

## Disciple One (D1)

### FOUNDATIONS OF DISCIPLESHIP

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Discipleship is a word that we throw around a lot in the church. Do you know what it means? It means you have had someone ***specifically*** and ***intentionally*** invest in your spiritual journey and walk with Christ ***consistently for a season***.

So that begs the question: ***Have you ever been disciplined?*** How would you answer that? Most people will say, "Well ... yes." or "Maybe." The sad thing, though, is that most people can't definitively say whether they have been disciplined. And what is the goal of our church? It is for us to put Jesus first in all we do (Colossians 1:18), for us to love God and love others (Matt. 22:36-40) and for us to ***make*** disciples (Matt. 28:19-20).

What does it mean to be a disciple? In its simplest form, it means that you are a student. You are following someone else and modeling your life after what you see in them. As a follower of Jesus, we are called to imitate Him in the ways we love and treat others, and in turn, we are to help other believers do the same ***as we are going*** about our everyday lives.

That means doing life together — encouraging, learning, sharing and helping each other grow in our faith. It is allowing someone access to your struggles and temptations, the questions and doubts that you have. It is living out Proverbs 27:17, "As iron sharpens iron, so one man sharpens another." We must realize we are better together and that God intends for all believers to go deeper with Him and one another. Therefore, we need to find community with other believers so that we can believe, belong and become who God intends us to be.

***If the person you are discipling can't disciple someone else,  
you haven't made a disciple.***

Recently, we simplified discipleship even more at Bethel Baptist Church. We now say that discipleship is ***encouraging another to follow Jesus as I follow Jesus***.

Because if we are honest with ourselves, imitating Jesus in today's world is no easy task, is it? The constant demand for our attention and our jam-packed calendars make it difficult, if not nearly impossible, to engage in the spiritual disciplines that will help us to be more like Christ.

That means that we have to be intentional and need accountability to become the men and women God is calling us to be. The way that we become more like Jesus is through the biblical process known as discipleship.

***We are all called to be a disciple AND to make disciples.***

## WHAT DO I HAVE TO DO TO MAKE DISCIPLES? \_\_\_\_\_

The way to learn something is to have to teach it and model it for others. Therefore, the best way to be a disciple is to help make one. It has been said, ***Disciples are made, not born.***

It takes all of us praying, working together and coming alongside each other — one person at a time — to help each other grow and become more like Jesus.

That is why we are kicking off a discipleship initiative called **D1: Disciple One.**

All you have to do is open your heart and life to someone else and help them follow Jesus as you are following Him.

The goal this year is for each of us to **Disciple One.**

That means praying and inviting ONE other person to come alongside you so you can invest in each other's spiritual journeys. It is opening up your heart and lives and encouraging each other as you both follow Jesus.

**ONE** person.

**ONE** year.

What can God do in one year?

Only God knows!

**Now to him who is able to do far more abundantly  
than all that we ask or think ...** Ephesians 3:20

What does this involve? Well, we tried to keep it pretty simple — three easy steps: 1-2-3.

**ONE** meal, cup of coffee or dessert shared **ONCE** a month.

**TWO** check-ins via phone, text or in person **EACH** month.

**THREE** meaningful activities enjoyed together, outside of home or church, **THIS** year.

## GETTING STARTED \_\_\_\_\_

Here is an example of how you might ask your D1 to join you this year.

*Over the next year, I'd like to open my life to you. I'd like to meet with you once a month to share a meal or grab coffee AND touch base regularly — to hear how you're doing and how I can pray for you. Would you be interested in something like that? Willing to do the same?*

## CONVERSATION STARTERS

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- How are you doing?
- How can I pray for you?
- How is your family?
- What has God shown you recently?
- Is there a verse that brings you hope?
- What is one thing God has shown you recently during your quiet time?
- What's your salvation story?
- What's your next step?
- How is your prayer life?

## KEYS TO SUCCESS

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Disciple One is built on a foundation of prayer and THREE key ingredients:

**Intentionality.**

**Availability.**

**Accountability.**

*Open your life. Open your calendar. Open your Bible.*

*Set a time. Invite conversation. Learn and grow together.*

## PRAYER

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Lord, as I build a deeper relationship with \_\_\_\_\_, help me be open and honest, help me to listen and for us to connect in meaningful ways. Help us to grow in our faith as we learn from one another. Father, have your way in our conversations and exchanges. Glorify yourself and draw us closer to you and each other. In Jesus' name, I pray, AMEN.

## SHARE STORIES

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Stories encourage us and help us learn new ways of doing things. Therefore, we have created [d1stories@bethelsumter.com](mailto:d1stories@bethelsumter.com) to exchange ideas, share connections made with your D1, pass along a prayer request or ask questions along the way. You can also text those things to 803-983-0979 if you prefer to text versus email.

### ADDITIONAL RESOURCES

- *Distinctive Discipleship: Designing Specific Plans for Christian Maturity* by Travis Agnew
- *Growing Up: How to Be a Disciple Who Makes Disciples* by Robby Gallaty