

# discipleship essentials

Essentials for Spiritual Leadership  
Leader's Guide

## EXPLORING DISCIPLESHIP

### LESSON 5: VALUES LEARNED IN DISCIPLESHIP

#### INTRODUCTION

This lesson is part of a Discipleship Essentials module titled Exploring Discipleship. This series of lessons studies the spiritual formation of a follower of Jesus Christ – the process referred to as discipleship. The discipleship process occurs after someone comes to faith in Jesus Christ, beginning with a desire to live out God's plan for their life. When we undertake the task of helping a new believer to grow in their faith, we are said to disciple them. This material will benefit anyone wanting to disciple others, especially those who are practising evangelism, following up with new believers and helping them grow in their faith. Discipleship is the duty of every believer, especially those in spiritual leadership!

#### INTENDED AUDIENCE

The intended audience for these lessons is new Christians, those who would like a refresher on the basics of Christianity, as well as those preparing to teach these Christian practices and beliefs. Also, those with an interest in Christian thought will find value in these lessons as they pertain to daily living and choices.

The Leader's Guide is intended to help you as a leader in your preparation. These lesson outlines may be used in conjunction with other Discipleship Essentials materials found online at [www.discipleshipessentials.org](http://www.discipleshipessentials.org).

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# EXPLORING DISCIPLESHIP

## LESSON 5: VALUES LEARNED IN DISCIPLESHIP

### PURPOSE

The purpose of this lesson is to discover the values that produce a strong discipleship relationship, and understand the benefits of this relationship to both people.

### LEADER'S NOTE

What we value tells people much about us. Our values determine what we do and what we think is important. Both parties in a discipleship relationship need to share certain values in order to maintain a beneficial rapport. The values listed in this lesson are important for any relationship. Encourage participants to adopt these values for any Bible Study or Discipleship group they are a part of (including the group you are teaching right now). If time and interest allows, you could have them draft a contract of values for the group they are right now.

## INTRODUCTION

*Select two or three of the following questions to ask the group.*

- ❖ Discipleship is not a one-way relationship. What are some of the benefits to the mentor in a discipleship relationship? What might they learn or experience in the process?
- ❖ Have you been a part of a discipleship group or Bible Study? What are some of the things you learned from other participants? What was the greatest benefit to you?
- ❖ What is accountability? Why do Christians consider accountability important?
- ❖ How can you build trust into your relationships? What is needed for trust to grow?

## STUDY

*Instruct the group on the following points.*

### TEACH

- ❖ **What is a Disciple?** A disciple is a follower and student of a mentor or teacher. Christians are students of Jesus. Having accepted the good news of Christ and then endeavoring to share it with others, new believers need to be mentored. Discipleship is a relationship between two



people. It can be a mentor guiding a newer Christian, or two believers who offer each other guidance and support. Either way, it is a relationship that should be beneficial to both parties.

### ASK PARTICIPANTS

❖ *Read the following verses to discover what the Bible says about being a disciple. As a group, make a list of the qualities or characteristics of a disciple.*

- [Matthew 28:18-20](#)
- [Luke 14:27](#)
- [John 8:31-32](#)
- [John 13:34-35](#)
- [Luke 6:40](#)
- [John 15:8](#)
- [Acts 14:20-22](#)

### TEACH

#### ❖ Values in a Good Discipleship Relationship

- **Trust** – If we want to have a good discipleship relationship with someone whether as their mentor or their peer, we need to make sure that the relationship is based on trust. Without trust it will be ineffective, because no one will share openly.
  - Make sure that you have examined your own life so that the person you are discipling will see that you practise what you preach.
  - Make sure that you are confidential about the relationship.
  - Demonstrate that you trust God even in difficult times.
- **Grace** ([John 1:14](#), [Ephesians 4:29](#)) – There are many examples of God's grace in the Bible, and if we desire to be more like Christ, we also will show grace to others.
- **Guidance/support** ([Proverbs 11:14](#)) – Guidance and support are important aspects to discipleship. Ensure that any guidance you give is Biblical and that you are able to help them with practical needs also.
- **Prayer** ([Psalms 55:22](#)) – In a discipleship relationship there should be an abundance of prayer. It can include praise and worship, intercession, casting burdens on the Lord, and praying through passages of scripture. The goal of discipleship is to become more like Christ and we can't do that without connecting with God in prayer.
- **Fellowship** – Group discipleship is a great way to have fellowship with other believers while also learning more about God. Often these groups will spend time building friendships, praying together, sharing burdens, and studying the Word.
- **Accountability** ([Proverbs 27:17](#), [2 Corinthians 12:9](#)) – We are all imperfect human beings. We all struggle with sin whether we recognize it or not. The Bible tells us that it is through our weaknesses that God's power is made evident. Only He is perfect and only He can cleanse us from our sins. If we were already perfect we wouldn't need Him. [Proverbs 27:17](#) tells us that just as iron sharpens iron, one person sharpens another. When someone is being accountable to you, consider the following:



- o Does this person need additional help? Are you the best person to help? If you don't think so, be honest with the person and help them find someone else.
  - o Keep information confidential. It takes a lot of trust for someone to admit sin.
  - o Consider sharing some of your own struggles if you think this will help. Accountability can go both ways.
  - o Make sure you are following up with the person. You do not want them to feel like you don't really care about them. Commitment to regular contact is crucial.
- **Study of God's Word** (2Timothy 3:16-17) – We cannot become closer to God unless we study His Word.
- ❖ **Individual and Group Discipleship** :Discipleship can be done one-on-one or in groups. Both are beneficial and both, if done well, will lead to further spiritual growth.
  - **Individual Discipleship**: Discipleship can be practised at an individual level where the one-on-one relationship offers guidance, a listening ear, and spiritual support. This relationship allows the individuals to share their struggle with sin or areas of their life that they would hesitate to make public. Study of the Bible or related discipleship material will give structure to the meetings, but providing a safe place for seeking guidance and receiving support is essential in one-on-one discipleship.
  - **Discipleship Groups** consist of a number of people who get together for prayer, study and fellowship. These groups have different names (such as cell groups, prayer groups, life groups, discipleship groups, etc.). During these meetings each person is given time to talk about what is going on in their lives and voice requests for prayer. Some of these groups may choose to have age or gender restrictions. Their focus should be on studying the Word of God, discussion, learning from one another, and prayer. People in a group benefit from the sense of belonging, friendship and community, as well as an opportunity to practise leadership.
  - **Beginning a Group**: Choose the right situation for the individual you are discipling. When starting a discipleship relationship with someone else, it is important first to determine where they are at and what their needs are. A one-on-one relationship would be better if they are struggling with some personal issues. Having a close friend they can trust and be accountable to would best suite them. On the other hand, they may prefer to get connected and share day-to-day struggles with others, in which case it would be wise to connect them with a group.



## DISCUSSION

- ❖ Think about each of the values discussed in this lesson and, as a group, decide on some potential hazards that could occur if these values are not considered.
- ❖ How can you get more involved in discipleship?
- ❖ Can you identify people you would like to personally disciple or introduce to a discipleship group? How can you get this process started?
- ❖ How are you still growing in your walk with God? If you feel you could benefit from having a mentor or partner in accountability, who would you ask? Where could you find one?

## PRAYER

*Pray that your participants would grow in their faith and have the opportunity to mentor others. Pray that they would grow in integrity and spiritual discipline as they learn to apply the Word of God to their lives and teach others to do the same.*