



The Growing Up Almanac

A 13-WEEK LEADER'S GUIDE

ROBBY GALLATY



Foreword

Week One

Session Activities for Cultivating Disciples

Introduction

1. Have each member share about their week.
 - Have there been any blessings? If so, has this led to thanksgiving?
 - Have there been any challenges? If so, how has the individual handled such challenges?
2. Pray for the guidance of the Spirit during this week's D-Group meeting.

Questions

What are your goals as you start this discipleship journey?

In your own words, explain the purpose of a D-Group.

What steps can be made to guarantee that a D-Group is transformational and not just informational?

Assignments

1. Read next week's memory verses—Matthew 9:36-38—and discuss their meaning.
2. Remind the group to read the *Introduction* and memorize the verses for the upcoming week.
3. Have the members of your group list their expectations of a D-Group and what they think the results should be. As the group reads through *Growing Up*, encourage them to expand upon or reevaluate their expectations.

Conclusion

1. Spend time in prayer.
 - Ask each member to share any prayer requests or praises.
 - Pray specifically for each member of the group.
 - Pray that the Spirit would use what was learned this week to cultivate stronger relationships with God and the other members of the D-Group.
2. Emphasize the importance of staying in contact with and praying for each member of the group throughout the week.



Introduction

Week Two

Summary of the Introduction

Many books have discussed discipleship methodologies, but few create a game plan for disciple-making. They leave the reader questioning: “Where do I go from here? What now?” Robby introduces the acronym **C.L.O.S.E.R.** (pp. xxii-xxiii) as an outline for the book. Following these aspects of discipleship will help the reader get a D-Group off the ground.

Session Activities for Cultivating Disciples

Introduction

1. Have each member share about their week.
 - Have there been any blessings? If so, has this led to thanksgiving?
 - Have there been any challenges? If so, how has the individual handled such challenges?
2. Pray for the guidance of the Spirit during this week’s D-Group meeting.
3. Have each member cite the previous week’s memory verses: Matthew 9:36-38.

Questions

How much of its resources does your church dedicate to overseas missions? Local missions? Worship services? Building projects? What about disciple-building projects?

Read Matthew 28:19-20. Does your church's allocation of resources reflect the gravity of discipleship? What about your life? Do you dedicate an adequate amount of your resources to discipling and being disciplined? If not, how can you make a greater investment in discipleship? If so, how can you make a greater investment in discipleship?

Explain in your own words what a healthy D-Group looks like (see p. xxii).

Assignments

1. Read this week's memory verses—Hebrews 12:1-2—and discuss their meaning.
2. Remind the group to read *Chapter One* and memorize the verses for the upcoming week.
3. Tell your D-Group to memorize the six ways that a disciple can grow a **C.L.O.S.E.R.** walk with Christ:
 - **C**ommunicate with God through prayer;
 - **L**earn to understand and apply God's Word to your life;
 - **O**bey God's commands;
 - **S**ore God's Word in your heart;
 - **E**vangelize (share God's Word with others);
 - **R**enew yourself spiritually every day.

Conclusion

1. Spend time in prayer.
 - Ask each member to share any prayer requests or praises.
 - Pray specifically for each member of the group.

- Pray that the Spirit would use what was learned this week to cultivate stronger relationships with God and the other members of the D-Group.
2. Emphasize the importance of staying in contact with and praying for each member of the group throughout the week.



Chapter One

Week Three

Summary of Chapter One

Robby puts himself forward as an example of what God-empowered discipleship can do. This can certainly work with others, but modern churches seem to place disciple-making on the back burner. He demonstrates that this devaluation of discipleship comes, in part, from ignoring the ministry method of Jesus. Jesus was not only the ultimate sacrifice for man's sins, he was the master disciple-maker! Further, he alludes to the dangers of discounting the place of disciple-making and gives his readers a basic set of goals for which to strive: be discipled; make disciples; help your disciples make disciples.

Session Activities for Cultivating Disciples

Introduction

1. Have each member share about their week.
 - Have there been any blessings? If so, has this led to thanksgiving?
 - Have there been any challenges? If so, how has the individual handled such challenges?
2. Pray for the guidance of the Spirit during this week's D-Group meeting.
3. Have each member cite the previous week's memory verses: Hebrews 12:1-2.

Questions

Remember how you felt when you came to Christ. Did someone come alongside you to assist you in growing in your newfound faith? How did he or she do so?

For those of you who have been discipled, what are some ways you have benefited from discipleship?

In your opinion, why hasn't discipleship been a priority for the Church? Has it been a priority for you?

Consider Jesus' four-step process for making disciples (pp. 11-12). Why is it an effective strategy?

What style of ministry have you embraced? Are you a creator or a consumer?

Assignments

1. Read this week's memory verses—Matthew 28:19-20—and discuss their meaning.
2. Remind the group to read *Chapter Two* and memorize the verses for the upcoming week.
3. Have your group reflect on Robby's testimony this week. God graciously saved him from a life of rampant drug use, lying, cheating, and stealing. From what has Christ saved your D-Group members? Have them list some of the things that have changed about their life since God removed them from the darkness and placed them in his glorious light (cf. Eph. 5:8). Have them question where they might be without God's gift of grace through Christ.

Conclusion

1. Spend time in prayer.
 - Ask each member to share any prayer requests or praises.
 - Pray specifically for each member of the group.
 - Pray that the Spirit would use what was learned this week to cultivate stronger relationships with God and the other members of the D-Group.
2. Emphasize the importance of staying in contact with and praying for each member of the group throughout the week.



Chapter Two

Week Four

Summary of Chapter Two

There is a great deal of confusion surrounding the method of discipleship. Using the three aspects of discipleship outlined in Matthew 28:19-20 as a basis—*go, baptize, teach*—Robby teaches the reader what it means to be both a disciple and a disciple-maker. Further, he discusses the obstacles to completing our Christ-commissioned tasks.

Session Activities for Cultivating Disciples

Introduction

1. Have each member share about their week.
 - Have there been any blessings? If so, has this led to thanksgiving?
 - Have there been any challenges? If so, how has the individual handled such challenges?
2. Pray for the guidance of the Spirit during this week's D-Group meeting.
3. Have each member cite the previous week's memory verses: Matthew 28:19-20.

Questions

The three aspects of the Great Commission are *go, baptize, and teach*. Are you engaged in all three? If not, what measures should you take to do so?

What is the distinction between being a disciple and being a Christian? Would you consider yourself to be a disciple?

What are some steps your church needs to take to become a disciple-making church?

Can you identify each of the three relationships in your life: Paul, Barnabas and Timothy? If not, who are potential individuals who could fill these roles?

If you only had three years left to live, in whom would you invest? How would you prioritize your time?

Assignments

1. Read next week's memory verses—2 Timothy 2:1-2—and discuss their meaning.
2. Remind the group to read *Chapter Three* and memorize the verses for the upcoming week.
3. Ask your D-Group members to evaluate their Paul, Barnabas and Timothy relationships this week. If they do not have a person or persons to fill one or more of these roles, encourage them to pray every day this week that God might establish those relationships.

Conclusion

1. Spend time in prayer.
 - Ask each member to share any prayer requests or praises.
 - Pray specifically for each member of the group.
 - Pray that the Spirit would use what was learned this week to cultivate stronger relationships with God and the other members of the D-Group.
2. Emphasize the importance of staying in contact with and praying for each member of the group throughout the week.



Chapter Three

Week Five

Summary of Chapter Three

Robby provides a blueprint for a God-honoring, disciple-building D-Group. He shows that a closed, small group of three to five people of the same gender can facilitate community in Christ and accountability to the Lord and to one another.

Session Activities for Cultivating Disciples

Introduction

1. Have each member share about their week.
 - Have there been any blessings? If so, has this led to thanksgiving?
 - Have there been any challenges? If so, how has the individual handled such challenges?
2. Pray for the guidance of the Spirit during this week's D-Group meeting.
3. Have each member cite the previous week's memory verses: 2 Timothy 2:1-2.

Questions

Does your church reflect a *Nupedia* model, or a *Wikipedia* model?

Have you ever confused a D-Group with a small group or Bible study? How are the two types different?

Why is accountability important? To whom are you currently holding yourself accountable?

What are the four aspects of accountability? Why are they essential?

What are the benefits of having a D-Group consisting of three to five people? What are some of the potential challenges to this group size?

Assignments

1. Read this week's memory verses—John 13:34-35—and discuss their meaning.
2. Remind the group to read *Chapter Four* and memorize the verses for the upcoming week.
3. Ask the members of your D-Group if they have an accountability partner. Encourage those who do not to pray that God might present someone with whom they might stay accountable. If one is already available, tell them to propose the formation of an accountability partnership.

Conclusion

1. Spend time in prayer.
 - Ask each member to share any prayer requests or praises.
 - Pray specifically for each member of the group.
 - Pray that the Spirit would use what was learned this week to cultivate stronger relationships with God and the other members of the D-Group.
2. Emphasize the importance of staying in contact with and praying for each member of the group throughout the week.



Chapter Four

Week Six

Summary of Chapter Four

Robby introduces the spiritual disciplines—one of the primary forces behind spiritual growth. By using the words of the Apostle Paul in 1 Timothy, he presents the goal of one's pursuit of spiritual discipline: godliness.

Session Activities for Cultivating Disciples

Introduction

1. Have each member share about their week.
 - Have there been any blessings? If so, has this led to thanksgiving?
 - Have there been any challenges? If so, how has the individual handled such challenges?
2. Pray for the guidance of the Spirit during this week's D-Group meeting.
3. Have each member cite the previous week's memory verses: John 13:34-35.

Questions

In your own words, define "godliness."

What can we learn about godliness from the biblical example of Enoch?

What is the purpose of our pursuit of godliness?

Make a list of some of the ways God has used change agents (i.e., people, circumstances, and spiritual disciplines) in your life for spiritual growth.

What do you think of when you hear the word “discipline.” Do you cringe or do you rejoice? Read Hebrews 12:5-11 and identify the reason we are disciplined and what the results of discipline can be.

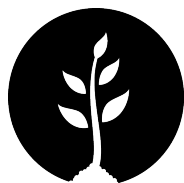
What steps can you take to discipline your inner man? What course corrections need to be made in your life today?

Assignments

1. Read this week’s memory verses—1 Timothy 4:7-8—and discuss their meaning.
2. Remind the group to read *Chapter Five* and memorize the verses for the upcoming week.
3. Tell your group members to write a letter to the person who most affected their spiritual life. Have them place emphasis on thanking the person and assuring them they are being prayed for this week.

Conclusion

1. Spend time in prayer.
 - Ask each member to share any prayer requests or praises.
 - Pray specifically for each member of the group.
 - Pray that the Spirit would use what was learned this week to cultivate stronger relationships with God and the other members of the D-Group.
2. Emphasize the importance of staying in contact with and praying for each member of the group throughout the week.



Chapter Five

Week Seven

Summary of Chapter Five

Robby examines one of the most powerful spiritual disciplines—prayer—by delving into the prayers and prayer-life of Jesus. He then gives practical tips on developing a dynamic prayer life that have been derived from the story of Jesus and Robby’s own personal walk with Christ.

Session Activities for Cultivating Disciples

Introduction

1. Have each member share about their week.
 - Have there been any blessings? If so, has this led to thanksgiving?
 - Have there been any challenges? If so, how has the individual handled such challenges?
2. Pray for the guidance of the Spirit during this week’s D-Group meeting.
3. Have each member cite the previous week’s memory verses: 1 Timothy 4:7-8.

Questions

On a scale of one to ten, ten being the highest, how would you rate your prayer life?

Who do you know that could be your prayer partner? How would having someone like this affect your prayer life and accountability?

Consider the disciples' request, "Lord, teach us to pray," in Luke 11:1. What prompted them to make this request? What are some ways you can improve your prayer life?

What spiritual stones need to be stacked in your life? How big is your pile?

What changes must you make in your schedule in order to rise early for prayer?

Have you stopped praying for something or someone because God did not answer your prayer on your timetable? What was it? Was it correct to stop, or should you have waited on the Lord?

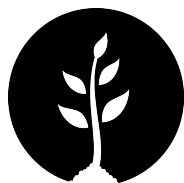
List three people who are far from God for whom you can pray over during the next few weeks.

Assignments

1. Read this week's memory verses—Philippians 4:6-7—and discuss their meaning.
2. Remind the group to read *Chapter Six* and memorize the verses for the upcoming week.
3. Tell the group to go to one of the three people they listed above and invite them out for lunch or coffee. Tell them to use this time to share how God is working in their own life, but encourage them to place emphasis on discussing the spiritual condition of their friend.
4. Tell the group to abstain from their favorite activity this week and use the time for prayer and meditation on the Word of God.

Conclusion

1. Spend time in prayer.
 - Ask each member to share any prayer requests or praises.
 - Pray specifically for each member of the group.
 - Pray that the Spirit would use what was learned this week to cultivate stronger relationships with God and the other members of the D-Group.
2. Emphasize the importance of staying in contact with and praying for each member of the group throughout the week.



Chapter Six

Week Eight

Summary of Chapter Six

Many Christians believe they are not enlightened enough to read the Bible, using this as an excuse not to study the Scriptures for themselves. Robby corrects this dangerous sentiment by appealing to the Holy Spirit, who has been given to believers in order to lead them into all truth. He encourages the readers to study the Bible using a three-step process—Observation, Explanation, and Application—and demonstrates this method’s effectiveness through a test case.

Session Activities for Cultivating Disciples

Introduction

1. Have each member share about their week.
 - Have there been any blessings? If so, has this led to thanksgiving?
 - Have there been any challenges? If so, how has the individual handled such challenges?
2. Pray for the guidance of the Spirit during this week’s D-Group meeting.
3. Have each member cite the previous week’s memory verses: Philippians 4:6-7.

Questions

Have you ever had a difficult time reading God’s Word? If so, has it ever made you want to quit? Is there one passage in particular that has given you trouble? Examine it as a group.

Why is context important for interpretation? What could happen if the context of a passage were not taken into consideration?

Why are observation and explanation essential in the interpretive process?

What is the goal of application? What can happen if a text is misapplied?

Assignments

1. Read this week's memory verses—2 Timothy 3:16-17—and discuss their meaning.
2. Remind the group to read *Chapter Seven* and memorize the verses for the upcoming week.
3. Tell the group to read John 14:14 this week. Have them apply what was learned about context to determine the proper application. Each member should write two to three pages detailing their observations, interpretations, and potential applications. These separate studies can be compared the following week or at the leader's discretion.

Conclusion

1. Spend time in prayer.
 - Ask each member to share any prayer requests or praises.
 - Pray specifically for each member of the group.
 - Pray that the Spirit would use what was learned this week to cultivate stronger relationships with God and the other members of the D-Group.
2. Emphasize the importance of staying in contact with and praying for each member of the group throughout the week.



Chapter Seven

Week Nine

Summary of Chapter Seven

Many Christians go to church, hear a message, and walk away as though they had heard nothing at all. Robby calls his readers to be not only those who are taught, but greater, those who are transformed by what they learn. Disciples should “know” Christ by “knowing” his commandments. This knowledge should lead to love, which should naturally precipitate into obedience.

Session Activities for Cultivating Disciples

Introduction

1. Have each member share about their week.
 - Have there been any blessings? If so, has this led to thanksgiving?
 - Have there been any challenges? If so, how has the individual handled such challenges?
2. Pray for the guidance of the Spirit during this week’s D-Group meeting.
3. Have each member cite the previous week’s memory verses: 2 Timothy 3:16-17.

Questions

Why is Jesus’ prayer in John 17 significant? How does this prayer affect your life as a believer?

What is the difference between the knowledge of God and knowing God? How does your answer affect the way you act, live, and behave?

List the three roadblocks to following Jesus in Luke 9:57-62. What roadblocks impede your relationship with Christ?

Describe the relationship between *knowing*, *loving*, and *obeying* God. Does this motivate you to study the Bible? If so, how?

Assignments

1. Read this week's memory verse—2 John 1:6—and discuss its meaning.
2. Remind the group to read *Chapter Eight* and memorize the verse for the upcoming week.
3. Tell your group to write down at least three areas in their life that need to be submitted to the lordship of Christ and the reason or reasons why they may be hesitant to do so. Ask them to pray about these aspects and to take steps to demonstrate that they are committed to this process of sanctification.

Conclusion

1. Spend time in prayer.
 - Ask each member to share any prayer requests or praises.
 - Pray specifically for each member of the group.
 - Pray that the Spirit would use what was learned this week to cultivate stronger relationships with God and the other members of the D-Group.
2. Emphasize the importance of staying in contact with and praying for each member of the group throughout the week.



Chapter Eight

Week Ten

Summary of Chapter Eight

Robby challenges the reader to consider the importance of Scripture memorization. He explains how true meditation on the Word of God leads naturally to its retention within and transformation of the mind. Robby also provides a practical plan for memorizing through meditation: *Picture It*, *Ponder It*, *Personalize It*, and *Pray Over It*.

Session Activities for Cultivating Disciples

Introduction

1. Have each member share about their week.
 - Have there been any blessings? If so, has this led to thanksgiving?
 - Have there been any challenges? If so, how has the individual handled such challenges?
2. Pray for the guidance of the Spirit during this week's D-Group meeting.
3. Have each member cite the previous week's memory verse: 2 John 1:6.

Questions

Read Psalm 1:1-4. Identify the benefits of meditation. Consider how these benefits will impact your daily walk with Christ.

With the “tea bag” analogy in mind, think about what steps need to take place for the Word to saturate your life.

Take a second look at Psalm 1 with the four-fold method for meditation: *Picture It*, *Ponder It*, *Personalize It*, and *Pray Over It*. Did you understand the text in a deeper way? How so?

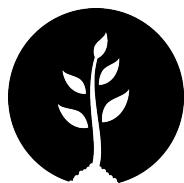
List barriers that have prevented you from memorizing Scripture in the past. What steps will you take in order to remove these barriers?

Assignments

1. Read this week's memory verses—Psalm 1:1-2—and discuss their meaning.
2. Remind the group to read *Chapter Nine* and memorize the verses for the upcoming week.
3. Tell your group to read Psalm 1 three times a day for the full week. They will be surprised at how much they will remember without trying to memorize!

Conclusion

1. Spend time in prayer.
 - Ask each member to share any prayer requests or praises.
 - Pray specifically for each member of the group.
 - Pray that the Spirit would use what was learned this week to cultivate stronger relationships with God and the other members of the D-Group.
2. Emphasize the importance of staying in contact with and praying for each member of the group throughout the week.



Chapter Nine

Week Eleven

Summary of Chapter Nine

Robby discusses the importance of evangelism in relation to discipleship, which he suggests are “two oars attached to the same boat.” Robby explains that the true measure of success in our respective ministry of evangelism is not the positive response of people, since God is in control of the act of regeneration. Rather, we are successful evangelists if we proclaim the gospel of Christ. Additionally, Robby discusses the significance of keeping one’s message pure, being prepared to give a defense of one’s beliefs, planning a presentation of one’s testimony, and developing relationships with people, as opposed to presenting a rehearsed “spiel.”

Session Activities for Cultivating Disciples

Introduction

1. Have each member share about their week.
 - Have there been any blessings? If so, has this led to thanksgiving?
 - Have there been any challenges? If so, how has the individual handled such challenges?
2. Pray for the guidance of the Spirit during this week’s D-Group meeting.
3. Have each member cite the previous week’s memory verses: Psalm 1:1-2.

Questions

The departing words of Jesus in Matthew 28:19 begin with the word “go,” which literally means “as you are going.” Think about your daily and weekly routine. “As you are going,” with whom can you share the gospel?

How does a better understanding of the doctrine of regeneration motivate you to share the gospel?

In your own words, explain the essence of the gospel. What are the four elements that should be included?

As a group, practice the way that you might share the gospel with an unbeliever.

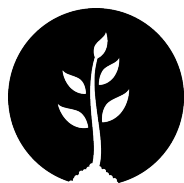
Assignments

1. Read this week's memory verse—1 Thessalonians 2:8—and discuss its meaning.
2. Remind the group to read *Chapter Ten* and memorize the verse for the upcoming week.
3. Create a mock discussion between yourself and an imaginary potential Christian. Write how you would share your testimony and the gospel, anticipating an unsaved person's reactions. Write a personal testimony that can be shared within three minutes.

Conclusion

1. Spend time in prayer.
 - Ask each member to share any prayer requests or praises.
 - Pray specifically for each member of the group.
 - Pray that the Spirit would use what was learned this week to cultivate stronger relationships with God and the other members of the D-Group.

- Pray that God would open a door to witness to someone who is lost in your community.
2. Emphasize the importance of staying in contact with and praying for each member of the group throughout the week.



Chapter Ten

Week Twelve

Summary of Chapter Ten

Robby explains the importance of the spiritual discipline of Bible intake and shares practical ways to consistently read and journal through the pages of Scripture.

Session Activities for Cultivating Disciples

Introduction

1. Have each member share about their week.
 - Have there been any blessings? If so, has this led to thanksgiving?
 - Have there been any challenges? If so, how has the individual handled such challenges?
2. Pray for the guidance of the Spirit during this week's D-Group meeting.
3. Have each member cite the previous week's memory verse: 1 Thessalonians 2:8.

Questions

How do we get to know God?

Do you view the Word as spiritual nourishment for your soul? If so, in what ways do you believe the Bible is nourishing you?

Describe your pattern of reading the Bible over the last few months? Based on this pattern, do you believe you are spiritual enriched?

Humans generally make plans and set goals. Why is having a Bible reading plan so important?

According to Robby, what is the best translation of the Bible (see p. 149)?

As a group, read Psalm 119:1-18. Focusing on vv. 10-11, help each other create a H.E.A.R. journal entry (a template is on the following page).

Assignments

1. Read this week's memory verses—John 1:1-2—and discuss their meaning.
2. Remind the group to read the *Afterword* and memorize the verses for the upcoming week.
3. Tell your group to journal Philippians 4:10-13 using the H.E.A.R. method (Highlight, Explain, Apply, Respond) this week.

Conclusion

1. Spend time in prayer.
 - Ask each member to share any prayer requests or praises.
 - Pray specifically for each member of the group.
 - Pray that the Spirit would use what was learned this week to cultivate stronger relationships with God and the other members of the D-Group.
2. Emphasize the importance of staying in contact with and praying for each member of the group throughout the week.

Highlight

Explain

Apply

Respond



Afterword

Week Thirteen

Summary of Afterword

Robby shares the importance of developing godly habits and challenges his readers to make disciples who make disciples.

Session Activities for Cultivating Disciples

Introduction

1. Have each member share about their week.
 - Have there been any blessings? If so, has this led to thanksgiving?
 - Have there been any challenges? If so, how has the individual handled such challenges?
2. Pray for the guidance of the Spirit during this week's D-Group meeting.
3. Have each member cite the previous week's memory verses: John 1:1-2.

Questions

Why is it so important to develop godly habits?

What is the significant truth Robby highlights by means of the illustration of the Queen's Baton Relay?

If you are not part of a D-Group, who are three to five people of the same gender as yourself that you could meet with to pray, study the Bible, and memorize Scripture in an accountable relationship (i.e., a D-Group)?

Assignments

Spend some time reviewing the book. Ask the group what has been the most valuable lesson learned from *Growing Up*. Pray that the Lord would constantly remind you of that lesson and ask that it would transform your interactions with the lost, with Christians, and with God our Father.

Conclusion

1. Spend time in prayer.
 - Ask each member to share any prayer requests or praises.
 - Pray specifically for each member of the group.
 - Pray that the Spirit would use what was learned this week to cultivate stronger relationships with God and the other members of the D-Group.
2. Emphasize the importance of staying in contact with and praying for each member of the group.

Appendix 1

Disciple-Making Covenant

I will commit to the following expectations:

1. I pledge myself fully to the Lord with the anticipation that I am entering a time of accelerated spiritual transformation.
2. I will meet with my D-Group for approximately one and one-half hours every week, unless providentially hindered.
3. I will complete all assignments on a weekly basis before my D-Group meeting, in order to contribute to the discussion.
4. I will contribute to an atmosphere of confidentiality, honesty, and transparency for the edification of others in the group as well as my own spiritual growth.
5. I will pray every week for the other men/women who are on the discipleship journey with me.
6. I will begin praying about replicating the discipleship process upon completion of this group.

Signed Mentee _____

Signed Mentor _____

Date _____

Appendix 2

Spiritual Journey Inventory

Use these questions in your D-Group to get acquainted with each other.

1. After coming to the Lord, I finally understood _____

_____.

2. The closest I have felt to God in my life was _____

_____.

3. The farthest I felt from God was _____

_____.

4. If I could change one incident in my life it would be _____

_____.

Why? _____.

5. One incident in my life that I would never change would be _____

_____.

Why? _____.

6. The turning point in my relationship with God was _____

_____.

Why? _____.

Appendix 3

Sample H.E.A.R. Entry

Read: Philippians 4:10-13 **Date:** 11-30-13 **Title:** Secret of Contentment

H (Highlight) - *"I can do all things through Christ who strengthens me."* Philippians 4:13

E (Explain) - Paul was telling the church at Philippi that he has discovered the secret of contentment. No matter the situation in Paul's life, he realized that Christ was all he needed, and Christ was the one who strengthened him to persevere through difficult times.

A (Apply) - In my life, I will experience many ups and downs. My contentment is not found in circumstances. Rather, it is based on my relationship with Jesus Christ. Only Jesus gives me the strength I need to be content in every circumstance of life.

R (Respond) - Lord Jesus, please help me as I strive to be content in You. Through Your strength, I can make it through any situation I must face.

APPENDIX 4

Sample Bible Reading Plan

E100

1. Creation – Genesis 1:1-2:25
2. The Fall – Genesis 3:1-24
3. The Flood – Genesis 6:5-7:24
4. God's Covenant with Noah – Genesis 8:1-9:17
5. Tower of Babel – Genesis 11:1-9
6. The Call of Abram – Genesis 12:1-20
7. God's Covenant with Abram – Genesis 15:1-21
8. Isaac's Birth and "Sacrifice" – Genesis 21:1 – 22:19
9. Jacob and Esau Compete – Genesis 27:1-28:22
10. Jacob and Esau Reconcile – Genesis 32:1-33:20
11. Sold Into Slavery – Genesis 37:1-36
12. Prison and a Promotion – Genesis 39:1-41:57
13. Ten Brothers Go to Egypt – Genesis 42:1-38
14. The Brothers Return – Genesis 43:1-44:34
15. Joseph Reveals His Identity – Genesis 45:1-46:7
16. The Birth of Moses – Exodus 1:1-2:25
17. The Burning Bush – Exodus 3:1-4:17
18. The Ten Plagues – Exodus 6:28-11:10
19. The Passover and the Exodus – Exodus 12:1-42
20. Crossing the Red Sea – Exodus 13:17-14:31
21. The Ten Commandments – Exodus 19:1-20:21
22. The Golden Calf – Exodus 32:1-34:35
23. Joshua Succeeds Moses – Joshua 1:1-18
24. Crossing the Jordan – Joshua 3:1-4:24
25. The Fall of Jericho – Joshua 5:13-6:27
26. Israel's Disobedience – Judges 2:6-3:6
27. Deborah Leads Israel – Judges 4:1- 5:31
28. Gideon Defeats the Midianites – Judges 6:1-7:25
29. Samson Defeats the Philistines – Judges 13:1-16:31
30. The Story of Ruth – Ruth 1:1-4:22
31. Samuel Listens to God – 1 Samuel 1:1-3:21
32. King Saul – 1 Samuel 8:1-10:27
33. David and Goliath – 1 Samuel 16:1-18:16
34. David and Saul – 1 Samuel 23:7-24:22
35. King David – 2 Samuel 5:1-7:29

36. David and Bathsheba – 2 Samuel 11:1-12:25
37. King Solomon – 1 Kings 2:1-3:28
38. Solomon's Temple – 1 Kings 8:1-9:9
39. Elijah and the Prophets of Baal – 1 Kings 16:29-19:18
40. The Fall of Jerusalem – 2 Kings 25:1-30
41. The Lord is My Shepherd – Psalm 23:1-6
42. Have Mercy on Me – Psalm 51:1-19
43. Praise the Lord – Psalm 103:1-22
44. Godly Wisdom – Proverbs 1:1-4:27
45. The Proverbs of Solomon – Proverbs 16:1-18:24
46. The Suffering Servant – Isaiah 51:1-53:12
47. Jeremiah's Call and Message – Jeremiah 1:1-3:5
48. Daniel in the Lion's Den – Daniel 6:1-28
49. The Story of Jonah – Jonah 1:1-4:11
50. The Day of Judgment – Malachi 1:1-4:6
51. The Word Became Flesh – John 1:1-18
52. Gabriel's Message – Luke 1:1-80
53. The Birth of Jesus – Luke 2:1-40
54. John the Baptist – Luke 3:1-20
55. Baptism and Temptation – Matthew 3:13-4:17
56. Sermon on the Mount, Part 1 – Matthew 5:1-64
57. Sermon on the Mount, Part 2 – Matthew 6:5-7:29
58. The Kingdom of Heaven – Matthew 13:1-58
59. The Good Samaritan – Luke 10:25-37
60. Lost and Found – Luke 15:1-32
61. Feeding the Five Thousand – Luke 9:1-36
62. Walking on Water – Matthew 14:22-36
63. Healing a Blind Man – John 9:1-41
64. Healing a Demon-Possessed Man – Mark 5:1-20
65. Raising Lazarus from the Dead – John 11:1-57
66. The Last Supper – Luke 22:1-46
67. Arrest and Trial – John 18:1-40
68. The Crucifixion – John 19:1-42
69. The Resurrection – John 20:1-21:25
70. The Ascension – Acts 1:1-11
71. The Day of Pentecost – Acts 2:1-47
72. Growth and Persecution – Acts 3:1-4:37
73. The First Martyr – Acts 6:8-8:8
74. Sharing the Word – Acts 8:26-40
75. Good News for All – Acts 10:1-11:18

76. The Road to Damascus – Acts 9:1-31
77. The First Missionary Journey – Acts 13:1-14:28
78. The Council at Jerusalem – Acts 15:1-41
79. More Missionary Journeys – Acts 16:1-20:38
80. The Trip to Rome – Acts 25:1-28:31
81. More than Conquerors – Romans 8:1-39
82. The Fruit of the Spirit – Galatians 5:16-6:10
83. The Armor of God – Ephesians 6:10-20
84. Rejoice in the Lord – Philippians 4:2-9
85. The Supremacy of Christ – Colossians 1:1-23
86. Elders and Deacons – 1 Timothy 3:1-16
87. The Love of Money – 1 Timothy 6:3-21
88. Good Soldiers of Christ – 2 Timothy 2:1-26
89. All Scripture is God-breathed – 2 Timothy 3:10-4:8
90. The Coming of the Lord – 1 Thessalonians 4:13-5:11
91. The Most Excellent Way – 1 Corinthians 13:1-13
92. A New Creation in Christ – 2 Corinthians 4:1-6:2
93. A Living Hope – 1 Peter 1:1-2:12
94. Faith and Works – James 1:1-2:26
95. Love One Another – 1 John 3:11-4:21
96. A Voice and a Vision – Revelation 1:1-20
97. Messages to the Churches – Revelation 2:1-3:22
98. The Throne of Heaven – Revelation 4:1-7:17
99. Hallelujah! – Revelation 19:1-20:15
100. The New Jerusalem – Revelation 21:1-22:21

<http://e100challenge.com>

Appendix 5

Prayer Log

[illegible]

Appendix 6

Sample Scripture Memory Card

You then, my child, be strengthened
by the grace that is in Christ Jesus,
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 Timothy 2:1-2

Appendix 7

Accountability Questions

1. Have you spent time in the Word and in prayer this week?
2. Have you shared the gospel or your testimony with an unbeliever this week?
3. Have you spent quality time with your family this week?
4. Have you viewed anything immoral this week?
5. Have you had any lustful thoughts or tempting attitudes this week?
6. Have you told any lies or half-truths to put yourself in a positive light before others?
7. Have you participated in anything unethical this week?
8. Have you lied about any of your answers today?

Avenue for Building Relationships

1. Pray

We need to approach each day with focused prayer. When I pray, “Lord, put someone in my path with whom I can share the gospel,” the opportunity usually arises. D. James Kennedy said, “Evangelism without prayer is presumption.”⁸² Needless to say, prayer is necessary.

2. Frequent a Place

By going regularly to the same places for coffee or lunch, you will develop relationships with employees and other regular customers. Introduce yourself, remember others’ names, and start greeting folks by using their names. This will absolutely make you stand out from other customers. Using a person’s name displays a genuine interest in him as an individual. Regular contact, smiling, and using people’s names are easy ways to open the door to sharing the gospel.

3. Take an Unbeliever to Lunch

People are more likely to talk about their lives over lunch than in any other setting. The casual atmosphere and defined time frame enable people to relax and “open up” about their lives. You will be amazed at how many people desire to talk to a friend.

4. Invite the Neighbors for Dinner

Reach out to each couple or family in your neighborhood (one at a time) by inviting them into your home for an informal meal. Intentionally provide a comfortable, relaxing atmosphere. Do not immediately plunge into the subject of church and salvation, but build a relationship by showing them that you genuinely care. Talk about your kids, your yards, the community—things you already have in common. Keep the conversation friendly. This is not the time and place for discussions about social, economic, or political viewpoints. Remember, you’re on a mission to show them Christ in your life in order that you can tell them about Him.

5. Join Your Neighborhood Association

We all enjoy talking about our homes and neighborhoods. Joining your association is a great way to meet people with whom you already have something in common.

6. Join a Club or Group

If you are a student, join a club at school. If you own a business, join a trade group. Or find an interest-based group, such as a biking club, running club, bowling league, or

health spa. At Brainerd Baptist Church we have a community facility that houses a coffee shop, meeting rooms, exercise equipment, and health classes. We are very excited that approximately 2,700 of the 3,000 members do not go to our church. What an opportunity for relational evangelism!

7. Go Where People Are

Visit community playgrounds, parks, pools, or other open areas often. Go out in public in a casual way. The more you are outside, the more informal conversations you will have with people. Take a walk. Make eye contact with people. Smile and say hello. Be ready with a gentle word to begin conversations on casual, everyday subjects, even the weather. Be interested in what others say. When asked a question, avoid one-word answers. Most people will talk when others are friendly to them. Follow the leadership of the Holy Spirit as to when and how to transition into the subject of the gospel.

Prepare transition statements in advance, such as, *"What is God doing in your life? "I learned something cool in Scripture today, can I tell you about it?" "Hey, let me tell you about a verse of Scripture that has really been speaking to me this week." "I was struggling a couple of years ago, let me tell you what changed that."* Or finally, you might say, *"Do you have a home church that you attend? If not, let me invite you to my church – maybe we could go out to lunch after the service this Sunday."*

Appendix 9

Commonly Asked Discipleship Questions

How do I choose disciples?

The first step in establishing a formal disciple-making relationship is choosing disciples. Jesus, our example in selecting disciples, spent time in prayer before selecting men (Luke 6:12-16). The word *disciple* means *learner*. Begin by asking God to send you a group of men or women who have a desire to learn and grow.

When people approached Jesus about becoming His disciples, our Lord held a high standard. One man said, "I'll follow You, but let me go bury my father." Jesus said something like, "You can't do that. The kingdom is too important." Understand that the man's father had not yet died; he wanted to wait until after his father died.

Like Jesus' relationship with His disciples, ours is a serious relationship, a relationship built upon a mutual commitment to Christ and each other. Tragically, some will not follow through with that commitment, forcing you to confront them about their unfaithfulness. Occasionally, it may become necessary for you to ask someone to leave the group. In my years of leading D-Groups, on two occasions I've had to go to an unfaithful group member and say, "Listen, I love you, brother. I want to work with you, but at this stage in your life, your actions are telling me this is not a good time. Maybe we can meet in the future, when you are at a different place in your spiritual walk." As painful as this is, it rarely happens. But when it does, always be careful to handle it in a manner that edifies the uncommitted believer.

Your D-Group should consist of *F.A.T.* believers: Faithful, Available, and Teachable. A faithful person is dedicated, trustworthy, and committed. Consider a potential disciple's faithfulness by observing other areas of his/her spiritual life, such as church attendance, small group involvement, or service in the church. Faithfulness is determined by a commitment to spiritual things.

Discern an individual's availability by his willingness to meet with and invest in others. Does this person carve out time to listen, study, and learn from others? Is he accessible

when called upon? Does she have a regular quiet time with God of reading the Word and praying? Availability is measured by a willingness to serve God.

Not everybody who attends a Bible study, Sunday school class, or D-Group is teachable. A teachable person has a desire to learn and apply what is taught. One who is teachable is open to correction. Recognize teachability by observing one's response to God's Word. For example, after hearing a sermon on prayer, does he begin to pray more regularly? Or after a lesson about the dangers of the tongue, does this person implement changes in her speech? A teachable person not only listens to what is taught, but also applies it to his or her life.

After discerning that an individual is faithful, available, and teachable, prayerfully approach him or her and ask, "Would you be interested in studying the Bible together? Would you be interested in memorizing Scripture and praying together?" I have personally found that many people are open to that. All you have to do is ask. Never say, "Would you like for me to disciple you?" as this question may come across in a derogatory manner. Keep in mind, men should disciple men, and women should disciple women.

How many people should be in the group?

Because accountability works well in a smaller setting, the ideal size of a disciple-making group is three to five—you and two to four other people. Never have more than five, and remember that a one-on-one relationship is not ideal (see Chapter 3).

Where should we meet?

Find a meeting place away from the church. Restaurants, coffee shops, bookstores, diners, and homes are all good options. Meeting outside the church in the community forces your group to publicize your faith, teaching them it is okay to read the Bible at a restaurant or pray in public. Be sure to select a place that is convenient to all group members. I know stay-at-home moms who meet in each other's houses.

How often should we meet?

Ideally, you should meet once a week. You can meet more frequently, but it is important

that you meet at least once a week. This schedule does not prohibit those you are discipling from calling you throughout the week or coming by for counsel when needed. Discipleship is an all-the-time, 24/7 commitment.

Is there an attendance requirement?

Yes, and it is not negotiable. The first time I meet with a potential group, I explain the disciple-making covenant with them. Since we're going to spend our lives together for the next twelve to eighteen months, I want to know if they are committed. Some people have said after the initial meeting, "Uh, this isn't really for me. I'm not interested."

That's okay. I allow potential disciples to opt out of the group on the front end after understanding the expectations spelled out in the disciple-making covenant.

Remember, you are looking for people who *want* to be discipled, people who have a desire to grow and learn. An unwillingness to commit reveals that they are not ready to be a disciple. It's the example Jesus set for us.

What do our meetings look like?

Begin with prayer. Ask each participant to present one prayer request at the start of each meeting. Assign a person to pray over the requests, and ask the Lord to sharpen each of you through your relationship.

Your weekly meetings should focus on four elements:

1. Study the Word together. Earlier in this book I outlined the H.E.A.R. method of studying the Bible: Highlight, Explain, Apply, Respond. Following this method will drive the group discussion.
2. Hold each person accountable for Scripture memory by reciting the previous week's passage before the group.
3. Ask accountability questions of each other. Hold each person accountable for achieving their goals. For example, "How is your relationship with Linda? You mentioned last week that you were working on the way you spoke to your wife."
4. Pray together before departing.

How do I dig deeper into the Bible?

In order to study the Bible in depth, you will use some study tools, beginning with a

Bible dictionary. Early in our disciple-making relationship, David Platt gave me a Bible dictionary for my birthday. He said, “Robby, here’s a gift that you’ll use.” And he was right. In addition to a Bible dictionary, it is important to have a good study Bible (the ESV Study Bible, the MacArthur Study Bible, and the NIV Study Bible include helpful commentary on each verse). If you can’t afford to buy one of your own, you can access one on the Internet. Go to websites like BibleGateway.com, Bible.org, or BibleStudyTools.org. These are great resources. Additionally, Bible study software with a collection of helpful tools is very affordable.

How do I challenge my D-Group to memorize Scripture?

Proverbs 25:11 says, “*A word fitly spoken is like apples of gold in a setting of silver.*” How many times has a Scripture come to mind when you needed just the right words in a situation? Jesus promised that the Holy Spirit would bring to remembrance all that Jesus said (John 14:26). Those passages of Scripture we have memorized will be brought to our memory at the right moment—but we must learn them.

Group members will memorize Scripture if you hold them accountable through reciting verses to one another at every meeting. See Chapter 7 for a thorough explanation and a practical system for Scripture memorization.

Should I disciple unbelievers?

I have led D-Groups with both believers and unbelievers present. My preferred method is a gathering of born-again believers seeking to grow in their faith. How do you determine if someone is saved or not? I begin every group by asking each person to share their testimony with the others. Next, ask them to explain the gospel. A great resource for anyone struggling with belief in Christ is Greg Gilbert’s book, *What is the Gospel?* A few years ago, a guy in my group surrendered his life to Christ after six weeks of meeting because he “never understood the gospel prior to our meeting.”

When should I ask someone to leave the D-Group?

I have asked only two people to leave our D-Group in nine years. Someone should be asked to leave the group for reasons such as these: they don’t possess a teachable spirit, or they are not faithful in attending or completing the assigned work.

Teachability is an indispensable quality for growth. In one situation, I asked an individual to leave the group because he monopolized the discussion week after week. It was obvious he wanted to demonstrate his knowledge of the Word, rather than learn from interacting with others.

Additionally, laziness will breed complacency in the group. Missing meetings, refusing to memorize Scripture, failing to log H.E.A.R. entries, or sitting idly by during discussion times lowers the morale of the others in the group. This type of behavior must be addressed immediately. Meet with this individual privately to inquire about his/her attitude and actions. Remind him or her of the commitment made at the outset of the discipleship relationship.

Other reasons may require dismissing a group member. For example, a group member who is not trustworthy to maintain confidentiality or is judgmental toward others in the group may have to be removed.

What if I don't know the answer to a question?

I am often asked questions to which I don't know the answers. There is no shame in not knowing all the answers to every question. Simply confess that you may not have all the answers, but you will find them. Then do so before the next meeting. Ask your pastor or another spiritual leader to help you with the answer. Never give the impression that you have all the answers.

At the height of Henry Ford's popularity, people claimed that he was the smartest man in the world. During this time, a Chicago newspaper published a statement calling him an "ignorant pacifist." Ford fought the claim by suing the paper, which resulted in a trial landing him on the stand. Attorneys asked Ford questions on every subject imaginable, none of which he could answer. Exhausted from the questions, Ford ended the examination by stating, "If I should really want to answer the foolish question you have just asked, or any of the other questions you have been asking me, let me remind you that I have a row of electric push-buttons on my desk, and by pushing the right button, I can summon to my aid men who can answer any question I desire to ask concerning the business to which I am devoting most of my efforts. Now, will you

kindly tell me, why I should clutter up my mind with general knowledge, for the purpose of being able to answer questions, when I have men around me who can supply any knowledge I require?"⁸³

What he said was, "I am not the smartest man in the world because I know all the answers, but because *I know where to find the answers.*" You may not have total recall when it comes to biblical history, theology, and doctrine, but with time you can locate the answer.

When do I send out disciples to make disciples?

Always begin with the end in mind. Your group should meet for twelve to eighteen months. Some groups develop a closer bond, which results in accelerated growth; others take longer. The maximum time for meeting is two years. Some group members will desire to leave the group and begin their own groups. Others, however, will want to remain in the comfort zone of the existing group. Some will not want to start another group because of the sweet fellowship and bonds formed within the current group. Remember, the goal is for the men and women of the group to replicate their lives into someone else.

Paul, at the end of his life, commanded Timothy, "*And what you have heard from me in the presence of many witnesses, entrust to faithful men who are able to teach others also*" (2 Timothy 2:2). Within that one verse are four generations of disciple-making. Paul to Timothy is the first to second generation. Timothy to his disciples is the second to third generation. Timothy's disciples to others is the third to fourth generation. The goal of your group is to make disciples who will make disciples.

Jesus entrusted the greatest message in the world to twelve men, and one of them turned on Him. As a result of the commitment and faithfulness of the remaining eleven men, you are reading this book today. Disciple-making was Plan A. Jesus handed the baton to the disciples when he said, "*Go therefore and make disciples of all nations*" (Matthew 28:19). The apostles handed it to the early church fathers, who handed it down through the centuries. And now, the baton has been handed to you. Run with endurance. Eternity is at stake.

Appendix 10

Suggested Resources for D-Groups

Discipleship Resources

Adsit, Christopher B. *Personal Disciple-making: A Step-by-Step Guide for Leading a Christian From New Birth to Maturity*. Orlando, FL: Campus Crusade for Christ, 1996.

Arn, William and Charles Arn. *The Master's Plan for Making Disciples: Every Christian an Effective Witness through an Enabling Church*. 2nd ed. Grand Rapids, MI: Baker Books, 1982; 1998.

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Putman, Jim, Bobby Harrington, and Robert Coleman, *DiscipleShift: Five Steps That Help Your Church to Make Disciples Who Make Disciples*. Grand Rapids: Zondervan, 2013.

Putman, Jim. *Real Life Discipleship*. Grand Rapids: Zondervan, 2010.

Rosenberg, Joel C. and Dr. T.E. Koshy. *The Invested Life: Making Disciples of all Nations One Person at a Time*. Wheaton, IL: Tyndale House Publishers, 2012.

Willard, Dallas. *The Great Omission*. San Francisco, CA: HarperCollins Publications, 2006.

Spiritual Disciplines Resources

Foster, Richard. *Celebration of Discipline: The Path to Spiritual Growth*. New York: HarperCollins, 1998.

Pettit, Paul, ed. *Foundations of Spiritual Formation*. Grand Rapids: Kregel, 2008.

Whitney, Donald. *Spiritual Disciplines for the Christian Life*. Colorado Springs: NavPress, 1991.

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Websites

www.blueletterbible.org

www.bible.org

www.navpress/landing/discipleship.aspx

www.preceptaustin.org

Appendix 11

How to Pray For Lost Friends

1. That they seek to know God. God has good plans for their lives – *“plans for welfare and not for calamity, to give them a future and a hope”* (Jeremiah 29:11). He promises to reveal Himself and His plans to those who seek Him wholeheartedly.

“That they should seek God, in the hope that they might feel their way toward him and find him. Yet he is actually not far from each one of us” (Acts 17:27).

“But from there you will seek the LORD your God and you will find him, if you search after him with all your heart and with all your soul” (Deuteronomy 4:29).

2. That they believe the Scriptures. A non-Christian does not naturally understand the gospel. You must pray that the Holy Spirit will give them the understanding to believe the truth of His Word.

“For the word of the cross is folly to those who are perishing, but to us who are being saved it is the power of God” (1 Corinthians 1:18).

3. That God will draw them to Himself. We must always remember that, although God uses us as the instruments to share the message and help lead people to Him, only God can convict and convert them. One cannot receive Christ until God first draws him. Let us therefore pray that God will draw our friends to Him.

“No one can come to me unless the Father who sent me draws him. And I will raise him up on the last day” (John 6:44).

4. That the Holy Spirit will work in them to turn from their sin and follow Christ as Lord. Be willing to let God work in their lives (Luke 15:17-18). Be bold enough to pray that God will cause things to come into their lives that will cause them to seek Him (Proverbs 20:30).

“And when he comes, he will convict the world concerning sin and righteousness and judgment.... When the Spirit of truth comes, he will guide you into all the truth, for he will not speak on his own authority, but whatever he hears he will speak, and he will declare to you the things that are to come” (John 16:8,13).

“Repent therefore, and turn again, that your sins may be blotted out” (Acts 3:19).

5. That God will send someone to lead them to Christ. Perhaps that someone is you. Pray that God will give you boldness to speak to them about Christ. Before you pray this prayer, be sure you mean it and will obey the Lord (Romans 10:14-15).

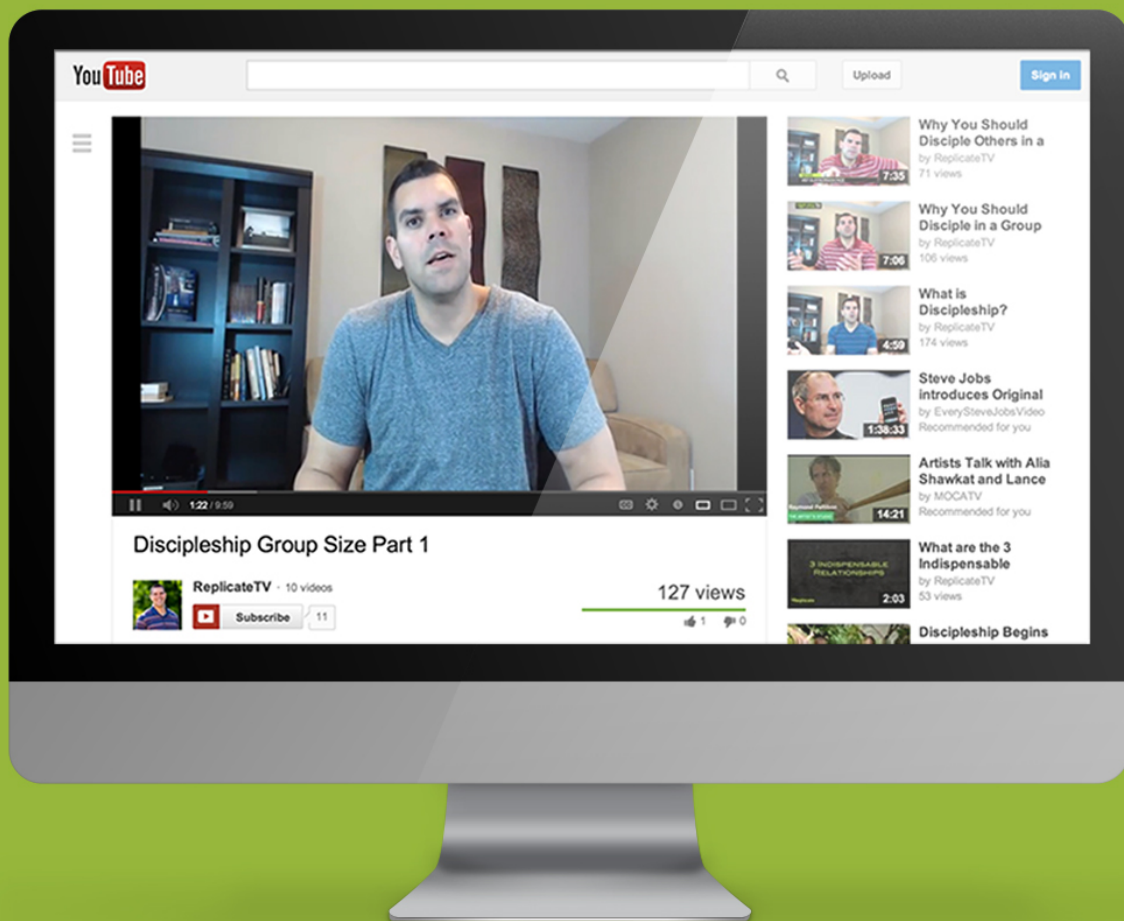
“Then he said to his disciples, “The harvest is plentiful, but the laborers are few; therefore pray earnestly to the Lord of the harvest to send out laborers into his harvest” (Matthew 9:37-38).

6. That they believe in and confess Christ as Savior and Lord. It is important that people understand that, in receiving Christ as Savior, they are also making Him the Lord of their lives. Pray that they will understand the seriousness of the commitment to receive Christ. Pray that they will come to grasp the scope of God’s love. As their loving Father, He will never ask them to give up anything without giving them something far better in return.

“But to all who did receive him, who believed in his name, he gave the right to become children of God.” (John 1:12).

“Because, if you confess with your mouth that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved. For with the heart one believes and is justified, and with the mouth one confesses and is saved” (Romans: 10:9-10).

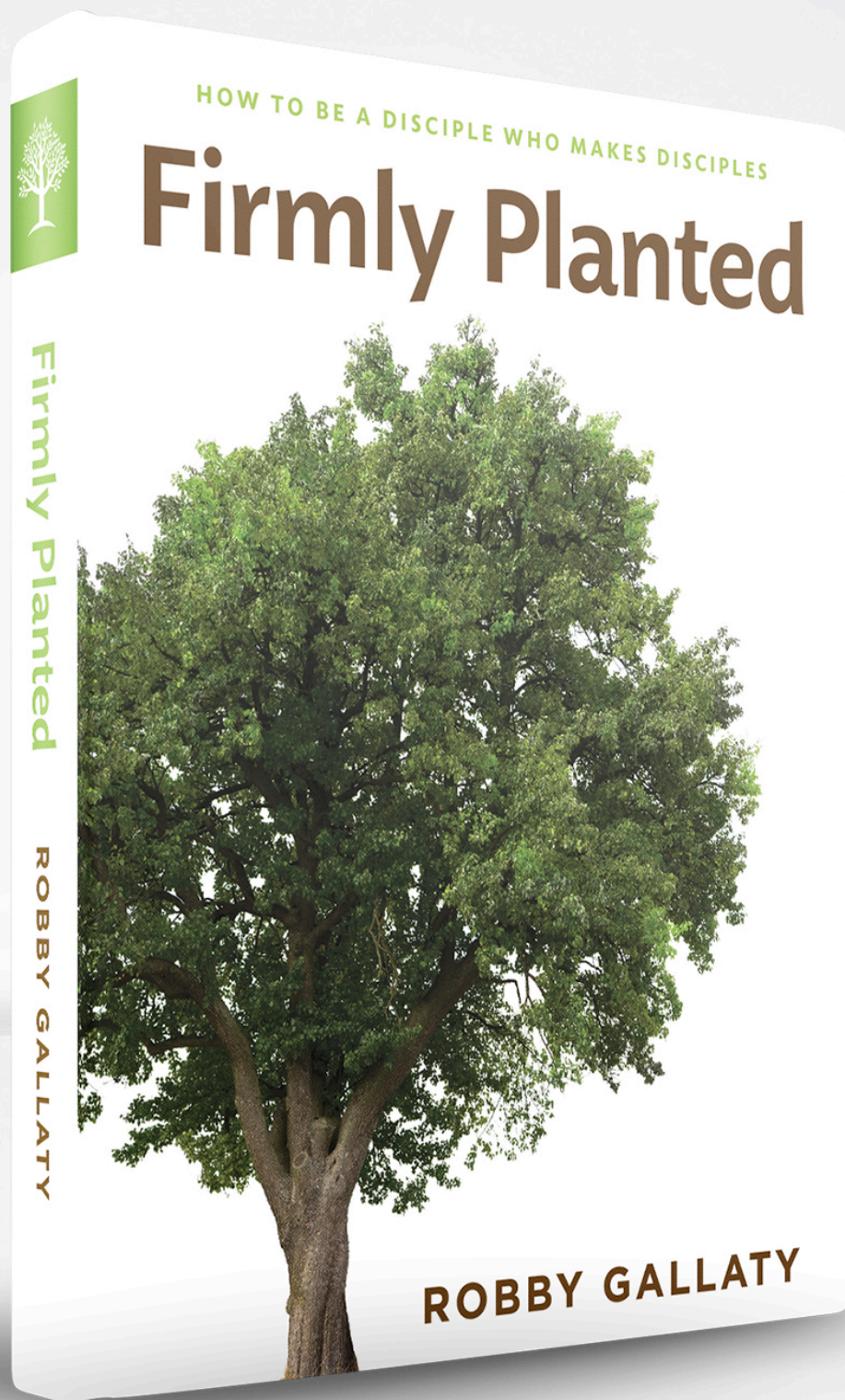
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