shared with the group for encouragement and praise.

2. The 1-on-1 Encouragement Scorecard.

1-on-1 ENCOURAGEMENT Date: _____	
 Y / N	 Y / N
 _____	_____
 _____	 _____

The scorecard can be used by anyone at any time and is a useful tool in both groups and for keeping a journal.

To use the scorecard, simply circle Y or N for the first two questions and fill in the blanks with the names of those you interacted with for the last three questions. Details can be written in your journal. The 3-Step process on page 15 is a great place to begin learning how to use the Scorecard.

Printable Scorecards can be found on page 16.



The 3-Step “1-on-1 Encouragement” Process

And let us consider one another in order to provoke love and good works, not neglecting to gather together, as some are in the habit of doing, but encouraging each other, and all the more as you see the day approaching.
Hebrews 10:24-25

1. Partner-up: Partners should be of the same gender. If there is an odd number three is okay but work swiftly.
2. Partners ask each other these five questions:

	1) Did you spend specific personal time in the BIBLE <u>each day</u> this past week?	These are “Yes” or “No” questions. Any hesitations or “Well...” responses are circled No.
	2) Did you spend specific time in PRAYER <u>each day</u> this past week – not just for meals?	
	3) Did you do something specific to show Godly LOVE to someone this past week?	<ul style="list-style-type: none"> • If so, the partner briefly shares the encounter(s) with their partner and, on the provided line, writes the name(s) of the person(s) they showed love to, shared the gospel with, or taught. • If not, leave the line blank.
	4) Did you intentionally share the GOSPEL with anyone this past week?	
	5) Did you TEACH anyone this past week? (E.g., Teach them to read, pray, love, share, and teach them to do the same with others. 2 Timothy 2:2)	

3. Each partner prays for the other: No matter how or what the partner has done over the past week, this is an intentional prayer of **encouragement** for the coming week!

Helpful Tools

1-on-1 ENCOURAGEMENT Date: _____

 Y / N  Y / N  _____

 _____  _____

1-on-1 ENCOURAGEMENT Date: _____

 Y / N  Y / N  _____

 _____  _____

1-on-1 ENCOURAGEMENT Date: _____

 Y / N  Y / N  _____

 _____  _____

1-on-1 ENCOURAGEMENT Date: _____

 Y / N  Y / N  _____

 _____  _____

1-on-1 ENCOURAGEMENT Date: _____

 Y / N  Y / N  _____

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1-on-1 ENCOURAGEMENT Date: _____

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1-on-1 ENCOURAGEMENT Date: _____

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