

A photograph of two young women laughing and looking down together in a grassy field. The woman on the left has dark curly hair and is wearing a white jacket. The woman on the right has long blonde hair and is wearing a pink shirt with a graphic and a grey jacket. The background is a bright, sunny outdoor setting with green grass and a clear sky.

You have what it takes

**to grow in Christ and help others do the same.**

# Discipleship 101



## Disciplemaking.

It can sound difficult and overwhelming. But what if you discovered you already have what it takes? It's true! Disciplemaking can be one of the most natural things any believer does. What you need is just what God has given you—your gifts, heart and relationship with Him. So when it does come to disciplemaking, you have what it takes.

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Have you ever wondered how discipleship happens? Maybe you're thinking, *I want to grow in Christ and would like to invite someone to join me, but where do I start?* You're not alone.

See if you can relate to Tiana, Bryan, and Christine as they wonder about the next steps of discipleship.

1. Tiana and her friend Ashley take walks in their local community and often talk about their growing families and the happenings in their neighborhood. Tiana wants to talk more about the faith they share. She'd like to invite Ashley to grow and learn as they follow Jesus together, but she isn't sure where to start.
2. Bryan loves playing basketball at his local gym. When his son Tyler started middle school, he began bringing him along. It's through their time together at the gym that important conversations happen. Sometimes Tyler shares about what's going on at school and with his friends. Bryan would like to pray for his son and begin to model to him what prayer could look like. This could be an opportunity for discipleship, but he wonders about the next step.
3. Christine also wonders how to get started with discipleship. She would like to invite someone to study the Bible with her, but isn't sure who to ask. She's curious about how to find that person and what studying the Bible together would even look like.

If you have similar questions, then you are in the right place and we can help. In this eBook we would like to walk alongside you and share what it looks like to disciple someone.

Here are a few questions we will answer:

What is discipleship?

What does discipleship look like in everyday life?

What's a good approach for inviting someone to follow Jesus with you?

What does it look like to pray with someone?

How do you study the Bible with someone?

We pray this eBook will help give you confidence that you have what it takes to grow in Christ and help others do the same.

The Navigators



## What is Discipleship?

A disciple is someone who believes in Jesus Christ as their Lord and Savior, intentionally learns from Him, and strives to live more like Him.

Discipleship is a widely-used word associated with a variety of definitions related to growing in our Christian faith. As Navigators, we are passionate about inspiring and equipping believers to embrace what we call Life-to-Life® discipleship. Essentially, it involves growing in Christ ourselves and helping others do the same. The Life-to-Life element is about intentionally coming alongside another person starting from wherever they are spiritually and sharing God's love with them in ways you think will resonate. Sometimes it looks like praying with them, sometimes studying the Bible together, other times it involves just spending quality time together.

The verse we often look to as an example of Life-to-Life discipleship is 1 Thessalonians 2:8: "Because we loved you so much, we were delighted to share with you not only the gospel of God but our lives as well."

Jesus first demonstrated this kind of personal discipleship approach through His relationship with the 12 disciples. He intentionally chose everyday people (rather than religious leaders) and often used the phrase, "Follow me" to invite those around Him to pay attention to what He said, what He did, how He lived, and what was truly important, so His way of life would be replicated through theirs.

Here is a sampling of places in Scripture where He does this:

"'Come, follow me,' Jesus said, 'and I will send you out to fish for people'" Matthew 4:19 (NIV).

"Jesus looked at him and loved him. 'One thing you lack,' he said. 'Go, sell everything you have and give to the poor, and you will have treasure in heaven. Then come, follow me'" Mark 10:21 (NIV).

"After this, Jesus went out and saw a tax collector by the name of Levi sitting at his tax booth. 'Follow me,' Jesus said to him, and Levi got up, left everything and followed him." Luke 5:27-28 (NIV).

"Whoever serves me must follow me; and where I am, my servant also will be. My Father will honor the one who serves me" John 12:26 (NIV).

Once we are in Christ, we have what it takes to offer Life-to-Life discipleship to friends, family or neighbors that God puts on our hearts. It's not about being an expert. It's more about just passing on what you're learning as you grow in your relationship with Jesus. A seminary degree or Christian leadership position isn't required to "go and make disciples" of Jesus as He called us to do in the Great Commission. All you need is to be who God created you to be and recognize you have what it takes to grow in Christ and help others do the same.

**Life-to-Life Discipleship Story:**

"I observed God from afar. I didn't seek an intimate relationship with Him. In fact, I didn't think it was possible to have that kind of relationship with God—a relationship that saw past my many flaws and was built on His love for me and on my faith in Him."

Read about Ed's story of discipleship and how he went from being an observer to a follower.

[Click here to read now!](http://navlink.org/ed) - [navlink.org/ed](http://navlink.org/ed)

**Take the Next Step:**

How has God transformed your life with someone who came alongside you to share the gospel, pray, study the Bible, or even fellowship together?

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## Inviting Someone To Follow Jesus With You

Are you aware that God knows and understands you intimately? He knows your schedule, your thoughts, your concerns, how you make your decisions, your giftings, your social circles, your personality—He knows it all.

“You have searched me, LORD, and you know me. You know when I sit and when I rise; you perceive my thoughts from afar. You discern my going out and my lying down; you are familiar with all my ways” Psalm 139:1-3 (NIV).

Since God knows you intimately, He knows what discipleship can look like in your life. Often, He reveals discipleship opportunities as we consider relationships we already have and ask Him to show us who is open or even eager to explore faith. You may begin to see how God is working in your time with them.

For example, Tiana already has a relationship with Ashley and they’re involved in each other’s lives. This gives Tiana an opportunity to speak about her growing relationship with Jesus. She could bring up a Bible verse that has impacted her recently or what she’s learned about God through a difficult circumstance. Taking that first step and starting those conversations about faith opens the door to continue the conversation.

Ultimately, you want to grow in your relationship with God. Then you can share how you’re growing, what you’re learning, and how Jesus is changing your life.

### Life-to-Life Discipleship Story:

“Be truthful and let your life situation speak, while putting God first. Whatever it may be: good, bad, happy, sad, joy, trial, our lives are full of unknowns. But if you share your unknowns with people, then they become known, and could become your testimony.”

Read about Ron’s story of discipleship and how through God’s design he shared his faith in his hospital workplace.

[Click here to read now!](https://navlink.org/ron) - [navlink.org/ron](https://navlink.org/ron)

### Take the Next Step:

Pray over the names of people God brings to mind in your family, community and workplace. Ask Him to help you discern whom He might be calling you to invest in personally.

Write the name of one person you could invite to follow Jesus with you.

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What are you learning in your relationship with Jesus that you're excited to share with someone else?

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### Navigators Discipleship Tool

Navigators Discipleship Tool for Starting Conversations About Growing In Christ:

[The Wheel Illustration](http://navlink.org/wheel) - [navlink.org/wheel](http://navlink.org/wheel)



## Praying With Someone

You've had many conversations with God and understand this is what prayer is all about. Inviting someone to pray with you is simply inviting them to join your conversation with God.

"Therefore, confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective" James 5:16 (NIV).

As Tyler, Bryan's son, shares with him about some difficult things happening at school, Bryan could offer to pray for him. By praying for Tyler, Bryan is modeling for his son what having a conversation with God sounds like. The next step for Bryan could be inviting Tyler to pray with him, giving Tyler the opportunity to continue the conversation with God with someone he trusts.

Do you have people in your life whom you regularly ask, "How can I be praying for you?" Prayer is a powerful tool and can bless others in your life richly. Ask someone you know if you could pray for them this week. Trust the Holy Spirit to guide your words and share with God what's on your heart for the person you're praying for. They will appreciate your genuine prayer and it might just be the best thing that's happened to them all day!

Praying for them gives you the opportunity to invite them to pray together more often. Once you've prayed together once, look for the opportunity to pray again for each other. It could be as easy as praying together after a game of basketball.

### Life-to-Life Discipleship Story:

"What if God answered the prayers of many? What if, through this, the faith of many would be strengthened as we corporately humbled ourselves to seek God? What if we partnered with God and witnessed Him do the impossible?"

Read about how Alice felt led to ask Marlyd if she needed prayer and what happened next.

[Click here to read now!](http://navlink.org/alice) - [navlink.org/alice](http://navlink.org/alice)

### Take the Next Step:

Invite a friend to pray with you. What was this experience like?

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#### **Navigators Discipleship Tool**

Navigators Discipleship Tool for Learning How to Pray:  
[The Prayer Hand](http://navlink.org/prayer-hand) - [navlink.org/prayer-hand](http://navlink.org/prayer-hand)



## Studying the Bible Together

Your understanding of following Jesus and living more like Him is deepening as you read God's Word. Studying the Bible with someone else could be as simple as reading Scripture, reflecting on it, and discussing what you observe and how this applies to everyday life.

"All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, so that the servant of God may be thoroughly equipped for every good work"

2 Timothy 3:16-17 (NIV).

As Christine prayed about who to study the Bible with, Nicole, a co-worker came to mind. They've become friends within the last two years and have briefly talked about their Christian faith. During their lunch break, Christine asks Nicole if she's ever studied the Bible with someone. She invites Nicole to read through the Gospel of John one small section at a time and discuss it with her during lunch.

Pray about who to study the Bible with and see whom God brings to mind. It might be a co-worker you've built a friendship with who might be ready to take their next step in spiritual growth. Studying the Bible together can be conversational and uncomplicated. It doesn't require extra tools, just a Bible.

### Life-to-Life Discipleship Story:

"I invite women to read the Bible and learn about Jesus because He is my treasure and my reason for living each day. How tragic to not know Jesus and not have a relationship with Him."

Read about how Mika connects with other moms to read the Bible and how this encourages them.

[Click here to read now!](https://navlink.org/mika) - [navlink.org/mika](https://navlink.org/mika)

### Take the Next Step:

As you read Scripture in your personal time with the Lord, what questions do you ask yourself as you read? Write down these questions and keep them in mind as you step into an opportunity to study the Bible with someone else.

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### Navigators Discipleship Tool

Navigators Discipleship Tool for Studying the Bible:  
[The Four R's of Bible Study](http://navlink.org/ReadListen) - [navlink.org/ReadListen](http://navlink.org/ReadListen)

## Conclusion

We pray this resource has inspired you to grow in Christ and help others do the same.

God uniquely created and purposed you to share His love with those around you. Maybe sharing His love is being there for someone through life's ups and downs or inviting them into deeper conversations about faith. It could be praying for someone and then inviting them to pray with you on a regular basis. Or it could be studying the Bible with someone and talking about what God's teaching you both through His Word.

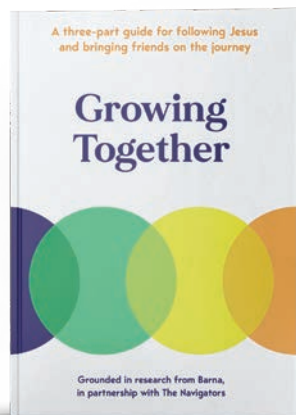
"Trust in the LORD with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight" Proverbs 3:5-6 (NIV).

Trust that you have what it takes to disciple others. The Lord promises to lead you each step of the way.





# Continue growing in your faith with these discipleship resources:



## Growing Together: A Three-Part Guidebook for Following Jesus and Bringing Friends on the Journey

Want to continue growing as a disciplemaker? This new resource was specifically created for you!

*Growing Together: A Three-Part Guidebook for Following Jesus and Bringing Friends on the Journey* is a book grounded in research from Barna and The Navigators and includes:

- Practical advice on how to invest in others through our day-to-day lives
- Personal testimonies about what God has done through disciplmaking
- Questions for self-reflection and discussion with friends

Purchase your guidebook at a special 20% OFF discount using code **NAVS20**.  
[navlink.org/growing-together](https://navlink.org/growing-together)



## Digital Discipleship Journeys™

*How do I grow in my relationship with Jesus?*

You're not alone in desiring a deeper relationship with Christ and not knowing how to take the next step. We want to come alongside you and offer a customized **FREE Digital Discipleship Journey**. This curated email series is designed to help you grow spiritually, based on your answers to some brief questions about your walk with God.

[navlink.org/disciplemaking](https://navlink.org/disciplemaking)



## The Navigators Disciplemaking Network

Looking to connect with other disciplmakers online? Join our private Facebook Group, *The Navigators Disciplemaking Network*, to find community with others.

[navlink.org/disciplemaking-network](https://navlink.org/disciplemaking-network)