

# *Discipleship Training*

**A Venture in  
Training and Accountability**

**Level 4**

## SCHEDULE OF DISCIPLESHIP TRAINING 4

Week	Lesson	Assignment
1	Setting Your Own Goals	Daily Quiet Time Fill in goal report (to be handed in) Bible Study Pray with Prayer Partner
2	Building the Daily Quiet Time	DQT Scripture Memory Bible Study Pray with Prayer Partner
3	Digging Deeper: Building an Effective Prayer Life	DQT Scripture Memory Bible Study Pray with Prayer Partner
4	Digging Deeper: Exercising My Sphere of Influence	DQT Scripture Memory Bible Study Pray with Prayer Partner
5	Digging Deeper: Exercising My Spiritual Gifts	DQT Scripture Memory Bible Study Pray with Prayer Partner
6	The Discipline of Fasting	DQT Scripture Memory Bible Study Pray with Prayer Partner
7	Christian Maturity: What is it?	DQT Scripture Memory Bible Study Pray with Prayer Partner
8	Charting the Course for Future Growth	DQT Scripture Memory Bible Study Pray with Prayer Partner Goal Report (to be handed in)
9	Check Up and Evaluation	DQT Pray with Prayer Partner and consider continuing

## **Tip for Memorizing Scripture**

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- Week 1      Read the verse 5 times each day.
- Week 2      Read a new verse 5 times each day.  
Repeat the verse from Week 1 3 times each day.
- Week 3      Read a third verse 5 times each day.  
Read the second verse 3 times each day.  
Read the first verse 1 time each day.
- Week 4      Read a new verse 5 times each day.  
Read the third verse 3 times each day.  
Read the second verse 1 time each day.  
Read the first verse only on Monday.

This process will be continued until you have filled each day of the week with the review of 5 verses. At this point you can begin to review verses only on a monthly basis, then yearly basis.



# Setting Your Own Goals: *Steps to Maturity*

Just as a baby must be weaned from its mother’s milk and given solid food, a disciple must mature to be able to stand alone and feast on the “strong meat” of the Word.

You will always want to continue a \_\_\_\_\_ and a \_\_\_\_\_ with some brother or sister in Christ. But, there comes a time when you no longer need someone to tell you what Scripture to read, what to pray for, how many and what verses to memorize, and how long and when to study the Word. These choices become your own.

In Discipleship Training Level 4, you will begin to set goals for yourself. Use the worksheet on the following pages to set some personal goals that you can accomplish over the next nine weeks. Remember that true goals must be \_\_\_\_\_, \_\_\_\_\_-set goals you can reach, and \_\_\_\_\_ you must be able to measure your progress in some way.

## My Personal Goals

### Daily Quiet Time

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I will try to have a meaningful daily quiet time at least \_\_\_\_\_ days each week for a minimum of \_\_\_\_\_ minutes each day. I will aim at the time of \_\_\_\_\_ to \_\_\_\_\_ for my daily meeting with God. I would like to do my Bible reading from the books of \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_.

Six priority prayer requests I want to be faithful in lifting before the Lord daily are:

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_
- 4. \_\_\_\_\_
- 5. \_\_\_\_\_

6. \_\_\_\_\_

### **Practical Disciplines**

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My goal is for \_\_\_\_\_ hours of sleep each night, hopefully going to bed by \_\_\_\_\_ pm.

Regular events I know I must be on time to attend:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

6. \_\_\_\_\_

(Remember – this really means being five minutes early for these events!)

### **Scripture Memory**

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Below are listed the eight verses/passages I will commit to memory. Put these verses on a card and begin to carry them with you.

1.

2.

3.

4.

5.

6.

7.

8.

## Bible Study

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During the next nine weeks I will study the book of \_\_\_\_\_.  
The outline of my study is as follows:

Week	Study Plan
2	_____
3	_____
4	_____
5	_____
6	_____
7	_____
8	_____
9	_____

## Personal Witness

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I will try, being sensitive to the Holy Spirit's leading, to share my faith at least \_\_\_\_\_ times with

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## Prayer Partner

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My prayer partner will be \_\_\_\_\_.

Accountability Chart	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
DQT							
Scripture Memory							
Meet with prayer partner							
Application of Scripture Reading							
Bible Study							



## **Digging Deeper: The Daily Quiet Time** *Silent Meditation*

What do the following references tell us about quietness and meditation before God?

1. Psalm 46:10
2. Psalm 4:4
3. Isaiah 30:15
4. Isaiah 40:28-31
5. John 4:23 –24

God is not an aggressive person. He waits until He has our attention to show Himself to us. Busy schedules do not encourage periods of quietness where He can speak. Scripture calls us to take time out of our busy lives to listen to Him.

### **The following benefits are for those who will make the time:**

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- Quietness before God aids our memories.
  
  
  
  
  
  
  
  
  
  
- Silence is often the only appropriate response to mystery.
  
  
  
  
  
  
  
  
  
  
- Silence is the way we achieve a deep closeness with God.

- Quietness is often the greatest evidence of innocence.

**Some suggestions for practicing silence before God:**

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- Allow for certain periods of silence this week in your Daily Quiet Time.
  - ❖ REMEMBER His workings in your life.
  - ❖ RESPOND to all of His promptings.
  - ❖ RELATE to new truth revealed.
  - ❖ REST in His presence.
- Gain an awareness of Him. Don't spend your time in quiet conversation with yourself. Use Scripture if your mind wanders to guide your thoughts.
- Don't try to imagine Him. Allow Him to be bigger than your imagination.
- Praise Him for who He is.

Record any new truths that God reveals to you during your times of silence:

How have you benefited from your times of silence with God?

Accountability Chart	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
DQT							
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Bible Study							



## Digging Deeper: Building an Effective Prayer Life

### *Praying with Maturity*

#### **Discuss the following aspects of prayer:**

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1. **"Prayer is dialogue not monologue."** Prayer is talking *with* God, not merely talking to Him. Look up Exodus 33:11. List ways in which you can apply this truth.
  
2. **Prayer is not begging God to give us what He does not want to give.** Prayer is asking our loving Heavenly Father to give us what He is ready and willing to give. Do you agree with this statement? Summarize Luke 11:5-13 in a few sentences.
  
3. **Prayer is not giving God a list of things we want to have.** Prayer is asking God what He wants us to do. Prayer is giving ourselves to God for Him to use us. John:14:13–14; 15:16. What does it mean to pray "in Jesus name"? What should we ask for in Jesus' Name?
  
4. **Prayer should not be just talking to God a few minutes every day.** Prayer should be a two-way conversation with God all day long. What does it mean to "pray without ceasing"?
  - Have you learned how to listen to God as you are praying? Ask your discipler to share from his/her own experience.
  
  - Discuss how faith is essential in praying. What can you do to improve your prayer life?

Be prepared next week to share with your discipler ways in which your prayer life has improved as you have been learning to listen in prayer. Have some of your prayers changed as you have considered points 1-3 in this lesson?

Fill in the chart below with some of your discoveries as you pray:

<b>Things I discovered about prayer this week</b>
Sunday
Monday
Tuesday
Wednesday
Thursday
Friday
Saturday

Accountability Chart	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
DQT							
Scripture Memory							
Meet with prayer partner							
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Bible Study							



## **Digging Deeper: Witnessing to my Sphere of Influence**

### ***Sharing Christ With Those You Know***

Having placed unsaved friends and loved ones on your prayer list and having a relationship of mutual love and respect, what do you do when:

1. You feel led to introduce spiritual matters into the conversation?
2. They begin to ask you about spiritual things?

#### **Introducing Spiritual Things into the Conversation**

List some good questions or statements that might be used to talk to someone about spiritual things.

- 1.
- 2.
- 3.

#### **Sharing with Someone who Asks**

List some guidelines for witnessing to someone who asks about spiritual things.

- 1.
- 2.
- 3.

## Sharing the Gospel

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Choose the proper theme. Jesus shared the Gospel with many different people. In each case, He told them the plan of salvation in a way that related to their specific needs. Finish listing some of the themes Jesus used. What can you learn from His methods?

Person	Scripture	Theme Jesus Used
Rich Young Ruler	Mark 10:17-22	Riches in Heaven
Scribe	Mark 12:18-34	Law and Grace
Nicodemus	John 3:3-18	Being Born Again
Samaritan Woman	John 4:7-26	
Small Children	Mark 10:13-16	
Pharisees	Mark 12:13-17	

Write out the plan of salvation using a theme of your choice. How could you end in order to give your friend a chance to respond?

## Meeting Objections

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### What would you say to the following?

1. "There's something I've never been able to understand about the Bible. Where did Cain and Abel get their wives?"
2. "Do you really believe there is a hell?"

3. "But there are so many people who do not act like Christians in the church."

**Follow-up**

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1. How would you end your conversation with someone not yet ready to say "yes"?

2. What immediate steps can you take with someone who receives Christ?

Accountability Chart	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
DQT							
Scripture Memory							
Meet with prayer partner							
Application of Scripture Reading							
Bible Study							

WEEK
5

## Digging Deeper: Exercising My Spiritual Gifts

### *Ministering in the Body of Christ*

#### Definition

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During Discipleship Training Level 2, you examined your spiritual gifts. Have there been any changes in your idea of what gifts you feel you have?

List the spiritual gifts that you have.

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

#### Evaluation

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List your activities in ministry in and outside the church. List the gifts that are used in each activity.

Ministry activity	Gifts being exercised

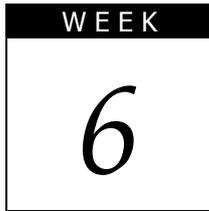
1. Are you putting to good use the gifts God has given you? (1 Peter 4:10)
2. Are there things you are currently involved in that don't use your spiritual gifts?
3. Could someone else be doing as well as you are?
4. Are there any adjustments that need to be made? What are they?
5. Is there a particular ministry inside or outside the church that seems to fit your gifts?
6. Do you feel led to make a long term commitment?

**Projection**

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1. What have you done to develop your gifts?
2. How can you develop your gifts further?
3. Do a study of at least one of your gifts. Your discipler will show you how and help you to do this. Be ready to hand it in next week.
4. List one specific thing you can do this week to encourage someone else in using his/her spiritual gift/s.

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DQT							
Scripture Memory							
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Bible Study							



## Effective Praying: The Discipline of Fasting

### *Denying Yourself*

Fasting refers to giving up food for spiritual reasons. It is not the same thing as a hunger strike or a diet which are not usually done for spiritual reasons. In the Bible, fasting is always done for spiritual reasons. There are four basic patterns of fasting in the Bible.

#### ❖ **Giving up all food**

This involves giving up all food, whether solid or liquid, but not water. This was the pattern of Christ's forty-day fast (Luke 4:2). We are told that "he ate nothing" and that "he was hungry" indicating that he gave up food but not water.

#### ❖ **A Partial Fast**

This involves giving up certain things but not all food. In Daniel 10:3, Daniel gave up meat and wine for three days.

#### ❖ **An Absolute Fast**

This involves giving up food and water (Esther 4:16 and Acts 9:9). Both of these instances were during extraordinary circumstances and lasted only three days. The human body cannot survive without water for much longer than that although Moses and Elijah had supernatural fasts of 40 days (Deuteronomy 9:1 and 1 Kings 19:8). Such fasts are not recommended.

#### ❖ **A Regular Fast**

This type of fast was a regular part of Zechariah's routine (Zechariah 8:19). The Pharisees also boasted that they fasted twice a week. (Luke 18:12.)

Usually, fasting is a private matter. There are some cases where groups of God's people fasted together (Joel 2:15, 2 Chronicles 20:1-4, and Ezra 8:21-23). This can certainly be very unifying for a church to undertake a period of prayer and fasting.

#### **Does God require us to fast?**

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There are no Biblical laws that command us to fast, but in Matthew 6:16 and 9:15, it is clear that Jesus expected His disciples to fast after He was gone.

#### **What are good motives for fasting?**

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God should always be the centre of our fast. There are many benefits to fasting that will follow if we make God the centre; however, these should not be the primary reason for our fast. Fasting reveals the things that control us. It helps us to sort out the non-essentials in our lives. Other benefits include successful prayer, guidance in decisions, and increased concentration.

## **How can I begin?**

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1. Begin with a partial fast of 24 hours, from lunch to lunch. Fresh fruit juices are helpful. Then try a normal 24-hour fast, always drinking plenty of water. Next try a 36-hour fast. As time passes, attempt a longer fast.
2. Ignore hunger pains. They will pass in a brief time.
3. Meditate and pray during the time that you would normally eat.
4. Don't bring attention to yourself.

## **Facts About Fasting**

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1. The first three days of fasting are the most difficult in terms of hunger pains and physical discomfort.
2. Coating on the tongue and bad breath is evidence of the body ridding itself of poisons.
3. Headaches will go away. They are more common in those who drink a lot of tea and coffee.
4. On the fourth day hunger pains will go away. Weakness or occasional dizziness is only temporary. Rest will help.
5. By the sixth or seventh day you will begin to feel stronger and more alert. This will be the most enjoyable part of the fast.
6. Longer fasts should be ended slowly. Drink vegetable juices the first day after your fast. Eat fruit, milk and yoghurt the second day.

**\*\*\*Fasts of more than one week are not recommended.\*\*\***

## **Warning**

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1. Wrong motives for fasting will not benefit you and may cause you physical harm. Fasting to be seen by others DOES NOT MAKE YOU SPIRITUAL.
2. If you have a physical problem or are taking medication, DO NOT begin a prolonged fast without your doctor's permission.
3. Wrong motives in anything you do can, and very often does, bring the opposite effect you desire.

Accountability Chart	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
DQT							
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## **Digging Deeper: Christian Maturity**

### ***What is it?***

Philo, the Greek philosopher classified all his students in three categories:

1. Those just beginning
2. Those making progress
3. Those about to reach maturity

Scripture challenges us to become mature:

Hebrews 6:1

Ephesians 4:13

2 Timothy 3:17

### **What it is not:**

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It is not comparative

- 1.
- 2.
- 3.

It is never completed

- ❖ Philippians 3:15-16

**What it is:**

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“teleios”

To be what God intends for us to be

❖ Philippians 3:12

**How is it attained?**

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A healthy appetite

A proper diet

A positive response

**How is it identified? (Characteristics of a growing Christian)**

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1.

2.

3.

**Some Precautions:**

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1.

2.

3.

For next week ponder the following questionnaire alone with the Lord.

Allow the Lord to use it to push you towards greater growth.

## **Christian Maturity – Where am I?**

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1. Am I really aware of the area where I am spiritually weak? What am I doing to bring that area under Christ's control?
2. Have I really made Jesus Lord of my life? Are there areas of my life where Jesus is not in control? What would it take for me to surrender those areas to Him?
3. Is there something the Lord has shown me that I am not obeying right now? How would I describe my relationship of fellowship with Him?
4. What fruit of the Spirit (Galatians 5:22-23) do I need to be developing in my spiritual life?
5. What gifts of the Spirit should I be using more fully?
6. In what area am I growing?
7. Do I really know joy in serving Him?
8. Who have I influenced for Christ? Have I led anyone to Him? Have I discipled anyone? Have I encouraged anyone?
9. Where am I in my relationship with Christ?

Accountability Chart	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
DQT							
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Bible Study							



# Charting the Course For Future Growth

## *Continuing in Christ*

You have nearly completed the Discipleship Training Series and will soon be “on your own”. How are you planning on continuing your spiritual path toward maturity? Fill in your plans under the various areas:

**My Daily Quiet Time**

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**My Personal Prayer Life**

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**Practical Disciplines**

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**Bible Study**

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**Personal Witness**

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**Prayer Partnership**

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**List some good books you want to read in the near future.**

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**List some seminars, retreats, or conferences you want to attend in the future.**

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**List some new involvement that will add to your spiritual life.**

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Accountability Chart	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
DQT							
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Bible Study							

**WEEK**

**9**

## Check-up and Evaluation

### *What did I Learn?*

1. Overall, what have you benefited from the most in your involvement in the Discipleship Training Programme (all Levels)?
  
2. What evidences of growth are there in your life since you began discipleship training?
  
3. Have you taken anyone else through any segment of discipleship training? If so, who and which one?
  
4. Any suggestions as to how the programme can be improved?
  
5. How do you feel the church can help you continue your spiritual growth? Should there be another programme after discipleship training?
  
6. During the first week of Discipleship Training Level 4, you made certain goals for yourself. Measure your achievement of those goals by putting a tick in one of the columns:

Areas	Very good	Good	Fair	Incomplete
DQT				
Priority prayer request				
Practical disciplines				
Scripture memorizing				
Bible Study				
Personal Witness				
Prayer Partnership				

### **Now, what about discipling someone else?**