

# *Foundations of Faith*

## *Discipleship Lessons*

### *Trainer's guide*

#### Vision for the lessons

These seven discipleship lessons are a tool or “wineskin” for disciple-makers in order to lay a biblical and reproducible foundation of faith in a new or ungrounded disciple.

#### Purpose of the Lessons

**Lesson One:** To review the gospel message, to find assurance of salvation, and to equip the disciple in knowing and sharing the Steps to Peace with God including 6 memorized scriptures, the bridge illustration, and their testimony.

**Lesson Two:** To equip the disciple to pray, to read & to obey the Bible, and to begin a devotional life.

**Lesson Three:** To explain God's purpose for the church and to encourage active participation.

**Lesson Four:** To encounter and embrace the perfect, Father heart of God

**Lesson Five:** To introduce the disciple to the person, work and baptism of the Holy Spirit.

**Lesson Six:** To lay a foundation for ongoing Christ-like growth through victory over sin, obedience and love.

**Lesson Seven:** To motivate the disciple to life-long participation in the Great Commission.

#### The Process

**Life on Life:** These lessons are designed to be used in one on one or small group conversation. Don't look at it as a workbook. Rather look at it as a discussion guide.

**Self-discovery:** The lessons are designed to let the scriptures teach the disciple. Let them seek on their own to understand and communicate what the scripture says. The trainer's role is to clarify and teach as needed to ensure accurate understanding

**Reproducing:** Cast vision from the very beginning that you expect them to be able to train someone else in the lesson when they are finished. They will need to take notes in a way that will help them to remember and reproduce the lesson.

**Practice:** As time allows, let them repeat a story or explain a section to ensure that they have caught it.

**Obedience:** At the end of each lesson is a box entitled, “Your Response This Week”. Review these with the disciple at the end of the lesson and encourage them to follow them. Our goal here is not just to retain information but to obey all we hear.

**Accountability:** At the beginning of each lesson, ask them if they followed through with the assignments for the week. If they did not, encourage them with the importance of obedience and follow through. Set realistic but challenging goals with one another and agree to be accountable.

#### Keep in mind

- Some lessons have several sentences of written text. A trainer can either have the disciple read it to themselves or they can read out loud together. Have them explain it in their own words. Instruct as needed and give them an opportunity to ask questions. Note: This will be particularly important on the baptism of the Holy Spirit on lesson five because this topic is very difficult to capture in just 2-3 verses.
- The trainer should be familiar with the stories in a lesson before beginning. Recommended stories are provided, but a trainer may substitute their own story as long as it is reproducible.
- Scriptures in *italics* are optional during the lesson. The disciple can look them up on their own or if they have a question.

# Frequently Asked Questions (FAQs)

## ***What are these lessons for?***

These lessons are intended to lay a firm foundation in the life of a new believer as well as provide a simple reproducible tool for disciple-makers. The first lesson is a review of the gospel. Some may discover that they are not a believer. Our hope is that everyone in our church would be equipped to use the simple Steps to Peace with God and their testimony to lead someone to the Lord as our primary evangelism tool. These lessons are the initial follow up, discipleship tool. There will be a challenge each week to share the gospel with at least 2 people and teach the lesson with someone else that may be ready to go through it.

## ***Taking someone through a lesson is not really my style. Do I have to use these?***

We are encouraging everyone to use these lessons, even if it's not your normal style. We believe there will be tremendous benefits in having something that is simple and reproducible for everyone. We are realizing that the mark of true discipleship is not only personal growth but also helping generations of others to grow. These lessons can allow generations to pass down spiritual truths in a simple way easy enough for anyone to do. We do encourage you to incorporate your own style into these lessons while still using the content of the lessons as your template.

## ***Do I have to use the stories you give us?***

These are simply suggestions if you don't have any stories of your own to use. We tried to pick stories that are easy for people to relate to and easy to share, but if you have a better story, feel free to use it! (Recommended stories are at the end of this trainer guide)

## ***What do I do if someone I meet with does not want to do them?***

If you meet someone who doesn't want to do the lessons, then simply move on to someone who is interested and open. We're aware that not everyone will be responsive to the Lord (Luke 8, story of the seed and the sower).

## ***Am I supposed to teach these lessons or let the person just work through it on their own?***

The interpersonal relationship you develop with people as you take them through the lessons is absolutely necessary in order for this to work. This is why we're asking everyone to go through it with a trainer; we don't want anybody to do it alone. It's even more helpful if you're able to go through it with a small group of 3-4 people. Our goal is to obey the great commission by teaching others to "observe all that [Jesus] commanded." This will include instruction that leads to more self-discovery from the scriptures.

## ***What if I don't have someone to take through the lessons?***

Talk with your Lifegroup or section leader and let them know. There may be a need there. We also encourage you to actively share the gospel. As you sow widely, you will invariably come across new or young believers to take through these lessons.

## ***Can these lessons be used with people of different cultures?***

Yes, that's our hope. We designed the lessons so that they can be easily used cross-culturally. Stories and illustrations can be different but the principles will translate to any language. We recommend that you learn them now so that you will be prepared wherever you make disciples.

## ***The lessons seem pretty basic. Does everyone have to go through it? Do I have to do it with someone else?***

We are asking everyone to go through these lessons. Successful discipleship is not only knowing the material yourself, but being able to pass it along to someone else. 2 Timothy 2:2 says, "And the things you have heard me say in the presence of many witnesses entrust to reliable men who will also be qualified to teach others." This is the heart behind our desire to have everyone do these lessons. The way for these spiritual truths to take root in your life is to not only hear them but to transfer them to others. Some say that on average, we remember 20% of what we just hear but 80% of what we both hear and teach.

## ***I notice that there is lots of accountability in these lessons. Why?***

As children of God, the way we change is by having other people in our lives who are helping us move forward in our relationship with God. Accountability is important because we want you to pass the lessons on to others, and being accountable helps this happen. We all know that we often struggle in reaching our goals, and walking with others helps us keep pressing forward.

## ***I feel uncomfortable with the idea that "I know more than someone else" I am supposed to "disciple". How do I take a friend or peer through these lessons?***

Discipling someone who has been a believer for a while may seem awkward. Yet our conviction is that everyone needs someone else to take initiative in their life. Many "mature" believers have no idea how to disciple someone in a simple, reproducible way. We believe these lessons will be a helpful review for many but a critical tool for everyone who desires to obey the great commission. If you are meeting with someone you consider a peer in the Lord, then treat them like a friend. Invite them into a relationship where you can sharpen each other. Ask them if they are okay with you taking the initial lead. This can often be an indicator of whether or not someone is teachable, wanting to grow and willing to be accountable. Lastly, focus your energy on the hungry. Someone hungry for God will want to learn from anyone.