teach us to pray
Kiokee’s Model for Disciples

“Follow me, and I will make you fishers of men.” Mark 1:17

That call is also the verse we use to help describe what it means to be a disciple:

“Follow Me” (Head)
A disciple is someone who is following Jesus. He leads; we follow. We make a deliberate decision to change the direction of our lives and follow Him.

“I Will Make You” (Heart)
A disciple is someone being changed by Jesus. Through this process of sanctification, Jesus transforms our character to be more like His.

“Fishers of Men” (Hands)
A disciple is someone who is committed to the mission of Jesus. A disciple wants to help others know about who Jesus is and what it means to follow Him.

How does one become a disciple?
Using head, heart, and hands will also help us understand three key components of the discipleship process. Include each of these elements in your life.

(Head) — Getting to Know God through the Study of His Word
Each disciple needs a time during which they learn more about the Lord as He reveals Himself through His word. As a result, we offer Sunday School Classes, K-Groups, Small Groups, and L.I.F.E. Classes to help followers of Jesus learn more about the Bible.

(Heart) — Offering our Love and Praise to God through Corporate Worship
The Bible also stresses the importance of the church to gather for corporate worship. Our desire is for each person at Kiokee to “Declare the Greatness of God” together in corporate worship. We offer two worship services on Sunday morning for our people to offer praise and glory to God.

(Hands) — Offering our Time, Talents, and Gifts to the Lord through Service in Ministry
We grow in Jesus by applying the Truth we are learning serving in ministry. We encourage you to find an area in which to serve. You can serve here on campus and serve the Lord in your community.
K-Group Guidelines

CONFIDENTIALITY: What is shared in the group stays in the group. We hold things shared in the group confidential unless given permission to share these things with people outside the group. This is foundational.

TRANSPARENCY: It’s difficult to love someone as God called us to do without really knowing the person in a deep and meaningful way. You are encouraged to share from your heart — to let down your walls so that others can really know you—not just your struggles and fears, but also your victories and hopes. Your facilitator(s) should challenge you while respecting your boundaries.

NO CROSS-TALK: Be considerate of others as they are sharing by not engaging in side conversations.

DON’T FIX: Try to hear what people are sharing without trying to fix them. If they want your advice, they’ll ask for it. If people think that as soon as they share a problem or issue everyone is going to immediately try to fix them (offer advice/solutions), often they simply won’t share at all.

LISTEN: Let’s value one another during the discussions by really listening to what is being shared. Don’t be thinking about what you’re going to say next or how you’re going to respond. Really listen.

PAUSE: After someone shares, give pause to allow the group to feel the weight of what was just shared, and to fully consider it before the next person shares. This also provides the person sharing with the opportunity to continue with their thought without feeling rushed. Often people will only share what’s above the waterline, but if given the opportunity (and encouragement), they might share the deeper things.

SILENCE: This is much like the pause but used in a broader and more deliberate way. Silence is used to wait for someone to share next without trying to fill the void with talk. Silence can create tension in a group, but tension isn’t a bad thing if used wisely.

DON’T RELEASE THE TENSION: It takes a lot of trust and emotional energy for someone to share deeply. It’s like pushing a rubber ball filled with air underneath the water. The deeper they push the ball, the more energy it takes. When someone is sharing deeply, this can be highly emotional and can cause a sense of tension in the group. This can make people feel uncomfortable, resulting in the desire to relieve the tension. People do this by making jokes, trying to comfort the person sharing, diverting the conversation, creating a disturbance, or hijacking the conversation completely. When this happens, the “ball” pops back up to the surface. The person sharing then needs to decide if they want to invest the emotional energy to push the ball back beneath the surface. More often than not, they will simply stop sharing.

DON’T RESCUE: When people are sharing something deeply personal and/or painful, there can be a tendency to try to make them feel better about themselves or the situation. Often this will cause people to stop sharing and results in their not going as deep as they might have gone. Resist the temptation to rescue people.

USE “I” STATEMENTS: It’s easy to talk about the issues of others, but for our purposes, we want you to put yourself on the table. Try to use “I” statements rather than “them,” “the church,” “us,” “we,” etc.

BE SELF-AWARE: Be self-aware of how you are personally affecting the environment — words, actions, and non-verbal communication.
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PERSONAL APPLICATION: It’s important that we all use this time to consider where we stand on any given subject or issue. How am I “walking this out” in my personal life? How does this affect my ability to lead others? What is my part of the issue and/or solution? What positive change does God want me to make?

The Discipleship Wheel
Our Father in Heaven

Read Matthew 6:9-13 before your K-Group meeting.

- **Hook:** Who was your favorite TV dad?

- **Watch RightNow Media “Teach Us How to Pray” Session 1**

- **Head**
  - Share with your K-Group one thing that stood out to you from the video.
  - According to Dusty Frizzell in the video, what are some of the attributes of God that make Him accessible to us and someone we want to be near?
  - Describe your relationship with your earthly father.
  - In the video, Dusty said that Jesus lived in a time “when religion pictured God as harsh and distant...” Many of us have those same pictures in our heads. How do your experiences with your earthly father affect your thoughts and emotions concerning your heavenly Father? Why do you think the relationship with our earthly fathers affects our spiritual development?

- **Heart**
  - What thoughts or emotions come to you when you read the phrase “Our Father in heaven?”

- **Hands**
  - Take some time right now with your group to pray through what you have learned and discussed in this week’s study session. Pray that you seek God as a loving Father who wants the best for His beloved children! Lift up one another in prayer as you finish your group time.
  - Each day this week, take a moment to slowly pray the Lord’s Prayer.

“We have the ability and responsibility to keep God present in our minds, and those who do so will make steady progress toward him, for he will respond by making himself known to us.”

Dallas Willard

**Discipleship Decision:**
What is one thing I'll implement in my life this week? What's one change I'll make, one prayer I'll pray, one area of my life I'll address, one step of obedience, etc.?
HOW CAN WE BE PRAYING FOR ONE ANOTHER?

MY DISCIPLESHIP DECISION...
Hallowed Be Thy Name


- **Hook:** What was the “holy grail” of collectibles for you when you were growing up?

- **Watch RightNow Media “Teach Us How to Pray” Session 2**

- **Head**
  - Share with your K-Group one thing that stood out to you from the video.
  - What is hallowed/holiness? Describe hallowed/holiness in your own words.
  - Read Exodus 20:7, Psalm 30:4, Psalm 77:13, John 14:14, Acts 3:6, and Revelation 4:8. What do these verses tell us about God and His name?

- **Heart**
  - Why do you think holiness is such an important aspect of God?
  - In Matthew 6:9, Jesus states that God’s name is hallowed/holy. How do you think He intended it to affect the way that we communicate with God?
  - Last week we looked at the phrase “Our Father.” This week we read of God’s holiness. How can these two truths help us in our praying?

- **Hands**
  - In your K-group, come up with your own psalm of praise. Whether you keep the psalm of praise in your phone or on a piece of paper, let it be a prayer of praise that you’ll see and recite twice a day.
  - Examples:
    - Lord Jesus Christ, Son of God
      May your name be lifted up in my life today.
    - Father God in Heaven
      May I worship you in all that I do.
      May I love everyone I come across.

*Discipleship Decision:*
What is one thing I’ll implement in my life this week? What’s one change I’ll make, one prayer I’ll pray, one area of my life I’ll address, one step of obedience, etc.?
HOW CAN WE BE PRAYING FOR ONE ANOTHER?

MY DISCIPLESHIP DECISION...
Your Kingdom Come


- **Hook:** Think of your favorite foods. If you had to give one up, which one would be the hardest?

- **Watch RightNow Media “Teach Us How to Pray” Session 3**

- **Head**
  - Share with your K-group one thing that stood out to you from the video.
  - Read Matthew 13:44-45 and Matthew 19:16-24. How do these verses describe the Kingdom of God? According to these verses, what must one do to receive this great value?
  - How do these verses apply to the life of a follower of Jesus?
  - What are some of the benefits of seeking God’s Kingdom on earth?
  - How do those benefits manifest practically for followers of Jesus?

- **Heart**
  - A kingdom is found inside the boundaries of which the king reigns. How does this apply to God’s Kingdom (your Kingdom come)? If God’s rule extended into every area of your life, how different would you actually lead your life?
  - Why do you think the concept of God’s Kingdom and His reign as King in the lives of God’s children, is central to Jesus’ teaching on prayer?
  - What do you think happens to someone who is willing to take on the cost of allowing God to fully reign? How do you think the prayers of this person change?

- **Hands**
  - What can you do this week to “die to yourself” and experience God’s Kingdom on earth as it is in heaven?

**Discipleship Decision:**
What is one thing I’ll implement in my life this week? What’s one change I’ll make, one prayer I’ll pray, one area of my life I’ll address, one step of obedience, etc.?
Your Will Be Done on Earth as it is In Heaven

Read John 14:26 and Galatians 5:22-26 before your K-Group meeting.

- **Hook:** If you could have just one superpower, what would it be and how would you use it to help others?

- **Watch RightNow Media “Teach Us How to Pray” Session 4**

- **Head**
  - Share with your K-Group one thing that stood out to you from the video.
  - Read John 14:26 and Galatians 5:22-26. If God’s reign is prevalent in a believer’s life, what evidence would be seen?

- **Heart**
  - What makes this prayer so difficult to pray whole heartedly?
  - Share a time and outcome when you actually did pray this kind of prayer. What did God do in your heart and life?

- **Hands**
  - Remembering last week’s session, how does denying ourselves or dying to ourselves help us to do God’s will “on earth as it is in heaven?” How are God’s Kingdom and God’s will related to one another?
  - What steps might you need to take in order to pray for God’s will to truly be done in your life?

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HOW CAN WE BE PRAYING FOR ONE ANOTHER?

MY DISCIPLESHIP DECISION...