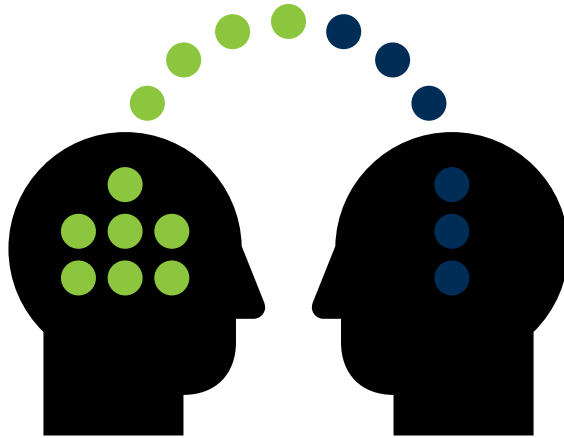


# FOLLOW JESUS



A handbook to assist your discipleship conversations.



LOVE GOD + LOVE OTHERS + SERVE THE WORLD



## A GROWING COMMUNITY WHERE JESUS IS ENCOUNTERED



**Matthew 28:19**  
**Micah 6:8**



**John 15:5,8**



**Mark 3:14**



### Ask Yourself

Am I engaged in mission, experiencing community and practicing the disciplines?



### Encourage Others

How are you engaged in mission, experiencing community and practicing the disciplines?



### Teach Someone

Let me help you find your mission, connect you to community and teach you the disciplines.

# HELP EACH OTHER...

## **TO: Love God, Love Others, Serve the World**

*One of the teachers of the law ... asked him, "Of all the commandments, which is the most important?"*

*"The most important one," answered Jesus, "is this: 'Hear, O Israel: The Lord our God, the Lord is one. Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.' The second is this: 'Love your neighbour as yourself.' There is no commandment greater than these." (Mark 12:28-31)*

*"For even the Son of Man did not come to be served, but to serve, and to give his life as a ransom for many." (Mark 10:45)*

## **TO: Follow Jesus! Go wide. Go deep.**

*Jesus appointed twelve that they might be with him and that he might send them out ... (Mark 3:14-15)*

*Go and make disciples of all nations (Matt 28:19)*

*And what does the Lord require of you? To act justly and to love mercy and to walk humbly with your God. (Micah 6:8)*

*"I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing ... This is to my Father's glory, that you bear much fruit, showing yourselves to be my disciples. (John 15:5,8)*

This booklet will help you develop a personal discipleship approach as you **ASK YOURSELF** "How well am I doing"? (Use the online tool: <https://www.research.net/r/VIDLHW5>) It will give you insight for **ENCOURAGING OTHERS** and a framework to **TEACH SOMEONE** to follow Jesus. Our discipleship flourishes as we take action, talk about it together and reach out to others.



# FOLLOWING JESUS... **On Mission**

Believers are on mission with Jesus (everyplace). He gathered disciples to be “with him” and then to “send them out” (Read: Mk 3:14, John 17:18)

## **To whom are you called?**

- Family? School? Employment? Sport?
- Where do you have influence?

## **Have you identified yourself as a follower of Jesus?**

- Direct conversation, indirect references
- Images, symbols, suggestions

## **How are you leaving “bread crumbs” for people to follow?**

- Being salt and light and leaven; stirring interest
- Service, compassion, invitation, explanation

## **Are you ready to give an answer for your faith?**

- Four circles; elevator pitch (1 Peter 3:15)
- Responding to diversions; using Alpha

## **Who is on your team?**

- Fellow Christians at your school, work, etc.
- Prayer supporters & fellow travellers at NewHope

*Let your conversation be always full of grace, seasoned with salt, so that you may know how to answer everyone. (Col 4:6)*



# FOLLOWING JESUS... In Community

Believers thrive in community with other followers of Jesus. God wants us to grow together until we all reach maturity. God uses healthy community to reveal Jesus to the world. (Read: Eph. 4:11-16, John 17:23).

## Being in Community is about ...

- Accountability to each other
- Building each other up
- Common belief in Jesus
- Making Jesus known

## Questions to help you explore community:

- Who can you confess your sin too, confidentially?
- Who prays for you, at least weekly?
- Who encourages you to grow as a follower of Jesus?
- Who helps you hear the Spirit and form your convictions?
- Who do you pray for, encourage and help as a believer?

## Are you a participant in a Christian small group?

## Are you a member of the church?

*And let us consider how we may spur one another on toward love and good deeds, not giving up meeting together, as some are in the habit of doing, but encouraging one another - and all the more as you see the Day approaching. (Heb. 10:24-25)*



# FOLLOWING JESUS...

## Through the Disciplines: Prayer

If you remain in me and my words remain in you, ask whatever you wish, and it will be done for you. John 15:7

### 1. Find Helpful Prayer Models

#### A.C.T.S. Model

- Adoration
- Confession
- Thanksgiving
- Supplication (asking)

#### The Lord's Prayer (Luke 11:1-4)

- Use this prayer as a model or pattern
- Pray through each clause mindfully

#### Ignatius' Daily Examen

- Become aware of God's presence.
- Review the day with gratitude.
- Pay attention to your emotions.
- Choose one feature of the day and pray from it.
- Look toward tomorrow.

[www.ignatianspirituality.com/ignatian-prayer/the-examen/](http://www.ignatianspirituality.com/ignatian-prayer/the-examen/)

### 2. FORM Consistent Prayer Habits

- Learn to pray constantly: 1 Thess 5:17; Rom 12:12
- Learn to pray specifically & persistently (Luke 18:1-8)
- Learn to pray aloud; Learn to listen in Prayer
- Pray with a partner(s)
- Use a prayer journal

*You do not have because you do not ask God. When you ask, you do not receive because you ask with wrong motives, that you may spend what you get on your pleasures. James 4:2,3*



# FOLLOWING JESUS...

## Through the Disciplines: Bible

All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, so that the servant of God may be thoroughly equipped for every good work. (2 Tim. 3:16, 17)

### 1. S.O.A.P.

- Scripture
- Observation
- Application
- Prayer

### 2. Basic Exegesis

- What does it say?
- What does it mean?
- What does it mean for me (us)?

### 3. Simple Application

- Is there a command to obey?
- Is there a promise to keep?
- Is there an example to follow?

### 4. Five Questions

- Who? Actors, observers
- When? Sequence, time-line
- Where? Location, significance
- What? Action, dialogue
- Why? Reasons, plots, conclusions

### 5. AEIOU

- Ask questions about the passage
- Emphasise various words
- In your own words
- Other passages
- Use the verse

*The grass withers and the flowers fall, but the word of our God endures forever.  
(Isa 40:8)*



# FOLLOWING JESUS...

## Through the Disciplines: Giving

Remember this: Whoever sows sparingly will also reap sparingly, and whoever sows generously will also reap generously. Each of you should give what you have decided in your heart to give, not reluctantly or under compulsion, for God loves a cheerful giver. And God is able to bless you abundantly, so that in all things at all times, having all that you need, you will abound in every good work. (2 Cor. 9:6-8)

### 1. Think Stewardship

- Stewardship is different from ownership
- Stewardship applies to all of life (1 Peter 4:10)

### 2. Form some biblical convictions about money

- Ps 24:1
- Lk 14:33
- Prov. 3:9,10
- Mk 12:41-44
- 2 Cor. 8,9
- 1 Tim. 6:6-10, 17-19

### 3. Make a giving plan

- Start now!
- Regular fixed giving - tithing
- Spontaneous giving - be prepared
- Automate your giving
- Update your plan
- Set a target, Stretch yourself

*Honour the Lord with your wealth (Prov. 3:9)*





# THE BIG STORY

Learn to tell the story - <http://youtu.be/kCVcSiUUMhY>

Or Download the app 'The Big Story' from your app store.

## Circle #2

- Tell me what the world is like!
- When you turn on the news what do you see?
  - Violence, war, terrorism, aids pandemic, global warming
  - Our world is pretty messed up
- What's interesting is how we feel about that.
  - None of us think that's a great thing
  - All of us long and ache for a better world
- Interesting.
  - Hunger seems to point to the fact food exists
  - Thirst . . . drink
  - SO, longing and aching points to either
    - A better world did exist
    - Or will one day exist

## Circle #1

- In the Christian world view we believe it did.
  - Back in the day, God designed it so
    - The planet took care of us, and we took care of it
    - And we took care of each other
    - And God took care of us and we blessed him back
- DESIGNED FOR GOOD
- So how did we get here (circle #2)



Circle #2

- We decided that we were going to run the show
  - When we started chasing our own needs
    - above caring for other people
    - or the planet
  - We started damaging
    - the planet,
    - our relationship with each other
    - and ultimately we damaged our relationship with God
- DAMAGED BY EVIL

Circle #3

- Well, it's great that God actually loves the planet and us
  - too much to leave us that way
  - So, even in our brokenness
  - In the Christian world view 2000 years ago
  - God came as Jesus!
- In that he started to teach us a better way to live
- Began to tell us about this thing called the Reign of God
  - Where all the good things that are supposed to happen (circle #1)
  - Actually do (circle #3)
- In his death all the crap (circle #2) died with him so that
- Three days latter when he came back to life
  - There's new life possible throughout everything
    - The planet
    - In us
    - and with each other
- Everything is being RESTORED FOR BETTER
- Well then, what's our response?



Circle #4

- In this world that is still messed up
- Jesus is starting a revolution
- And he is asking us
  - To be healed ourselves, in Jesus name
  - To be healed in each other
  - To go out and heal the planet
- Our mission is to be SENT TOGETHER TO HEAL
  
- Now, how come I can just jump for here (circle #2) to here (circle #4)
  - This (circle #4) sounds great!
- Well, the worlds problems are infinite
  - We are going to get overwhelmed
  - trying to take care of this on our own
  
- So we actually need Jesus' resources so we can
  - Become the kind of good that we want to see on the planet
  - And that's crucial
  
- So, where are you?
  - Are you here (circle #1) where you think the world is peachy
  - Or here (circle #2) overwhelmed by the worlds problems
  - Or here (circle #3) got some sense of the Lord working in your life
    - But not involved in his mission
  - Or here (circle #4), you're trying to make this world a better place
    - Relationships and you and everything
    - But have a hard time finding how God fits into the picture
  
- Where are you?



