

"FOLLOW ME" – TRAINING GROUPS START-UP CLASS
THE RESURRECTION
SESSION 3 (Student) (Version 2.0)

This small packet is to be given to the disciple (student) during the one-on-one interview assessment.

It contains the following handouts...

1. *Problem-Solution-Goal Worksheet (4x)..... p. 2*
2. *Decision Worksheet..... p. 6*
3. *Next Steps (NO) Worksheet..... p. 7*
4. *Next Steps (YES) Worksheet..... p. 10*
5. *Commitment Agreement Worksheet..... p. 11*

Problem-Solution-Goal Worksheet
(Version 2.0)

1. Problem List a key area of <u>personal immaturity or disobedience to Jesus.</u>	3. Solution - A) What <u>practical steps</u> do you need to take to change and reach the goal? (i.e. <u>admitting full repentance is necessary today, finding relevant Scriptures, telling others you decided to obey Jesus, etc.</u>) <u>List them.</u> - B) Now that we are facing this challenge directly, we need to see that this is <u>not</u> a self-help plan. We need Jesus! We need <u>Jesus's Authority, Finished Work & Love.</u> How will getting to know and trust him more fully in these ways help make these practical changes possible? <u>Explain.</u>	2. Goal Describe what <u>full maturity or full repentance and life transformation</u> would look like for you in this area.
1. You are here.	3. How will you get to where Jesus wants you to be?	2. Jesus wants you here. (You want that too!)



Problem-Solution-Goal Worksheet
(Version 2.0)

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DO I HAVE SAVING FAITH IN JESUS?

(Find Yourself Below)

"Faith in Jesus" - Type 1

"Faith in Jesus" - Type 2



Heart & Thinking

<ol style="list-style-type: none"> 1. I am in charge of me. 2. I'm a good person. 3. Sure, I mess up. But basically, I'm doing OK in my life. I like the way things are, already. Some people do need lots of help, but I'm not really like them. 4. I want to change, but I'm not ready to commit to following Jesus today in some parts of my life. I'm doing enough. 5. I'm waiting till I feel like I can really do this (<i>submit to obeying God in every area</i>). It's just too hard. Now is a bad time. 6. I want Jesus, but I don't need discipleship. 7. I want _____ most. 	<ol style="list-style-type: none"> 1. Jesus is in charge of me. He bought me. 2. I deserve hell for my sin, and Jesus is my only hope. 3. I am not what God wants me to become, and I want to change. I need Jesus's Spirit, Word and Church to teach me how to change, because change is necessary and better in my new life following Jesus. 4. I commit to following Jesus no matter what he asks of me, because I trust him. I'll mess up, but he'll help me. 5. I <i>can't</i> do it, without God's help! He wants me to trust him <i>first</i>, and commit to him now. He'll work on me as we go. I'm in. 6. Following Jesus (discipleship) is the point of my life. He's training me to be like him! 7. I want Jesus most.
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Consequences

<ol style="list-style-type: none"> 1. Deceived that everything is OK, and that they know what Christianity is. 2. Does not trust Jesus. Not a Christian. Not saved. Not transformed. 3. Continues <u>not</u> experiencing God's transforming power. Keeps thinking it's all just too hard. 4. Deserves Hell. Goes to hell. 	<ol style="list-style-type: none"> 1. Awakened to ever deeper need for Jesus, and joy in experiencing him. 2. Saving Faith in Jesus. A Christian. Already Saved. Being Transformed. 3. Experiences the transformation of the heart and abilities that Jesus freely gives to those who choose to trust and follow him. 4. Deserves hell. Gains Eternal Life.
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Decision
(circle one)

NO

YES

Next Steps: Not Ready

(Version 2.0)

Congratulations!

You have completed this discipleship training assessment. We want to thank you for going through this process with us.

Anyone looking at this page has answered NO to the question "Do I have saving faith in Jesus?" on the Decision Worksheet. We are glad you're being honest with yourself, with God, and with us too. We want you to know that you are still completely welcome in our church, and we love you the same.

So now what? We want to help you understand what should come next, now that you have clearly identified that you are not yet ready to say yes to Jesus and his call to be a disciple.

Assessment Review

In the conversations you had today, what did you identify as the main roadblock to trusting in Jesus? Be honest. *Why did you tell Jesus "No?" For example...*

- Is there some person you want more than Jesus?
- Is there something sinful in your life that you won't give up?
- Are you unwilling to let other people lead you?
- Do you have intellectual questions about whether the Gospel of Jesus is true?

Write your answer here:

We hope you see that identifying this answer is a major step forward: You now know exactly what's between you and eternal life! So what comes next is learning how you can know that whatever is in the way, Jesus is better. No matter how difficult this is, Jesus is able to help you.

Here's what's next...

1. Problem-Solution-Goal Worksheet – Now you know where to focus. When you completed the Problem-Solution-Goal Worksheet earlier, did you work out the same problem that you've now identified in the box above? If not, go ahead and work this specific problem through on the worksheet, right now. (There is at least one blank Problem-Solution-Goal Worksheet remaining in this packet.)
2. A Season of Focus – Clarity is a gift from God. There is something specific between you and Jesus. Between you and eternal life. And now you likely know what it is. What we are encouraging you to do now is focus on these 2 questions: In this area of my life, why don't I think Jesus is best? Why don't I trust him most? Carve out time in your life to come to a clear answer and resolution about these questions. They are the most important questions you will likely ever face. Tackle them head on. Make this issue more important to you than the other things in life right now. It's time to face Jesus in his loving eyes, and come to terms with him. He will help you! He loves you! He wants you to believe that He is the Best News you will ever hear.
3. What Not To Do – During this season of questioning, where you have come to see that you are not a Christian, it would be inappropriate to partake of the benefits that God offers to his church.
 - a. Communion – Do not take communion until you are able to repent, which means committing to trust Jesus in this area of your life.
 - b. Baptism – At this point, you would not want to consider your baptism as a valid experience. Baptism is for those who believe the Gospel. If you come to a place of repentance and trust in Jesus, have a further discussion with your discipleship leader or Pastor James about baptism.
 - o Assurance – When a person is trusting in Jesus, they can know that his Finished Work in their place earns their forgiveness and eternal life. But a person who is saying no to Jesus cannot have assurance of salvation. Understand that until you come to Jesus in faith, you do not have the promise of God to save you from the wrath to come.
- a. What To Do – Here's what a season of focus should look like.
 - a. Intimacy with Jesus Through Prayer & Scripture – This is about you and Jesus. Talk to him. Read his words over and over in the Gospels. Get to know the person you can trust most. This is the most important step there is. Foster intimacy with Jesus.

- b. Commitment – Make a commitment to enter a period of dealing with this directly, until you come to a clear decision. We encourage you to go ahead and do this now, as you sit there.
- c. Timeframe – How long do you think this will take? Include the time schedule on your *Problem-Solution-Goal Worksheet*, in the Solution column. Dragging things on indefinitely is dangerous, and won't help.
- d. Have clear plan – In the solution column, is your plan reasonable and realistic? For most people that plan would include extensive reading and prayer. Ask your leader or Pastor James for help with finding helpful reading material.
- e. Accountability and Follow-Up – Plan to have a follow-up conversation with your leader, about this. Contact Pastor James [(618) 798-1771], and have a conversation with him as well. We're here to help and encourage you.

2. Final Encouragement

- o Jesus Is Better – The purpose of this entire process, the purpose of the whole Bible is to show us that Jesus is better than everything and everyone. We need him. But we should also want him. Don't focus on what you're losing. Instead, see clearly what you're gaining: A relationship with the Lover of Your Soul, who died for your personal sins.
- o Fear Is Appropriate – We are not trying to manipulate you. But fear of God is appropriate. The consequences of not trusting Jesus are eternal punishment. This is serious, and seeing that is vital. Human beings are required to trust in Jesus.
- o Saving Faith in Jesus - But the power to change comes from trust, not just fear. Saving faith is a free gift from God. You can't make it happen to yourself. But you can ask God for this gift. He promises to give it to you, if you ask him. Jesus is FREE! Faith is FREE! Salvation is FREE! Won't you ask for and take the gift?!

"What do you think? A man had two sons. And he went to the first and said, 'Son, go and work in the vineyard today.' And he answered, 'I will not,' but afterward he changed his mind and went. And he went to the other son and said the same. And he answered, 'I go, sir,' but did not go. Which of the two did the will of his father?" – Matthew 21:28-31 (ESV)

And calling the crowd to him with his disciples, he said to them, "If anyone would come after me, let him deny himself and take up his cross and follow me." – Mark 8:34 (ESV)

Jesus said to him, "I am the way, and the truth, and the life. No one comes to the Father except through me." – John 14:6 (ESV)

Next Steps: Yes

(Version 2.0)

Congratulations!

We're excited that you've chosen to become a part of the discipleship family at The Resurrection. More importantly, we're glad you've decided to follow Jesus!

Here's what's next...

1. Commit to Transformation – Make sure that the plans you came up with in the *Problem-Solution-Goal Worksheet* are put into effect. This will include accountability check-ups with your discipleship leader, where they pray with you and give you Scriptural encouragement.
2. How Our Training Groups Work – The last page in this packet is the basic rules for our training groups, called the Commitment Agreement Handout. Turn there now, and read through the entire handout with your leader. Be sure to ask questions about anything you don't understand.
3. Sign the Agreement – Don't forget to sign the Commitment Agreement.
4. Scheduling the Group
 - a. Exchange contact info with your leader.
 - b. The Leader will schedule the group and get back with you.
 - c. *Be as flexible as you can.* If at all possible, be willing to move your work schedule, if need be.
 - d. Use a calendar and keep track of when you are meeting.
5. Money – Bring \$8 for *Book 1* to first meeting.
6. Pray – Pray and thank the Lord for his leadership in your life. He loves you! Ask him to get your heart ready for everything that's to come.

"Peter began to say to [Jesus], 'See, we have left everything and followed you.' Jesus said, 'Truly, I say to you, there is no one who has left house or brothers or sisters or mother or father or children or lands, for my sake and for the gospel, who will not receive a hundredfold now in this time, houses and brothers and sisters and mothers and children and lands, with persecutions, and in the age to come eternal life.'" – Mark 10:28-30 (ESV)

Commitment Agreement Worksheet

(Version 2.0)

OK, it looks like you're ready! So that our training experience is everything we need it to be, all of us disciples make a mutual commitment to one another.

Below are the basic rules for our training group process. Review them, and ask your leader about your questions. When you're ready, sign the agreement.

Resurrection Training Group Requirements

1. Believe & Communicate the Gospel

- a. Believing the gospel is a prerequisite to joining discipleship.
- b. Be able to simply communicate the Gospel, and what it means to have faith in the gospel. (Ready, go!)

2. Truly Desire God and Spiritual Growth

3. Perfect Attendance

- a. No Unexcused Absence
- b. 1 Excused Absence per semester, maximum.
- c. The leader defines Excused / Unexcused

4. All Homework Complete, Every Week.

- a. No Excuses

5. No *Unrepentant* Sin

6. Accept and Respond Positively to Correction, Rebuke, and Teaching

- a. Be Humble
- b. "I am the student" attitude
- c. "I want you to lead me into Christ" attitude

7. Accept the Teacher's Directions for Training Others

- a. After completing *Semester 2*, your leader will decide when are ready to lead a new group. If asked to lead a group, say yes!

8. Expect...

- a. Expect Forgiveness with Repentance
- b. Expect Unconditional Love
- c. Expect Grace
- d. Expect Encouragement
- e. Expect Lots of Help!
- f. Expect Unbending Rules to train you
- g. Expect that YOU are responsible for your learning and growth. If you want to succeed, God will give you grace to succeed within this system of growth, without your teacher bending the rules for you. They will not bend the rules for you. They will love you by holding you accountable, and encouraging growth.

Other Notes

- **Semesters**
 - We meet in 10-week semesters, every-other-week.
 - This means 5, 2-hour meetings, every 10 weeks.
 - After each 10-week semester, you pass that semester.
 - There are currently 7 semesters, each with a different book.

- **Failing a Semester & Reentry Into Our Training Groups**
 - Once you pass a semester, you do not have to do that book again.
 - If you fail-out of your group (homework not complete, unexcused absence, etc.), it's OK. This is normal, and has already happened to many of our current leaders in the past! Don't be discouraged. Just learn from it, and try again next semester. We still love you.
 - You can always start again at the beginning the next 10-week semester. We'll need to find a new group doing the book you did not complete. Let your leader know you want to try again.

Signature

I agree to these terms. I'm ready to be a disciple of Jesus at The Resurrection!

(Name & Date) _____