

# Discipleship Training Day

## Day Outline

10-10.30	Being a disciple – study on 2 Tim.2:1-25
10.30-10.50	Refreshments
10.50-11.35	Abiding in Christ – study on John 15:1-16, followed by a presentation on the Disciple's cross – deny yourself, take up your cross and follow Jesus. Lower vertical – Living in the Word, Jn.8:31-32. Upper vertical –Praying in faith, Jn.15:7. Right crossbar – Fellowship in the Church, Jn.13:34-35. Left crossbar – Witness, Jn.15:8.
Song	
11.40-12.25	Our Quiet Time / Bible reading and prayer – what is it? What do we do? When? Where?
Lunch	
1.30-2.0	Church / Body of Christ – what is it? What do we do?
2.00-3.30	Case studies – marriage, ancestor worship, sexual purity, abortion (with a tea break).
3.30-4.0	Quiet personal reflection on questions arising from the day.
	Closing group prayer time

# Discipleship Training Day

## 2 Timothy 2

v1 – one of the aims of discipleship is that you will be

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v2 – part of the mission of a disciple is

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v3 – part of the commitment of a disciple is to

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v4 - the focus of discipleship is to

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v5 – the discipline of discipleship is to

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v7 – the teacher in discipleship is

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v8 – the foundation of discipleship is

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v9 – the power for discipleship comes from

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v10 – the fruit and the ultimate reason for discipleship is

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v15 – the challenge of discipleship is

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v20-21 – the secret of a person's usefulness in discipleship is

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v21 – the finished product in discipleship is

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v24-25 – the essential nature of discipleship is

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## The Disciple's Cross

A disciple of Christ is one who makes Christ the Lord of all his life – work, leisure, marriage, home, service. Luke 9:23 says “He said to them all, if anyone would come after me, he must deny himself and take up his cross daily and follow me.” Notice three things:

- Deny him/herself
- Take up his/her cross daily
- Follow Christ

Deny himself – does not mean to reject your identity but to renounce a self-centred life.

This circle represents clearing out all of self so that HE can fill you.

The Christian life is simply Christ living in you. John 15:5 says “I am the vine; you are the branches. If a man remains in me and I in him, he will bear much fruit; apart from me you can do nothing.” Branches are part of the vine. We are part of Christ. He wants to live his life through us. Is this what you want?

If you do, you have to take up your cross daily. This means putting Christ at the centre of your life. Luke 14:27 says “Anyone who does not carry his cross and follow me cannot be my disciple.”

Let's draw a cross round the circle.

Jesus said you are to carry your cross every day. What does that mean? You move beyond denying yourself and dying to yourself to having a purpose, which is following Christ and living for him and serving others. This requires discipline. Here are some of the disciplines a disciple should have:

### Lower vertical – Living in the Word –

The way to have Christ living in us is to have His Word in us.

John 8:31-32 – To the Jews who had believed him, Jesus said, “If you hold to my teaching (continue in my Word), you are really my disciples. Then you will know the truth, and the truth will set you free.”

The Word is food for us. We cannot grow unless we eat regularly. How do we eat the Word? By listening to someone preach it, by reading it, studying it, memorising it, meditating on it, applying it and obeying it. See John 15:10: “If you obey my commands, you will remain in my love, just as I have obeyed my Father's commands and remain in His love.” This vertical bar of the Word keeps us standing firm, like a building with a strong foundation and a tree with deep roots.

### Upper vertical – Praying in faith –

John 15:7 – “If you remain in me and my words remain in you, ask whatever you wish, and it will be given you.” If we remain (abide) in Christ and his Word remains in us, we can ask what we wish and God will do it. Praising God is also part of praying.

Notice that the vertical bars point to the relationship between man and God.

## **Right crossbar – fellowship with believers –**

John 13:34-35 – “A new commandment I give you: love one another. As I have loved you, so you must love one another. By this, all men will know that you are my disciples, if you love one another.” Loving one another is how we show we are Christ’s disciples. God has provided the ideal place for us to grow – His Church. The Church is not just a building or an organisation, although it is both of these. It is a body of baptised believers who have covenanted together to carry out Christ’s ministry in the world. The way to become a growing well-balanced Christian is to become a member of a local body of believers. To be balanced, we need another thing:

## **Left crossbar – Witness –**

Witnessing means sharing Christ with others. John 15:8 – “This is to my Father’s glory, that you bear much fruit, showing yourselves to be my disciples.” As bearing fruit is natural for a branch, so witnessing is the natural outgrowth of living in Christ. If we are living daily in the Word, praying in faith and having fellowship with God’s people, it will be natural to share Christ with others. Bearing fruit is more than witnessing, but it includes witnessing.

Jesus said in Mat. 4:19, “Come, follow me and I will make you fishers of men.” Do you remember that in Luke 9:23 Jesus told us to follow him? If we live in Christ, we will bear fruit. It will not necessarily grow quickly, but it grows continually and will ripen in season. Fruit-bearing is the normal, natural result of a life that has Christ at its centre.

If we had only the vertical bar, which looks like 1 or I, we could become selfish, enjoying fellowship with God but ignoring other people. If we had only the horizontal bar, we would be unstable and would fall easily.

## **From abiding in Christ to fruit-bearing–**

John 15:5 “I am the vine, you are the branches. If a man remains in me and I in him, he will bear much fruit; apart from me you can do nothing.”

Our lives in Christ should continue to grow and expand. Fruit-bearing also relates to the fruit of the Spirit – Gal.5:22-23 – love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. As this fruit grows in your life, you begin to reach out to others in love and service of all kinds. This includes teaching the Word, worship and intercession(praying for other people), caring for the needs of other people and evangelistic outreach. We are prepared to do any good work,(2 Tim.2:21) which God has prepared in advance for us to do. (Eph.2:10)

# Discipleship Training Day

## 'Quiet Times' and Keeping Close to God

What is a "Quiet Time"? A "Quiet Time" is...

talking with God  
listening to Him  
praying  
reading the Bible  
applying it to our lives

It doesn't have to be a long time, but it needs to be regular and if possible daily.

### Why should we have a Quiet Time?

1. Because God loves us and invites us into His presence. (Jer.31:3; Matthew 11:28-30)
2. To keep a close, daily, loving relationship with God. (John 15:5; Micah 6:8)
3. Jesus' example - He took time out to pray alone (Mark 1:35)
4. We need regular spiritual food to keep us alive and to help us grow as Christians (1 Peter 2:2; Matt 4:4)

### What do we do in a Quiet Time?

#### Read the Bible

Read a few verses or a chapter, or the whole Bible in one year. Use commentaries, Daily Reading Notes, Study Guides, or the Bible on its own. Consider which language to use: English or your own heart language?

Here is one method:

1. Prepare yourself to hear God's voice. Ask his Holy Spirit to give you an understanding mind and a responsive heart.
2. Read the passage carefully, slowly, listening for what God has to say to you.
3. Think about what you've read:
  - \* What's the main point of this passage?
  - \* What is God showing me about himself or about my life?
4. Respond to the passage talking to God about it and applying it to your life.

#### Memorise scripture

Try to memorise verses (or a short passage) which you find helpful or which you can share with others. e.g. John 3:16, Romans 8:28, Matthew 11:28-30, Psalm 23 etc

#### Meditate

This means thinking about a verse or a few words or a story until we fully understand it, believe it and can apply it to our lives.

Psalm 1:1-3, Psalm 119:97-98

#### Pray

Try A.C.T.S. -

A = Adoration: sing a song, Psalm, book of prayers, look out of the window..... worship Him for who He is. Try Psalm 8, Psalm 103, Psalm 145....

C = Confession: reflecting on the past day/ on our life – asking for forgiveness, receiving his forgiveness, claiming His power to change. 1 John 1:9

T = Thanksgiving: for our homes, families, friends, jobs, food, safety.... Philippians 4:6

S = Supplication: talking to God about the day ahead, our family, country, the government, our church, missionaries, friends etc.... "You do not have because you do not ask God..." James 4:2; 1 Timothy 2:1-2

If you don't plan a definite time and place for a Quiet Time – it won't happen!

- When? early morning is probably best, but can be anytime you can withdraw, be alone with no distractions + not falling asleep!
- Where? somewhere quiet where you will be undisturbed, private. (Matthew 6:6)  
In your bedroom, living room, at work, in your garden, in a park, on the bus....
- Fighting the battle: Satan will try everything to stop you having a Quiet Time! It is a battle which you will fight every day. Spending time with God each day is a wonderful gift, and something which we should enjoy but it is also a discipline which we will struggle to keep. But it's worth the struggle! Don't give up!

John 15:10-11 "If you obey my commands you will remain in my love..... I have told you this so that my joy may be in you and that your joy may be complete."

# Discipleship Training Day

## Case Study 1 – Marriage

My parents have arranged a marriage for me, but he/she is not a Christian. I think he/she must be a nice person. He/she is from a good family. Do I disrespect my parents by not obeying? God says to obey my parents. He/she is not a Christian now, but maybe I can make him/her one. What should I do? I don't know any Christian men/women in my country. If I say no to this proposal maybe I will not have a chance to marry. If I can find a man/woman to marry who is a Christian, my parents may not agree. What should I do? Does God really say I can only marry a Christian?

**Here are some Bible verses which may help you as you discuss this case.**

“Do not be yoked together with unbelievers. For what do righteousness and wickedness have in common? Or what fellowship can light have with darkness? What does a believer have in common with an unbeliever?” 2 Corinthians 6:14

“Do not intermarry with them [i.e. non-believers]. Do not give your daughters to their sons or take their daughters for your sons, for they will turn your sons away from following me to serve other gods.” Deuteronomy 7:3

“A woman is bound to her husband as long as she lives. But if her husband dies, she is free to marry anyone she wishes, but he must belong to the Lord.” 1 Corinthians 7:39

“Honour your father and your mother.” Exodus 20:12

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## Case Study 2 – Ancestor Worship

My friend/family member died. In our culture we do certain things to placate the spirit of the dead. What should I do when certain things are expected of me by our culture? I am not clear what the Bible has to say about doing these things, but I know that doing them doesn't make the person go to heaven or hell. Would I be dishonouring God by doing this? Not doing them may estrange me from my family or friends, and make an unnecessary break. It makes it harder for me to share the gospel with them.

**Here are some Bible verses which may help you as you discuss this case study:**

“They mingled with the nations and adopted their customs; they worshipped their idols which became a snare to them.” Psalm 106: 35, 36

“You shall have no other gods before me. You shall not make for yourself an idol in the form of anything in Heaven above or in the Earth beneath or in the waters below. You shall not bow down to them or worship them, for I the Lord your God am a jealous God.” Exodus 20:3

“But the sacrifices of pagans are offered to demons, not to God, and I do not want you to be participants with demons.” 1 Corinthians 10:20

“[Jesus said] Anyone who loves his father or mother more than me is not worthy of me.... And anyone who does not take his cross and follow me is not worthy of me.” Matthew 10:37-38

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## Case Study 3 – Sexual Relationships

My boyfriend and I have been going out for eight months. We hope to marry one day. My boyfriend wants us to have sex and live together. He says it is OK because we're both Christians and we love each other, and it would save money if we shared accommodation.

**Here are some Bible verses which may help you as you discuss this case study:**

“Flee from sexual immorality\*. All other sins man commits are outside his body, but he who sins sexually sins against his own body. Do you not know that your body is a temple of the Holy Spirit?” 1 Corinthians 6:18 – 19

“For this reason a man will leave his father and mother and be united to his wife, and they will become one flesh.” Genesis 2:24

“But among you there must not even be a hint of sexual immorality\*, or any kind of impurity, or of greed, because these are improper for God's holy people.” Ephesians 5:3

\* Note: Greek word used for immorality covers all sexual intercourse outside of marriage.

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## Case Study 4 – Abortion

I come from China, where we are only allowed to have one child. I am pregnant now, and did a test. It is a girl, but my husband really wants a boy. I don't want an abortion, but my husband is very angry when I refuse. What can I do?

**Here are some Bible verses which may help you as you discuss this case study:**

“You shall not murder.” Exodus 20:13

“In the image of God has God made man.” Geneses 9:6

“For you created my inmost being  
You knit me together in my mothers womb.  
I praise you because I am fearfully and wonderfully made  
Your works are wonderful, I know that full well  
My frame was not hidden from you  
When I was made in the secret place.” Psalm 130:13 – 15

“As soon as the sound of your greeting reached my ears, the baby in my womb leapt for joy.” Luke 1:44

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## Case Study 5 – Church

The Bible tells us to meet together for worship. My non-Christian parents want me to spend the weekends with them. How can I expect my parents to think positively of my faith if I don't respect and obey them? How can I keep following God and be encouraged to grow if I don't go to Church? I can go to a Bible study on Wednesday, but the Church does not accept this as truly following God. What should I do?

**Here are some Bible verses which may help you as you discuss this case study:**

“So in Christ, we who are many form one body, and each member belongs to all the others.” Romans 12:15

“For where two or three come together in my name, there am I with them.” Matthew 18:20

“Let us consider how we may spur one another on toward love and good deeds. Let us not give up meeting together, as some are in the habit of doing, but let us encourage one another.” Hebrews 10:24-25

“Each one should use whatever gift he has received to serve others, faithfully administering God's grace in its various forms.” 1 Peter 4:10

“[God said] Assemble the people before me to hear my words so that they may learn to revere me.... and may teach them to their children.” Deuteronomy 4:10

“Remember the Sabbath day by keeping it holy.” Exodus 20:8