

RESTART

Discipleship Study

How to Use *Restart Discipleship Study* as a Discipling Tool

- Ask participants to commit to four one-hour sessions to discuss the starting blocks of faithfully living for Christ. Be flexible with participants schedule but try to make the four weeks consecutive.
- Participants should read the corresponding chapter of *Restart* before each session.
- Sessions work best in an informal setting. Think round table discussion.
- Begin and end each session with prayer. Be sure to ask about prayer requests. In this you are modeling prayer for participants. Over the course of the study see if participants would be willing to pray. If you have more than four people participating in the study, then participants may be reluctant to lead in prayer because of the size of the group so don't push the issue.
- In addition to introducing the material, you also want to share your heart and life with these individuals. This is a great opportunity to build relationships that will be strengthened over the years. Be sure to have time each session to discuss life circumstances (family, work, hobbies, etc....)
- Understanding is key. Be sure to allow for questions along the way. End the discussion time early to allow for further questions.
- Encourage participants to bring their Bible and look up the passages. Have them read Scriptures so they can grow comfortable. Ask, before making the point: "*What does this Scripture teach?*"
- Give a printed copy of the participant handout to each participant so they can have for future reference.
- Before moving on to the 'Next Steps' portion of the lesson, discuss the questions at the end of the corresponding chapter in *Restart*.
- **LEADER TIP:** Tips, further discussion, and teaching points are provided throughout the Leader's Guide to help prepare the leader.
- Before leading, spend time praying for the study and those participating. Be prepared, having reviewed the Leaders Guide in advance.

LEADER'S GUIDE

SESSION ONE: LEARNING THE TEACHINGS OF JESUS

OPEN IN PRAYER

When it comes to being a follower of Jesus, the first thing we must do is know His voice. (John 10:27-30)

The Bible is how we can know the voice of Jesus:

1. It is the words of God (*Romans 3:2*)
2. It is inspired by God (*2 Timothy 3:16*)
3. It bears testimony about Jesus (*John 20:31*)

The Bible in its entirety (both Old and New Testaments, all 66 books) is for our spiritual growth. (2 Timothy 3:16-17, Hebrews 4:12; Psalm 119:105)

LEADER TIP: “The scriptures were written by sinful men (like you and me); however, because they were inspired by God, we treat them as the authoritative word of God. Jesus considered the Old Testament to be inspired and He commissioned His apostles to speak and write on His behalf—promising them the Holy Spirit who would also inspire them. We should treat the Scriptures with the same respect and give them the same authority Jesus did.”

There may be a need to establish here the role the Old Testament and New Testament play in our faith.

Scripture's purpose:

1. To know God (*2 Peter 1:16-21*)

LEADER TIP: “This is Scripture's primary purpose. When reading and studying the Bible, focus more on what it says about God than what it says about you. The Bible is far more about Him than it is about us.”

2. Know how to be saved (*2 Timothy 3:15*)
3. Know God's will for our lives (*Psalm 119:9, 105; Proverbs 2:6*)

LEADER TIP: “God's will is given to us in Scripture. There may not be a specific will God has for each person's life on any given topic, like who I should marry. But it does give us principles, like the kind of person we should marry.”

4. Fight temptation (*Matthew 4:1-11*)

LEADER TIP: “Notice that Jesus used Scripture in response to each of the temptations of Satan.”

5. Cut out the evil in our life, and restore the good (*Hebrews 4:12*)

LEADER TIP: “The Word is a double edge sword. Like a scalpel in surgery, it is used to cut you open to reveal the cancer but also used to cut out the cancer so that you can be cured.”

We should...

1. Study out Scripture regularly, individually. (*Joshua 1:8*)
2. Know and memorize Scripture. (*Psalm 119:11*)
3. Study Scripture with other Christians. (*Acts 2:42*)
4. Obey what Scripture teaches. (*James 1:22-25*)

LEADER TIP: “We cannot miss this point. If all we do is study the Scriptures to know more and never do anything with them, we have missed the mark. The purpose of God revealing Himself is so that we will know Him and follow Him. (*cf. Jn. 14:15*)

DISCUSS QUESTION FROM CHAPTER ONE OF RESTART (page 27)

Next Steps:

1. Understand the lay out of the Bible. (*Memorize books of Bible, grasp overarching story*)
2. Start reading in the book of Mark or John.
LEADER TIP: Encourage participants to begin reading one of these books by the next session.
3. Join a group Bible study.
LEADER TIP: After this study, consider starting the Training for Service course, or be sure to get the participant the information to get involved in a regular Bible study group.
4. Be a part of the regular gathering of the saints, where the Word is being preached.

ALLOW TIME FOR QUESTIONS

CLOSE IN PRAYER

SESSION TWO: LIVE THE LIFE OF JESUS

OPEN IN PRAYER

As we continue to follow Jesus, we are called upon to live our lives like Jesus.
(1 Peter 1:13-16)

The Bible uses the phrase “sanctification” to talk about our ever-growing relationship with Christ. We are called “out” from the world to live holy and distinct lives. This is why every follower of Christ is called a “saint” (or holy one).

Living the life of Jesus means:

1. Our mind will be renewed (*Romans 12:1-2*)
2. Our heart will be transformed (*Ezekiel 36:26-27*)

LEADER TIP: As you discuss the Biblical understanding of heart, be sure to discuss motives. For the change that occurs in us is not just external actions, but internal motivations and life change. God looks at the heart (cf. 1 Sam. 16:7); and Jesus clearly spoke to not just what we do, but why we do it (*Matthew 6:1-18*)

3. We will live a countercultural life (*Ephesians 4:17-24*)

LEADER TIP: It would be important to continue to reflect on the remaining teaching of this passage from *Ephesians* (4:25-6:9) as you are teaching this text. It illustrates the kind of life we live and gives practical teaching on how we live differently from the world with our speech (4:25-32), love (5:1-2); purity (5:3-7) and even in our relationships with others (5:21-6:9).

As we live the life of Jesus we will:

1. Take off sin and sinful habits (*Colossians 3:5-10*)
2. Add holiness and righteousness to our life (*2 Peter 1:5-9*)
3. Display the fruits of the Holy Spirit (*Galatians 5:22-23*)

We should keep in mind that we are not saved by our good works or efforts, we are saved for good works. (*Ephesians 2:8-10*)

LEADER TIP: Explain the concept of justification and sanctification here. Use the “double cure” chart image on page 31 of *Restart* to describe how faith and works function together. We are not saved nor kept saved by our works. Faith is what keeps us saved, we work because we are saved. Be sure to caution about losing salvation through losing faith.

The incredible news is God does not leave us alone to live the life of Christ. The purpose of the Holy Spirit who is given to us in baptism is to empower us to live faithfully for Christ. When we surrender to His power, we are being led by the Spirit. (*2 Corinthians 3:18*)

LEADER TIP: A concise teaching on the Holy Spirit may be needed and appropriate here. It is also important to note that Jesus lived a life that was led by the Spirit (cf. *Lk. 4:1*)

Having a Spirit led life means we will commit to the practices of:

1. Scripture Reading/Mediation/Memorization (*Psalm 1:1-3*)
2. Prayer (*Matthew 6:5-15*)
3. Fasting/Abstaining (*Matthew 6:16-18*)

4. Giving/Serving (*Matthew 6:1-4*)
5. Community of Accountability/Encouragement (*1 Thessalonians 5:14-17*)
6. Worship (*John 4:23*)

DISCUSS QUESTION FROM CHAPTER TWO OF RESTART (page 51)

Next Steps:

1. Identify and work toward obedience in the most obvious areas of your life.
2. Begin to develop the habit of prayer.
3. Find another Christian to disciple you and hold you accountable to faithful living.

ALLOW TIME FOR QUESTIONS

CLOSE IN PRAYER

SESSION THREE: PARTICIPATE IN THE BODY OF JESUS

OPEN IN PRAYER

Every follower of Jesus is a part of His church. (Romans 12:5)

It is vitally important that as you follow Jesus, you are a part of a local church that:

1. Submits to Christ's Lordship

LEADER TIP: The foundation that Christ said His church would be built on was the Great Confession (cf. Mt. 16:16-19)

2. Upholds the authority of the Bible

LEADER TIP: A church that does not see the Bible as the inspired, infallible, and authoritative word of God will compromise Scripture, and thus will result in a teaching that is different from Jesus' teachings.

3. Seeks to obey the Word in faith and practice

LEADER TIP: Not only is right belief important, but so is right practice. Getting back to following the example of the early New Testament church as much as possible is a must.

4. Proclaims the gospel message

LEADER TIP: Be wary of another gospel, or a works-based salvation doctrine. Jesus as King should constantly be stressed.

5. Has the same mission that Christ gave His church

LEADER TIP: Although many well-meaning churches have good purposes (education, social justice, fellowship), Jesus gave us our mission when He commissioned us to make disciples. Disciple making is the core mission of the church. A church that is not focused on this will miss the mark of a faithful church.

Practices of a faithful church (Acts 2:42):

1. Singing (*Ephesians 5:19*)

LEADER TIP: Although not mentioned in Acts 2:43, we see the early church develop this practice of singing as a regular part of their weekly gathering.

2. Prayer (*Colossians 4:2*)

3. Apostles Teaching: Preaching/Teaching (*1 Timothy 4:13*)

4. Fellowship/Giving (*1 John 1:7; 2 Corinthians 9:7-8*)

LEADER TIP: Fellowship in the Bible is more than just spending time with others; it is sharing everything in common. Which often included (but was not limited to) material possessions.

As you discuss giving, be sure to talk about being a financial contributor to the church. It may be wise to discuss tithing (as many people often have questions). Be sure to teach that it is not about the amount (although tithing is a good Old Testament principle, and starting place) rather it must be done joyfully, and the New Testament example of Christ followers is sacrificial generosity.

5. Breaking of Bread: The Lord's Supper/ Communion (*1 Corinthians 11:20-29*)

LEADER TIP: A concise teaching on the meaning of communion may be appropriate. This is a thanksgiving and memorial meal. The breaking of the bread represents Christ's body, the pouring out of the cup represents His blood.

Jesus was committed to the church, if we are following Him, we too must be committed (*Ephesians 5:25*):

1. Committed in attendance (*Hebrews 10:23-25*)

2. Committed in serving (*1 Peter 4:10*)

3. Committed to one another (59 times the New Testament talks about the kind of

4. commitment we should have to one another)

5. Committed to the leaders (*Hebrews 13:17*)

LEADER TIP: It may be important to establish here how a church is governed and who are the leaders of your local church. Christ as the head, with elders who are overseeing the congregation spiritually and physically. Evangelist (church planter, preacher) who oversees teaching and preaching. And deacons who oversee areas of ministry as needed.

The church is meant to be a family (with all its blessings and baggage) and in the church you will find:

1. Community/Belonging (*1 Corinthians 12:12*)
2. A bond of unity (*1 Corinthians 12:26-27*)
3. Accountability (*Galatians 6:1-2*)
4. Encouragement (*1 Thessalonians 5:11*)
5. Expanded ministry opportunities (*Ephesians 4:11-12*)

DISCUSS QUESTION FROM CHAPTER THREE OF RESTART (pages 78-79)

Next Steps:

1. Join a local church by becoming a member.

LEADER TIP: Discuss this process for your church, if those participating are not already members.

2. Develop the habit of regular church attendance.

3. Get involved in the church's opportunities for spiritual growth.

LEADER TIP: Discuss how disciples are made in your church. And then give information about their next step once this study ends.

4. Take a Spiritual Gifts Assessment Test (there is one provided at www.teachtoobey.com/restart)

LEADER TIP: Have a printed out version of the Spiritual Gifts Assessment Test you want to use. Give to participants at the end of this session to take home and complete. Have them bring back next week for you to discuss.

5. Find an opportunity to serve in/with your local church using your spiritual gift(s).

LEADER TIP: If (or once) they know their spiritual gift, assist in plugging them in to serving opportunities in your church that will help them faithfully use their gift.

ALLOW TIME FOR QUESTIONS

CLOSE IN PRAYER

SESSION FOUR: SHARE IN THE MISSION OF JESUS

OPEN IN PRAYER

BEFORE SESSION: REVIEW SPIRITUAL GIFTS ASSESSMENT

LEADER TIP: Answer any questions participants may have about their spiritual gift. Tell them about the opportunities in your church and community for them to begin to use their gifts.

Every follower of Jesus is called to use his or her time, talent, and treasures to expand Jesus' mission. (Matthew 25:14-30)

The mission that Christ gave His church is that they would make disciples of all nations (Matthew 28:18-20)

A disciple is someone who is (Matthew 4:19- NASB):

1. Following Jesus ("follow me...")
2. Being changed by Jesus ("...and I will make you...")
3. Committed to the mission of Jesus ("...fishers of men.")

LEADER TIP: I recommend Jim Putman's book: *Real Life Discipleship* to understand this definition.

Making disciples includes sharing the gospel with people who are not yet saved (evangelizing, Mark 16:15), and also helping those who are saved to become more obedient to Christ. (discipling, Ephesians 4:14-16)

LEADER TIP: Sometimes said as "saving the lost and training the saved"

When sharing the gospel with someone who is lost:

1. Pray for that individual
2. Develop a relationship with them

LEADER TIP: Relationships often open the door for your to share your heart.

3. Invite them to do a Bible study to learn more

LEADER TIP: The Discover Bible Study method is great tool to use. Invite a lost friend to read Scripture with you. Each time you meet ask three questions: 1) What does this teach us about God? 2) What does it teach us about ourselves? 3) What are you going to do with this information?

This is putting the emphasis on the Word doing the work and transformation in someone's life.

4. Share your testimony

LEADER TIP: Our stories soften people's hearts, God's story changes people's hearts.

5. Focus on making a commitment of following Jesus

LEADER TIP: Becoming a Christ-follower is about following Christ not joining a church denomination or being like Christians. It is important, therefore that we make Jesus the highlight of our evangelism efforts.

6. Know the gospel message (1 Corinthians 15:1-4)
7. Share the steps they need to take to obey the gospel (believe, confess, repent, be baptized)

Remember when sharing the gospel, it is God who brings growth and change in an individual. (1 Corinthians 3:4-9)

LEADER TIP: It is important to stress the idea that although we can share the gospel, people may not respond. This may not be because of anything we do. Also, it is important to remember that when we

share the gospel and someone does respond, that God was using us—it is not because of our work that they are saved. This understanding helps avoid discouragement and boasting.

Although we may face various obstacles when sharing our faith (fear, uncertainty, not knowing enough) we must recognize these as normal but still press on to always be ready to share our faith with others.

Sharing our faith comes through:

1. Our lifestyle (*Matthew 5:16*)
2. Being asked questions (*1 Peter 3:15-16*)
3. Sharing the truth of God's Word (*Romans 10:14-17*)

DISCUSS QUESTIONS FROM CHAPTER FOUR OF RESTART (page 100)

Next Steps:

1. Learn a simple way to share the gospel message and rehearse it well

LEADER TIP: The Three Circle Gospel Presentation can be found at:

www.teachtoobey.com/ThreeCircles. Either show this video, work through it yourself with the participants, or share a method you usually use.

2. Learn the plan of salvation

LEADER TIP: Encourage participants to memorize the plan of salvation that is provided on page 97 of *Restart*.

3. Keep living a faithful life wherever you are

4. Keep learning more about the Word so you can be more prepared

ALLOW TIME FOR QUESTIONS

CLOSE IN PRAYER

PARTICPIANT'S HANDOUTS

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2. Upholds the authority of the Bible
3. Seeks to obey the Word in faith and practice
4. Proclaims the gospel message
5. Has the same mission that Christ gave His church

Practices of a faithful church (*Acts 2:42*):

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1. Pray for that individual
2. Develop a relationship with them
3. Invite them to do a Bible study to learn more
4. Share your testimony
5. Focus on making a commitment of following Jesus
6. Know the gospel message (1 Corinthians 15:1-4)
7. Share the steps they need to take to obey the gospel (believe, confess, repent, be baptized)

Remember when sharing the gospel, it is God who brings growth and change in an individual. (1 Corinthians 3:4-9)

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2. Learn the plan of salvation
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Restart: Living a Faithful Life as a New Follower of King Jesus- Discipleship Study

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