

Discipleship Lesson - The 1-2-3 Framework of Discipleship

Leader's Note: If at all possible, you should use a notebook to write/draw some things out for your disciple(s) throughout the course of this lesson. See diagram at the bottom of this lesson.

Introduction

- Over the past couple weeks, we've laid the foundation for the discipleship model that we're using. Today we're going to do some review, add a couple missing pieces, and then tie it all together and give it a name.

Knowing God (Christ)

- If I was to ask you, "What does an avocado taste like?", what would you say?
 - It's a hard question to answer, because there's not really anything else that's similar for you to compare it to. If I asked you what a lemon tasted like, you could say, "Well, it's citrus like an orange, but more sour."
 - Imagine that I looked up all the information that could possibly be known about avocados. I even dissected them in a lab and knew everything about their molecular structure. If I examined avocados from every possible angle, but I never tasted them, could I honestly make the statement, "I know avocados"?
 - No. Why? Because I haven't *experienced* the avocado. I know *all about* the avocado, but I don't *know* the avocado.
 - (Illustration credit goes to Ted Dekker)
- Last week we identified the ultimate goal of discipleship. What is it? (To know God intimately and personally)
 - Notebook: Leave a little space at the top for a heading (which we'll add later), and then, in the center of the page, write "1 Primary Goal of Discipleship." Underneath that, draw a rectangular box and put "To know God intimately & personally" in it. (reference the diagram at the bottom of this lesson for example)
 - Another way of thinking about "knowing God" is "experiencing God."
 - Psalm 34:8a - "O taste and see that the Lord is good..."
 - You can know intellectually that God is good, but you will not *know* the goodness of God unless you *experience* it, unless you "taste" it.
 - I'm not putting experience above truth, because they need to be partners. And I'm not talking about a feeling or an emotional experience, although those could be part of it. I'm talking about actually getting to know God and experiencing His love and peace regardless of my circumstances.
- Scripture to Memorize
 - Notebook: Write "Philippians 3:8a" in the rectangular box under "To know God intimately & personally".
 - Also last week, we honed in on Philippians 3:8a. Turn there and let's read it together: "More than that, I count all things to be loss in view of the surpassing value of knowing Christ Jesus my Lord..."
 - We will be memorizing this verse together as a group.

- So, this is the ultimate goal of discipleship, and the foundation of everything else that we will be going after.

Prayer & Scripture

- What are the two primary ways that we get to know God more intimately?
 - Prayer & Scripture
 - Notebook: Below the last section, write “2 Primary Disciplines of Discipleship.” Then draw two connected rectangles underneath and put “Prayer” in one and “Scripture” in the other.
 - These are the two most basic spiritual disciplines, but the ones that are most needed and that we never move beyond. Many of the other spiritual disciplines such as memorization, meditation, fasting, silence, solitude, etc., are either connected to, or subsets of, either prayer or scripture.
 - We have to be careful, though, because every Christian knows they should read their Bible more and pray more. If we’re not careful, we turn them into legalistic checkboxes, or we approach them with the wrong mindset.
 - You can read your Bible religiously, but never actually get to know God. This is what Jesus rebuked the Pharisees for in John 5:39-40 when He said, “You search the Scriptures because you think that in them you have eternal life; it is these that testify about Me; and you are unwilling to come to Me so that you may have life.”
 - As for prayer, we all know that we can approach that from a selfish standpoint.
- So practicing prayer and study of God’s word are the two primary ways we get to know God, but the goal of knowing God provides us with the right perspective from which to approach prayer and study of His word.
- Side Note: There is a third primary way that we experience God or get to know Him, and that is through being in community with His body, other believers. I don’t leave that out of the diagram in order to downplay it...it is crucial. But I focus here on prayer and scripture, because they are the two things that you need to practice and do *personally*, day in and day out, whether you’re around other Christians or not.
- Time of Vulnerability: What does your prayer life and time in the Word look like right now? (There is no pride or shame in your answer)
- Scripture to Memorize
 - Notebook: Write “Colossians 4:2” in the first box under “Prayer”, and “2 Timothy 3:16-17” in the second box under “Scripture.”
 - We will also be memorizing these passages. Let’s read them together.

Walk, Communicate, & Multiply

- Notebook: Below the last section, write “3 Primary Elements of Discipleship.”
 - Ask: What are the three primary elements of discipleship? (Hint: we covered them in week 1)
- Notebook: Draw three connected rectangles underneath the heading, and fill them with “Walk By Faith,” “Communicate Your Faith,” and “Multiply Your Faith.”

- Review: What do each of these phrases mean?
- As we already talked about, these three things are essential components of being a disciple of Jesus. You must be growing in your own relationship with Jesus, you must be sharing Jesus with others, and you must be equipping others to make disciples of Jesus.
- If you go after these three things without having a solid foundation of spending time with Jesus every day for the purpose of knowing Him more, you will burn yourself out.
- But if you abide in Christ while pursuing growth in each of these three areas, you will find yourself full of purpose and excitement as you see the Lord at work in you and through you.
- Scripture to Memorize
 - Notebook: Write “Colossians 1:10” in the first box under “Walk By Faith”, “Colossians 4:5” in the second box under “Communicate Your Faith”, and “2 Timothy 2:2” in the third box under “Multiply Your Faith”.
 - We will also be memorizing these passages. Let’s read them together.

The Power of 1-2-3

- So, there is the discipleship model that we are using. Does anyone want to guess its name?
 - Notebook: At the top of the page where you left some space at the beginning, write, “The 1-2-3 Framework of Discipleship.”
- The 1-2-3 Framework of Discipleship is not the only good discipleship model. There are plenty of different ways to disciple others, and the Holy Spirit is able to use anything. However, here are a few strengths of this model:
 - Direction: This framework creates a “north star” that always keeps you as a discipler on track when you are discipling others. You always know what direction you’re headed toward. There are very clear end goals that give enough structure to facilitate progress in your discipleship. One of the biggest issues that causes discipleship to flounder is lack of focus or direction. Weekly discipleship meetings can quickly turn into a fellowship time or a counseling time, but if this Framework is at the helm, that won’t happen.
 - Flexibility: While the framework does provide a degree of structure, it is not a rigid curriculum. You’re not doing one lesson after another in a mandated order that may or may not be a good fit for your disciple. You can use provided resources (in any order), material from another curriculum, or you can bring in resources, lessons, and experiences of your own to customize the discipleship experience for the individual or group that you are leading. All the while, the “north star” of 1-2-3 will keep you headed in the right direction!
 - Transferability: This model is easy to remember, and therefore easy to pass on. It helps you to quickly equip your disciple to turn around and disciple someone else. If you can help them orient to the “north star”, then they’re all set to serve as a guide to someone else. This is why we will be memorizing the entire Framework.
 - Versatility: You can use this framework to disciple an individual or a group. It is also extremely helpful in “self-discipleship” because it can help you assess the

gaps in your own pursuit of Jesus. Are you weak in evangelism? Do you need to spend more time in prayer or Scripture? Do you have the right heart motivation as you pursue those disciplines? Are you pursuing anyone for the purpose of discipling them?

- So there you have it. Discipleship is as easy as 1-2-3!

Conclusion

- What stands out to you about this model?
- What scares/intimidates you about this model?
- What gets you most excited about using this model as we continue?
- Now close your notes. Let's review:
 - What is the 1-2-3 Framework of Discipleship?
 - *1 Primary Goal of Dship, 2 Primary Disciplines of Dship, & 3 Primary Elements of Dship*
 - What is the 1 Primary Goal of Discipleship and accompanying verse?
 - *To know Christ (intimately & personally) - Philippians 3:8a*
 - What are the 2 Primary Disciplines of Discipleship and accompanying verses?
 - *Prayer - Colossians 4:2*
 - *Scripture - 2 Timothy 3:16-17*
 - What are the 3 Primary Elements of Discipleship and accompanying verses?
 - *Walk by Faith - Colossians 1:10*
 - *Communicate Your Faith - Colossians 4:5*
 - *Multiply Your Faith - 2 Timothy 2:2*
- Homework:
 - Actively work on memorizing this framework.
 - Also begin memorizing the actual verses

Leader's Note: I would encourage you to have printed copies of the below diagram to hand out to your disciple(s) *after* the lesson is over. However, I think it's really helpful for you to draw it out step by step as you go. If they copy it into their notebooks, great. Writing it down will be just one more aid to them in memorizing it. But giving them a printed copy of the diagram afterward helps them to see the official wording of it. The goal is memorization of exact wording so that it doesn't get changed over time as it is passed down from generation to generation. Encourage them to hang it on their mirror or refrigerator or somewhere that they will see it often and can begin memorizing it.

The 1-2-3 Framework of Discipleship

1 Primary Goal of Discipleship

To Know God Intimately and Personally

Philippians 3:8a

2 Primary Disciplines of Discipleship

<u>Prayer</u> Colossians 4:2	<u>Scripture</u> 2 Timothy 3:16-17
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3 Primary Elements of Discipleship

<u>Walk by Faith</u> Colossians 1:10	<u>Communicate your Faith</u> Colossians 4:5	<u>Multiply your Faith</u> 2 Timothy 2:2
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