
Kingdom Focus Coaching

Disciple Makers Journal

The 5 Question Discipleship Method

Growing in Christ through a process of directed discovery

by Trog Trogdon

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Introduction

At Kingdom Focus Coaching, our mission is to equip disciples to make disciples. This journal was written to help accomplish that task. In our experience, many pastors and Christian leaders often talk about discipleship and yet very few Christians feel confident in their ability to carry out The Great Commission. The lack of confidence to make disciples is a major challenge in the church today. This is why we are working diligently to increase confidence through our discipleship training and resources. The Disciple Makers Journal can be paired with the Kingdom Focused Coaching material but can also be used as a standalone field guide for those on the front lines of Great Commission work. We hope you find it helpful as a disciple maker.

Our discipleship training is designed to be easy to learn, hard to forget and most importantly, duplicatable. For these reasons, the discipleship method we teach can be broken down into three simple steps Know, Grow and Go. The first step is to KNOW where one is in their walk with Christ and what areas need improvement. This is accomplished by covering sound doctrine and the core tenants of the Christian faith in week one, and by completing a spiritual survey in week two. The spiritual survey is a diagnostic tool used to assess the level of confidence in and consistency of practicing the five disciplines of discipleship. In this journal, you will find a thorough explanation of each discipline following the spiritual survey.

The second step is to GROW in our faith. We teach people how to feed themselves spiritually through the five disciplines. These disciplines are the fundamental practices of the Christian faith for spiritual growth. When consistently applied, they produce faithful men and women of God who are strong in the Scriptures and led by the Holy Spirit. At first, these spiritual disciplines may sound like common sense but, through our discipleship process, they become common practice for every committed Christian. Rest assured, the five spiritual disciplines will develop spiritual maturity when utilized consistently.

The five disciplines are centered on the two greatest commandments found in Mark 12:30-31: a) love God fully and b) love others as ourselves. The first three focus on the “inward man” (loving God) and the last two focus on the “outward man” (loving others). They are:

1. **Bible Study** (Scripture reading, memory and application)
2. **Prayer** (talking to, listening to and communing with God)
3. **Journaling** (taking notes on what the Holy Spirit highlights in your heart)
4. **Serving others** (in Jesus’ name)
5. **Sharing our faith in Christ** (and planting gospel seeds)

Powerful questions are used each week in our discipleship method. They have been carefully crafted to drive home the importance of each core competency. Asking good questions increases understanding, clarifies thought and directs people to discover what the Holy Spirit is teaching them. Through this biblical process of directed discovery Christians become mature, faithful followers of Jesus Christ who are seeking

Him and His Kingdom first in all that they do.

The last step is to GO and make disciples. As Christians mature and begin to experience a dynamic relationship with Jesus and the abundant life He offers, they will naturally want to go into all the world preaching the gospel and teaching others to obey His commands. This is why mature Christians make disciples.

The training ends with each person writing down in their own words what each discipline is, why it's important, why they might not be practicing the habit in their own lives, and how to do it effectively. This increases competence and builds their confidence in making disciples. It also gives them a summary to share with others. For further leadership training, they are also asked to answer these same questions about three additional categories: sound doctrine, being (and becoming) a disciple and discipleship. This enables them to understand the entire discipleship program and equips them thoroughly to teach others. The definitions for these three categories are found on the last page of this journal.

Within the journal at the end of each category, there is an "Other Resources" section to highlight memorable material used in completing the booklet. Every discipline is supported by Scripture references, powerful quotes, books, articles and other documents in the Kingdom Focused Coaching material. These "Other Resources" will help fortify one's faith and embolden their witness. Disciples in this program can also use their own biblical resources to fill out the notebook. The main objective is to answer all of the questions in this journal. When completed, their confidence will soar in knowing they have everything they need to make disciples.

By faithfully applying the five disciplines of discipleship and learning the lessons in this journal, every Christian gains the tools, training, and confidence they need to mature in their faith and obey Christ's command of going into all the world and making disciples. This is the ultimate goal of the Five Question Discipleship Method. As missionary Hudson Taylor once said, **"The Great Commission is not an option to be considered, it is a command to be obeyed."**

There is no greater goal to accomplish on earth than to know Christ, make Him known and help others grow in Him. We are praying for God to continually increase your desire to make disciples and are grateful you have joined us in this Kingdom calling! May the Lord bless, keep and strengthen you as you walk with Him and advance His Kingdom.

Trog Trogdon

Matthew 6:33

President & Founder, Kingdom Focus Coaching

"If you really want to experience God, go and make disciples."

- Francis Chan

3 Steps of Discipleship



KNOW

where you are in your
walk with Christ.

GROW

in your faith.

GO!

and make disciples.

Sound Doctrine
Spiritual Survey

5 Questions

What • Why
Why Not • How To

Discipleship Workflow

- Week 1:** **KNOW:** Commitment to Sound Doctrine (*Statement of Faith*),
Making Disciples & Gospel Goals
- Week 2:** Spiritual Survey
- Weeks 3 - 5:** **GROW:** Practicing the Five Disciplines of Discipleship
& Understanding the Holy Spirit
- Week 6:** **GO:** Being and Becoming a Disciple
- Week 7:** Discipleship
- Week 8:** Quiet Time
- Week 9:** The Bible & Bible Study
- Week 10:** Prayer
- Week 11:** Journaling
- Week 12:** Community
- Week 13:** Serving Others
- Week 14:** Sharing The Gospel
- Weeks 15-16:** Review & Practice the Five Disciplines of Discipleship

KNOW: Sound Doctrine Explained

The first step in the discipleship process is knowing where one stands in their walk with Christ. In order to do this, we talk through sound doctrine in the first week, and then we have each person complete a spiritual survey in the second week. This allows us to discover where each disciple is in their understanding of the core tenants and practices of the Christian faith and which, if any, areas need more clarity, teaching and training. The tenants are found on our website and listed in our statement of faith at www.kingdomfocuscoaching.com/faith (QR Code on page 8).

What is Sound Doctrine? Kevin Halloran defines sound doctrine best as “*the accurate scriptural teaching on theological truths.*” Said another way, it is “right teaching” of the Scriptures.

Accurate: As Christians, we are men and women of the Book, always subject to and under the authority of the Bible because it is the Word of God. God’s Word gives us perfect and pure doctrine for our eternal benefit and the benefit of others. It is our duty and responsibility as disciples of Christ to learn biblical doctrine, understand it correctly and teach it accurately. This is what we call adhering to sound doctrine. Holding fast to it is of utmost importance for the sake of the gospel as we see in 1 Timothy 4:16, “*Watch your life and doctrine closely. Persevere in them, because if you do, you will save both yourself and your hearers.*” - NIV (See also Heb 2:1).

For more understanding on the importance of sound doctrine and accurately teaching God’s Word, read Deut 4:2, 12:32, Pr 30:6, Gal 1:7-9, 2 Tim 2:15, 4:2-4, Ti 1:9, 2:1, Rev 22:18-19.

Scriptural Teaching: We stand on the Word of God alone because it is true and trustworthy. It is the only infallible source of authority for life and faith. If we have any encouragement, advice or constructive criticism, let it be from God’s Word which renews, revives and transforms our hearts and minds (Rm 12:2). Everything we believe and teach must be filtered through the Scriptures and align with them. Our opinions are fallible, but God’s Word is infallible. Like pastor Tommy Nelson says, “*Where God speaks, I have no opinions.*” Our thoughts and opinions will die with us, but the Word of God will stand forever! Read Jer 23:29, Is 55:11, Ps 119:89 (all), Jn 8:31-32, 1 Thes 2:13, 2 Tim 3:15-17, Heb 4:12, 5:12-14, Jms 1:18, 2 Ptr 1:21.



Note: Knowing what we believe is vital to grow in our walks with Christ and knowing why we believe it is just as important, especially when it comes to sharing our faith in Jesus. For more information about the Bible and why it is completely reliable, read this article: www.alwaysbeready.com/can-we-trust-the-bible/

Theological Truths: In our culture today, it's important to note that truth exists and is knowable. It's more than a concept, it's God's character. The Bible teaches that God the Father is truth (1 Jn 5:20), Jesus the Son is the truth (Jn 14:6), the Holy Spirit is the Spirit of truth (Jn 16:13), His Word is truth (Jn 17:17), we are called to love others in the truth (1 Cor 13:6, 16:13-14, Eph 4:15, 1 Jn 3:18) and to "*worship Him in spirit and truth*" (Ps 145:18, Jn 4:24). Understanding the importance of truth in our relationship with God and others is a key component in our discipleship journey and evangelism efforts. We must know the truth, speak the truth and defend the truth at all times.

Defenders of the Faith: There will always be people who will try to distort the truth as it states in Acts 20:28-31a, "*Even from your own number, men will rise up and distort the truth to draw away disciples after them.*" - BSB Satan's tactics have been the same since sin entered the world, questioning God's Word and misusing it. From Genesis (with Adam and Eve) to the wilderness (with the temptation of Jesus), the devil has always tried to twist the Scriptures. He first asked mankind in the garden of Eden, "*Did God really say?*" and is still using this trick today. Then he wrongly applied Psalm 91 in an effort to tempt Jesus. But Jesus responded three times, "*It is written.*" Jesus accurately used the Word to defeat Satan and so should we because it is the sword of the Spirit to fight our battles with (Eph 6:17). The enemy is crafty, "*the best lies are 80% true,*" so be alert and discerning. When you know what is authentic, you can easily tell what is counterfeit, so be like the Bereans in Acts 17 who examined the Scriptures daily to see if what they heard was true.

At times, we may not understand God's instructions given to us in His Word. In our fleshly and finite understanding, we may even wish the Bible said something different than it does. This is especially true when battling sin in our own lives or seeing a loved one struggle because of their brokenness. But never, ever give in to the temptation and think you know better than God (that is the highest form of pride). Pride comes before the fall. Like the Israelites in the desert, prideful people make lesser gods to suit themselves and coddle their sin (Jn 3:19). In doing so, they break the first two commandments (Ex 20:3-6) and forsake the steadfast love of the Lord (Jonah 2:8). Instead, we should humbly submit ourselves to God as He is revealed to us in Scripture. Humility says, "*He is God and I am not*" (see Is 45:5). God is a good Father, His ways and His words are always good, right, just and perfect. We are finite and temporal, He is infinite and eternal. We only see the present, but He knows the future. Remember this, "*We can trust God's heart even when we can't see His hand or comprehend His plan.*" As the Bible says, "*For now we see in a mirror dimly, but then face to face. Now I know in part; then I shall know fully, even as I have been fully known.*" - 1 Cor 13:12, ESV (See also Pr 3:5-6, Is 55:8).

As faithful followers of Christ, we must fear God over man and love Him more than anyone or anything (Mt 10:37-39, Lk 12:5). Many people have shied away from sound doctrine because of misplaced fear: fear of losing loved ones for speaking the truth, fear of being called judgmental or unloving for believing the Bible and stating what it says, fear of being fired or "cancelled" in their careers for taking a stand. Yet, God calls us to fear Him above all else and to trust Him in everything regardless of the outcome here on

earth. When threatened and told not to preach the gospel, the apostles responded, “We must obey God rather than men,” (Acts 5:29) and we must do the same. As famous quote says, “I’d rather stand with God and be judged by the world, than stand with the world and be judged by God.” Read Pr 29:25, Heb 13:6, Gal 1:10 and 2 Tim 1:7.

We must preach the gospel and teach the Word of God accurately as those who will be held accountable to God on judgement day (Heb 4:13, Jms 3:1). A healthy fear of and reverence for God ensures that we stay within the bounds of sound doctrine and never leave the fortress of truth for our faith. We cannot afford to do or say anything that could lead people astray. We must protect them from wolves, even among the flock, who try to deceive and destroy (see Mt 18:1-14) because eternity is at stake for the souls of men. To understand more about the fear of God, read Job 31:23, Pr 9:10, Mt 12:36-37, Jn 17:1-2, Rm 14:11-12, Gal 1:8, Phil 2:12, 2 Tim 4:1 and Heb 13:17.



To review Kingdom Focus Coaching’s statement of faith visit our website at www.kingdomfocuscoaching.com/faith.

The Spiritual Survey Explained

The spiritual survey is a diagnostic tool that focuses on the five disciplines of discipleship. It's used to help you and those you disciple discover where they stand in their walks with Christ and recognize the areas where they need to grow (2 Cor 13:5). This is done through a self-assessment and a ranking of oneself (on a scale from 1 to 10) for both their confidence in and consistency of practicing each spiritual discipline. Knowing one's confidence level helps in discerning the areas of need for teaching and training in order to become a disciple-maker. Knowing one's consistency level helps in discovering where our priorities are and reveals our true desire for the things of God. As E.M. Bounds discovered, the amount of value we place on each discipline is evident by how much time we give to it. Therefore, our confidence level reveals the knowledge in our heads and, our consistency level reveals desire in our hearts.

The spiritual survey is an insightful exercise. It's the perfect place to begin, recalibrate and end the discipleship journey because it gives your disciples a target to hit and enables them to see their improvement along the way.

The objective is to make disciples who will make disciples (2 Tim 2:2). Therefore, a disciple who is considered competent and confident in their ability to practice a spiritual discipline would rank themselves as an 8 or 9 on the scale. A score of 10, however, is reserved for when the disciple is able to teach others how to practice the specific discipline. Our goal is to teach and train every disciple to get to a 10 on all five disciplines of discipleship. When accomplished, they're more than ready to "go and make disciples of all nations."

When used effectively, the spiritual survey enables Christians to see how far along they are on the path of discipleship. It also creates flexibility in the process and empowers them to choose which area they would like to work on first, allowing the Holy Spirit to lead and direct them. This encourages ownership in their spiritual formation, which is a key to maturing in the faith, and enables them to track their progress. The discipleship materials are a supplement to assist them along the way and the disciple-maker gets to facilitate the process as the Lord leads.

Because each fundamental practice is articulated with specific skill sets in mind, please read and study the definitions below to understand the skills being taught for each discipline.

Quiet Time: A "quiet time" is an uninterrupted worshipful time alone with the Lord that includes prayer, reading the Scriptures, journaling and enjoying His presence.

- **Bible Study:** Bible study is investing time reading, reviewing, researching or listening to God's Word. It is anything connected to learning, understanding and growing in one's knowledge of the Scriptures. Bible study includes sermons and podcasts, reading commentaries, taking notes, going to classes, small groups, conferences and even conversations with Christian friends. This spiritual discipline involves memorizing Scripture, meditating on it (which is even better) and applying it in our lives (obedience to God). *"Meditating on God's Word is like worrying only in reverse."*

- **Prayer:** Prayer is a conversation WITH God and communion WITH God. It includes talking to the Lord, listening to His voice and fellowship with Him.
- **Journaling:** Journaling is the process of capturing and collecting key thoughts, ideas and God-given concepts that resonate in one's heart and mind throughout the day. It's writing down what the Holy Spirit highlights in one's soul through the situations and circumstances of life in order to remember, reflect and share with others in time of need. Taking notes on what God is teaching us keeps our spiritual eyes open and our ears tuned into His voice.

Community: Christian community is experiencing the goodness of God through relationships with other people in the fellowship of the Holy Spirit. It includes loving, giving, serving and using one's spiritual gifts to build others up. It also involves receiving support, love and encouragement from people and a sense of belonging. Christ's church is the standard for authentic, biblical community.

- **Serving Others:** Christian service is helping and encouraging another person for their good and God's glory, in the power of the Holy Spirit. Motivated by the love of Christ, it often has a gospel goal and is done in Jesus' name. Christian service demonstrates Jesus' love for humanity in a tangible way by using our time, talent and treasure to bless others. It includes words spoken and actions taken for the benefit and growth of another. Christ-centered service is unique because it is selfless, often goes unrecognized and is done for the Lord above all else.
- **Sharing the Gospel:** The gospel is the good news that Jesus Christ, God's only Son, saved us from our sins. He came down from heaven, lived a perfect life, died on the cross, rose from the dead (conquering death) and will return again to judge the living and the dead. (Read 1 Cor 15:1-8). Anyone who repents and believes in Jesus Christ for the forgiveness of their sins will be saved (Jn 3:16-18, Mrk 1:15).

Evangelism is telling people the good news about Jesus Christ, audibly. Leith Anderson says it simply, "**Evangelism is: Those who know telling those who don't.**"

Witnessing, although often synonymous with evangelism, includes the non-verbal communication of the gospel and/or identification with Christ such as wearing Christian merchandise or using gospel tracts. This is also referred to as planting gospel seeds.

Spiritual Survey

*"I have considered my ways and have turned my steps to your statutes."
- Ps 119:59, NIV*

Answer the questions below on a scale from 1-10 based primarily on your confidence in, and then consistency of, applying each discipline of discipleship. **Note:** 1 is the least and 10 is the best (a 10 ranking is reserved for those who feel confident enough in the discipline to teach someone else). Every question contains multiple principles to discuss. Therefore, invest the time needed to work through each one.

SECTION 1 - Loving God: Abiding in Christ • The Inward Man (*Mrk 12:30, Jn 15:1-17*)

QUIET TIME:

I feel confident in my ability to have a quality quiet time:

① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩

I have a daily quiet time with the Lord:

① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩

1. Bible Study

I'm confident in my ability to read, study, memorize, meditate on and apply God's Word in my life:

① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩

I read, listen to and study the Bible regularly:

① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩

2. Prayer

I feel confident in talking to God, hearing His voice and spending time with Him:

① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩

I am led by the Holy Spirit and pray continually:

① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩

3. Journaling

I am confident in my ability to capture Godly inspiration and retrieve it later:

① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩

I journal regularly:

① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩

COMMUNITY:

I am an active member of a local church and feel a strong sense of belonging:

① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩

4. Serving Others

I feel confident in giving to and serving others in Jesus' name:

① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩

I often use my time, talents and treasure to bless others:

① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩

5. Sharing the Gospel

I feel confident in my ability to share the gospel and plant gospel seeds:

① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩

I often evangelize and witness to others:

① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩

“Jesus taught that your highest priority must be your relationship with Him. If anything detracts you from that relationship, that activity is not from God. God will not ask you to do something that hinders your relationship with Christ.”

- Henry Blackaby

GROW: The 5 Question Discipleship Method Explained

The 5 Question Method of Discipleship teaches and trains the fundamental practices of our faith in order to help Christians grow spiritually and learn how to make disciples. It is designed to assist believers in becoming more like Jesus by focusing on transformation over information through obedience to His words and being led by the Holy Spirit. Obedience protects us, blesses us and builds our faith and trust in Christ. It's one thing to understand the Scriptures intellectually but through application, we get to understand God's Word and His ways experientially. As we abide in Christ and His love (by obeying His Word), we produce much fruit, display our love for Him and are filled with great joy (Jn 15:1-11). - "If you love me, you will keep my commandments." - Jesus, (Jn 14:15, ESV).

Jesus summed up the law by telling us to love God with all of our hearts, minds, souls and strength and to love our neighbor as ourselves (Mrk 12:30-31). Therefore, each section and question is centered upon obeying the greatest commandment. Below is a description of each topic and their importance in the discipleship process.

LOVING GOD: Abiding in Christ • The Inward Man - Jn 15:1-17

Quiet Time: The first three questions focus on our growth in Christ by having a consistent "quiet time." This is an uninterrupted worshipful time of fellowship alone with the Lord that includes prayer, Bible study and often journaling.

QUESTIONS 1 & 2 | Bible Study

Verse of the Week: Question 1 is about storing up God's Word in our hearts and minds in such a way that we are transformed by it (Rm 12:2). The Word of God is vital for every earnest follower of Jesus, and we must diligently meditate on it and apply it in our lives if we want to be (and do) all that Christ has called us to. Jesus said, "Man does not live on bread alone but on every word that comes from the mouth of God" (Mt 4:4, ESV). | Read Deut 6:6-9, 32:47, Job 23:12, Ps 1:1-3, 119 all, Ez 7:10, Mt 7:24-27, Jms 1:22-25, 2 Tim 3:15-17.

Even more than memorizing the text, we are to meditate on it day and night like the Psalmist did. He continually filled his mind with the words and thoughts of God and did what the Lord said.¹ Imagine a year from now, having 52 Bible verses (one a week) hidden in your heart and experiences of God's faithfulness in your life for each one. How much stronger would your walk with Christ, faith and prayer life be?! | ¹Ps 17:5, 119:148

Bible Reading Plan & Study Questions: Question 2 encourages a regular, systematic reading of the Bible. This helps us gain a holistic view of the Scriptures, drives us deeper into God's Word and promotes sound doctrine by allowing Scripture to interpret Scripture. Reading, studying, memorizing, meditating on and applying His Word in our lives is about loving God with all of our minds and abiding in the true vine, Jesus Christ. - "Let the word of Christ dwell in you richly" (Col 3:16a, ESV).

Your disciples will also be listening to sermons, going to small groups, reading books and learning many lessons along the way. Like Jesus did for His disciples¹ and Priscilla and Aquila did for Apollos,² question two creates a space for teachable moments and gives them an opportunity to ask good questions. | ¹Mt 18:21 | ²Acts 18:26

QUESTION 3 | Prayer & Journaling

Prayer: This question highlights the role of the Holy Spirit in our lives and focuses us on being led by Him; through prayer and journaling. Jesus set an example for us by regularly investing time alone with His heavenly Father in prayer, fellowship and listening to Him.¹ Furthermore, Jesus told us we would know His voice when He speaks to us.² | ¹Mt 14:23, Mk 1:35, Lk 5:16, Jn 8:26 | ²Jn 10:27

Like David and Daniel also did, this question presumes we're investing time alone with the Lord each day in prayer and paying attention to His voice and work in our lives throughout the week.¹ This is part of loving God with all of our heart, soul and strength as we seek to grow in our relationship with Him and walk by the Spirit. | ¹Dan 6:10, Ps 5:3, 55:16-17

Journaling: Question 3 also reminds us to continually reflect upon what the Lord is teaching us, like when He instructed Haggai to “*consider his ways*” (Hg 1:5, 7). The practice of journaling (capturing thoughts and taking notes) in order to reflect, remember¹ and share with others² helps us hear God's voice, increases our faith and allows us to retain important information.³ Biblical insights may come from Bible study, sermons, prayer, worship songs and in many other ways.⁴ | ¹Jb 19:23-25, Ps 77:11-12, Pr 4:20-21 | ²Ps 78:4-8, 102:18 | ³Dt 6:4-9 | ⁴Pr 24:30-32

LOVING OTHERS: Bearing Fruit • The Outward Man - Jn 15:12-17

Community: Question three begins to get us focused on others by fostering community and building relationships as we share what the Lord is doing in our lives.¹ We're designed for community and strengthened in our faith when we walk in fellowship with other believers.² The last two questions focus on loving other people and building the community of Christ, His church. | ¹Gal 6:6 | ²Gen 2:18, Ecc 4:12, Pr 27:17, Heb 10:25

QUESTION 4 | Serving Others

Jesus did not come “*to be served but to serve and to give His life for the ransom of many*” (Mk 10:45, ESV). We must follow in His footsteps of service so others can see the love of Christ.¹ Question four is about humbling ourselves, living for others² and fulfilling God's plan for our earthly lives.³ He has prepared good works for each of us to do⁴ and wants us to zealously pursue them.⁵ “*We only have one life to give.*” – David McKinley | ¹Lk 22:27, Jn 13:34-35, Gal 5:13-14 | ²Phil 2:3-4, Mt 25:31-46 | ³Jn 15:8, Ti 3:8 | ⁴Eph 2:10 | ⁵Ti 2:13-14

QUESTION 5 | Sharing the Gospel

God has always blessed His people to be a blessing.¹ Jesus chose us and appointed us to live for Him and bear fruit that will last.² Our mission is to preach the gospel³ and make disciples.⁴ Question five keeps us focused on this mission and planting gospel seeds every week. “*This life will soon be past, only what we do for Christ will last.*” – C.T. Studd | ¹Gen 12:2 | ²2 Cor 5:15, Jn 15:16 | ³Jer 20:9, Dan 12:3, Mt 9:37-38, Mk 16:15, Lk 19:10, Acts 1:8, Rm 1:16, 1 Ptr 3:15 | ⁴Mt 4:19, 28:18-20, 2 Tim 2:2

The 5 Question Discipleship Method

“And Jesus came and said to them, “All authority in heaven and on earth has been given to me. Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, teaching them to observe all that I have commanded you. And behold, I am with you always, to the end of the age.”
- Mt 28:18-20, ESV

The Five Question Method of Discipleship is an easy to learn, hard to forget, simple to use and duplicatable system for those who desire to invest their lives in obeying Christ's command to make disciples.

As a process of directed discovery, the questions used make up a biblical framework of essential skills needed for disciples to grow in their faith and walk by the Spirit of Christ. They are specifically written to reinforce the five disciplines of discipleship, and teach Christians how to feed themselves spiritually. Once learned, the skills acquired give every Christian the confidence they need to become a mature follower of Christ and make disciples.

This method is more than a book study, boxes to check or a curriculum to follow. The questions were carefully crafted to dive deep into the hearts of man and draw out what the Holy Spirit is doing in our lives. By following the Spirit of God we become mature, devoted disciples who are grounded in His Word and apply it regularly.

If disciple-makers will ask good question (like the ones below), let the Holy Spirit lead their conversations and listen well, they will see amazing progress in the lives of those they're teaching to follow Jesus. *“The purpose in a man's heart is like deep water, but a man of understanding will draw it out.”* - Pr 20:5, ESV

Discipleship Verses:

“And what you have heard from me in the presence of many witnesses entrust to faithful men, who will be able to teach others also.”
- 2 Tim 2:2, ESV

“Him we proclaim, warning everyone and teaching everyone with all wisdom, that we may present everyone mature in Christ...”
- Col 1:28-29, ESV

“For what is our hope or joy or crown of boasting before our Lord Jesus at his coming? Is it not you? For you are our glory and joy.”
- 1 Thes 2:19-20, ESV

“And he gave the apostles, the prophets, the evangelists, the shepherds and teachers, to equip the saints for the work of ministry, for building up the body of Christ...”
- Eph 4:11-12, ESV

The 5 Question Discipleship Method

Open in Prayer: Pray for God to guide your time together.¹ Pray specifically for wisdom² and understanding³ and wait expectantly⁴ as you search the Scriptures,⁵ pursue His presence⁶ and seek wise counsel.⁷

¹Ps 19:14, Jn 16:13 | ²Jms 1:5-6 | ³Ps 119:18, 169 | ⁴Ps 5:3, 1 Jn 5:14 | ⁵Acts 17:11, Ps 19:7-11 | ⁶Ps 16:11, 105:4, Mt 18:20
⁷Pr 11:14, 27:6, Mal 3:16

LOVING GOD: Abiding in Christ • The Inward Man (Quiet Time)

Bible Study

Verse of the Week:

1. What passage of Scripture have you memorized/**meditated** on the past week, and how did you **apply** it in your life?

Bible Reading Plan & Study Questions:

2. What thoughts or questions do you have from reading, studying and learning more about the Lord?

Prayer & Journaling

3. What **else** has the Holy Spirit been speaking to you during your quiet time with Him, teaching you throughout the week and doing in your life?

LOVING OTHERS: Bearing Fruit • The Outward Man (Community)

Serving Others

4. How have you loved or served your neighbor this week, and what impact did it make on them and/or you?

Sharing the Gospel

5. How have you shared your faith in Christ this week or planted gospel seeds?

Close in Prayer: Pray for one another. Share praises¹ and personal, specific requests.² Pray also for others³ and your gospel goals.⁴

¹Ps 100:4 | ²1 Ptr 5:7, Phil 4:6 | ³1 Tim 2:1 | ⁴Rm 10:1

Understanding the Holy Spirit

The Holy Spirit is the unseen, essential One who empowers us for success in the Christian life and ministry. We talk about Him often in our discipleship process because we are powerless until He empowers us afresh and anew every moment of every day. It's only through Him leading, guiding and directing us that we can accomplish what the Lord has called us to do for His Kingdom with our lives.

Who is the Holy Spirit? The Holy Spirit is God, the third person of the Trinity (Mt 28:19, Acts 5:3-5, 2 Cor 3:17-18). *"The Holy Spirit as described in the Bible is fully God. Along with God the Father and God the Son (Jesus Christ), God the Spirit is the third member of the Godhead or the Trinity."* - GotQuestions.org (1 Cor 12:4-6, 2 Cor 13:14, Ti 3:4-7). He is the Spirit of the LORD, the Spirit of wisdom and understanding, of counsel and might, of knowledge and the fear of the LORD (Is 11:2). He is the Spirit of truth and life, our Comforter, Counselor, Advocate and Guide (Jn 14:16, 15:26, 16:7-15, Rm 8:2). He was active in creation (Gen 1:1-2, Ps 104: 24, 30) and the Author of Scripture (2 Tim 3:16, 2 Cor 1:22). The Holy Spirit resides in every believer and gives us assurance that we are God's children. He is God's gift to Christians and the seal of our salvation (Acts, 2:38, Rm 8:16, 2 Cor 1:21). The Holy Spirit is our guarantee of heaven, the pledge of our inheritance for all God's children (2 Cor 5:5, Eph 1:13-14).

The Holy Spirit lives in every Christian (we are His temple - 1 Jn 4:13). This was promised by God, foretold by the prophets and fulfilled by Christ's sinless life, death, burial, resurrection and ascension. The prophets longed for the day the Spirit of God would dwell in man and at Pentecost, God ushered in His promised presence to be with us, His children, forever. Read Ez 36:26-27, Num 11:29, Jer 31:33, Joel 2:28-29, Mt 28:20, Jn 14:15-17, 23, 15:26, Acts 1:8, 2:38, 5:32, Rm 5:5, 8:9-11, Eph 2:21-22, 1 Cor 3:16-17, 6:19.

What is His role? *"From within believers, He directs, guides, comforts, and influences us, as well as producing in us the fruit of the Spirit (Gal 5:22-23) - GotQuestions.org.* The Holy Spirit convicts us of sin (Jn 16:7-14) and draws men to Christ for salvation (6:44, 65). It's through Him that we are born again (Jn 3:3-6). He illuminates the Scriptures, interprets spiritual truths and teaches us all things (Jn 14:26, 1 Cor 2:10-16, 1 Jn 2:27). He humbles our hearts, sanctifies our thoughts and causes us to desire the things of God (Gal 5:16-25, 1 Ptr 1:2). The Holy Spirit helps us grow in our faith, abound in hope and live for the Lord (Ez 36:26-27, Rm 15:13). He fills us with His power, produces in us Christlike character and pours God's love into the depths of our souls (Rm 5:5, Eph 3:14-21). He gives spiritual gifts to every believer for the good of all (Heb 2:4, 1 Cor 12:1-11) and intercedes on our behalf in times of prayer (Rm 8:26-27). The Holy Spirit bears witness to Jesus (Jn 15:26) and gives us boldness to share the gospel (Acts 1:8, 4:31).

What is our role? All those who are led by the Spirit are sons of God (Rm 8:14). Our job therefore is to listen to His voice and do what He says (Jn 10:27, 14:15). To crucify our flesh and follow Him (Is 63:10, Gal 2:16-25, Eph 4:30, 1 Thes 5:19). The Scriptures tell us to be filled with the Holy Spirit every moment of every day (Acts 6:3-6, Eph 5:18). This means to be surrendered to and controlled by Him completely. And it's through His leading and guiding moment by moment that abundant life is found and joy and peace overflow (Rm 14:17)! The Spirit saturated life is what Christ has called us to so that we can live fully, love unconditionally and lead others to Him.

Being and Becoming a Disciple

Summarize each answer in your own words and think about how you would teach a new disciple as you write. This is not a test, so use the Kingdom Focus Coaching material as much as you need and/or do your own biblical research. Finally, support your answers with at least three of your favorite Bible verses and a couple of Christian quotes.

What is a disciple? (See page 40). _____

Why is becoming a disciple important? _____

Why is being a mature and fully devoted disciple important? _____

The Bible and Bible Study

Summarize each answer in your own words and think about how you would teach a new disciple as you write. This is not a test, so use the Kingdom Focus Coaching material as much as you need and/or do your own biblical research. Finally, support your answers with at least three of your favorite Bible verses and a couple of Christian quotes.

What is the Bible? (See page 40). _____

Why do I believe the Bible is true? _____

What is Bible study? (See page 9). _____

What does it mean to read the Bible systematically and why is it beneficial? (See page 40).

Why is reading the Bible, studying it and especially meditating on and applying it important? _____

The Bible and Bible Study

Why don't I study the Bible, meditate on verses or apply it in my life? _____

How would I teach someone to read, study, meditate on and apply God's word in their life?

Other Resources: (Favorite Books, Articles, Songs, Videos, Stories, Examples, Devotionals etc.)

Journaling

Summarize each answer in your own words and think about how you would teach a new disciple as you write. This is not a test, so use the Kingdom Focus Coaching material as much as you need and/or do your own biblical research. Finally, support your answers with at least three of your favorite Bible verses and a couple of Christian quotes.

What is journaling? (See page 10). _____

Why is it important? _____

Sharing the Gospel

Summarize each answer in your own words and think about how you would teach a new disciple as you write. This is not a test, so use the Kingdom Focus Coaching material as much as you need and/or do your own biblical research. Finally, support your answers with at least three of your favorite Bible verses and a couple of Christian quotes.

What is the gospel? (See page 10). _____

What are witnessing and evangelism? Explain the difference? (See page 10). _____

Why are they important? _____

Definitions for Leadership Lessons

Sound Doctrine: Sound doctrine is “*the accurate scriptural teaching on theological truths*” - Halloran. Said another way, it’s “right teaching” of the Scriptures.

Disciple: A disciple is someone who has put their faith in Jesus Christ alone for salvation and the forgiveness of their sins. As a result, they follow Jesus, obey His commands and lead others to follow Him. It is a person who the Bible declares is born again, in one word, a Christian.

Discipleship: Discipleship summarized is “*the process of helping another person become mature in Christ and make disciples.*”

Discipleship Full Definition: Discipleship is the intentional, relational and replicable process of helping another person become mature in Christ and make disciples through the knowledge of and obedience to the Word of God and in the power of the Holy Spirit.

The Bible: The Bible is a collection of 66 books (comprised of 39 in the Old Testament and 27 in the New Testament). These books are inspired and inerrant and known as the canon of Scripture. It’s the authoritative and infallible Word of God. It was written by God, through men (which includes 40 different writers,) in three different languages, on three different continents, and over approximately a 1,600 year time span with one consistent message - the gospel (or Good News of salvation) found in Jesus Christ alone.

Systematic Bible Reading: Reading the Bible systematically is reading through the Bible consistently and regularly in an orderly, methodical way. It’s using a Bible reading plan. Doing so allowed George Mueller to write,

“These are God’s appointed means for the nourishment of the inner man. ...Consider it, and ponder over it. ...Especially we should read regularly through the Scriptures, consecutively, and not pick out here and there a chapter. If we do, we remain spiritual dwarfs. I tell you so affectionately. For the first four years after my conversion I made no progress, because I neglected the Bible. But when I regularly read on through the whole with reference to my own heart and soul, I directly made progress. Then my peace and joy continued more and more. Now I have been doing this for 47 years. I have read through the whole Bible about 100 times and I always find it fresh when I begin again. Thus my peace and joy have increased more and more.”

Kingdom Focus Coaching Agreement & Commitments

Discipleship Commitments

- I believe sound doctrine is of utmost importance especially as a leader and disciple-maker. According to the Scriptures, I know that I will be held to a higher standard on judgment day as a teacher of God's Word.

Therefore, with the Lord's help, I promise to stay humble, contrite and tremble at His Word. I will strive to accurately handle the Word of truth with clarity and conviction at all times. I have read, agree and will teach in accordance with *Kingdom Focus Coaching's Statement of Faith.

- I understand The Great Commission in Matthew 28:18-20 is a command for all believers to obey. Therefore, I commit to investing my life in making disciples and training faithful men who will also train others according to the biblical model found in 2 Timothy 2:2.

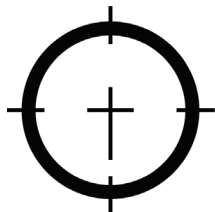
Signature: _____ Date: _____

*Kingdom Focus Coaching's statement of faith can be found at <https://kingdomfocuscoaching.com/faith>. It can be substituted for your local church's statement of faith if the church is a Bible believing, preaching and teaching church in good standing with the National Association of Evangelicals or a likeminded (orthodox) denomination/organization that believes the Bible is inspired, inerrant, authoritative and infallible.

My Gospel Goals

God has commissioned us to preach the gospel and teach people to obey the commands of Christ (Mrk 16:15, Mt 28:18-20). There is no greater cause and no greater calling in all the world than to take part in getting the gospel to the ends of the earth. And, because we will all be accountable to God for what we have done (or not done) for Him with the time, talent and treasure He has given each one of us (Heb 4:13), we encourage every disciple to set and diligently seek after gospel goals. As C.T. Studd once said, *"This life will soon be past, only what we do for Christ will last."*

- Lord use me to lead _____ people to Christ in my lifetime.
- Lord use me to make _____ disciples in my life.



Kingdom Focus Coaching

kingdomfocuscoaching.com