

Discipleship Guides  
(Special thanks to Knute Larson  
for sharing this material)

- All are about character or church
- All are based on Scripture passage
- The questions are meant to go right to the heart and the will.
- Each guide can be covered in one or two hour-long sessions
- They are especially designed for all men, with no more than six or seven in each group.

The suggested order:

- 1 Previewing and Setting Goals—*intro*
- 2 My Personal Search—*goals for character*
- 3 About My Position—*basic dedication*
- 4 Colossians 1:9-14—*basic character prayer*
- 5 On Living with Grace—*behind all growth*
- 6 How We Get His Strength—*Isaiah's personal strength*
- 7 The Mirror, The Bible—*to get us in it*
- 8 My Progress Toward Christ—*very primary*
- 9 Daily Wisdom—*the Word and our hearts*
- 10 Strength Over Our Weakness—*if only we would*
- 11 What are You Thinking—*just what it says*
- 12 My Church and I —*the great church paragraph*
- 13 The Spent and the Noble—*our two choices*
- 14 The Church at Ephesus and Here—*for today*
- 15 The Winning Team—*body life in the church*

*The next seven are about five characteristics.*

- 16 Learner: The Word—*don't stay the same!*
- 17 Worship: Use of Heart and Hands—*looking up*
- 18 Server: One Changed by God (mark)—*do we wash feet?*
- 19 Server: One Changed by God (Galatians)—*using freedom*
- 20 Rester—Resting in God—*assurance deep inside*
- 21 Relater—*how we keep unity*
- 22 Self exam—*a good conclusion*

*The first 15 could easily take two years of meeting twice a month, the recommended time to meet together. Then start three new groups for the next two year, having two of you start.*

### Previewing and Setting Goals

Psalm 139

Response to my Creator  
*Knowing He made me for a purpose*

Romans 12;1,2

About my position...  
*Standing beside Christ!*

Colossians 1:9-14

God's will in my heart...  
*Bearing fruit and growing strong!*

#### Personal Goals to Help Christ

##### Work with Me:

	<u>Goal/Purpose</u>	<u>Steps/Habits</u>
Scripture And prayer		
Heart attitudes Or feelings		
Marriage Or family		
Worship Or wisdom		
Physical Or mental		

## My Personal Search for Cleanness Psalm 139

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### **Design: God designed and made us** (13-16)

What should it mean to us that God made us? (14,15)

Should that be a conscious thought we continue?

How can we keep it in mind?

How can or should this fact help with envy or negative self-image?

How do you feel about the way God made you?

What can remind us of this?

What did God have in mind when he made you? (16)

How can you find that out?

### **Accountability: He sees all I do and am** (1-12)

When do you feel as if you have been "searched"? (1)

Is it possible to stay so occupied you never feel this?

How do you feel about God's knowing all about you? (4-6)

Do you ever tell God what that means to you?

### **Response: I can fight it or cooperate** (19-24)

What sin should you be more angry about? (19-22)

How would it show?

How can you help God search you? When? Why?

How often? Would it be hard? What part would the Bible have in this?

(23,24, and Heb. 4:12,13)

## **About My Position Romans 12**

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### **Where I stand: offer your body** (1-2)

What does it mean to "stand beside" Christ?  
How does it feel? What does it do?

Do I know when I move away from Him?  
Does it bother me? What can I do?

### **How I Grow: be transformed...renewing mind**

What areas of my thinking need to be changed?  
Can I identify them?

What are my ways to change my thinking?  
Daily habits? Deliberate thoughts?

### **How I Think About Myself: sober judgment**

Should it depend on my dedication?

How does it show?

## Colossians 1:9-14

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### **Understanding: the will of God** (9)

What seems to be "God's will" here?  
How does it contrast with normal views?

How do I get this wisdom?  
How do I help my family by praying this?

Is my life in the center of God's will?

### **Lifestyle: a life worthy of the Lord** (10)

What kind of life is "worthy" and "pleasing"?

What areas of your life show strong "good works"?  
What areas show need to grow?  
Would accountability help?

### **Power: strengthened with all power** (11)

How will God's power show in our lives...marriages?

How should we pray for character (12-14)

How does gratitude relate to all of this?

**On Living With Grace**  
**Titus 2:11-14**

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**Motivation: the grace of God** (11)

What is so good about grace?

When did it appear in the brightest way in history?  
In your life?

**Instruction: the lessons from grace** (12)

What should you say "no" to this week?

What is common about all the things we should reject?

What instead are we to be and do?  
How do you rate on these?

**About My Position**  
**Romans 12**

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**More Motivation: the amazing grace** (13-14)

How can I stay conscious of this?

Did I ever think about this kind of future?  
Should I?

## How We Get His Strength Isaiah 40:20-31

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### **The Lord of Strength** (28)

What do we learn about Him here?  
Why is it so easy to yawn at such amazing statements?

How do these abilities or attributes of God relate to your personal abilities and spiritual needs?

### **The Gift of Strength** (29-31a)

What does He do for us?  
Define a time you have felt that.  
What is it like?

To whom does He give this help?  
Do we have to be hurting to receive it?

What does it mean to "hope in the Lord"?  
How would that show an attitude, action?

### **The Evidence of Strength** (31b)

How does it show? Picture these situations.

How is it God's gift of strength when we soar (when things are great), or run (work hard but do not tire), or walk (barely make it, but do not faint)?

**The Mirror, The Bible**  
**James 1:22-25**

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**Listening to the Word** (22)

How do you do this?

Does this demand personal time or is church enough?

What keeps you from this habit?

**Doing the Word** (23,24)

Explain the mirror illustration in your own words.

In what areas would you be most likely to see needs but not do anything about it?

Why do we reject truth like this sometimes?

What is an area or habit where you recently looked and changed? Why the emphasis on "continues"?

What kind of "blessed" comes with this obedience?

When do you sense that?

How much?



**My Progress Toward Christ**  
**Philippians 3:7-14**

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**Purpose: Our Dominant Purpose in Christ** (7-9)

How should my central value system be different because of Christ?

What does this say about my priorities?

**Relationship our relationship with Christ** (10-11)

What am I doing to know Christ better?

How have I shared in Christ's pain recently?

**Progress: Our Progress Toward Christ** (12-14)

How can I have a conscious goal to know Christ better in my busy life?

What are specific goals that I am seeking and how can t his group help to achieve them?

**Daily Wisdom**  
**Proverbs 4:18-27**  
**Romans 12**

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**The Bright and the Dark** (18-19)

How is he defining the "righteous" and the "wicked" in this contact?  
Look around.

In what sense are the righteous characterized by light and brightness?  
How should it keep getting brighter?

Do you walk in brightness?  
Do you know what makes you stumble?

**The Words of the Righteous** (20-22)

Where do we find those words? When?

What is the difference between having the words in your sight and in  
your heart?

Tell some ways you have received life or health from the words of life?

**Our Instructions for Good Health** (23-27)

23—How do we guard our own hearts? What does this imply about  
accountability?

24—What thoughts or words tempt you to most break this? What can  
help you avoid sin?

25—Apply this verse. What is it about? What is there to see at the  
sides? Where would Christ be in the metaphor?

26—Why are there so many infirm paths today?

27—Talk about your feet.

**Strength Out of Weakness**  
**2 Corinthians 12:7-12**

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**The Possibility of Conceit** (7)

What trait or ability could make you proud?  
Be honest—what do you realize you are good at?

What can you do to give that to the Lord?  
What would Romans 12:1 & 3 mean for you?

**The Prevention of Conceit or Pride** (7,8)

What kinds of negatives could be labeled “thorns”?

Are there things in your life that could be called “thorns” or “keepers of humility”?

What would it mean for you to look at them that way?

**The Power for Weakness and Pride** (9, 10)

How do you sense grace for your weakness, and when?

How do you think Paul ever got to where he could write verse 10?  
How could you ever say that?

How can you seek Christ for strength and abide in Him so you experience His strength?

How would you explain to a friend why God did it this way?

## **What Are You Thinking? Philippians 4:6-9**

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### **Worry—Anxiety: The Opposite of Peace** (6,7)

Why is the one option so much easier to choose than the better one, when it comes to problems and worry?

What does it take for you to really pray about an issue?

When do you experience the peace of God?

### **Thought Life: The discipline of Our Minds** (8,9)

How can we possibly regulate what we dwell on?  
Are we responsible when there are so many stimuli?

What main positive (things to do) and negative (things to avoid) disciplines help you to guard your thoughts?  
What helps you be consistent?

What strikes you about the descriptions of the regular thoughts God wants us to have? Is it normal?

2 Corinthians 10:5—This verse makes it look like it can be done. How can it be done?

**My Church and I**  
**Ephesians 4:11-16**

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**Leadership: The Gifts From Christ** (11,12)

How should I be affected by who gave these gifts to us?

How would I describe how a church works or how ministry happens, to my children?

**Ministry-Maturity: The Goal of the Church** (12-14)

What is the real purpose of ministry in the church?

How would you grade yourself on the maturity described here?

**Lifestyle: the Godliness of a Christian** (15,16)

How does the goal of "truthing it in love" hit your heart as a personal mission statement?

How do you hold the body together as a "supporting ligament"?  
What happens when you do your part?

What about the church now is building you up in love?

**The Spirit of the Noble**  
**2 Timothy 2:20-26**

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**Utensils (people) in the "House"** (20,21)

Should we ever be surprised that so many church people display ignoble purposes?

How can you cleanse yourself from selfish purposes?

What good works have been especially prepared to do?

**The "Race" for Character** (22-24)

What does "flee" look like for you?

What does "pursue" look like?

What arguments that get you going should you avoid?

**Those Who "Oppose" us** (25, 26)

Who would they be in your life?

What can you do besides pray?

What is God's part?

## **The Church at Ephesus and Here** **Revelation 2:1-7**

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### **God's Compliments for the Church** (1-3)

What stands out about God's opinions about the church?  
What would be the parallels today?

How do we fight heresy today?  
What do you do when so many people do not even know what is true?

What's the common reaction to hardships?  
How does Heb. 12:1-3 relate to not growing weary?

### **Action for the Church** (4-6)

What does it mean to forsake our "first love" for Christ?  
What are some memories you have of your own commitment and affection for Christ after trusting Him as Savior?

What are clear instructions for change?  
What would it mean for you personally?

What is the threat or motivation here?  
Would Christ do that today?

### **The Promise for the Church** (7)

What does it mean to have an ear and yet have to choose to hear?

What does the "tree of life" sound like?  
Who is going to enjoy that?

**The Winning Team**  
**1 Corinthians 12:12-26**

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**Team Name: "Body of Christ"** (12, 13)

How often do I think God for all the grace He has given me in Christ?

What steps will I take in spending consistent time with Him?

**Team Position: God Wants Us to Give 100% at Our Position** (14-20)

Why shouldn't I feel inferior to others?

What areas of service do I desire, enjoy, or sense giftedness?

What have others told me in relations to where they think I am gifted?

**Team Player: God Wants Us to Play as a Team** (21-26)

How would I score myself from 1 to 10 concerning my attitude towards Christians that are quite different from me? 10 being the best attitude.

How can I help others grow in Christ and encourage them to serve in the most strategic way?

In what ways might outsiders be attracted to a healthy church?



**Learner: The Word**  
**Psalm 119:89-104**

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**Eternal Knowledge** (89-91)

The Bible is the only “eternal” book. How much time do you spend in the Word compared to other things?

Revelation vs. information. When we read, sometimes we get something and other times we come away with nothing. Why? What really needs to take place for us to learn from the Bible? How can we prepare?

Do you love God’s Word? Consider David’s reasons in verses 92-93. When do you see the Word this way?

**Enemies/Attacks—How to Identify** (92-96)

What does culture say about objective truth? How do we know that what we say and what we think is true?

What things in your life take your focus off God and His Word? When do you forget about His love and His presence? How do you best grow in that area?

Think of someone who strongly opposes your beliefs. How do you really feel toward him? We were once enemies of God. How must we feel towards them? What signifies growth?

**Lifestyles** (97-104)

As the spiritual leader, are you helping your family to grow and understand God’s Word? Can they feel off your passion to life according to it? What changes would you like to see take place?

What “wrong paths” in your life threaten you from growth/learning? Where are you not satisfied in the area of obedience?

**Worship: Use of Heart and Hands**  
**Luke 7:36-50**

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**The Actions of Worship** (36-38)

Name some of the costs to the woman before talking about what worship and commitment cost us.

What she did was very personal, giving of self. When do you stretch most to show love for Christ? What is hard about it?

What place should emotion or demonstration have in worship? How does this relate to one's culture?

**Our Inhabitations and Concerns** (39)

When do you hold back because of what people will think, in your commitment, love or worship? Is there a way around this?

Do we ever make class difference at worship, or feel we are more worthy than some? What is a "loser"?

**Our Motives for Worship** (40-50)

Can you get the good news if you do not understand the bad news?

How did the Pharisee worship? What did his religious heart look like? Why would he worship?

How can we help ourselves have a proper sense of forgiveness?

**Server: One Changed By God**  
**Mark 10:35-45**

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**The Right/Wrong Attitude?** (35-36)

Probably none of us would ever speak to Jesus in the selfish way that John did, but are there any examples from our lives when we are like this in our hearts?

How would you respond if someone spoke to you like James and John just spoke to Jesus? How did Christ respond?

**Local Color** (37-41)

What were James and John really asking Jesus—to “sit at the right and the left of Him? What did that mean in the culture?

To drink of the same cup meant to share in one’s fate. How so we share in Christ’s fate?

**Elements of a True Servant** (42-45)

Think about who Christ is as Lord. Now think about how He spent his time on earth. When did He ever praise or glorify Himself? What was His purpose for coming then?

To serve is to die to the self. What are some other qualities of a true servant of Christ?

To follow Christ is to do what He did. When specifically it is hard for you to serve? Who are some tough people for you to serve?

**Server: One Changed by God**  
**Galatians 5:13-18**

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**The Negative Use of Freedom** (13-15)

Why is it always easier to serve yourself?

Why does selfish lust always want to sin for self?

**The Positive Use of Freedom** (13-15)

In your own words, how does love sum up all the other ways to serve?

Will love help you find ways?

From John 13—The Washing of Feet
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What are lessons we learn about serving?

In your own life, what's the best kind of serving unbelievers that you can do?

When do you avoid this?

**The Way to the Positive** (16-18)

How does the Spirit help us to get this?

When do you know you are living that way?

## **Rester—Resting in God** **Hebrews 4:1-11**

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### **How We Get Rest** (1-2)

What does the author mean by, “falling short” of the promise of entering His rest?

Is this referring to salvation or something else?

What is essential to entering God’s Rest? In other words, what’s required?

How do people often misunderstand or abuse this?

Why is knowing about Christ not enough?

How do we deepen or personal relationship with Christ?

### **Finding “His” Rest** (3-7)

Why did God rest from Creation? Surely, He wasn’t tired? What does it mean?

God refers to rest as “My rest”. What’s the difference between God’s rest and finding rest on our own?

Why is it “His” rest?

When do we harden our hearts from hearing God?

What’s usually the result of this?

### **Learning to Rest** (8-11)

When it is hard to rest from your own work or when do we trust our own efforts instead of Christ’s?

Why it is hard to think Christ did it at all?

List two things that cause unrest in your life right now?

**Relater**  
**Philippians 2:1-11**

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**United in Christ** (1-4)

Why is it so important for a believer to be united?  
What is it we have by our new birth to help produce unity?

When is this hard, or when do trouble spots occur?  
Is it ever normal to live up to verse 4?

In a close area of your responsibility, who is it hardest for you to relate to with unity?

**The Attitude of Christ** (5-8)

What did Christ give up? Why? How should this affect our attitude towards others?

How would you describe a "servant's heart"?  
How did Jesus show this?  
When do you have trouble doing this?

**The Glory of Christ** (9-11)

How would you sum up verses 9-11 in a single phrase?

What is "glory"?

How do we actually glorify God?

**Relater**  
**Philippians 2:1-11**

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**Self-Exam**  
**2 Corinthians 13:5-10**

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**The Exam We Should Take** (5, 6)

Is Jesus Christ in you? In what way?

On a daily basis, how do you sense this?

What would be different if He or His Spirit were not there?

**Staying Away From the Wrong** (7, 8)

Should we pray this way for ourselves?

What does it mean to you to "do what is right"?

How do we know what is right?

**Use of Authority to Build Up** (9, 10)

How do we build others up?

How do we use authority?