

**VICTORY FAMILY CENTRE
LIFE IN THE WORD - LEVEL I
FOUNDATIONS OF NEW LIFE IV
(PRINCIPLES OF DISCIPLING)
TEACHER'S NOTES**

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**VICTORY FAMILY CENTRE
FOUNDATIONS OF NEW LIFE IV
TEACHER'S GUIDE**

Welcome to your guide to Foundations 4. We hope that this Teacher's Guide will be useful to you as you teach your disciple this fourth series of 12 lessons on Principles of Discipling. This course is a follow up to Foundations 3.

COURSE OVERVIEW

The lessons in the Foundations 4 course can be broadly divided into three distinct units:

- Christian living
- Key doctrines
- Practical Christianity

As you teach each lesson, keep these units in mind and the overall big picture of Foundations 1 to 4.

	LESSON THEMES	LESSONS
FOUNDATIONS 1	Basic Christian Doctrines and Practices (Part 1)	
FOUNDATIONS 2	Basic Christian Doctrines and Practices (Part 2)	
FOUNDATIONS 3	Principles of Witnessing	
FOUNDATIONS 4	Basics of discipling	1 - 4
	Understanding discipling and the disciple	5 - 9
	Characteristics of discipling	10 - 12

Table 1: Breakdown of lessons and themes in Foundations 4.



LESSON OVERVIEW

In each lesson, there will be key concepts that you want your disciples to learn and apply. Most of these concepts can be applied practically. You may wish to conduct role-plays and set tasks for your student each week (e.g. discipling a new convert, encouraging a friend, etc).

	LESSON	KEY CONCEPT(S)	KEY APPLICATION(S)
BASICS OF DISCIPLING	1: Introduction to Discipling	<ul style="list-style-type: none"> • Reasons for discipling • Methods of discipling 	<ul style="list-style-type: none"> • All of us need to be disciplined to guide us in our relationship with God and to become more like Christ.
	2: Responsibility and Accountability	<ul style="list-style-type: none"> • Areas of responsibility and accountability of a discipler 	<ul style="list-style-type: none"> • Discipling is a responsibility and we are accountable to God and the church for all that we say and do.
	3: Dedicated Involvement	<ul style="list-style-type: none"> • Discipling requires time and effort • Discipling involves putting others first before ourselves 	<ul style="list-style-type: none"> • We should expect to make some sacrifices when we disciple someone else.
	4: The Principle of Association	<ul style="list-style-type: none"> • Discipling involves the cultivation of a strong personal relationship 	<ul style="list-style-type: none"> • We should share whatever God has given us with our disciple in order to develop a fruitful relationship.
UNDERSTANDING DISCIPLING AND THE DISCIPLE	5: The Servanthood of a Disciple	<ul style="list-style-type: none"> • Modelling after Jesus, the exemplary servant 	<ul style="list-style-type: none"> • We can't be a disciple if we do not understand servanthood. Discipling involves serving.
	6: Parenthood	<ul style="list-style-type: none"> • A discipler protects, protects and prays for his/her disciples 	<ul style="list-style-type: none"> • If we want our disciples to grow up strong, we ought to protect, provide and pray for them.
	7: Needs of the New Believer (Part 1)	<ul style="list-style-type: none"> • Basic needs and personal development of a new believer 	<ul style="list-style-type: none"> • We need to help our disciples develop intimacy and consistency in their walk with God.



	LESSON	KEY CONCEPT(S)	KEY APPLICATION(S)
UNDERSTANDING DISCIPLING AND THE DISCIPLE	8: Needs of the New Believer (Part 2)	<ul style="list-style-type: none"> Developing the new believer as a member of the church 	<ul style="list-style-type: none"> We need to take active steps to teach our disciples in being a responsible member of the church.
	9: Needs of the New Believer (Part 3)	<ul style="list-style-type: none"> Process benchmarks of a new believer's development 	<ul style="list-style-type: none"> Use the timeline for disciple development to gauge where our disciples are at and whether they are making good progress.
CHARACTERISTICS OF DISCIPLING	10: The Structure and Process of Discipling in VFC	<ul style="list-style-type: none"> Discipling timeline in the VFC context 	<ul style="list-style-type: none"> It is our job to ensure our disciples move from one level to the next and be engaged fully in the three areas of our Christian Development Programme.
	11: Marks of a Disciple and A Discipler	<ul style="list-style-type: none"> Characteristics of a disciple and a discipler 	<ul style="list-style-type: none"> We need to embody the characteristics of a discipler and help our disciples to grow in these areas.
	12: The Blessedness of Discipling	<ul style="list-style-type: none"> The spiritual and emotional blessings of discipling 	<ul style="list-style-type: none"> While there are sacrifices in discipling, there are great spiritual and emotional rewards we can look forward to!



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LESSON 1 INTRODUCTION TO DISCIPLING

INTRODUCTION

1. We are commissioned in **Matt. 28:19-20** to go into all the world and preach the Gospel and make disciples.
2. Definition of Discipling:

It is making a duplicate, not just saving someone. It is the process of converting and teaching individuals to accept the Lordship of Christ in their lives. It requires teaching by example and demonstration.

I. EXAMPLES OF DISCIPLING IN THE BIBLE

A. Priests used the principles of discipling

1. Samuel and Eli
2. Taught the law (theory)
3. Taught by example
4. Shown right and wrong

B. Prophets and leaders

1. Elijah and Elisha
2. Moses and Joshua

C. Jesus used the principles

1. His 12 disciples saw how He:
 - a. Lived His life
 - b. Demonstrated the works of His ministry
2. Christ's closer circle of disciples: Peter, James, John.
3. Continual guidance.

D. The New Testament Church

1. The book of Acts:
 - a. Met daily, house-to-house
 - b. Worked with new converts
 - c. No books, tapes, large-scale services
 - d. No church programs, development of social activities
2. Paul mentored Timothy, Silas, Titus. They are not just adding Christians, but:
 - a. Creating soul-winners.
 - b. Making a duplication.



II. DISCIPLINE IS REQUIRED ON OUR PART

- A. Duplicating requires diligence:
 - 1. More time and work
 - 2. Proper planning and care
- B. We must be committed to the job and purpose.
- C. We must be prepared to be examples.
 - 1. There must be something to duplicate.
 - 2. The copy must be correct.
- D. Requires personal sacrifice.

III. DISCIPLING OCCURS IN MANY WAYS

- A. There are 2 aspects of discipling.
 - 1. Structured and Systematic:
 - a. Intense one-to-one concentration.
 - i. For the purpose of spiritual growth
 - ii. For the purpose of leadership development
 - b. Methods used:
 - i. Instruction; demonstration; involvement; evaluation
 - ii. Counsel; training; fellowship.
 - c. Primarily in developing leaders.
 - i. Everyone is viewed as a potential leaders
 - ii. Gospels and Acts record discipling, Epistles don't.
 - 2. Corporate - the Church body ministry
 - a. Spiritual gift (**Ephesians 4:16**)
 - b. Ministry one-to-another (maximum potential exercised)
 - i. Comfort, encourage, build up, live in peace (**1 Thessalonians 4:1-12**)
 - ii. Motivate (**Hebrews 10:24**)
 - iii. Confess sins, pray, not complain (**James 5:9; 13-16**)
 - iv. Prefer, edify, receive, admonish (**Romans 12:3-13; 15:1-7**)
 - v. Care and greet (**1 Corinthians 12:12-26**)
 - vi. Serve (**Galatians 5:13**), submit (**Ephesians 5:21**)
 - c. Entire body has an effect.



- B. Three areas involved in corporate discipling.
 - 1. Celebration - corporate gathering or worship of the total body.
 - a. Worship - reflects our relationship with God.
 - b. Edification.
 - i. Gifted leaders (direct contact with Pastor for direction and instructions).
 - ii. Varied activities.
 - iii. Climate for growth.
 - iv. Exercise of gifts.
 - c. Word - (response to).
 - 2. Sub-congregation (region, division or section).
 - a. Identity.
 - b. Belonging.
 - 3. Cell group
 - a. Self-image
 - b. Attitude
 - c. Intimacy
 - d. Accountability
 - e. Stimulation and encouragement
- C. One-to-One
 - 1. Be physically with person in participation of church activities or functions.
 - a. To teach them.
 - b. Show them by example.
 - 2. Cell groups provide accountability.
 - a. Only disciple through the cell group system (follow-up).
 - b. Direct and continual contact.
 - 3. We are the examples.
 - a. **1 Corinthians 11:1**
 - b. **Philippians 4:9**
- D. Family
 - 1. Leaders to set the example in demonstrating Christian family life.
 - a. **1 Timothy 3:1-5**
 - b. **Titus 1:6-9**
 - 2. Parents to disciple children.
 - 3. Husbands to lead families.



IV. DISCIPLING PRODUCES TRUE CHRISTIANS WHO

- A. Develop a relationship with God.
- B. Teach the "Assembly of believers".
 - 1. Includes all levels of the church
 - 2. New sphere of friends and relationships.
- C. Live for the sake and purpose of God's Kingdom.
 - 1. God's purpose
 - 2. Building the Body
 - a. Get rid of known sin (**Matthew 18:7-9**)
 - b. The Church will discipline leaders if they have:
 - i. Bitterness, hard feelings;
 - ii. Bad attitudes;
 - iii. Anger.

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LESSON 2 RESPONSIBILITY AND ACCOUNTABILITY OF DISCIPLING

I. RESPONSIBILITY

- A. Committed to loving Christ (**John 21:15-16**).
1. Jesus asked: "Do you love me?"
 2. Obedience
 - a. love yields obedience and submissiveness.
 - b. tending His sheep (Christ gave Peter the responsibility of discipling).
 3. Communion - a fellowship and intertwining of hearts.
- B. Heart for the people (care and love for people we're discipling).
1. **Romans 1:11** "I long to see you"
 - a. Not for personal needs.
 - b. "... that I might impart unto you"
 2. **Philippians 1:7, 8, 24-25** "So it is right that I should feel as I do about all of you, for you have a special place in my heart. You share with me the special favor of God, both in my imprisonment and in defending and confirming the truth of the Good News. God knows how much I love you and long for you with the tender compassion of Christ Jesus."
- C. Holy, godly life.
- 2 Timothy 2:21** "If you keep yourself pure, you will be a special utensil for honorable use. Your life will be clean, and you will be ready for the Master to use you for every good work."
1. Not perfect - a progressing life.
 2. **1 John 1:9; Ezra 10:11**
- D. Prayer
1. **Philippians 1:3-5** "Every time I think of you, I give thanks to my God..."
 2. **1 Thessalonians 1:2** "We always thank God for all of you..."
- E. To "bring to perfection"
- Ephesians 4:12** "For the perfecting of the saints, for the work of the ministry ..."
1. Cause maturation to take place.
 2. Only the Spirit can bring life, but you can help arrange for maximum potential.



II. ACCOUNTABILITY

God has committed souls to our trust (1 Timothy 6:20).

- A. The "Almighty" has placed them there - we are responsible for them and must answer for them.
- B. We are "watching for their souls" (Hebrews 13:17).
 - 1. Watching against self.
 - 2. Watching against satanic attack.
 - 3. Watching against attack from other Christians (gossip, criticism, etc.).
- C. We are completely accountable "... as they that must give account"
 - 1. God will question us.
 - 2. Doesn't mean we guarantee their salvation - Paul will account for Demas, and tell God he did everything he could, but Demas made his own choice.
- D. **Ephesians 6:18** "Watching ... for all saints"
 - 1. Are we persevering?
 - 2. Are we in supplication? (Strong, incessant pleading, beyond the "norm")
- E. We must walk worthy of our calling (**Ephesians 4:1-3**).
 - 1. Our vocation is discipling.
 - 2. Are we living to that calling? (meekness, long-suffering, tenderness)
 - 3. It is a body ministry (**v. 3**).
- F. That the disciple progresses healthily.
 - 1. **Ephesians 4:14** "Then we will no longer be immature like children. We won't be tossed and blown about by every wind of new teaching..."
 - 2. In proper doctrine and correct growth.

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LESSON 3 DEDICATED INVOLVEMENT

INTRODUCTION

1. God requires his people to be perfected.
2. **Ephesians 4:11-12; Colossians 1:28-29** ...Therefore discipling new converts is very important and will incur sacrifice on our part. Discipling is what every Christian should be involved in, and not just the responsibility of leaders or full-time workers.

I. TIME

- A. You must spend time with the one being disciplined.
 1. Telephone calls alone are not enough.
 2. Set aside time to disciple them on regular basis.
 3. Take time to be a friend during their hour of need, be their counsellor and be their guide, etc.
 4. Look out for them in services.
 5. Discipling is sacrifice because it means we have less time to spend with others.
- B. Pray daily for the disciple and also pray regularly with him/her.
- C. Take time to prepare for the weekly discipling session.
- D. Prepare yourself before the sharing of lesson and discipling.
- E. We as disciplers should take time for personal training, so as to:
 1. Equip ourselves to minister to our disciples.
 2. We should attend seminars, leadership classes etc.

II. EFFORT

- A. We train our disciples with the aim of transforming their lifestyles.
 1. Behaviour and character should be gradually changed into that of Christ.
 2. This requires time and effort.
- B. This requires us to be truly available to our disciples.
 1. To give them instruction.
 - a. Practical (action)
 - b. Developing behaviour and character traits
 - c. Developing capabilities (ministry skills).
 2. To demonstrate so they can see and learn.
 - a. Must be "with them"
 - b. "On the Job Training"
 - i. In personal evangelism
 - ii. In attending classes
 - iii. In our lifestyles so they can emulate and learn.



- C. It requires planning.
 - 1. Plan how to be involved.
 - a. In activities
 - b. In the weekly sessions we have together
 - 2. The need to evaluate.
 - a. The Word is a guide and a judge
 - b. Evaluation is also finding ways to resolve setbacks
 - c. Encouragement should also be involved

III. WE HAVE TO PUT GOD FIRST (BEFORE OUR JOBS)

- A. There is no question of “no time”.
 - 1. **Luke 17:7-9**
 - a. We are slaves/servants (give definition of “slaves”)
 - b. Jesus is Lord (give definition of “Lord”)
 - c. We are his stewards (give definition of “steward”)
 - 2. **Luke 17:10** It is our responsibility and required of us.
- B. The New Testament church.
 - 1. They were involved daily in sharing and building up each other, “house-to-house”.
 - 2. **Ephesians 4:11-13**
 - a. Pastors not to only evangelise, but to equip God’s people
 - b. Pastors are to prepare the saints to teach. (**Hebrews 5:12**)
 - c. Prepare the saints to be disciplers
 - 3. The saints are to build; the pastor is the architect.
 - 4. This is the plan and process of maturation. (**Ephesians 4:14-15**)
- C. We are responsible to disciple, to train, and
 - 1. Not the pastors, teachers
 - 2. Not the bible schools

IV. WE ARE TO PUT THE DISCIPLE FIRST BEFORE OURSELVES

- A. Their needs are to be seen by us as important (one thing to remember also is that what may seem unimportant to us, may be important to others).
- B. Their schedules are more important.
- C. **Ephesians 4:1, 2** How to carry out our ministry?
 - 1. Lowliness
 - 2. Meekness
 - 3. Long-suffering
 - 4. Being patient and persevering in love



- D. "give and it shall be given to you".
 - 1. We are to give of ourselves.
 - 2. We are to give of all we possess.

V. WE ARE TO LIVE AN EXEMPLARY LIFE

- A. Our life is to be a testimony. **(1 Corinthians 11:1)**
- B. It is to be one of continual self-examination. **(Philippians 4:9)**
- C. We are to study the word.
- D. We are to attend services regularly.
- E. We are to be living testimony.

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LESSON 4 THE PRINCIPLE OF ASSOCIATION

INTRODUCTION

1. In the course of discipling, it is imperative that there is an “association” between the discipler and the disciple.
2. To “associate” with one another means “to be involved in agreement with” one another.
3. “Association” is therefore the “joining together (speaking about the relationship) for a shared purpose”.

DISCIPLING REQUIRES THE CULTIVATION OF A STRONG PERSONAL RELATIONSHIP

Mark 3:13, 14 "... that they might be with Him ..."

It is necessary, that as a discipler, you need to associate with your disciple as:

A. A Parent:

1. Nurtures the child, provides for the child, protects the child, prays for the child
2. Being more mature and more experienced than the child, should be constantly looking out for the welfare of the child.

B. A Friend:

1. “Friend” has as its root idea the thought of love. It is from the Anglo-Saxon word “freon”, meaning “to love”. In old times, it marked the close union of two persons, expressed in the bond of sincere love, being caring, desiring to serve each other, esteeming the other better than yourself. This is not a “top-down” relationship but a horizontal relationship.
2. The Hebrew word translated “friend” signifies an associate and comes from the root word “to pasture”, feeding, sharing. The Greek word for friend comes from the word “lover”, to love.

C. A Teacher:

1. To teach and to train.

2 Timothy 2:2 (elaborate on these verses)

For 3.5 years, Jesus was intimately associated with His disciples. He instructed them, He trained them, put His principles, life and power in them. They were with Him when He did all His great works.

2. Teach - by theoretical instruction.
3. Train - by practical example, putting into practice what is taught.



D. A Model:

1. A transmitter of Christian principles. Jesus and Paul were examples in speech and in lifestyle. Paul said, "Be imitators of me just as I imitate Christ." (1 Corinthians 11:1).
2. We must realise the magnitude of the impact we have on our disciples whether verbally or non-verbally. Whether positive or negative, our ways and attitudes will be transmitted to our disciples.
3. For this reason we must be careful to live transparent lives, not put up facades, not adopt condescending ways, not excuse ourselves from our weaknesses and mistakes etc.

When we are truly open, then our disciples can communicate with us in the most optimum way i.e. heart-to-heart. This will allow such liberty and growth in relating to one another.

CONCLUSION

"Give and it shall be given to you ..."

1. We are to give of ourselves to them.
2. We are to share what God has given to us: be it our intellect, talents, capabilities, etc.

Then we will see the results of a fruitful relationship with our disciple.

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LESSON 5 THE SERVANTHOOD OF A DISCIPLE

INTRODUCTION

Matthew 20:25-28

1. Jesus said that whoever wants to be first must be last, and whoever wants to be served, must first serve.
2. The discipler though seen as an overseer or a mini shepherd, must first serve before he can become a leader.

I. JESUS, THE EXEMPLARY SERVANT (PHILIPPIANS 2:5-7; JOHN 13:4-14)

Christ is our perfect model as a servant. He is the King of kings, Lord of lords, the Son of God, the bright and morning star etc., yet He fully and willingly took on servanthood to serve us, so we can be blessed and receive abundant life.

A. The authority of Jesus

Jesus, after the Last Supper, took off his robe and put on a towel. This should be of great significance to the 12 disciples. Jesus was addressed as "Rabbi" whenever He went into a synagogue. The title of a rabbi was one of the most honoured and distinguished callings in Israel. But He put on a towel (the sign of a servant) and washed the disciples' feet.

B. Jesus came as a servant, not a master

He was there to serve, not to be served. He came to perform the tasks of a servant, not to be waited on.

It shocked the disciples to see Jesus with the intention of washing their feet. In those days, in almost every home, there were earthen jars of water put outside the houses, so that anyone could wash their feet before entering the houses. Footwear then were made of very good leather because walking for many miles and from town to town was a common way of life. Thus, after a long journey, feet would be very dirty, dusty, and smelly. Therefore, it was no wonder that they were shocked that Jesus wanted to wash their feet.

C. Jesus gave a command

Jesus taught all His disciples that as He had shown the example of washing their feet, they likewise were to do the same. We all need to learn the lesson that servanthood will elevate us to the privilege of service and ministry, not elevate us to a position of pre-eminence.



II. THE DISCIPLE, THE SERVANT

- A. The 12 apostles, especially Peter, were shocked, considering Jesus' dignity and position. They still did not understand and thought Jesus was to be ministered to and not to minister.
- B. The disciple needs to be a servant if the needs of sinners are to be met.
- C. To be a disciple is not only to be a servant of Jesus Christ, but also to be a servant of believers in Jesus and all He loves and died for.
- D. Disciples are viewed not in a position of condescending authority, but in a position of responsibility. Responsible for the "flock" under them.
- E. To be a discipler involves service to your sheep when they are in need.
- F. The concept of our Lord is that love and service are interchangeable. The discipler loves his new convert when he serves or ministers to him. "By this shall all men know that you are My disciples, if you have love one for another. In our minds, we should have the concept, "What can I do to help you?", "How can I help?".

CONCLUSION

One may be saved and not be a servant, but one can't be a disciple of the Lord if he is not a servant.

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LESSON 6 PARENTHOOD

I. A PARENT PROTECTS HIS CHILD

A. In the Old Testament

1. When the Egyptians were after the Israelites, God parted the Red Sea and provided a way out for them.
2. **Exodus 19:4** - God punished the Egyptians, and He protected the Israelites and brought them unto Himself "on eagles' wings ..." This phrase portrays care and protection.

B. In the New Testament

1. **Galatians 2:4-5**

Paul protected his disciples from those who infiltrated among them and distorted the truth and insisted on following Jewish regulations and traditions. Paul did not give in to them. He preserved the truth of the Gospel message.

2. In **Galatians 4:19** He cared for his disciples and is in pain for them like in childbirth until Christ is formed in them.
 - a. Natural maternal instinct - God has put within every mother maternal instinct to care for her children. Feelings of protection comes automatically to the mother when she knows her child is in danger, even risking her own life to protect her child.
 - b. This should be the same for every discipler who is caring for a disciple. Protecting them from sin, from the tricks of the evil one and from going the wrong way.

II. A PARENT PROVIDES FOR HIS CHILD

A. In the Old Testament

1. In the wilderness, God provided manna and quails for the Israelites when they did not have food to eat.
2. In the book of Judges when there were no kings to govern the people and the land, God provided judges to guide the people.
3. To guide the people through the wilderness, God provided a pillar of cloud by day and a pillar of fire by night for them (**Exodus 13:21**).



B. In the New Testament

1. In the Old Testament, God provided for His people mainly by meeting their physical needs.

But in the New Testament times, Jesus provided much more than the physical needs of the people. He taught them the way, nurtured them with his teachings, healed the sick, etc. When they were hungry, Jesus fed 5,000 of them with 5 loaves and 2 fish!

2. Paul said that he taught them all he knew so that their growth would not be hindered. He provided for them in the best way he knew how.

1 Thessalonians 2:8 Paul told the believers in Thessalonica that he not only taught them all he knew, he gave them his life as well. He provided for them the best way he knew how.

III. A PARENT PRAYS FOR HIS CHILD

This is one of the most important if not the most important thing a discipler has to do for his disciple.

A. Paul said in **1 Thessalonians 5:17**, “Pray without ceasing.”

1. Paul was stressing the importance of prayer, the power of prayer. Pray for the areas of your disciple’s spiritual life you know he is weak in or needs strength for, pray for his needs, pray for his spiritual eyes to really open so as to understand spiritual truths, pray for him to trust God, and pray for him to grow in the Lord, etc.
2. In **Luke 22:31, 32**, Jesus prayed for Peter so that the devil would not have control over him, that he would stand strong in the midst of adversity. This is good application: Young Christians may come across situations where their faith will be tested. The real test of their faith in God will depend on how they deal with their situations.
3. So, as a discipler, besides teaching, guiding etc., we must also pray for the disciple that God will take over and cause him to be strong.

B. Jesus in prayed that his believers will be in one accord, united (**John 17:21**).

Jesus also prayed to the Father to protect them (**John 17:15**).

Jesus prayed to the Father to cause His children to grow in the faith (**John 17:17**).

Likewise, for us, always bring our disciples before the Lord and pray for them.

CONCLUSION

Just like a parent who wants his child to grow up to be someone he will be proud of, we as disciplers also want our disciples to be Christians committed to the Lord and be people after God’s own heart. Therefore, we have to protect them, provide for them and pray for them.

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LESSON 7 NEEDS OF THE NEW BELIEVER (PART 1)

INTRODUCTION

New believer would have needs. It is therefore very important to spend time with them, about 2 hours a week for personal bible study with them. The first six months is grounding work, establishing a firm foundation for their lasting relationship with the Lord, e.g Foundations 1 & 2 - 2 lessons a week.

I. BASIC NEEDS OF THE NEW BELIEVER

A. Assurance

1. **2 Corinthians 5:17** "Therefore if any man be in Christ, he is a new creation." They will have questions like "Is God real?" "Am I really saved?". "Has God really forgiven my sins?"
2. Satan comes to put doubts into their minds as soon as he can to make them confused, so it is important that we reassure them.

B. Love

1 Thessalonians 2:7-8

The greatest need of an infant is to experience love, likewise for the new believer. Paul said, "We were gentle among you even as a nurse ..." Do not be rigid in your love, and do not be so dogmatic that you lack understanding.

C. Growth

1. Protection

- a. **Galatians 4:19** "My little children, of whom I travail in birth again until Christ be formed in you ..."
- b. **2 Corinthians 13:7** "Now I pray to God that ye do no evil, not that we should appear approved, but that ye should do that which is honest, though we be as reprobates."
- c. Teaching them what is the right way. Protect them from the wrong.

2. Fellowship

A Christian grows in the presence and nurture of other Christians. So fellowship with other believers is very important. E.g. In the natural - sitting together in church, or meeting for a meal, or doing things together. In the spiritual - nurturing and counselling, encouraging one another in the Lord.

3. Spiritual food

- a. Weekly bible study.
- b. Daily quiet time with the Lord (teach them what quiet time really is).
- c. Teach them to take down sermon notes for their own benefits and encourage scripture memory (one verse a week).
- d. Attend cell group every Friday.
- e. Attend LIW/SCG classes.



- f. Buy them a notebook and assign them a book of the bible to read and take notes on anything the Lord spoke to them about as they read or some things they learn as they study. This will discipline them to read, discipline them to digest and meditate the Word, and provide a tool for evaluation and growth.
4. They should be taught to be baptised in water and be filled with the Holy Spirit.

II. DEVELOPING THE NEW BELIEVER

- A. By example - We as disciplers should demonstrate the Fruit of the Spirit which requires:
 1. Being available to them.
 2. Being transparent to them - that we are working on our own problems.
- B. Training them on a personal basis (We teach a group, but we train an individual).

III. BEGIN TO PROTECT THE DISCIPLE

- A. From temptation (Ask the student: "What is the devil's design?").
- B. Pray for them: Have genuine concern for them.

IV. BODY MINISTRIES TO NEW BELIEVER

- A. Teach them the importance of the church.
 1. Cell group - stress its importance - ask them to begin attending immediately!
 2. Congregation - second most important aspect to emphasise, coming together to celebrate the Lord and worship him.
 3. Teach them the importance of being part of the church. They will grow when there is a sense of belonging.
- B. The church and its activities and ministries bring encouragement and stimulation, meaningful worship experiences, sharing of needs, mutual prayer, etc.

V. ASSOCIATION

We as disciplers must choose to be with them, just like Moses and Joshua, Elijah and Elisha were together all the time. But remember the process takes time.

CONCLUSION

Prime qualities to develop - or goals to work toward:

1. Close relationship with Jesus Christ.
2. Consistency in Christian walk and upward growth.

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LESSON 8 NEEDS OF THE NEW BELIEVER (PART 2)

INTRODUCTION

As the new believer progresses, he or she will probably go on to Foundations 2 and 3 which you will do with him or her. As they mature in the Lord, they will continue to need their needs to be met and questions answered.

I. THE NEW BELIEVER SHOULD BE ENCOURAGED TO:

- A. Be baptised in water which is a command of the Lord (**Matthew 28:19; Romans 6:3-4**).

Teach what the meaning of water baptism is and tell them the importance of it so that they do not go through the motion aimlessly.

- B. Partake in Holy Communion. Also explain what Holy Communion is, so they in turn will be able to explain to others (**1 Corinthians 11:23-29**).
- C. Pay tithes which is required of us (**Malachi 3:8-12**).
- D. Pledge to missions (**2 Corinthians 9:6-13**).

II. MEETING THE NEEDS OF THE NEW BELIEVER

- A. At this stage they still have needs of assurance, needs of love, growth and spiritual food.
- B. Begin stressing quiet time as it is vital in our relationship with God.
- C. Stress to them the importance of being regular at cell group fellowships on Fridays.
- D. Encourage them to be regular at a day service on Sundays.
- E. Introduce them to the Evening Service and Prayer Meetings and tell them what the services are all about.
- F. Introduce them to the concept of the various ministries in the church so they can understand them better and get a feel of where they are.



III. MAIN SPIRITUAL NEEDS OF THE NEW BELIEVER

- A. They need to have social interactions and fellowship for growth, encouragement, sense of belonging, etc (esp. when they go through persecutions and trials).
- B. They also have the need to grow spiritually. Pray together with them, let them see and hear your conversation with God.
- C. Teach them the need to be consistent (faithful), in their walk with God and their relationship with Him.
- D. They have a need to develop a proper concept of prayer and develop their own prayer life, e.g. start with 5 minutes of prayer, 15 minutes reading The Word, then progress on from there.

The new believer also has to be taught what the proper concept of prayer is i.e. communication with God in the form of praise, worship, petition, intercession, relating, seeking, etc.

- E. Teach them that they need to be baptised in the Holy Spirit. (Explain the meaning of being filled with the Holy Spirit and how they can be filled so they will know how to explain to other new believers.) Then lead them to be filled.

IV. DEVELOPING THE NEW BELIEVER

- A. Training in 4 areas:
 - 1. Conviction. The Holy Spirit living in us will convict us when we do wrong or do something that is not edifying to ourselves or the body of Christ. So, conviction is obeying God, sensing needs etc. meaning we must keep biblical convictions. Remember: do not force personal convictions on other people.
 - 2. Right perspective (their place in the world, present purpose, future hope, etc.)
 - 3. Strive for excellence (**Philippians 3:12-14**).
 - 4. Depth of character, not shallow or superficial.
- B. Build a disciple-making team.
 - 1. Take the new believer to personal evangelism.
 - 2. Witness at every opportunity.
- C. Continue to teach them for overall development.

Teach the "how-to" (**1 Thessalonians 4:1**).
- D. Teach them the proper perspective of the church.
 - 1. Teach the importance of the Body of Christ - universal and local.
 - 2. Teach its purpose and value.
 - 3. Its leadership (always be positive) - a child adopts the parents' attitude and view. They need Christ's view. They should also be in prayer for the leadership.
- E. Prepare the individual for "Christian Development Program" - Help them register for a class when your personal discipling lessons are over.

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LESSON 9 NEEDS OF THE NEW BELIEVER (PART 3)

INTRODUCTION

After going through Foundations 2 and 3 with your disciple, go on to Foundations 4 and 5. As you progress through the Foundations series, it may get more mechanical, telling them what to do next, etc. It is your joy (with much prayer) to personalise it so that it will meet the needs of the new believer and speak to his heart. At this level of Foundations 4 and 5, the new believer is already at level 2.

I. LEVELS 1 AND 2

A. Needs of the new believer.

1. To become disciplined - e.g. in His quiet time, reading of the word, areas of his life etc.
2. To be consistent and faithful. In order to do that, the new believer will require an example or model and he requires continued attention from the discipler.
3. To be involved in ministry - explain the importance of being involved i.e. the honour of serving the Lord.

By serving, it is an expression of our love for Him. It gets us into the fellowship of other believers, and gives us a sense of belonging, doing our part for the body, etc.

4. To attend Sunday Evening Services and Prayer Meetings.

B. Developing the new believer.

1. Be a testimony at home. A lot of Christians act very well outside, but their true self shows only at home. Being a Christian is a life of consistency.
2. Be a testimony at work. E.g. getting along with colleagues, not condoning underhand dealings, and taking part in it, etc.
3. Learn what intercessory prayer is and its importance:
 - a. Praying for personal needs.
 - b. Praying for church needs e.g. leadership, general needs, etc.
4. Teach them what fasting is all about and encourage them to fast on a weekly basis, starting perhaps with a meal first.
5. Make a mission pledge commitment. Explain to them what this is - our part in reaching the lost when we cannot be out there ourselves.
6. Make Christ our Lord in a practical way, in our action, speech, etc.

C. Helping the new believer to become a discipler.

1. Teach and help him to lead a person to Christ each month.
2. Be with him and his new believer during the first 2 weeks of their discipling session.
3. Keep evaluating the progress of his new believer.
4. Be a resource teacher and counsellor to him.



II. LEVEL 3

- A. Meet monthly with your disciple.
- B. Develop the individual.
 - 1. To be a good example to his new believers.
 - 2. To be consistent in complete church attendance.
 - 3. To live an overcoming life in all areas (we are not perfect yet, but we have the victory in Christ!).
- C. The discipler (which is you) is now mainly a counsellor.
 - 1. To advise new believer on his role as a discipler.
 - 2. Be available to assist.
- D. Direct the dependence of your disciple to the cell leader in their zone and the Area Minister.

III. LEVELS 4, 5, AND 6

These levels can be seen in the CDP Chart outlined in the LIW/SCG booklet, encourage your disciple to enrol in the Programme.

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LESSON 10 THE STRUCTURE AND PROCESS OF DISCIPLING IN VFC

INTRODUCTION

Now we have to familiarise or go through the discipling process with our disciples as they themselves are preparing to do discipling.

I. EACH CONVERT WILL MULTIPLY HIMSELF 3 TIMES AT LEAST

- A. First 6 months will be spent as a disciple (Level 1)
- B. Next 6 months will be spent as a disciple and a discipler (Level 2)
- C. Then for 9 months he will be an assistant cell group leader. In this function, he mainly helps with administrative work and whatever areas his cell leader needs him to be involved in.
- D. Subsequent 9 months, he will help to lead the group when his leader is not available. He will need to lead and teach at least once a month. He will also help to minister to members, get involved in prayer, and help the cell leader in whatever areas needed.

II. FIRST SIX MONTHS (CDP LEVEL 1)

- A. Meet the new convert for 2 hours a week. Also, to do evangelism together.
- B. The convert is in Level 1 of the Christian Development Program (CDP). Nurture the convert i.e. 12 weeks in Foundations 1 & 2, and 12 weeks in Foundations 3 & 4. Also enrol him in The Word & Prayer Life in the Word (LIW) classes.

III. SECOND SIX MONTHS (CDP LEVEL 2)

- A. In this level, the convert has to complete Foundations 5 (Life of Christ) in 3 months and Foundations 6 (Fruit of the Spirit) in the following 3 months.
- B. Enrol him also in LIW classes:
 - 1. First 3 months: Principles of Love and Principles of Stewardship
 - 2. Second 3 months: Christians Character & Conduct and Romans & Galatians
- C. Involve him in any of the Ministry of Helps on Sunday.
- D. Send him to Connect Group Leadership Training (CGLT).



IV. CONTINUE IN LEADERSHIP DEVELOPMENT PROGRAM

- A. Level III: 9 months as Assistant Connect Group Leader
- B. Level IV: 9 months as Connect Group Leader.
- C. Level V: 2 years as Pastoral Nurture Group Leader
- D. Level VI: 2 years as Minister

V. THE DISCIPLING STRUCTURE

- A. A Discippler (member at a higher CDP level) nurtures new converts.
- B. The Connect Group Leader shepherds members.
- C. The Area Care Minister mentors Cell Leaders and difficult members.
- D. The Net Pastor mentors Area Ministers, Cell Leaders, and difficult members.
- E. The Senior Overseer mentors General Overseers (of specific gifting).
- F. The General Overseer (of specific gifting) mentors Regional Ministers/Reps. (of the same specific gifting).
- G. The Regional Minister (of specific gifting) mentors Divisional Ministers (of the same specific gifting).

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LESSON 11 MARKS OF A DISCIPLE & A DISCIPLER

INTRODUCTION

For an effective discipler-disciple relationship, it is important that we know what is expected of each other. Human expectations may be very varied and sometimes unreasonable. It would be prudent to look into the Word of God concerning the qualities of a disciple and the marks of a discipler and allow God to change us to what He desires of us.

I. MARKS OF A DISCIPLE

- A. Be dead to self (**Luke 14:26; John 12:24, 25**).

A disciple must be willing to crucify his flesh (the sinful nature) and allow God to work in every area of his life so that those areas are yielded to Him.

- B. Be totally submitted to the Lordship of Jesus Christ (**Luke 14:27-32; Romans 8:9-14**).

Many of us accept Jesus as Saviour but not Lord. A disciple must be totally submissive and obedient to Him. If Jesus is not Lord of all, He is not Lord at all in our lives.

- C. Have an attitude of forsaking all (**Luke 14:33**).

1. What should a disciple be forsaking?
 Family, possessions, position, riches, things of the world etc.
2. When should a disciple forsake these?
 When these begin to take the place of God in his life, when these come between God and him and when God says so.

- D. Continue in the Word of God (**John 8:31**).

A disciple needs to take in spiritual food (i.e. Word of God) daily. The Word of God should be a means for him to know God and a light unto his path and a lamp unto his feet (**Psalms 119:105**).

- E. Continue in the ways of God (**John 13:34; 35, Psalm 1:2**).

A disciple needs to know God and His ways as he needs to walk in them to reflect God in his life. This is so that others can see and be brought to the knowledge of Jesus Christ.

- F. Continue in the will of God. (**John 15:4, 8**)

A disciple needs to know God's leading. He needs to think, say, and live his life in the absolute will of God.



II. MARKS OF A DISCIPLER

- A. Be faithful in God's commission (**2 Timothy 2:2**).

A discipler is a parent, a teacher, a trainer and a servant. He must be faithful in God's commission to pass down what he has learnt to his disciple.

- B. Always speak the truth in love (**Ephesians 4:15**).

A discipler must not be afraid to confront his disciple concerning discrepant speeches, behaviours etc. in his life. He must always speak the truth in love so that the disciple can learn about himself and grow in maturity in Christ.

- C. Always work with the Holy Spirit (**John 16:13**).

A discipler needs to disciple according to the Holy Spirit's guidance and desire. He needs to anchor his disciple in God and not in man. So he needs to be sensitive to what God wants in his disciple's life. He needs to be patient and persevering working with God's Holy Spirit to accomplish God's will in the disciple. In so doing, he also needs to be willing to die to self (**Luke 14:26; John 12:24, 25**).

- D. Be growing constantly in the Lord (**2 Peter 3:18**).

In order for the discipler to be able to keep giving and inputting into his disciple's life, he must be constantly growing in the Lord. Otherwise, there will come a time when he has nothing more to give, thus resulting in his disciple being stagnant in God or the disciple may know more things than he does as he learns from elsewhere.

- E. Watch and pray (**1 Thessalonians 1:2, 3**).

A discipler needs to observe how his disciple is growing and leading his life and constantly brings him up before the Lord in prayer. This is so that he may present him perfect in Christ to God (**Colossians 1:28**).

- F. Be willing to sacrifice himself.

A discipler needs to put the needs of the disciple before his own. He must be willing to sacrifice time, effort, talent, sleep etc. for the disciple.

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LESSON 12 THE BLESSEDNESS OF DISCIPLING

I. GOD'S SPIRITUAL BLESSINGS

A. Spiritual growth.

1. The more we share, the more God will share with us. The more you share God's truth with others, the more God will bless you with new truths.
2. As we begin living, sharing, we grow and progress in our spiritual walk.
3. The Spirit is like a river.
 - a. If we stop giving, we stop getting.
 - b. There is no further refreshing until we give out what we received.
4. God has created and designed us to multiply - our entire biological make-up is to divide and multiply or you will die (cells divide).

B. Increase in talents.

1. As we use the gifts God has given us, He gives us more gifts and develops further the gifts in us.
2. We develop in other spiritual areas.
3. We mature as believers (**Ephesians 4:13**).
 - a. All God's gifts are given to us to serve the body of Christ.
 - b. We must operate with others - as we witness, share, get involved and be excited. Only the people who use the gifts God has given them continue to grow and mature in God.

C. Fulfilment of God's commandment.

1. We are "priests", "ministers" and "servers" - to serve the Body. We must care for the helpless babies (new believers).
2. God prospers those who obey His Word.
3. God's overwhelming peace becomes a part of us, and we become "fulfilled" Christians.



II. EMOTIONAL BLESSINGS

A. Emotional health is truly achieved when we are caring for others.

Discipling is true, godly, from-the-heart caring for others.

1. The key to maintaining a balanced sense of wellbeing is caring, seeing others as more important than ourselves.
2. This gives us "purpose" in living - because we are reaching out to others.
3. Self-centred people have no purpose - they are some of the most sickly (physically) and unhappy people around because they are closed and begin to die out (spiritually).

B. Physical health comes through healthy emotions - positive emotional living.

Through God's blessings upon us, we experience a high level of physical and emotional health.

1. The body is able to naturally heal by itself - many healings occur from positive emotional reactions, experiences and living.
2. "A cheerful heart is good medicine..." (**Proverbs 17:22**). We have no worries or selfishness.
3. We fulfil the purpose for our creation.
 - a. We have an outward purpose of ministering to others.
 - b. We worship God more effectively.

C. Gratification.

1. We are "parents" - watching our babies grow and develop.
2. We realise we are needed by someone.
3. We are having an active part in God's Kingdom.
4. **Matthew 5:3-16** "Blessed" or "emotionally happy" are the poor in spirit. Those involved in personal sacrifices are blessed.