

# Discipling Others

## Foundations of Discipleship

### Definitions of Discipleship

- A **disciple** is someone learning to follow Jesus with their whole life.
- **Discipleship** is the process of helping people do that in everyday life.
- A **discipler** is the person offering intentional spiritual guidance.
- A **disciplee** is the person they are meeting with in a discipling relationship.

### The Discipler

Your focus = discipling people to be more like Jesus, not more like yourself

Healthy and effective disciplers are:

- People with **genuine love** and interest in seeing others grow in their relationship with God
- Further along, not fully arrived- they don't need to have it all figured out, just be ahead enough to lead well
- Excellent **listeners**
- Work to be consistently **available**

### The Disciplee

Someone ready to be a disciplee is CRAFTY:

- **Curious** – People who want to know more about God
- **Responsive** – Texts back, shows up, and keeps you updated
- **Available** – Make time for you and puts things into practice
- **Faithful** – Love Jesus and apply God's word
- **Teachable** – Open to feedback and learning
- **Yielded to loving action** – Willing to step out in obedience even when it's risky

## Preparing for Your Meeting

### What to Include in a Discipleship Meeting

Healthy meetings include:

1. **Check-in** – Listen to their life, ask how they're doing. Keep the focus on listening.
2. **Spiritual Formation** – Read Scripture, read a book, or practice a specific skill to grow in.
3. **Pray Together** – Center Christ. Be intentional to pray for any needs.
4. **Next Steps** – Ask how God is calling them to love others, grow, or take a faithful next step.

**Pro tip:** Take notes! Keeping a notebook helps us listen better and know what to follow up on.

### Listening Well

Discipling isn't about shaping a student to be more like you or discussing chapter-related business.

Active listening looks like:

- Watch body language, ask follow-up questions, listen for small details, and paraphrase
- Questions: "I heard you say... Did I capture that right?" "Can you tell me more?" "What feelings/emotions describe your experience?"

## The Holy Spirit

One ear on your disciple. One ear on the Holy Spirit. You're listening for what they're saying — and for what God wants you to notice. Ask yourself: "God, what are you doing here right now?"

## Practically Speaking

### Setting It Up

1. Identify who you are going to meet with – someone who is ready/willing, not perfect
2. Decide whether to meet in a group (2-3 people from a shared context) vs one-on-one
3. Know the details – choose a time and place, pay attention to culture and communication, remember your capacity

**Pro Tip:** Set a checkpoint where you can assess if your discipleship relationship should continue.

### Resources for Your Learning Time

Simple guidelines for choosing resources:

- Choose based on their season of life and faith, not your personal preferences.
- Offer two or three thoughtful options rather than an overwhelming list.
- Start small, then adjust as you learn what is most helpful.

### The First Meeting

The goal is to begin building trust, listen well, and agree on a clear next step together

- Come prepared with 2-3 options, but stay flexible
- Get to know each other
- Agree on a simple plan
- Close with prayer and next steps

### Pro Tip: Best Practices

- Maintain eye contact and attention
- Don't look at your phone
- Ask questions for clarity, not tea
- Focus on them and their growth
- Share stories if they are helpful, but the focus is the disciple
- Affirm their feelings and listen attentively

### Roadblocks to Discipleship

1. **When Attendance is Inconsistent** – Confirm your meeting beforehand, follow-up if they miss, and if they miss consistently have a chat.
2. **When Deeper Needs Surface** – Draw a boundary – you are not a counselor or therapist. Professionals can help to address more serious issues.
3. **When Someone Isn't Opening Up** – Vulnerability is hard. Consider sharing more about yourself to develop trust and give them space.
4. **When the Fit Isn't Right** – It's okay if it's not a right fit.
5. **When it's Time to Stop** – Some relationships are only meant for a season. Be honest and loving about why things are ending and suggest some next steps for the person.

## Related Resources

- [Feelings Wheel](#)
- [Sermon on the Mount Discipleship Curriculum](#)
- [Ephesians Discipleship Curriculum](#)
- [Sketches of Leadership](#)
- [Fresh Faith](#)
- [Bible Study Guides](#)
- [Habitudes](#) (4 books)
- [The Good and Beautiful God](#)
- [Real Life](#) by James Choung
- [Bread for the Resistance](#) by Donna Barber
- [Becoming God's Family: Why the Church Still Matters](#) by Carmen Joy Imes
- [Knowing and Being Known: Hope for All Our Intimate Relationships](#) by Erin F. Moniz
- [Beauty and Resistance](#) by Jonathan P. Walton

## Recommended Courses

- [Depending on the Spirit](#)
- [Growing Authentic Community](#)

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