

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 4: Tell Your Story

What does it mean to be a "disciple"?

We become a disciple of Jesus by:

- Getting to know Jesus
- Learning the Teachings of Jesus
- Practicing Acting like Jesus
- Teaching Others to Obey Jesus

Read Mark 5v1-20 (verses 18-20 are below) and answer the questions below:

As Jesus was getting into the boat, the man who had been demon-possessed begged to go with him. Jesus did not let him, but said, "Go home to your own people and tell them how much the Lord has done for you, and how he has had mercy on you." So the man went away and began to tell in the Decapolis[b] how much Jesus had done for him. And all the people were amazed.

-Mark 5v18-20

Why didn't Jesus allow him to come with him?

What was this man supposed to do after Jesus left?

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“Spiritual formation [being a disciple of Jesus] is the process of being formed into the image of Christ for the sake of others.”

-Dr. Robert Mulholland

What is the most compelling way that we can share the goodness of Jesus?

Abiding in God’s Word and Living in Love

To the Jews who had believed him, Jesus said, **“If you hold to my teaching, you are really my disciples.** Then you will know the truth, and the truth will set you free.”

-John 8v31-21

A new command I give you: Love one another. As I have loved you, so you must love one another.

By this everyone will know that you are my disciples, if you love one another.

John 13v34-35

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Writing Your Own Story

Take some time to reflect on what God has done in your life.

1. What was the process of you beginning to really follow Jesus for yourself?
2. Describe how you've seen Jesus transform your life over the course of the time you've followed him.
3. Write down a moment or time where following Jesus was particularly difficult or particularly joyful.
4. Take all of those pieces and write it down in a unified story or paragraph.

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Sharing Your Own Story

Go around the room and listen to the story of how other people have encountered Jesus and been changed by him.

Your story is the most compelling tool you have to show someone else the goodness of Jesus.

*“All authority in heaven and on earth has been given to me. Therefore go and **make disciples** of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age.”*

Matthew 28v18b-20

Then he said to them all: “Whoever wants to be my disciple must deny themselves and take up their cross daily and follow me. For whoever wants to save their life will lose it, but whoever loses their life for me will save it.”

Luke 9v23-24

“Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.”

Matthew 11v28-30

The kingdom of God is like treasure buried in a field—when you find it, do whatever it takes to buy the field.