



Spiritual Boot Camp

Introductory Disciplex Guide



Vision for the Lessons

These seven discipleship lessons are a tool for disciple-makers for laying a Biblical and reproducible foundation for their faith. The weekly Disciplex Guides have a Key Truth, Key Illustration, and Scripture Memorization that will help you as the Disciplex to stay on track. Also, by the end of the 7 weeks, coach the disciplex to share his story (testimony) and also share God's story through One Verse Evangelism. The over arching focus is *Identity formed by Truth* asking: "Who is God? Who are We? And So What?" as we walk through the Scriptures together.

Purpose of the Lessons

- Lesson One:** **Assurance of Salvation** To understand how salvation comes to the individual and that our salvation is anchored in the truth of God's Word, not our feelings.
- Lesson Two:** **Devotional Life** To equip the disciplex (follower of Jesus) to engage in an ongoing relationship with God through His Word (Bible) and His Spirit.
- Lesson Three:** **The Church** To learn God's mission for and my purpose in the Body of Christ (the Church) in the world.
- Lesson Four:** **The Father Heart of God** To encounter and embrace the perfect, Father heart of God.
- Lesson Five:** **The Holy Spirit** To introduce the disciplex to the person, work, and indwelling power of the Holy Spirit.
- Lesson Six:** **Growing Christ-Like** To lay a foundation for ongoing Christ-like growth through love, obedience, and victory over sin.
- Lesson Seven:** **The Great Commission** To motivate the disciplex to life-long participation in making disciples of Jesus.

The Process

- Life on Life:** These lessons are designed to be used in one-on-one or small group conversation. Look at this as a discussion guide, not as a workbook. Consider these three ingredients necessary to produce maturity in Christ:
1. *Relational vulnerability* means real, open, honest, self-disclosing, and confessional relationships that give the Holy Spirit permission to remake us.
 2. *Centrality of truth* is emphasized when people open their lives to one another around the truth of God's Word, and the Lord begins to transform their lives from the inside out.
 3. *Mutual accountability* is authority given to others to hold us accountable to God's Word.
- Self-Discovery:** The idea is to let the Scriptures teach the disciplex. Let the disciplex seek on their own to understand and communicate what the Scripture says. The disciplex's role is to clarify and teach as needed to ensure accurate understanding.
- Reproducing:** Help them become a Reproducer, not just a Receiver! Cast the vision from the outset that the Lord wants the disciplex to train someone else as soon as He sends them someone. They will need to take notes in a way that will help them to remember and reproduce the lesson.
- Obedience:** At the end of each lesson the disciplex and the disciplex must decide on how to apply the truths they studied. Discuss how they can measure the application to be sure it was completed. Be more specific than, "I want to have a devotion time." Decide on the details for the devotion time, place, and what that time will cover.
- Accountability:** At the beginning of each lesson, go over the memory verse and discuss their success with applying the truths from the previous week. We can always improve on something, no matter how mature we are in the Lord! The disciplex learns through your transparency and walk with the Lord.

Action Steps

Over the next 7 weeks, the disciple needs to be armed with 2 important tools:

1. *Sharing Our Story: Learning to share our testimonies.*

After Lesson 1, refer the disciple to this live link to learn more about how to write an effective testimony:

[Sharing My Faith](#)

2. *Sharing God's Story:*

After Lesson 1, also refer them to [One Verse Evangelism link](#). Have them role play and share with you in your meeting time. Then debrief and process together. Share the [One Verse Coaching video](#) to equip them even more fully and go over it again.

Important Discippler Concepts

- Help them understand SOAP and how the process works. You may do it with them at first. Also, reinforce the new identity now that they are IN CHRIST!! (2 Cor. 5:17) Don't assume here. This is critical!
- Some lessons may challenge their beliefs. Have them explain in their own words. Give instruction if needed and see if there is any need for clarification. Ask good open-ended questions and be a discerning listener.
- Feel free to share from your own personal experiences. The Lord can use your testimony to impact the disciple.
- Remember the Lord is the teacher/discippler. Keep Him in charge through prayer and through faith in His promise to lead and guide us in all truth (John 16:13,14) by His Spirit.
- Each week there is a verse(s) to memorize. Teaching the disciple to "hide God's Word in his/her heart" will be integral to what God desires to do in the disciple.
- You set the pace with regards to their Sharing God's Story and also Sharing My Story by the end of the 7 weeks.
- If someone is not interested or open don't feel like you need to keep meeting. A good disciple is someone who is faithful, available, and teachable.
- Don't feel like you have to know all the answers. The goal is to help the disciple learn how to do more and more self-discovery from the Scriptures.
- Head knowledge without application and heart change is unprofitable. Go after the heart.