

3X3 DISCIPLESHIP

**Disciple
Version**

**Exaltation
Edification
Evangelism**

Paul J. Bucknell and Hugo Cheng

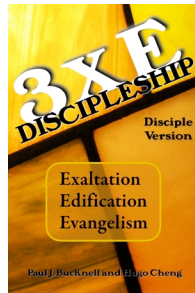
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3xE Discipleship–Disciple Version:

Exaltation, Edification, Evangelism



Paul J. Bucknell
Hugo Cheng

Book Introduction

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Dedication

God is so gracious to not only save us from our sins and bring us to Himself, but to incorporate us in His amazing work of nuturing new believers. Our hearts are touched that such an astonishing work is placed into our hands. Praise be to God!

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An Introduction

Discipleship is one Christian helping another Christian grow in knowing, following, and serving Jesus Christ. Every Christian should be able to disciple others. Whether you think you can or not, you are called to be a discipler.

The main value of discipleship training rests on the growth of the relationship between the discipler and disciple rather than on the content of this booklet. Because of this, we move toward the goal of passing on a God-centered vision and passion.

The 3xE discipleship plan helps you focus on others: God, other Christians, and non-Christians. At its core, 3xE is all about love. We want to pass on the motivating and empowering love of God to each of Christ's disciples.

Christ's love calls us all from complacency into active spheres of worship, brotherhood, and community. This is the backbone of our discipleship training:

- **We exalt God** for His Name's sake rather than for ourselves. When we seek what we like rather than what God desires, our worship of the holy God denigrates into the worship of self. We must carefully search both the scriptures and our hearts to make sure that all that that we do is done in a fashion that pleases Him.
- **We edify others** in our obedience and love for God. Sure, we like being fed and taught, but a higher purpose calls us to bless our brothers and sisters in Christ. Further, we should be genuinely excited to see God use our spiritual gifts to benefit others.
- **We evangelize others** in obedient and loving service to God. We dare not allow ourselves to interfere in this process by protecting our fears, feelings, and pride. Reaching the lost is the responsibility of each disciple's life and purpose.

3xE, therefore, serves as a strategic resource allowing a church or individual to make and empower their disciples to make more disciples!

**Have a great adventure growing in
Christ together!**



Prayer Journal

The discipler is to have the disciple start a prayer journal. The disciple is to record their prayer requests and keep track of them, writing the date when they are answered. Though we provide a sheet for this in the booklet, it probably is better that the disciple has a separate notebook for this.

Date asked

Prayer Request

Date Answered[illegible]

Discipleship Pledge

We encourage faithfulness by this simple pledge to meet together seven times. It helps them understand and develop faithfulness, seeing what they can reap from such times together. Remember, if they are going to disciple others, they will need to be convinced of the value of these meeting times.

Discipleship Pledge

I, _____ covenant with
_____ before God to begin
and finish this discipleship process.

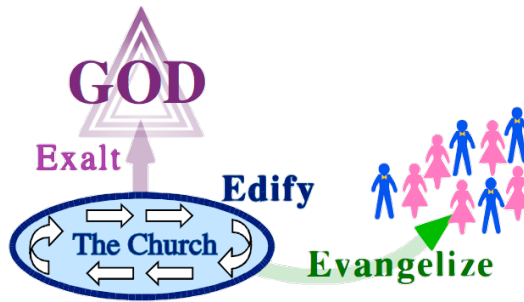
I agree to:

- Attend all seven sessions of training.
- Complete all my assignments on time.
- Pray for my partner and the training sessions weekly.
- Apply what I learned daily.
- Respect my discipler and be open and honest with him/her.
- Pass on the vision and passion by discipling at least one other person with this material.

Signed: _____

Date: _____

Session #1 Introduction



❖ Welcome to the family

Discipleship is more than the passing on of knowledge; it is the experience, attitude, and activity of passing it on. It's a lifestyle.

You belong!
THE CHURCH

❖ Overview of the 3xE Chart <= *One session*

- Exaltation
- Edification
- Evangelism

❖ Purpose and Goals of Your Church

❖ **Fitting into the Family**

Where can **YOU** be INVOLVED?

See how many different groups are operating in your Church.

❖ **Understand Your Leaders**

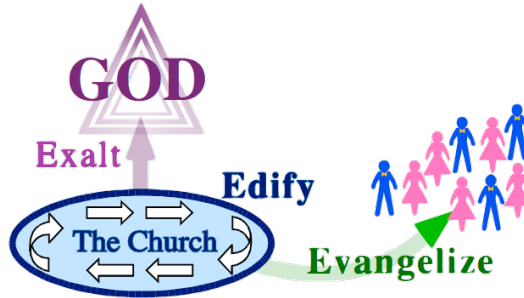
Draw a diagram of how the leaders of your church relate to each other and to the local church (organizational structure).

❖ **Good habits you should start:**

- 1. Buy a Bible and have a daily devotion time with God
- 2. Regularly attend Sunday worship
- 3. Join a small/community group

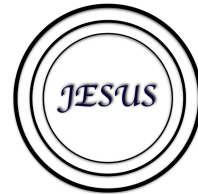


Session #2 The Duty and Delight of Exalting God



❖ Defining Worship

Worship is the common act of service offered unto God in which we delightfully give to Him what rightly belongs to Him including our adoration, honor, and obedience.



Our lives revolve around the Lord.

- **Worship regularly together as a church (John 4:24).**
- **Worship routinely together as a family.**
- **Worship daily as an individual.**

❖ Motives for our Worship

How would you measure your enthusiasm to praise and worship God in your life?

Don't forget to share what you have been learning recently about worship and other experiences with the Lord!

❖ Knowing the God We Worship

SOVEREIGN

HOLY

JUST

WRATHFUL

LOVING

KIND

MERCIFUL

GRACIOUS

GOOD

OMNISCIENT (ALL-KNOWING)

OMNIPRESENT (EVERYWHERE)

OMNIPOTENT (ALL-POWERFUL)

RIGHTEOUS

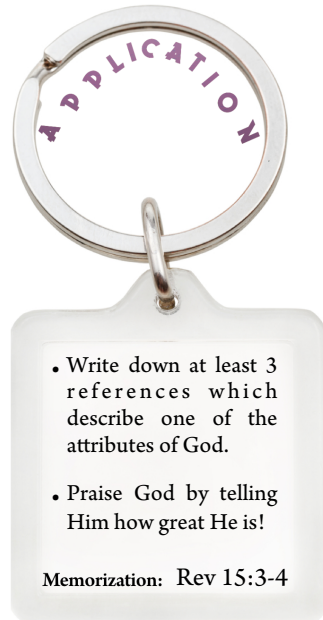


Make sure you
write your
thoughts down!

Go through a Psalm or passage detecting God's person and power.

Sample passages: Psalm 145:1-13 | Psalm 103 | Psalm 139

- **Knowing God's greatness enables us to properly honor Him.**
- **Understanding God's holiness helps us to be like Him.**
- **Embracing God's salvation brings humility and joy to our worship.**

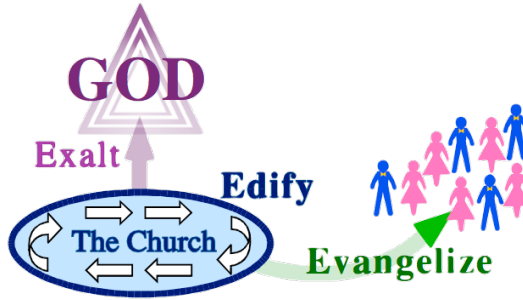


• Write down at least 3 references which describe one of the attributes of God.

• Praise God by telling Him how great He is!

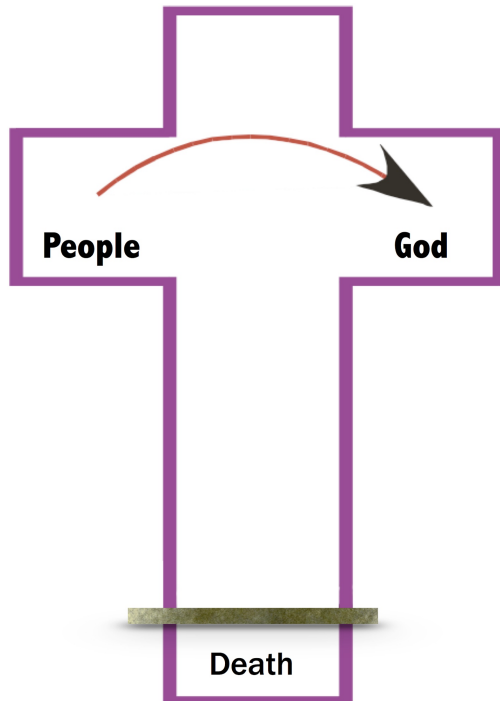
Memorization: Rev 15:3-4

Session #3 Preserving Our Worship



❖ Review the Truths of Salvation

- **Salvation through Jesus Christ alone**
- **Sin's Heavy Burden**
 - Guilty feelings
 - Gaining cleansing
 - Overcoming temptation
- **Security of Believer**



❖ Practically Make Jesus Lord of Your Life

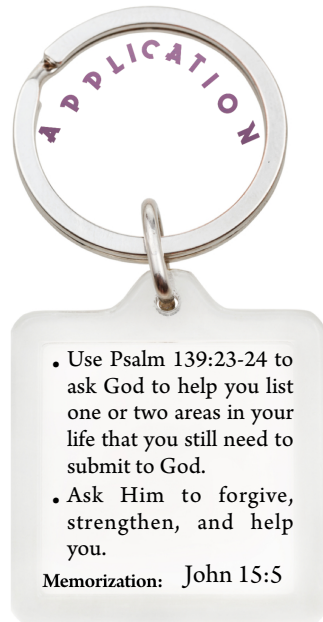
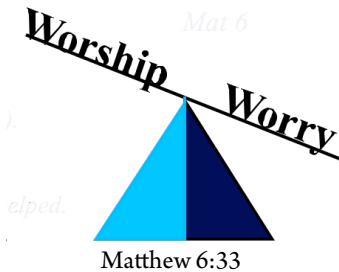
❖ Use Your God-given resources

- Baptism and Communion (Lord's Supper)
- Word of God
- Prayer
- Worship Service
- Cell (Small) Group
- Giving

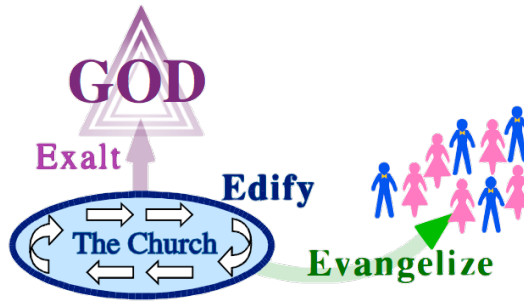
❖ Confront Issues that Challenge Your Loyalty

- Worship versus worry

Worry dethrones God and elevates problems.



Session #4 Personal Edification



❖ The Definition of Edification

Edification means “to build up,” and “to strengthen”; it is a special process whereby a Christian grows spiritually. Change is to be expected!

❖ The Means of Edification



❖ What is holding you back?

Satan and his demons	The world with its lust	Our flesh–self-oriented nature
Eph 6:10-13 A real spiritual warfare <u>Satan vs. God's ways</u>	I John 2:15-17 A real power struggle: <u>The world vs. God's ways</u>	Rom 8:5-6; Gal 5:16-25 A real fight: Flesh  Spirit
• <i>Satan is clever.</i> • <i>Don't always blame him.</i> • <i>Never underestimate him.</i> • <i>Pray always.</i> • <i>False idea:</i> • <i>–Satan doesn't exist</i>	• <i>A battle with our surroundings.</i> • <i>It's not neutral!</i> • <i>The world lures us.</i> • <i>The world is a wicked force with an intent and practices opposed to God's way and kingdom (Rom 12:2).</i>	• <i>Explain what the flesh and Spirit natures mean.</i> • <i>Give examples of both.</i> • <i>Flesh no longer has authority or power over us unless we willingly submit to those desires.</i> • <i>The Holy Spirit rules us as we submit to His purpose and design.</i>

Tendency to Backslide

and ways to come back quickly!

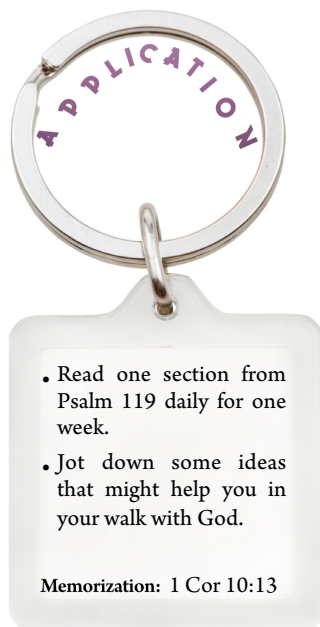
Because of the forces waging war against Christians, we can and sometimes fall into sin. We even, at times, remain in sin. This is called backsliding. For a genuine Christian, this is always temporary. However, if one does not come back to the Lord, it shows that he/she never was a genuine Christian in the first place (1 John 2:19; 5:4). We must always quickly come back to the Lord through confession of our sin (1 John 1:9-2:2) and find acceptance in His forgiveness and restoration. Satan wants to keep us down, discouraged, and ineffective. Christ has made it so that we can come back immediately. Although the consequences of our sin might be terrible (eg. must go to jail), the Lord can and does restore our Father-child relationship with Him (Rom 4:6-8).

Destroying strongholds

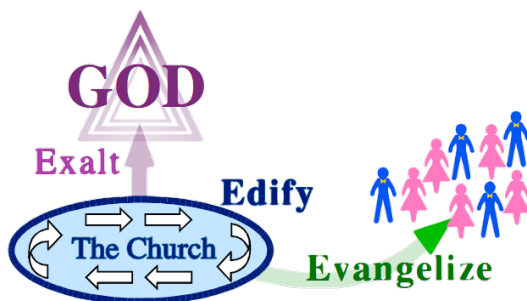
Strongholds are areas of our lives that we have given up hope in. Seek God to take them all down, one by one, just like Joshua took the land of Canaan, city by city, king by king.

In conclusion,

- *Go over one section of Psalm 119 and identify some truths from it as an example of edification. Do it with him/her.*
- *For homework, have them do another section and write down edifying thoughts on paper.*
- *Pray out these truths with both thanksgiving and requests.*
- *Assign them to do this for their homework.*



Session #5 Edifying Others



- *Welcome them with a smile.*
- *Go over the homework and emphasize the importance of edification.*
- *Review 3xE diagram (importance of church, duty of worship, preserving our worship) and then these two sessions on edification.*

❖ The reasons we edify others

- **You are part of the church, the body of Christ.**

Explain why edification is necessary to all believers and how each one plays a role in it.

- **You are responsible to care for others.**

All Christians make up the body of Christ (1 John 1:3, Rom 6:3-4; 12:5).

- **Others are responsible to care for you.**

(Eph 4:1-4, 12)

“Love one another”

*Each Christian is commanded to live a life rooted in service to one another with the very love of God.
(1 John 4:7-11)*

- **According to God's design, we NEED the help of others.**

- *(Eph 4:11-13; Gal 6:2,6,10; 1 Cor 12:12-27)*
- *Remind them how today's emphasis on individualism and rights goes counter to the teaching of the cross.*

❖ Small groups

A great way to edify one another

A small group is a weekly gathering of 5-8 people who form a community in which to experience God, spiritually grow in relationship to others, and reach out to the lost (Exaltation, Edification, Evangelism).



❖ Practical Ways of Edifying Others

Have the disciple list some practical ways to edify others.

The principles we use to strengthen our Christian lives are the same principles we employ to strengthen others (review prior lessons). Start off with a personal example. Continue by picking out at least five more items from Romans 12:9-21.

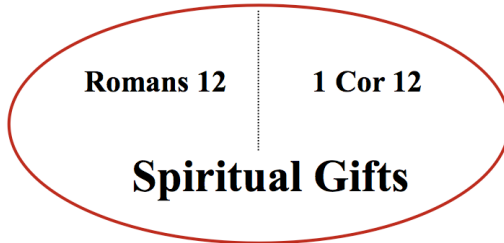
- | | |
|----|-----|
| 1. | 6. |
| 2. | 7. |
| 3. | 8. |
| 4. | 9. |
| 5. | 10. |

❖ A Special Way of Edifying Others

• Briefly explain spiritual gifts (1 Cor 12:4-6).

• Each Christian has at least one gift (1 Cor 12:7).

• The purpose of gifts is to serve God by edifying others (1 Cor 12:7, 25).



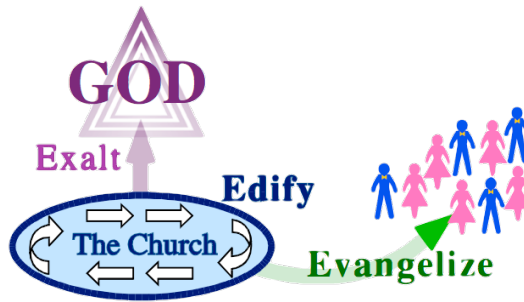
- *Ask them if they know what their spiritual gift(s) is/are.*
- *Share one spiritual gift God has given you and how you use it.*
- *Remind them that it sometimes takes time to discover spiritual gifts so they should not worry about not knowing right now.*
- *Basic lesson: God designed them to serve others and be strengthened by others.*

In conclusion,

- *Be practical.*
- *Give an example of how you edified someone this past week or how someone edified you.*
- *Ask for questions and discuss this as time permits.*
- *Pray together, thanking the Lord as to how others helped you and for insight in seeing how you can see and meet the needs of others.*



Session #6 Evangelism



- *Warmly welcome them.*
- *Review the homework/memorization and share a recent personal example of how God edified you.*
- *Review 3xE diagram (Exalt, Edify, Evangelize). Introduce Evangelism with the above diagram.*

❖ The Definition of Evangelism

Evangelism is the spreading of God's truth, the plan of salvation known as the gospel, to non-Christians through words and deeds. One beggar showing another beggar where to find food.

Briefly define evangelism (broad and narrow definitions).

- *Broad: Evangelism involves sharing our testimony and life with others, like Daniel in Persia. People know we take certain stands because of our faith.*
- *Narrow: Involves speaking or communicating God's saving truth clearly to others. It is more common to have opportunity to share a special aspect of the gospel rather than all gospel truths at once.*

❖ The Need for Evangelism

1. The command of Jesus
2. The reality of hell
3. The lostness of mankind
4. The supremacy of worship



Evangelism is a critical part of the Christian's life. God commanded us to spread the gospel (Mat 28:17-20; Acts 1:8), and so we have included this as part of the 3xE diagram. Missions is the whole program, the big picture; evangelism one primary means by which to fulfill the mission that our Lord gave us.

Hell is real.

- *Discuss the reality of hell (Mk 9:47-48; Mt 10:28).*
- *People live under Satan's power (Col 1:13).*
- *Without Christ people live under God's wrath (John 3:36; Rom 5:12-21).*



❖ The Means of Evangelism

✓ Live a godly life (1 Thes 1:7-9)

An upright life is crucial (if in sin, confess and apologize).

✓ Know the Gospel (See session #3)

Review what makes a person a Christian and possible ways to explain it to non-Christians.

✓ Be proactive in sharing

Personal evangelism is difficult for many people, but we must do what the Lord has asked. He provides boldness as we seek Him.

✓ Convinced of God's truth (1 Thes 1:5)

Remember that God changes people in His time and not in our timing.

✓ Pray for opportunities, wisdom and courage

— Paul did this in Eph 6:19-20.

— There are many means to pass God's truth on.

❖ Answering Difficult Questions

When you don't know a good answer, just say so. If an answer is important to them, tell them that you can study up on the issue. But many questions are distracting smoke screens, where they care more about justifying something than they do an answer. Keep your focus on presenting the gospel, which you do know.

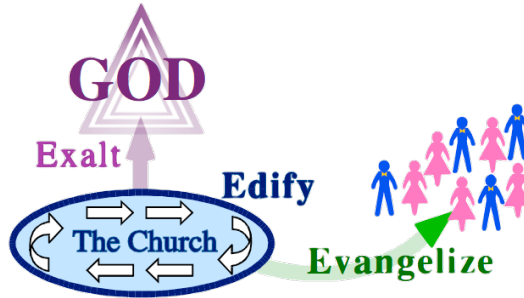
In conclusion (make sure you keep to your time),

- *Share briefly how you became a Christian.*
- *Ask them how they became a Christian.*
- *Assign homework. Don't forget to encourage them!*
- *Putting the testimony on their computer might be better than writing it in this notebook. But do have them bring you a copy next week!*



•

Session #7 A Personal Evangelism Strategy



- Welcome them with a smile.
- Review the whole 3xE diagram.
- Have them share 1 or 2 things that they are learning from this lesson.
- Review their testimony. Be honest.

❖ God has placed you into circles of relationships

These relationships are the places you can naturally share the gospel. *Oikos* is the Greek word depicting these natural “household” relationships.

1. Personal
2. Extended
3. Potential

Do you have meaningful relationships with non-Christians?

❖ God has given you talents, interests, and skills to build bridges to the lost.

Which “bridge” can you use to create opportunities?

❖ There are different level of responsiveness among non-Christians.

You must know your audience to reach them.

1. Seekers
2. Open to the message
3. Open to the messenger
4. Distorted or unaware
5. Hostile
6. Churchd unbelievers

❖ My Testimony

The best way to conclude these sessions is for the discipler to take the disciple somewhere to share the gospel with someone. You can go to a park or visit a new person from church and share your testimony. The point is that you set the example so that they watch, learn, and become more eager to join in God's work.

Have several testimonies that focus on different kinds of people and situations. I suggest having different length testimonies: 1, 3, 5, and 15 minutes for different occasions that can open up.

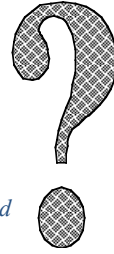
✓ What was my life like before I came to know Jesus?

✓ **How did I become a Christian?**

✓ **How is my life different now that I am walking with Jesus**

❖ Any Questions

Answer any questions they might have.



✓ On evangelism?

Share how to use their testimony to share the gospel with another person. “I was like that once, but something changed my life...” You can also use other experiences that reflect the way God’s truth noticeably changed your life.

✓ On the 3xE chart?

See how well they understand the basics of this discipleship program. Remember we are not just looking at a person’s knowledge but at how that knowledge impacts their lives.

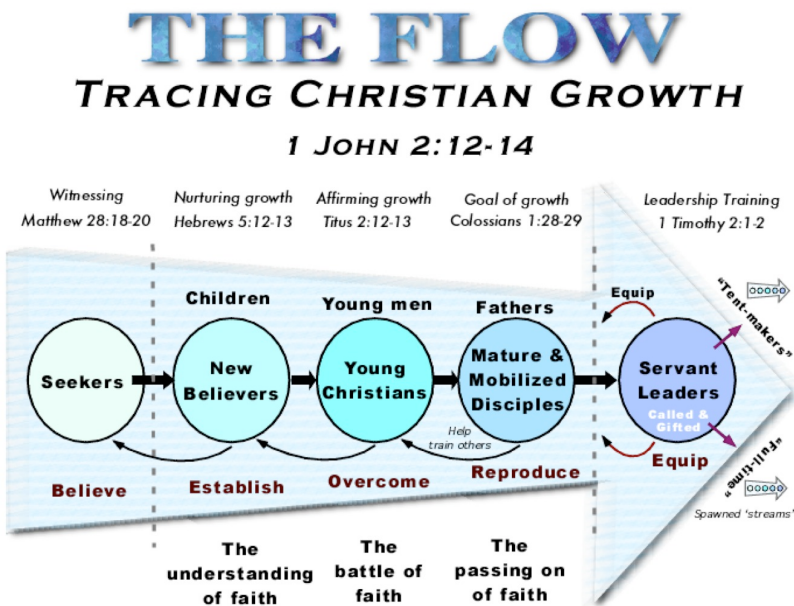
✓ On training others?

Now it is your turn to join the millions of Christ’s disciples throughout the world by being a faithful disciple maker.

- *Explain the need for self-discipline to disciple others.*
- *Explain your willingness to help.*
- *Encourage their faithfulness in the church.*
- *Remind them of the great need for discipleship. The purpose of this booklet is to make sure people know the basics. Other stages follow this first stage (See The Flow diagram in Appendix 1).*
- *Explain how you will seek an occasion to train another person with them so that they can gain confidence in discipling others.*



Appendix 1: The Flow Diagram



Appendix 2: Model of Prayer

A.C.T.S.

- **A**doration (Psalm 139, 145)
- **C**onfession (Psalm 139:23-24; 1 John 1:9)
- **T**hanksgiving (Psalm 100)
- **S**upplication (request for specific needs)
 - Pray for protection from Satan
 - Pray for victory over sins
 - Pray to be a channel of blessing

About the Authors

Rev. Paul J. Bucknell, an active author and international instructor, has written more than twenty books on pertinent Christian training topics. His books are written with the conviction that the more we build our lives on the truth of God's Word, the stronger and more vibrant our faith and lives will be. Paul's international training seminars take God's Word and apply the truth therein to different aspects of Christian living for pastors and Christian leaders. As founder of Biblical Foundations for Freedom, Paul provides printed and digital media, along with video training courses and a website ministry. Paul with his wife, Linda, have eight children and delight in their four grandchildren.



Rev. Hugo Cheng, a church planter and a pastor, has a great passion to see churches become effective in discipling men and women into mature Christians. He has trained many healthy disciples and disciple makers, as well as raised up many effective church leaders in the last 20 plus years. Hugo and his wife, Heather, have 6 children.

