



PERSONAL DISCIPLESHIP PLAN

OVERVIEW & PURPOSE

Most Christians who have been around the church for any length of time are familiar with the Great Commission - the words spoken by Jesus to the disciples prior to His ascension in which He charged the church with the task of making disciples of all nations. While this is something we get excited about in theory, in practice it can be tough sledding. Fear, apathy, and a genuine lack of understanding are factors that get in between us and the disciple-making lifestyle Jesus saved us to live.

As a church, we want this disciple-making lifestyle to characterize us as individuals and as a church. Accordingly, we believe it to be an absolutely critical step in the maturity of any Christian to make an intentional effort to “be a disciple who makes disciples.” As you prayerfully consider where the Lord has you right now, we’d encourage you to be considering how the Lord may be stretching and maturing you in each of these areas. A helpful way to parcel out the dynamics of Christian living is through four categories: *head, heart, community, and mission*. It’s our conviction that proactively seeking growth in each of these areas will lead directly and necessarily to a deeper relationship with the Lord and His people.

It’s also our conviction that the only way we grow to experience true maturity as Christians is by **multiplying gospel life through intentional relationships** with not only the church as a whole, but with individuals who can help us grow and by being that individual for somebody else (even having the privilege of introducing someone to Christ for the first time!).

Unsure as we may feel, distracted as we may be, or unconvinced as we might think, know this: God has given us every resource (2 Pet. 1:3-4) we need to be fruitful disciples through the gospel and by the life-giving power of the Holy Spirit who dwells within each believer. May God richly bless your pursuit of Him and His people as a disciple who makes disciples.

HEAD- How Will I Saturate My Mind With Truth?

1. How will I saturate my mind with the truth of God's Word? Consider the following opportunities to "be transformed by the renewing of your mind": **regular time in the Word; Scripture memorization; reading solid Christian books; listening to sermons and lectures.** Are there any other ways you would find helpful to saturate your mind with the truth of Scripture? How might it look for you to commit to regularly soaking your mind in the truth?
2. Are there any obstacles that have stood in your way to pursuing this previously? What have those been? What might it look like for you to take a proactive approach towards avoiding distractions from filling your mind with truth?
3. How have you seen growth in this area practically work itself out in your life? Consider some ways in which a personal commitment to saturating your mind with the truth of Scripture would impact your relationships with the Lord, yourself, and others. Where do you think this will "pay off" in each of these areas?

HEART-How Will I Cultivate the Joy of the Lord?

1. As our minds are saturated with truth, our hearts are stirred to seek a deeper love to the Lord. Consider the following opportunities to cultivate a deeper personal affection for the Lord: **individual and corporate prayer; fasting; trusting the Lord through giving; personal and corporate worship; journaling.** Are there any other ways you would find helpful to cultivate your heart's affections for the Lord? How might it look for you to intentionally prod your heart to worship?
2. Are there any obstacles that have stood in your way to pursuing this previously? What have those been? What might it look like for you to take a proactive approach towards avoiding things that dull our hearts toward trusting and enjoying the Lord?
3. How have you seen growth in this area practically work itself out in your life? Consider some ways in which a commitment towards different spiritual disciplines would impact your relationships with the Lord, yourself, and others. Where do you think they will "pay off" in each of these areas? What do you think the result of committing to a spiritual discipline might look like? *E.g., Journaling would give me an opportunity to consider God's faithfulness and produce thanksgiving toward Him, battle unbelief in myself, and give an opportunity to testify to God's faithfulness to others.*

COMMUNITY- How Will I Love and Serve the Body of Christ?

1. Living as a disciple of Christ means more than just growing on a personal level. In fact, we can't really say we're growing in Christ if we're not growing in the community of a local church committed to pursuing Him together. The New Testament is explicitly clear: our maturity plays out in community. Consider the following opportunities to cultivate deeper relationships within the life of our church: **committing to a small group; prioritizing Sunday morning worship for you/your family; seeking a more seasoned believer to help you grow; seeking a younger believer to help them grow; serving in a focused ministry role (e.g., nursery, hospitality, etc.).** Are there any other ways you would find helpful in cultivating deeper relationships within the church? How might it look for you to intentionally cultivate those connections within the body?
2. Are there any obstacles that have stood in your way to pursuing this previously? What have those been? What might it look like for you to take a proactive approach towards cultivating these types of relationships within the body?
3. How have you seen growth in this area practically work itself out in your life? Consider some ways in which deepening relationships with other believers will "pay off."

MISSION- How Will I Live to Multiply Gospel Life?

1. Consider the different people God has brought into your life who don't know Him (friends, family, co-workers, neighbors, regular acquaintances.) Our discipleship stops short if we're not seeking to multiply the life of the gospel among those around us. **Who can you be regularly praying for to come to know Christ? How might you serve as God's instrument to demonstrate to them what a life changed by the gospel looks like? How might you go about sharing the good news of Jesus with them?**
2. Is there any specific mission you feel that God has laid on your heart that you should be striving towards in your prayers and in your walk? What God-centered long-term goals do you have for your life?



DEVELOPING YOUR PERSONAL DISCIPLESHIP PLAN

Step One: Take some time to prayerfully discuss this material. Do not seek to rush through this just to have something down on paper. Our goal is about more than completing a process - it's about seeking the Lord's direction and blessing of our spiritual maturity and fruitfulness as disciples. God has promised (James 1:5) to give wisdom to us *generously* when we ask Him for it.

Step Two: After a season of prayer, reflection, and discussion with others (discipleship group, pastor, etc.), commit to paper some discipleship goals that you would like to strive toward. Use the categories and points above to flesh out a personal discipleship plan (PDP) that is specific, goal-oriented, and allows you to keep tabs on your growth. We would even suggest purchasing an inexpensive notebook (or a journal, if you regularly keep one) to be able to readily reference your PDP and provide enough space for thoughtful answers.

Step Three: After completing your PDP, commit to meeting regularly with those in your discipleship sphere to discuss your progress. What is going well? In what ways do you need prayer? Does your plan need to be changed in any way? Is there anything hindering you from fulfilling your PDP or areas of sin you would like help in prayerfully battling against?

“For this reason I bow my knees before the Father, from whom every family in heaven and on earth is named, that according to the riches of his glory he may grant you to be strengthened with power through his Spirit in your inner being, so that Christ may dwell in your hearts through faith—that you, being rooted and grounded in love, may have strength to comprehend with all the saints what is the breadth and length and height and depth, and to know the love of Christ that surpasses knowledge, that you may be filled with all the fullness of God. Now to him who is able to do far more abundantly than all that we ask or think, according to the power at work within us, to him be glory in the church and in Christ Jesus throughout all generations, forever and ever. Amen.” (Ephesians 3:14-21 | ESV)