

Begin with Jesus

Know Jesus. Grow like Jesus. Go for Jesus.

LISTEN & WATCH www.BTLdiscipleship.guide/launch [QR code]

BIG IDEA	Discipleship doesn't start with trying harder. It starts with Jesus: who He is, what He has done, and His invitation to "Come, follow Me."
MEMORY VERSE	"Come, follow Me," Jesus said, "and I will make you fishers of men." Mark 1:17
ACTION STEP	Set a daily 15-minute appointment with Jesus (same time, same place) and keep it five days this week.
OUTCOME	We understand the good news, we've agreed how we'll walk together, and we've each started a daily time with God.

The Way of Jesus Read before you meet • about 5 minutes

What is a disciple?

In Jesus' day, a rabbi's apprentices didn't just learn what he knew. They followed him everywhere, watched how he lived, and learned to do what he did. That is still Jesus' invitation: to **be with Him, become like Him, and do what He did**. At Colonial we say it this way: *Know Jesus. Grow like Jesus. Go for Jesus.*

Look closely at Jesus' first invitation: "Come, follow Me... and I will make you fishers of men." Following Jesus and bringing others to Him come in the same sentence. From day one, a disciple is on the way to becoming a disciple-maker.

It starts with good news

Before Jesus asks anything of us, He gives. The gospel isn't advice about what we must do. It is news about what God has done. Here it is in four movements:

- **God.** God made us for life with Him, and He loves us (Genesis 1:27; John 3:16).
- **Us.** We have turned from God to run our own lives. Sin breaks our relationship with God, with others, and within ourselves, and we can't fix it on our own (Romans 3:23).
- **Christ.** Jesus, God's Son, lived the life we couldn't live, died for our sin on the cross, and rose from the dead (1 Corinthians 15:3-4).
- **Response.** We turn from sin, trust Jesus, and follow Him as Lord. "Repent and believe in the gospel!" (Mark 1:15). He forgives us, gives us His Spirit, and makes us new (Ephesians 2:8-10).

If you have never said yes to Jesus, this may be the week. If you said yes long ago, this is a chance to say it again, and to learn to explain it to someone else.

Why a pathway?

We are always being formed by something: our phones, our culture, our habits, our wounds. The practices in this booklet (prayer, Scripture, self-denial, fasting, forgiveness, generosity, community) are time-tested ways to make room for the Holy Spirit to form us into the image of Jesus. We can't change ourselves. But we can show up, and God does the changing. Notice the order in Mark 1:17: *follow Me*, then *I will make you*.

When You Meet about 60 minutes

Who leads: The discipler leads and models.

Connect • 10 min

- Get to know each other. Each take three minutes: Where did you grow up? When did Jesus become real to you, or is He still a question for you?
- What made you say yes to these twelve sessions? What do you hope will be different by the end?

Read • 20–25 min

Read aloud: Mark 1:14–20

1. What does Jesus announce, and what two responses does He call for (v. 15)?
2. What did Simon, Andrew, James, and John leave behind? What did Jesus promise to make them?
3. Notice the order: “Follow Me,” then “I will make you.” What does that say about who does the changing?
4. Where are you with Jesus right now: curious, cautious, ready, or already following?

Practice • 15 min

- Walk through **How It Works** and **The Weekly Meeting** together. Try the **P.R.A.Y.** pattern for two minutes.
- Take the **Growth Snapshot** (Tool 5). Fill in the *Start* column only.
- Read **Our Covenant** aloud. Adjust anything you need to, then sign it.
- Look at **The Good News on One Page** (Tool 1). Talk through the four movements: God, Us, Christ, Response.

Pray & Plan • 10 min

- Each person pray (or read) this: “*Jesus, I want to follow You. Teach me. Change me. Use me.*”
- Set your weekly meeting time and your between-meeting check-in.
- Each write one name on the covenant page: someone you’ll start praying for as a person you might walk with next.

For disciplers: Don't rush this session. For someone new to faith, it may take two meetings. Spend the extra time on the good news, and give them room to ask real questions.

For groups: Use pairs or triads for the three-minute stories so everyone gets to share. Read the covenant together as a group.

Live It *This week's action step*

Set a daily 15-minute appointment with Jesus, same time and same place, and keep it five days this week using the readings below.

My time _____

My place _____

Go deeper (optional): Write the good news in four sentences (God, Us, Christ, Response) in Tool 1, as if you were explaining it to a ten-year-old.

Pass It On *within 48 hours*

Tell one person that you've started this journey, and ask them to pray for you.

Five Days with Jesus *10–15 minutes a day*

Use **R³** each day: Read the passage slowly, Reflect on the prompt, Respond with a short prayer and one line in your journal.

☐ **Day 1 • Mark 1:14–20**

Jesus, what are You inviting me into, and what might I need to leave?

☐ **Day 2 • Luke 15:11–32**

Which son am I most like? What does the father's welcome tell me about God?

☐ **Day 3 • John 3:1–17**

Write in one sentence what I believe about Jesus.

☐ **Day 4 • Ephesians 2:1–10**

Circle everything God does. What is grace? What good works has He prepared for me?

☐ **Day 5 • John 15:1-11**

What would it look like for me to “remain” in Jesus this week?

Awareness: You Are Being Formed

Each day this week, notice one thing that is shaping your thoughts or desires: a feed, a show, a conversation, a worry. Ask: *Is this forming me toward Jesus or away from Him?*

Ready to Move On?

- ☐ I can explain the good news in my own words (God, Us, Christ, Response).
- ☐ We’ve signed our covenant and set our meeting rhythm.
- ☐ I’ve started a daily time with God.

When you and your discipler agree these are true, move on to the next session. If not, take another week. That’s growth too.

Welcome to the Journey

SCAN TO HEAR A WELCOME FROM PASTOR JEFF www.BTLdiscipleship.guide/welcome [QR code]

At Colonial Presbyterian Church, we believe discipleship is the intentional journey of following Jesus, being transformed by the Holy Spirit, and becoming the light of Christ in a hurting world. This booklet is a simple tool for that journey, and it is designed to be walked with another person.

Discipleship is apprenticeship

The best English word for *disciple* may be *apprentice*. An apprentice of Jesus spends time with Him, learns from Him, and slowly becomes like Him. And every apprentice is meant to become a trainer. Jesus' call to "Follow Me" and His command to "go and make disciples" belong together. That is why this course is about both **discipleship** and **disciple-making**.

We are always being formed

The world around us is constantly shaping what we believe and what we want, often without our noticing. In the garden, the serpent first twisted an idea ("Did God really say...?") and then stirred a desire (the fruit looked good). John Mark Comer names the pattern in *Live No Lies*: "deceptive ideas that play to disordered desires that are normalized in a sinful society." Paul's answer still stands: "Do not be conformed to this world, but be transformed by the renewing of your mind" (Romans 12:2).

Discipleship is *counterformation*: choosing practices, habits, and relationships that shape us toward Jesus. We cannot transform ourselves any more than we can save ourselves. But we can make room for God to work. The Church has practiced these ways of making room for two thousand years.

Aim high. Start small.

Dallas Willard warned that the greatest danger to the Church is "pitching its message too low." We don't want a faith tossed around by every cultural wind. We want a vibrant faith that hears God's voice and obeys it. So this course aims high, and every week gives you one small, clear step you can take.

Be in the Word. Be available.

As we say at Colonial: *Be in the Word. Be available. And God will send someone your way.* You don't have to wait until you feel "ready" to walk with someone. When you are following Jesus, He will bring people into your life. This booklet is what we have prepared for that moment.

Please know that we have prayed for you. Let's take this journey together, with faith, hope, and a shared commitment to be the light.

Pastor Jeff Sparks

Discipleship & Groups, Colonial Presbyterian Church

Be the L.I.G.H.T.

Be the L.I.G.H.T. is Colonial's picture of a whole life following Jesus. Each lesson in this booklet leans into one of the five dimensions, but they all belong together.

	Dimension	What we practice	Lessons
L	Loving God	Attend to Jesus through prayer, Scripture, worship, and obedience.	<i>Prayer · Self-Denial · Fasting</i>
I	Investing in Others	Give attention, encouragement, forgiveness, and care.	<i>Forgiveness · Downward Mobility</i>
G	Growing in Community	Share life with believers and practice mutual love.	<i>Unmet Needs and Finding Freedom · Walking in Community</i>
H	Helping the World	Shine where you live, and serve neighbors with generosity and mercy.	<i>Calling · Living Generously</i>
T	Training Others	Help another person learn to follow Jesus.	<i>Training Others · Commissioning</i>

Jesus said, "You are the light of the world... let your light shine before men, that they may see your good deeds and glorify your Father in heaven" (Matthew 5:14, 16). We don't make ourselves shine. We stay close to the Light, and He shines through us.

Your Journey at a Glance

Twelve sessions. Ten lessons. One clear action step each week. A Launch session starts you with Jesus, and a Commissioning session sends you out to walk with someone else.

Session	Lesson	LIGHT	Theme	This week's action step
1	Launch	—	Begin with Jesus	Set a daily 15-minute appointment with Jesus
2	Lesson 2	L	Prayer	Keep a daily 10-minute P.R.A.Y. time
3	Lesson 3	H	Calling	Write your 3-minute story and tell one person
4	Lesson 4	L	Self-Denial	Keep one small daily “no” for seven days
5	Lesson 5	L	Fasting	Fast from one meal (or a non-food fast) and pray
6	Lesson 6	I	Forgiveness	Write a forgiveness prayer; bless that person daily
7	Lesson 7	I	Downward Mobility	Do one act of hidden service
8	Lesson 8	G	Unmet Needs and Finding Freedom	Write and practice a Freedom Plan
9	Lesson 9	H	Living Generously	Set a planned giving rhythm
10	Lesson 10	G	Walking in Community	Commit to one ongoing gathering
11	Lesson 11	T	Training Others	Name and invite your “one”
12	Send	T	Commissioning	Calendar your first meeting with your “one”

After Session 12, your natural next step: walk through this same booklet with the person you invited, while your discipler coaches you. (See Session 12 and Tool 7.)

How It Works

Who it's for

This booklet is built for two people: a **discipler** (someone a few steps further along) and a **disciple** (someone who wants to grow). It also works for a triad of three, or a small group. Everyone uses the same booklet. You don't need to be an expert to be a discipler. You need to be following Jesus and willing to walk with someone.

The pace

- **Meet once a week** for about 60 minutes, in person or online.
- **Between meetings**, spend 10–15 minutes a day, five days a week, with the daily readings.
- **Move on when you reach the week's outcome**, not just when the week ends. It's fine to repeat a week. The goal is not speed but life change.
- **Missed a day?** Start again with the next one. Grace, not guilt.

What you'll find in every session

At a Glance	The big idea, memory verse, action step, and outcome on one card.
The Way of Jesus	A short teaching. Read it before you meet (about 5 minutes).
When You Meet	A 60-minute guide: Connect, Read, Practice, Pray & Plan.
Live It	This week's one action step. Write down when and where.
Pass It On	One simple way to share what you're learning within 48 hours.
Five Days with Jesus	Short daily readings and prompts for your time alone with God.
Awareness	A simple way to notice God, and yourself, during the week.
Ready to Move On?	A short checklist you and your discipler agree on together.

Listen and watch

Each session has a short audio or video clip at www.BTLdiscipleship.guide. Scan the code at the top of each session to hear an introduction before you meet.

The Weekly Meeting

Every meeting follows the same simple rhythm, so you always know what comes next.

Connect	10 min	Share a joy and a burden. Ask: <i>How did your action step go? How has God spoken to you since we last met?</i> Celebrate wins, even small ones.
Read	20–25 min	Read the passage aloud. Talk through the questions. Keep coming back to what the text actually says.
Practice	15 min	Try the week's practice together, right there. Then each of you choose your action step.
Pray & Plan	10 min	Pray for each other and for the people on your hearts. Confirm your action step and your next meeting.

Two tools you'll use every week

P.R.A.Y. (a simple pattern for prayer)

- **Pause.** Get quiet. Put the phone in another room. Invite the Holy Spirit.
- **Rejoice.** Thank God for who He is and what He has given.
- **Ask.** Bring your needs, your worries, and your people by name. Confess what's heavy.
- **Yield.** Listen. Ask, "Jesus, what do I need to hear from You?" Surrender your day to Him.

R³ (a simple way to read Scripture)

- **Read.** Read the passage slowly, two or three times. Notice what it actually says.
- **Reflect.** What does this show me about God? About people? About me?
- **Respond.** Turn it into a prayer and one "I will..." step for today.

Growing into a leader

Jesus trained His disciples by doing it in front of them, then with them, then watching them do it. This course follows the same pattern. Each phase, the disciple takes a little more of the meeting:

Sessions 1–4	The discipler leads and models everything.
Sessions 5–7	The disciple opens in prayer and leads Connect.
Sessions 8–10	The disciple also leads the Read section.
Session 11	The disciple leads the whole meeting. The discipler encourages.
Session 12	You commission each other and plan what's next.

Our Covenant

Read this together at your first meeting. Talk about anything you'd change, then sign it.

With God's help, I commit to:

- ☐ Meet weekly for these twelve sessions, and let my partner know ahead of time if I can't.
- ☐ Spend 10–15 minutes with God, five days a week.
- ☐ Take each week's action step, even imperfectly.
- ☐ Be honest, and keep what's shared between us confidential, unless someone is at risk of harm.
- ☐ Pray for my partner (or group) every week.
- ☐ Begin praying now for the person I may walk with next.

We will meet on (day/time/place) _____

Our between-meeting check-in (text, call, app) _____

Signed _____

Signed _____

Date _____

Pray for your next disciple

Discipleship is about multiplication. You don't have to wait until you finish this booklet to start praying for the person you'll walk with next. Ask God to bring someone to mind, and write their name or initials here.

I'm praying for _____

The Good News on One Page

In an evangelism training at Colonial, Kent Mathews gave this challenge: take a single sheet of paper and write down how you would explain the gospel to a fifth-grader or your next-door neighbor. Many people who have been in church for years can't do it. You can.

The good news in four movements

Movement	The truth	Read
God	God made us for life with Him, and He loves us.	Genesis 1:27; John 3:16
Us	We have turned from God to run our own lives. Sin breaks our relationships with God, others, and ourselves, and we can't fix it on our own.	Romans 3:23; Isaiah 59:2
Christ	Jesus, God's Son, lived the life we couldn't, died for our sin, and rose from the dead.	1 Corinthians 15:3-4; 1 Peter 3:18
Response	We turn from sin (repent), trust Jesus (believe), and follow Him as Lord. He forgives us and gives us new life by His Spirit.	Mark 1:15; Ephesians 2:8-10

The Bible's big story

- **Creation.** God made a good world and made people in His image (Genesis 1-2).
- **Fall.** Humanity turned from God, and sin brought brokenness and death (Genesis 3).
- **Redemption.** God kept His promise to rescue, through Jesus' life, death, and resurrection (Luke 24:44-47).
- **Renewal.** Jesus reigns, gives His Spirit, and will return to make all things new (Revelation 21:1-5).

The good news in my own words

Write one or two sentences for each movement. Use everyday words, as if you were talking to a neighbor.

God _____

Us _____

Christ _____

Response _____

Growth Snapshot

This isn't a test. It's a snapshot to help you see where God is growing you. Rate each statement from **1** (not yet) to **5** (this is true of me). Fill in the *Start* column in Session 1 and the *End* column in Session 12.

#	Statement	Start	End
1	I can explain the good news of Jesus in my own words.		
2	I have a regular, meaningful time of prayer.		
3	I know my calling to follow Jesus and shine where I live.		
4	I'm learning to say no to myself and yes to Jesus.		
5	I practice fasting as a way to seek God.		
6	I've received God's forgiveness, and I'm quick to forgive others.		
7	I look for ways to serve and lift others up without needing credit.		
8	I'm honest about what I run to, and I'm walking toward freedom with others.		
9	I give generously: planned, spontaneous, and relational.		
10	I'm connected to a Christian community where I am known.		
11	I'm ready to help someone else follow Jesus.		
12	I have a sustainable rhythm (an Abide Plan) for staying close to Jesus.		

Where I've seen the most growth _____

Two priorities for the next 90 days _____

For a deeper look, ask a pastor about Colonial's full Be the L.I.G.H.T. Discipleship Assessment.

Sources & Acknowledgment

The original pathway

This booklet adapts and substantially rewrites material from *Discipleship Pathway* (2024) by Rev. Megan Koch and Rev. Phil Wiseman of Table Church in Des Moines, Iowa, used with the authors' blessing. The original identifies its license as Creative Commons Attribution 4.0 International (CC BY 4.0).

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The Colonial adaptation

Prepared for Colonial Presbyterian Church by Pastor Jeff Sparks for the Be the L.I.G.H.T. Discipleship Pathway. This adaptation keeps the original ten lesson themes; adds a Launch session with a gospel foundation and a Commissioning session with a multiplication plan; restructures each lesson around a weekly meeting, one action step, and a five-day reading plan; and draws on Colonial's *Be the LIGHT Abide Guide* (P.R.A.Y., R³, BLESS, and the Abide Plan), earlier micro-course drafts, and Kent Mathews' evangelism training at Colonial (listening, validating, clarifying, and "know, tell, do, and be the story").

Also informed by

Zúme Training (the Model, Assist, Watch, Leave pattern and the emphasis on obeying and sharing between sessions); *Rooted* by Mariners Church (short daily readings and shared experiences); and *Practicing the Way* by John Mark Comer (one practice at a time, and a rule of life).

Quotations

John Mark Comer, *Live No Lies* (2021). Dallas Willard, on "pitching its message too low." Henri Nouwen, on downward mobility. Robert Louis Stevenson (attributed), on seeds and harvest. The *Didache* (early Christian teaching, 1st–2nd century), on weekly fasting.

Scripture

Scripture quotations are from the Berean Standard Bible (BSB), which is in the public domain. Read the full passages in any trustworthy translation or audio Bible.

Using and sharing this resource

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