



Omega Discipleship Ministries
Intentional Discipleship Training Seminars

'Disciple-making and Mentoring'

Letting your life impact others

Seminar notes to go with 6-part video series

With

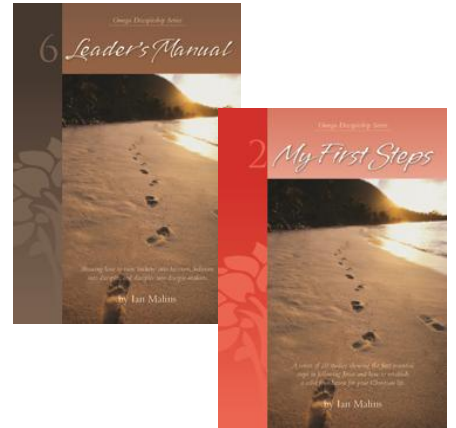
Ian & Diane Malins

Resource books:

To get the most out of this training series, you will need the following 2 books:

“Leader’s Manual – Making Disciples” by Ian Malins (SKS) 2010.

“My First Steps” by Ian Malins (SKS) 2010.



YOU CAN ORDER THESE ON-LINE:

www.omega-discipleship.com

Seminar topics:

1. **The call to discipleship** – *the urgent need of our churches;*
2. **Turning believers into disciples** – *and disciples into disciple-makers;*
3. **What is a disciple?** – *the essential marks;*
4. **Discipling and mentoring** – *letting your life impact others;*
5. **How to go about discipling & mentoring** – *where to begin;*
6. **Letting your life impact others** – *bringing it all together.*

What this training series will do for you:

Over these 6 training sessions we want to encourage and inspire you in the following ways. We will:

1. Examine again the Biblical mandate to '*make disciples*' and show you how you can become a part of this primary calling;
2. Present a way to help you become a disciple-maker by equipping you with tools and resources to use in this process;
3. Show you how to disciple others and give you training and practice in leading a small discipleship group;
4. Acquaint you with the principles of 'mentoring' and show you how you can impact the lives of others through this means;
5. Encourage you to begin a life-changing journey by discipling on a one-to-one basis or with a small group, and by guiding you through that process.

DISCIPLEMAKING and MENTORING

Course Outline

Week 1: The Call to Discipleship

- Introduction
- Outline of course – goals & outcomes
- Crisis of today's church
- Signs of spiritual infancy
- Discuss (in pairs): Assess marks of spiritual infancy. How true?
- Understanding the Great Commission
- *Home work: Complete the study - 'Blessed to be a blessing' (p.22-25)*

Week 2: Turning believers into disciples

- The 3 'C's' – (Cycles – Four Calls)
- Testimonies
- Activity: Complete Self-evaluation Questionnaire
- Activity: Small groups – Discuss: 'Blessed to be a blessing'
- *Home work: Complete My First Steps Study 6 (Lordship)*

Week 3: What is a disciple?

- What is a disciple? The 6 essential marks
- Discuss: How many of these marks are true of you?
- The need to nurture & disciple new believers ('My First Steps')
- The need to turn believers into disciples – ('Come Follow Me')
- Activity in small groups: *My First Steps Study 6*
- *Home work: Complete My First Steps Study 9 (Prayer)*

Week 4: Discipling and mentoring

- The need to train disciples to become disciple-makers
- What is discipling / mentoring?
- Biblical examples
- Types of mentoring
- Principles of discipling
- Activity: Small groups – *My First Steps Study 9 (Prayer)*
- Reflect on group leadership
- *Homework: Complete My First Steps Study 10 (Bible)*

Week 5: How to go about discipling & mentoring

- Discipling begins at home (for parents)
- How to begin discipling / mentoring
- Activity: Small groups – *My First Steps Study 10*
- Reflect on group activity
- *Homework: Complete My First Steps Study 11 (Quiet time)*

Week 6: Letting your life impact others

- One to one discipling
- Small groups: Turning cells into discipling centers
- Time for questions / answers
- Activity: Small groups – *My First Steps Study 11*
- Prepare a discipling plan
- Review and conclusion

1. The call to discipleship *(Read: Leader's Manual p.7-12)* *- the urgent need of our churches*

“Discipleship sums up Christ’s plan for the world. Yet for all its brilliant simplicity, it is the one approach that most western churches have neglected.”

- David Watson

Crisis of today’s church

1. The wrong measure of ‘success’



2. Superficial Christianity

“We live in an age where superficiality, immaturity and mediocrity have marred our contemporary discipleship. We are no longer producing depth in our walk with God. The result is that (worldwide) we have the largest church in history but the shallowest. The crisis of disciple-making today is a crisis of depth.”

- Edmund Chan

3. Ongoing spiritual infancy

(Hebrews 5:13 – 6:1)

Signs of spiritual infancy (Read: Leader's Manual p.13-15)

1. _____ *rather than self-feeding*

2. _____ *never change*

3. *Interest in* _____ *rather than giving*

4. *Interest in* _____ *rather than fruit*

5. *Worship an* _____ *rather than a way of life*

6. _____ *rather than Spirit-controlled*

7. *Lack of* _____ *mentors*

8. *More influenced by* _____ *than by Christ*



Stop and Think! *(Leader's Manual p. 15)*

- Think about the 8 signs of spiritual infancy. Where would you put yourself on each of these items? *(Be honest!)* Draw a small stick figure (or put a cross **X**) to represent yourself on each item.

Spiritual infancy

Spiritual maturity

- | | | |
|-----------------------------|----------------|--------------------------|
| 1. <i>Bottle-fed</i> | 0_____5_____10 | <i>Self-feeding</i> |
| 2. <i>Prayers formal</i> | 0_____5_____10 | <i>Intimacy</i> |
| 3. <i>Interest getting</i> | 0_____5_____10 | <i>Interest giving</i> |
| 4. <i>Focus on gifts</i> | 0_____5_____10 | <i>Fruit (character)</i> |
| 5. <i>Worship event</i> | 0_____5_____10 | <i>Way of life</i> |
| 6. <i>Self-reliant</i> | 0_____5_____10 | <i>Spirit-controlled</i> |
| 7. <i>No mentoring</i> | 0_____5_____10 | <i>Mentoring others</i> |
| 8. <i>Influence culture</i> | 0_____5_____10 | <i>Influence Christ</i> |

- What is your average score? Divide total of all items by 8. _____
- On the basis of your average score, how would you evaluate yourself in terms of spiritual infancy vs. spiritual maturity?

- In what areas do you need to grow further?

The goal: Spiritual maturity (Eph 4:13)

(Read: Leaders Manual p.16-17)

Spiritual maturity has nothing to do with:

- Chronological _____
- Years as a _____
- Spiritual _____
- Spiritual _____
- How busy in _____
- Position in _____
- _____ knowledge



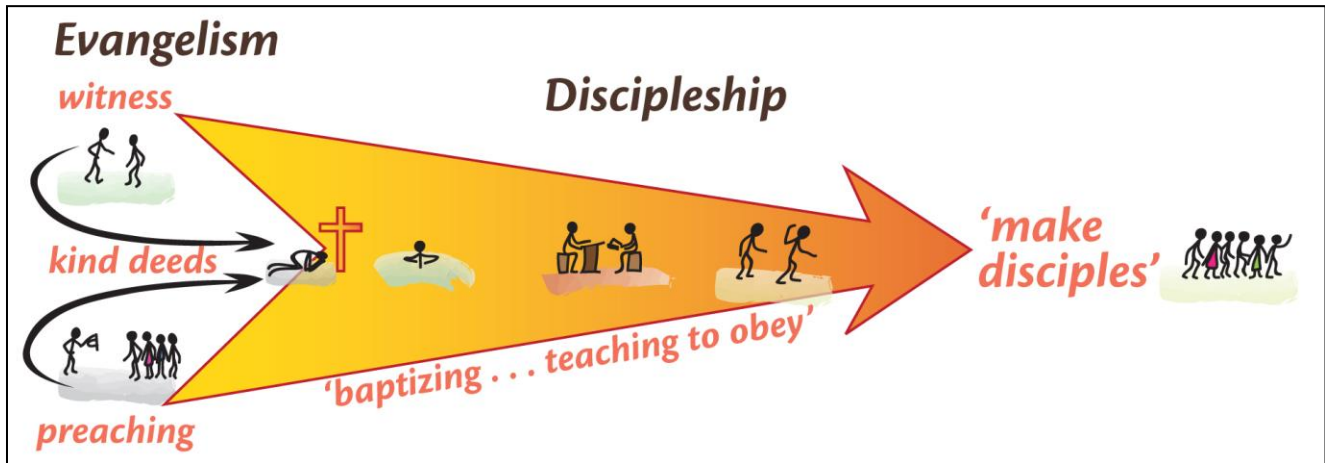
Spiritual maturity has everything to do with:

- Ongoing discipleship (John 8:31)
- Deepening relationship (John 14:15)
- Being changed into the likeness of Christ (Eph 4:13)



Understanding the 'Great Commission'

Read: Leaders Manual p. 21-23



1. The P _____ **behind it** ('All authority in heaven and on earth has been given to me . . .')
2. The P _____ - **and the product** ('therefore go and make disciples')
3. The P _____ - **what we are to do** ('baptizing . . . and teaching to obey')
4. The P _____ **to do it** ('all of you go . . .')
5. The P _____ **where we do it** ('in your going . . . wherever you go')
6. The P _____ ('and surely I am with you to the end of the age')

"Disciple-making is the heart of the Church because it is the heart of the Great Commission."

2. Turning believers into disciples

- and disciples into disciple-makers

Read: Leader's Manual p.29-36

Discipleship training should be intentional ('teaching them to obey . . .')

The three C's

Intentional discipleship training should be:

1. C _____

1. C _____

2. C _____

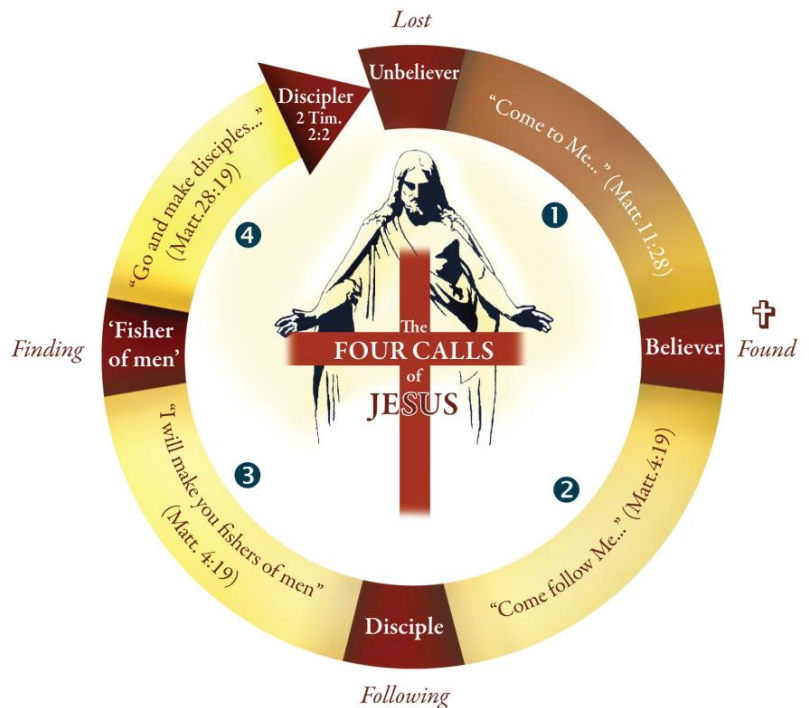


Figure 1. The Discipleship cycle

The Four calls of Jesus

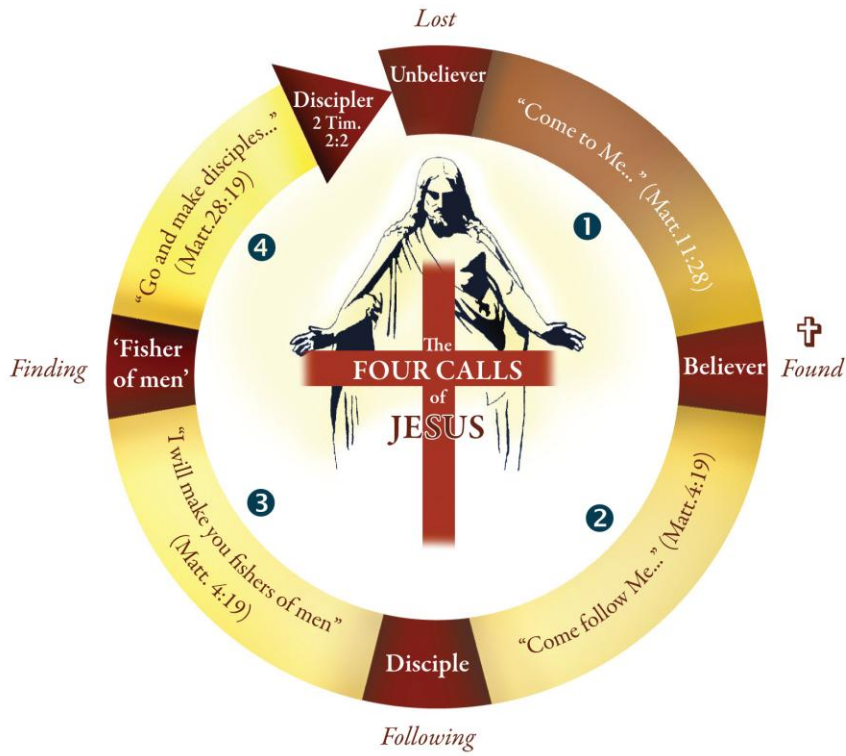


Figure 1. The Discipleship cycle

The Church's Mission (See 'Leader's Manual' p.32)



Figure 2. The Church's mission

Discipleship Self-Evaluation Questionnaire (See 'Leader's Manual' p.48-49)

This project is a self-test to see where you are now as a follower of Jesus (before starting this book). There are no right or wrong answers to this test. Your answer to each question is what you feel about your discipleship. It is a test to help you see where you are now, not where you think you should be, or would like to be in the future. So be as honest with yourself as you can without over-rating or under-rating yourself.

★ Read each statement and put a tick in the column that you judge to be most true of you.

| | Very definite (certain) | Fairly sure | Think So | Not sure (uncertain) | No |
|--|----------------------------|-------------|-----------|-------------------------|-------|
| 1. Response to Christ's call | | | | | |
| ★ I believe Jesus is the 'Son of God', that He died for me, rose again and there is no other way to God except through Him. | | | | | |
| ★ I have answered Christ's call to "repent and believe", and know my sins have been forgiven. | | | | | |
| ★ There is a definite time when I asked Jesus to come into my life as Saviour and Lord. | | | | | |
| ★ I have followed Jesus through the waters of baptism. | | | | | |
| 2. Spiritual Growth | | | | | |
| | Always | Usually | Sometimes | Seldom | Never |
| ★ I set aside time each day to be alone with God in prayer, Bible reading and meditation. | | | | | |
| ★ My times of prayer include – praise, adoration, worship, thanksgiving, confession, praying for others, and for God's work. | | | | | |
| ★ I also practice speaking to God throughout the day. | | | | | |
| ★ As well as daily Bible reading, I spend at least one hour each week in serious Bible study. | | | | | |
| ★ Over the past year, I have memorized a verse of Scripture each week. | | | | | |
| 3. Lordship of Christ | | | | | |
| ★ I let Christ's control come over what I read, hear, watch and think about. | | | | | |
| ★ I submit my body to Christ's control in what I eat, in self-discipline and exercise, and in keeping morally pure. | | | | | |
| ★ I clearly show to those I live and work with my Christian commitment by my words, attitudes and actions. | | | | | |
| ★ I am more concerned to win God's approval in what I do than to win the approval of others. | | | | | |
| ★ The 'fruit of the Spirit' (<i>love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control</i>) is clearly seen in my life. | | | | | |
| 4. Fellowship | | | | | |
| ★ I meet at least weekly with other Christians for all of the following – worship, teaching, ministry, prayer, fellowship. | | | | | |
| ★ I am sharing and relating each week in a close way with a small group of Christians for mutual encouragement, up-building and support. | | | | | |
| ★ As far as it depends on me I try to live in harmony and unity with other Christian, demonstrating the qualities of love, acceptance and forgiveness. | | | | | |

| 5. Service | Always | Usually | Sometimes | Seldom | Never |
|--|-----------|-----------|-----------|-----------|-----------|
| * I take an active part in the life and ministries of my church. | | | | | |
| * I am using the spiritual gift(s) God has given me to build up others. | | | | | |
| * I seek each week to encourage, help, or perform a kind deed to help other Christians. | | | | | |
| * I am regularly giving at least one tenth of my income towards God's work. | | | | | |
| 6. Witness | | | | | |
| * I am praying each week for the conversion of at least one non-Christian by name. | | | | | |
| * I have tried to build friendship and reach out to at least one non-Christian person over the last month. | | | | | |
| * I have been able to share my faith with a non-Christian in some way over the past month. | | | | | |
| * I clearly show to those I live and work with my Christian commitment by my words, attitudes and actions. | | | | | |
| * Over the past month I have helped to influence, encourage, disciple or train at least one other person to follow Jesus more fully. | | | | | |
| TOTAL ticks (for each column on the last page and this page) | | | | | |
| MULTIPLY each column total by:- | X4 | X3 | X2 | X1 | X0 |
| NEW TOTALS: | | | | | 0 |

YOUR FINAL SCORE (add new totals of columns 1 to 4)

| Score | Comments |
|-----------------|--|
| 0 - 24 | <i>Your following is very weak at present. Perhaps you are a new Christian or have not yet really started. Are you prepared to clearly answer Jesus' call and become His disciple?</i> |
| 25 - 49 | <i>You have made a beginning in some areas, but your following is still loose and distant. Jesus is calling you to follow Him more closely.</i> |
| 50 - 74 | <i>You have made some good progress as a follower of Jesus. But don't become a half-hearted follower. There is much more growing for you in some important areas of discipleship.</i> |
| 75 - 100 | <i>You are well on the way as a follower of Jesus, but keep on going! There are still important steps ahead for you.</i> |

This test is for your own personal benefit and not for comparing yourself with anyone else. It will help show you areas where you need to grow or obey Jesus more fully.

Your response

- * What do you think Jesus might be saying to you through the questionnaire you have completed? In what areas do you need to do more growing?

(Your score will guide you to the book in the Discipleship training series that will help you grow more fully in these areas:- Score 0-24 = Book 1 "Come to Me"; Score 25-49 = Book 2 "My First Steps"; Score 50-74 = Book 4 "Come Follow Me"; Score 75-100 = Book 5 "Go & Make Disciples")

3. What is a disciple? (Read: 'Leader's Manual' p.24-26)

- the 6 essential marks

Matthew 11:28-30

1. **A disciple is one who has _____ Christ's call**

2. **A disciple is one who has _____ the conditions**

3. **A disciple is one who is _____ of Christ**

4. **A disciple is one who is _____ like his/her Master**

5. **A disciple is one who _____ God's family**

6. **A disciple is one who is _____ to Christ's mission**

"The conversion of a soul is the miracle of a moment, but the making of a saint is the task of a lifetime."

- Alan Redpath

What a new believer needs: (Read: 'Leader's Manual' p.37-39)

Spiritual milk (1 Peter 2:1)

Spiritual parenting (1 Thess 2:6-12)



What a new believer needs to know:

- I have been _____
- I have new _____
- Christ lives _____
- God is now my _____
- I'm part of a new _____
- Satan's (sin's) power _____

What a new believer needs to be able to do:

- Know how to _____
- Know how to _____
- Know how to spend _____
- Deal with the _____
- How to develop Christ-like _____
- Know how to stand against _____
- Know how to _____

4. Discipling and mentoring

- *letting your life impact others*

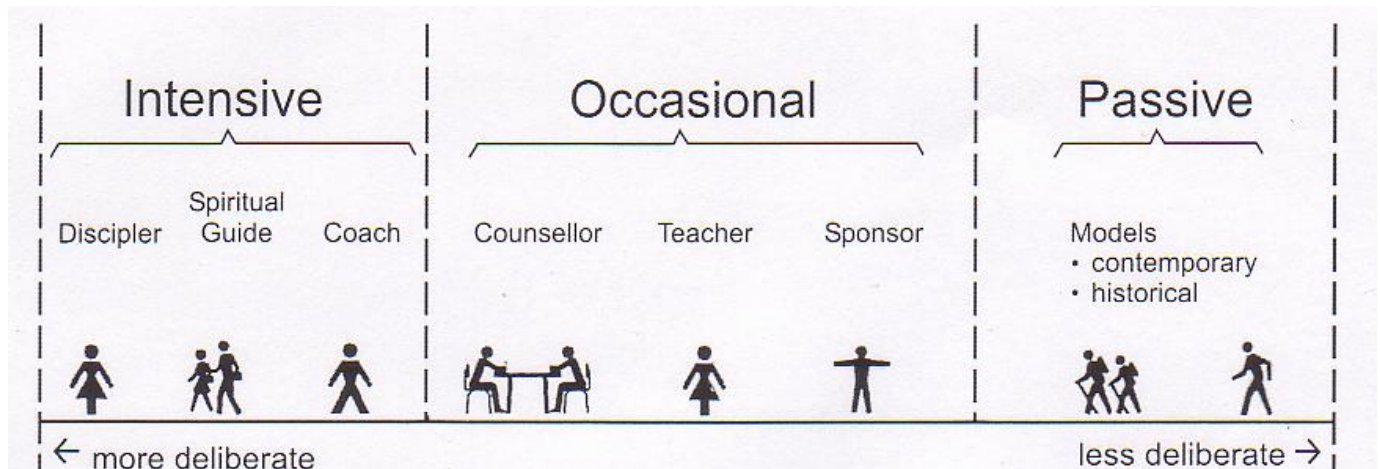
What is discipling?

“Discipling (and mentoring) is the process by which a more mature follower of Christ sees potential in a less experienced believer and establishes a close relationship with this person so as to model and share the knowledge, wisdom, commitments, understanding, insights, values, experience, resources and skills necessary to help that person know and obey Jesus Christ as Lord.”

Biblical examples

- Example of early church (Acts 2:37-47)
- Example of Barnabas (Acts 9:26-27, 11:19-26)
- Example of Paul – spiritual parenting (1 Thess 2:7-13)

Different kinds of mentoring



Principles of discipling

Effective discipling requires:

- **Spiritual m**_____
- **C**_____
- **R**_____
- **Spiritual f**_____
- **C**_____ (depth rather than breadth)



“The heart of Jesus’ ministry was not ministering to large crowds, but the formation of a few disciples”



“Discipling is the transfer of life, not just the passing on of information”

5. How to go about discipling & mentoring

Discipling begins at home (Deut. 6:4-9)

How to go about mentoring:

1. ***P*** _____ ***about it***

2. ***C*** _____ ***carefully***

3. ***M*** _____ ***is the key***



4. ***Not just formal but*** _____

5. ***Keep the focus on*** _____

6. ***Aim for*** _____ ***not mentor-dependency***

7. ***Encourage areas of*** _____

8. ***Know when to*** _____

6. Letting your life impact others

(Read: 'Leader's Manual' p.43-47, 55-58)

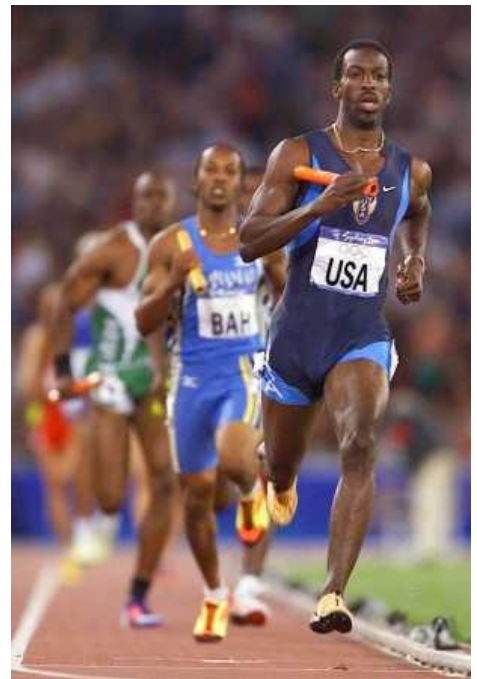
One to one discipling



Discipling in small groups



Prepare a discipling plan



“As a Christian you are like a runner in a relay race. How well are you running your lap? And when are you going to pass on your baton to another?”

Blessed to be a blessing

READ: *Genesis 12:1-3*

Memorize: *Matthew 28:18-20*

I sat in church as the visiting speaker was introduced. He was a missionary from Indonesia. I had heard many missionary speakers before. They all seemed to say the same thing. I could almost guess that this speaker would do the same. Most missionary speakers based their talks on the "Great Commission". They would speak about Jesus' final words to His disciples before He went back to heaven (Matthew 28:18-20). Then they would challenge us to be willing to "go into all the world and preach the gospel". But I didn't feel called to go as a missionary to some overseas country. I believed God had a work for me to do right here.

Sure enough this missionary started with the "Great Commission" just like the rest, but as I listened I heard in a new way some things I had never heard before. For the first time I began to see the big picture. I could see that I could be a part of God's great plan whether I went as a missionary to another country or not. His call applied to me right where I was. By the end of the message I didn't feel guilty for not going. I felt very excited. I knew God was speaking to me in a very personal way.

1. The 'Great Commission'

What is the Great Commission all about? Is it just a call for a select group of Christians to go overseas as missionaries? Is it just an optional extra that we can take or leave depending on whether we feel like it or not? How are we to understand these final words of Jesus?

The final words a person speaks are usually very important. And Jesus' final words are no exception. They come as the climax of His life and with the highest authority in the universe. They come to us not as a choice, but as a command: "*Go and make disciples of all nations*". With these words Jesus is telling us what is most upon His heart and what he is calling all His disciples (not just a few) to do. This was not just an after-thought that Jesus added to His teaching right at the last moment as He was about to leave his disciples. It was the end result of all that Jesus had been preparing them for over the three years He had been with them. More than that, it was something that God had been preparing Israel for over many centuries. It was the very heart of what the Old Testament was all about and the very reason why God sent Jesus into the world.

2. Two thousand years earlier

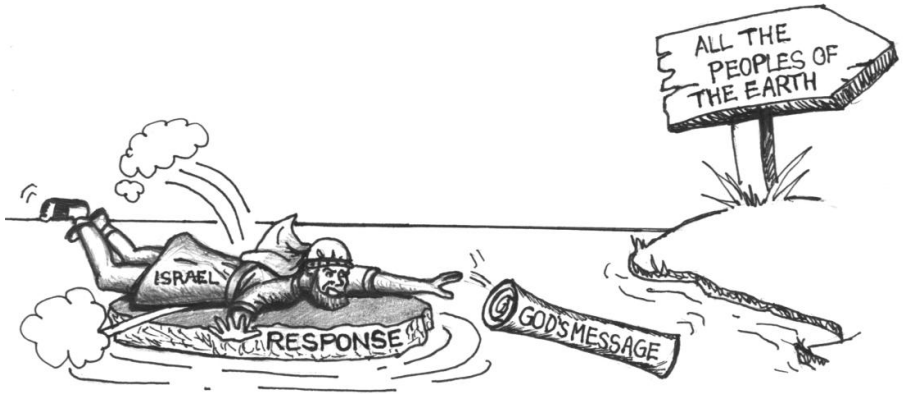
The Great Commission was not first given by Jesus to His disciples, but was given by God to a man called Abraham two thousand years earlier (Genesis 12:1-3). Ever since our first parents sinned in the Garden of Eden, God has been seeking to bring people back to Himself. He began this process by first choosing a man – Abraham, and then a nation – Israel. He entered into an agreement or covenant with Abraham and with Israel. This covenant had two parts. In the first part of the covenant God promised to bless Abraham. But in the second part of the covenant God made His final purpose clear – "*I will make you a blessing . . . and I will bless all peoples on earth through you . . .*" Was God



choosing to bless Abraham and his descendants because they were His favourite people and He wanted only them to receive His blessing? No! He would bless them so that they would become a channel of His blessing to the nations.

3. God is a missionary God

God's covenant with Abraham and the message of the whole Bible makes it clear that God is a missionary God. His purpose is that through a chosen group of people He might reach out to all the peoples of the earth so that all might know him and come back into fellowship with Him. He tried to do this through Israel. But Israel failed. She only wanted God's blessing for herself. She was only interested in the first part of God's covenant with Abraham (*"I will bless you . . ."*), but was not interested to carry out the second part (*" . . . and I will make you a blessing to all peoples"*).



4. The Great Re-commission

Jesus came to fulfill God's covenant with Abraham – to bring God's blessing to God's chosen people, the Jews, but also to call into being a new group of people (the church) to take this message of salvation to the rest of the world. So the 'Great Commission' that Jesus gave to His disciples at the end of His earthly life was really 'the Great Re-commission'. He was calling His disciples to again do what Israel had failed to do. Now, with the highest authority in heaven and on earth, and with the promised Holy Spirit's presence to enable and empower them, they were to *"go into all the world and make disciples of all peoples"*. Jesus' whole life and ministry had prepared them for this great moment of re-commissioning.

5. Blessed to be a blessing

What can we learn from God's covenant with Abraham and Jesus' command to His disciples in the Great Commission? We can learn one simple truth: God blesses us so that we might be a blessing to others. God has brought us into relationship with Himself through Jesus so that we might help bring others into relationship with Him also. We should not hold the spiritual blessings we have received in Christ to ourselves. They are given to us so that we might give them away. *'Freely you have received, freely give.'*

If you call yourself a disciple of Jesus, then his call to you is clear: *'I have blessed you so that you might be a blessing to others. Go and take the message of my love to people everywhere'*. Are you willing to do that? That's why Jesus came! That's why He died. That's His plan and purpose for His church and for you! You don't have to wait till you go as a missionary overseas to fulfill the Great Commission. You can begin right where you are now! In the following studies we will show you how. Are you willing to be a part of this great plan?

Questions

1. Think about the illustration at the start of the study. How have you understood these words of Jesus in Matthew 28:19-20? Have you thought they only mean going overseas as a missionary? What have these words meant to you in the past?

2. The Great Commission was not a new idea to Jesus' disciples. A similar commission had been given by God to Abraham two thousand years earlier (See Genesis 12:1-3). What are the two main parts of this covenant that God made with Abraham?

FIRST PART

SECOND PART

| | |
|-------|-------|
| <hr/> | <hr/> |
| <hr/> | <hr/> |

What was the main reason for which God chose and was going to bless Abraham and his descendants (Israel)?

3. According to the following references, what is the main reason for which God had chosen and blessed you? Apply these verses personally.

Genesis 12:1-3 _____

Matthew 28:19-20 _____

Matthew 10:7-8 _____

John 15:16 _____

Ephesians 1:3-4, 11-12 _____

4. What do you think about the statement - “*God is a missionary God*”? Do you think this is true? How do the Bible passages in the last question show this? Can you think of any other references which support this also?

5. Think about this simple truth: *‘Blessed to be a blessing’*. Israel failed because she was only interested in receiving God’s blessing for herself (the first half of the covenant), but not interested or willing to share this with others (the second half of the covenant).

Do you think this may still be God’s problem with His people today? Do Christians really understand that they are ‘blessed to be a blessing’? Or are they only really interested in receiving God’s blessings for themselves? (*‘Lord bless me, heal me, help me, give me, guide me . . .’*). What do you think?

6. Now what about yourself personally? Are you just soaking up God’s blessing for yourself (like a sponge), or are you allowing God to flow His blessing through you to others (like a river)? (Be honest!) (choose)

- A sponge;
- Mostly a sponge;
- A sponge that God sometimes squeezes;
- Sometimes like a river;
- Mostly a river.

Are you actively seeking for God to bless others through you? In what ways?

7. What do you think God might be saying to you personally through what we have looked at in this study?

- Memorize the key verse at the start of this study (*Matthew 28:18-20*).

“If we will gain God’s greatest blessings, we must embrace His highest purpose.”
- Francis Frangipane

Further resources available:

Video training package

With these notes there is a 6 week training package available on the theme - '**Disciple-making and Mentoring**' with Ian & Diane Malins - 6 video sessions to help train potential group leaders in disciple-making. With this set of accompanying seminar notes which you can download free from our web page, this is an ideal small group training package. The video series will cover the material in these notes and will focus on motivating and training potential disciple-makers and mentors in how to get started.

Use this training package in your church so you can help train and multiply potential disciple-makers and mentors!



- ▶ For more copies of these materials and other Discipleship resources, contact –

www.omega-discipleship.com

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