

Go and Be the Light

This isn't the end. It's the handoff.

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

BIG IDEA	You've been discipled; now you're sent. The best way to keep growing is to help someone else grow.
MEMORY VERSE	<i>"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, and teaching them to obey all that I have commanded you. And surely I am with you always, even to the end of the age."</i> Matthew 28:19-20
ACTION STEP	Put your first meeting with your "one" on the calendar, and schedule a 30-day coaching check-in with your discipler.
OUTCOME	I have an Abide Plan, a first meeting on the calendar, and a coach for the road ahead.

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

Look back and remember

When Israel crossed the Jordan River, God told them to pile up twelve stones as a memorial, so that when their children asked, "What do these stones mean to you?" they would tell the story of what God had done (Joshua 4:6). Before you look ahead, look back. Where has God met you in these twelve sessions?

A trellis for the road ahead

A vine needs a trellis to grow upward and bear fruit. Your **Abide Plan** (Tool 6) is a simple trellis: a few daily, weekly, and monthly rhythms to keep you close to Jesus for the long haul. Keep it light and life-giving. Jesus said, "The one who remains in Me, and I in him, will bear much fruit. For apart from Me you can do nothing" (John 15:5).

Your natural next step: make a disciple

Here is the simplest next step there is: **walk through this same booklet with the person you invited.** You won't be alone. Your discipler becomes your coach. You'll check in every few weeks, pray for each other, and talk through questions as they come up.

Not quite ready to lead? That's okay. Choose one of these, and set a date to revisit:

- **Co-lead.** Go through the booklet as a threesome: you, your discipler, and a new person.
- **Assist.** Serve as a helper in a small group or at an Alpha table.

- **Keep growing.** Join an ongoing group, Foundations, or a Spiritual Formation opportunity at Colonial, and revisit leading in 90 days.

Whatever you choose, keep your Abide Plan, stay in community, and keep praying for your “one.”

When You Meet about 60 minutes

Who leads: Share the leadership. The discipler leads the commissioning at the end.

Connect • 10 min

- **Stones of remembrance.** Each share two or three moments when God met you in these weeks. What has changed?
- Did you make your invitation? How did it go?

Read • 20–25 min

Read aloud: John 15:1–17

1. What does “remain in Me” look like in daily life?
2. What fruit have you seen in each other during these weeks?
3. Jesus calls us His friends (v. 15). How has your friendship with Him grown?
4. What fruit do you long to see in the next year?

Practice • 15 min

- **Retake the Growth Snapshot** (Tool 5) and compare it with your *Start* column. Celebrate growth. Name one or two priorities for the next 90 days.
- **Finish your Abide Plan** (Tool 6).
- **Fill in your 90-Day Multiplication Plan** (Tool 7), and put your first meeting and coaching check-ins on the calendar right now.

Pray & Plan • 10 min

- **Commission each other.** The discipler prays over the disciple (with a hand on the shoulder, if welcome), using this blessing or your own words. Then the disciple prays for the discipler.

A commissioning blessing

[Name], go in the name of Jesus. May you remain in Him and bear much fruit. May the Father who loves you keep you, the Son who called you walk with you, and the Holy Spirit who fills you give you courage. As you have freely received, freely give. Be the light.

“May the LORD bless you and keep you; may the LORD cause His face to shine upon you and be gracious to you; may the LORD lift up His countenance toward you and give you peace.” (Numbers 6:24–26)

For disciplers: Your job isn't over; it's changing. You're a coach now. Put the check-ins on your calendar before you leave.

For groups: End with a celebration meal and commission each person. Ask: Who will lead the next group? Who will start a one-on-one?

Live It This week's action step

Put your first meeting with your "one" on the calendar, and schedule your 30-day coaching check-in with your discipler.

First meeting with _____

Date _____

My coaching check-in date _____

Go deeper (optional): Write a short thank-you note to your discipler (or group) naming one way God used them in your life.

Pass It On within 48 hours

Give your "one" their own copy of this booklet, and tell them what these weeks have meant to you.

Five Days with Jesus 10–15 minutes a day

Five days to keep going. Use **R³** and your Abide Plan.

☐ **Day 1 • John 15:1–4**

Remain. What helps me stay close to Jesus?

☐ **Day 2 • John 15:5–8**

Fruit. What fruit do I long to see this year?

☐ **Day 3 • John 15:9–11**

Joy. Where do I find joy in obeying Jesus?

☐ **Day 4 • John 15:12–17**

Friends. Pray for my "one" by name.

☐ **Day 5 • Matthew 28:16–20**

Go. Thank Jesus that He is with me always.

Awareness: You Are Sent

Every morning this week, before your feet hit the floor, pray: *“Jesus, I’m Yours. Send me to someone today.”* Then watch who He puts in your path.

Ready to Move On?

- ☐ I retook the Growth Snapshot and named my next priorities.
- ☐ My Abide Plan is complete.
- ☐ My first meeting with my “one” and my coaching check-in are on the calendar.

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

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.

My Abide Plan

A trellis helps a vine bear fruit. Your Abide Plan is a simple, life-giving rhythm to keep you close to Jesus. Choose small rhythms you can keep for 30 days, then adjust with your coach.

Daily (about 15 minutes)

My time and place _____

Prayer: P.R.A.Y. _____

Scripture: R³. The book I'm reading _____

Weekly

Worship and my ongoing gathering _____

One intentional act of care or service _____

Rest (Sabbath): when I'll stop and enjoy God _____

Monthly

Hospitality: a shared meal with _____

Planned generosity step _____

People

My coach, mentor, or accountability partner (and how often) _____

My BLESS list (3 names) _____

My "one" (the person I'm discipling) _____

Quarterly (optional)

A half-day with God (date and place) _____

30-day review questions: What helped me stay close to Jesus? What was too much? What fruit can we see? What will I keep or change?

Signed _____

Date _____

My 90-Day Multiplication Plan

The natural next step after these twelve sessions is to walk through them with someone else. Put these dates on your calendar now. Your discipler becomes your coach.

When	What	Date
Week 1	Invite your “one” (if you haven’t yet) and set your first meeting.	
Week 2	First meeting: Session 1, Begin with Jesus.	
Week 4	Coaching check-in with your discipler. What’s going well? What’s hard?	
Week 8	Coaching check-in. Celebrate progress and troubleshoot.	
Week 12	Commission your disciple, and ask them: “Who’s your one?”	

My “one” _____

My coach _____

Where we’ll meet _____

If I’m not ready to lead yet

I will (co-lead, assist, or keep growing):

I’ll revisit leading on _____

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.

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