



EQUIPPED

TO FOLLOW JESUS

16 MAY 2026

**Tools to equip the church to live as true
disciples of Jesus**

PART 1



Contents

Introduction.....4

Session 1: Where does God want me?6

Session 2: A Spiritual Growth Journey.....9

Session 3: What is a disciple? 14

Session 4: How Do We Get There? 19

Introduction

Colossians 2:6-7

As you therefore received Christ Jesus the Lord, so walk in Him, rooted and built up in Him, and established in the faith."

Why are you here today?

What are you hungry for?

Matthew 28:19-20

Go therefore and make disciples of all the nations [help the people to learn of Me, believe in Me, and obey My words], baptizing them in the name of the Father and of the Son and of the Holy Spirit, ²⁰teaching them to observe everything that I have commanded you; and lo, I am with you always [remaining with you perpetually—regardless of circumstance, and on every occasion], even to the end of the age." Amplified

Me in Christ in Me

John 15:5

"I am the vine; you are the branches. Whoever abides in Me and I in him, he it is that bears much fruit, for apart from Me you can do nothing."

Are you hungry for more?

- *Come journey together and discover faith that comes alive beyond Sunday.*
- *Come be part of a life where God's Word is lived, not just heard.*
- *Come grow deeper in a relationship, not just a routine.*
- *Come experience a walk with God that transforms from the inside out.*
- *Come step into a faith that is active, growing, and real.*
- *Come bear fruit that reflects a life rooted in Christ.*
- *Come follow Jesus in a way that shapes every part of your life.*

Session 1: Where does God want me?

Colossians 1:27–29

God [in His eternal plan] chose to make known to them how great for the Gentiles are the riches of the glory of this mystery, which is Christ in and among you, the hope and guarantee of [realising the] glory. We proclaim Him, warning and instructing everyone in all wisdom [that is, with comprehensive insight into the word and purposes of God], so that we may present every person complete in Christ [mature, fully trained, and perfect in Him—the Anointed]. For this I labour [often to the point of exhaustion], striving with His power and energy, which so greatly works within me.

Discuss: What does this passage teach us about where God wants me?

Think of your spiritual life as a journey. What does the road look like right now?

Goals will (*He chose*) is that you will:

- 1.) _____
- 2.) _____
- 3.) _____
- 4.) _____
- 5.) _____
- 6.) _____

KNOW

GROW

FLOW

SHOW

**So, the first focus inwards
The last two focus outwards**

Consider, now, the reason why you are here, how does it align with what God's will is in the passage?

How does His will in Colossians 1:27-29, align with the reason why you are here today?

Also Notice three important things in this passage:

- **The goal is maturity in Christ** — not just conversion, not just churchgoing, but full, complete, grown-up Christlikeness.
- **The method is proclamation and teaching with wisdom** — intentional, thoughtful discipleship.
- **The energy is not Paul's own** — it is Christ's energy, powerfully working within him. Growth is a partnership: our effort, His power.

So, we clearly see where God want me

- So, God wants us to grow
- His will is that we become mature
- help others know Him and become Christlike.
- He provides the means for us to do so

Where Are You and where are You going?

Philippians 3:7-14

But whatever were gains to me I now consider loss for the sake of Christ. ⁸ What is more, I consider everything a loss because of the surpassing worth of knowing Christ Jesus my Lord, for whose sake I have lost all things. I consider them garbage, that I may gain Christ ⁹ and be found in him, not having a righteousness of my own that comes from the law, but that which is through faith in Christ—the righteousness that comes from God on the basis of faith. ¹⁰ I want to know Christ—yes, to know the power of his resurrection and

participation in his sufferings, becoming like him in his death,¹¹ and so, somehow, attaining to the resurrection from the dead.¹² Not that I have already obtained all this, or have already arrived at my goal, but I press on to take hold of that for which Christ Jesus took hold of me.¹³ Brothers and sisters, I do not consider myself yet to have taken hold of it. But one thing I do: Forgetting what is behind and straining toward what is ahead,¹⁴ I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus.

Discuss:

What do we learn about the importance of self-reflection from this passage?

What Paul models here:

Activity: Simple Reflection Tool



Session 2: A Spiritual Growth Journey

Exploring Christ

Quick discussion

What do think are characteristics of a person in this position?

The people at this position on their journey with God have a basic belief in God but do not have a relationship with Christ

Growing in Christ

What do think are characteristics of a person in this position?

The people at this position on their journey with God has made a commitment to Christ and is in a season of discovery.

Close to Christ

What do think are characteristics of a person in this position?

These people depend on Christ daily. They turn to Him on a daily basis for help and guidance for the issues they face.

Christ-Centred

What do think are characteristics of a person in this position?

The people at this position on their journey with God would identify their relationship with Christ as the most important relationship in their lives.

Take time on your own and write down:

Which of the four positions on your journey with God best describes where you are right now?

What led you to that conclusion?

What do you think you need to move to the next position?

Movements

Movement 1: Exploring Christ to Growing in Christ

- Understanding salvation and grace and believe in Jesus.
- Realising that there is one true God, Father, Son and Holy Spirit.
- God is actively involved in my life.
- Christ Is First, desires Jesus to be first in his/her life.

- Accepting the authority of the Bible and it has decisive authority over what one say and do.
- Developing daily spiritual habits. Start reading Bible more often and pray occasionally
- Building connection with Christian community – start serving in Church (regularly going to church, maybe part of small group)
- Learning the foundations of faith

What do you think will help a person to move from passive Christianity to an active, growing relationship with Jesus? Be practical.

Spiritual Habits

- Someone to teach foundational principles (Purple Book)
- How to Read the Bible and how the Bible fits together (SOAP)
- Introduction to Prayer – What is prayer, how to pray.
- Someone who disciples you

Movement 2: Growing in Christ to Close to Christ

- Deepening intimacy with Christ - Christ is First – Identify with Christ
- Identity in Christ
- Practicing spiritual disciplines consistently
- Growing in obedience and holiness
- Experiencing transformation of character
- Becoming active in serving and community

What do you think will help a person to move from someone in a growing relationship with Jesus to someone who is close to Christ. Be practical.

Spiritual Habits

- Spiritual Disciplines Course
- Deeper study, Bible study methods (Discover Bible App)
- Deeper study about prayer
- Grow in emotional and relational maturity
- Discover your gifts and calling (Discover your place – coarse)
- Someone who discipled you and beginning to disciple someone else.

Movement 3: Close to Christ to Christ-Centred

- Living fully surrendered to Christ, Christ is first
- Living according to the principles of the Word of God
- Read Scripture daily and prayer regularly
- Tithe
- Seeing life through God's Kingdom purposes
- Intentionally discipling others
- Leading and serving with humility
- Do teaching and attending additional teaching
- Multiplying faith into the next generation
- Mentoring young believers

What do you think will help a person to move someone who are close to Christ to someone who totally surrender to Jesus and their life is centred in Christ? Be practical.

Spiritual Habits

- Disciple-Making Training
- Missional Living
- Leadership Development
- Theology training (Veritas, etc)
- Someone who discipled you and beginning to disciple someone else.

What spiritual truths and commitments do you need learn to take you from your current position to the next one?

Session 3: What is a disciple?

Who Planted the Pip?

Discussion questions

Who planted the first pip of faith in your life? A parent? A friend? A pastor? An unexpected encounter?

Who watered it? Who was there when you were struggling to grow?

Who pruned you — who said the hard thing that pushed you forward?

Whose pip are you planting? Who is watching your life and seeing something they want?

Matthew 4:19

Come, follow me, and I will make you fishers of men.

When you hear the term discipleship, what comes to mind?

How did Christianity look like in your home when growing up?

Who has been disciplined?

2 Timothy 2:2

And the things you have heard me say in the presence of many witnesses entrust to reliable men who will also be qualified to teach others

What This Looks Like in Practice?

- Someone ahead of you
- Someone walking beside you
- Someone behind you

Who is ahead of you, walking beside you and is behind you.

The word we need to reclaim - Disciple

The Greek Word: *Mathetes*

The Rabbi–Talmid Relationship

The Three Marks of a True Disciple

Mark 1: A Disciple Denies Self

Luke 9:23

“If anyone would come after me, let him deny himself and take up his cross daily and follow me.”

Mark 2: A Disciple Obeys Jesus

John 14:15

“If you love me, you will keep my commandments.”

John 14:21

“Whoever has my commandments and keeps them, he it is who loves me.”

Mark 3: A Disciple Makes Disciples

Matthew 28:19–20

Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, 20 and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age.”

The Habits of Grace of a disciple

- **Scripture**

Psalm 1:1–3

Blessed is the man who does not walk in the counsel of the wicked or stand in the way of sinners or sit in the seat of mockers. But his delight is in the law of the LORD, and on his law he meditates day and night. He is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither. Whatever he does prospers.

- **Prayer**

Matthew 6:6-8

But when you pray, go into your room, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done in secret, will reward you. And when you pray, do not keep on babbling like pagans, for they think they will be heard because of their many words. Do not be like them, for your Father knows what you need before you ask him

- **Fellowship**

Acts 2:42–47

They devoted themselves to the apostles' teaching and to the fellowship, to the breaking of bread and to prayer. Everyone was filled with awe, and many wonders and miraculous signs were done by the apostles. All the believers were together and had everything in common. Selling their possessions and goods, they gave to anyone as he had need. Every day they continued to meet together in the temple courts. They broke bread in their homes and ate together with glad and sincere hearts, praising God and enjoying the favor of all the people. And the Lord added to their number daily those who were being saved.

- **Serving**

1 Peter 4:10

Each one should use whatever gift he has received to serve others, faithfully administering God's grace in its various forms.

- **Witness**

1 Peter 3:15

But in your hearts set apart Christ as Lord. Always be prepared to give an answer to everyone who asks you to give the reason for the hope that you have. But do this with gentleness and respect,

Discussion question

Which of these spiritual disciplines — Scripture, prayer, fellowship, serving, or witness — is currently strongest in your life, and which one needs the most growth? Why?

The Cost of Not Becoming a Disciple

What is one practical next step you can take this week to grow as a disciple?

What would change in our church if every person intentionally disciplined one other person?

Session 4: How Do We Get There?

Where have you personally experienced the most meaningful discipleship?

If you asked most Christians where discipleship happens, they would point to a building, or maybe a programme on the church calendar. These things have their place but they were never designed to carry the full weight of spiritual formation/transformation.

- **Discipleship Happens in Homes** — Acts 2:46–47; Romans 16:5; Colossians 4:15
- **Discipleship Happens Around Tables** — Luke 19:5–7; John 21:12–13; Luke 22:14–20
- **Discipleship Happens in Everyday Life** — Deuteronomy 6:1–9

Discuss: Why do you think many Christians see discipleship as something only for “serious” believers or church leaders?

Discuss: Do you believe you are called not only to follow Jesus, but also to help disciple others? Why or why not?

Self Reflect: What hurdles stand in the way of you being discipled or you discipling someone?

A Kingdom Perspective

Area of Life	World's view of life	A Kingdom Perspective
Work	A means of income and personal success	A place to live on _____ and invest in people spiritually.
Home	A private space for comfort and rest	A place of _____ and _____.
Meals	Something rushed or convenient	An opportunity for _____ and _____.
Family	Simply maintaining our household	Intentionally forming _____ in everyday life
Friendships	Relationships centred on shared interests	Relationships that encourage _____ and _____.
Church	Attending a weekly service	Participating in a _____.
Time	Something to spend on ourselves	Something _____ for God's Kingdom purposes.
Conversations	Casual and surface-level	_____ and _____ aware.
Success	Personal achievement and fulfilment	Faithfulness to God's _____ and _____.
Everyday Life	Separated from spiritual purpose	The _____ where discipleship happens

What Needs to Happen?

- **A mindshift** — seeing every area of life through the lens of God's Kingdom
- **A lifeshift** — intentionally reordering our lives around disciple-making

And your sentence could become:

Our prayer is that God would shift our approach to life from *my personal purpose* to *His Kingdom purpose* — where every area of life becomes an opportunity for discipleship.

Action Step for discipleship

- **Discipleship must become an intentional priority, not something left to chance**

Write down 3–4 people’s names:

- To pray for regularly
- To encourage spiritually
- To intentionally invest in through conversations, care, Scripture, and prayer
- Ask God to show you how you can help these people take one step closer to Christ.

NB: How do you want us to help you!

Seen today that the most effective way of learning, being and being equipped is through discipleship.

What are next steps for you? (*Think about where you are*)

Personal relationship with God:

Spiritual Growth – What do you need to grow closer to God?

What do you need to help others to grow closer to God?

- Family: _____
- Friends: _____
- Colleagues: _____

Complete Online form:



Conclusion

- We know where God wants us to be.
- We know where we are.
- We know what a disciple looks like.

What is **one change/one step of faith**, God wants to make in you to grow as a disciple?

The answer is not a new programme, or more discipline, it is following the model of Jesus.

- Pray
 - Ask
 - Obey
-
-

PRAYER



DEO GLORIA



Glory to God -
Making God's glory known

COMMUNITY



Creating community -
Serving the community

CHURCH



A loving family of God
in Rockingham

WORD-BASED



The Bible is the
foundation of truth

CHRIST-CENTRED



Jesus is the centre
of our faith

SPIRIT INSPIRED



God's Spirit inspires us
to live and proclaim
His truth

DISCIPLE-MAKING



Journeying together,
following Jesus in obedience