

# **Antioch Community Church**

## ***What Discipleship Is***

*An Overview*

# **ANTIOCH DISCIPLESHIP PROCESS**

*Keep It Simple: Hear God. Obey. Repeat.*

## **I. Introduction**

This resource describes the Antioch discipleship process. We believe it is a vehicle that can move anyone towards the ultimate goal: Christ-likeness. But the vehicle is useless without fuel. Friendship with your disciple and the Holy Spirit are actually what give this vehicle power. This resource may be extensive, but it is not exhaustive. Discipling others involves knowing what to do, *and* knowing when to do it. Therefore, intuition and innovation are a part of the discipleship process as well. While this tool is a helpful and strategic resource, reliance on the Holy Spirit and God's Word are always our primary compass.

## **II. Definitions**

*What is discipleship?* **A relationship where the focus is becoming Christ-like.**

*Who is a disciple?* **Anyone who is learning, internalizing and reproducing Christ-likeness.**

*Who is a discipler?* **Anyone who is training, modeling and coaching Christ-likeness.**

## **III. The Reason**

We emphasize discipleship because it is what Jesus commanded us to do (**Matthew 28:18-20**). Additionally, we want to be like Him\*, and life-on-life discipleship is what He did. Finally, a good coach, like a good discipler, will always take a player further than a player can go on his/her own.

*\*Why pursue Christ-likeness?* It is who God created us to be... "Let us make mankind in our image, in our likeness."

**Genesis 1:26.** Our identity and our purpose are wrapped up in God's original design. We come alive in our pursuit of Christ-likeness because it is our destiny to be like Him and to reflect His true nature in the Earth. Ultimately, we flourish in discipleship because we are becoming the person we were created to be.

## **IV. The Goal**

*What is Christ-likeness?* If as disciplers we are like parents reproducing ourselves, then the following thirty Christ-like qualities are the DNA we want to transfer. They fit underneath our larger church values: *Changed In His Presence, In It Together, In All The Earth.*

### **Changed In His Presence**

- Wait on the Lord and Hear God's Voice\***
- Deep Personal Relationship with Jesus\***
- Identity and Freedom in Christ/Inner Healing\***
- Lordship of Christ
- Obey God: Bible and Spirit
- Hunger for God's Word
- Hunger for God's Spirit: Filling and Gifts
- Abiding in Christ: Dependence on God, Not Self
- Brokenness, Humility, Teachability
- Holiness and Integrity
- Display Fruit of the Spirit
- Disciplined Lifestyle
- Generous Steward of Time, Money, Resources

### **In It Together**

- Train and Disciple Others\***
- See Others the Way God Does
- Repentance and Forgiveness
- Transparency and Vulnerability
- Commitment to the Local Church
- Sacrificial Lifestyle
- Faithfulness and Service
- Servant Leadership
- Appropriate Social Skills
- Healthy Friendships with the Opposite Sex
- Biblical Approach Towards Dating, Marriage, Sex
- Submit to Authority

### **In All The Earth**

- Lifestyle of Evangelism\***
- Lifestyle of Prayer and Intercession
- God's Heart for the Lost, Poor, Broken and Lonely
- God's Heart for the Nations and Church-Planting
- Supernatural Lifestyle

**\*Five Foundational Lessons**

## **V. Can I Do This?**

YES! Discipleship is not a gift that some people have and others don't. It is a skill you develop. And like any other skill, the more you do it, the more proficient you become. Use this resource as a guide-rail as you learn the skill of discipleship. Additionally, the person who disciplines you is a great resource, so don't be afraid to ask for help.

Remember, that's what this is all about; one person helping another person become Christ-like.

## VI. Who Should I Disciple?

Someone who is hungry for it: Jesus disciplined people who dropped everything to follow Him. **Matthew 4:19-20**

Someone who will reproduce it: Jesus trained his disciples to make disciples. **Matthew 28:19-20; 2 Timothy 2:2**

## VII. Relationship Status?

Disciple: A person you are *meeting* with regularly. They are committed to church and becoming Christ-like.

Follower: An irregular attender. Someone you are *inviting* to church, lifegroup, discipleship.

Crowd: A person you have invited repeatedly who has not responded. A person you are *believing* for, long-term.

## VIII. How Many People Should I Disciple?

Jesus had twelve disciples. He often taught them all at once or in smaller groups. We believe a good goal is to disciple at least three people. Meeting one-on-one is good for leadership development or inner healing. Meeting with two or three gives you a platform for modeling, and it maximizes your time.

## IX. How Long Should I Disciple Someone?

Jesus' discipleship relationships lasted about three years. We recommend one year (two semesters) to start. If a disciple is growing and you have more to give them, do another year. If a disciple has stalled, or you feel you have given them all you have, it may be time to connect them with someone new.

## X. How Frequently Should We Meet?

Jesus lived in deep community with his disciples for three years. After those three years, his disciples had become the pillars of the New Testament church. The disciples were able to grow and develop very quickly because they were immersed in a lifestyle of walking with God. In the same way, our disciples need consistent training, modeling and coaching. We have found that weekly meetings of approximately 1-1.5 hours are a great way to establish consistency.

## XI. How Should I Disciple?

Each of the following elements should be woven into every discipleship relationship:

Training (Teacher-Student): Teaching someone how to be Christ-like. **Luke 10:1-11**

Modeling (Mother/Father-Daughter/Son): Showing someone how to be Christ-like. **Matthew 6:9-13**

Coaching (Coach-Athlete): Giving feedback/encouraging/reinforcing/challenging someone in their Christ-likeness. **Luke 10:17-20**

**\*Remember:** While the discipler is leading the growth process, the emphasis of the relationship is training the disciple to depend on God. Continually help the disciple feed him/herself spiritually. Don't give answers, help him/her look to God for answers.

## XII. How Do Disciples Grow?

True growth happens when a disciple goes through the following stages of development:

Learning: The disciple is presented with truth for the first time. At this stage truth is real, but theoretical.

Internalizing: The truth sinks deep into the heart of the disciple and becomes meaningful. At this stage, truth is not theoretical, but actual.

Reproducing: The truth has become part of the way the disciple lives. At this stage, the disciple introduces truth to someone else.

**\*Remember:** A misconception about discipleship is that a disciple needs to attain a certain level of maturity before he/she can begin to reproduce. This is untrue; a disciple can learn, internalize and begin reproducing all in one day. The emphasis here is simply that deep learning produces authentic fruit.