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DISCIPLE

Matthew 4:19

K-Group | Spring 2021

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.

Developing the Habits of a Disciple

As we continue in 2021, we want to continue with the initiatives introduced in January. While that seems pretty obvious, staying with what one starts can prove difficult. At the beginning of the year, we challenged our church family to engage with our vision. We condensed Declaring the Greatness of God while He Transforms Lives by Loving and Reaching People and Making Disciples of Jesus into a three-word synopsis: Declare. Demonstrate. Disciple.

Much like children on an hour in to a five hour trip who ask, "Are we there yet?" some of us think we've spent plenty of time on this topic. Others may assume that since we've completed an eight-week emphasis and listened to three months of sermon series we've got this one covered.

The reality is that Declaring, Demonstrating, and Discipling are life-long assignments and it will bode well for us to continue to dig in. Therefore, we will continue to press in on what being a disciple looks like.

This curriculum will focus on a few simple discipleship topics. But we must not confuse simple with easy.

Question: Who should I follow?

Answer: Jesus.

Simple, but not easy.

Question: What does Jesus want me to do?

Answer: Obey His commands.

Simple, but not easy.

Question: How should I respond to an offense?

Answer: Forgive them.

Simple, but not easy.

Okay, so you get the idea. As you and your K-Group work through these sessions, the challenge will be to actually work through these sessions. Do more than filling in blanks or answering questions. Do the hard work of implementing these practices in your life. Pray for one another and encourage each other as you do your part in the discipleship process.

*...work out your own salvation with fear and trembling,
for it is God who works in you,
both to will and to act for His good pleasure.
Philippians 2: 12b - 13 (ESV)*

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.

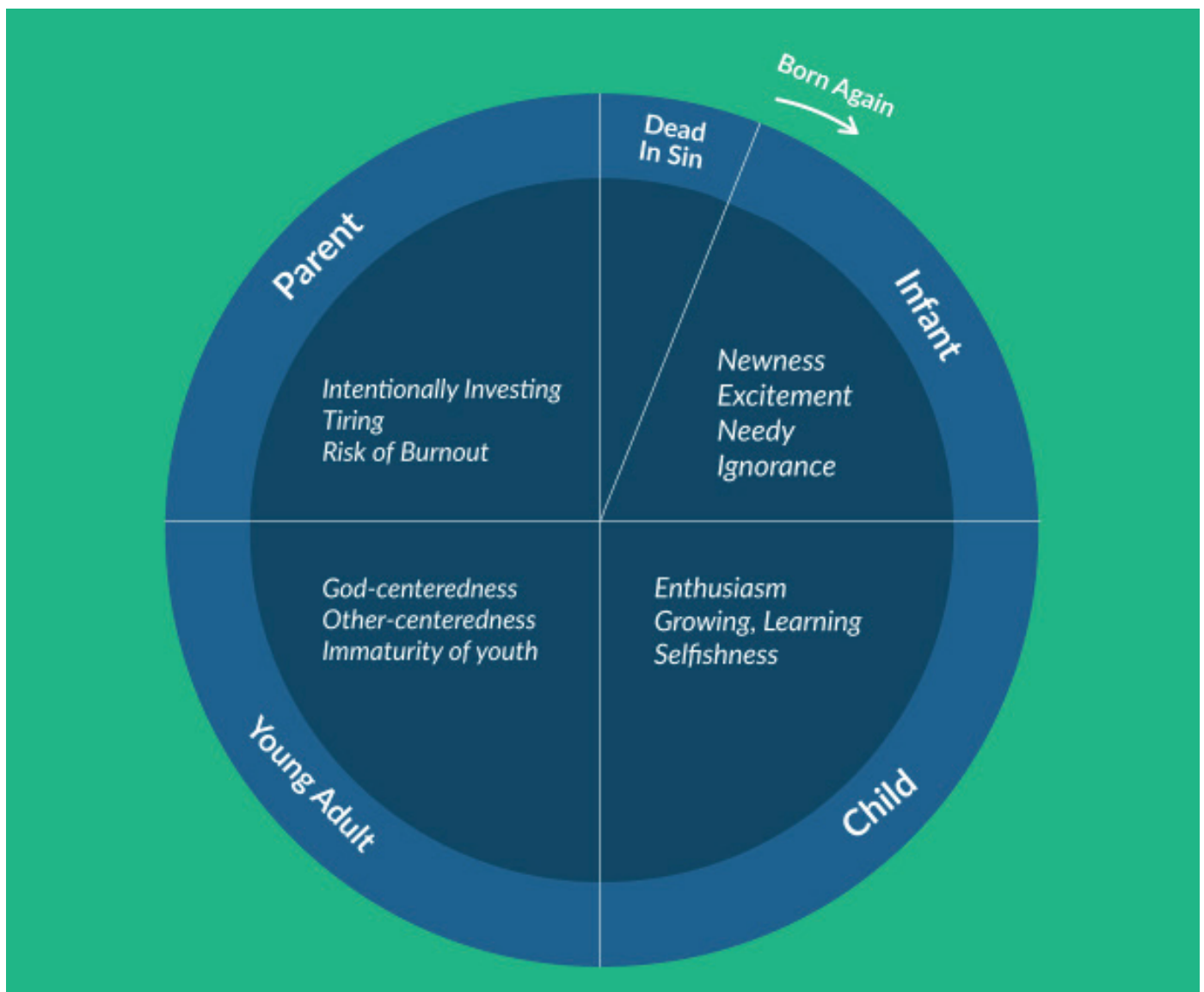
BE SELF-AWARE: Be self-aware of how you are personally affecting the environment — words, actions, and non-verbal communication.

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BE SELF-AWARE: Be self-aware of how you are personally affecting the environment — words, actions, and non-verbal communication.

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



WEEK 1 - The Call to Follow

Read Luke 5: 1 - 11 and Matthew 4:19 before your K-Group Meeting

Overview

At Kiokee, we use Jesus' call to His first disciples as our model for what a disciple is. As we read in Matthew 4:19, Jesus says: *Follow me, and I will make you fishers of men.*

A **disciple** is someone who is following Jesus, being changed by Jesus, and committed to the mission of Jesus. In this session, we'll read Luke's account of Jesus' call to his first disciples. He gives us the context of what happened just prior to Jesus' request.

Declare. Demonstrate. Disciple.

Take a few moments at the beginning of your K-Group to talk about how these have been evidenced in your life this week.

Hook: What's your typical response to a telemarketer or door to door salesman (if you've ever seen one)?

Tell the Story: Luke 5: 1 - 11

Tell the story as best you can; don't stop and teach, don't make points, just tell the story. The objective is not to memorize it, but to learn and be able to share it.

Read the passage from your Bible.

Head

- What happens prior to Jesus asking Peter to follow Him?
- What did Peter do?
- How did Jesus respond?

Heart

- What do we learn about Jesus in this story?
- What is Jesus asking you to do to launch out into the deep?

Hands

- Some make a distinction between a believer and a follower of Jesus. What's the difference?
- How can others tell that rather than giving mental ascent to Jesus, you have surrendered your life to Him?

A disciple is one who responds in faith and obedience to the gracious call to follow Jesus Christ. Being a disciple is a life-long process of dying to self while allowing Jesus Christ to come alive in us.

Greg Ogden

NOTES

HOW CAN WE BE PRAYING FOR ONE ANOTHER?

MY DISCIPLESHIP DECISION...

WEEK 2 - The Call to Obedience

Read Matthew 7: 24 - 27 before your K-Group meeting.

OVERVIEW

Immediately after choosing the twelve, Jesus began to teach about the Kingdom of God. They, like us, needed to understand it and apply it to their lives. Matthew records His teaching as the Sermon on the Mount (Luke records a similar sermon in simpler form called the Sermon on the Plains in Luke 6). This teaching was in sharp contrast to what they'd been taught. It rocked their world and all who heard it were amazed. Its message, however, was not for them alone. We, too, are called to obey Jesus' teaching.

Declare. Demonstrate. Disciple.

Take a few moments at the beginning of your K-Group to talk about how these have been evidenced in your life this week.

Hook: The VARK Model says that there are four learning styles: visual, auditory, reading/writing, and kinesthetic. Which are you?

Tell the Story: Matthew 7: 24 - 27

Tell the story as best you can; don't stop and teach, don't make points, just tell the story. The objective is not to memorize it, but to learn and be able to share it.

Read the passage from your Bible.

Head

- What elements are the same in this illustration?
- What is different?
- Would you agree that building your life on a strong foundation is essential?
- What can we learn about Jesus in this story?

Heart

- What's the key to building a good foundation?
- How's that going?
- What is Jesus teaching you personally?

Hands

- What elements are essential in developing a solid foundation in your life with Jesus?
- Which ones are missing in your life?

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HOW CAN WE BE PRAYING FOR ONE ANOTHER?

MY DISCIPLESHIP DECISION...

Week 3 - The Importance of Scripture

Read 2 Timothy 3: 10 - 17 before your K-Group meeting.

OVERVIEW

“Jesus was grounded in Scripture. We know this because He referenced and quoted Scripture all the time. I say “grounded” because a grounding wire is what connects you back to earth — or in a broader sense, to a deeper reality beneath your feet.” **Brandon Cook**

As we build the foundation of our lives (Week 2), we must include God’s word in our construction.

Declare. Demonstrate. Disciple.

Take a few moments at the beginning of your K-Group to talk about how these have been evidenced in your life this week.

Hook: How much time do you spend on the internet each day?

Tell the Story: 2 Timothy 3: 10 - 17

Tell the story as best you can; don’t stop and teach, don’t make points, just tell the story. The objective is not to memorize it, but to learn and be able to share it.

Read the passage from your Bible.

Head

- To whom is Paul writing this? Who else?
- What is he asking Timothy to do?
- What does he tell Timothy in verse 12? Does this surprise you?
- What does he say about God’s word?

Heart

- There is a nice progression here. Timothy had imitated Paul, he’s reminded of what he learned as a child, and he’s encouraged to continue in that foundation. But Paul doesn’t see Timothy as one always in need of someone else telling him what to do or how to live. He encourages Timothy to go straight to the source, God’s word, and live in obedience. That’s the mindset of one maturing in their walk with Jesus. Where do you see yourself?
- What’s keeping you from taking the next step?

Hands

- As you read a chapter a day in the New Testament along with our church, take some time to SOAP the chapter:
- **S stands for Scripture.** After reading the chapter, notice if there is a word, phrase, or verse(s) that stick out to you. Write that down by the letter S.
- **O stands for Observation.** What do you see here? What is God teaching you in this passage? How is He challenging, convicting, or comforting you? In what ways is His character being revealed? Write your observations by the letter O
- **A stands for Application.** The letter A, write an application point from what you’ve read.
- **P stands for Prayer.** You may want to write this out by the letter P or voice it quietly to the Lord. Thank Him for His word. Commit to live in light of what you’ve learned. Ask for His help.

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HOW CAN WE BE PRAYING FOR ONE ANOTHER?

MY DISCIPLESHIP DECISION...

Week 4 - The Importance of Prayer

Read Philippians 4 before your next K-Group meeting.

OVERVIEW

“Paul bears witness to a radical alternative to such an anxious, tense, stress-filled and destructive existence. This alternative, however, does not shield us from the uncertainties of life. It does not protect us from life’s damaging blows and disruptive events. It does not exempt us, in Paul’s words, from being held in disrepute, from being hungry and thirsty, ill-clad, buffeted and homeless, from being persecuted and slandered, from being treated as the dust and dirt of the world (1 Cor 4:10-13). But it does empower us to learn, in Paul’s words, to be content in any situation, knowing how to face plenty and hunger, abundance and want.” **Robert Mulholland Jr.**

Declare. Demonstrate. Disciple.

Take a few moments at the beginning of your K-Group to talk about how these have been evidenced in your life this week.

Hook: How much time do you spend on the internet each day?

Tell the Story: Philippians 4: 4 - 9

Tell the story as best you can; don’t stop and teach, don’t make points, just tell the story. The objective is not to memorize it, but to learn and be able to share it.

Read the passage from your Bible.

Head

- What’s the imperative here?
- What’s Paul’s alternative to an anxiety-ridden life?
- What happens when we follow this?
- How does he encourage us to reject stinkin’ thikin’?

Heart

- Paul uses several words here to describe different types of prayer (prayer, supplication, thanksgiving, requests). What are the differences and why do they matter?
- Proverbs 12: 25 says that an anxious heart weighs a man down. How does anxiety manifest itself in your life?

Hands

- Paul completes this passage with two to-do’s. He encourages his readers to direct their thoughts and to practice certain actions. Tell the group which one(s) you will be working on in the days to follow.

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HOW CAN WE BE PRAYING FOR ONE ANOTHER?

MY DISCIPLESHIP DECISION...

Week 5 - The Grateful Life

Read Exodus 16: 1 - 3 and Psalm 118 before your K-Group meeting.

OVERVIEW

When realizing that we have been rescued from the dominion of darkness and brought into His Kingdom (Colossians 1:13); that we who were outcasts have been adopted into God's family (Ephesians 1: 5); that this great God has given us an imperishable inheritance (1 Peter 1:4) you would think that we, of all people, would have a grateful disposition. Yet, like the children of Israel during the Exodus, we are quick to forget God's goodness and His blessing. Gratitude and Thanksgiving ought to permeate our hearts. In this session, we'll look at the importance of gratitude in the life of a Jesus follower.

Declare. Demonstrate. Disciple.

Take a few moments at the beginning of your K-Group to talk about how these have been evidenced in your life this week.

Hook: What's the wackiest belief you held as a child?

Tell the Story: Exodus 16: 1 - 3.

Tell the story as best you can; don't stop and teach, don't make points, just tell the story. The objective is not to memorize it, but to learn and be able to share it.

Read the passage from your Bible.

Head

- What's going on in the life of the children of Israel during this passage?
- How did God respond to their complaint?
- What does this tell us about them and about God?
- Why, according to Psalm 118, should we give thanks to the Lord?

Heart

- Why do they have a longing to return to Egypt?
- What is keeping them from gratitude? What is keeping you from it?
- In what ways are you like the children of Israel?
- How have the difficulties in your life shaped you?

Hands

- One of the lessons God was teaching His people in the wilderness is that joy is not the absence of adversity. Joy is a wonderful side effect of God's presence with us in life. An old hymn encourages the counting of blessings to change our outlook. Spend some time as a group talking about the ways God has blessed you.

"Thanksgiving is the deep inner posture of joyful release of our life and being to God in absolute trust, without demands, without conditions, without reservations."

Robert Mulholland

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HOW CAN WE BE PRAYING FOR ONE ANOTHER?

MY DISCIPLESHIP DECISION...

WEEK 6 - The Importance of Forgiveness

Read Matthew 18: 21 - 35.

OVERVIEW

In Jesus' day, it was a common understanding that forgiving an offense three times was sufficient. If someone was offended the fourth time, the offended party was not required to forgive. In light of this, when Peter asks Jesus if he should forgive someone seven times, he's more than doubling the requirement. It would be safe to assume that in Peter's mind, forgiving someone seven times would be going way beyond the requirements. Yet Jesus was not impressed.

Declare. Demonstrate. Disciple.

Take a few moments at the beginning of your K-Group to talk about how these have been evidenced in your life this week.

Hook: On a scale of 1 - 10, rate your line dancing ability.

Tell the Story: Matthew 18: 21 - 35

Tell the story as best you can; don't stop and teach, don't make points, just tell the story. The objective is not to memorize it, but to learn and be able to share it.

Read the passage from your Bible.

Head

- How many times, according to Jesus, are we to forgive?
- Was He giving Peter an actual number?
- What do the servants have in common?
- In what ways do they differ?

Heart

- Sometimes our head tells us we should forgive, but our heart feels otherwise. How do you reconcile the two?
- How often has an offense toward you caused you to forget your offense toward God?
- Can you forgive someone without being reconciled to them? Why or why not?
- Why do we withhold forgiveness?

Hands

Author Ken Sande offers these four elements as markers of forgiveness. Do you think they reflect how God has forgiven us? How can you use them in your process of forgiving others?

1. "I will not dwell on this incident."
2. "I will not bring up this incident again and use it against you."
3. "I will not talk to others about this incident."
4. "I will not let this incident stand between us or hinder our personal relationship."

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HOW CAN WE BE PRAYING FOR ONE ANOTHER?

MY DISCIPLESHIP DECISION...

WEEK 7 - The Importance of Stewardship pt.1 (It's a Heart Issue)

Read Galatians 3 - 6 and James 1 before your K-Group meeting.

OVERVIEW

This passage takes place in the middle of the Sermon on the Mount. Jesus has just addressed misconceptions about some good things — like fasting, praying, giving to those in need — and some not so good things like anger, lust, divorce, and dealing with those who've wronged us. Whether a good thing or a bad thing, Jesus encourages us to look at our hearts. In this passage, Jesus asks us to look at what our heart tells us about what we treasure and what we seek.

Declare. Demonstrate. Disciple.

Take a few moments at the beginning of your K-Group to talk about how these have been evidenced in your life this week.

Hook: If money doesn't bring lasting happiness, why do people still pursue it?

Tell the Story: Matthew 6: 19 - 34

Tell the story as best you can; don't stop and teach, don't make points, just tell the story. The objective is not to memorize it, but to learn and be able to share it.

Read the passage from your Bible.

Head

- Where should we be accumulating treasures?
- Why can't someone serve two masters?
- What does Jesus teach about anxiety?
- What is the antidote?
- Why does Jesus mention that "the Gentiles seek after all of these things" in verse 32?

Heart

- Since the things of this world are temporal, what should our attitude be toward them? Why is that difficult for most people?
- Looking through the teaching of verse 21, where is your heart? Would your family or those close to you agree with your answer?
- In what ways are you anxious about tomorrow?

Hands

- What obstacles stand in your way to storing up treasures in heaven?
- What are some practical ways you can seek first God's Kingdom? (Keep in mind that while this question is likely to elicit "church answers", it is one of the most important changes you can make as a disciple of Jesus.)

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HOW CAN WE BE PRAYING FOR ONE ANOTHER?

MY DISCIPLESHIP DECISION...

WEEK 8 - The Importance of Stewardship pt.2 (It's also Behavioral)

Read Matthew 19: 16 - 30 and Mark 12: 41 - 44 before your K-Group meeting.

OVERVIEW

The two main characters in these stories are at opposite ends of the wealth spectrum. One is incredibly wealthy and the other is very poor. Jesus uses both to teach His disciples and us important lessons about giving. One gave all she had, the other could not let go of his possessions.

Declare. Demonstrate. Disciple.

Take a few moments at the beginning of your K-Group to talk about how these have been evidenced in your life this week.

Hook: People who like to count such things note that Jesus talked about money more than anything other than the Kingdom of God. Why then do preachers get a bad rap for mentioning it?

Tell the Story: Matthew 19: 16 - 19 and Mark 12: 41 - 44

Tell the story as best you can; don't stop and teach, don't make points, just tell the story. The objective is not to memorize it, but to learn and be able to share it.

Read the passage from your Bible.

Head

- What did the rich young man lack?
- What did Jesus tell him to do?
- How did the disciples respond after the rich young man left?
- What did Jesus tell them?
- According to Jesus, what set the widow's offering apart?

Heart

- Have you struggled to surrender your financial resources to Jesus? Tell the group how that struggle has looked in your life and how you've overcoming it.
- In what ways do you relate to the rich young ruler?
- What does the widow's offering tell us about God's attitude toward sacrificial giving?
- How does the fact that God cares more about your motivation than the amount of your contribution change the way you think about giving?

Hands

- One of the ways a disciple commits to the mission of Jesus is through financial support. In light of these last two sessions, what changes do you need to make in your heart and with your behavior when it comes to giving?

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HOW CAN WE BE PRAYING FOR ONE ANOTHER?

MY DISCIPLESHIP DECISION...



following
changing
committed