

Parkway Baptist Church

Basic Training in
Discipleship

Disciple's Guide

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This is a guide provided by Parkway Baptist Church, Moseley, VA for a mentor to lead a new believer through the basics of Christian discipleship. Most resources related to this guide can be found at ParkwayFamily.org/disciple.

Contact us at 804.639.2236.

Introduction

How do you learn to love God with all your heart, soul, mind and strength, and to love your neighbors as yourself? You do so by becoming a real disciple of Christ!

This program is intended to equip you to read and study Scripture for yourself, develop spiritual disciplines like daily prayer and Bible reading, understand basic doctrines in the faith, and engage in worship and ministry through Parkway Baptist Church.

Key definitions:

Disciples are followers of Jesus. They have turned from their sin and trusted in Jesus as their Savior. They have died to themselves and surrendered their lives to Him as Lord. Christ now lives in them, transforming everything about them from the inside out.

Discipleship is the Christ-commanded, Spirit-empowered responsibility of every disciple of Jesus to evangelize unbelievers, baptize believers, teach them the Word of Christ, and train them to obey Christ as members of His church who make disciples on mission to all nations.

Disciples are marked by transformation, including:

- *A transformed heart.* Disciples are spiritually regenerate; God has forgiven their sin, and God's Spirit now indwells them. They are new creations who now live as servants of the King and heirs of His kingdom.
- *A transformed mind.* Disciples are biblically grounded; they believe what Jesus says and think more and more like Him.
- *Transformed affections.* Disciples learn to be satisfied in Christ and to desire what Jesus desires.
- *A transformed will.* Disciples are humbly obedient; they do what Jesus commands.
- *Transformed relationships.* Disciples love sacrificially; they serve as Jesus served and continually work toward reconciliation with others in Christ.
- *A transformed purpose.* Disciples are missionally engaged; they make disciples who make disciples of all nations. Jesus has revolutionized their reason for living.

The program:

The Parkway *Basic Training in Discipleship* involves one get-acquainted meeting and twelve (12) structured sessions of at least one disciple and a same-sex mentor, preferably meeting on a weekly basis. It includes assignments to complete between sessions.

Most materials and resources will be accessible on the Parkway website at www.parkwayfamily.org/disciple.

Commitments:

- Agree to meet for 13 sessions with your assigned mentor.
- Complete the required assignments before sessions and be ready to discuss what you are learning.
- Maintain confidentiality with the mentor. Seek permission from the Mentor before sharing personal information with others.
- Recognize that this program is a starting place for discipleship, not a finishing school.

Initial meeting

Main purpose: To get acquainted with your mentor, overview the program, get started in the assignments.

Get acquainted discussion.

The *Disciple's Commitment*.

- Review the Disciple's Commitment form (p. 19) and sign.

Spiritual assessment questions.

- What has been your experience of church in your life?
- How would you assess your knowledge and understanding of the Bible?
- How often do you read the Bible?
- What has been your experience of prayer?

Meeting times and place.

- Aim for weekly meetings. Don't worry if you need to miss a week due to vacation, illness, too many commitments, etc.
- Choose a place. A public location like a coffee shop is great—it could be part of your witness together as people overhear your conversations!
- The usual meeting timeframe is 1 hour, but if you and your mentor agree, the time can be extended.
- Exchange contact information.

The program resources.

- Bible reading will be with the *YouVersion* App. Start with the plan, "Bible Project-Luke and Acts" (52 days)
- Receive these books (Parkway will supply):
 - a. *Christian Beliefs: Twenty Basics Every Christian Should Know*, by Wayne Grudem
 - b. *More than a Carpenter*, by Josh McDowell
- Install the Parkway App (Subsplash).
- Visit the Parkway website: www.Parkwayfamily.org/disciple.
 - a. This page will provide the downloads and links to all content for this program.
- Music: Each session's assignments will feature a Christian song to enjoy.

- Scripture memory: There will be several Bible verses for you to memorize over the 12 sessions.

Assignments for the first session :

1. Begin daily Bible reading using the YouVersion app. Use the plan, “Bible Project-The book of Luke & Acts.”
2. Read the chapter: “What Does It Mean to Become a Christian?” in *Christian Beliefs: Twenty Basics Every Christian Should Know*, by Grudem.
3. Watch a video: “Welcome and Introduction” by Pastor Derek (Parkway website).
4. Begin memorizing John 3:16.
5. Write out your testimony. Try to share it with at least one person this week.
6. Listen to “The Doctrine of Salvation” by Pastor Derek (Parkway website).
7. Watch the “3 Circles” gospel presentation (link on Parkway website)
8. Listen to the song, "My Jesus" by Anne Wilson (link on Parkway website).

Prayer together

Session 1 - What is the gospel?

Main purpose: To affirm your faith in Christ and the basic message of the gospel.

Warm-up

- How did you see God at work in your life this week?

Spiritual assessment questions

- How assured are you that you are headed to heaven when you die?
- Have you been baptized?
- What is your understanding of baptism?

Assignment follow-up

1. Daily Bible Reading: Any questions about what you read?
2. Discuss chapter 13 in the Grudem book.
3. Scripture memory: How is your Scripture memory going? Can you recite John 3:16?
4. Review the Doctrine of Salvation video.
5. Review the 3 Circles presentation together.

Study the Bible together.

Read John 3:1-21 together and discuss.

Assignments for the next session:

1. Daily Bible reading: Continue with the book of Luke & Acts.
2. Read chapter 2 in the Grudem book, "What Is God Like?"
3. Read the article, "The Who, What, When, Where, and Why of Baptism."
4. Finish memorizing John 3:16.
5. Listen to "The Doctrine of God the Father."
6. Read the Parkway Statement of Faith.
7. Share the Three Circles presentation with a friend or family member.
8. Listen to the song: "Love Is Here" by Tenth Avenue North.

Pray together.

Session 2 - What is God like?

Main purpose: To help you grow in your love and appreciation of God.

Warm-up

- How did you see God at work in your life this week?

Spiritual assessment questions

- What was your understanding or impression of God before you became a believer?
- What does it mean to you to be loved by God?
- What do you think it means to fully love God?

Assignment follow-up

1. Daily Bible Reading: Any questions about what you read?
2. Discuss Chapter 2, "What is God Like?" in the Grudem book.
3. Discuss the article, "The Who, What, When, Where, and Why of Baptism."
4. Scripture memory: How is your Scripture memory going? Can you recite John 3:16?
5. Review the "The Doctrine of God the Father" video.
6. Discuss the Parkway statement of faith.

Study the Bible together.

Read John 14:6-7 and Deuteronomy 6:4-6 together and discuss.

Assignments for the next session:

1. Daily Bible reading: Continue reading the book of Luke & Acts.
2. Read chapter 1 in the Grudem book, "What is the Bible?"
3. Read chapter 5 in the Josh McDowell book, "Is the New Testament Reliable?"
4. Begin memorizing Ephesians 2:8-9.
5. Listen to "The Doctrine of Scripture."
6. Watch the video, "The Grand Narrative of the Bible."
7. Read the Baptist Faith and Message.
8. Listen to the song: "Word of God Speak" by MercyMe.

Pray together.

Session 3 - What is the Bible?

Main purpose: To help you to see the Bible as fully trustworthy and authoritative.

Warm-up

- How did you see God at work in your life this week?

Spiritual assessment questions

- In your past, what guided your decision-making?
- Who do you look to the most for advice and wisdom?

Assignment follow-up

1. Daily Bible Reading: Any questions about what you read?
2. Discuss Chapter 1 in the Grudem book.
3. Discuss Chapter 5 in the McDowell book.
4. Scripture memory: Can you recite Ephesians 2:8-9?
5. Review the “The Doctrine of Scripture” video:
6. Review “The Grand Narrative of the Bible” video.
7. Review the Baptist Faith and Message:

Study the Bible together.

Read **2 Timothy 3:16-17** together and discuss.

Assignments for the next session:

1. Daily Bible reading: The book of Luke & Acts.
2. Read the following articles:
 - a. “Bible Study tips”
 - b. “Bible Translation Types”
 - c. “Introduction to a Bible Commentary”
3. Begin memorizing Ephesians 2:8-9.
4. Listen to Essential Doctrines, “God’s Purpose of Grace.”
5. Listen to the song, “I Believe” by Wes King.

Pray together.

Session 4 - How do I study the Bible?

Main purpose: To help you understand the need to learn how to read and understand the Bible correctly.

Warm-up

How did you see God at work in your life this week?

Spiritual assessment questions

How comfortable are you in finding your way around the Bible?

Is it a struggle for you to read the Bible?

Assignment follow-up

1. Daily Bible Reading: Any questions about what you read?
2. Discuss these assigned articles: “Bible Study Tips,” “Bible Translation Types,” and “Introduction to a Bible Commentary.”
3. Scripture memory: Can you recite Ephesians 2:8-9?
4. Review the Essential Doctrines video, “God’s Purpose of Grace.”
5. Discuss this question: “When you sin as a Christian, will that ruin your salvation?”

Study the Bible together.

- Read Psalm 119:1-8 together and discuss.

Assignments for the next session:

1. Daily Bible reading: The book of Luke & Acts.
2. Watch:
 - a. “Project Bible Old Testament Overview” video
 - b. “Project Bible New Testament Overview” video
3. Read the following articles: “Old Testament Structure,” “New Testament Structure,” and “How to Have a Meaningful Devotional Time with God.”
4. Start memorizing 2 Timothy 3:16-17.
5. Listen to the song, “By your Side” by Tenth Avenue North.

Pray together.

Session 5 - What are the Old and New Testaments?

Main purpose: To give you an overview of the entire Bible and see how it all points to Jesus Christ as the true hero.

Warm-up

- How did you see God at work in your life this week?

Assignment follow-up

1. Daily Bible reading: Any questions about what you read?
2. Review the Bible Project videos: “Old Testament Overview” and “New Testament Overview.”
3. Discuss these assigned articles: “Old Testament Structure,” “New Testament Structure,” and “How to Have a Meaningful Devotional Time.”
4. Scripture memory: How is your Scripture memory going? Can you recite 2 Timothy 3:16-17?

Study the Bible together.

- Read Joshua 1:1-9 together and discuss.

Assignments for the next session:

1. Daily Bible reading: The book of Luke & Acts.
2. Read the following articles: “A Transformed Heart,” “Transformed Affections,” “The Transformed Mind,” and “How to Pray.”
3. Finish memorizing 2 Timothy 3:16-17.
4. Listen to “The Doctrine of the Holy Spirit.”
5. Listen to the song, “I’m Not Who I Was” by Brandon Heath.

Pray together.

Session 6 - Who is the Holy Spirit?

Main purpose: To introduce you to the identity, purpose, and work of the Holy Spirit.

Warm-up

- How did you see God at work in your life this week?

Assignment follow-up

1. Daily Bible Reading: Any questions about what you read?
2. Discuss these assigned articles: “The Transformed Heart,” “Transformed Affections,” “The Transformed Mind,” and “How to Pray.”
3. Review the “The Doctrine of the Holy Spirit” video.
4. Scripture memory: Can you recite 2 Timothy 3:16-17?

Study the Bible together.

- Read John 14:16-21 together and discuss.

Assignments for the next session:

1. Daily Bible reading: The book of Luke & Acts.
2. Read Chapter 17, “What is the Church?” in the Grudem book.
3. Read these articles:
 - a. “The Lord’s Supper”
 - b. “Nine Biblical Functions of the Church”
 - c. “Why Church Membership?”
 - d. “A Transformed Will”
4. Finish memorizing Romans 6:23.
5. Listen to “The Doctrine of the Church.”
6. Listen to the song, “Amazing Grace (My Chains Are Gone)” by Chris Tomlin.

Pray together.

Session 7 - What is the church?

Main purpose: To help the disciple see the importance and value of being a vital part of the church.

Warm-up

- How did you see God at work in your life this week?

Assignment follow-up

1. Daily Bible Reading: Any questions about what you read?
2. Discuss “What Is the Church?” in the Grudem book.
3. Discuss these assigned articles:
 - a. “The Lord’s Supper”
 - b. “Nine Biblical Functions of the Church”
 - c. “The Transformed Will”
4. Review the “The Doctrine of the Church” video:
5. Scripture memory: Can you recite Romans 6:23?

Study the Bible together.

- Read Hebrews 10:23-25 together and discuss.

Assignments for the next session:

1. Daily Bible reading: If you have completed the reading plan of Luke and Acts, begin “Genesis: God’s Redemption Story” in the *YouVersion* Bible app.
2. Read these articles:
 - a. “My Identity in Christ”
 - b. “Transformed Relationships”
3. Finish memorizing Romans 6:23.
4. Listen to Essential Doctrines, “The Doctrine of the Man.”
5. Listen to the song, “Who Am I?” by Casting Crowns.
6. OPTIONAL: Watch the movie – “Overcomer” by Kendrick Brothers.

Pray together.

Session 8 - What is my identity in Christ?

Main purpose: To help you to understand what it means to become a new person in Christ.

Warm-up

- How did you see God at work in your life this week?

Assignment follow-up

1. Daily Bible reading: Any questions about what you read?
2. Discuss these assigned articles:
 - a. "My Identity in Christ"
 - b. "Transformed Relationships"
3. Review the "The Doctrine of Man" video:
4. Scripture memory: Can you recite Romans 6:23?

Study the Bible together.

- Read 2 Corinthians 5 together and discuss.

Assignments for the next session:

1. Daily Bible reading: The book of Genesis.
2. Read these articles:
 - a. "A Transformed Purpose"
 - b. "Spiritual Warfare"
3. Begin memorizing Romans 15:5-7.
4. Listen to Essential Doctrines, "The Doctrine of the Kingdom."
5. Listen to the song, "Even I" by Mercy Me.
6. Optional: Watch the movie, "War Room" by the Kendrick brothers.

Pray together.

Session 9 - What is spiritual warfare?

Main purpose: To you recognize and be prepared to face temptation and opposition in your walk with Christ.

Warm-up

- How did you see God at work in your life this week?

Assignment follow-up

1. Daily Bible reading: Any questions about what you read?
2. Discuss these questions about the assigned articles:
 - a. "A Transformed Purpose"
 - b. "Spiritual Warfare"
3. Review the "The Doctrine of the Kingdom" video:
 - a. The Kingdom of God means that Jesus is King.
 - b. The Kingdom of God is a way of living.
 - c. The Kingdom of God is a vision for your life.
4. Scripture memory: Can you recite Romans 15:5-7?

Study the Bible together.

- Read Ephesians 6:10-18 together and discuss it.

Make assignments for the next session.

1. Daily Bible reading: The book of Genesis.
2. Read chapters 2, 3, and 4 in the McDowell book: "What Makes Jesus so Different?", "Lord, Liar or Lunatic?", and "What about Science?"
3. Read the article "The Christian Apologetic."
4. Continue memorizing Romans 15:5-7.
5. Listen to the song, "The Battle Belongs to You" by Phil Wickham.
6. OPTIONAL: Watch "Expository Apologetics" by Voddie Baucham.

Pray together.

Session 10 - How do I defend my faith?

Main purpose: To equip you with evidences for the Christian faith and reasons that explain why following Jesus is not blind faith.

Warm-up

- How did you see God at work in your life this week?

Assignment follow-up

1. Daily Bible reading: Any questions about what you read?
2. Discuss the chapters in the McDowell book.
3. Discuss the article, "The Christian Apologetic."
4. Scripture memory: Can you recite Romans 15:5-7?

Study the Bible together.

- Read John 10:22-39 together and discuss.

Make assignments the next session:

1. Daily Bible reading: The book of Genesis.
2. View video: "What Is a Biblical Worldview?"
3. View video: "Don't Waste Your Life" by John Piper.
4. Read these articles:
 - a. "Introduction to Parkway Ministries"
 - b. "Cheerful Giving"
 - c. "The Parkway Mission Statement" (Please memorize this.)
5. Take a spiritual gifts survey (download from the Parkway website.)
 - a. This is an 80-item inventory from Lifeway that you can complete in about 30 minutes and score for yourself.
 - b. Please bring your completed survey ready to share with your mentor.
6. Finish memorizing Romans 15:5-7.
7. Listen to the song, "Give Me Your Eyes" by Brandon Heath.

Pray together.

Session 11 - What is good stewardship?

Main purpose: To help you understand the Christian responsibility to manage time, talents, and resources for the good of God's kingdom.

Warm-up

- How did you see God at work in your life this week?

Assignment follow-up

1. Daily Bible reading: Any questions about what you read?
2. Discuss the Biblical Worldview video.
3. Discuss the "Don't Waste Your Life" video.
4. Discuss these assigned articles:
 - a. "Introduction to Parkway Ministries"
 - b. "Cheerful Giving"
 - c. "The Parkway Mission Statement"
5. Discuss the Spiritual Gifts Survey: What were your results?

Study the Bible together.

- Read 1 Corinthians 12:3-31 together and discuss.

Next steps assignments for session 13.

1. Daily Bible reading: The book of Genesis.
2. Consider a small group at Parkway to join.
3. Read the article, "Becoming a Disciple Maker."
4. Review all your Scripture memory verses.
5. Listen to the song, "Going Through the Motions" by Matthew West.

Pray together.

Session 12 - What's next?

Main purpose: To help you consider specific actions to take to keep growing in faith, especially the commitment to disciple someone else.

Warm-up

- How did you see God at work in your life this week?

Assignment follow-up

1. **Daily Bible reading:** Any questions about what you read?
2. Memory Work:
 - a. Can you recite all the memory verses?
 - b. Can you recite the Parkway Mission Statement?
3. Discuss assigned article: "Becoming a Disciple-maker."

Study the Bible together.

Read **Matthew 28:18-20** together and discuss.

Discuss possible next steps in discipleship.

1. What Bible reading plan will you pursue next?
2. Commit to daily prayer.
 - a. Who is someone who is lost and can "be your one" that you pray for daily and seek to engage with the gospel?
3. Would you become a mentor in Parkway's Discipleship Program?
4. Consider reading *Discipleship Essentials* by Greg Ogden.
5. For a more robust study of the New Testament and learning more about practical ways to follow Christ, consider "*Deepen Discipleship*," available as a free 6-month online course from the International Mission Board.

Pray together.

Disciple's Commitment

I agree to participate in the Basic Training in Discipleship and commit myself to the following standards:

1. Meet regularly with my mentor.

- a. Meetings will be typically 1-1.5 hours on a weekly basis.
- b. There is an initial get-acquainted meeting and twelve (12) sessions.
- c. Meetings will be at times and places that you choose with your mentor.

2. Complete each session's assignments prior to the scheduled meeting.

These assignments will help you gain knowledge and understanding as well as help you develop good spiritual habits. They will include:

- a. Daily Bible reading (approximately 10 minutes each day)
- b. Assigned reading and videos (approximately 1-1.5 hours per week)
- c. Memorizing Bible verses (approximately 20 minutes per week)

3. Recognize this program is a starting place in my discipleship.

Like a boot camp, it is intended for you to gain basic skills and knowledge so you can take more responsibility with God in your spiritual growth and obedience.

4. Engage honestly and in confidentiality with my mentor.

This is a relationship as much as it is a program and will involve vulnerability, integrity, and accountability for both you and your mentor.

- a. Expect your mentor to not share your story with others without your permission. Do the same for your mentor.
- b. Understand that any information you share with your mentor that could involve harm to yourself or others cannot be considered confidential.

5. Give serious consideration to continue the discipleship effort of Parkway by mentoring someone else.

Signed: _____

Date: _____