

Thank you for downloading one of the eight, five-session small group studies from *Be Disciples*.

Be Disciples is a 40-week, video-driven small group study for men. Each session features a video from best-selling author, Rick Burgess, and a small group leader guide. You can purchase all 40 weeks, or purchase the eight, five-week sessions independently.

If we can help answer any questions about ***Be Disciples*** or any other of the Iron Hill Men resources, please don't hesitate to email (customercare@ironhillpress.com) or call (800) 307-9366



INVESTING *in* DISCIPLESHIP

A 5-WEEK, VIDEO-DRIVEN DISCIPLESHIP
CURRICULUM FOR MEN

**INVESTING IN DISCIPLES: A 5-WEEK, VIDEO-DRIVEN
DISCIPLESHIP CURRICULUM FOR MEN**

Leader Guides

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Videos

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Video: Rick Burgess

Video Production: Chris Adler

Leader Guide Authors: Eric Ballard, TJ Gilliam, Matthew Turberville, Josh Sisk, Clay Wyatt

Executive Editor: Andy Blanks



A 5-WEEK, VIDEO-DRIVEN DISCIPLESHIP
CURRICULUM FOR MEN

BY RICK BURGESS



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DISCIPLESHIP MATTERS

DISCIPLE MEN, CHANGE EVERYTHING.

There is a discipleship problem affecting Christian men today. Too often, men are absent from both the church pews and from the vital work the church is doing in the world. These men are not engaged spiritually in their homes and aren't making a Kingdom impact in their workplace. And it all points back to one major issue:

Many men aren't being disciplined.

But when men ARE being disciplined, powerful things happen as a result. They impact the church, their family, and culture. We have seen the influence godly men can have. The purpose of The Pursuit curriculum is to equip and empower men to become the man God has called them to be.

WHAT IS BE DISCIPLES ?

Be Disciples is a 40-week, video-driven curriculum designed to help men discover what it means to be a disciple. Be Disciples takes eight traits of disciples from Scripture and unpacks them through video and small group Bible Study.

Rick Burgess, best-selling author and co-host of the nationally syndicated radio show The Rick & Bubba Show, starts off each session with a 10-15 minute video introducing the session's focus. Then, for each small group session, there is a leader guide to help facilitate a meaningful time of discussion and Bible study.

The reason men aren't living a more authentic faith is simple: they have yet to embrace the call to real discipleship. By leading a group through Be Disciples, you're a part of the growing tide of leaders who are looking to awaken men to embrace their calling as Christ-followers.

START GET STARTED GET

There are two types of multiplication that we want to see men involved in, Kingdom multiplication and individual multiplication. Kingdom multiplication is evangelism. It's the Gospel shared in word. It's godly men seeking out the lost in their sphere of influence and inviting them into their lives to see how Christ has rescued them. Individual multiplication is the expectation that as men committed to following Christ, we will be shepherding younger Christ-followers. As men mature in their faith journey, they are called to be traveling along with others. This is what investing in discipleship is all about.

WHAT YOU NEED TO GET STARTED

FIRST, preview your video. Every Be Disciples session starts with a video. You'll need to preview your video ahead of time and be prepared to show it to your group. You can access your videos through your Iron Hill Press account.

THEN, get ready for your small group discussion and Bible study by preparing your lesson. Use this leader guide to help lead a time of discussion based on the video and Bible study based on the passage Rick covered. Pray that God would lead your preparation and your facilitation of the material.

FINALLY, lead your time of small group Bible study using this leader guide. It's that simple.

If you have any questions or feedback, don't hesitate to let us hear from you at feedback@ironhillpress.com.

EDGE ELEMENTS

ACKNOWLEDGMENTS



RICK BURGESS is the Co-Host of the nationally syndicated *Rick and Bubba Show*. He has co-authored multiple New York Times Bestselling Books covering topics such as politics, marriage, business, comedy, and what it looks like to be a follower of Christ in secular entertainment. Rick has appeared on the Fox News programs *Hannity's America*, *Your World with Neil Cavuto*, and *Fox and Friends*.

Rick speaks regularly at men's events and marriage conferences across the country, all while teaching youth and men's Bible studies on a weekly basis. Rick is married to the former Sherri Bodine, and they have five children: Brandi, Blake, Brooks, Brody, and Bronner. Rick's wife Sherri is the author of the book "Bronner: A Journey to Understand," a powerful story about what she and Rick learned about God through the earthly death of their youngest son, Bronner. Rick's eulogy for Bronner became the most-viewed video in the world on YouTube the week of the service.

ALSO CONTRIBUTING TO *BE DISCIPLES: INVESTING IN DISCIPLESHIP*

EXECUTIVE PRODUCERS:

RICK BURGESS
ANDY BLANKS
LES BRADFORD

EXECUTIVE EDITOR:

ANDY BLANKS

VIDEO PRODUCTION:

CHRIS ADLER

LEADER GUIDE AUTHOR:

ERIC BALLARD, TJ GILLIAM, MATHEW TURBERVILLE, JOSH SISK, CLAY WYATT

Main Passage: Luke 9:23-25; Matthew 16:24-26

Purpose: To understand and truly consider the requirements of being a disciple so we are prepared to make disciples.

Session Snapshot: As the crowds following Jesus grew larger, His teaching grew more difficult and direct. Christ communicated what it takes to become part of God's Kingdom in this passage. We have to be willing to ask ourselves, *Am I a disciple?* Are we willing to abandon ourselves and sacrifice all we are in the name of Jesus? As John the Baptist put it, "He must increase, but I must decrease" (John 3:30).

GETTING STARTED

Kick off your time together by introducing a new theme.

FIRST, explain to your group that they will be beginning a new video series in the *Be Disciples* curriculum that continues your look at one of eight different aspects of what it means to be a disciple of Jesus. This particular series is *Investing in Discipleship*. It will help men understand that a disciple of Christ must commit to leading non-believers to Christ and shepherding less mature Christians to spiritual maturity. This 5-week study will help men understand how to implement this in their daily lives.

If this is your first session as a group, consider introducing yourself, if necessary, and having the men in your group introduce themselves. If you want to pass around a contact sheet or do any other first-session "housekeeping tasks," this is the time to do it.

FINALLY, if there are no questions or other input, transition into the *Digging In* section of your leader's guide.

DIGGING IN

Jump into the session by watching this week's video.

FIRST, if this is your first Bible study time in the *Be Disciples* curriculum, explain to the group how your time together will work. Explain that you will watch a video that is usually about 15 minutes long, followed by a short discussion of the video. Then, you'll spend a few minutes in Bible study, followed by a closing activity. Consider encouraging men to take notes as they watch the video. (Remember, a participant guide is available to you if you would like to distribute it to your group.)

THEN, play the video. You can access the video by logging into your Iron Hill Press account.

When the video is over, lead men in a short discussion based on what Rick covered. Feel free to come up with your own questions, or consider asking some similar to those below:

- **In your opinion, what does it look like to deny yourself? How does being a disciple shift your focus away from you?**

- Rick said the meaning of “deny yourself” implies that we no longer exist. How is that different than interpreting this phrase to mean *Jesus will make me a better version of myself*?
- How would your friends and family say that you have put aside or given up your desires for the Lord’s desires or to advance His Kingdom?
- Our instincts are towards self-preservation. How are we supposed to fight against that and strive for a new normal of self-sacrifice?
- How does a love for Jesus lead to obedience to Jesus? Why do you think obedience to Jesus often leads to sacrifices for Jesus?
- What is one sacrifice you have made at work for the name of Jesus? Was it an easy or difficult decision to make? Why?
- How would you go about explaining to a nonbelieving friend or coworker the meaning of Jesus’ paradoxical statement that those who try to save their life will lose it, but those who give up their lives will save it?

FINALLY, transition into the *Opening the Word* portion of your time together by saying something like the following:

- **When we choose to become a follower of Jesus, it’s an “I’m all in” kind of commitment. Let’s examine this passage more closely to see exactly what we’re signing up for.**

OPENING THE WORD

Spend time going deeper into a specific concept Rick introduced in the video.

FIRST, explain that you’re going to take a more in-depth look at Luke 9:23-25. But before you do, it’s important to make sure your group knows the context of the passage you’ll be studying. Provide the context for the passage using the following bullet points:

- **Author:** Luke was a doctor, a Gentile Christian, and a companion of Paul.
- **Time frame:** The Gospel of Luke was written around 60 AD.
- **Purpose:** Luke is the only Gentile author of the Bible. His entire purpose was to write an accurate account of the life of Jesus so as to present Jesus as Savior, fully God, and fully man. It is one of the synoptic Gospels, having much in common with the Gospels of Matthew and Mark.

THEN, read or have a volunteer read Luke 9:23-25. When the volunteer has finished, direct their attention back to vs. 23. Lead the group in a brief discussion. Ask something like:

- **This verse is almost identical to Matthew 16:24, except Luke included the word *daily* after the phrase, “take up his cross.” Why is this significant?**
 - Answers will vary but focus the discussion on the fact that even though we are following after Jesus, we are still human. Choosing God’s way over our way will be something we have to commit to every day, and some days will be more challenging than others.
- **What do you think it looks like to take up your cross daily?**
 - Answers will vary, but the motive behind each example will be putting the desires of God and others above your own every single day. Jesus said that’s how all of God’s commands can be summed up, by loving Him with all we are and loving others as much as we love ourselves (Matthew 22:36-41).
- **If God loves us as much as the Bible claims He does, why does He want us to constantly deny ourselves and make daily sacrifices?**

- *Answer:* We are not who God created us to be. Sin ruined us from the inside out. The only way to be a disciple is to deny our old self and embrace the new creation God is transforming us into (2 Corinthians 5:17).

Before transitioning to the next question, say something like:

- **Jesus never claimed that following Him would be easy. He often expressed the exact opposite. While being a disciple will be difficult at times, it is the way to salvation. Only Jesus can save a life eternally.**

NEXT, direct your group's attention back to Luke 9:24. Then, ask:

- **What are some examples of ways men try to save their own lives?**
 - *Answer:* There are countless examples, but some common ones may include filling up bank accounts or extreme workout regimens. For some, it will be doing something that prolongs the memory of us after we're gone, like having something named after us. For others, it may be creating as many experiences we can for as long as we can.
- **How can *losing your life for the sake of Jesus* feel like *winning*?**
 - Answers will vary. Only the Creator can dictate what creation is meant to be. In Jesus, we find identity, meaning, and purpose. Christ alone is the answer to overcoming sin and death.
- **How does your day-to-day life prove you live for an eternal life over this earthly one?**
 - Answers will vary.

THEN, read Matthew 16:24-26, focusing on verse 26. Here, we see Jesus comparing the worth of this life compared to the value of the life to come. It is a wildly one-sided comparison. Ask:

- **How do you think the temptations or riches of this world pull away at our souls?**
 - Answers will vary here. After some discussion on the topic, read James 1:14-15 to the group. Walk them through the truth that worldly desires lead to temptation, which leads to sin, which, if undealt with, leads to death, i.e., separation from God.
- **Luke uses the word “forfeits” (v25) in his telling of this passage. In what ways do we *surrender or give up* who we are?**
 - *Answer:* Whether we realize it or not, all men serve something. Our god may be money or entertainment, our reputation, our family, or the One True God. Either way, we all bow to something, and whatever that something is, it has our hearts (Matthew 6:21).

FINALLY, read Matthew's last question from verse 26, *what shall a man give in return for his soul?* Then, say something like:

- **Even though He created every one of us, God allows us to choose what we do with the lives He gave us. Whatever we choose comes with a cost. There are requirements to following Jesus. There is a price to living in opposition to God. This passage of Scripture reminds us to consider the cost before we choose.**

Ask if there are any questions and if there are none, transition into *Accepting the Challenge*.

ACCEPTING THE CHALLENGE

Focus your group's attention on one key takeaway from your time together.

FIRST, explain that you want to challenge the group to focus on the takeaways from this session. Consider starting this portion of your session by asking your group what they think are the main application points from your session. Allow discussion to go until there are no more suggestions.

Then, if necessary, supplement your discussion with the following application points. Say something like:

- **One key application to being a disciple of Christ is the idea of denying self. We push our desires and needs to the side so we can follow God's desires and meet the needs of others.**
 - This week and in the weeks to come, ask God to help you see opportunities to put the needs of others above your own. Wash the dishes or pick up an extra household chore so someone else in your family doesn't have to do it. Volunteer to take on that responsibility at work that no one else wants to do.
- **Second, we have to understand that who we serve is who we've given our lives to.**
 - We have to evaluate if we make our daily choices to please the LORD or ourselves. How often do we consider God's will over our own at work, home, or at community events?

If it feels appropriate, allow some discussion about the kind of processing they find themselves doing.

FINALLY, encourage men to continue to marinate on these points in the week to come. Challenge them to listen to what God is trying to tell them and to respond accordingly. If there are no more questions or input, close your time together in prayer.