

Becoming a Healthy Disciple

COURSE WORKBOOK

These application activities are designed to help you consider how to put your learning to use in your own context. When you finish this course you will have an action plan that will help you deepen your own discipleship and help disciple others!

Complete these activities in this downloadable workbook, or write them in your own journal.

Download instructions:

Find the download icon in your browser window.

It might look like one of these:  

Click the icon to begin downloading.

If prompted, choose where to save the PDF file to your computer. This is the location from which you will be able to access this workbook in the future.

LESSON ONE: SCRIPTURE MEDITATION

Spend some time carefully reading the Scripture passage below, utilizing the simple three-step method of Receive, Reflect, and Respond.

Read John 14:26 slowly. Then read it again.

Receive | Retell in your own words what is happening in this text.

What is being described? Who are the characters and what are they saying or doing? Does the text tell us why they are doing or saying these things?

Read the passage again.

Reflect | Consider how this text relates to discipleship.

What can we learn about God from this text? Does this text bring to mind other passages of Scripture? What particular word, phrase, or sentence stands out for you?

Read the passage one last time.

Respond | Connect this text to your own experience.

What can you learn about your own discipleship? How might this text change the way you relate to God or other people?

LESSON ONE: MAKE A PLAN

Respond to the following questions to complete the action plan.

✓ Action Plan

Individual Focus

1. Which of the five principles need your attention to strengthen your experience of God's presence? What actions will you commit to this week?
 - ☐ Exemplify His Fruit.
 - ☐ Embody His Thumbprint.
 - ☐ Express His Gifts.
 - ☐ Envision His Call.
 - ☐ Experience His Presence.
2. Share this with someone you trust and commit to praying for one another for the faithful embodiment of this trait of discipleship health.

Church Focus

1. How effective is your church in helping its members to identify their spiritual gifts and how they are called to use them?

LESSON TWO: SCRIPTURE MEDITATION

Spend some time carefully reading the Scripture passage below, utilizing the simple three-step method of Receive, Reflect, and Respond.

Read John 4:23 slowly. Then read it again.

Receive | Retell in your own words what is happening in this text.

What is being described? Who are the characters and what are they saying or doing? Does the text tell us why they are doing or saying these things?

Read the passage again.

Reflect | Consider how this text relates to discipleship..

What can we learn about God from this text? Does this text bring to mind other passages of Scripture? What particular word, phrase, or sentence stands out for you?

Read the passage one last time.

Respond | Connect this text to your own experience.

What can you learn about your own discipleship? How might this text change the way you relate to God or other people?

LESSON TWO: MAKE A PLAN

Respond to the following questions to complete the action plan.

✓ Action Plan

Individual Focus

1. Which of the five principles will you focus on this week to improve your worship experience?
 - ☐ What actions will you commit to?
 - ☐ Preparation Begins on Monday.
 - ☐ Participation Begets Fulfillment.
 - ☐ Proclamation Styles Reflect Diversity.
 - ☐ Protection from Distraction.
 - ☐ Prescription for Enhancement.
2. What is your potential for distraction in worship, and what choices can you make to radically alter the manner in which you approach worship fully focused on God rather than the needs and opportunities all around you?

Church Focus

1. How well does your church create engaging worship experiences for a diverse congregation?

LESSON THREE: SCRIPTURE MEDITATION

Spend some time carefully reading the Scripture passage below, utilizing the simple three-step method of Receive, Reflect, and Respond.

Read John 15:4 slowly. Then read it again.

Receive | Retell in your own words what is happening in this text.

What is being described? Who are the characters and what are they saying or doing? Does the text tell us why they are doing or saying these things?

Read the passage again.

Reflect | Consider how this text relates to discipleship.

What can we learn about God from this text? Does this text bring to mind other passages of Scripture? What particular word, phrase, or sentence stands out for you?

Read the passage one last time.

Respond | Connect this text to your own experience.

What can you learn about your own discipleship? How might this text change the way you relate to God or other people?

LESSON THREE: MAKE A PLAN

Respond to the following questions to complete the action plan.

✓ Action Plan

Individual Focus

1. Which of the five principles need the most focus to improve your devotional practice?
What actions will you commit to?
 - ☐ Prayer
 - ☐ Scripture
 - ☐ Reflection
 - ☐ Proactivity
 - ☐ Accountability
2. Who can you invite into your life as a spiritual friend to hold you accountable for the practicing of your daily disciplines? For whom can you be that spiritual friend?

Church Focus

1. What can your church do to instruct and encourage your members to practice the spiritual disciplines?

LESSON FOUR: SCRIPTURE MEDITATION

Spend some time carefully reading the Scripture passage below, utilizing the simple three-step method of Receive, Reflect, and Respond.

Read John 21:6 slowly. Then read it again.

Receive | Retell in your own words what is happening in this text.

What is being described? Who are the characters and what are they saying or doing? Does the text tell us why they are doing or saying these things?

Read the passage again.

Reflect | Consider how this text relates to discipleship.

What can we learn about God from this text? Does this text bring to mind other passages of Scripture? What particular word, phrase, or sentence stands out for you?

Read the passage one last time.

Respond | Connect this text to your own experience.

What can you learn about your own discipleship? How might this text change the way you relate to God or other people?

LESSON FOUR: MAKE A PLAN

Respond to the following questions to complete the action plan.

✓ Action Plan

Individual Focus

1. Which of the five principles need the most focus to improve your growth in a faith community? What actions will you commit to?
 - ☐ Safe Place to Share
 - ☐ Safe Place to Pray
 - ☐ Safe Place to Process
 - ☐ Safe Place to Care
 - ☐ Safe Place to Grow
2. How are you contributing positively to the health of your small group? Do you feel

Church Focus

1. Are the small groups in your local church healthy? If not, how can you encourage health in these contexts of learning and growth?

LESSON FIVE: SCRIPTURE MEDITATION

Spend some time carefully reading the Scripture passage below, utilizing the simple three-step method of Receive, Reflect, and Respond.

Read John 15:12-13 slowly. Then read it again.

Receive | Retell in your own words what is happening in this text.

What is being described? Who are the characters and what are they saying or doing? Does the text tell us why they are doing or saying these things?

Read the passage again.

Reflect | Consider how this text relates to discipleship.

What can we learn about God from this text? Does this text bring to mind other passages of Scripture? What particular word, phrase, or sentence stands out for you?

Read the passage one last time.

Respond | Connect this text to your own experience.

What can you learn about your own discipleship? How might this text change the way you relate to God or other people?

LESSON FIVE: MAKE A PLAN

Respond to the following questions to complete the action plan.

✓ Action Plan

Individual Focus

1. Which of the five principles need the most focus to improve the quality of your relationships? What actions will you commit to?
 - ☐ Agape Love
 - ☐ Absolute Joy
 - ☐ Affirming Communication
 - ☐ Resolving Conflict
 - ☐ Additional Time
2. With whom do you need to resolve a long-standing or short-term conflict? Pause and pray and ask God to direct you to specific ways you can approach this person with a genuine apology, seek their forgiveness and restore the relationship with love and caring.

Church Focus

1. How well is your church doing with modeling loving, caring relationships and promoting conflict resolution and forgiveness?

LESSON SIX: SCRIPTURE MEDITATION

Spend some time carefully reading the Scripture passage below, utilizing the simple three-step method of Receive, Reflect, and Respond.

Read John 13:15 slowly. Then read it again.

Receive | Retell in your own words what is happening in this text.

What is being described? Who are the characters and what are they saying or doing? Does the text tell us why they are doing or saying these things?

Read the passage again.

Reflect | Consider how this text relates to discipleship.

What can we learn about God from this text? Does this text bring to mind other passages of Scripture? What particular word, phrase, or sentence stands out for you?

Read the passage one last time.

Respond | Connect this text to your own experience.

What can you learn about your own discipleship? How might this text change the way you relate to God or other people?

LESSON SIX: MAKE A PLAN

Respond to the following questions to complete the action plan.

✓ Action Plan

Individual Focus

1. Which of the five principles need the most focus to develop your service to others?
What actions will you commit to?
 - ☐ A Towel and a Basin
 - ☐ A Servant's Heart
 - ☐ Willingness to Give and Receive
 - ☐ A Listening Ear
 - ☐ A Life Well-Lived
2. How would you assess the status of your servant-heart today?

Church Focus

1. How well is your church doing with developing and modeling servant leadership?

LESSON SEVEN: SCRIPTURE MEDITATION

Spend some time carefully reading the Scripture passage below, utilizing the simple three-step method of Receive, Reflect, and Respond.

Read John 3:16 slowly. Then read it again.

Receive | Retell in your own words what is happening in this text.

What is being described? Who are the characters and what are they saying or doing? Does the text tell us why they are doing or saying these things?

Read the passage again.

Reflect | Consider how this text relates to discipleship.

What can we learn about God from this text? Does this text bring to mind other passages of Scripture? What particular word, phrase, or sentence stands out for you?

Read the passage one last time.

Respond | Connect this text to your own experience.

What can you learn about your own discipleship? How might this text change the way you relate to God or other people?

LESSON SEVEN: MAKE A PLAN

Respond to the following questions to complete the action plan.

✓ Action Plan

Individual Focus

1. Which of the five principles need the most focus to prepare you to be an invitational evangelist? What actions will you commit to?
 - ☐ Evangelism
 - ☐ Social Concern
 - ☐ International Missions
 - ☐ Diversity of Friendships
 - ☐ Dispenser of Grace
2. How would you articulate the essence of the gospel to a seeker? How would you share the main points of your personal testimony in two or three minutes?

Church Focus

1. How effective is your church at equipping its members for ministry outside the church?

LESSON EIGHT: SCRIPTURE MEDITATION

Spend some time carefully reading the Scripture passage below, utilizing the simple three-step method of Receive, Reflect, and Respond.

Read John 9:4 slowly. Then read it again.

Receive | Retell in your own words what is happening in this text.

What is being described? Who are the characters and what are they saying or doing? Does the text tell us why they are doing or saying these things?

Read the passage again.

Reflect | Consider how this text relates to discipleship.

What can we learn about God from this text? Does this text bring to mind other passages of Scripture? What particular word, phrase, or sentence stands out for you?

Read the passage one last time.

Respond | Connect this text to your own experience.

What can you learn about your own discipleship? How might this text change the way you relate to God or other people?

LESSON EIGHT: MAKE A PLAN

Respond to the following questions to complete the action plan.

✓ Action Plan

Individual Focus

1. Complete these exercises.
 - ☐ Write a mission statement.
 - ☐ Outline your personal roles and goals.
 - ☐ Identify areas of stress and ways to manage/eliminate them.
2. Share what you wrote with an accountability partner who can help you stay focused on what's most important.

Church Focus

1. How effective is your church at modeling and teaching life management and accountability?

LESSON NINE: SCRIPTURE MEDITATION

Spend some time carefully reading the Scripture passage below, utilizing the simple three-step method of Receive, Reflect, and Respond.

Read John 17:23 slowly. Then read it again.

Receive | Retell in your own words what is happening in this text.

What is being described? Who are the characters and what are they saying or doing? Does the text tell us why they are doing or saying these things?

Read the passage again.

Reflect | Consider how this text relates to discipleship.

What can we learn about God from this text? Does this text bring to mind other passages of Scripture? What particular word, phrase, or sentence stands out for you?

Read the passage one last time.

Respond | Connect this text to your own experience.

What can you learn about your own discipleship? How might this text change the way you relate to God or other people?

LESSON NINE: MAKE A PLAN

Respond to the following questions to complete the action plan.

✓ Action Plan

Individual Focus

1. Which of the five principles need the most focus to expand your understanding of and connection with the larger body of Christ? What actions will you commit to?
 - ☐ Diversity of Connection
 - ☐ Holy Dissatisfaction
 - ☐ Cross-Cultural Pollination
 - ☐ Multidenominational Investigation
 - ☐ Prayerful Participation
2. What ministry opportunities can you take advantage of in the coming year that will take you into new arenas of service for the sake of sharing the gospel and expanding the kingdom of God?

Church Focus

1. How effective is your church at networking with the larger Christian community in your local area or region?

LESSON TEN: SCRIPTURE MEDITATION

Spend some time carefully reading the Scripture passage below, utilizing the simple three-step method of Receive, Reflect, and Respond.

Read John 12:24 slowly. Then read it again.

Receive | Retell in your own words what is happening in this text.

What is being described? Who are the characters and what are they saying or doing? Does the text tell us why they are doing or saying these things?

Read the passage again.

Reflect | Consider how this text relates to discipleship.

What can we learn about God from this text? Does this text bring to mind other passages of Scripture? What particular word, phrase, or sentence stands out for you?

Read the passage one last time.

Respond | Connect this text to your own experience.

What can you learn about your own discipleship? How might this text change the way you relate to God or other people?

LESSON TEN: MAKE A PLAN

Respond to the following questions to complete the action plan.

✓ Action Plan

Individual Focus

Complete the following plan to steward your life of abundance.

God's ABUNDANCE	My STEWARDSHIP
PERSONAL LIFE MISSION (WHY)	
PERSONAL ROLES IN LIFE (WHO)	
PERSONAL GOALS FOR LIFE (WHAT)	
PRIORITIES FOR MY SCHEDULE (TIME)	
PROACTIVE SEEDING, SERVING, SACRIFICE (TALENT)	
PHYSICAL BODY (TEMPLE)	
PERSONAL FINANCE (TREASURE)	
PRAYERFUL JOY! (TRUE HEART)	
PROACTIVE SEEDING, SERVING, SACRIFICE (TALENT)	

Church Focus

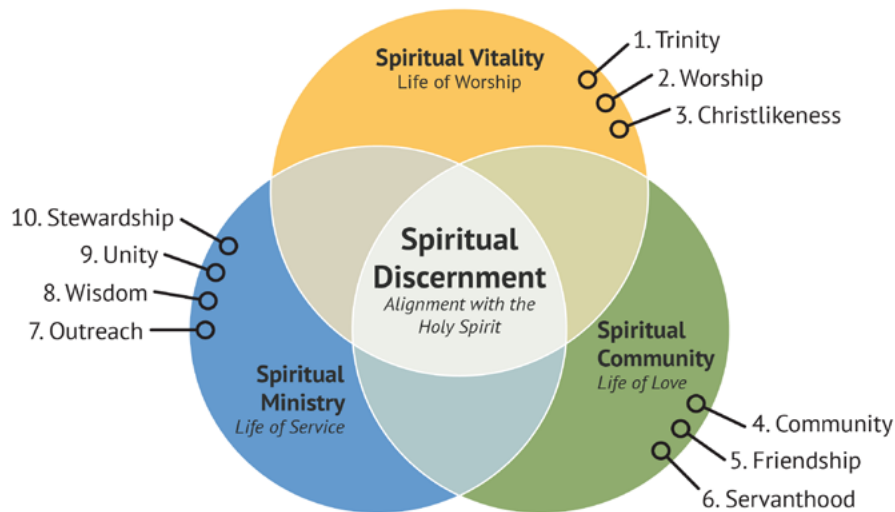
1. How effective is your church at teaching and modeling biblical stewardship?

SUMMATIVE ACTIVITY

By completing this course, you learned how to:

1. **Define** healthy discipleship in terms of three movements: Spiritual Vitality, Spiritual Community, and Spiritual Ministry.
2. **Articulate** 10 traits of a healthy disciple and a healthy church.
3. **Explain** the Scriptural foundation for wholehearted discipleship as modeled by Jesus and his Beloved Disciple, John.
4. **Examine** the vitality of your own life of faith and your faith community based on 50 practical principles.
5. Develop an action plan that will deepen your discipleship and equip you to disciple others.

Review the healthy disciple paradigm and your reflections and responses in each lesson, then complete the following Action Plan with practical ways you can deepen your own discipleship and help disciple others within your faith community.



TRAIT OF A HEALTHY DISCIPLE	EXPRESSED WITHIN MY OWN DISCIPLESHIP	EXPRESSED WITHIN MY FAITH COMMUNITY
EXPERIENCES GOD'S EMPOWERING PRESENCE		
ENGAGES IN GOD-EXALTING WORSHIP		
PRACTICES THE SPIRITUAL DISCIPLINES		
LEARNS AND GROWS IN COMMUNITY		
COMMITTS TO LOVING AND CARING RELATIONSHIPS		
EXHIBITS CHRISTLIKE SERVANTHOOD		
SHARES THE LOVE OF CHRIST GENEROUSLY		
MANAGES LIFE WISELY AND ACCOUNTABLY		
NETWORKS WITH THE BODY OF CHRIST		
STEWARDS A LIFE OF ABUNDANCE		