THE
Discipler's Handbook
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A SUPPLEMENT TO
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The Discipler's Handbook
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Jesus spoke to the Jews who had believed him. “If you obey my teaching,” he said, “you are really my disciples. Then you will know the truth. And the truth will set you free.” John 8:31-32

ARE YOU READY to dive into discipling someone one-on-one? This handbook will help you as you start to meet with other women, providing concrete lesson plans for milk and solid-food topics. The lessons you will find here sharply attack the topic and make it simple, short, and applicable. Additionally, in the appendices you will find the Hand, Wheel, and Process Illustrations, three valuable tools that you can use as you disciple someone.

For each lesson you will find the following elements:

- **TOPIC TITLE**
- **KEY VERSES**
- **KEY THOUGHT**
- **KEY QUESTION(S)**
- **DISCUSSION WITH REFLECTION QUESTIONS**
- **DISCIPLER’S STORY:** Remember, this is a story that you, the discipler, share from your own life!
- **APPLICATION**

This handbook includes lesson plans for sections I and II (Milk and Solid Food) as mentioned in chapter 7 of *The Gentle Art of Discipling Women*. I encourage you to create content for section III (meat) on your own, according to the needs of the woman you are meeting with.¹ And of course, you’ll want to discern the needs of the one you are discipling no matter what section she is in, and adjust or create content accordingly.

¹You can find topic ideas for section III in chapter 7 of *The Gentle Art of Discipling Women*. 

**SECTION I**

**Milk**

*Like newborn babies, you should long for the pure milk of God's word. It will help you grow up as believers.*

1 Peter 2:2

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**THE OBJECTIVE OF** section I is to focus on grounding the believer in the most basic topics of faith. Unless the believer embraces the truths of these areas, she will be stunted in all aspects of her walk with God.
The New Supernatural Life:

ZOÉ

a. **KEY VERSES:** 1 John 5:11-12; John 5:24; John 10:10

b. **KEY THOUGHT:** When we believed in Christ we received **zoë**, which is eternal life. **Zoë** is different from **bios**, which basically means “existence.” This eternal life that we gain in Christ supernaturally transcends the life we live here on earth. It begins when we believe in Him.

c. **KEY QUESTIONS:** Can we be sure that we now have the supernatural life of **zoë**? How do we know?

d. **DISCUSSION WITH REFLECTION QUESTIONS:**
   
   i. Read 1 John 5:11-12. According to this passage, who has eternal life? What assurance do we receive from these verses about **zoë**?

   ii. Read John 5:24. What has happened to anyone who hears and believes? What do you think it means that we have moved from death to life? Can this be anything other than a supernatural alteration in us?

   iii. Read John 10:10. How does Jesus lift our thinking about “life” (or **zoë**) in this verse? What does it mean to you that you, today, now have started your eternal life?

   iv. This supernatural life is not based on how we feel because feelings change. It is based on God’s promise to us through these and many other verses. Why do you think basing your assurance of eternal life on how you feel could be misleading?

e. **DISCIPLER’S STORY:** Share how you celebrate and experience eternal life on a daily basis.

f. **APPLICATION:** In what ways does knowing that you now have eternal life and that this life is in His Son affect your outlook and daily choices?
Christ the Center

a. **KEY VERSES:** 2 Corinthians 5:17; Galatians 2:20

b. **KEY THOUGHT:** Two amazing thoughts every believer must know: We are *in* Christ. Christ is *in* us.

c. **KEY QUESTION:** According to these two verses, what two amazing facts do we learn about our new lives as women who have trusted in Jesus?

d. **DISCUSSION WITH REFLECTION QUESTIONS:**
   
   i. Read 2 Corinthians 5:17. What do you think is meant by “new creation”?
   ii. What have you experienced as a result of all things becoming new?
   iii. How do you know if this verse is true?
   iv. Read Galatians 2:20. How would you restate this verse in your own words?
   v. What has happened to the believer as she experiences life after trusting Christ?
   vi. Do you sense that Christ is in you? How?

e. **DISCIPLER’S STORY:** Share how you were affected when you realized that you were in Christ and that Christ was in you.

f. **APPLICATION:** How has coming to know Christ altered your perspective of life in and around you? This reality of Christ in us and us in Christ separates the Christian faith from any other religion. What will you do to more deeply realize this supernatural reality? Perhaps memorizing these two verses is the first step in embracing your new reality!
3. The Word of God: Inspiration

a. **KEY VERSES:** 2 Timothy 3:16-17; 2 Peter 1:20-21

b. **KEY THOUGHT:** We are now living supernaturally supported in Christ and Christ in us. The Word of God is inspired by God. We have been given the Bible to navigate our way through life.

c. **KEY QUESTION:** How does knowing that the Word of God is inspired create confidence as we seek to get to know God through Scripture?

d. **DISCUSSION WITH REFLECTION QUESTIONS:**
   
i. Read 2 Timothy 3:16-17. Because the Bible is inspired, we have incredible benefits as we saturate our life with His Word. What are these benefits, according to these verses?
   
ii. Read 2 Peter 1:20-21. What does it mean that the Word of God is inspired, according to these verses? Do you know of any other book that God inspired?
   
iii. Why is it important that we understand and embrace that the Word of God is inspired?
   
iv. How does knowing that all Scripture is inspired affect your attitude and evaluation of the Bible?

e. **DISCIPLER’S STORY:** Share how you came to trust God’s Word.

f. **APPLICATION:** What action will you take in response to the fact that God’s Word is inspired? Perhaps learning to spend daily time in the Scriptures would be a good step as you embrace that the Bible is inspired.
4. The Word of God: Eternal

a. **KEY VERSES:** Isaiah 40:1-9; Mark 13:26-31

b. **KEY THOUGHT:** God’s Word is eternal! This means the Scriptures will stand forever!

c. **KEY QUESTION:** When we understand and embrace that God’s Word is eternal, what difference does it make for our daily life?

d. **DISCUSSION WITH REFLECTION QUESTIONS:**

   i. Read Isaiah 40:1-9. Why do you think it is important for God’s people to be assured that His Word will stand forever (see verse 8)?

   ii. Read Mark 13:26-31. Why does Jesus remind the disciples that His Word will never pass away?

   iii. Why is it important for us to know that the Scriptures are everlasting?

e. **DISCIPLER’S STORY:** Share how you are impacted by the truth that God’s Word is eternal.

f. **APPLICATION:** What will you do differently as a result of embracing the fact that God’s Word is eternal and will not pass away?
a. **KEY VERSES**: Matthew 4:1-11; Jeremiah 15:16

b. **KEY THOUGHT**: The Word of God is given to us by God that we might feed upon and draw life from it as one would rely on daily bread.

c. **KEY QUESTION**: How did Jesus view the Word of God?

d. **DISCUSSION WITH REFLECTION QUESTIONS**:

i. Read Matthew 4:1-11. Where is Jesus in this passage? Where is Satan? What is happening in this scene with Jesus and Satan?

ii. What is the first temptation Satan throws at Jesus? How does Jesus counter Satan with this temptation? What does Jesus compare the Word of God to in this interaction? Why do you think He does so?

iii. How does Jesus confirm throughout the rest of this scene that God’s Word is central for all of the believer’s life? What phrase does Jesus repeat in verses 4, 7, and 10? What do we learn by His use of the Word of God?

iv. Note that Satan also has the Word of God memorized! What does the craftiness of our enemy, Satan, force us to realize as we seek to know the Scriptures?

v. Read Jeremiah 15:16. What effects did God’s Word have on Jeremiah?

vi. How does Jeremiah’s response to receiving God’s Word set an example for us?

e. **DISCIPLER’S STORY**: Share how the Bible has proven to be like daily bread to you.

f. **APPLICATION**: If Jesus quoted the Word of God to overcome temptation, perhaps we need to consider memorizing the Word also. Perhaps you might begin to memorize the verses we just studied!
6. The Word of God: POWERFUL

a. **KEY VERSES**: Hebrews 4:12-13

b. **KEY THOUGHT**: God’s Word is powerful. It is alive. It is like a spiritual double-edged sword that can cut to the very internal heart of the matter in our lives. God’s Word is not dormant. His Word is active because the Holy Spirit dwells in us and brings His Word to life, which has transforming power!

c. **KEY QUESTION**: According to this passage, how does God use His Word in our lives?

d. **DISCUSSION WITH REFLECTION QUESTIONS**:

   i. Read Hebrews 4:12-13. What are at least six characteristics of the Word of God that this passage reveals?

   ii. Which of these characteristics do you find encouraging as you anticipate living them each day?

   iii. In verse 13 it says that God sees everything and will hold us responsible for everything we do. How does knowing this stimulate you to rely on His Holy Spirit through the Word to transform you?

e. **DISCIPLER’S STORY**: Share how God has used His Word to transform your life.

f. **APPLICATION**: Knowing of the great power of God’s Word, how will you engage with His Word from now on?
7. **The Word of God:**  
**Obedience**

a. **KEY VERSES:** Matthew 7:24-27

b. **KEY THOUGHT:** It is not enough to know that the Word of God is inspired, powerful, and central to the believer’s life. We must put God’s Word into practice.

c. **KEY QUESTION:** What does Jesus teach us about His Word as we live and face difficulties, temptations, and tragedy?

d. **DISCUSSION WITH REFLECTION QUESTIONS:**
   i. Read Matthew 7:24-27. In what ways does Jesus relate the importance of putting God’s Word into practice?
   ii. Why isn’t hearing or even memorizing Scripture enough?
   iii. Share a time when you obeyed His Word when you did not think you could. What happened?

e. **DISCIPLER’S STORY:** Share a time when you also obeyed His Word, even though you did not think you could.

f. **APPLICATION:** What is the difference between application of the Word and obedience to the Word? Is there a verse or verses you read in which you felt God used Scripture to ask you to obey Him in some area? Create action steps to help you obey God’s leading. Create accountability on this matter with your discipler.
8. Daily Life with God in the Word

a. **KEY VERSES:** John 15:5-10

b. **KEY THOUGHT:** If we desire to know Christ and remain in relationship with Him, we must do so through an abiding connection in His Word.

c. **KEY QUESTION:** What does Jesus emphasize is the key to abiding or continually connecting with Him?

d. **DISCUSSION WITH REFLECTION QUESTIONS:**
   
i. Read John 15:5-10. How does one remain joined to Christ?
   
ii. What does it mean that we are branches and He is the vine? In what ways does living according to His Word relate to having a healthy attachment to Jesus our vine?
   
iii. What does Jesus promise the believer in verse 7?
   
iv. How does Jesus determine our love for Him in verse 10? How do we know His “commands”?
   
v. In your own words, what is Jesus teaching in this passage?

e. **DISCIPLER’S STORY:** Share how you remain connected to Jesus in your life.

f. **APPLICATION:** Having a daily devotional time is crucial if we desire to remain connected to Jesus. A daily devotional time includes reading the Bible, meditating upon what God is saying to us personally, and then praying (talking to God) about what He has said to us. Create an action plan on how you will have a daily devotional time. How many times next week will you meet with Jesus in the Word? What time of day? Where will you meet Him? Will you journal what God gives you? How will you be accountable to your discipler in this application?

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8 Getting to Know God through a Daily Quiet Time by Mike Jordahl is an excellent resource for someone seeking increased depth in daily time with the Lord. You can find it at www.Nav20s.org/resources.
The Hand Illustration

a. **KEY VERSES**: See Appendix A for the Hand Illustration. This illustration helps the disciple to see the many ways she can approach God’s Word. Each finger with a verse represents one of those ways. Look over and read through this illustration together.

b. **KEY THOUGHT**: There are many ways to interact with God’s Word, with the main purpose being that we learn to truly meditate on the Word of God.

c. **KEY QUESTION**: We have studied and know that Scripture is vital for our lives as His disciples. How can we saturate ourselves with the Word of God?

d. **DISCUSSION WITH REFLECTION QUESTIONS**:

   i. Think back to the many characteristics of God’s Word we have studied. Which stand out to you as you consider your growth and continual connection to Jesus?

   ii. How do you interact with Scripture in addition to a daily devotional time?

   iii. Why is it important to meditate on the Bible?

   iv. Why do you think meditation upon His Word is so important? How is meditating on the Word different from memorizing the Word?

   v. What does it mean to meditate on God’s Word? How is it different from babbling or having a mantra as in other religions?

   vi. Compare meditation to a cow chewing on its cud. How does memorizing Scripture enable us to deeply meditate upon the Word?

   vii. Which fingers of the Hand promote a vital connection with Jesus?

   viii. How does meditation and memorization enhance our daily devotional life?

e. **DISCIPLER’S STORY**: Share how saturating your life with God’s Word has enabled you to grow in your ability to meditate upon His Word.

f. **APPLICATION**: What will you do now that you realize the value of saturation in the Word? Will you memorize Scripture? Will you seek to meditate upon it? How will you do this? Create a plan that will push you into a deeper walk in the Word. Make sure you stay accountable with your discipler. What will you put into action before you meet next time?

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*A great way to memorize Scripture is with the Topical Memory System (TMS). For more information, go to www.navigators.org/Tools/Discipleship%20Resources/Tools/Topical%20Memory%20System.*
10. Who Is a Disciple?

a. **KEY VERSES**: Matthew 16:24; Luke 9:23; Mark 8:34

b. **KEY THOUGHT**: Jesus had something specific in mind when he invited a person to be His disciple.

c. **KEY QUESTION**: How did Jesus describe and therefore challenge anyone who wants to be His disciple?

d. **DISCUSSION WITH REFLECTION QUESTIONS**:

i. Read Luke 9:23. What three actions define the one who wants to be Jesus’ disciple?

ii. Jesus is referring to those who “want” to be His follower. Why would Jesus first give attention to the attitude “anyone who wants” before describing a disciple? What is your answer to the question, “Who is a disciple?”

iii. What does Jesus spotlight first as He describes the follower who wants to be His disciple? Note that this is not an action but an inner repetitive theme of response to all that goes around us in life. What does it mean to deny one’s self?

iv. Carrying a cross in the times of Jesus meant only one thing: that person was going to die that day. Explain what Jesus meant when He said, “Let them take up their cross daily.”

v. After Jesus points out that they must deny themselves and take up their cross daily, He then states, “Follow me.” Is it possible to be a disciple of Jesus without these two actions occurring from within our hearts?

vi. Why do you think Jesus is so serious about this commitment?

e. **DISCIPLER’S STORY**: Share your experience as you decided to follow Jesus as His disciple.

f. **APPLICATION**: As we discussed Jesus’ description of a disciple, what touched you most? What do you think God wants you to do as a result of understanding what He looks for in one who might be His disciple? In what ways can the discipler help you be accountable for following Christ in this serious way?
SECTION II

Solid Food

Anyone who lives on milk is still a baby. That person does not want to learn about living a godly life. Solid food is for those who are grown up. They have trained themselves to tell the difference between good and evil. That shows they have grown up.

HEBREWS 5:13-14

THE OBJECTIVE OF solid-food teachings is, as the writer of Hebrews suggests in Hebrews 5:13-14, to take an individual beyond the basic teachings of the Word to topics that will afford them a strong personal walk as Christ’s disciple.
1. The Wheel Illustration

After completing section I and before stepping into the following topics found in section II, I’d suggest sharing the Wheel Illustration, which will help to give a perspective on the focused Christian life. I would share the Wheel Illustration over two to four sessions, depending on the discipling individual’s depth of Bible knowledge. You can find the Wheel Illustration in Appendix B.
2. **Prayer**

a. **KEY VERSES:** Philippians 4:6-7; Jeremiah 33:3

b. **KEY THOUGHT:** Unique to the believer is that when we talk to God (pray), He hears us, will answer, and promises peace as we release our needs to Him.

c. **KEY QUESTIONS:** Why should we pray? What does God promise those who pray to Him?

d. **DISCUSSION WITH REFLECTION QUESTIONS:**
   
i. Read Philippians 4:6-7 and Jeremiah 33:3. What aspects of prayer are communicated in these two passages?
   
ii. Why is prayer essential for us as believers?
   
iii. Why do you think the Bible says we do not need to be anxious about anything?
   
iv. Some people say God does not answer every prayer. Discuss this idea. Why do they say that? Do you believe it is true?
   
v. How is prayer like a conversation with God?
   
vi. What keeps people from praying about everything?

e. **DISCIPLER’S STORY:** Share a recent experience about spending time with God in prayer.

f. **APPLICATION:** Either we pray or we don’t. Create a specific action plan for daily prayer. Write your requests in a notebook or journal and then record answers. How will you be accountable for your plan?
3. Identity in Christ

a. **KEY VERSES:** 2 Corinthians 5:17; Ephesians 2:10; Ephesians 1:3-6

b. **KEY THOUGHT:** We were created to belong to Christ. Our new life is happening because we are “in Christ.” We have a new identity now that we belong to Him.

c. **KEY QUESTIONS:** How does knowing that you have a new identity “in Christ” and that you belong to Him for all time, no matter what, make you feel? How does it affect your choices?

d. **DISCUSSION WITH REFLECTION QUESTIONS:**
   
i. Read 2 Corinthians 5:17. What does this verse say about you now that you believe in Christ? What have you experienced since you believed in Christ and stepped into the new life?
   
   ii. Read Ephesians 2:10. We are God’s handiwork. We belong to Him. What has He created for us now that we are in Him? How does this knowledge influence your actions and feelings?
   
   iii. Read Ephesians 1:3-6. Have you ever thought about your identity in Christ? What does it mean to you that you are adopted into God’s family, belong to Jesus, and now have access to every spiritual blessing?
   
   iv. Think for a minute about Prince William, his wife, Kate, and their two children, George and Charlotte. From the world’s perspective, little George and Charlotte pretty much have it all. How do you think their identity as children of royalty will influence and affect their daily lives? In the same way that George and Charlotte belong to royalty and will experience the benefits and blessings of being members of Prince William’s family, so we as believers have the ongoing assurance that we belong to Christ and will experience the blessings of being in His Kingdom family. How does being aware and assured of that truth affect you?

e. **DISCIPLER’S STORY:** Share an experience when your identity in Christ was challenged and you chose to trust that you belong to Him over the lies or mistruths surrounding you.

f. **APPLICATION:** As you think about and realize that your identity is in Christ, what changes in your thinking or behavior do you sense God wants to renew or impact?
Obedience to Christ

a. **KEY VERSES**: Luke 6:46-49

b. **KEY THOUGHT**: Applying or obeying God’s Word is crucial for a healthy, durable life as a disciple.

c. **KEY QUESTION**: Why does Jesus urge us to put His Word into practice?

d. **DISCUSSION WITH REFLECTION QUESTIONS**:
   i. Read Luke 6:46-49 out loud. What is the question Jesus asks those who stand before Him?
   ii. What is the person like who hears the Word and obeys it?
   iii. What is the person like who hears but does not do what the Word says?
   iv. What comparison does Jesus make as an illustration for those listening?
   v. How important is obedience to Jesus Christ?
   vi. What do you want to be like? What actions or attitudes are in your life that you know Jesus wants you to bring into obedience according to His Word?

e. **DISCIPLER’S STORY**: Share how God has taught you the importance of not just hearing but also of obeying His Word.

f. **APPLICATION**: As you review your discussion, what action steps will you take to put Christ’s Word into practice? How will you be accountable for these steps?
5. The Holy Spirit

a. **KEY VERSES**: 1 Corinthians 3:16; John 14:16-17, 26; Acts 1:4-5; John 16:13-14

b. **KEY THOUGHT**: The Holy Spirit lives in us. Jesus explained that when He left after His resurrection, He would send the Holy Spirit.

c. **KEY QUESTIONS**: Who is the Holy Spirit? What is His purpose?

d. **DISCUSSION WITH REFLECTION QUESTIONS**:

   i. Read 1 Corinthians 3:16. Where does the Holy Spirit dwell or live? Since we cannot see Him, how do we know He is there?

   ii. Read John 14:16-17, 26. What did Jesus teach the disciples about the Holy Spirit?

   iii. Read Acts 1:4-5. When Jesus appeared to His disciples after His death, what did He ask them to do?

   iv. What do you think the disciples made of the teaching in John 14 and Acts 1?

   v. Are you aware of the Holy Spirit residing in your spirit?

   vi. Read John 16:13-14. The Holy Spirit has many functions. What does John 16 teach us is one of the main functions? Why do you think this is important for the believer to realize?

   vii. Jesus said the Holy Spirit will glorify Him. Why is it crucial that believers keep this front and center in their hearts and minds?

e. **DISCIPLER’S STORY**: Share how you came to realize the reality of the Holy Spirit in your life.

f. **APPLICATION**: What about the Holy Spirit are you embracing today? How might this affect your daily connection with Christ? What will you do to realize your access to God through the Spirit?
Faith

a. **KEY VERSES**: Hebrews 10:38; Hebrews 11:6; Luke 17:5-6; Romans 10:17

b. **KEY THOUGHT**: Faith is not tangible until we have used or experienced it. What matters is not the size of our faith but the object of our faith. God desires that we live by faith.

c. **KEY QUESTION**: What does it look like to live by faith?

d. **DISCUSSION WITH REFLECTION QUESTIONS**:
   
i. Read Hebrews 10:38 and 11:6. What are the characteristics of faith revealed in these verses?
   
ii. Why do you think God wants us to live by faith?
   
iii. Read Luke 17:5-6. What did the disciples ask Jesus? Why do you think they asked Him this?
   
iv. To what did Jesus compare faith? What is the point of this lesson?
   
v. Read Romans 10:17. What is the connection between faith and the Word of God?
   
vi. How do we walk by faith?
   
vi. How does obedience to the Bible reflect faith?
   
vi. How does praying reflect faith?

e. **DISCIPLER’S STORY**: Share about a time when God increased your faith.

f. **APPLICATION**: What area of faith do you want to grow in? What action steps will you take in order to grow this way? How will you build in accountability to your plan?
7.

Your Story or Testimony

a. KEY VERSES: Acts 1:8; 1 Peter 3:15

b. KEY THOUGHT: Every person has a story that explains his or her faith. We have been entrusted with our story as a way to help others understand the gospel.

c. KEY QUESTION: Are you ready to share your story?

d. DISCUSSION WITH REFLECTION QUESTIONS:

  i. Read Acts 1:8. What happened as a result of the Holy Spirit coming upon the disciples?

  ii. What does it mean to be a witness? How does having our story ready align with being a witness?

  iii. Read 1 Peter 3:15. What does Peter ask us to do first in this verse? What does he ask us to do next?

  iv. Why do you think it is important to have Jesus as Lord as we think about sharing our story with those who do not know Him?

  v. Talk about your story. What was life like before you knew Christ? What truth about you and Jesus brought you to Christ? What attracted you to Jesus? What has your life been like since you came to Him?

e. DISCIPLER’S STORY: Share your story of how you met Christ using the before, during, and after structure above.

f. APPLICATION: Why does sharing our story appeal to us and those who hear it? If you have not written your story, take time to do so. Bring it to share next time you meet.
8. Reaching the Lost

a. KEY VERSES: 2 Peter 3:9; Romans 1:16; Acts 1:8; 2 Corinthians 5:18-19; 1 Peter 3:18

b. KEY THOUGHT: God wants all people to come to know Him. We have been given the ministry of sharing the gospel. The gospel is for the lost.

c. KEY QUESTION: How might we be involved with and help unbelievers to know Christ?

d. DISCUSSION WITH REFLECTION QUESTIONS:
   i. Read 2 Peter 3:9. From this verse, how would you describe God’s heart for those who do not know Him?
   ii. Read Romans 1:16. Why would we be ashamed of the gospel? Who is the gospel meant for?
   iii. Read Acts 1:8. Where do we share the gospel as witnesses empowered by the Holy Spirit?
   iv. Read 2 Corinthians 5:18-19. What is the ministry that has been entrusted to us as believers? How does Christ reconcile men and women to God?
   v. What is the gospel? Read 1 Peter 3:18 and explain the gospel from this verse.
   vi. How would you summarize what is on God’s heart for those who don’t know Him and our role in reaching them?
   vii. Do you have relationships with friends who don’t know Christ yet? How can you initiate sharing Christ with them?
   viii. What are your strengths and weaknesses in relating to the lost?

e. DISCIPLER’S STORY: Share how you have connected with the lost. Make sure you share your challenges as well as strengths.

f. APPLICATION: To reach those far from God we need to know the gospel and have relationships with the lost. Where are you in your life as you consider these two aspects of reaching unbelievers? What will you do to sharpen your abilities to do so?
a. **KEY VERSES:** 1 Corinthians 10:13; James 4:7-8

b. **KEY THOUGHT:** The devil is all too familiar with our ways and knows how to tempt us. Temptation is common to humans, and we are given a way to escape if we look to Christ.

c. **KEY QUESTION:** Are you growing in your ability to trust God with temptations that are common to you?

d. **DISCUSSION WITH REFLECTION QUESTIONS:**

   i. Read 1 Corinthians 10:13. The apostle Paul tells us that (1) our temptations are not unique, so we have no need to hide them; (2) any temptation we suffer is not out of God’s control; (3) we are able to bear it because God is faithful and provides a way out. What are some other characteristics of temptation?

   ii. “It is not that we are tempted but what we do with the temptation that is important.” What does this statement mean in light of the verse in 1 Corinthians?

   iii. What makes temptation so difficult?

   iv. Does it help to know that your temptation is “common” and that God is aware of it?

   v. Read James 4:7-8. How are we to handle temptation, according to James? If you were the devil, what would you do to discourage and stop a believer from growing in or walking by faith?

   vi. What does it look like to resist the devil when you are tempted?

   vii. What clues are given in verse 8 regarding resisting the devil?

e. **DISCIPLER’S STORY:** Share an area of temptation you faced in the past that God has helped you with.

f. **APPLICATION:** As you did this study, what area of temptation came to mind? Discuss what you will do next time you face this temptation. Sometimes talking with someone in the midst of the temptation helps. Build in accountability to your plan of action!
The Process Illustration

The Process Illustration helps us to understand how we can be involved in the Great Commission. This illustration examines the believer’s natural course of growth as she moves from conversion to finally being sent into the world as a laborer for Christ. You can find this illustration in Appendix C.
**Appendix A**

**THE HAND ILLUSTRATION**

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**NEAR // Romans 10:17**

Hearing the Word from godly pastors and teachers provides insight into others’ study of the Scriptures as well as stimulating your own appetite for the Scriptures.

**READ // Revelation 1:3**

Reading the Bible gives an overall picture of God’s Word. Many people find it helpful to use a daily reading program that takes them systematically through the Scriptures.

**STUDY // Acts 17:11**

Studying the Scriptures leads to personal discoveries of God’s truths. Writing down these discoveries helps you organize and remember them.

**MEMORIZE // Psalm 119:9, 11**

Memorizing God’s Word enables use of the Sword of the Spirit to overcome Satan and temptations . . . to have it readily available for witnessing or helping others with a “word in season.”

**MEDITATE // Psalm 1:2-3**

Meditation is the thumb of the Word Hand, for it is used in conjunction with each of the other methods. Only as you meditate on God’s Word—thinking of its meaning and application in your life—will you discover its transforming power at work within you.

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LIVING THE SUPERNATURAL LIFE IN CHRIST

The Wheel Illustration emphasizes the ingredients of an obedient Christian's life. Just as a wheel gets its driving force from the hub, which is and must be at the center of the wheel, with Christ as our hub we are assured that we have an amazing supernatural source of power for living. “Christ in us” in the person of the Holy Spirit leads us and gives us the desire and empowers us to live this supernatural life.

1. **CHRIST THE CENTER**: The wonder of the Christian life is Jesus Christ living in us and through us. As He reigns from the center of our hearts and lives, we have the power to live the obedient life. What do 2 Corinthians 5:17 and Galatians 2:20 say about having Jesus Christ as the center of our life? How do we live out the Christ-centered life? How do the choices we make on a daily basis reflect that Christ is the center of our lives? (See Matthew 6:33 and John 15:5.)

2. **OBEEDIENCE IN ACTION**: The rim represents our response to Christ’s lordship through wholehearted obedience to Him. Our obedience to Jesus reflects that He is the Lord of all areas of our lives. Read Romans 12:1 and John 14:21 and summarize what is at the core of an obedient heart.
3. The spokes reflect four basic, vital aspects of our walk with God and people. The vertical spokes speak to our personal relationship with God. As we connect with God we want to hear from Him (the Word) and speak with Him (prayer). The horizontal spokes speak to relationships with the people around us. We find other believers of like heart and faith with whom we can fellowship. Those around us who do not yet know Christ are especially important to us because of their need for Him. Sharing who Christ is and what He has for them overflows from our lives to theirs in our conversations and how we live. This is witnessing.

Realizing that these four spokes are foundational in our walk with Christ encourages us not only to apply but to assess them regularly. If one spoke is not strong in our lives, the entire wheel is thrown out of kilter as it rolls. We need all four spokes daily operating in our lives so that our faith rolls smoothly and at the same time vibrantly!

4. The first vertical spoke we will consider is the Word. Read Joshua 1:8 and 2 Timothy 3:16 and determine why His Word is so vital for our spiritual walk.

5. The second vertical spoke is prayer. Simply put, prayer is talking with God. It is the venue God has provided for us so that we might access Him. Read John 15:7 and Philippians 4:6-7. What do these verses say that ground us in our understanding of prayer? If we never or rarely pray, what do you think will be the effect in our spiritual journeys? How does prayer connect us to God?

6. The first horizontal spoke in the wheel is fellowship. Fellowship is the special relationship God gives us with other believers. Why do you think fellowship is valued by God? (See Hebrews 10:24-25; Matthew 18:20.)
7. The second horizontal spoke is **witnessing**. Witnessing is how we relate to nonbelievers. How should we interact with those who don’t yet know Christ? (See Matthew 4:19; Romans 1:16.)

8. How does knowing that you have a supernaturally empowered life impact your walk with Christ (Colossians 3:3-4)? Review the spokes. Which area do you want to strengthen in your life? How will you do this?

9. Explain how the Wheel might be a good ongoing checklist for evaluating growth and balance in your spiritual life. Is there a verse from the Wheel you would like to memorize?

**PRACTICE FILLING IN THE WHEEL:**
THE PROCESS ILLUSTRATION gives us a picture of how we can personally engage in helping to fulfill the Great Commission. (See Matthew 28:19-20.)

Christ’s vision is to make disciples of all nations. His strategy for reaching the world is sending out laborers.

There are three phases in the Process Illustration. As you can see, these three phases flow one to the next. For each phase we hope to help another person become increasingly mature in Christ. The result of the first phase, evangelizing, is one who believes (a convert). The second phase, establishing, brings the new believer to following Christ as His disciple. The third phase, equipping, seeks to help the disciple to become a laborer for Christ who looks to and relies upon God as one sent into His harvest.

EVANGELIZING

The first phase of the process of reaching the world involves relating to the nonbeliever.

1. What is meant by the term evangelism? Look up Mark 16:15; Acts 1:8; John 17:3.

The English word evangelism comes from the Greek word euaggelion. Most literally translated in the noun form, euaggelion means “gospel” or “good news.” In the verb form (euaggelizesthai), the meaning of the word changes slightly to “announce” or “bring good news.”
2. How do you relate to some of your unbelieving friends so that opportunities develop for you to share the gospel? What hinders us in bringing Christ into the conversation as we connect with the lost?

3. See 1 Peter 2:2. How is a new believer or convert like a newborn baby?

ESTABLISHING
The second phase of the process is establishing the new believer. We must sensitively and purposefully impart the basics of the Christian life so that those we help grow strong as disciples.


2. Contemplate Luke 14:26-27, 33. How did Jesus describe a “disciple”? What was He looking for? Did He have external requirements? Do we? Why?

3. Contemplate the author of Hebrew’s directives in Hebrews 5:12-14. What is the goal of establishing someone in his or her faith?
**EQUIPPING**

The third phase of the process is the equipping phase, where through training one-on-one we help a disciple learn how to evangelize and disciple another. The fruit of the equipping phase is a spiritual laborer.

1. How does equipping differ from the purpose of “establishing”? See John 17:20; Ephesians 4:11-12; 2 Timothy 2:2. How is equipping reflected in these verses?

2. What is a laborer? What differentiates a spiritual laborer from a disciple? (See John 15:8, 16.)

**SENDING**

The fourth phase of the process is sending laborers out into the world. Not everyone will leave his or her neighborhood or country to labor among the lost.

1. What do the following verses invite us to do as laborers in the harvest?
   - Matthew 9:36-38:
   - John 4:35:
   - John 15:7:

2. What does Jesus promise us as we engage in the Great Commission—whether from home, from work, or overseas?
   - Matthew 28:19-20:
   - Isaiah 41:10: