

Before you begin, go to <http://hbcpcf.com/discipleship-tools>, click on 'PLEASE LET US KNOW HERE' to let us know who you are taking through this material. Thank you!

How to use the “Following Jesus” material

The goal of the *Following Jesus* material is to have a reproducible curriculum where disciples can learn a spiritual discipline, immediately apply it to their life and make disciples of their own. This material has a total of 9 sessions and is ideal to go through with 1-5 people. Each session includes an objective and a commitment to focus on. Then it breaks down into 3 different areas: look back, look up, and look forward. Below is an overview of each section.

LOOK BACK (15-20 minutes)

The goal for this section is to care for the person’s soul and review the objective and commitment that was made during the previous session.

Mutual Care

You want to hear how your disciple’s life has been since the last session and how God has been working in their life.

Loving Accountability

This section helps the disciple maker reinforce the truth that was taught in the last session and have loving accountability for their memory verse and living out the commitments/goals your disciple made in that session. It is crucial to have both “love” and “accountability.” If you do not show love to your disciple when they fail to keep the goals, then it can discourage them and they might stop putting in the work. On the other hand, if you do not hold your disciple accountable then they are missing out on the opportunity to experience the full life that Jesus offers.

The goal is to have balance and celebrate your disciple when they fulfill their goals, but to also ask questions and encourage them when they do not. If your disciple does not fulfill their goal from the previous session, a couple of questions you can ask are:

- What distractions kept you from accomplishing your goal this week?
- How can I help you fulfill your goals this coming week?
 - o *More than I will pray for you, but actual action steps (texting reminders, emails, etc.)*

LOOK UP (30-45 minutes)

The objective for this section is to teach a new truth and to work with your disciple(s) to put into practice what God has been teaching them.

SPECK Study

In this section, your disciple will have been assigned a passage to S.P.E.C.K. through (See SPECK sheet in appendix). Your disciple(s) should come prepared to summarize the passage they studied and share at least 5 of their SPECK observations from their study.

Group Study

In this section, you and your disciple(s) will be looking further in depth into scripture and what the Bible says about the spiritual discipline that is the focus of the session. This section answers what the Bible says about this spiritual discipline and why it is key to live it out as a follower of Jesus. Each section has at least 1 verse and a key point to teach your disciple(s).

(More on back)

Practice

In this area, the disciple is challenged to practice one of the following 3 areas so they can gain more confidence about being a disciple maker. The three options are:

- 1) **Review the God's Story (3 circles) with one another:** This gospel presentation is covered in the first lesson. This helps your disciple(s) feel more confident in sharing the gospel and being ready to give a reason for the hope that is in them.
- 2) **Practice telling your story in 3 minutes or less (Your life before & after Christ.):** This is also covered in the first lesson and is basically their testimony. Your disciple(s) will tell briefly about their life before Jesus and how He has impacted their life since they became a follower of Jesus.
- 3) **Share with one another about why followers of Jesus should pray according to the passages you looked at during this session:** This option has your disciple(s) retelling the story from the SPECK study in their own words to one another, explains the session's topic and the importance of a follower of Jesus living out this spiritual discipline.

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LOOK FORWARD (15-20 minutes)

The objective for this section is to guide your disciple(s) to take the knowledge they have received from this passage and apply it to their life.

Following

After you finish your practice, take time to help your disciple(s) set a goal before the next session. Remember we want to help them to set SMART goals.

Specific
Measureable
Achievable
Relevant
Time-Bound

Next, give your disciple(s) the following session's assignment. Briefly walk through the assignments so they understand exactly what needs to be done for the next meeting.

Fishing

In the second lesson, disciples will be taught about the neighborhood (BLESS) map and relationship (Oikos) map. Each week, disciples will be asked to pray for the people on their maps and set a goal to further their relationship with people so they can share the gospel with a person on their maps.

Prayer

End each week by praying for your disciple(s), thanking God for how He has been working in their life, praising God for who He is and lifting up the requests of your disciple(s).

If time is running out...

When we run out of time, our focus tends to go towards caring for people, rushing through teaching and saying a prayer for one another. If time runs short on this study, then focus on the following sections

- **Looking Back:** Loving Accountability
- **Looking Up:** Practice
- **Looking Forward:** Following & Fishing

If you do not get through the new teaching, then that is ok, you can add an extra meeting to your time together.