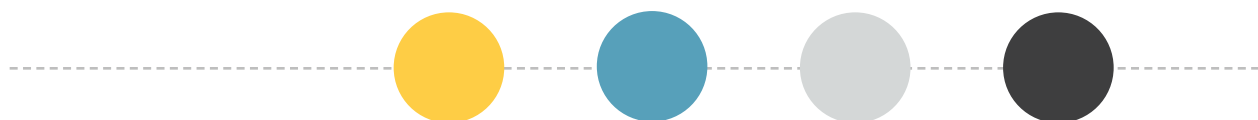




DISCIPLESHIP RESOURCE GUIDE



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A NOTE FROM OUR LEAD PASTOR

One Mission, Many Parts — Making Disciples Together

Jesus gave His church a clear mission: “Go and make disciples of all nations...” (Matthew 28:19). That calling hasn’t changed. At Christ The Rock, everything we do—every ministry, every gathering, every conversation—is meant to help fulfill that mission; is meant to help people become fully devoted followers of Jesus.

First, let me say thank you. Thank you for saying yes to being part of something bigger than yourself. Whether you lead a team, serve behind the scenes, open your home for a group, or care for kids on a Sunday morning, your willingness to serve is helping move the mission of Jesus forward. You are a part of what God is doing here—and that matters deeply.

In a church our size, it’s easy to think your role is isolated, insignificant or disconnected from others. But the truth is, every part of the body matters. Paul’s words to the church in Corinth are just as true today as they were then: “Now you are the body of Christ, and each one of you is a part of it” (1 Corinthians 12:27). Every volunteer, partner and disciple plays a role in helping people encounter Jesus, grow in their faith, and be equipped to share His love with others. When we are aligned and working together with the same heart and purpose, toward the same goal, we become a unified force for proclaiming the gospel.

This training exists to remind us of the big picture and to help us stay connected to our shared calling. We don’t want to just do ministry—we want to make disciples of Jesus, together.

We’re so glad you’re a part of this journey. Let’s keep growing, serving, and living on mission—together.

In This Together,

Joel Zeiner
Lead Pastor
Christ The Rock Community Church



Now you are the body of Christ,
and each one of you is a part of it.

1 Corinthians 12:27



THE VISION

We have a vision to saturate the Fox Valley and other strategic communities with so many disciples that it will change the fabric of our neighborhoods, workplaces, and schools.

Based on Matthew 28:18-20

THE MISSION

We will make mature disciples of Jesus.

Based on Matthew 28:19-20

DEFINITION OF A DISCIPLE

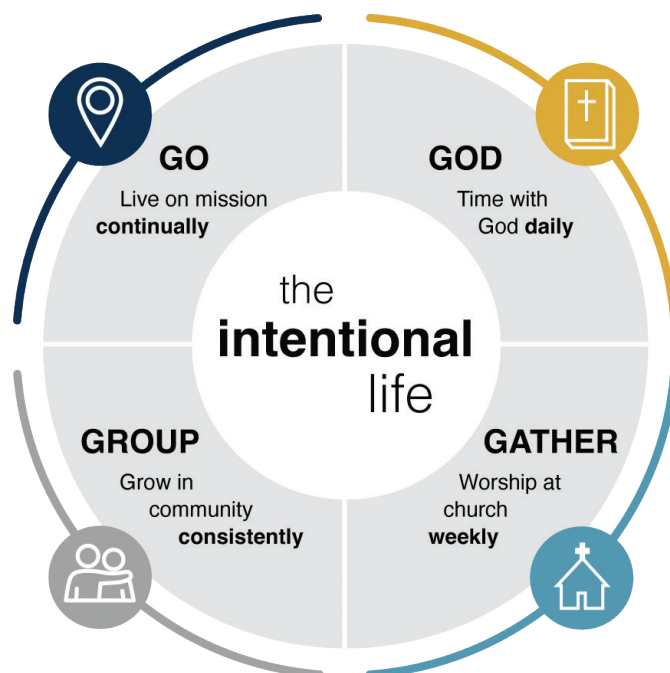
A disciple is someone who is following Jesus, is being changed by Him, and who is committed to the mission of Jesus.

Based on Matthew 4:19



THE INTENTIONAL LIFE

The Intentional Life is our discipleship pathway and has four components: God Time, Gather Time, Group Time, and Go Time. These are four practices that we saw Jesus engage in during His earthly ministry. If we follow these same habits we can also live the life of a disciple.



THE INTENTIONAL LIFE

Jesus modeled a life on mission that made disciples. The same practices that Jesus used are practices that we can observe mature, disciple-making believers following today. At Christ The Rock we call this lifestyle **The Intentional Life**.



GOD TIME: Bible engagement and personal time spent with God



GATHER TIME: Regular attendance and participation in a local body of believers



GROUP TIME: Intentional discipleship in a relational group environment



GO TIME: Missional mindset, living the lifestyle of a Christ-follower in all aspects of life



GOD TIME

God Time is the foundation of the Intentional Life. Our personal relationship with Jesus and walk with Him must get our best attention. If we are not spending time with God, reading His Word and speaking with Him through prayer, we cannot be effective disciples. Living the Intentional Life means that we are intentional about spending time with Jesus each and every day. This is how Jesus lived with the Father. Jesus frequently made time to spend with God, meditating on Scripture and in prayer.

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.

John 15:5



GATHER TIME

The second step in the Intentional Life is Gather Time. This is the time we spend every week worshiping in community with other believers. We gather as the body of believers for worship, teaching of the Word, unity and encouragement, and to exercise our gifts within the body. Mature disciples who make other disciples prioritize gathering weekly and follow Jesus' example as Jesus made worshiping in community a priority.

He (Jesus) went to Nazareth, where he had been brought up, and on the Sabbath day, he went into the synagogue, as was his custom.

Luke 4:16





GROUP TIME

While we spend time studying the Word with the Lord in God Time and with other believers in Gather Time, Group Time has a different purpose. In being part of a Discipleship Group, disciples connect to form deeper relationships, spend time in dialogue about God's Word, and learn to apply what the Spirit of God is teaching us as individuals.

Jesus gave his disciples a biblical foundation, served them by being an intentional leader, and provided them with a relational environment. When they were ready, he told his disciples to go and teach others everything he had commanded. His time on the earth was complete and the mantle of responsibility now rested on his disciples to bring the message to the world, using the same process Jesus himself had modeled. By the power of the Holy Spirit, we can carry on the mission of Jesus today by making disciples of Jesus with his methods.

*For more on discipleship groups, see page 12.



GO TIME

Christ calls us to look beyond ourselves and live a lifestyle consistent with the mission of making disciples. Go Time is living a life on mission. It is denying ourselves and choosing daily and in each moment to follow Jesus. We remember we are ambassadors in God's kingdom and bearers of the good news of Jesus wherever our two feet are. In living the life of a disciple we live on mission continually by demonstrating and proclaiming the love of Jesus.

**In the same way, faith by itself, if it is not
accompanied by action, is dead."**

James 2:17



**By the power of the Holy Spirit,
we can carry on the mission of Jesus today
by making disciples of Jesus with his methods.**

A DEEP DIVE INTO GROUPS

Going from “stranger to Christ” to “mature disciple-maker” is not like flipping a switch; it is a journey. How do we help people grow? And how do we keep people from getting stuck? As disciple-makers, we describe the process we use to move someone along on their discipleship journey as the SCMD (Share, Connect, Minister, Disciple) process. SCMD, like the Intentional Life, mirrors the same process Jesus used with His disciples during His ministry. It’s an intentional approach to discipleship with the goal of creating disciples who make disciples. SCMD is our strategy for assessing where someone is spiritually, helping them grow, and eventually training and releasing them to lead their own groups.

The SCMD Process and Stages of Spiritual Growth

Spiritually Dead/Lost

> **SHARE:** share the gospel with the lost

Spiritual Infant

> **SHARE:** share our lives with others

- Listen and ask questions in order to hear their story
- Share Biblical truth as they replace old beliefs with God’s ways
- Provide accountability as they form new habits
- Let them observe how you live as a follower of Christ

Spiritual Child

> **CONNECT:** connect believers with God and other believers

- Provide Biblical guidance and pray with them
- Invite them to live life alongside us
- Invite them into Discipleship Group
- Introduce them to other believers

Spiritual Young Adult

> **MINISTER:** shepherd and care for people, and train others to do the same

- Assess their strengths and help them consider serving opportunities
- Invite them to join us as we help others
- Shepherd towards spiritual maturity
- Encourage them to look beyond themselves and bless others

Spiritual Parent

> **DISCIPLE:** disciple others as we identify, equip, encourage, and release them to make disciples that make disciples of Jesus

- Identify, equip, and release leaders to start their own Discipleship Groups
- Empower and release them to mentor others
- Constantly encourage unity



Share

Connect

Minister

Disciple

DISCIPLESHIP WHEEL:

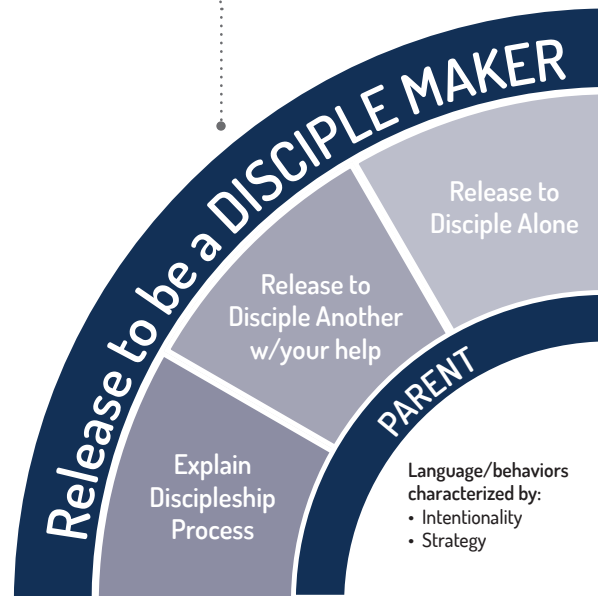
STAGES OF SPIRITUAL GROWTH

Spiritual Parent

In this stage, the parent has a solid understanding of God's Word and a deep, abiding relationship with the Father. They are living out God's Word in their lives daily. They are others-centered and God-dependent. They are able to reproduce mature disciples of Christ by inviting others to follow them as they follow Christ.

Traits:

- They are mature disciples of Jesus, but continually growing and developing into their personal relationship with God and as a disciple of Jesus Christ.
- They are skilled at assessing where others are in the discipleship process and getting personally involved to help them grow and develop.
- They understand their role as one who needs to intentionally invest in others — making disciples who can make disciples.
- They are becoming a coach who develops other players/leaders.



Spiritual Young Adult

In this stage, people are making a big shift from being self-centered to more others-centered. They're beginning to understand their role as a giver, rather than a taker. They are ministering to others, and putting others first. They are being doers of the Word.

Traits:

- They are being less self-centered and more others-centered.
- They are beginning to see themselves as ministers.
- They are tithing and giving of their time from a place of thankfulness and love.
- They understand the kingdom purpose of launching disciples to multiply groups.



Spiritually Dead

People in this stage have not yet accepted Christ as their Lord and Savior. They may completely reject God, or they may be seeking God. They may be "spiritual," and they may even claim to know God or be a Christian. In reality, they are their own god.

Traits:

- They are broken. (aware or unaware)
- They are lost and unaware of it.
- They are living out their feelings.

Spiritual Infant

In this stage people have accepted Christ, but haven't moved much past that point. They can be new believers, or they might be stagnant, long-time Christians. Life is generally all about them and their needs.

Traits:

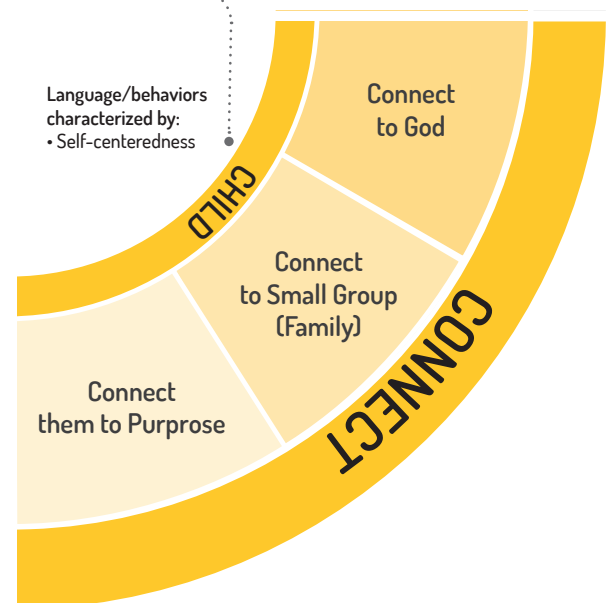
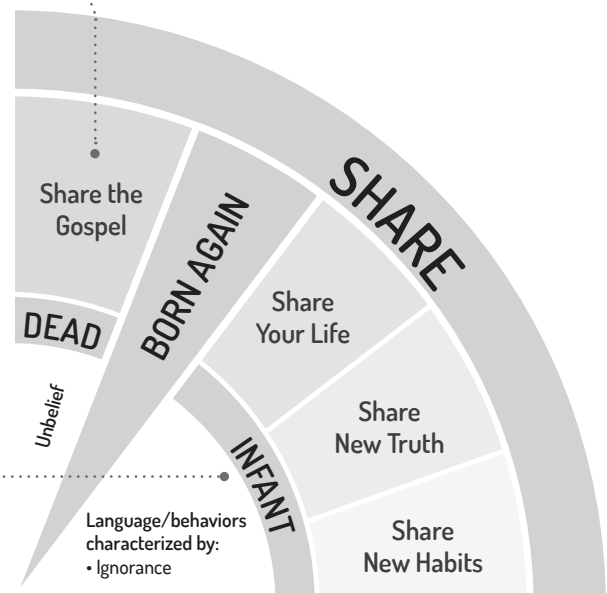
- They are the lord of their life.
- They are confused about what truth is or they are beginning to learn the truth.

Spiritual Child

In this stage people are growing in their relationship with God, and are also beginning to grow in their relationship with other Christians. They are applying God's Word in their lives and allowing others to walk beside them in their journey following Christ. However, it's still mostly about them — their needs, comfort, etc.

Traits:

- They are growing in their relationship with God.
- They are building relationships with other believers.
- They are developing habits of Bible study and prayer.
- They are plugging into relational environments for the purpose of discipleship (small groups).
- They are giving of their time and money.



4 CHARACTERISTICS OF A HEALTHY GROUP

Our Discipleship Groups are modeled after Jesus' disciple-making and include a Biblical Foundation, an Intentional Leader, a Relational Environment, and a Reproducible Process. We believe these components are essential for making disciples and we desire our whole church family to be connected in a Discipleship Group community.

Biblical Foundation: We believe the Bible transforms our minds and renews our spirits into more Christ-likeness. Discipleship Groups use the Bible as their curriculum and build a foundation on understanding and applying the Word.

Intentional Leader: Jesus was intentional with his time, his conversations, and his challenges for those following Him. In the same way, disciple-makers invest in the people in the group, intentionally pointing them to Jesus and challenging them to grow.

Relational Environment: Jesus modeled discipleship inside of relationships, not apart from them. We are relational in discipleship groups by modeling authenticity, mutual accountability, safety, and meeting one another's needs within the group.

Reproducible Process: As group members experience the SCMD process, they are equipped to turn around and do for others what their leader did for them. This reproducible process creates disciples who are equipped to make more disciples.

**We believe these components are essential for making disciples
and we desire our whole church family to be connected in a
Discipleship Group community.**



GOING FURTHER ON THE MISSION

What is partnership at Christ The Rock?

A partner is a disciple committed to seeing God's kingdom purposes fulfilled through this local church by living the Intentional Life. A partner inside the local church says, "I believe in the mission of this church, and I want to be an active participant in making disciples." They are on the ground, working alongside other partners to see the mission fulfilled. In church partnership, we all work together, using our unique gifts, to see disciples made and our communities transformed. This partnership then brings growth to the partners – both individually and as a community.

As Paul wrote to the church in Corinth:
For we are co-workers in God's service; you are God's field, God's building.
1 Corinthians 3:9

I'm not in a discipleship group yet – how do I get started?

Just scan this QR code to get started!



I'd like to lead a discipleship group. What would my next steps be?

Discipleship Leader Training

This class is 10-13 weeks of interactive small group training designed to help you become a great discipleship group leader! We will talk about different Bible study methods, how to assess where your group members are at spiritually, disciple-making, and more. Email Frank at fvanderwyst@christtherock.org to sign up.

Further Resources:

Intentional Life Podcast

Scan the QR code to find the Intentional Life podcast on YouTube or search for it on Apple Podcasts or Spotify!



Leadership Huddles

We host regular huddles for our discipleship group leaders to train and equip them to lead, celebrate what God is doing, and build community with other group leaders.

NOTES:



CHRIST
THE ROCK
COMMUNITY CHURCH

