

# BEING AND MAKING DISCIPLES



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# BEING AND MAKING DISCIPLES

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# BEING AND MAKING DISCIPLES

## INTRODUCTION

Have you ever wondered whether there's more to the Christian life than simply attending church on Sundays? If so, you're not alone — and this book was written with you in mind. *Being and Making Disciples* is an invitation to go deeper: to move beyond the familiar routines of faith and step into the kind of transformative, intentional relationship with Jesus that changes everything about how you live, love, and serve.

Discipleship is one of those words we hear often in church circles, but it's not always clear what it actually looks like in everyday life. Is it a programme you sign up for? A course you complete? A title you earn? The truth is that discipleship is far simpler — and far more demanding — than any of those things. It's a way of life. It's about following Jesus so closely, and so intentionally, that you begin to think like Him, love like Him, and serve like Him.

Whether you're brand new to faith or have been walking with God for years, this book has something for you. You'll discover what it means to be a disciple from the inside out — not just changing your outward behaviour, but allowing God to transform your heart, your values, and your character. You'll also discover that discipleship was never meant to stop with you. You are called not only to be a disciple, but to make them.

So come with an open heart and a willingness to grow. This journey may stretch you, challenge some of your assumptions, and call you to a deeper level of commitment — but we promise it will be worth it. After all, Jesus Himself said, "Follow Me." That invitation is still open today.

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## THE MAKING OF A DISCIPLE

In a world overflowing with information yet starving for transformation, the call to discipleship stands as one of the most profound and purposeful assignments ever given to the human race. Long before it became a church program or a ministry strategy, discipleship was a divine idea — birthed in the heart of God and commissioned through the words of Jesus Christ Himself. It is a journey that is neither accidental nor passive, but one that demands intentionality, relationship, and a willingness to both learn and be led. As we explore what it truly means to be a disciple, may we open our hearts not just to new information, but to genuine transformation.

Here is a definition of a disciple: One who accepts and assists in spreading the teaching and/or instruction of another.

When we consider this definition, what becomes clear is that anyone can be a disciple, and anything, or anyone can be a disciple maker.

Let's consider this key scripture, known as The Great Commission Matthew 28:18-20

**18** *Jesus came up and said to them, "All authority (all power of absolute rule) in heaven and on earth has been given to Me. 19 Go therefore and make disciples of all the nations [help the people to learn of Me, believe in Me, and obey My words], baptizing them in the name of the Father and of the Son and of the Holy Spirit, 20 teaching them to observe everything that I have commanded you; and lo, I am with you always [remaining with you perpetually—regardless of circumstance, and on every occasion], even to the end of the age."* AMP

The Greek word used here is the word "mathêtês", meaning a learner, or a pupil and it comes from the root word "manthanò", which means to learn, to increase one's knowledge, to hear, to be informed, to learn by use and practice, or to be in the habit of doing something.

Discipleship does not happen by accident – it has to be intentional!

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## WHO MUST BE DISCIPLED?

Like sonship, discipleship is for everyone who comes to Jesus.

Acts 11, from verse 19 to 26 is a great picture of what the process from sharing the gospel to actively discipling people looked like in practice.

**19** Now those who were scattered because of the persecution that arose over Stephen travelled as far as Phoenicia, Cyprus, and Antioch, speaking the word to no one except Jews. **20** But there were some of them, men of Cyprus and Cyrene, who on coming to Antioch spoke to the Hellenists also, preaching the Lord Jesus. **21** And the hand of the Lord was with them, and a great number who believed turned to the Lord. **22** The report of this came to the ears of the church in Jerusalem, and they sent Barnabas to Antioch. **23** When he came and saw the grace of God, he was glad, and he exhorted them all to remain faithful to the Lord with steadfast purpose, **24** for he was a good man, full of the Holy Spirit and of faith. And a great many people were added to the Lord. **25** So Barnabas went to Tarsus to look for Saul, **26** and when he had found him, he brought him to Antioch. For a whole year they met with the church and taught a great many people. And in Antioch the disciples were first called Christians.

The process here is clear, and it is reproducible. There is a man of God, Steven, preaching the Lord Jesus to whomsoever was willing to hear. Because the numbers grew, the work became overwhelming, so they sent reinforcement in the person of Barnabas. Barnabas is described as a man full of the Holy Spirit, and faith. This is an important point - a disciple maker will reproduce after himself, therefore it is important that he (or she) carries something that we want to see reproduced.

Because the number of disciples grew, more people came to hear about Jesus and again the work became too much, and Paul is sent for. It is also interesting to note that they stayed for a whole year, teaching and encouraging the church. This speaks to me of a total commitment to the process of making disciples. Verse 26 ends with a phrase that stands out to me. "And in Antioch the disciples were first called Christians." A person can be disciplined into becoming a Christian, instead of the usual pathway that is the norm...leading someone to the Lord and then (hopefully) taking them on a discipling journey.

Galatians 3:26-28 says this: "**26** for in Christ Jesus you are *all sons of God, through faith*. **27** For as many of you as were baptized into Christ have put on Christ. **28** There is neither Jew nor Greek, there is neither slave nor free, there is no male and female, for *you are all one in Christ Jesus*. **29** And if you are Christ's, then you are Abraham's offspring, heirs according to promise. (ESV)

From this portion of scripture, it is clear that the call to be a disciple, and also to make disciples is inclusive of every person that believe in Jesus as their personal Saviour.

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Furthermore, Matthew 28:18-20 makes it clear that this is a global call. Here Jesus addresses His disciples, saying: *“All authority in heaven and on earth has been given to me. 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, teaching them to observe all that I have commanded you. And behold, I am with you always, to the end of the age.”*

We are called to disciple our family, our neighbourhoods, our villages, towns and cities, and nations.



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## DISCIPLESHIP, MENTORING OR COACHING?

These three are often confused, but they have distinct flavours. Often, when we think we're invited into a discipling relationship, what's offered to us is mentoring or even coaching.

**Mentoring** is a relationship where someone more experienced shares their knowledge, wisdom, and network with someone less experienced. It's typically informal, long-term, and broad — a mentor helps you navigate a career, a field, or life in general. The mentor draws on their own journey: *"Here's what I've learned; here's what I'd do differently."* In this kind of relationship, the protégé learns from, and follows the mentor.

**Coaching** is more structured and goal-focused. A coach doesn't need to have walked your path — they help you unlock your own potential through questioning, reflection, and accountability. It's usually time-bound and tied to specific outcomes (a performance goal, a career transition). A coach asks: *"What do you want to achieve, and what's stopping you?"* In these relationships the coach helps you find the information you need and hold you accountable to act on the information you find.

**Discipling** (or discipleship) has its roots in spiritual and religious tradition, though the concept has broader applications. It's about formation — shaping someone's whole character, values, and way of life, not just their skills or goals. It's deeply relational and often involves the disciple adopting the worldview or practices of the one discipling them. Think: *"Follow my way of living, not just my advice."*

In effect, the person doing the discipling is saying: *"follow me as I follow Christ"*.

Discipleship often happens in a group, in context of relationship and close proximity. Discipleship has a divine component and it's not simply a course, or program, or steps to be followed. It's a personal relationship with Jesus Christ, lived out in full view of others, so that they can learn to navigate all aspects of life in a Christ-like manner.

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## DISCIPLESHIP DOES NOT MEAN CONTROL

1 Peter 5:1-4

Therefore, I strongly urge the elders among you [pastors, spiritual leaders of the church], as a fellow elder and as an eyewitness [called to testify] of the sufferings of Christ, as well as one who shares in the glory that is to be revealed: **2** shepherd *and* guide *and* protect the flock of God among you, exercising oversight not under compulsion, but voluntarily, according to *the will of God*; and not [motivated] for shameful gain, but with wholehearted enthusiasm; **3** not lording it over those assigned to your care [do not be arrogant or overbearing], but be examples [of Christian living] to the flock [set a pattern of integrity for your congregation]. **4** And when the Chief Shepherd (Christ) appears, you will receive the [conqueror's] unfading crown of glory. (AMP)

Leadership equates to service and leading those entrusted to you by example. People have been given free will and not respecting that is coming into agreement with the enemy, who crosses God's boundaries by

controlling, manipulating and trapping people. God never contravenes His own laws. Every person has an open invitation to follow Jesus, but it's never under compulsion or duress that a life is surrendered to Him.

Controlling and manipulating people under the guise of disciplining them has a name. It's called spiritual abuse, which is not just unacceptable but is, like all other forms of abuse, an abomination before the Lord.

The Bible doesn't use the term "spiritual abuse" directly, but it has a great deal to say about the behaviours and leadership failures that we now recognise under that label.

Spiritual abuse that the Bible warns against is the practice of lording power over others. Jesus explicitly condemned this pattern: "*You know that the rulers of the Gentiles lord it over them... It shall not be so among you*" (Matthew 20:25-26). Leadership in God's kingdom is servant leadership — the opposite of control and domination.

False shepherds who exploit the flock is a devastating indictment of leaders who exploit rather than care for those entrusted to them — using power for personal gain, ruling harshly, and failing to protect the vulnerable. God says he *himself* will come against such shepherds.

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Look at the words spoken by Ezekiel, in chapter 34, verses 1 – 10:

"The word of the Lord came to me: **2** "Son of man, prophesy against the shepherds of Israel; prophesy, and say to them, even to the shepherds, Thus says the Lord God: Ah, shepherds of Israel who have been feeding yourselves! Should not shepherds feed the sheep? **3** You eat the fat, you clothe yourselves with the wool, you slaughter the fat ones, but you do not feed the sheep. **4** The weak you have not strengthened, the sick you have not healed, the injured you have not bound up, the strayed you have not brought back, the lost you have not sought, and with force and harshness you have ruled them. **5** So they were scattered, because there was no shepherd, and they became food for all the wild beasts. My sheep were scattered; **6** they wandered over all the mountains and on every high hill. My sheep were scattered over all the face of the earth, with none to search or seek for them.

**7** "Therefore, you shepherds, hear the word of the Lord: **8** As I live, declares the Lord God, surely because my sheep have become a prey, and my sheep have become food for all the wild beasts, since there was no shepherd, and because my shepherds have not searched for my sheep, but the shepherds have fed themselves, and have not fed my sheep, **9** therefore, you shepherds, hear the word of the Lord: **10** Thus says the Lord God, Behold, I am against the shepherds, and I will require my sheep at their hand and put a stop to their feeding the sheep. No longer shall the shepherds feed themselves. I will rescue my sheep from their mouths, that they may not be food for them."

The Lord condemns the practice of burdening people with heavy loads. Jesus rebuked the Pharisees for binding "heavy burdens" on people that they themselves wouldn't carry (Matthew 23:4) — using religion to control, shame, and exhaust rather than liberate.

Silencing and isolating victims The Bible consistently gives voice to the oppressed and calls for justice for the vulnerable (Psalm 82:3-4, Isaiah 1:17). Any system that silences those who are hurting runs contrary to this.

Paul warned against the misusing of spiritual authority, saying that false teachers would exploit believers through "covetousness" and "deceptive words" (2 Peter 2:3), and that some would use their position for shameful gain (Titus 1:11).

In contrast, healthy spiritual leadership is characterised by the following:

Firstly, gentleness and humility — 1 Peter 5:2-3 says: *"shepherd the flock of God that is among you, exercising oversight, not under compulsion, but willingly, as God would have you; not for shameful gain, but eagerly; not domineering over those in your charge, but being examples to the flock."*

Here we read that elders are to lead not in a domineering way but being examples to the flock.

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Secondly, freedom, not fear — 2 Corinthians 3:17: *"Where the Spirit of the Lord is, there is freedom"*. Healthy spiritual leaders issue invitations, not ultimatums. People have the right to say yes and no, according to their own conscience.

Thirdly, accountability — leaders are held to a *higher* standard, not exempted from it. A leader with no oversight, is a dangerous leader.

*"Not many of you should become teachers, my brothers, for you know that we who teach will be judged with greater strictness."*

(James 3:1 ESV)

Fourthly, speaking truth in love — according to Ephesians 4:15 (*Rather, speaking the truth in love, we are to grow up in every way into him who is the head, into Christ*) growth happens through honest, loving community — not manipulation or shame.

Lastly, places of worship should be safe spaces for the broken — Jesus consistently moved *toward* the wounded, the doubting, and the outcast.

## A Key Principle

Spiritual abuse often involves taking something genuinely sacred — authority, scripture, community, devotion — and weaponising it. The Bible's response is not to abandon those things, but to contrast the counterfeit with the real. Healthy spiritual leadership lays down power rather than accumulates it and protects the vulnerable rather than exploiting them.

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## TWO PHASES IN DISCIPLESHIP: COMING AND GOING

*And he said to them, "Follow me, and I will make you fishers of men." Immediately they left their nets and followed him.*

Matt 4:19, 20 ESV

First, you come to be disciples (Matthew 4:19). We reproduce after ourselves and what we behold, we become. This first step is crucial. As we behold Jesus, learn from Him and allow Him to transform us into His image – then, once you are a disciple, you go to make disciples (Matthew 28:18-20)

Between the call to "come" and the time to "go" should be a period of intensive training and preparation.



DISCIPLESHIP

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## COMING

### THE CALL TO COME

According to Matthew 4, verses 18 to 20 discipleship starts with a personal call from Jesus. Therefore, the first step to discipleship is salvation.

### THE STAGES OF DISCIPLESHIP

**13** I am writing to you, fathers [those believers who are spiritually mature], because you know Him who has existed from the beginning. I am writing to you, young men [those believers who are growing in spiritual maturity], because you have been victorious *and* have overcome the evil one. I have written to you, children [those who are new believers, those spiritually immature], because you have come to know the Father. **14** I have written to you, fathers, because you know Him who has existed from the beginning. I have written to you, young men, because you are strong *and* vigorous, and the word of God remains [always] in you, and you have been victorious over the evil one [by accepting Jesus as Saviour]. 1 John 2: 13, 14 AMP

According to this portion of scripture, three stages of discipleship unfold.

It speaks of children, who know the Father, know that their sins are forgiven, know the basics, but are still immature.

Next young men are addressed. They are strong, with the Word abiding in them. They are growing, they are applying the Word, and they overcome the evil one. Lastly, the fathers are described. They are fully matured, know God as Creator and reproduce themselves.

### THE GOAL OF DISCIPLESHIP

The goal of discipleship is to become like Christ. Here are some scriptures to consider:

For those whom he foreknew he also predestined *to be conformed to the image of his Son*, in order that he might be the firstborn among many brothers. Romans 8:29 ESV

I press on toward the goal for the prize of the upward call of God in Christ Jesus Philippians 3:14 ESV

A disciple is not above his teacher, but everyone when he is fully trained will be like his teacher Luke 6:40 ESV

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## THE PROCESS OF DISCIPLESHIP

And He was saying to them all, "If anyone wishes to follow Me [as My disciple], he must deny himself [set aside selfish interests], and take up his cross daily [expressing a willingness to endure whatever may come] and follow Me [believing in Me, conforming to My example in living and, if need be, suffering or perhaps dying because of faith in Me] Luke 9:23 AMP

From this scripture the process of becoming a mature disciple of Jesus Christ is clear. It's a daily dying to self, crucifying the flesh, taking up the cross of Christ, following Him in word, deed and attitude of the heart. Jesus calls us to enter into His suffering, even dying, if need be.

## THE 4 DS OF DISCIPLESHIP

The four Ds of discipleship is desire, denying self, daily crucifixion, and discipline.

### 1. Desire

Discipleship doesn't begin with willpower — it begins with want. A genuine disciple is someone whose heart has been captured by God, who longs for Him the way a parched deer longs for a stream (Psalm 42:1). Jesus said the greatest commandment is to love God with all your heart, soul, mind, and strength (Mark 12:30) — and that kind of love only flows from desire, not duty.

We do not manufacture this desire; it's awakened by Holy Spirit, but we steward it. We feed it through worship, time in the Word, and prayer. When desire cools, everything else in discipleship becomes mere religion.

*Key scriptures:* Psalm 42:1, Matthew 5:6, Psalm 27:4, John 7:37-38

### 2. Denying Self

Once desire is alive, the disciple faces the great cost: the self must step down from the throne. Denying self isn't self-hatred — it's refusing to let personal comfort, reputation, or preferences be the ultimate authority. As Jesus put it plainly in Luke 9:23, this is the very first movement of following Him.

Paul describes it as "counting all things as loss" compared to knowing Christ (Philippians 3:8). The life of discipleship requires that we stop asking "what do I want?" and start asking "what does Jesus require?"

*Key scriptures:* Luke 9:23-24, Galatians 2:20, Philippians 3:7-8, Matthew 16:24-25

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## 3. Daily Crucifixion

This is where denying self becomes a daily practice, not just a one-time decision. Paul's famous declaration — "I die every day" (1 Corinthians 15:31) — shows that the old nature doesn't go quietly. It must be put to death again and again.

Daily crucifixion means bringing pride, lust, anger, and fear to the cross each morning rather than feeding them. Colossians 3:5 commands us to "put to death" what is earthly in us — it's decisive, active, and regular. This is the interior battle that produces outward Christlikeness over time.

*Key scriptures:* 1 Corinthians 15:31, Romans 8:13, Colossians 3:5, Galatians 5:24

## 4. Discipline

Desire without discipline remains a feeling. The mature disciple builds structured habits — spiritual disciplines — that keep them in the place where God's grace works. Paul uses athletic and military language deliberately: "train yourself for godliness" (1 Timothy 4:7). Training implies regularity, effort, and delayed reward.

The classic disciplines are prayer, Scripture reading, fasting, community (fellowship), giving, and solitude. None of them earn God's favour — they position us to receive it. Hebrews 12:11 reminds us that discipline is rarely pleasant in the moment, but it yields a "harvest of righteousness and peace" for those who persevere.

*Key scriptures:* 1 Timothy 4:7–8, Hebrews 12:11, Psalm 1:1–3, 2 Peter 1:5–8

Together, these four Ds describe a life that is *pulled toward God* (Desire), *surrendered to God* (Denying Self), *dying to sin daily* (Daily Crucifixion), and *consistently trained in godliness* (Discipline). They don't operate as a checklist — they're an integrated, ongoing rhythm of the transformed life.

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## THE 10 DISCIPLINES OF DISCIPLESHIP

These disciplines are not to *obtain* relationship with Jesus, but to *maintain* it. You have to be a disciple, before you can make disciples.

Practicing the following disciplines and allowing them to become habitual will allow you to mature:

- Prayer: our relationship with God (1 Thes 5:17)
- Fasting: our relationship with the world (Matt 6:16)
- Worship: our relationship with God (not an event, a lifestyle)

John 4:23 *But a time is coming and is already here when the true worshipers will worship the Father in spirit [from the heart, the inner self] and in truth; for the Father seeks such people to be His worshipers.*

- Relationship with God: Read the word (1 Tim 4:13), study it (2 Tim 2:15), meditate on it (Josh 1:8), memorize the Word (Ps 119:11; 16), believe the Word (Ps 119:42; Hebr 4:2; 1 Thes 2:13), confess the word (2 Cor 4:13) and obey the Word (James 1:22, John 13:17)
- Fellowship: our relationship with believers (Hebr 10:25, Acts 2:42)
- Giving: our relationship with money – testing the heart's intentions
- Serving: our relationship with people (Gal 5:13; John 13:1-17)
- Witnessing: our relationship with unbelievers (Acts 1:8)
- Edification: our relationship with new believers (1 Cor 14:26)
- Learning: our relationship with teachers – our teachability (Prov 4:1)
- Bible reading: our relationship with God's Word (Deut 8:3, Ps 119:165)

## THE KEY

Read the following scriptures prayerfully:

Galatians 4:19, 1 Corinthians 11:1, 1 Corinthians 2:16, Romans 12:2

Two points stand out - we must have a father (or mother) in the faith to disciple us, that we can imitate and learn from.

We need to have the mind of Christ...when we think like Jesus, we can be like Jesus. This doesn't just speak of a conversion or repentance, but a total and radical transformation of our minds.

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## THE HALLMARK

The most outstanding characteristic of a disciple is obedience.

John 8:31 "If you abide in My word, you are My disciples indeed"

Jesus learned obedience through His suffering – true disciples will abide in the Word and apply the Word in every life circumstance and situation.

Hebrews 5:8 **Although** He was a Son [who had never been disobedient to the Father], He learned [active, special] obedience through what He suffered.

## FOUR ASPECTS OF CHRIST'S OBEDIENCE

Look again at Hebrews 5:8, as quoted above – *Jesus learned obedience* even though He was never disobedient. How much more do we, who were born with rebellion in our hearts, need to learn to obey?

*Jesus taught* His disciples, and us, *obedience*. He says, in John 14:15 "If you love me, you will keep my commandments"

*Jesus modelled obedience*, He led by example.

Philippians 2:8 says "And being found in human form, he humbled himself by becoming obedient to the point of death, even death on a cross.

Self-study: John 13:1-17

*Jesus completed obedience* – He was faithful to the very end.

John 4:32-34 **32** But he said to them, "I have food to eat that you do not know about." **33** So the disciples said to one another, "Has anyone brought him something to eat?" **34** Jesus said to them, "My food is to do the will of him who sent me and to accomplish his work.

In the garden of Gethsemane, as Jesus was sweating blood, He sets the most profound example of obedience when He says "not My will, but Your will be done" knowing full well what he was about to suffer.

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## THE COMMAND TO GO

Once we have completed the Lord's invitation to come and be discipled, we must obey His command to go and make disciples.

## THE GOAL

2 Timothy 2:2 The things [the doctrine, the precepts, the admonitions, the sum of my ministry] which you have heard me teach in the presence of many witnesses, entrust [as a treasure] to reliable *and* faithful men who will also be capable *and* qualified to teach others.

The ultimate goal of Jesus's ministry was to get the Father's children back. Now He entrusts the work of expanding the family to reliable and faithful men and women.

## THE PROCESS

Philippians 4:9 The things which you have *learned* and *received* and *heard* and *seen* in me, *practice* these things [in daily life], and the God [who is the source] of peace *and* well-being will be with you.

"I hear and I forget. I see and I remember. I do and I understand." - Chinese proverb

The disciple-maker is not a teacher – they are life coaches.

Paul says: The things you learned (information) and received (impartation) and heard (proclamations) and saw (demonstrations) in me, practice these (obedience) (Philippians 4:9)

This model of hear – see – do can be found throughout the gospels (John 13:15)

## THE KEY

If the seed does not die, it cannot multiply (John 12:24)

## THE HALLMARK

The outstanding characteristic of a disciple maker should be love.

(John 13:35; 2 Corinthians 5:14, 15)

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## CONCLUSION

Jesus gives us two important commandments:

*We must obey the great commandment* (Matt 22:36-40) **36** "Teacher, which is the greatest commandment in the Law?" **37** And Jesus replied to him, "You shall love the Lord your God with all your heart, and with all your soul, and with all your mind." **38** This is the first and greatest commandment. **39** The second is like it, 'You shall love your neighbour as yourself [that is, unselfishly seek the best or higher good for others]'. **40** The whole Law and the [writings of the] Prophets depend on these two commandments.")

*by fulfilling the great commission* (Matt. 28:18-20) **18** Jesus came up and said to them, "All authority (all power of absolute rule) in heaven and on earth has been given to Me. **19** Go therefore and make disciples of all the nations [help the people to learn of Me, believe in Me, and obey My words], baptizing them in the name of the Father and of the Son and of the Holy Spirit, **20** teaching them to observe everything that I have commanded you; and lo, I am with you always [remaining with you perpetually—regardless of circumstance, and on every occasion], even to the end of the age.")

We must come and be discipled (Matthew 4:19) and we must make disciple-makers. We must follow Christ and lead other to Him; we must know God and make Him known.

*"Until you have made a disciple, you are not a disciple" – Bill Bright*

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## SEVEN MISCONCEPTIONS OF THE GREAT COMMISSION

### Missing the main

- Focus: Can we do it? Not apart from Jesus
- Essence: This not a message to spread, it's a life to live
- Impetus: It's not about sending missionaries, but empowering and mobilizing the entire church
- Verb: The most important action is not "go" but "make" disciples
- Product: Remembering we're not making converts, we are making disciples
- Yardstick: It's not about teaching doctrine, it is teaching to obedience
- Concern: It should never be about the largeness of congregation, but about the lostness of the world

### FOUR CONVICTIONS FROM MATTHEW 28:18-20

- The source of the Great Commission: "all authority" ...through Jesus
- The scope of the Great commission: "all nations"
- The strategy of the Great commission: teaching to obey "all things"
- The season of the Great commission: "always"

The return of the Church to its disciple-making roots is the Kingdom of God striking back.

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## FIVE MISCONCEPTIONS OF DISCIPLESHIP

- It just happens: It has to be intentional, or it does not happen
- It takes place when people attend church programmes: it takes place when Biblical truth is applied
- Is only for new Christians: everyone needs discipleship
- Is the "job" of the "spiritual elite" only: we are all commissioned
- Discipleship is a program: It's a way of life – we lead by example

## FIVE QUESTIONS THAT DEFINE DISCIPLESHIP

1. Why is discipleship "from the inside out" so important?

- It's a question of values, rituals and reality – as we think, so we are
- Because God values authenticity above accomplishment
- Without it, we burn out or run on empty

2. If it's so important, why is it so neglected?

- It takes time: we overestimate what we can do in a year, and underestimate what we can do in five
- It's hard to measure: only crises can test a person's foundations

3. What is discipleship "from the inside out" all about?

- Putting Christ first
- Putting character first
- Putting calling first

To love is to declutter your life and to detoxify your soul. Hurt people cannot love deeply, but healed people can.

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4. Why is discipleship “from the inside out” so difficult?

- It's counter-intuitive: leadership must be from downside up
- We have to face our own brokenness
- Growth takes time and we're impatient (we learn patience through trials)
- We don't know how
- We are ill-disciplined, we feel like we are failing and we give up

5. How is discipleship “from the inside out” best accomplished?

- Taking stock of our life – make an inventory and accurate assessment of where we are
- Taking charge of our life – be intentional
- Taking care of our life – have integrity and deciding what you value most

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## CONVENTIONAL VALUES VS DISCIPLE-MAKING VALUES

Convention values (Red bar people):

- Make converts by preaching the gospel of salvation
- Place value on successful programs
- 20% of people do 80% of the work
- "Laity" led, clergy driven
- Disciples are made in the "church"
- "Churches" dispense information
- The "church" has little value for discipling
- Is concerned with numbers, asking "how many" attend services
- Look for change in outward behaviour
- Have low expectations of Christians



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Discipleship values (Blue bar people):

- Making disciples by preaching the gospel of the Kingdom
- Values spiritual maturity
- Making disciples as a priority
- Values spiritual maturity
- 20% equips 80% to do the work
- Clergy-led, driven by the church
- Disciples are made everywhere
- The gathering together transforms lives
- High value is placed on discipling
- Asks "what kind" attends services
- Look for change of values
- Believes in the potential of one person, and the power of multiplication

## DISCIPLING THE INNER LIFE

Red bar people:

- Focus on the externals
- Values accomplishments
- Values performance results
- Place competence first
- Do good, to look good
- Outward show, behaviour modification
- Esteems status and stature
- Are competitive and boastful
- Craves attention/approval
- Feel insecure without limelight
- Are stressed and flustered
- Reacts to criticism
- Cannot let go of control
- Have a restlessness in their spirit
- Default to the way of the world

# BEING AND MAKING DISCIPLES

Blue bar people:

- Focus on their inner life
- Values authenticity
- Values growth and learning
- Place character first
- Doing good flows out of being good
- Have depth coming from an inward security
- Esteems substance
- Genuinely celebrates others
- Are secure, humble and modest
- Have a quiet confidence
- Are steady and calm
- Response well to criticism
- Empowers others
- Is rested of spirit
- Default to God's way



DISCIPLESHIP

# BEING AND MAKING DISCIPLES

## EPILOGUE

If you've made it to the end of this book, something in you responded to the call. Maybe it stirred a hunger you didn't know you had or gave language to a conviction that had already been quietly growing in your heart. Whatever brought you here, know this: the fact that you're reading these words is not an accident. God is at work in you, and He is faithful to complete what He has begun.

Discipleship, as you've now seen, is not a destination — it's a lifelong journey of becoming more like Christ. There will be seasons of rapid growth and seasons where progress feels slow. There will be moments of clarity and moments of doubt. But the same Jesus who called His first disciples by the Sea of Galilee is walking with you through every stage. He is not a distant teacher issuing instructions from afar; He is a present, personal Saviour who promised to be with you always, even to the end of the age.

My prayer for you is simple: that you would take what you've learned here and let it move from your head into your hands and feet. Find someone to disciple you. Find someone into whom you can pour. Build relationships that are marked by honesty, accountability, and grace.

Church was never meant to be a spectator sport — you have a vital role to play in the lives of the people around you, and in the world beyond your front door.

As Bill Bright wisely said, *"Until you have made a disciple, you are not a disciple."* That's not a burden — it's a beautiful reminder that you are part of something far greater than yourself. Go and make disciples. Love well. Live intentionally. The world is waiting.