

Walking in the footsteps of Jesus

Equipping a Disciple to Follow Jesus

An adaptation of '*Commands of Christ*' by #NoPlaceLeft



As a church we are seeking **to multiply fully devoted disciples of Jesus**. We therefore want to ensure every disciple is equipped and ready to help another person become and grow as a disciple of Jesus. This guide is a tool that will help you equip a disciple in their first steps in following Jesus and in turn also help them with a way that they can do the same for someone else. It can be used 1:1 or within a small group setting.

These sessions are pitched at someone who has recently become a follower of Jesus and explores a 'command of Christ', an instruction, expectation that Jesus gives to his disciples and a story from one of the Gospels to contextualise the instruction.

It might be that the individual or group that you are sharing this with aren't yet ready to become followers of Jesus. The same approach of reading the Bible today can be adopted. I recommend '**Stories of Hope**' at the back of the guide or '**Creation to Christ**'.

Once the *Walking in the Footsteps of Jesus* studies have been completed you could continue into **Longer Term Discipleship** studies in the Gospel of Mark. Passages are also included at the back of this resource.

For other ways to grow as a disciple for yourself please visit www.goldhill.org/resources/take-a-step

If you would like to access/use an app version of this approach to making multiplying disciples please download **The Discover App**. The Discover App brings these studies onto your phone/tablet and enables you to disciple people in **thirty-five languages** with text and audio.

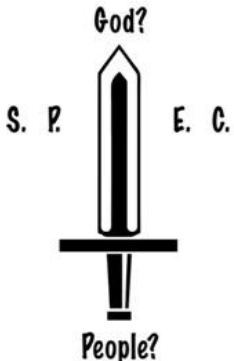


Discipleship Session Format

In Matthew 28:20, Jesus commands, *“Teach them to obey my commands.”* As we obey Jesus’ Great Commission, we must ensure that our disciples are obeying his commands. Every time you gather for individual or group discipleship, a church meeting, or leadership training, the primary goals are to:

- Care for one another. (Look Back)
- Hear from the Lord through the Bible. (Look Up)
- Make a plan to obey Jesus. (Look Forward)

The following discipleship meeting model has been field-tested all over the world in most contexts and provides what is necessary to train new disciples to obey Jesus. This method has multiplied healthy disciples, groups, and churches. When you gather with your disciples, commit to using the following “three-thirds” process:

< Look Back <	^ Look Up ^	> Look Ahead >
<p>1. Care</p> <p>Have each person briefly share how they are doing personally.</p> <p>2. Loving Accountability</p> <p>Have each person give a brief report on their Grow & Go assignments.</p>	<p>3. New Lesson</p> <p>Learn to obey Jesus by using the Sword Bible Study method on these lessons:</p> <p>a. Commands of Christ b. Gospel of Mark</p> <div style="text-align: center; margin: 20px 0;">  <p style="margin: 0;">God?</p> <p style="margin: 0;">S. P. E. C.</p> <p style="margin: 0;">People?</p> </div> <p>4. Practice</p> <p>Have each person practice retelling the story until they are competent & confident.</p>	<p>5. Grow & Go Assignments</p> <p>Have each person decide on and share their obedience goals based on the New Lesson.</p> <p>6. Prayer</p> <p>Ask God for faith, obedience, and boldness to Grow & Go (obey Jesus). Pray for people far from God.</p>

The “Sword” Bible Study Method

Hebrews 4:12 says, “For the Word of God is living and active. Sharper than any double edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart.” This picture of a sword helps us teach any passage of the Bible. The four parts of a sword represent six questions we need to ask during a Bible story discussion.

The tip points up to the heavens: What do we learn about God?

The handle is held by people: What do we learn about people?

Use the acronym “**S.P.E.C.**” to remember four questions on the blade:

The left blade:

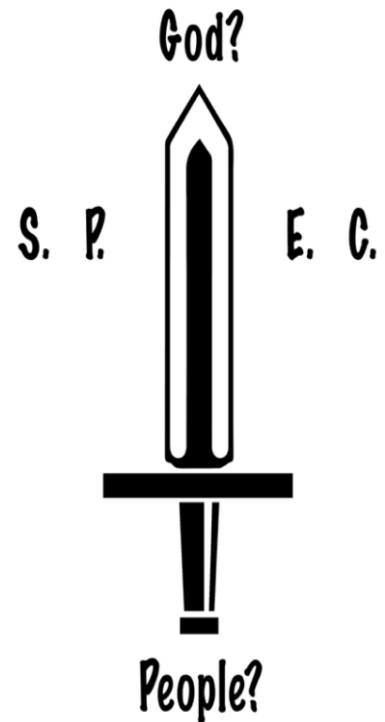
(S) Is there a sin to avoid?

(P) Is there a promise to claim?

The right blade:

(E) Is there an example to follow?

(C) Is there a command to obey?



After telling and reading any story from the Bible, ask these questions one at a time and discuss the story to discover the answers. The answers you find will reveal the meaning of the story for our lives.

It is crucial that when we open Scripture, set goals, apply truths etc that we do so in a prayerful manner, seeking the Holy Spirit’s enabling, speaking, empowering and directing.

Short-term Discipleship: Commands of Christ

Use this Sword Bible Study Method to discuss true stories of Jesus from the Bible in the Commands of Christ that begin on next page. These stories and discipleship lessons are your short-term discipleship lessons, focusing in on first steps in walking in the footsteps of Jesus. After you complete the Commands of Christ lessons and your disciples are obeying Jesus, move on to long-term discipleship.

Overview

1. **Repent & Believe:** Command: Mark 1:15 + Story: The Sinful Woman (Luke 7:36-50)
2. **Be Baptized:** Command: Matthew 28:19 + Story: Philip and the Ethiopian Official (Acts 8:26-39)
3. **Pray:** Command: Matthew 6:9-13 + Story: Jesus' Prayer (Matthew 6:5-15)
4. **Go and Make Disciples:** Command: Matthew 28:19-20 + Story: The Samaritan Woman (John 4:4-42)
5. **Persevere:** Command: John 15:18-19 + Story: The Persecuted Church (Acts 5:27-42)
6. **Love:** Command: Matthew 22:37-39 + Story: The Good Samaritan (Luke 10:25-37)
7. **Lord's Supper:** Command: Luke 22:19-20 + Story: Jesus' Last Supper (Luke 22:7-20)
8. **Give:** Command: Luke 6:38 + Story: The Generous Widow (Mark 12:41-44)
9. **Gather:** Command: Hebrews 10:24-25 + Story: The First Church (Acts 2:41-47)

Command of Christ #1 - Repent & Believe

Read the command: In Mark 1:15, Jesus says...

Tell the story: The Sinful Woman (Luke 7:36-50)

Retell the story together. **Read the story** aloud.

Discover: Use the Sword Bible Study method to discuss the story and reveal its meaning for our lives.

Practice telling the story.

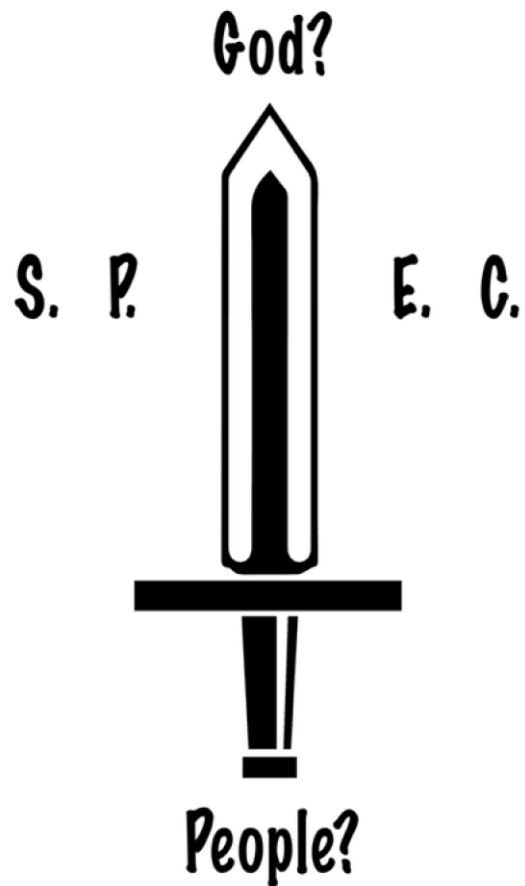
Explore More:

- What does “repent” mean? Repent means turning from sin and following Jesus.
- What does “believe” mean? Believe means choosing to trust Jesus as Lord.
- Why should we repent? Read Romans 3:23, 6:23, and 10:9.
- Who should repent? Acts 2:38-41 - Everyone must repent of sin and receive forgiveness.
- What is assurance? 1 John 1:9 says when we confess our sins, He is faithful to forgive us.

John 10:28 says our salvation belongs to Jesus. **Grow & Go Assignments:**

- Confess your sins before the Lord. Turn from them and live a new life.
- Begin growing by reading 2-4 chapters per day in the book of Mark this week.
- Share your story and Jesus’ story with others. (If you have not been trained to share your story and Jesus’ story, ask your trainer to equip you in the 3 Circles gospel tool).

Prayer: “Jesus I want to leave my old life of sin and follow you. I believe in you and receive your forgiveness. I confess you as Lord of my life.”



Command of Christ #2 - Be Baptized

Read the command: In Matthew 28:19, Jesus says...

Tell the story: Philip and the Ethiopian Official
(Acts 8:26-39)

Retell the story together.

Read the story aloud.

Discover: Use the Sword Bible Study method to discuss the story and reveal its meaning for our lives.

Practice telling the story.

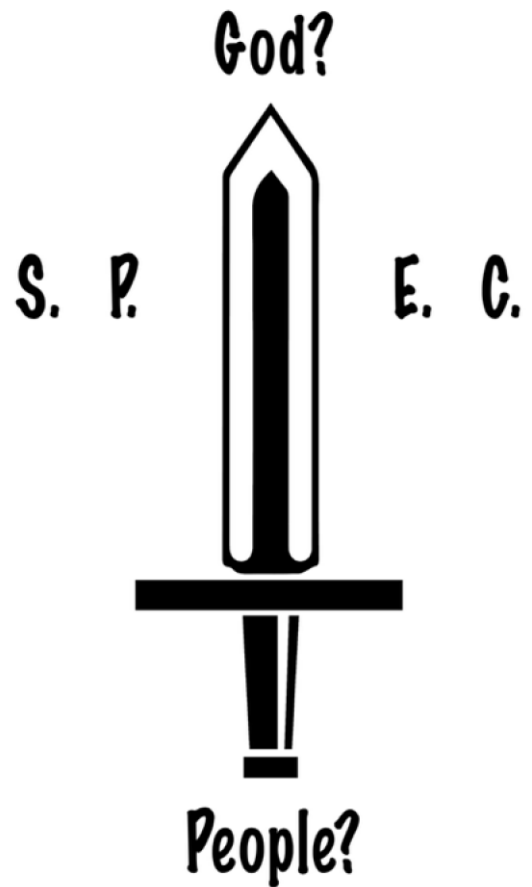
Explore More:

- What is “baptism”? Romans 6:3-4 - Baptism is a symbol of our life, death and resurrection. We have died to our old life and been raised to a new life with Jesus.
- Why should we be baptized? Matthew 3:13-15 - Jesus received baptism; so should we. Receiving baptism means we have identified Jesus as our Lord.
- Who should be baptized? Acts 2:38 - Everyone who repents and believes.
- How should we be baptized? Matthew 3:16 - Jesus went down into the water.

Grow & Go Assignments:

- Go down into the water and be baptized.
- Begin growing by reading 2-4 chapters per day in the book of Luke this week.
- Share your story and Jesus’ story with others. Train new disciples to obey Jesus using the Commands of Christ.

Prayer: “Lord, give me the strength to identify my life with you through baptism.”



Command of Christ #3 - Pray

Read the command: In Matthew 6:9-13, Jesus says...

Tell the story: Jesus' Prayer (Matthew 6:5-15) **Retell the story** together. **Read the story** aloud.

Discover: Use the Sword Bible Study method to discuss the story and reveal its meaning for our lives.

Practice telling the story.

Explore More:

- What is prayer? Talking with God. He is our Heavenly Father.
- Why do we pray? Matthew 6:9-13 - God hears us. We desire his will to be done on earth.
- How do we pray? It's simple. Just talk to him.

"Our Father...holy is your name.." = Worship God.

"Your Kingdom come..." = Pray for his mission to reconcile the world.

"Give us today our daily bread..." = Pray for our needs.

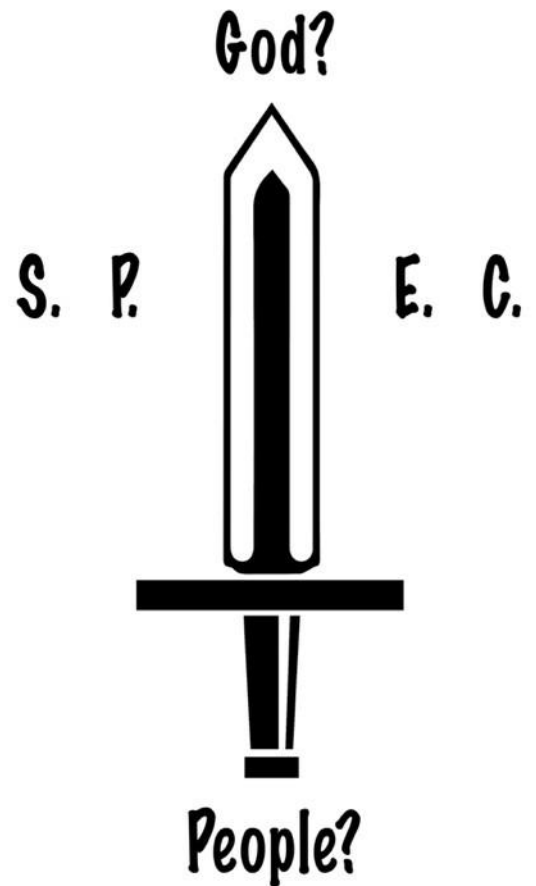
"Forgive us our debts..." = Pray for forgiveness.

"Deliver us from the evil one..." = Pray for strength to resist temptation.

Grow & Go Assignments:

- Start and end each day by giving thanks to God. Present your requests to him.
- Continue growing by reading 2-4 chapters per day in the book of Luke this week.
- Share your story and Jesus' story with others. Train new disciples to obey Jesus using the Commands of Christ.

Prayer: Lord, teach me to pray. Give me pure motives. May your will be done.



Command of Christ #4 - Go and Make Disciples

Read the command: In Matthew 28:18-20, Jesus says...

Tell the story: The Samaritan Woman
(John 4:4-42)

Retell the story together. **Read the story** aloud.

Discover: Use the Sword Bible Study method to discuss the story and reveal its meaning for our lives.

Practice telling the story.

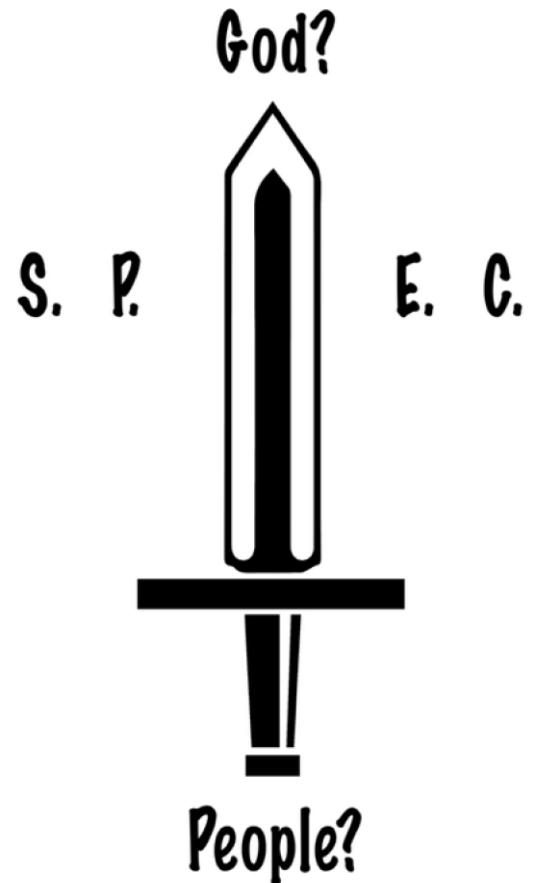
Explore More:

- Who should we share with? John 4:16 - our families, friends & neighbours
- What should we say? John 4:29 - The woman shared her story and Jesus' story (Gospel)
- Who is qualified to go and share? 1 Peter 2:9 - Every believer is a priest.

Grow & Go Assignments:

- Learn how to share your story and Jesus' story.
- Pray for opportunities to share with the people on your list of friends and neighbours who need to hear your story. Practice faith and boldness by sharing with them.
- Begin growing by reading 2-4 chapters per day from the book of John this week.
- Share your story and Jesus' story with others. Train new disciples to obey Jesus using the Commands of Christ.

Prayer: "Lord, make me bold to share what you have done in my life. Give me your words to share in my community."



Command of Christ #5 - Persevere

Read the command: In John 15:18-19, Jesus says...

Tell the story: The Persecuted Church
(Acts 5:27-42)

Retell the story together. **Read the story** aloud.

Discover: Use the Sword Bible Study method to discuss the story and reveal its meaning for our lives.

Practice telling the story.

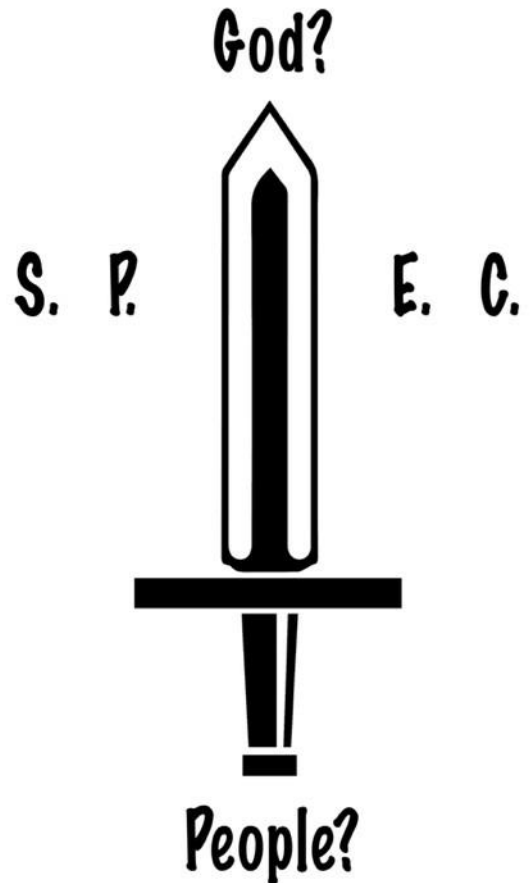
Explore More:

- What trials will Christians face? John 16:33 - Many trials and challenges.
- Why should we persevere? James 1:12 - A promised, heavenly crown of life.
- How do we persevere? Hebrews 12:1-2 - We look to Jesus who persevered.
- Who will face suffering? Acts 2:42, 1 Corinthians 11:27-29 - Baptized disciples devoted to Jesus.

Grow & Go Assignments:

- Continue growing by reading 2-4 chapters per day in the book of John this week. • Share your story and Jesus' story with others. Train new disciples to obey Jesus using the Commands of Christ.

Prayer: "Lord, my life belongs to you. Train me to persevere through trials and temptations."



Command of Christ #6 - Love

Read the command: In Matthew 22:37-39, Jesus says...

Tell the story: The Good Samaritan
(Luke 10:25-37)

Retell the story together. **Read the story** aloud.

Discover: Use the Sword Bible Study method to discuss the story and reveal its meaning for our lives.

Practice telling the story.

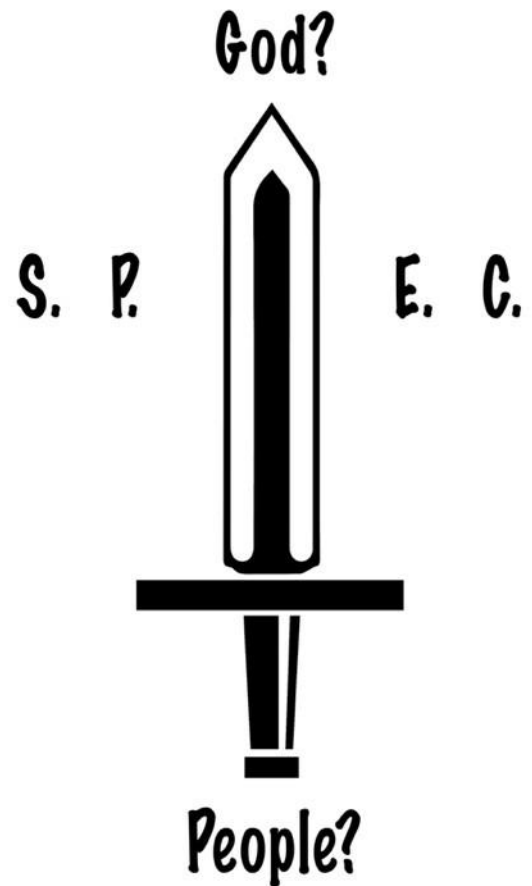
Explore More:

- What is “love”? John 15:13 and 1 Corinthians 13.
- Why do we love? John 13:34-45, Because Jesus loved us first. Love teaches the world about Jesus.
- Who do we love? Matthew 22:37-39 - First we need to love God, then we need to love our neighbours.
- How do we love? John 14:15 - Loving Jesus means we obey him. John 21:17- Loving others means telling them what God has done for you.

Grow Assignments:

- Take time each day to intentionally show love by serving your neighbours.
- Continue growing by reading 2-4 chapters per day from the book of John this week.
- Share your story and Jesus’ story with others. Train new disciples to obey Jesus using the Commands of Christ.

Prayer: “ Lord, help me to love you by obeying you. Help me to love others so that they will learn that you also love them.”



Command of Christ #7 - Lord's Supper

Read the command: In Luke 22:19-20, Jesus says...

Tell the story: Jesus' Last Supper (Luke 22:7-20)

Retell the story together.

Read the story aloud.

Discover: Use the Sword Bible Study method to discuss the story and reveal its meaning for our lives.

Practice telling the story.

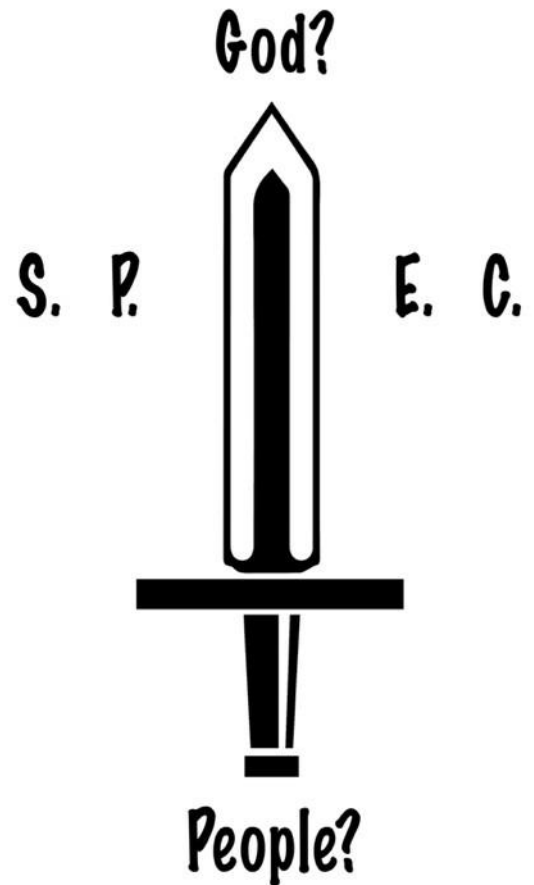
Explore More:

- What is the Lord's Supper? 1 Corinthians 11:26 - A symbol of the Lord's death.
- Why do we eat the Lord's Supper? 1 Corinthians 11:26 - His body was broken, and his blood was spilt.
- How do we receive the Lord's Supper? 1 Corinthians 11:27-29 - We must examine ourselves, confess our sins to God, and remember that Jesus died to set us free.
- Who should receive the Lord's Supper? Acts 2:42, 1 Corinthians 11:27-29 - Baptized disciples devoted to Jesus.

Grow & Go Assignments:

- Confess your sins to the Lord. Remember the good news that Jesus died for everyone and rose from the grave. Receive the Lord's Supper.
- Continue growing by reading 2-4 chapters per day in the book of Matthew this week.
- Share your story and Jesus' story with others. Train new disciples to obey Jesus using the Commands of Christ.

Prayer: "Lord, show me the sins I have committed. Please forgive me. Thank you for giving your body and blood to cover my sins and set me free."



Command of Christ #8 - Give

Read the command: In Luke 6:38, Jesus says...

Tell the story: The Generous Widow
(Mark 12:41-44)

Retell the story together.

Read the story aloud.

Discover: Use the Sword Bible Study method to discuss the story and reveal its meaning for our lives.

Practice telling the story.

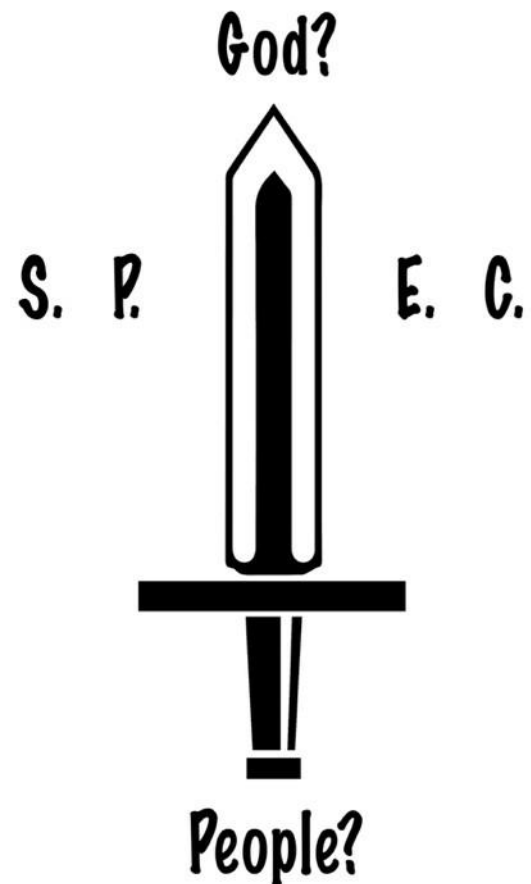
Explore More:

- What should we give to God? Psalm 16:5 - God is the source of all we have and our future.
- Why should we give to God? 2 Corinthians 9:6-7 - Give generously, and we will receive abundance. God loves a cheerful giver.
- How do we give to God? 2 Corinthians 9:7 - Cheerfully, not under compulsion, Matthew 6:1-4 - Secretly, not for recognition.
- Who do we give to? Acts 4:34-35 - The church gave to all who had need. 2 Corinthians 9 - A collection was given to a church.

Grow & Go Assignments:

- Decide with your family an amount of time and money you will give for the work of the church this week.
- Continue growing by reading 2-4 chapters per day in the book of Matthew this week.
- Share your story and Jesus' story with others. Train new disciples to obey Jesus using the Commands of Christ.

Prayer: "Lord, everything I have is yours. Teach me to give. Show me needs to which I can give my time and money."



Command of Christ #9 - Gather

Read the command: In Hebrews 10:24-25, Jesus says...

Tell the story: The First Church (Acts 2:41-47)

Retell the story together.

Read the story aloud.

Discover: Use the Sword Bible Study method to discuss the story and reveal its meaning for our lives.

Practice telling the story.

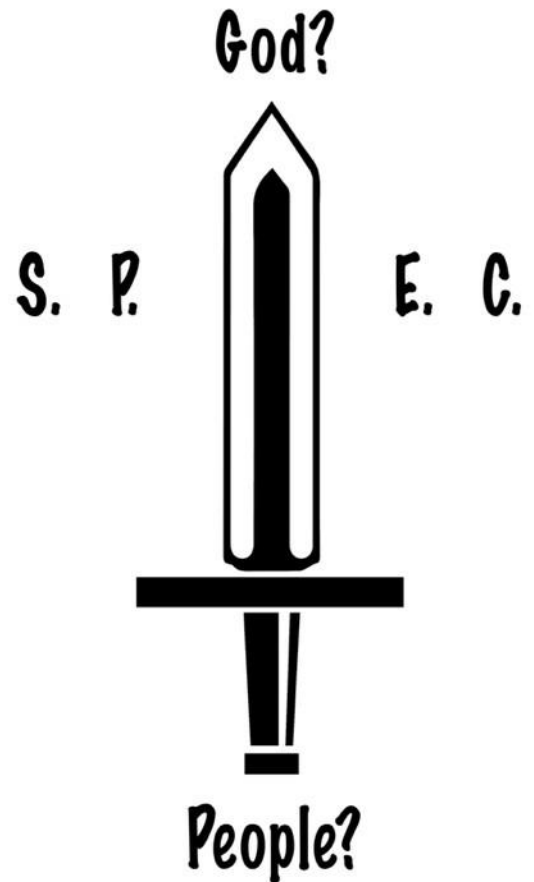
Explore More:

- Why should we meet together? Hebrews 10:24-25 - Encourage and spur one another on towards love and good deeds.
- Who should we meet with? Acts 2:41 - Baptized believers.
- What should we do when we meet together? Acts 2:41-47 - Pray, worship, fellowship, and discuss God's Word.
- When should we meet together? Acts 2:46 - The early believers met together every day.
- Where should we meet? Acts 2:46, Philemon 1:2 - Homes & places of worship.

Grow & Go Assignments:

- Discuss this question: "Do we want to agree that we are church?" If so, make a covenant and commit to meet weekly as a church. (The Healthy Church diagram on the next page might help)
- Continue growing by reading 2-4 chapters per day in the book of Matthew this week.
- Share your story and Jesus' story with others. Train new disciples to obey Jesus using the Commands of Christ.

Prayer: "Lord, you have adopted me into your kingdom family, and I commit to serve you through a local fellowship of my brothers and sisters in Christ."



A Healthy, Multiplying Church



Church Circles Tool:

Circle: gathering, Water: baptism, Money sign: giving, Bread & Cup: Lord's Supper

Heart: fellowship, Book: Bible study, Kneeling: prayer, Raised hands: worship Sent out: evangelism, Smiling faces: leaders

NB None of these things above are possible to achieve in a healthy, reproducible way without openness to, enabling from, and reliance upon the Holy Spirit.

How to move your gathering forward towards a healthy, reproducing church:

Step One: Draw a circle (represents your gathering).

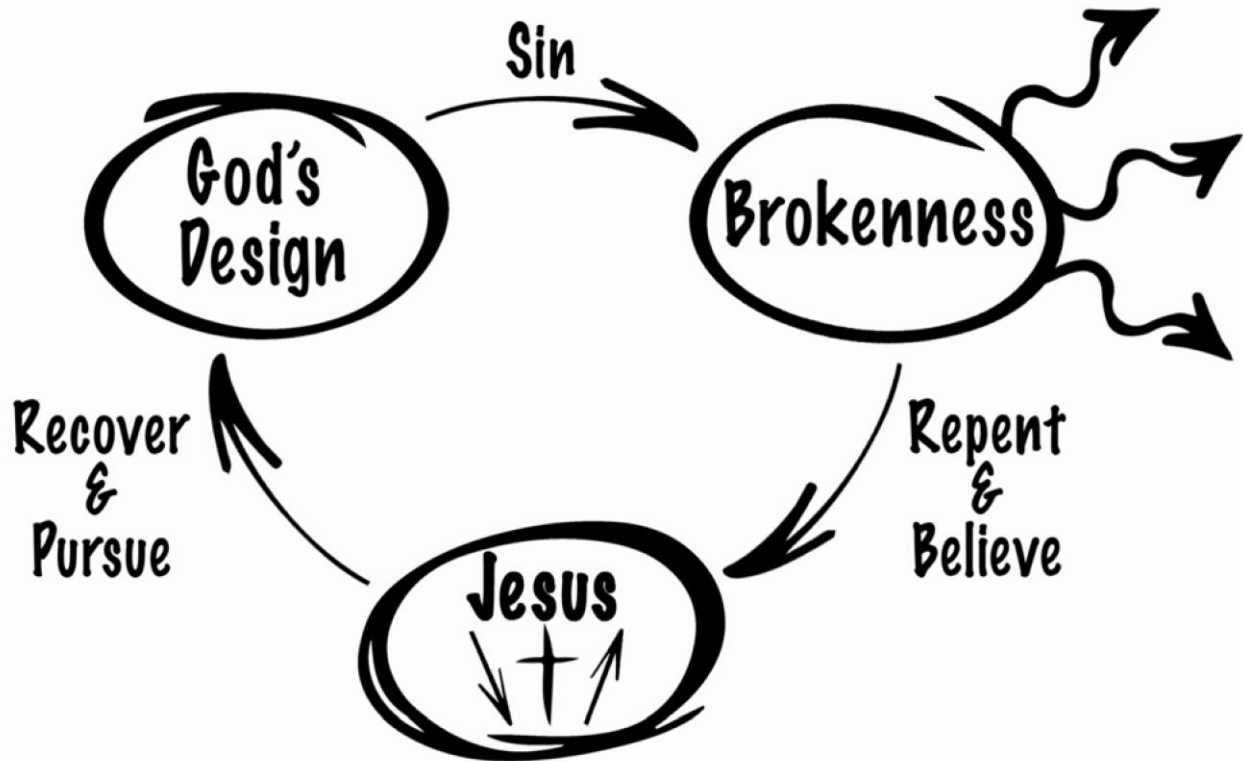
Step Two: Draw your current actions inside the circle (represents your progress).

Step Three: Draw church actions you aren't doing outside the circle (represents your next steps).

Step Four: Make a plan with your team to add missing actions in the next 90 days.

A Gospel Summary

(for a video explanation on this Three Circles approach to sharing the Gospel please see <https://www.goldhill.org/resources/take-a-step/reproducing/3-circles-resources/>)



Long-term Discipleship

Now that you have completed the short-term discipleship lessons (Commands of Christ), continue on to long-term discipleship using the Three Thir ds Discipleship Format (next page) and the Sword Bible Study Method as your Bible discovery tool. Each new lesson will be a Bible story. Mark's gospel is the best place to start. Use this schedule to make disciples.

1. Mark 1:1-8	19. Mark 5:1-20	37. Mark 9:1-8	55. Mark 12:28-34
2. Mark 1:9-15	20. Mark 5:21-24, 35-43	38. Mark 9:9-13	56. Mark 12:35-40
3. Mark 1:16-20	21. Mark 5:35-34	39. Mark 9:14-29	57. Mark 12:41-44
4. Mark 1:21-28	22. Mark 6:1-6	40. Mark 9:33-37	58. Mark 13:1-8
5. Mark 1:29-34	23. Mark 6:7-13	41. Mark 9:38-50	59. Mark 13:9-13
6. Mark 1:35-40	24. Mark 6:14-29	42. Mark 10:1-12	60. Mark 13:14-27
7. Mark 2:1-12	25. Mark 6:30-32	43. Mark 10:13-16	61. Mark 13:28-37
8. Mark 2:13-17	26. Mark 6:33-44	44. Mark 10:17-31	62. Mark 14:1-10
9. Mark 2:18-28	27. Mark 6:45-52	45. Mark 10:32-34	63. Mark 14:11-21
10. Mark 3:1-12	28. Mark 6:53-56	46. Mark 10:35-45	64. Mark 14:22-26
11. Mark 3:13-19	29. Mark 7:1-13	47. Mark 10:46-52	65. Mark 14:27-31
12. Mark 3:20-30	30. Mark 7:14-23	48. Mark 11:1-11	66. Mark 14:32-42
13. Mark 3:31-35	31. Mark 7:24-30	49. Mark 11:12-18	67. Mark 14:43-52
14. Mark 4:1-20	32. Mark 7:31-37	50. Mark 11:19-26	68. Mark 14:53-65
15. Mark 4:21-25	33. Mark 8:1-10	51. Mark 11:27-33	69. Mark 14:66-72
16. Mark 4:26-29	34. Mark 8:11-21	52. Mark 12:1-12	70. Mark 15:1-15
17. Mark 4:30-34	35. Mark 8:22-26	53. Mark 12:13-17	71. Mark 15:16-47
18. Mark 4: 35-41	36. Mark 8:27-38; 9:30-32	54. Mark 12:18-27	72. Mark 16:1-20

Creation to Christ Scripture List

1. Genesis 1:1-2:3	10. Exodus 20:1-21	19. Mark 4:35-41
2. Genesis 2:4-24	11. Leviticus 4:1-35	20. Mark 5:1-20
3. Genesis 3:1-13	12. Isaiah 53	21. John 11:1-44
4. Genesis 3:14-24	13. Luke 1:26-38; 2:1-20	22. Matthew 26:26-30
5. Genesis 6:5-7:24	14. Matt 3; John 1:29-34	23. John 18:1-19:16
6. Genesis 8:1-9:17	15. Matthew 4:1-11	24. Luke 23:32-56
7. Genesis 12:1-8, 15:1-6, 17:1-7	16. John 3:1-21	25. Luke 24:1-35
8. Genesis 22:1-19	17. John 4:1-26; 39-42	26. Luke 24:36-53
9. Exodus 12:1-28	18. Luke 5:17-26	27. John 3:1-21

10 Stories of Hope (to help someone discover Jesus)

A party at Levi's	Mark 2:1-17
Nicodemus at night	John 3:1-17
A transformed life	Mark 5:1-20
A memorable act	Luke 7:37-50
The lost son returns	Luke 15:11-32
Thanks!	Luke 17:11-19
What God sees	Luke 18:9-14
Coming to your house	Luke 19:1-10
Hungry for God	John 4:1-42
Seeds and soils	Mark 4:1-20