

Seek First the Kingdom: 4 Weeks on Becoming a Disciple of Jesus

Orenco Church (Winter 2026)

This course will spend four weeks going through what it means to be a disciple of Jesus and how to make more.

Week 1: What is a Disciple?

Week 2: Come and Follow Me: The Practices of a Disciple

Week 3: Remain in me and I will remain in You: Maintaining a Walk with Jesus

Week 4: Tell Your Story

Jesus calls us to the life that's truly life, but many miss out because everything else gets in the way. This course will remind us of what really matters and how to step into the life Jesus has for us.

Week 2: Come and Follow Me: The Practices of a Disciple

Homework Review

Mark 10v17-31

What stood out about this story?

What does this teach us about following Jesus?

The practices of discipleship are like date night—or the gym—you can do the actions regularly and still miss the point.

- You can go to the gym everyday and not be in shape.
- You can have a date night every week and be a horrible husband or wife.
- You can read your bible every day and not be a christian.

And yet practicing each of these things with the right heart does create space where we can be formed if we surrender to it.

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“Spiritual formation (being a disciple of Jesus) is the process of being formed into the image of Jesus for the sake of others.”

-Dr. Robert Mulholland

The process

Of being formed

Into the image of Christ

For the sake of others

A disciple of Jesus learns to live like the master.

How do we do this?

- We get to know Jesus
- We learn his teachings
- We practice acting like him
- We teach others to be like him

Getting to Know Jesus - Silence and Prayer

- Silence is surrender
- Praying the Psalms and the Lord’s prayer
- Lectio 365
- Thank you, I’m sorry, please help me

Is there a set time of day that’s best for you?

Does one of these resonate most with you for growing in getting to know Jesus—why or why not?

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Learning His Teachings - Reading and Meditating on the Scriptures

- Spend 3 months reading Matthew 5-7 on repeat
- Choose a book of the bible and spend 3-6 months reading it over and over
- Consider reading the OT over the course of 1 year, the NT over the course of 6 months, or the entire bible over the course of 2 years.

Does one of these resonate most with you for growing in learning Jesus' teachings—why or why not?

Practice Acting like Him - Pray and think about where Jesus invites you to practice the character of his way of life.

- During your prayer time, ask God to reveal an area of your character he wants to form—and then sit in 5-10 minutes of silence.
 - If nothing was revealed, start with loving an enemy or performing a generous act.
- Go find a way to practice that action
 - Don't move on from a practice until you feel Jesus leading towards something new.

Is there a set time of day that's best for you?

Do you agree that this can help create a place of surrender where your character can be formed to look like Jesus—why or why not?

Teach Others to be Like Him - Pray and think about where Jesus invites you to practice the character of his way of life.

- Who do you know that you can talk to and show how amazing Jesus is?

Homework

Read "How Do Christians Fit Into the Two-Party System? They Don't" by Tim Keller

- Do you agree with Tim Keller's argument in the article that Christians today do not fit into America's two-party political system—why or why not?
- Why is there so much anger and hate between Christians about people who they disagree with politically?
- Make a list of 2-5 people who are a part of your life that you disagree with politically (friends, neighbors, relatives)—make a note if your relationship has been impacted by their political views.
- Write down one act of love that you could extend to one of those people this week.