

# *Discipleship Training*

**A Venture in  
Learning and Accountability**

**Level 1**

# Introduction

DISCIPLESHIP TRAINING is an attempt by the leaders of our church to take seriously Jesus' command: "Go therefore and make disciples of all nations." It is an organized program to help growing Christians in their walk with Christ, putting into daily practice the teachings of Jesus Christ. Our Lord has given to Christians this basic responsibility: to make disciples. In turn, He will fulfill His task: "I will build my church, and the gates of hell will not prevail against it."

## What is a Disciple?

In our day, many people are coming to church, and many are claiming to be Christians. However, not all are disciples. First of all, a disciple is a learner. Jesus went about Galilee calling people to follow Him and become His disciples. They not only listened to His teaching, but worked at putting those teachings into daily practice. At the end of His earthly ministry, Jesus reported to the Father, "I have given them the words which You gave me, and they received them..." To be a disciple means making the words of Jesus your own. Secondly, a disciple obeys his Teacher. Jesus said, "You are my friends (disciples) if you do what I command you." It is not

enough to know the truth; we must DO IT in order to be a genuine disciple. Finally, a disciple "bears fruit"; both the fruit of righteous living and the fruit of Christian service and witness. Jesus said, "In this is my Father glorified, that you bear much fruit; so shall you be my disciples." DISCIPLESHIP TRAINING is an effort by leaders of this church to help people be taught by the Lord Jesus Christ.

## History of This Course

The leaders of this church have sought four ways to help the people of our church grow in their spiritual life. In the process, they have used a variety of materials. One of the most helpful models they have discovered is the Discipleship Training Program written by Dr. Charles Lake of the Greenwood Community Church, a rapidly-growing church in America. Pastor Lake prepared a series of four courses for his own congregation, each one of which took nine weeks to complete. Each week, members of the congregation would meet in small groups to study God's Word, encourage each other, pray and give an account of their progress during the past week. The program was so helpful to the spiritual growth of the people of Community Church that other churches soon began to ask for

the same materials. Now, nine years later, over 800 other churches in several different countries have adopted the same program for their own people. In each place, the materials have been translated into the language of the people and the illustrations have been changed to fit the culture. In every church, in every nation, the goal is the same: to help growing Christians become genuine disciples.

## **The Plan**

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Under the supervision of trained leaders, four courses will be taught, each one building upon the others. Those who take the course will meet each week with a "discipler"—another Christian who has already completed the course himself/herself.

The following is a suggested breakdown of the time used in each training session:

Get Acquainted Time	10 min
Instructions	25 min
Assignment	10 min
Accountability	10 min
Prayer and Share	20 min

## **Completion Requirements**

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### **Regular, Punctual Attendance**

Certificates are given only to those who attend each session, or make up absences with their disciplers. If a person misses

three classes, he/she will not be allowed to continue with that course, although he/she may repeat the course when the next series begins.

### **Weekly Prayer with a Prayer Partner**

The one skill which the disciples of Jesus wanted to learn most was how to pray. They said, "Lord, teach us to pray." We cannot grow spiritually if we do not pray. Therefore, each "disciple" will find another Christian brother or sister with whom to pray, preferably another member of the same discipleship group.

### **Give an Account Each Week**

Each member will turn in an accountability report form showing how he/she applied God's Word during the past week.

### **Scripture Memory**

A short verse of scripture will be assigned each week for recitation in class. As we "hide God's Word in our hearts," He will enable us to apply it to our life every day.

## **The Disciple's Manual**

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Each person taking this course will receive a work book which contains the outlines of each weekly lesson and the scripture references to be learned. It is the goal of this programme that

Christians would first learn to follow Jesus in their own lives, then to lead other Christians in the same path, using these materials. A wonderful example was set by the prophet Ezra, as is recorded in the Old Testament:

*"Ezra set his heart to study the law of the Lord, AND TO PRACTICE IT and to teach its statutes and ordinances to the people of Israel."*

### **Certificate Requirements**

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- Perfect attendance except in the case of unavoidable absences relating to work, illness or serious emergency. (Only two unavoidable absences are allowed. Three absences necessitate

dropping out and repeating the course later).

- Memorization of all scripture passages required.
- An honest attempt to pray weekly with your prayer partner.
- For Discipleship Training 1, three hours of Bible study (one hour each for the last three weeks). For Discipleship 2-4, nine hours of Bible Study (one hour weekly).
- To encourage at least one other person to take Discipleship Training when next offered, or to disciple at least one other person on a one-to-one basis.

### **My Commitment to Discipleship Training**

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To the best of my ability, I hereby commit myself to the next nine weeks of Discipleship Training....to be faithful in my attendance and in applying daily the disciplines I am taught within the course.

Signature \_\_\_\_\_

# Schedule of Discipleship Training 1

<b>Week</b>	<b>Assignment</b>
1 The Disciplined Christian	Daily Quiet Time (DQT) Read <i>Godliness Through Discipline</i> Scripture Memory: 2 Peter 3:18 Prayer Target
2 The Daily Quiet Time	DQT SM: Hebrews 5:13-14 Prayer Partner
3 Practical Disciplines	DQT SM: Psalm 103:1-2 Prayer Partner
4 Memorizing God's Word	DQT SM: Psalm 103:3-5 Prayer Partner
5 My Relationship with Christ	DQT SM: John 1:12 Prayer Partner
6 Effective Praying	DQT Fill in my Prayer List Effective Praying Check List SM: John 15:7-8 Prayer Partner
7 Studying God's Word	DQT SM: 2 Timothy 2:15 Bible Study – 1 hour Prayer Partner
8 Witnessing In My Sphere of Influence	DQT Sphere of Influence Prayer List SM: Mathew 10:32-33 Bible Study – 1 Hour Prayer Partner
9 Check-up and Evaluation	DQT SM: A verse of your own choosing Prayer Partner-consider continuing

WEEK

1

## Discipline: The Costliest Ingredient

There is no instant \_\_\_\_\_.  
\_\_\_\_\_ is the key to maturity.

*Timothy, you must discipline yourself for the purpose of godliness...1*  
*Timothy 4:7*

The word "discipline" actually means \_\_\_\_\_ or  
\_\_\_\_\_. Paul uses a Greek word from the athletic  
arena, the one from which we get the word  
\_\_\_\_\_.

Revealed Truth (Bible)

- + Disciplined Obedience (Training)
- + The Power of God's Spirit Within Us (Holy Spirit)
- = Growth + Godliness + Change + Maturity

*"It is God who works in you both to will and to do of His good pleasure."*  
*Philippians 2:13*

God has given us an amazing capacity we call \_\_\_\_\_. We may use that capacity for good or for evil. Surrendered to Him, we can pattern our life toward growth and maturity.

It usually takes at least \_\_\_\_\_ weeks of proper daily effort for one to feel

comfortable in performing a new practice. And it takes about \_\_\_\_\_ more weeks to make the practice a part of oneself. But many Christians don't continue even for three days.

One of the biggest hindrances to discipline is in being a slave to our \_\_\_\_\_.

*"No discipline seems pleasant at the time, but painful. Later on, however, it produces a harvest of righteousness and peace for those who have been trained by it." Hebrews 12:11*

RIGHT ACTIONS produce RIGHT \_\_\_\_\_, not necessarily the other way around.

What examples in your life show that you are a disciplined person?

- 1.
- 2.
- 3.

In what areas does your life lack discipline?

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

# Godliness Through Discipline

*Dr. Jay Adams*

Do you remember a time, perhaps in a church service, when you made a promise that you were going to change, to do things differently? You were determined to make a new beginning. "This time," you said, "I really mean it! I am going to be the person that God wants me to be!" However, within a few days the fire of your commitment burned out. Perhaps you read an article like this one, and you decided, "From now on, I will do such and such," but here you are today, just about the same as you have always been. You mean well, but no changes seem to take place. You have been trying, but not succeeding.

No doubt there has been some change in your life, some growth, some progress, but not the kind you want so much to see. Sadly, this is the experience of many Christian people. You are not alone in your problem. Some people have even given up hope of ever making important changes in their lives. Perhaps you are one of them. As you read this article, you may even be thinking, "This is just another plan that won't work for me." But wait! There is practical help for you. Read on, and find out for yourself. After all, you must know many Christian people whose lives are

changing, who are making spiritual progress. Somehow, they must have found the answer. And so can you! You have the same God, the same Bible, and the same power available for your own growth as they do. Yet there is one difference between you and them: they are succeeding at changing their lives, and you are failing.

Why have you failed in your efforts? Why do you want so much to change, and yet change so little? There must be something wrong. You WANT the right thing, yet so rarely do you achieve it. Of course, there may be many reasons for this, including sin in your life, which may keep you from spiritual growth. However, there is one single reason why so many people expect it to come instantly. They are not willing to pursue godliness according to God's way.

Our modern society has come to expect that anything can be produced instantly. We have instant cereals and instant coffee: all you do is add water. Long journeys which used to take many days are now completed in a few hours, and even then we grow impatient with small delays. We live in a day of almost instant travel. If we want to speak with a friend who lives at a

far distance, all we must do is dial his number on the telephone and we have instant communication. And, we have come to expect that spiritual change will come in the same way: instantly! However, godliness is not an "instant" product.

The Bible is very clear about the way to godliness. The Apostle Paul wrote to young Timothy some directions about attaining godliness. In the first letter to Timothy, chapter four, he first lists some ways that do not lead to godliness: false doctrines, hypocrisy, avoiding certain foods, and worldly traditions. Then in verse 7, he gives the secret of godliness: "Timothy, you must discipline yourself for the purpose of godliness." Discipline is the key to godly living.

The word "discipline" is unpopular in our world today. We turn away from the demands that "discipline" would place upon us. And yet, the Bible tells us that discipline is the path to godliness. If we want to see genuine change in our lives, it must come by way of discipline.

The first thing we must notice about godliness is that God commands it. It is not an option. The words which Paul directed to Timothy are God's Word to us. Our Father in heaven expects His children to be godly. He orders them to "disciple themselves for the purpose of godliness." In other places in the Bible, He commands the same thing. He says,

for example, "Be holy, as I am holy," and "Be perfect." It is certain that our lives will never be perfect, in the sense of being without flaws or error (see 1 John 1:8). However, we can work towards a perfect love for God, and every believer must discipline himself towards this goal. This means becoming more like God Himself every day. Our lives must reflect the goodness of God, and this can only come about as we "discipline ourselves for the purpose of godliness." We please our Heavenly Father by being, doing, thinking, saying, and even feeling in ways that He wants us to.

Now notice that God says we are to discipline ourselves "for the purpose of godliness." In the language in which the Bible was originally written, "for the purpose of" means "set in the direction of" the goal of godliness. Everything we do should bring us one step closer to that goal. Monday through Saturday, not just on Sunday, our lives should be moving towards the target of godliness. Since our lives are set in that direction, everything we do or say will help us become more like God. You may be saying to yourself, "Of course, I know this is true: God wants me to live in a way that is pleasing to Him. The problem is, I don't know HOW to do that." Please be patient! If you are going to learn discipline, you must first learn patience. Remember, godliness is not an instant process, and neither

is the explanation of how to attain it.

When your life is "set in the direction of" godliness, that goal will constantly come into your mind.

Whether you are at work, or at home, or at school, you will think, "I am working towards godliness and pleasing God in this activity." Surely that is what you want. If you love the Lord Jesus Christ, your greatest desire is to please Him. Of course, there will be times when you are discouraged or tired or upset, and you may lose sight of the goal. You may even rebel against the idea of pleasing God in every activity.

However, if you are a genuine believer in Christ, the well of His Spirit will never run dry. Down in your heart, even though the well of spiritual desire is dry for the moment, it will spring up again.

Soon you will find yourself saying, "Yes, godliness is really what I want." And God will give you again that "hunger and thirst after righteousness."

Paul the Apostle wrote, "You are a new creature in Christ; all things have become new." He was thinking about the goal of godliness. As a new creation, God's Holy Spirit has "set your direction" toward God and His holiness. Your whole life has a new direction. Starting down the path toward godliness does not make you instantly godly; in fact, you are still far from the goal. Even though God counts you as

righteous, you must still aim towards that target. Your new life has set the road toward genuine godliness, and your spirit is eager to move toward that goal.

But here is the problem: even though your life is set in the direction of godliness, many of your practices and habits are not yet godly. The "old man," your old way of living, is still with you. Perhaps you become discouraged because your actions are not yet going the same direction as your heart. You love God, but your habits are not godly. You may feel that your problem cannot be solved, and you are tempted to give up. You must not! The reason why you have not attained a life that is godly may be that you have not learned how to discipline yourself for godliness.

"But, how can I discipline myself?" you may ask. That is an important question, and we shall answer it. First, you must recognize that the process of discipline does not mean instant godliness. It cannot be produced in a moment. Godliness is the result of spiritual discipline, and discipline requires WORK. It demands daily effort over a period of time.

The Greek word which Paul used for "discipline" is the same word from which we get the English words "gymnastics" and "gymnasium." It is a word related to athletics. An athlete becomes a champion only by years of hard practice. There are

no instant athletes. No soccer champion or outstanding tennis player gained his skills in a day. In fact, you surely know that for every match in which he competes in public there have been hundreds of hours of practice in private. He may appear as though he were born with such skill, but you know better! His ability was developed through years of regular discipline and constant drill.

No weight lifter says, "Here is a very heavy weight. I have never lifted weights before, but that looks like the largest one. I'll try to lift it." No, he would probably break his back that way. He must start with a small weight for the first week or so, then gradually add heavier and heavier ones. Only after years of practice can he work up to the heaviest weights. Nor does he think like this: "I will lift weights for five hours today, stay away from weights for six weeks or so, then start again on some heavier ones." No, athletes must practice regularly, usually every day for at least a short period of time. As they go through their practices, day after day, month after month, the skill which they want to develop begins to feel "natural" to them.

The same process is what Paul is describing when he says, "discipline yourself." Continued daily effort is the secret of Christian discipline. Sadly, many Christians today have

never learned the joy of spiritual discipline.

However, for those who have discovered what it means to "discipline themselves unto godliness," the Christian life has become a constant pathway of growth and positive change.

What, then is involved in this training in godliness? In Luke 9:23, Jesus commanded His disciples, "If anyone wishes to come after Me, let him deny himself, and take up his cross DAILY, and follow me." In this passage, Jesus did not mean that a real disciple should deny himself SOMETHING, like giving up certain foods. Rather, Jesus insisted that Christians must deny the "self" within them. By the "self," He meant the old desires, the old ways, the old practices and the old habits which they had learned before their conversion. Those old ways had become so much a part of their lives, that they had become deeply-ingrained habits. We were born sinners, but it took practice to develop our particular styles of sinning. The old life was disciplined towards ungodliness. That is why Paul says that the believer must daily deny (say "no" to) the self.

Denying the self daily means that a battle takes place inside the Christian on a daily basis. Every day he must "take up the cross" as a means of crucifying, or putting to death, the old ways. Taking up the cross does not mean carrying a

heavy burden. It is not enduring a trial, such as a physical ailment or a bad relationship. Taking up the cross means going to the place of death. It means putting to death the old patterns of life which were developed before Christ came in.

But that is not enough. Whenever God says "put off," He also says "put on." On the positive side, each day the Christian must seek to "follow" Jesus Christ. That means to continue to say "no" to self and to say "yes" to Christ every day, until one by one all the old ways are replaced by new ones. As a person follows God's Son, by daily effort, he eventually finds that doing so is more "natural" than not doing so. In this way, the Holy Spirit enables a believer to put off the "old man" and put on the "new man."

The new ways reflect the true righteousness and holiness that is in Jesus Christ. The image of God was ruined by the fall, but by this process of sanctification it begins to show in the Christian's life, just as it originally did in Adam's life. That is what "discipline towards godliness" is all about: it is becoming, by grace, like God once again.

When a Christian daily sets the direction of his life towards godliness through discipline, something wonderful happens. He begins naturally to do what is godly. Just as an athlete comes to the place where he can perform his skills without thinking through all

the steps, even so the Christian comes to godliness without concentrating on it. He naturally does what has become "second nature" to him. That is the way God made us, and that is how He intends that we should live.

God gave man a wonderful capacity that we call HABIT. Whenever we do something long enough, it becomes a habit, a part of our life. For example, did you button your shirt up or down today? It probably will take you a while to remember just exactly how you did it. Perhaps you don't even know. You don't think about where to begin anymore; you just DO it. You don't say to yourself, "Now. I'm going to button my shirt this morning; I shall begin at the top." You don't think about it at all. You just do it without thinking about it. This is the wonderful ability of a habit; we do it without thinking.

Did you learn to ride a bicycle? Remember how difficult it was at first? You had to think of several things at once: moving the pedals, staying balanced on the seat, and steering in a straight direction. Perhaps you crashed several times before you finally developed the bicycle-riding habit. Now you don't think about all those things; you just hop on and ride to where you're going. The habits have become a part of you, and they work without your thinking about them. How did you learn those

habits? By practice; disciplined practice. That is what Paul was talking to Timothy about: disciplined practice toward godliness.

The Book of Hebrews also speaks clearly about this matter (Hebrews 5:13 and following verses). The Hebrew Christians had to be sternly rebuked because they had received so much teaching but they had not USED the teaching they had been given. Therefore, when they should have been teachers, they still needed to be taught. The writer of Hebrews says that they are still "babies who need milk," since they are not able to digest the "word of righteousness." He says, "Solid food is for the mature, who BECAUSE OF PRACTICE have their senses trained to discern good and evil." Practice makes godliness become "natural" to the Christian. If you practice what God tells you to do, the obedient life will become a part of you. There is no simple, quick easy way to instant godliness. But, if you practice doing what God says, you will develop godly habits.

All of us have the ability to form habits. The problem is that our ability has been used for the wrong purposes. The ability to form habits works both ways. It operates for good or evil. You can't avoid living by habits, because that is the way God made us. He gave you the ability to have a life that does not demand that you think about every action you make. That is a great

blessing. It would be unbearable to think through every action we need to do every day. We would never get anything done! Imagine how long it would take to tie your shoes if you had to think through every step in the process. But, because it is a habit you have established, you can do it without thinking.

Practice can be either good or bad, depending on what you practice. It can be a blessing or a curse. The mind is like a fertile field; it will grow what is planted, whether weeds or wheat. The final harvest is determined by what habits you plant. In 2 Peter 2:14, Peter speaks about people whose hearts are "trained in greed." This is the very same word which Paul used when he spoke of being "disciplined (or trained) in godliness." A person who has practiced greed has established greedy habits. He is now greedy without thinking about it! Without any thought, this person behaves in a greedy manner because he is reaping the harvest of greed.

Since God has made you this way, with the ability to live according to habit, you must take a hard look at your life. You must think about the responses you make to various situations. You must notice the patterns of your life and evaluate them by the Word of God. What you learned to do as a child, you are probably continuing to do as an adult. You must examine your life,

pattern by pattern, and determine whether it has developed as a sinful response. There is only one way to become a godly person, one way to set one's direction toward godliness, and that is pattern by pattern, habit by habit. The old sinful ways, as soon as they are discovered, must be replaced by new patterns from God's Word. That is the meaning of disciplined living. Discipline requires (1) self-examination, (2) crucifying the old sinful ways (saying "no" to them), and (3) practice in following Jesus Christ in new ways. This is only possible by the guidance and strength which the Holy Spirit provides through God's Word. The biblical way to godliness is not easy or simple, but it is the solid way.

A man once came to me for counseling, wondering if real changes were possible in his life. He asked, "Can a fifty-year-old man change his ways? He was very serious. So, I began by telling him a story from my own childhood. I told him how difficult it had been for me to learn to ride a bicycle, but that I kept practicing at it. Even though I fell many times, I eventually got it right. Not only could I ride well, but I would do various stunts and tricks, like riding without holding onto the handle bars. Many years later, even though I had not been on a bicycle for quite a few years, I had an opportunity to teach some children to ride. Within a few minutes, all the old skill had come back to me. Not only could I ride, but I could still do

some of the old stunts.

How can a fifty-year-old man change? Is there really hope that a person can begin at that age to live a godly life? Of course there is! The real question is, "Can anybody change once he has learned something?" Once a person has learned a habit or a pattern, can he change that habit? The answer is "yes," by the grace of God he can change.

When you discipline yourself for righteousness, you don't have to do it alone. "It is God who works in you" (Philippians 2:13). All holiness, all righteousness, all godliness is the "fruit of the Spirit". (Galatians 5:22, 23) It takes nothing less than the power of the Holy Spirit to replace sinful habits with righteous ones, whether the person who is changing is ten years old or fifty years old. God never said that once a person reaches a certain age, he is then capable of change. Look what Abraham did as an old man. Look at the tremendous changes that God demanded of him in old age. The Holy Spirit can change any Christian, and He does. As Christians, we should never fear change. We must believe in change so long as it is change set in the direction of godliness. The Christian life is a life of continual change. In the Scriptures, it is called a WALK, not a rest. We can never say in this life, "I have finally made it. There is nothing more for me to learn from

God's Word, nothing more to put into practice, no more skills to develop, no more sins to be dealt with."

When Jesus said, "Take up your cross daily and follow Me," He put an end to all such thinking. He described the Christian life as a daily struggle to change. YOU can change if the Spirit of God dwells within you. Of course, if He does not, there is no such hope.

Too many Christians give up. They want the change to come too soon. What they really want is change without the daily struggle. Sometimes they give up just when they are at the very doorway of success. They stop before any real change is evident. It usually takes at least three weeks of proper daily effort for one to feel comfortable in performing a new practice. And it takes about three more weeks to make the practice feel natural. But many Christians don't even continue for three days. If they do not receive "instant" success, they get discouraged. They want change right now, and if they don't get it right now, they quit.

Think about this for a moment: Have you ever watched a baby learning to walk? What happens the first time he tries to take a step? One step, or two, and BOOM! Down he goes. Perhaps that happens many times, but each time, he gets up and tries again. No child ever learned to walk without ever failing.

Perhaps after the first fall or two, the child is discouraged and is afraid to try again. However, sooner or later he decides that learning to walk is worth the risk of falling, and he gets up and tries again. And, as he practices, he is no longer thinking about where to go with this new skill. There comes a point at which walking becomes a part of the child's habit patterns, but it only comes through continual practice.

Perhaps you have been afraid to talk to someone about Christ. You may have tried it once or twice, but you did not feel successful in your efforts. Just like the child learning to walk, you may have "fallen down" in your attempts to witness. So what? Is that so bad? Is there a reason to give up, to quit? Certainly not! That is simply a part of learning to witness. Suppose you have found that it is difficult for you to read the Scriptures and pray daily. Is that a good reason for quitting? No! Your problem may have been that you had no short term goals in your Scripture reading. If you had read a section of Scripture every day for three weeks in a row, it would probably seem to come more natural to you. If you really want to live a godly life, you are going to have to stay with the daily practice. Don't let the "falls" discourage you. If you are willing to get up every time you fall, soon you will have established the habits of godly living.

As I counsel people, I continually discover one outstanding failure: people give up too soon. They lack the quality which the Bible calls "endurance."

Perhaps this endurance is the key to godliness through discipline. You wouldn't have learned to walk, to tie your shoes, to button your shirt, or to ride a bicycle if you had not endured. You learned because you persisted in spite of failures, in spite of embarrassments, until the skill you wanted became a natural part of you. You trained yourself by practice to do what you wanted to do. God says the same is true about godliness.

The Bible puts a lot of emphasis on human effort, but it must not be misunderstood. It is not talking about the work of the flesh, but rather about effort motivated by grace. Godliness is not produced by effort apart from the Holy Spirit. Rather, it is only through the power of the Holy Spirit that one can endure in the quest for godliness. By his own effort, a baby may learn to walk, but a person cannot learn godliness that way. A Christian does good works because the Spirit first works in him. Now, the work of the Spirit is not mystical or magical. His way of working should not be confusing to us. The Holy Spirit Himself has told us plainly how He works. He says IN the Scriptures that He ordinarily works THROUGH the Scriptures. The Bible is the Holy

Spirit's book. He inspired it. He moved its authors to write every wonderful word that you may read there. This is His book, the sharp tool by which He accomplished His work. He did not give us this book to lay aside as we pursue godliness. He gave it so that by prayerful study and obedient practice we might progress toward godliness. This is the only path to godly living.

The Holy Spirit very carefully raised up and prepared the men to write His Book. Under His guidance, they developed the ways of writing and thinking that were pleasing to Him. In this way, they could write a Book of exactly the sort that He wanted and that would meet our needs. He was careful that not one word was written falsely. In His Book there are no errors. It is completely true and without error; it is the dependable Word of God. This is what the Holy Spirit did. And after going to all that trouble to produce His Word, do you think that He would give us godliness apart from the Bible? He doesn't work that way. The Spirit ordinarily works through His Word; that is His method. So, if we want to discipline ourselves towards godliness, we must study God's Word and apply its principles to our problems.

Only by willing, prayerful, and persistent obedience to the requirements of Scripture will godly patterns become part of our lives. When we read about them in His

Word, we must ask God by His grace to help us live by the truth of the Bible. He has given His Holy Spirit for this purpose. The word "grace" has several meanings in the Bible, one of which is "help." When we ask, "Lord, enable us, through following Christ daily in His Word to become like Him," the Holy Spirit "helps" us to do so. The Holy Spirit gives help when His people read His word and apply it to their lives. He does not promise to give us "help" unless we do so.

In 2 Timothy 3:17, Paul mentions four things that the scriptures do for the believer. First, they TEACH what God requires. Secondly, they CONVICT of sin by revealing how we have fallen short of those requirements. Thirdly, they SET US STRAIGHT AGAIN. Finally, they TRAIN or DISCIPLINE in righteousness.

This fourth benefit of the Bible means a methodical training in doing righteousness. If you use the Bible every day, the Book will discipline you. Disciplined living is what you need.

Structure alone brings freedom. Discipline brings liberty. Our modern society has been taught just the opposite. Today many people believe that we can get freedom and liberty only by throwing over structure and discipline.

However, imagine what would happen if I tried to learn to play the

guitar by forgetting all about discipline and structure. I would ignore the principle of music and the methods of guitar playing. I might declare, "I want to play freely, so I will just start playing as I wish." I could produce nothing from that guitar but noise. My "freedom" from discipline would not help me to play; rather, it would keep me from playing correctly. I could not make music that way. However, if I take the long, hard road of practice, week after week, I will finally learn to play the guitar properly. In fact, if I continue, one day I might even write my own guitar music. Then I would be really free! But this can only happen if I travel the road of consistent discipline and practice. The order is this: first comes discipline, then comes freedom. There is no other way, either to good guitar playing or to godly living.

Freedom comes through law, not apart from it. When is a train most free? Is it free when it jumps off the track and runs through a field? No! It is free only when it is confined to the track. Then it runs smoothly and properly, because that is the way its maker intended it to run. It needs to be on the track. God's "track" is found in His Word. There are proper habits necessary for godly life, and those habits are formed by following God's Word. Only by that Word, by God's grace, can men become godly.

Here, then, is the answer to changing your life: regularly read the scripture and prayerfully do as they require, regardless of how you feel. That last phrase is one of the greatest blocks to growth. We give up because we don't feel like doing what is right. Perhaps you did not feel like getting out of bed this morning, but you did so regardless of how you felt. After you were up, you began to feel better and were glad that you didn't act according to your feelings. From that first decision of the day, the rest of your time was filled with similar decisions: would they be made on the basis of obedience to God or on the basis of your contrary feelings.

There are many things that we don't feel like doing, but we must live according to God's Word and not our feelings. In the Garden of Eden, God gave a commandment and required obedience. The devil appealed to Adam and Eve on the basis of feelings: "the lust of the eyes, the lust of the flesh, and the pride of life." (see John 2:16 and Genesis 3:6) When Adam sinned, he was following his feelings rather than the Word of God. He illustrated that there are two kinds of life: one which is directed by our feelings toward sin and self, and the other directed by obedience to God toward godliness and holiness. Living by our feelings is the greatest hindrance to the godliness that we seek. Only as we live by God's commands can we find genuine

change for the good.

Are you a godly person? If not, what are you going to do about it? There is only one possible way to become godly: you must be disciplined toward godliness. But no one can be disciplined by God's Word unless he first recognizes his sin against a holy God. If you are truly sorry that you have ignored Him and lived in your own ungodly way until now, then turn to His Son in faith and be saved.

Jesus Christ is the only really godly man. But your sin will be considered as though it were His, and His godliness will be considered as though it were yours, if you trust in His death and resurrection for your salvation. If the Spirit of God has convicted you of your sin and of your need for a Saviour, turn to Christ now. Believe on Him as your Saviour, as the One who took all of the punishment for His people. Will you believe that He died for you, in your place, suffering God's wrath for your sin? If you do, you may be saved. Then you may join the rest of us who have the privilege of disciplining ourselves toward godliness, by God's grace. That is to say, we are "setting our direction" toward Christ Himself!

## **Summary of Main Points**

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- Discipline is the path to godliness.
- Discipline (training) comes from sustained daily effort.
- Habits are God-given gifts that can be used for good or evil.
- Through discipline (training) and the Holy Spirit, bad habits can be changed into godly (good) habits.
- Godly freedom comes through structured discipline.

WEEK

2

## Your Quiet Time: A Daily Appointment With God

Discipline requires a struggle. Satan is terrified by the idea of a DQT. He won't allow it to be easy. A DQT requires discipline and that often means acting against your feelings. Remember, however, the right actions often result in right feelings. He will reward you for your faithfulness.

Use variety to avoid staleness. Read the message of some great hymns, a devotional classic or some other Christian literature. Occasionally spend the entire time in prayer. Should your mind wander ask the Holy Spirit to help you "bring into captivity every thought." And, should you miss a day, try to find out the reason why. Learn from that experience and avoid the repetition of neglect. After three weeks of proper discipline one begins to feel comfortable with this new practice. In six weeks it becomes a part of the regular routine of the day.

To say, "but I can't do it, I'm tired" is in all honesty to say, "I really don't want to." It may be, too, that in feelings of self-confidence we are consciously saying, "I don't really need that appointment, I can make it without Him."

Don't miss your daily appointment. Make an appointment with some doctors and dentists, miss it and it will cost you just the same. They'll send you a bill for the missed appointment. But what about an appointment with the King of kings and Lord of lords? Miss it and although He will not "send you a bill," it will cost you in the long run. You will have missed your greatest opportunity to gain the strength and guidance you so desperately need to live your day to its fullest.

## **Why have a DQT? What good will it do?**

---

- 1.
- 2.
- 3.

When is the best time? (What time is my appointment?)

Where is the best place? (Where will be my "closet"?)

How long?

\_\_\_\_\_minute minimum \_\_\_\_\_minute target  
\_\_\_\_\_minute goal

What do I do? (What does my appointment consist of?)

- 1.
- 2.
- 3.

List three suggestions for variety in our daily communication with Christ:

- 1.
- 2.
- 3.

What do you see as the chief obstacle to your accomplishment of this daily discipline?

# How to Apply Scripture

Daily you are asked to write a 2 or 3 sentence application of the scripture you have read in your daily quiet time. Here are some suggestions to help you:

As you read, ask yourself questions:

- “How does this apply to me?”
- “What can I learn from this example?”
- “How do I measure up to this standard?”

Try “prayer feed-back” to God. Read prayerfully asking God to apply His Word to your life:

- “Lord, help me to learn the lesson of this passage.”
- “Father, I’m weighed and found wanting here, help me to measure up.”
- “Lord, I want this to be true in me.”

## **Write Out Your Application**

---

Write it in the first person, “I” and “me.” Make it personal.

For variety, occasionally write it in the form of a prayer.

Make it as brief and concise as possible so that the Holy Spirit can bring it to mind during your day or

in days to come.

## **Some Examples**

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James 1:1–18: “Lord, today I will rejoice when tested and look for the lesson you see to teach me through it.” (vs. 2-5) (or) “Lord I will seek great stability by centering all my energies on your will and purpose for me” (vs. 8)

James 1:19–27: Today, I will seek to think before I speak and be a more sensitive listener when others are sharing. (vs. 19) (or) I will ask God to give a greater victory in the area of my temper. (vs. 19–20) (or) As I read God’s Word, I will liken it to a mirror and seek to see myself as I am seen of God. (vs. 23–25) (or) Today I will put my faith into practice. I will visit a widow or plan something with an orphan. I will go and pray with someone who is sick. (vs. 27)

Exodus 2:1-11: To what degree do I trust the Lord for protection for my children? (vs.1-4)

Exodus 2:12–25: How often have I sought to hide my sin? I will seek to live a “transparent” life realizing that I can’t hide my sin from God. (vs.12)

WEEK

3

## Practical Disciplines

### **Personal Promptness** (Ecclesiastes 8:6)

---

Illustrate the following principles:

1. Personal promptness deals with the stewardship of our time and the time of others as well.
2. Being late is often discourteous and rude.
3. Tardiness is a dishonest way of thievery.
4. Promptness really means being five to ten minutes early.
5. Being on time requires proper planning and discipline.

Promptness is a practical personal discipline, a Christian virtue, and principle of good time management. Is it a discipline that characterizes your witness?

In what areas of your life could you best work on increasing this virtue?

### **Rest and Relaxation** (Genesis 2:3)

---

1. How many hours of sleep do you need to function at maximum potential each day? \_\_\_\_\_
2. Set the schedule you need for adequate rest.

Time to go to bed:\_\_\_\_\_ Time to get up:\_\_\_\_\_

3. What activities need to be eliminated or changed to ensure that you get the rest you need?
4. Next to worshipping in church on Sunday, taking an afternoon nap may be one of the most spiritual things you do on Sunday.
5. Learn to relax for a period of time each day without feeling guilty. Develop a hobby that will interest you and get your mind off the pressure and cares of the day.

### **Physical Exercise** (Romans 12:1)

---

1. After consulting with your doctor, plan a schedule to exercise for at least 10 minutes each day.

What exercise:\_\_\_\_\_ When:\_\_\_\_\_

2. Plan a weekly time of extended physical exercise.

What exercise:\_\_\_\_\_ When:\_\_\_\_\_

### **Eating Habits** (1 Corinthians 10:31)

---

1. Avoid eating between meals and limit the amount of white foods you eat (sugar, rice, ugali, matooke, bread, potatoes).
2. Think twice before taking a second helping.
3. Check a medically approved chart to find what you should weigh for your height and frame. If you are not where you want to be, set goals for weight modification. Some weight changes can be achieved through a change in eating habits.

Present weight:\_\_\_\_\_ Desired weight:\_\_\_\_\_

## Practical Discipline Check-up

---

Check your practical disciplines during the coming week to see how effectively you are meeting your goals. Check each box if you kept the discipline that day.

<b>Practical Discipline</b>	<b>M</b>	<b>T</b>	<b>W</b>	<b>T</b>	<b>F</b>	<b>S</b>	<b>S</b>
Did you get enough rest and relaxation?							
Did you exercise?							
Did you maintain your eating goals?							
Were you on time for appointments?							

WEEK

4

## Memorizing God's Word

*Let the word of Christ dwell richly in you..." Col. 3:16*

*"I have hidden your word in my heart that I might not sin against you." Ps.  
119: 11*

Three reasons why I should memorize the Word:

1. Ephesians 6:17 and Psalm 119:11
2. 2 Timothy 4:2
3. Colossians 3:16 and Philippians 4:7-8

Suggestions for memorization:

- 1.
- 2.
- 3.
- 4.

5.

6.

7.

8.

9.

Apply the fifth suggestion to Psalm 103:3-5 (your memory work for next week).

List the verses of the Bible you have already committed to memory:

## My Relationship with Christ

*“That if you confess with your mouth, “Jesus is Lord” and believe in your heart that God raised him from the dead, you will be saved.” Romans 10:9*

Being a Christian is having a personal relationship with Jesus Christ. It is a relationship of:

- 1.
- 2.
- 3.
- 4.

“For \_\_\_\_\_ have sinned and fall \_\_\_\_\_ of the glory of God.” Romans 3:23

“For the wages of sin is \_\_\_\_\_, but the \_\_\_\_\_ of God is eternal life in \_\_\_\_\_ our Lord.” Romans 6:23

“But God demonstrates his own \_\_\_\_\_ for us in this: While \_\_\_\_\_ were \_\_\_\_\_, Christ \_\_\_\_\_ for \_\_\_\_\_.” Romans 5:8

“For it is by \_\_\_\_\_ you have been saved, through \_\_\_\_\_ and this is not from \_\_\_\_\_, it is the \_\_\_\_\_ of \_\_\_\_\_ - not by works, so that no one can boast.” Ephesians 2:8-10

Saving faith is the way we lay hold of God’s grace (gift) in Jesus by trusting in what He did for us on the cross rather than trusting in ourselves and what we do before

God. We do this by receiving Jesus as our Lord and Saviour.

See Romans 10:9

We maintain our relationship with Christ by:

- 1.
- 2.
- 3.
- 4.

Write a brief paragraph sharing a way you might share your relationship with Christ with someone else:

How many words can you recall that mean the same as salvation or "being saved"?

## Effective Praying: Some Basic Truths

*"...they should always pray and not give up." Luke 18:1*

*"Be joyful always; pray continually; give thanks in all circumstances, for this is God's will for you in Christ Jesus." 1 Thessalonians 5:16-18*

Prayer is \_\_\_\_\_.

Four ways in which prayers may be answered:

- 1.
- 2.
- 3.
- 4.

Five possible "ingredients" of prayer:

- 1.
- 2.
- 3.
- 4.
- 5.

Some practical suggestions for effective praying:

- 1.
- 2.

- 3.
- 4.
- 5.
- 6.

What effect does sin have upon your prayers?

Psalm 66:18

John 15:7

1 Peter 3:7

### **Pattern For Daily Prayer**

---

Start praying before you get out of bed. Let your first thoughts be directed toward Him.

Observe a daily "Quiet Time."

Practice "praying without ceasing." When you have to wait, pray.

Unscheduled prayer. When unexpected extra time is on hand. When an unexpected need arises.

At meal times.

At the close of the day, talk the day over with God. Ask forgiveness wherein you have failed. Thank Him for His blessings.

Thought prayers with head on pillow can prepare the mind, the emotions and the body for total rest.

# Effective Praying: Praying Specifically

## MY PRAYER LIST

---

PRAISE CHANGES THINGS – ...*let us continually offer to God a sacrifice of praise – the fruit of lips that confess His name ... Heb. 13:15*

- |    |    |
|----|----|
| 1  | 4  |
| 2. | 5. |
| 3. | 6. |

PERSONAL NEEDS – *Therefore I tell you, whatever you ask for in prayer, believe that you will receive it, and it will be yours. Mark 11:24 LB*

- |    |    |
|----|----|
| 1  | 4  |
| 2. | 5. |
| 3. | 6. |

MY CHURCH AND PASTOR – *The prayer of a righteous man is powerful and effective. James 5:16b*

- |                  |    |
|------------------|----|
| 1. Pastor        | 4. |
| 2. Bible Teacher | 5. |
| 3. Church Elders | 6. |

GOVERNMENTAL LEADERS – *Pray.... For all others who are in authority.... Or in high place of responsibility.... 1 Tim. 2:2 LB*

- |                    |                  |
|--------------------|------------------|
| 1. President       | 4. Local Leaders |
| 2. Cabinet Members | 5.               |
| 3. MPs             | 6.               |

MISSIONARIES – *Ask the Lord of the harvest, therefore, to send out workers into His harvest field. Mathew 9:38*

- |   |   |
|---|---|
| 1 | 4 |
|---|---|

2.

5.

3.

6.

#### OTHER REQUESTS

1.

4.

2.

5.

3.

6.

MY SPHERE OF INFLUENCE – to be dealt with and added two weeks from now.

## EFFECTIVE PRAYING: A CHECK-UP

---

Using the Pattern For Daily Prayer, check your prayer life during the coming week to evaluate your effectiveness in developing a meaningful pattern of communication with your Lord.

Each morning during your quiet time reflect back on the previous day and check the chart.

	<b>M</b>	<b>T</b>	<b>W</b>	<b>T</b>	<b>F</b>	<b>S</b>	<b>S</b>
First thoughts when getting up							
DQT							
Pray without ceasing							
Unscheduled							
Meal Times							
Bedtime							
Thought prayers							

Before you turn in your paper at the end of the week, list the area or areas of your prayer life that need some attention and work on them.

- 1.
- 2.
- 3.

## Studying God's Word

*"Do your best to present yourself to God as one approved, a workman who does not need to be ashamed and who correctly handles the word of truth." 2 Timothy 2:15*

What is Bible Study? – Prayerfully analyzing a passage of scripture and answering three questions:

- |                                   |                       |
|-----------------------------------|-----------------------|
| 1. What does it say?              | <b>Observation</b>    |
| 2. What does it mean?             | <b>Interpretation</b> |
| 3. How can I apply it to my life? | <b>Application</b>    |

Following is one way to study the first chapter of the Gospel of Mark.

Method	Example
Read all of the book to sense the author's main purpose.	Gospel of Mark
Reread the chapter to be studied, and divide it into paragraphs. A paragraph consists of a complete thought or in a narrative section, a complete incident.	Chapter 1 – Paragraphs: 1-8, 9-11, 12-13, 14-20, 21-22, 23-27, 28-31, 32-34, 35-39, 40-45
Analyze each verse by paragraph. Is it a command, a promise, or an instruction? Check any references made to	Paragraph 2 (vs. 9-11) Geography: Nazareth of Galilee? Jordan River – Find on a Bible

<b>Method</b>	<b>Example</b>
<p>other passages. Ask yourself significant questions regarding the passage.</p>	<p>map</p> <p>"...heaven being torn open..." (vs. 10) See also Acts 1:10, 7:56; James 5:18)</p> <p>"...the Spirit...like a dove..." (vs. 10) What else is the Spirit compared with? (See John 3:8, etc.)</p> <p>"And a voice from heaven..." (vs. 11) What followed the glory of His baptism? What can I learn from this?</p>
<p>Look up any word you don't understand in a Bible dictionary. Compare translations.</p>	<p>'dove' – "a poor man's sacrifice, the emblem of peace."</p> <p>"...with you I am well pleased." (NIV) "...in whom I am well pleased." (KJV) "...you are my delight." (Living Bible)</p>
<p>Where else in the Bible in this subject discussed? Investigate cross references.</p>	<p>Compare accounts of Christ's baptism in the other gospels: Matthew 3:13-17, Luke 3:21-22, John 1:29-34. John reveals the Holy Spirit's descent in the form of a dove was the confirmation of Jesus as the Messiah (Christ or anointed one).</p>
<p>Put the paragraph "back together." Write a brief summary or outline of the main points. Give the paragraph a title.</p>	<p>Paragraph 2 (vs. 9-11): Jesus' Baptism</p> <p>Jesus was baptized in the Jordan by John. Messiahship was confirmed by sight and sound; the sight of the Holy Spirit as a dove and the sound of God's voice of approval.</p>

<b>Method</b>	<b>Example</b>
Write an application for your life. Am I seeking God's will in this area? Move on to the next paragraph and repeat.	Lord, let your Holy Spirit rest upon my life, and may I desire your divine approval.

**ASSIGNMENT:**

---

Follow the steps given in this lesson and do a study of the book of Philemon located at the end of your DT manual using the chart to write down your observations.

## Witnessing: Your Sphere of Influence

*"...and repentance and forgiveness of sins will be preached in His name to all nations, beginning at Jerusalem. You are witnesses of these things." Luke 24:47-48*

*"But keep your head in all situations, endure hardship, do the work of an evangelist, discharge all the duties of your ministry." 2 Timothy 4:5*

What is the difference between:

1. witnessing
2. evangelizing

We bear witness to what our life stands for in our "sphere of influence."  
Your *sphere of influence* includes everyone your life touches over a period of time for \_\_\_\_\_ or \_\_\_\_\_.

- |    |    |
|----|----|
| 1. | 4. |
| 2. | 5. |
| 3. | 6. |

How do I witness? I witness through:

1.

2.

3.

**A Model for Personal Sharing: Acts 8:26-40**

Verse 26	
Verse 27	
Verse 30	
Verse 35	
Verse 37	

What are some of your greatest fears about sharing Christ with others? List them:

Discuss your fears with the group.

Suggested tools for witnessing to a friend:

*The Four Spiritual Laws*

*Peace with God*

*Evangelism Explosion training*

## MY SPHERE OF INFLUENCE PRAYER LIST

---

*“my heart’s desire and prayer...that they might be saved.*

*Romans 10:1*

*Immediate Family: Believe in the Lord Jesus Christ and you will be saved, you and your household. Acts 16:31*

1.	4.
2.	5.
3.	6.

Extended Family (Relatives)

1.	5.
2.	6.
3.	7.
4.	8.

Neighbours: *"The entire law is summed up in a single command: 'Love your neighbour as yourself.'" Galatians 5:14*

1.	3.
2.	4.

Friends and Co-workers: *"No one has greater love than the one who lays down his life for his friends." John 15:13*

1.	6.
2.	7.
3.	8.
4.	9.
5.	10.

Enemies: *"But I tell you: Love your enemies and pray for those who persecute you, that you may be sons of your Father in heaven." Matthew 5:44-45a*

1.	3.
2.	4.

## My Spiritual Disciplines: A Check Up

*“Though you have not seen Him, you love Him; and even though you do not see Him now, you believe in Him and are filled with an inexpressible and glorious joy...” 1 Peter 1:8*

### My Quiet Time

---

I keep my appointment with God everyday

- yes
- not yet

I use my quiet time for

- personal spiritual communion and nourishment
- to meet requirements expected of me

I am learning to make practical spiritual applications to my life from things I read.

- yes
- not yet

My quiet time has become a natural part of my daily schedule/still forced.

- Becoming natural
- Still forced

My commitment to my daily quiet time after this course is:

## My Prayer Life

---

I have dealt honestly with any hindrances in my life to answers to prayer.

- yes
- no

I am praying more specifically.

- yes
- no

I have prayed faithfully this week for:

- my sphere of influence       yes     no
- my church and my pastor     yes     no

I am learning to pray without ceasing.

- yes
- no

My commitment to prayer in the future is:

## My Sphere of Influence

---

Has my responsibility to my sphere of influence grasped me sufficiently to issue forth in genuine concern?

- yes
- no

Can I name one incident this past week in my sphere of influence when God used me as a witness?

- yes
- no

How many of my sphere have I carried before the Lord this week by name in prayer?



Is there anything in my life that would hinder my witness of Christ to my friends?

yes

not to my knowledge

My commitment to my sphere of influence after this course is:

# Philemon

(Taken from **The International Inductive Study Bible**  
compiled by Kay Arthur and staff of Precept Ministries)

Slavery was a fact of life in Paul's day—a fact Paul couldn't change. But Paul could show slaves and masters how they were to behave toward one another as those redeemed by Jesus, who had become a bondservant on their behalf. In his epistles, Paul shared these principles.

Now, however, something else had come up. Paul had to appeal to Philemon, a believer from Colossae, about a very personal matter. One of Philemon's slaves had run away, and according to Roman law he could be put to death by his master. So at about the same time he wrote Colossians, Paul wrote to Philemon from his rented quarters, where as a prisoner of Rome he also could be put to death. It was about A.D. 61 or 62.

## Week 7

---

- Read through the book of Philemon.
- Go back and write down everything you learn about Paul on the chart on page 50.
- Watch for Paul's reason for writing and how he goes about achieving his purpose.
- Record the reasons on the chart on page 50.
- Write down everything you learn about those receiving Paul's letter on the chart.
- Write down everything you learn about Onesimus.

## Week 8

---

- Read through Philemon again.
- Mark each of the key words (with their synonyms and pronouns).
- List the truths you learn about each key word from the text.
- Record the theme of Philemon on the chart.
- Read the book paragraph by paragraph and write down the theme of each paragraph.

## Week 9

---

Think about these questions and write down your thoughts.

- Are you willing to appeal to someone on behalf of another person, to assume the role of an advocate?
- What can you learn from Paul's example in the way he appealed to Philemon?
- Is there someone you need to forgive and offer restoration?
- Can someone appeal to you to do the right thing on the basis of your character, or does he have to force your hand through rules, regulations, or some sort of a "bribe"?

# Philemon

---

Theme of Philemon:

<b>Author:</b>	<b>Segment Divisions</b>	<b>Paragraph Themes</b>
<b>Date:</b>  <b>Purpose:</b>  <b>Key Words:</b> love appeal slave		Verses 1-3
		Verses 4-7
		Verses 8-20
		Verses 21-22
		Verses 23-25



## Philemon Observations Chart

Paul	Onesimus
Recipients of Paul's Letter	



# Accountability

Week \_\_\_\_\_

Name: \_\_\_\_\_

Exercised: M T W T F S S  
(circle the days)

Scripture memory:  Yes  No  
Prayer Partner  Yes  No

<b>Day 1</b>	Time began: _____ Time Ended: _____ Scripture: _____ <i>Application:</i>
<b>Day 2</b>	Time began: _____ Time Ended: _____ Scripture: _____ <i>Application:</i>
<b>Day 3</b>	Time began: _____ Time Ended: _____ Scripture: _____ <i>Application:</i>
<b>Day 4</b>	Time began: _____ Time Ended: _____ Scripture: _____ <i>Application:</i>
<b>Day 5</b>	Time began: _____ Time Ended: _____ Scripture: _____ <i>Application:</i>
<b>Day 6</b>	Time began: _____ Time Ended: _____ Scripture: _____ <i>Application:</i>
<b>Day 7</b>	Time began: _____ Time Ended: _____ Scripture: _____ <i>Application:</i>
Highlight of my week or message to discipler:	

Discipler's comments:

# Accountability

Week \_\_\_\_\_

Name: \_\_\_\_\_

Exercised: M T W T F S S  
(circle the days)

Scripture memory:  Yes  No  
Prayer Partner  Yes  No

<b>Day 1</b>	Time began: _____ Time Ended: _____ Scripture: _____ <i>Application:</i>
<b>Day 2</b>	Time began: _____ Time Ended: _____ Scripture: _____ <i>Application:</i>
<b>Day 3</b>	Time began: _____ Time Ended: _____ Scripture: _____ <i>Application:</i>
<b>Day 4</b>	Time began: _____ Time Ended: _____ Scripture: _____ <i>Application:</i>
<b>Day 5</b>	Time began: _____ Time Ended: _____ Scripture: _____ <i>Application:</i>
<b>Day 6</b>	Time began: _____ Time Ended: _____ Scripture: _____ <i>Application:</i>
<b>Day 7</b>	Time began: _____ Time Ended: _____ Scripture: _____ <i>Application:</i>
Highlight of my week or message to discipler:	

Discipler's comments:

# Accountability

Week \_\_\_\_\_

Name: \_\_\_\_\_

Exercised: M T W T F S S  
(circle the days)

Scripture memory:  Yes  No  
Prayer Partner  Yes  No

<b>Day 1</b>	Time began: _____ Time Ended: _____ Scripture: _____ <i>Application:</i>
<b>Day 2</b>	Time began: _____ Time Ended: _____ Scripture: _____ <i>Application:</i>
<b>Day 3</b>	Time began: _____ Time Ended: _____ Scripture: _____ <i>Application:</i>
<b>Day 4</b>	Time began: _____ Time Ended: _____ Scripture: _____ <i>Application:</i>
<b>Day 5</b>	Time began: _____ Time Ended: _____ Scripture: _____ <i>Application:</i>
<b>Day 6</b>	Time began: _____ Time Ended: _____ Scripture: _____ <i>Application:</i>
<b>Day 7</b>	Time began: _____ Time Ended: _____ Scripture: _____ <i>Application:</i>
Highlight of my week or message to discipler:	

Discipler's comments:

# Accountability

Week \_\_\_\_\_

Name: \_\_\_\_\_

Exercised: M T W T F S S  
(circle the days)

Scripture memory:  Yes  No  
Prayer Partner  Yes  No

<b>Day 1</b>	Time began: _____ Time Ended: _____ Scripture: _____ <i>Application:</i>
<b>Day 2</b>	Time began: _____ Time Ended: _____ Scripture: _____ <i>Application:</i>
<b>Day 3</b>	Time began: _____ Time Ended: _____ Scripture: _____ <i>Application:</i>
<b>Day 4</b>	Time began: _____ Time Ended: _____ Scripture: _____ <i>Application:</i>
<b>Day 5</b>	Time began: _____ Time Ended: _____ Scripture: _____ <i>Application:</i>
<b>Day 6</b>	Time began: _____ Time Ended: _____ Scripture: _____ <i>Application:</i>
<b>Day 7</b>	Time began: _____ Time Ended: _____ Scripture: _____ <i>Application:</i>
Highlight of my week or message to discipler:	

Discipler's comments:

# Accountability

Week \_\_\_\_\_

Name: \_\_\_\_\_

Exercised: M T W T F S S  
(circle the days)

Scripture memory:  Yes  No  
Prayer Partner  Yes  No

<b>Day 1</b>	Time began: _____ Time Ended: _____ Scripture: _____ <i>Application:</i>
<b>Day 2</b>	Time began: _____ Time Ended: _____ Scripture: _____ <i>Application:</i>
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Highlight of my week or message to discipler:	

Discipler's comments: