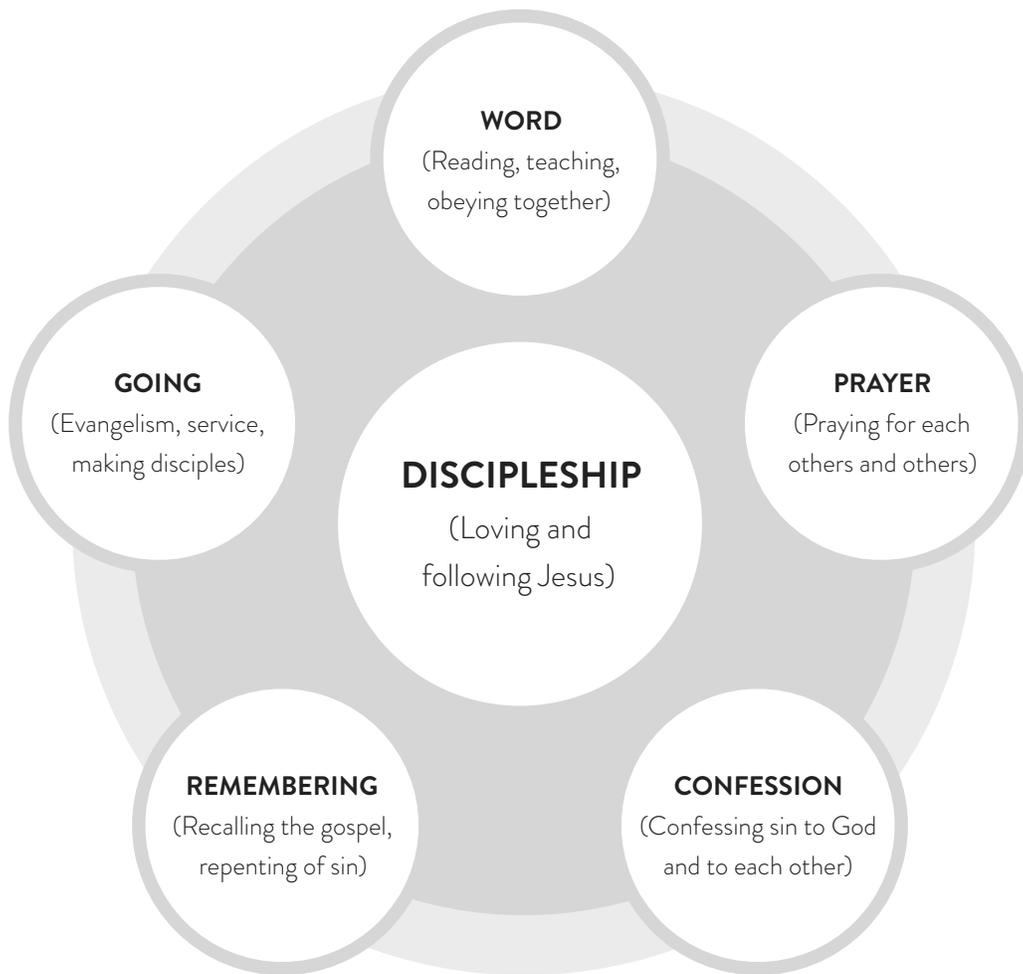


# Discipleship Habits

## What is discipleship? How do we make disciples?

Discipleship is about loving and following Jesus. Disciple-making is about helping others love and follow Jesus. Our goal is that every member of our church is being discipled and making disciples, practicing a handful of gospel-centered habits to love and follow Jesus together. We practice these habits at church together on Sundays, and that overflows into our daily disciple-making.



# Discipleship Meeting Guide

This guide can help you think through how to conduct a weekly meeting with someone you're discipling, incorporating and tying together our discipleship habits. Making disciples involves more than a weekly meeting, but not less! Start by meeting for coffee or lunch and getting to know each other, and make a plan to meet regularly together.

## WORD AND PRAYER

Open with prayer, asking God to guide your time, encourage your hearts, and mature your faith.

- Share what God has been showing you in his word this week
- Share some ways God has been faithful to answer prayer recently
- Spend time reciting Scripture you're memorizing
- Discuss a theological book or Bible study (we recommend starting with the **New City Catechism**)

## CONFESSING, REMEMBERING, AND REPENTING

Spend time confessing any sins and struggles you've been wrestling with, being honest and getting beneath the surface. Below are some questions based on the 10 Commandments (**Ex 20:1-17**), which can help you think through areas of confession. Be specific and consider coming up with your own particular list for accountability.

1. **Worship** - Love, affection, and devotion to God?
2. **Idols** - Struggling with any specific idols?
3. **Reverence** - For God's name, works, and word?
4. **Rest** - Balance of work, rest, and recreation?
5. **Authority** - Honoring parents and other authorities?
6. **Hatred** - Any hatred or bitterness toward others?
7. **Chastity** - Sexual immorality in thought or deed?
8. **Stewardship** - Stealing or not giving generously?
9. **Honesty** - Any dishonesty or telling half-truths?
10. **Contentment** - Coveting anything, envying anyone?

Look at some relevant Biblical texts, and encourage with the truth of the gospel. Remember verses like **Romans 8:1**, **1 John 1:9**, and **James 5:16** that assure us of the hope and forgiveness we have in Christ, and the healing that comes from confessing our sins to God and others because of the gospel we have believed.

## GOING ON MISSION

Spend time discussing how you can live on mission by the power of the Holy Spirit this week.

- What neighbors are you reaching out to?
- Have you shared the gospel recently, and who can you share with this week?
- What are you doing to serve those outside the church?
- Who are you discipling, and how's that going?

Close in prayer for each other, and for those you are reaching out to and discipling.