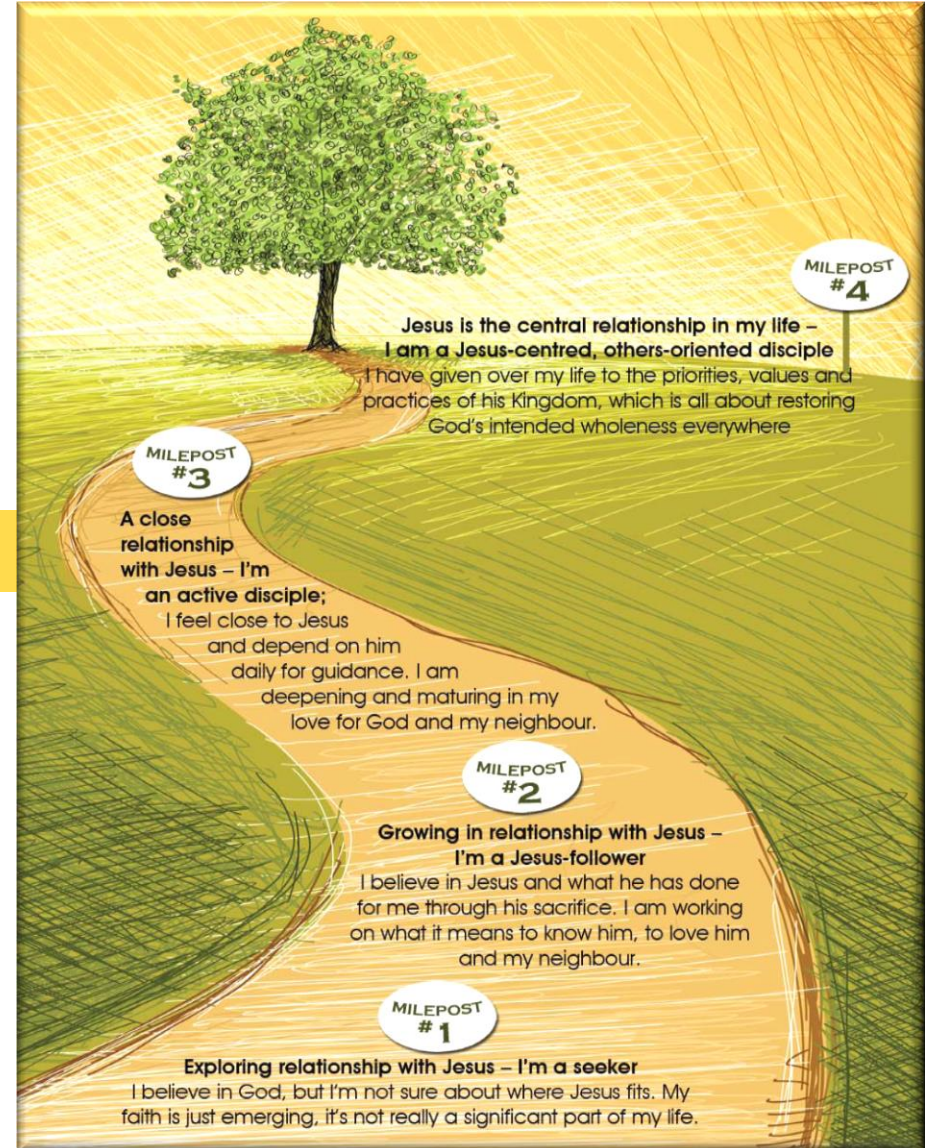
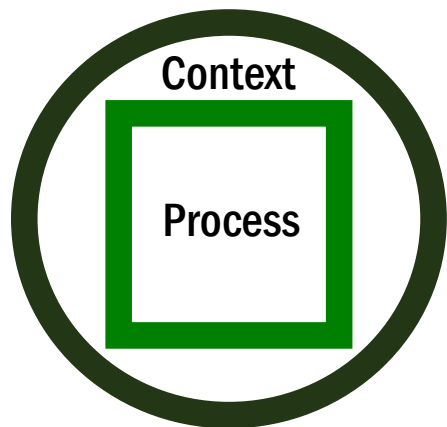


Journey to Wholeness in Jesus

A Framework for Discipleship & Disciple-making



Contents

A Framework for Making Disciples

Introduction

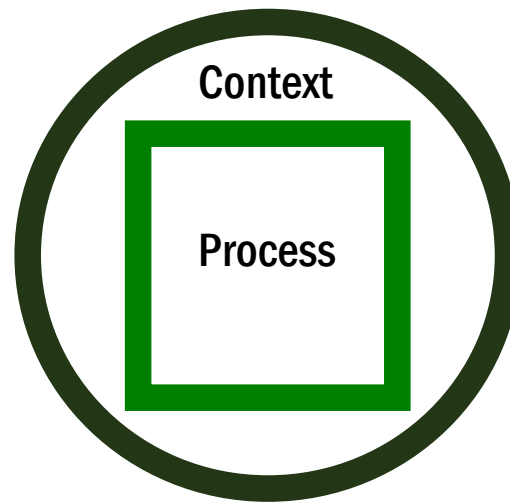
Making Disciples for Missional Living
Making Disciples Jesus' Way
Making Disciples Paul's Way
Making Disciples John Wesley's Way

Context

Congregational Life

Process

A clear pathway to Christian maturity
Milepost #1
Milepost #2
Milepost #3
Milepost #4
An ongoing cycle of reproducibility



*“The way to spiritual wholeness is seen to lie in **an increasingly faithful response** to the One whose purpose shapes our path, whose grace redeems our detours, whose power liberates us from crippling bondages of the prior journey, and whose transforming presence meets us at each turn in the road.”*

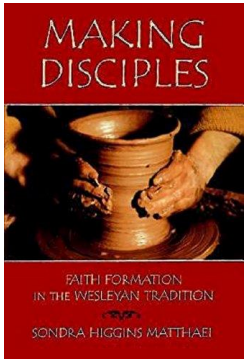
Robert Mulholland Jr., *Invitation to a Journey*

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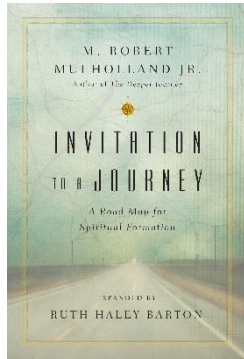
Resources for Making Disciples

Building a foundation

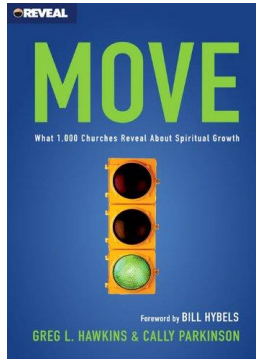
This **framework** for thinking about the process of intentional disciple-making is built from historic Christian practices, Wesleyan methodologies, and contemporary applied approaches. The following **books** would be very helpful in **shaping your understanding** of disciple-making. Matthaei and Mulholland have a particularly *Wesleyan* lens.



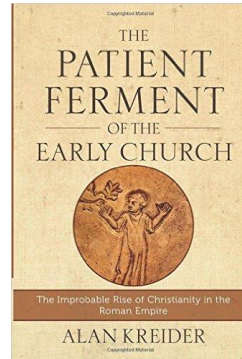
Making Disciples
Sondra Higgins
Matthaei



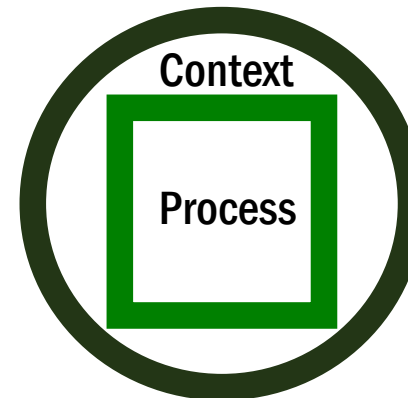
Invitation to a Journey
Robert Mulholland Jr.



MOVE
Greg Hawkins and
Cally Parkinson



**Patient Ferment of the
Early Church**
Alan Kreider



*Research from the books REVEAL and MOVE suggests that thriving churches communicate **a clear pathway to Christian growth** for those who are exploring Christian faith and those who are new believers. **Laying good foundations** in the early Christian life is crucial for longevity and increasing maturity over time.*

Introduction

Making Disciples for Missional Living

As a movement with a Wesleyan heritage, **Christian growth and development** has always been a core part of who we are. As we enter into relationship with Jesus we want to become more like him, which leads to obedient, disciplined practices and actions, which in turn continue the **transformation** of mind, soul and behaviour.

We understand **discipleship** to be **a comprehensive term** for the whole of the Christian life, including:

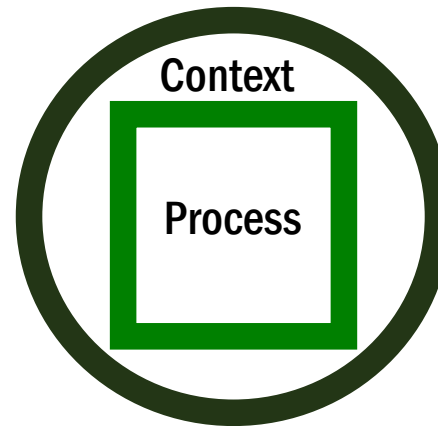
- 1) gathering for corporate **worship**
- 2) building healthy relationships in Christian **community**
- 3) **serving** and caring for one another and all those in need
- 4) intentionally **forming** Christian practice and thinking (**disciple-making**)

These basic rhythms (habits/disciplines) of the Christian life **are transformative** – i.e., if we live like this we become different people than before we met Jesus. This kind of lifestyle automatically enables **missional living** and **faithful witness**.

Assumptions

Certain assumptions about **disciple-making** shape the framework in this document.

1. The **Context** is communal
2. **Christian Identity** requires formation
3. The **Process** is developmental
4. **Apprentice Experience** integrates



*Discipleship is about calling others to join us in practicing **a way of life** in which we embody the life of Jesus in the context of the world, as we journey to fulfill God's mission together. J R Woodward*

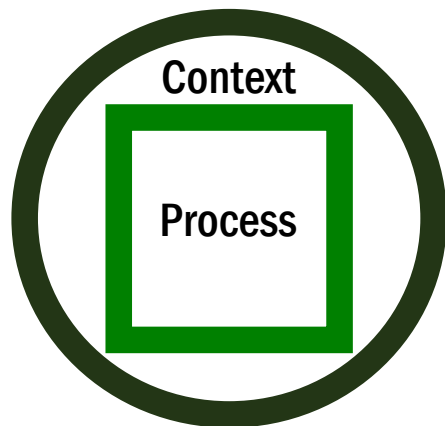
Introduction

Making Disciples Jesus' Way

**Jesus didn't say "plant churches,"
he said: "make disciples!"**

"I'm leaving; the Holy Spirit will empower and guide you; now go and **make disciples** in all nations, incorporate them into our family and help them learn to be followers in the same way I taught you!" (Acts 1:8, Matt 28:19,20)

- "Teach them to observe all that I have commanded you" (NASB).
- "Instruct them in the practice of all that I have commanded you" (*The Message*)



How did Jesus make disciples?

What do we observe of Jesus' methodology in the Gospels?

1. He gave a **specific invitation** to enter into a disciplined life with him
2. He worked with a small **apprenticeship community**
3. He **shared his own life** with them; personal, vulnerable
4. He **taught** them in synagogues, in large groups, in households, around intimate campfires
5. He gave them **hands-on learning** experiences
6. He **reshaped** their beliefs, their self-understanding, and their habits



*The **plan of Jesus** has not been rejected: we have just done without it. It has been converted into something worthy of remembering, that belongs to the past, but it has **not been taken seriously** as a norm of conduct for the present. Robert Coleman*

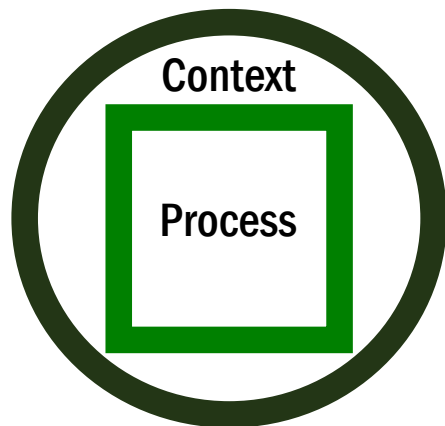
Introduction

Making Disciples Paul's Way

"I urge you to live a life worthy of the calling you have received."

"...equip his people for works of service, so that the body may be built up until we all attain unity in the faith, and in the knowledge of the Son of God and become mature, attaining to the whole measure of the fullness of Christ." Eph. 4:12,13

"Do not conform to the pattern of this world, but be transformed by the renewing of your mind." Rom, 12:2



How did Paul "equip the saints?"

What do we note about Paul's approach in Ephesians 4?

1. Leadership gifts to be employed for the purpose of equipping believers for ministry, so that the community of believers could grow up to maturity
2. "Equip" has the sense of: restore, establish, train
3. Paul taught about the truth that is in Jesus (4:21)
4. Paul taught believers to put off their old way of life and put on a new way of life (4:22-24)
5. Paul says these believers had heard about, and learned, the way of life in Christ (4:20-21)



*Our **primary formation** has been toward the culture of consumerism and self-interest. The call to conversion is a call to a rival, alternative worldview. This new worldview likewise requires formation – **a rival formation**. There is every reason to believe that the process will require an intensive and sustained process of **detoxification**... Bryan Stone*

Introduction

Making Disciples John Wesley's Way

“This is the sum total of Christian maturity: it is all wrapped up in one word, love.”



“That part of our economy [method/system], the **private weekly meetings** for **prayer, examination and particular exhortation**, has been the **greatest means** of deepening and confirming every blessing that was received by the **word preached**, and of diffusing it to others, who could not attend the public ministry; whereas without this religious connection and intercourse [conversation], the most ardent attempts by mere preaching have proved of no lasting value.” **John Wesley**, *Works*, VIII: 252

How did Wesley encourage people in the Way of Salvation?

1. Growth in grace happens in **community**; different sized social groupings meet different growth needs
2. Christian maturity **includes both** loving God and loving one's neighbour
3. Christian maturity **includes both** inner attitudes and outer practices

Wesley's **prescription** for making disciples:

- Adequate understanding of Christian doctrine
- Provision of appropriate Christian discipline
- Christian practice of self-denial

Randy Maddox



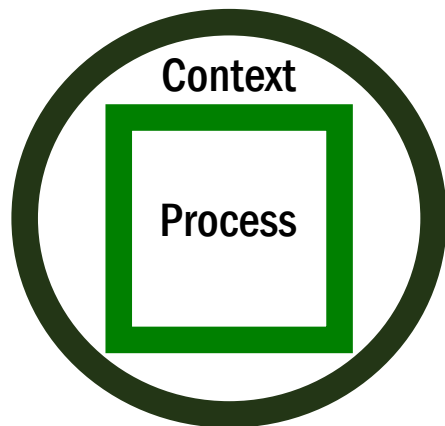
*Christian spirituality involves those disciplines or practices that are **purposefully undertaken** in order to help Christians become deeply committed followers of Christ who **habitually practice** their faith. In other words, spirituality, for the Christian is about growing in holiness. It is about **the process** by which we participate in God's sanctification of our lives. Kevin Watson*

Context

Congregational life

Remembering and rehearsing the words and deeds of Jesus Christ

Congregational life provides **a context**, or **environment**, for living the **Jesus Way of Life**. We are called to gather, as a community of Jesus-followers, **to worship** the living God. We are challenged **to live as a community** in such a way that outsiders note our love and care for one another. We are directed **to serve** those in need because this is a way of encountering Jesus. We are charged **to make disciples** – providing instruction, re-forming, and opportunities to practice the Jesus Way.



How does “church” help make disciples?

1. The Sunday gathering for particular **worship** is a mind, body and spirit experience with God and the family of God. Scripture, song, reflection, prayer, eucharist, and community **reshape our understanding** of personal and world concerns.
2. Learning to be an authentic, caring **community** requires time spent together (beyond Sunday), **in loving, forgiving, and seeing** from the others' perspective.
3. **Serving** others in the church and outside the church **displaces** our own self-centredness, and brings **healing, justice and reconciliation**.
4. Christian **formation** – *make disciples*



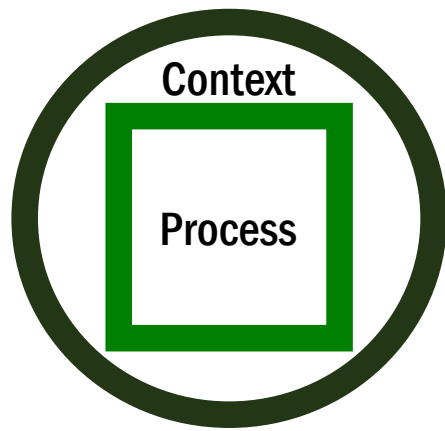
*We initiate churches, and shape the life of those Christian congregations, as **a context** within which to form Jesus-followers toward the obedient life – loving God and loving our neighbour – and **this life together** glorifies God, bearing faithful witness.*

Context

Congregational life

Practicing together the habits of heart and life that correspond to Kingdom reality in the present

If our assignment is to **make disciples**, then these basic rhythms of **corporate worship**, Christian **community** life and selflessly **serving others**, is the **environment** in which a person **learns** what it means to become a disciple of Jesus.



How does “church” help make disciples?

1. Worship
2. Community
3. Service
4. Formation – **making disciples** is an intentional **process** of laying foundations of **practice** and **belief** that shapes an alternative way of life, and provides a pathway to **Christian maturity**.

What is your intentional plan (**process**) for the Christian formation of new believers, children, youth, and adults?
How is your congregation **making disciples**?



*Lastly, so that his followers may the more **effectually provoke one another** to love, holy tempers (fruit of the Spirit), and good works, our blessed Lord has united them together in one — **the church**, dispersed all over the earth; a little emblem of which, of the church universal, we have in every particular Christian congregation.”*

John Wesley, Sermon 92

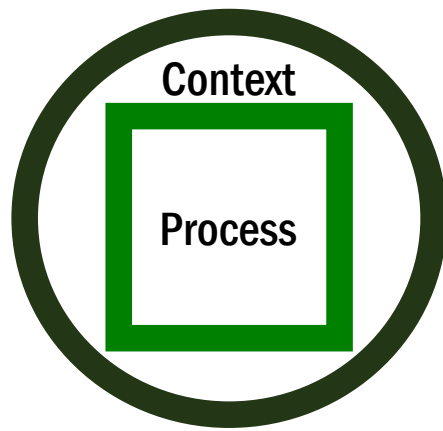
Process

Making Disciples

A clear pathway to Christian maturity

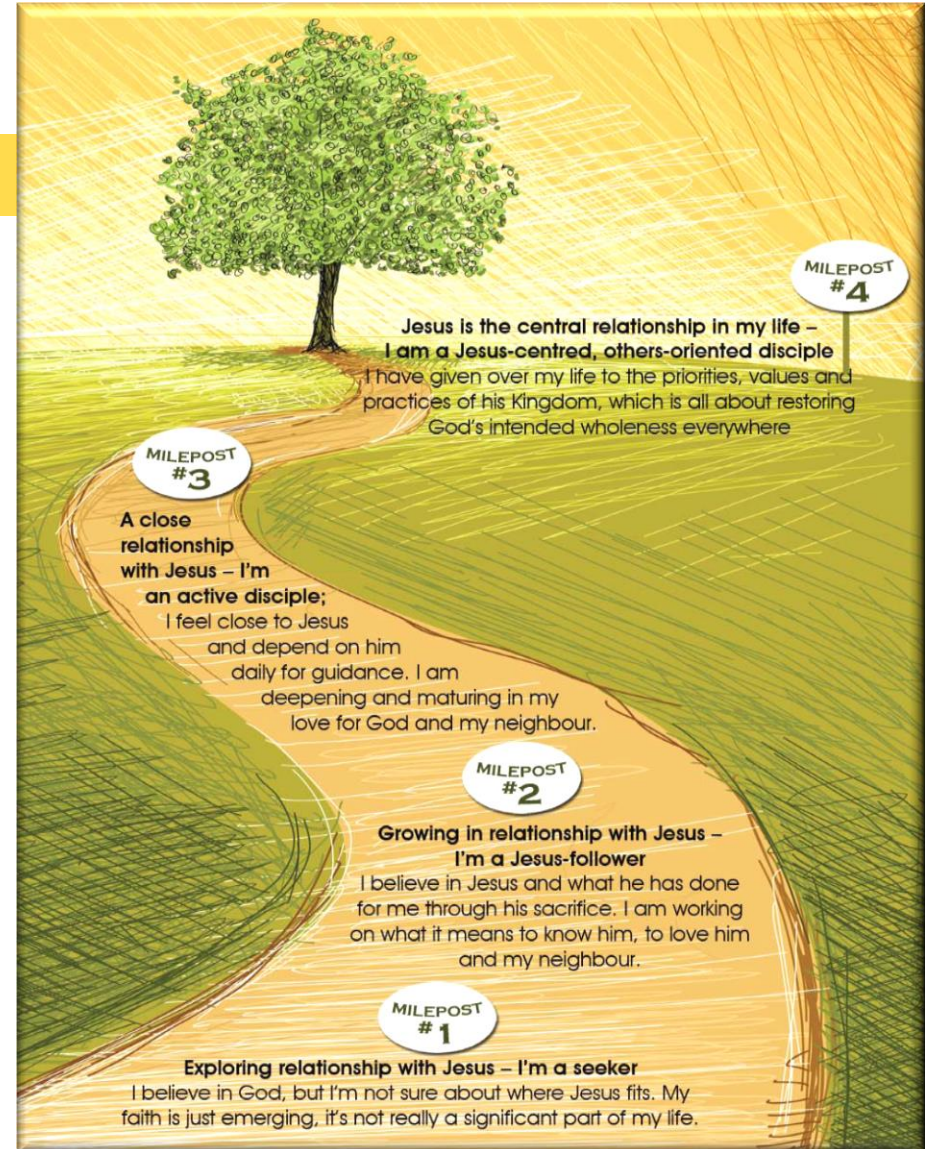
The **goal** of the Christian life is not a salvation ticket to heaven, it is to become **more and more like Jesus** – which is seen in **love for God** and **one's neighbour**. We are called to “live a life worthy of our calling,” “to work out our salvation with reverence and sensitivity,” to move onward to where God is beckoning us.

Throughout Christian history this **process** has been described as a “journey,” a “pilgrimage,” a “way to heaven.” As Christian leaders we need to communicate/describe this way forward for the people in our care.



*Shake the dust off of your feet,
don't look back
Nothing now can hold you down,
nothing that you lack
Temptation's not an easy thing,
Adam given the devil reign
Because he sinned I got no choice,
it runs in my vein*

*Well I'm pressing on
Yes, I'm pressing on
Well I'm pressing on
To the higher calling of my Lord
Bob Dylan*

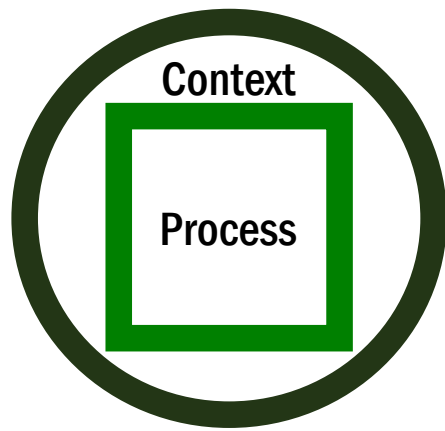


Process

Milepost #1

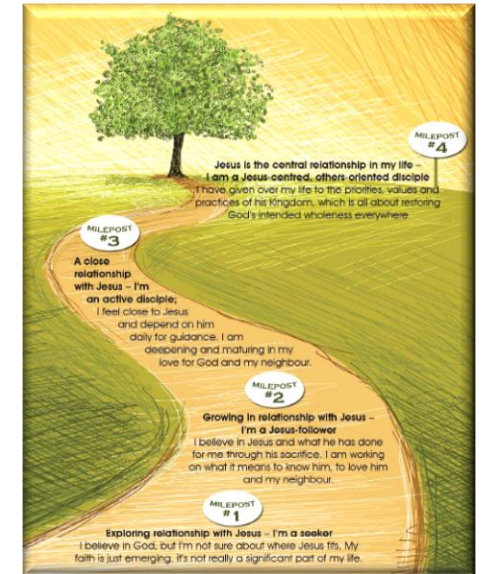
Exploring relationship with Jesus – I'm a seeker

This is someone who in the course of their life journey has entered into some dimension of **relationship** with a Christian congregation. They 'get' the God stuff, but are **wondering** about everything else, including Jesus as The Way and whether Christian community is a safe place



What does a seeker need?

1. **Help developing a relationship with Jesus.** Someone is needed to come alongside and share an understanding of what a faith commitment to Jesus might look like.
2. **Compelling worship experiences.** If God does, in fact, “inhabit the praises of his people” then believers gathered in worship is a means of grace that continues to draw and confirm the seeker.
3. **A feeling of belonging.** A seeker wants to be included and welcomed. We must enable their ongoing connection with at least one or two other believers who have gifts of encouragement and hospitality.
4. **Help in understanding the Bible better.** An introduction to basic Christian teachings about Jesus through exploring a Gospel account is an excellent way of initiating seekers into exploring the Bible for themselves.
5. **Christians who model and reinforce how to grow in Jesus.** Seekers are looking around them to see if this Jesus stuff “is really possible” and what it might look like to enter into relationship with Jesus.



Approach

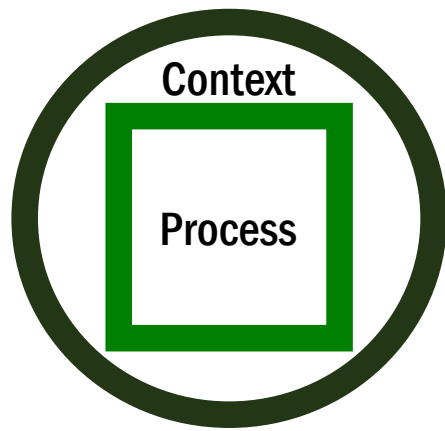
WELCOME amongst a Christian community
LISTEN to discern needs and direction

Process

Milepost #1

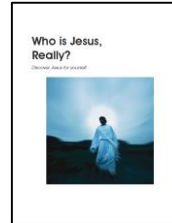
Forward development

Don't hurry a seeker through a simple 'sinner's prayer.' Let them **develop a firm understanding** of Christian beliefs, attitudes, and habits. Let them 'count the cost' of following Jesus. **Involve them** in the life of the Christian community – in whatever is interesting and attractive to them. At some point they need to be **invited to a faith commitment**. We don't just slide into the kingdom – we decide to take up the cross and follow.



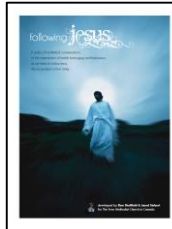
What resources are useful?

Who is Jesus, Really?

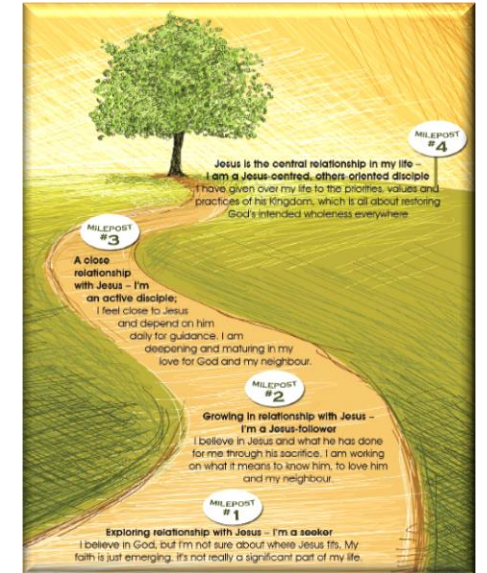


This short, five-session study is intended for people who want/need to explore, to directly engage, with **the story of Jesus' life, death and resurrection**. Who was he? What did he do? What did it mean? Is there any meaning for me? (FMCiC developed)

Following Jesus.



These studies (5 modules, 5 sessions each) are designed for seekers who have had an introduction to the life of Jesus, in one form or another, and are looking for **a broader understanding of the Christian faith**. Through the series of five topics – Christian Foundations, Christian Growth, Our Faith Community, God's Mission, and Spiritual Gifts – participants will explore **basic teachings and practices** of the Christian faith. (FMCiC developed)



Outcome Marker

Regular participation in Christian community life

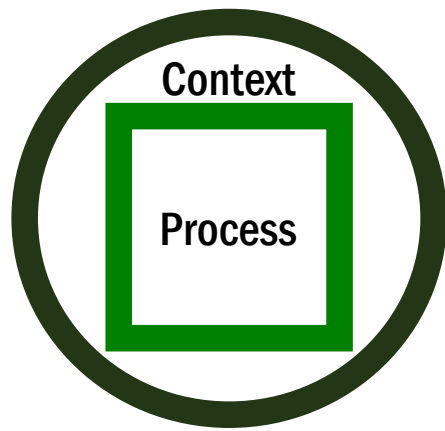
Process

Milepost #2

Growing in relationship with Jesus

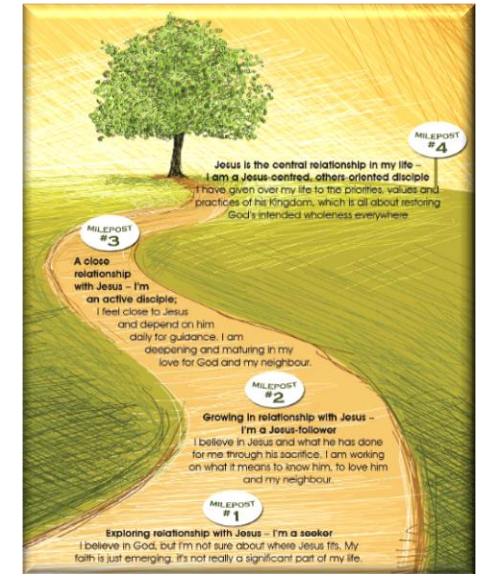
– I'm a Jesus-follower

This person has entered into relationship with Jesus Christ. They **understand and believe** what Jesus means for forgiveness and healing in their lives. They are **beginning to live out** what it means to follow Jesus – to know him, to love him and to live with unselfish love towards one's neighbour (family, friends, and strangers).



What does a Jesus-follower need?

1. **Help developing a relationship with Jesus.** Someone (or group) is needed to come alongside and model the practices that deepen relationship with Jesus – worship, Scripture and prayer.
2. **Help in understanding the Bible better.** A new believer wants to make sense of the Bible. Doing this work together with other believers helps develop an understanding of the historic Christian consensus regarding the Scriptures.
3. **Christians who model and reinforce how to grow in Jesus.** A new believer wants to know how Christian teaching translates into everyday living. A small group community focused on growing up in Jesus is essential for healthy growth.
4. **Compelling worship experiences.** Just as Christian worship is a 'drawing' factor for seekers, it now encourages confirmation and deepening of the relationship already birthed with Jesus.
5. **Challenge to grow and take next steps.** Having entered into relationship with Jesus this person may flounder regarding "what next?" An encouraging, nudge to take another step further may be welcomed.



Approach

DISCIPLE intentionally
INVOLVE in ministry life

Process

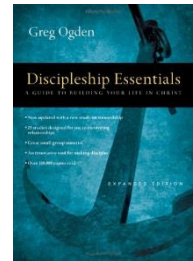
Milepost #2

Forward development

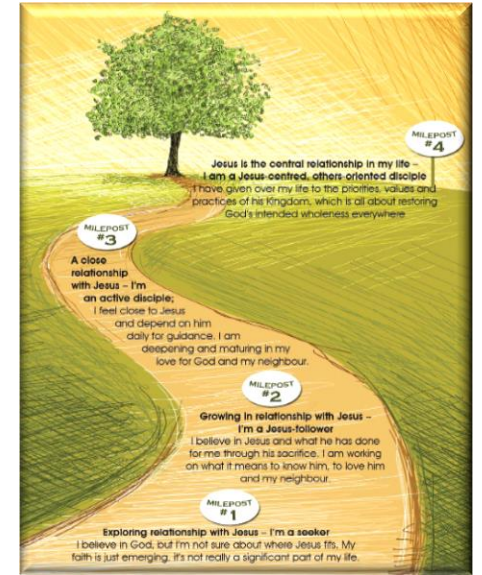
Don't hurry the new believer through this time of **laying lifelong foundations**. Developing the habits of **spiritual disciplines** and **grace-filled actions** are key to ongoing Christian growth. At some point there will be a time of **challenge to move forward** and do deeper inner spiritual work and make greater use of spiritual gifts in grace-filled service.

What resources are useful?

Discipleship Essentials

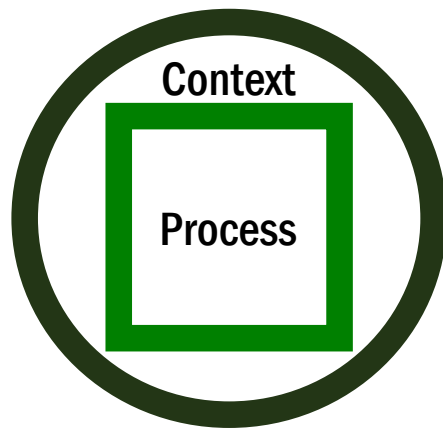


This study guide written by Greg Ogden has been in continuous use for more than 20 years. Designed to be used in groups of 3, there are 25 sessions that lay a **foundation of the basics of Christian living**. Easily usable by everyday Christians to make disciples.

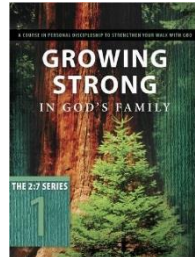


Outcome Marker

Baptized into life in Christ

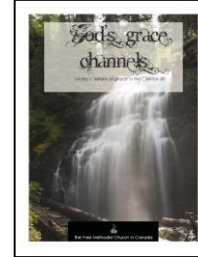


Navigators 2:7 Series



The 2:7 Series is built around the intent of Colossians 2:7 – “**rooted and built up** in him, strengthened in the faith as you were taught...” This material (3 books, 11 each) is designed for believers who are ready to go deeper in their understanding of **Christian faith and practice**.

God's Grace Channels



7 session study introducing basic disciplines and practices of the Christian life that Wesleyans refer to as “**means of grace**.” Disciplines and practices that aid Christian growth, encompassing both **loving God and loving one's neighbour**. (FMCiC developed)

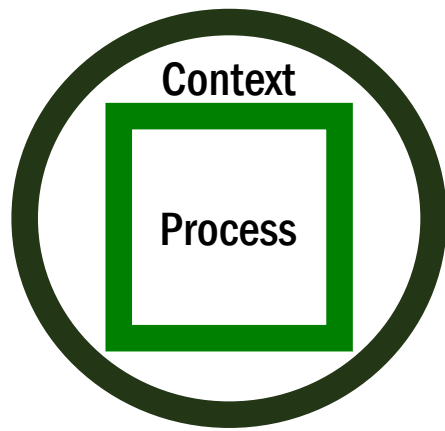
Process

Milepost #3

A close relationship with Jesus

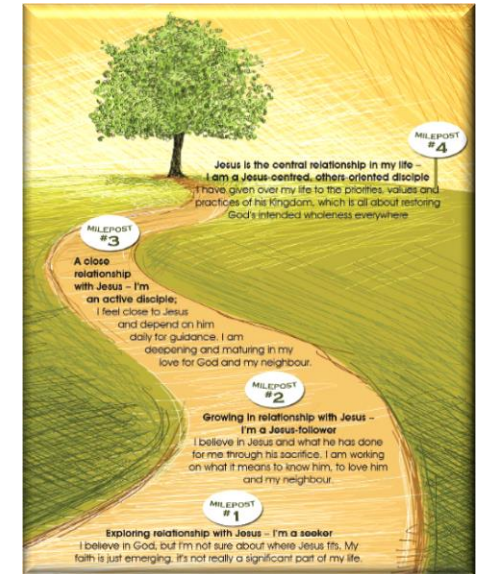
– I'm an active disciple

This person is deeply **in relationship with Jesus Christ**. They speak of Jesus as an active confidante in their everyday lives, depending upon him for guidance and support. They are **entering deeper** into Christian community life, and with Jesus who, by the Holy Spirit, is **bringing to maturity** their love for God and their loving service with their neighbours.



What does an active disciple need?

1. **Help in understanding the Bible better.** The active disciple now wants to go deeper into the themes, teachings, and expectations of the Bible. Sunday preaching is usually not sufficient at this milepost.
2. **Help developing a relationship with Jesus.** As the Holy Spirit reaches deeper into their life core issues and habits of the old life often resurface. A community of 'fellow-travelers' is important for this ongoing renovation process.
3. **Christians who model and reinforce how to grow in Jesus.** They look to mature Christians to model the alternative worldview and lifestyle that is required of kingdom living. A missionally-oriented small group is essential for healthy growth.
4. **Challenge to grow and take next steps.** Active disciples are looking for opportunities that aid in full engagement of their gifts and passions. Some may need a friendly nudge to get started.
5. **Encouragement to take personal responsibility for growth.** At this point in their journey, the active disciple is already taking responsibility for their own growth, even as they nurture others, and needs to be encouraged onward in this direction.



Approach

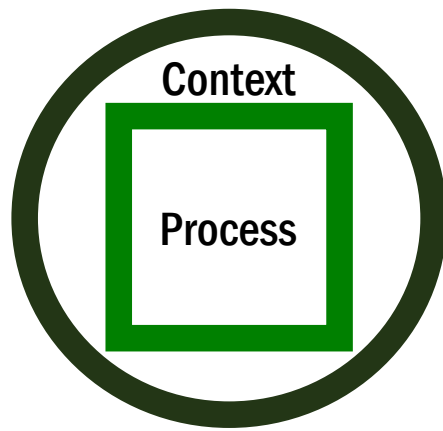
TRAIN intentionally
GIVE RESPONSIBILITY for
ministry development

Process

Milepost #3

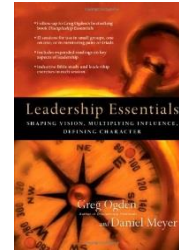
Forward development

The ability to competently and **confidently share one's faith**, and the significance of **the Jesus Story**, is fundamental to deepening one's relationship with God and is key for forward development of the active disciple. A congregation needs to make **opportunities** available **for expressing other-centredness**; lack of opportunities may hinder forward development. At some point there will be a time of challenge to move forward and do deeper inner spiritual work and make greater use of spiritual gifts in grace-filled service.

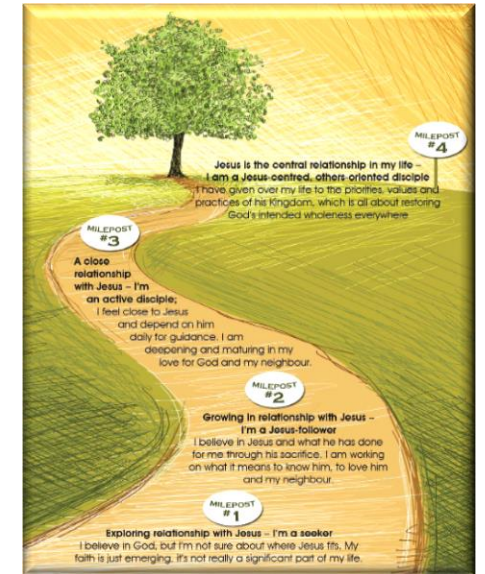


What resources are useful?

Leadership Essentials



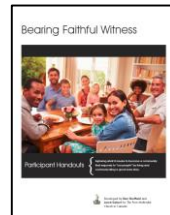
12 sessions deal with habits that foster character, servant attitudes, missional ministry vision, and challenges to **leadership integrity**. Intended for small group development of persons with leadership capacity. By Greg Ogden.



Outcome Marker

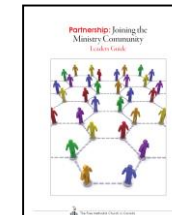
Committed involvement in Christian community life

Bearing Faithful Witness



11 sessions exploring what it means to be a faith community that responds to the people in our spheres of influence via **living and communicating a good news story**. Participants develop practices that encourage discernment of friends, who may have hearts prepared for engagement. (FMCiC developed)

Partnership: Joining the Ministry Community



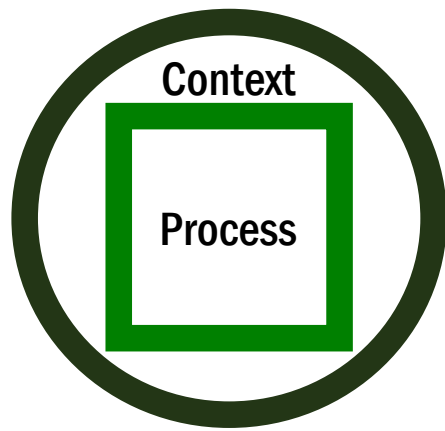
This study material (5-8 sessions) explores Free Methodist **values and emphases**, examining what it means to make a 'covenant' or 'partnership' commitment with other leaders of a Free Methodist congregation **to work together** on a "common playing field." (FMCiC developed)

Process

Milepost #4

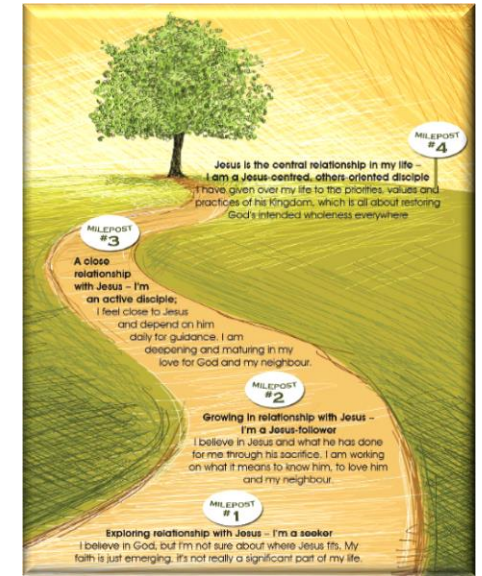
Jesus is the central relationship in my life – I'm a Jesus-centred, others-oriented disciple

This is a disciple whose life has been **surrendered** over to God for **renovation and empowerment** – they are willing to risk everything. God's priorities, values and the practices of kingdom living are becoming second nature. The fullness of God's intentions (*shalom*) are becoming real in both inner and outer life **desires, choices and lifestyle**.



What does a Jesus-centred, others-oriented disciple need?

1. **Help in understanding the Bible better.** Continues to be nurtured, aided and challenged by their encounter with Scripture. Their comprehension and application is greatly aided by teaching and discipling others.
2. **Help developing a relationship with Jesus.** Has reached a point of surrender in their relationship with Jesus. A mature, spiritual director or mentor will be valued.
3. **Christians who model and reinforce how to grow in Jesus.** Needs 'fellow-travelers' who will walk with them through the challenges of reorienting everyday life around kingdom values and practices.
4. **Challenge to grow and take next steps.** Needs opportunities to put all their resources (gifts, knowledge, wisdom, experience) into kingdom service. Targeted training outside the local church will be valued.
5. **Encouragement to take personal responsibility for growth.** Assumes responsibility for their own growth, even as they nurture others, and needs to be encouraged onward in this direction.



Approach

GIVE LEADERSHIP

responsibilities

EXPECT REPRODUCTION in

way of life and disciple-making

Process

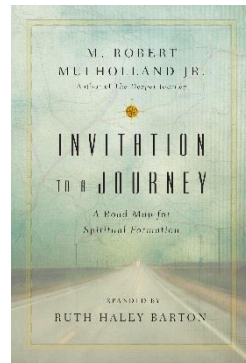
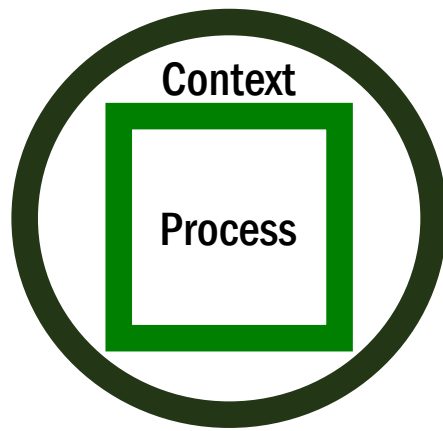
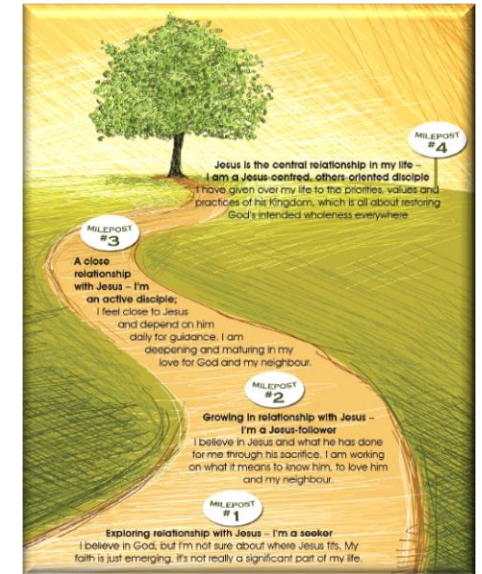
Milepost #4

Forward development

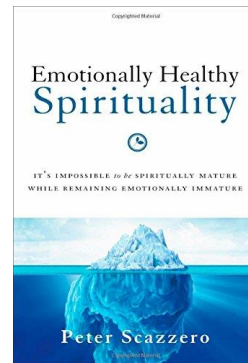
Our natural orientation is to be self-serving; the Jesus-centred, others-oriented disciple will pay continued attention to **a deepening love for God and for others** – the neighbour, the stranger. A continued willingness to be **available to serve/lead**. Ongoing growth and maturity of **inner attitudes and outer way of life** is largely self-directed. It is important to have a small group community for encouragement and accountability.

What resources are useful?

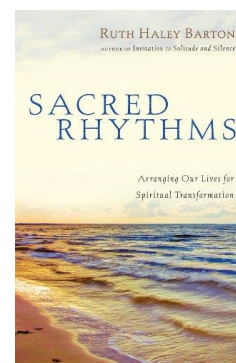
Disciples at Milepost #4 are often very **self-motivated** in their spiritual journey and Christian life. Local church leadership need to be conscious of encouraging both a **deeper walk with God** through coaching, retreats, reading, and small group accountability, as well as **opportunities to express an others-orientation** through ministry participation. Below are several classic books that would encourage and challenge.



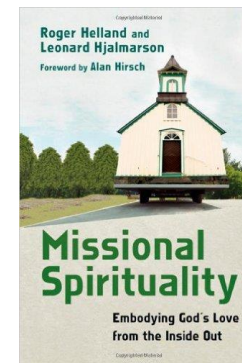
Invitation to a Journey
Robert Mulholland Jr.



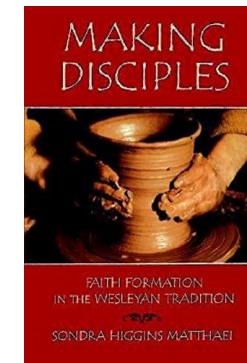
Emotionally Healthy
Spirituality
Peter Scazzero



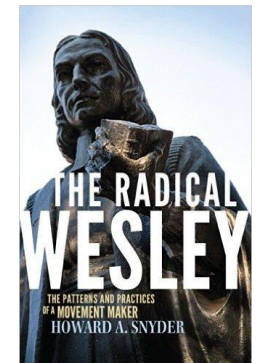
Sacred Rhythms
Ruth Haley Barton



Missional Spirituality
Roger Helland and
Leonard Hjalmarson



Making Disciples
Sondra Higgins
Matthaai



The Radical Wesley
Howard Snyder

Process

Making Disciples

An ongoing cycle of reproducibility

We have been describing the process of disciple-making as a pathway or journey toward maturity (loving God and loving our neighbour). This image is helpful as it pertains to one's own journey. But the **Ministry Map** is another image that we use to communicate the cycle of life in a Christian congregation. The 4 quadrants relate directly to the 4 Mileposts of our pathway image. The quadrants describe the work of the church. This tool is useful for identifying where our people are located in their journey, and what ministries we have in place to encourage their development.

