

A Guide for Disciplers

Your role is to help someone pay attention to Jesus, understand Scripture, and practice following Him. At its core, discipleship happens through friendship. You don't have to have all the answers. You do need to be praying, prepared, and present.

Before each meeting

- Read the session and try the practice yourself.
- Pray for your disciple by name.
- Choose one question you most want to ask.

At each meeting

1. **Begin with their real week.** Ask about the action step, and listen for joys, burdens, questions, and signs of growth.
2. **Open the Bible together.** Ask what the passage *says* before discussing what it *means* for life. Use the teaching as help, then return to the text.
3. **Model, then invite.** Do the practice together. Help them make the next step specific enough to try before you meet again.
4. **Pray and follow up.** Keep your between-meeting check-in. A short text matters more than you think.

Hand off leadership gradually

Follow the pattern in **Growing into a Leader** (Model, Assist, Watch, Leave). By Session 11, your disciple should lead the whole meeting.

When a question is hard

It's okay to say, "I don't know. Let's find out together." Read the surrounding passage, ask a pastor, or use a trusted study resource. Test impressions against Scripture, the character of Jesus, and wise counsel.

When to get help

Some situations need more than a discipling friendship. If you hear about abuse, a risk of harm to self or others, a crisis, or physical dependence on a substance, don't carry it alone. Stay with the person, involve a pastor right away, and follow Colonial's safeguarding procedures. In an emergency, call 911.

Practical wisdom

- Pair with someone of the same gender for one-on-one discipleship, or meet as a triad.
- Meet in a public or open setting when you're getting started.
- If you miss a week, pick up where you left off. If life gets hard, it's fine to pause on a lesson.

- Stay connected to your own discipler, coach, or group as you disciple someone else.

Inviting someone: see “What to say” in Session 11.

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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