TRAINING Disciples to Train

Session 26: The Dynamics of Discipleship (11b)

Offered by Ron Lively, M.Div., M.A. – BiblicalMentoring.org (Studies)

Step 1: Opening prayer

Step 2: Each person quotes the memory verse: VERSE: **1 Corinthians 2:12**
12 Now we have received not the spirit of the world,
but the Spirit who is from God,
that we might understand the things freely given us by God.

Step 3: *Read and discuss all or part of the Bible Chapter* - **1 Corinthians 2**
Link: https://www.biblegateway.com/passage/?search=1%20Corinthians%202&version=ESV

Step 4*:* Questions for Personal Applications and/or Group Discussions:

1. **Meditation**: This is done by reflection and devotion with love for God and His Word (Jesus and the Scriptures). You can use a Scripture or a concept like "Immanuel" – God with Us.

2. Phillips says meditation focuses one's mind on God who is our strength. Dwelling on fear leads to worry and anxiety while meditation on God as a loving Father and on His Power produces obedience to His Call / Commission.

3. A key passage to memorize and meditate on is Philippians 4:6-7. This has helped me personally for over 40 years.

4. **Teaching**: We are to teach what others have taught us so that we may teach others to present every man complete in Christ.

5. The author says we are to systematically teach our disciples principles of doctrine that will help them mature in Christ.

Step 5*: Read and discuss the Content from the book:*
Chapter 11b per the author – Keith Phillips:

Meditation

Meditation is striving toward God-consciousness, a constant awareness of Him through reflection and devotion (Psalms 1:2). It is a natural consequence of your love for God's Word (Psalms 119:47). Meditation isolates you in the presence of God and produces the peace, trust and calm that can only be found in Him.

One night while I was in the Midwest, Mary Thiessen called me from Los Angeles. Some gang members had threatened to rape and kill her. I wanted to come home immediately to comfort her and to ensure her protection, but that was impossible. So, I told her that through meditating on the word Immanuel, "God with us," I had often received peace. I encouraged Mary to do the same.

Mary relates, "I thought about Immanuel countless times during the next few days and finally experienced peace. And even now when we're in danger, meditating on Immanuel brings calm and confidence."

Reflection on the Word of God transformed Jeremiah's bitterness and loneliness into joy (Lamentations 3:18-23). We meditate on God's Word so that we "may be able to comprehend with all the saints what is the breadth and length and height and depth, and to know the love of Christ which surpasses knowledge ..." (Ephesians 3:18,19).

Teach your disciple that dwelling on his fears and circumstances leads to worry and anxiety, while meditation focuses his mind on God, who is his strength (Psalms 46:1). Since we are so profoundly influenced by what we think, meditation will produce obedience (Psalms 119:15) and joy (Jeremiah 15:16).

Meditate on a verse that you have memorized. Let me suggest two ways that will help you to begin meditating with your disciple.

1. Ask some application questions about the verse:
What does this verse tell me about God?
What other truth does this verse teach?
Is there a habit I should discontinue or a practice I should initiate?

2. Repeat aloud several times a verse you have memorized. Each time emphasize a different word or phrase. For example, in John 15:16:
I chose you to go and bear fruit
I chose you to go and bear fruit
I chose you to go and bear fruit
I chose you to go and bear fruit
I chose you to go and bear fruit
I chose you to go and bear fruit
Enjoy the truth and new insight that each emphasis brings to this verse. Share your thoughts with each other.

Teaching

Christ instructed His disciples to teach people "to observe all that I commanded you." Paul taught "the whole purpose of God" (Acts 20:27). He wrote, "And we proclaim Him, admonishing every man and teaching every man with all wisdom, that we may present every man complete in Christ" (Colossians 1:28).

Teach your disciple the Bible.

After Jesus "opened their minds to understand the Scriptures" (Luke 24:45), He instructed His disciples to "feed My lambs" (John 21:15-17 KJV). What is more nourishing than the "living and active" Word of God (see Hebrews 4:12)? Here God reveals Himself and His will to man (Proverbs 2:1-5). Approach the Word with the same anticipation as the Psalmist: "Open my eyes, that I may behold Wonderful things from Thy law" (Psalms 119:18).

Your lessons must be accurate and practical. Systematically teach your disciple scriptural principles and doctrine that will help him mature in Christ. He must possess a working knowledge of Scripture in order to consistently apply biblical truth.

Jesus was a superb communicator. He taught with authority (Matthew 7:29) and people "enjoyed listening to Him" (Mark 12:37). Some exclaimed, "... Were not our hearts burning within us while He was speaking to us...while He was explaining the Scriptures to us?" (Luke 24:32).

In order to stimulate your disciple's learning, you must be well prepared and should observe the following teaching principles.

Be creative. Jesus skillfully combined formal messages with informal chats. He both lectured and discussed, using real-life examples such as coins, lilies, seeds and soil to illustrate deep truths. How could the disciples ever forget Christ's lesson on power and faith when He cursed the fig tree (Matthew 21:19)?

Variety helps to maintain interest. Alternate between book and topical studies. Periodically change the place where you meet. Occasionally let your disciple teach you. This will help him understand the principles more thoroughly and will equip him to teach others. It will also allow you to evaluate his comprehension of the material.

Involve your disciple as you study. He will learn better how to study by studying with you than by listening to a lecture or trying to study on his own. Draw out biblical principles and become involved in practical applications together. He needs to see that you are just as hungry for the things you are teaching as you expect him to be.

Repeat important lessons or principles. Paul said, "...To write the same things again is no trouble to me, and it is a safeguard for you" (Philippians 3:1). Peter declared, "Therefore, I shall always be ready to remind you of these things, even though you already know them..." (2 Peter 1:12).

Be flexible. You will need to strike a delicate balance between meeting your disciple's immediate needs and having a fixed strategy for teaching. This can frequently be done by applying principles from that day's lesson to your disciple's needs.

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Step 6: *Share personal prayer requests then each person prays for the other's requests.*

Source: The Making of a Disciple by Dr. Keith Philips. Pub. by Fleming H. Revell Company, 1981. ISBN 0-8007-1181-5. Introduction by Robert E. Coleman. Content (except study questions) is taken from the book without revisions.

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