

# FOLLOW: LEADER'S GUIDE

Congratulations! You've shared the Gospel with somebody, and they have accepted Jesus as Lord of their life! Whether this was the 1st time you've shared or the 100th, there's reason to celebrate, but this is only the beginning of their walk with God.

You both may be wondering, "what now?" This lesson marks the first step in your new brother or sister in Christ becoming a true disciple! There's a long journey ahead for the both of you, but with God's help lives will change!

## PURPOSE

1. To help your prospective disciple understand the "cost" of discipleship.
2. To show them what it means to be a Christian.
3. To introduce spiritual disciplines to them through the Wheel illustration.

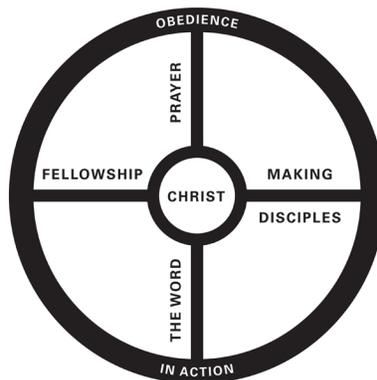
## PLAN

1. Begin by relating to them in some way. Take a few minutes to get to know them as a person better. Do you know their favorite food? How about favorite color? It doesn't really matter what the question you ask is, what matters is that you are getting to know them as a person. This helps people feel less like projects and more like you care for them personally (which you do!)
2. Introduce the "Verse of the Week." Explain that these are theme verses for the lesson, and they'll work on memorizing these verses as a part of the series. Let them know there will be a new verse every week, and you'll be reviewing the verses with them every week. This is a great time to help them work on this first verse, especially if they don't feel confident memorizing scripture. A great way to do this is to start by having them repeat the verse reference 5 times after you. Then, add a couple words. Do this until you have half to all of the verse, and tell them to keep working on it through the week and they will have it word-perfect!
3. Read through the sheet and ask the italicized questions. Just like the Gospel sheet, don't worry about getting super deep with every point. Simply read, ask, and engage with your disciple.
4. Guide them through making the lists. They may or may not be able to come up with a bunch of answers for the lists.

## KEY ILLUSTRATIONS:

### The Wheel Illustration:

The Wheel Illustration, developed by Dawson Trotman, is an excellent tool to describe to new Christians what it means to have a vibrant Christian lifestyle. By the end of the lesson, your disciple will begin to develop goals towards their spiritual development! Below is a model of the completed Wheel.



1. On the back of page 2, draw a small circle and write "Christ" in the middle. Explain that this is the hub of the wheel: Christ at the center of a person's life. We totally surrender to Jesus's authority, and do our best to follow His will.

## BE A DISCIPLE

2. Draw two vertical “spokes” that extend out from the center. Explain that these two show how we relate to God. Write “The Word” on the bottom one and go over the verse. Explain about how the Bible shows us who God is and what He wants from us. Write “Prayer” on the top and go over the verse. Explain that prayer is sharing our heart with God, and responding to what He says through His word.
3. Draw two horizontal “spokes” that extend out from the center. Explain that these two show how we relate to others. Write “Fellowship” on the left one and go over the verse. Explain how God wants us to build each other up through interdependence and loving relationships with each other. Write “Making Disciples” on the right one and go over the verse. Explain how God wants us to take the good news we have received, and give others the ability to respond to it.
4. Draw a large circle around the perimeter. Write “Obedience In Action” on it. Explain that while some acts of obedience are internal, others are external as well. Keeping God’s commands is an outward reflection of our inward spiritual health and love of Christ.

# FOLLOW

**VERSE OF THE WEEK:** 2 Corinthians 5:17 NLT “This means that anyone who belongs to Christ has become a new person. The old life is gone; a new life has begun!”

## BEING A DISCIPLE IS A JOURNEY FULL OF PURPOSE AND JOY!

If you could totally restart your life however you wanted, how would it look different?

---

---

According to this verse, what happens when you accept Jesus Christ as your Savior?

---

---

In what areas do you think it will be hardest for you to follow Jesus?

---

---

## WHAT DOES A DISCIPLE DO?: THE WHEEL ILLUSTRATION

### The Hub: Christ the Center

“This means that anyone who belongs to Christ has become a new person. The old life is gone; a new life has begun!” - 2 Corinthians 5:17

### The Vertical Spokes: The Word & Prayer

“If you abide in My word, you are My disciples indeed.” - John 8:31b

“Until now you have not asked for anything in My name. Ask and you will receive, and your joy will be complete.” - John 16:24

### The Horizontal Spokes: Fellowship & Evangelism

“So now I am giving you a new commandment: Love each other. Just as I have loved you, you should love each other. Your love for one another will prove to the world that you are My disciples.” - John 13:34-35

“Come, follow me,” Jesus said, “and I will make you fishers of men.” - Matt 4:19

### The Rim: Obedience to Christ

“Whoever has My commands and obeys them, he is the one who loves me. He who loves me will be loved by My Father, and I too will love him and show myself to him.” - John 14:21

What would happen to a wheel if it were missing a spoke? What if the spokes were uneven? Which of these areas do you need to work on most?

---

---

# BE A DISCIPLE

## BEING A DISCIPLE REQUIRES COMMITMENT

Like any skill or job, if you want to grow as a disciple you need to commit to growing!

“As they were walking along the road, a man said to Him, ‘I will follow you wherever you go.’ Jesus replied, ‘Foxes have holes and birds of the air have nests, but the Son of Man has no place to lay His head.’ He said to another man, ‘Follow me.’ But the man replied, ‘Lord, first let me go and bury my father.’ Jesus said to him, ‘Let the dead bury their own dead, but you go and proclaim the kingdom of God.’ Still another said, ‘I will follow you, Lord; but first let me go back and say good-bye to my family.’ Jesus replied, ‘No one who puts his hand to the plow and looks back is fit for the kingdom of God.’” - Luke 9:57-62

What point is Jesus trying to make by these intense statements? How can we avoid making excuses about not following Christ?

---

---

Let's brainstorm three lists: one for the cost of discipleship, another for the benefits, and one more for the cost of non-discipleship.

**COST**

**BENEFIT**

**COST OF NON-DISCIPLESHIP**

Based on the lists above, is this something you're wanting to commit to?

**DISCIPLESHIP CHALLENGE:** Read “My Heart Christ’s Home.” Memorize 2 Corinthians 5:17