

Antioch Community Church

Discipleship Process

Hear God. Obey. Repeat.

ANTIOCH DISCIPLESHIP PROCESS

Keep It Simple: Hear God. Obey. Repeat.

I. Introduction

This resource describes the Antioch discipleship process. We believe it is a vehicle that can move anyone towards the ultimate goal: Christ-likeness. But the vehicle is useless without fuel. Friendship with your disciple and the Holy Spirit are actually what give this vehicle power. This resource may be extensive, but it is not exhaustive. Discipling others involves knowing what to do, and knowing when to do it. Therefore, intuition and innovation are a part of the discipleship process as well. While this tool is a helpful and strategic resource, reliance on the Holy Spirit and God's Word are always our primary compass.

II. Definitions

What is discipleship? the process of one person helping others become lifelong, obedient followers of Jesus who in turn help others become the same.

Who is a disciple? Someone who loves and obeys Jesus.

III. The Reason

Discipleship is our "X-Factor," the most impactful and effective factor in our church. While church services, lifegroups and mission trips are powerful, it is the personal encouragement, accountability and challenge which happens in discipleship that transforms people for the long haul. We also emphasize discipleship because it is what Jesus commanded us to do (Matthew 28:18-20). We want to be like Him*, and life-on-life discipleship is what He did.

*Why pursue Christ-likeness? It is who God created us to be... "Let us make mankind in our image, in our likeness" (Genesis 1:26). Our identity and our purpose are wrapped up in God's original design. We come alive in our pursuit of Christ-likeness because it is our destiny to be like Him and to reflect His true nature in the Earth. Ultimately, we flourish in discipleship because we are becoming the person we were created to be.

IV. Can I Do This?

YES! Anyone who loves and obeys Jesus can help other people do the same. Discipleship is not a gift that some people have and others don't. Good, reproducible discipleship is a skill you develop. And like any other skill, the more you do it, the more proficient you become. Use this resource as a handrail as you learn the skill of discipleship. Additionally, the person who discipled you is a great resource, so don't be afraid to ask for help. Remember, that's what this is all about; one person helping another person become Christ-like.

V. Who Should I Disciple?

Around here, we like to say that we "Disciple the hungry and disciple the lost." We say this because we do not force discipleship on those who are not "hungry" for it, and we also don't limit discipleship only to those who are already "saved." Discipleship is as much for those who are lost and hungering for God as it is for those who are saved and hungering for more. Measure hunger by a person's willingness not only to hear the word of God, but to change their life in obedience to it. It's also important that we disciple people who are not just spiritual sponges, soaking in but never giving out, but people who will go and give away what has been given to them. That's what we call "reproducibility."

Hunger: Jesus discipled people who dropped everything to follow Him. Matthew 4:19-20

Reproducibility: Jesus trained his disciples to make disciples. Matthew 28:19-20; 2 Timothy 2:2

VI. How Many People Should I Disciple?

Jesus had twelve disciples. He often taught them all at once or in smaller groups. We believe a good goal is to disciple at least three people. Meeting one-on-one is necessary for some leadership development or inner healing. Meeting with two or three gives you a platform for modeling, and it maximizes your time.

VII. How Long Should I Disciple Someone?

Jesus' discipleship relationships lasted about three years. We recommend one year (two semesters) to start. If a disciple is growing and you have more to give them, do another year. If a disciple has stalled, or you feel you have given them all you have, it may be time to connect them with someone new.

VIII. How Frequently Should We Meet?

Jesus lived in deep community with his disciples for three years. After those three years, his disciples had become the pillars of the New Testament church. The disciples were able to grow and develop very quickly because they were immersed in a lifestyle of walking with God. In the same way, our disciples need consistent training, modeling and coaching. We have found that weekly meetings of approximately 1-1.5 hours are a great way to establish consistency, but if that is too much, find what will work best with your group and stick to it.

IX. How Should I Disciple?

Each of the following elements should be woven into every discipleship relationship:

Training (Teacher-Student): Teaching someone how to be Christ-like. Luke 10:1-11

Modeling (Mother/Father-Daughter/Son): Showing someone how to be Christ-like. Matthew 6:9-13

Coaching (Coach-Athlete): Giving feedback/encouraging/reinforcing/challenging someone in their Christ-likeness. Luke 10:17-20

Friend: Especially if you are close in age, enjoy your time together! Be honest, be vulnerable, and don't feel a need to have all the answers.

*Remember: While the discipler is leading the growth process, the emphasis of the relationship is training the disciple to depend on God. Continually help the disciple feed him/herself spiritually. Don't give answers, help him/her look to God for answers.

How to Start a Discipleship Relationship

Step #1: Spend time praying about and answering the below 3 questions to get clarity on the “who,” “why” and “how” of discipleship.

I. **WHO:** Who will be a part of this discipleship group? Is it one-on-one, a small, exclusive group, or a larger group to which you may invite more people?

II. **WHY?** Ask God: Why *me* (as the discipler) why *them* (as the disciples) and why *this* (the discipleship group)? Narrow it down to a few sentences.

III. **WHAT:** What are you going to do? This is a great opportunity to get outside input; ask yourself, God, your discipler, and your disciples.

STEP #1: Write down any ideas or suggestions below.

STEP #2: Every discipleship group every year needs to start with a DTR and an opportunity to hear each other’s stories if you haven’t already. Below are ideas for how you can facilitate those conversations.

Define the Relationship (DTR) – Answer the following questions: What is discipleship? Who is a disciple? What does discipleship time look like? Use Matt. 28:19-20 and 2 Tim. 2:2 as vision for discipleship. Share your story of being disciplined. Ask, “How do you think you would benefit from being disciplined this semester/year? How would you be challenged?” Give specific vision for this group, this year, and help them receive vision from God for it as well.

Action Point: Ask them to consider/pray about being disciplined by you. Next week, have them share what they decided and how they came to that conclusion.

Hear Their Story - Discipleship is not a project or program; it is a God-centered friendship. In discipleship, the relationship always comes first. For that reason, we start at the beginning. Ask, “How did you become a Christian?”

What is your experience with church? What are your passions/gifts? Where are you now? Bring me up to date.” Share your story first if they seem hesitant. Use this conversation to determine how to pray for your disciple.

STEP #3: Determine the next set of content you will use. If this is your disciples’ first time in a discipleship relationship at Antioch, we suggest that you use the 10-week Core Discipleship Series. A link to these lessons in PDF form can be found on our website. If your group has already been through the Encounter series, we’ve listed tons of other ideas with brief descriptions below. You may chose any of them or create your own!

Other Content Ideas

Wait on the Lord and Hear God’s Voice - The Christian life is all about relationship with God. Relationships are built on frequent and honest communication. Therefore praying to, listening to, and hearing from God is how real relationship with Him happens.

John 10:1-4; Exodus 33:11; Psalm 5:3; Psalm 130:5-6. Ask God, “What do you think of me? What do you like about me?”

Action Point: Wait on God everyday this week. Report back what He speaks.

Deep Personal Relationship With Jesus - If we are to know God truly and love God deeply, we must spend time with Him daily.

Luke 5:16. Time with God involves worship, thanking God, trusting God, Bible Study, waiting on and hearing from God. Look at the ‘Character of God’ worksheet and ‘FaceTime’ packet. Model spending time with God.

Action Point: Spend time with God everyday this week. Report back how it went.

Identity and Freedom in Christ/Inner Healing - Painful moments in life cause us to believe lies about ourselves. The cure is learning to see ourselves the way God does.

2 Corinthians 5:17. Show your disciple the ‘Identity in Christ’ worksheet. Look at the sheet to see which truths are most meaningful. Ask God, “who do You say I am?”

Action Point: Continue to ask God about your true identity. Speak it to yourself everyday. Report back how it went.

Lifestyle of Evangelism - Telling others about Jesus is the natural overflow of our joy in Jesus.

Philemon 1:6. Teach Romans 6:23, bridge diagram, 2 min. testimony, and treasure hunting. Model evangelism by treasure hunting and sharing the full gospel.

Action Point: Share the full gospel with at least one person this week. Report back how it went.

Making Disciples - Being Christ-like involves training and discipling others. God’s purposes are accomplished as the life of Jesus is multiplied and reproduced.

Matthew 28:18-20; 2 Timothy 2:2. Give your disciple a copy of the discipleship bookmark and teach him/her the process. Encourage your disciple that obedience - not knowledge - is the mark of spiritual maturity. Ask God, “Is there someone you would like me to disciple?”

Action Point: Continue to ask God about who you should disciple. Initiate with the person. Report back.

Lordship of Christ - Lordship is about surrender - it is about giving Jesus complete authority in our lives. Lordship is when we give Jesus ultimate say on both our identity and our purpose.

2 Corinthians 5:14-15; Matthew 7:21; Matthew 16:24-25. Challenge your disciple to relinquish his/her dreams and fears to God. Ask God, “Search my heart, and show me where I haven’t given you complete control.” Encourage him/her to believe that what God has for us is better than what we can make for ourselves.

Action Point: Continue to lay down your fears and dreams. Ask God to give you His dreams and purposes for your life. Report back what He speaks.

Obey God: Bible and Spirit - Jesus says that if we are to truly love Him, we must obey Him. Therefore, loving God with our heart, soul, mind and strength is equal to obeying Him in every area of life. Complete obedience is both obeying God's word and obeying God's voice.

Matthew 7:24-27; John 14:15. Ask your disciple about what God has been speaking or teaching him/her from the Bible. Ask your disciple about personal obedience. Ask God, "What are you calling me to do? How can I obey you today?"

Action Point: Ask the Lord everyday this week, "How can I obey you today?" Practice your obedience. Report back how it went.

Hunger for God's Word - The Word of God is our foundation for knowing God. God's Word reveals to us His nature, His ways, His likeness. The Bible serves as our anchor and our plumb-line: it provides stability when life gets hard and it helps us remain in the truth. The Bible is both authoritative and applicable.

Psalms 119; Matthew 4:4. Read a passage of Scripture together. Ask and answer the questions, "Who is God? What does God do? Who is man? What does man do? What is God saying? How can I obey?"

Action Point: Read the Bible everyday this week. Write the answers to the questions above in a journal. Report back what you learned.

Hunger for God's Spirit: Filling and Gifts - When Jesus commissioned His disciples, He instructed them to stay in Jerusalem until they had been baptized in the gift from the Father... the Holy Spirit. In the same way, we are powerless to fulfill our commission without the filling of the Holy Spirit.

Acts 2:1-4; Acts 4:31; 1 Corinthians 12; 1 Corinthians 14. Spend time worshipping together. Look at the 'Holy Spirit' worksheet. Lay hands on your disciple and pray for the filling of the Holy Spirit. Take the 'Spiritual Gift Assessment.'

Action Point: The filling of the Holy Spirit is not a one-time occurrence but a continual lifelong pursuit. Ask for the filling of the Spirit everyday this week. Report back.

Abiding in Christ: Dependence on God, Not Self - In God, we can do much. Apart from Him, we can do nothing.

John 5:19; John 15:1-5. Talk about depending on God for all things at all times. Teach your disciple how to pray with a heart attitude of dependence. Ask God, "Are there any areas of my life where I depend on myself and not you? Show me how much I really need You."

Action Point: Practice praying prayers of dependence. When you find yourself becoming independent, repent and ask God to help you. Report back.

Brokenness, Humility, Teachability - Humility is about making much of God, not ourselves. Humility recognizes that God is the source of everything good in our life. Humility precedes spiritual growth because humble people realize how much there is to learn. God uses humble people to do great things because humble people give God the credit.

1 Peter 5:5-6; 2 Corinthians 4:7. Look at the 'Brokenness' worksheet by Nancy Leigh DeMoss. Identify any manifestations of pride and underlying beliefs. Ask God, "Expose pride in me so that I can repent of it." Pray to be made humble like Jesus.

Action Point: Pray daily for God to break the pride in you and to replace it with genuine humility. Use the worksheet to practice your humility. Report back.

Holiness and Integrity - To be holy means to be pure and clean and set apart. We pursue holiness because God is holy, and we are called to be like Him. Integrity is about being authentically Christ-like both inside and out, regardless of who is watching.

1 Peter 1:14-16; Matthew 23:25-28. Talk about thought life, social life, sexual purity, language, entertainment. Share how God has freed you from past sin. Ask God, "How much of what I do is so that I can be seen by others? How much of what I do is simply because I want to be like you?"

Action Point: Pray for God's grace in areas of weakness. Practice holiness by making good choices this week. Study Jesus's integrity in the gospels. Report back.

Display Fruit of the Spirit - The fruit of the Spirit is a litmus test: it distinguishes us as having a deep abiding relationship with Jesus. Fruit demonstrates that we are properly connected to God and are properly reflecting who God is.

Matthew 7:17-20; Galatians 5:19-25. Look at the 'Fruit of the Spirit' worksheet. Identify areas of growth and the circumstances/relationships that provoke bad fruit. Pray for more depth and more of the Spirit.

Action Point: Pray daily for fruit to be exhibited in your life. Practice your fruit, especially in difficult circumstances. Report back how it went.

Disciplined Lifestyle - A disciplined lifestyle helps us make God and His purposes our top priority. It enables us to give most of our time to the things that matter most.

1 Corinthians 9:24-27. Read Stephen Covey's "Seven Habits of Highly Effective People." Listen to Mike Bickle's "Power of a Focused Life." Show your disciple how you spend your time. Ask God, "My life is yours. How do you want me to spend my time?" Help your disciple create a daily schedule based on what God speaks.

Action Point: Follow your schedule this week. Aim for consistency, not perfection. Report back how it went.

Generous Steward of Time, Money, Resources - The things we have are not our own. They belong to God and He has temporarily entrusted them to us. Our job is to be faithful with them - generously allocating them to bless others and extend God's Kingdom.

2 Corinthians 9:6-8; Matthew 6:19-21. Read Randy Alcorn's 'The Treasure Principle.' Ask, "Do you tithe?" Ask God, "What are ways I can bless others with my time, money, resources?"

Action Point: Continue to pray about ways you can be generous with what you've been given. Obey what God speaks. Report back.

See Others the Way God Does - To be an authentically loving and accepting community, we need to believe the best about each other. We do this by learning to see each other the way God does.

1 Corinthians 13: 4-7. Ask, "Do you find yourself having a critical or fault-finding spirit?" Ask God, "Help me to see people the way you do." Teach your disciple how to encourage instead of criticize.

Action Point: Ask God for an encouragement to share with someone else. Share it with them. Report back how it went.

Repentance and Forgiveness - Repentance is about acknowledging personal sin, admitting it before God and others, and turning away from it. Forgiveness is about extending grace and love to those who have wronged us.

Luke 17:3-4; Colossians 3:12-14. Ask God, "Is there anyone in my life I need to forgive? Is there anyone in my life from whom I need to ask forgiveness?" Repent of refusing to forgive others.

Action Point: Go to those you've hurt and ask for forgiveness. Ask God to help you forgive those you need to forgive. If necessary, go to them and forgive them. Report back how it went.

Transparency and Vulnerability - If we keep our sin and shortcomings hidden in darkness, we will never experience true freedom. Being vulnerable and transparent is what invites God's light to penetrate our hearts and set us free. James 5:16; 1 John 1:5-9. Ask, "Is there sin in your life that you feel too ashamed to confess to anyone else?" Teach your disciple how the enemy aims to keep people alienated and in darkness. Invite your disciple to confess to you. Be loving and compassionate. Extend God's forgiveness. Pray with your disciple.

Action Point: Stay in the light. Remain vulnerable with your closest friends. Report back how your week went regarding sin.

Commitment to the Local Church - Jesus is the hope of the world. And God established the church to give that hope away. God designed the church to be what no other organization can be: an agent of holistic transformation in the Earth.

Acts 2:42-47. Challenge your disciple to be committed to a local church. Challenge him/her to be committed to a Lifegroup. Ask God, "Which group of people have you called me to walk with? What part do you want me to play in my local church?"

Action Point: Continue to pray about your local church and the role you play there. Report back.

Sacrificial Lifestyle - We are commanded to love others as ourselves. Jesus' atoning sacrifice shows us what that really looks like.

Matthew 22:36-39; John 15:12-13. Ask God, "Am I overly protective of my time, money, things? Is there anyone you want me to go above and beyond for this week?" Challenge your disciple to sacrifice something this week for someone else's benefit. Share personal stories of sacrificial living: roommates, spouses, etc.

Action Point: Continue to pray about loving sacrificially. Obey what God speaks. Report back how it went.

Faithfulness and Service - God does not reward talent - He rewards faithfulness.

Matthew 25:14-30. Challenge your disciple to serve in an area of the church, even if it is not where he/she is gifted. Share personal stories about service. Model service by inviting your disciple to help you in the area you serve.

Action Point: Continue to pray about where you can serve. Contact someone to volunteer. Report back.

Servant Leadership - Leadership is not about getting others to serve you. Leadership is about serving others so that they can flourish and succeed in God. In God's Kingdom, true greatness is about laying your life down for others.

Philippians 2:3-8; Matthew 23:11-12; Luke 22:24-26. Read J. Oswald Sanders' "Spiritual Leadership." If your disciple feels called to leadership, serving another leader is the best place for him/her to start. Ask God, "Is there a leader in the church I can support and serve?" Share personal stories about serving another leader. Share Biblical story - Joseph.

Action Point: Continue to pray about who you should serve. Begin the journey by offering your service. Report back.

Appropriate Social Skills - God intends for us to be mature and complete in Christ, lacking nothing. This type of maturity is holistic: spiritual, physical, mental, emotional, and social.

Encourage your disciple that the goal is not to be perfect, but simply humble, warm, sincere, and kind. Look at the 'Interpersonal Competencies' worksheet. Ask, "Are there any social skills you feel you need to grow in?" Challenge your disciple in areas you've observed social weakness.

Action Point: Pray and ask God to help you this week. Practice your social skills with friends. Start a conversation with someone new at church. Report back.

Healthy Friendships with the Opposite Sex - As brothers and sisters in the family of God, it is important for us to learn how to appropriately love each other and spur each other on towards God.

Hebrews 10:24-25; Hebrews 13:1. Listen to Carl Gulley's 'Relational Remedy: Guys & Girls.' Talk about appropriate boundaries. Challenge your disciple to see things not in terms of what is permissible, but in terms of what is most beneficial. Share personal failures and successes in this area.

Action Point: Ask God, "How can I best love, encourage and serve my brothers/sisters?" Practice at Lifegroup and church this week. Report back how it went.

Biblical Approach Towards Dating, Marriage, Sex - Many things can be said about marriage. The truth is, God designed marriage. Therefore, we must look to Him in order to understand what marriage is meant to be.

Genesis 2:18-25; Ephesians 5:21-33; 1 Peter 3:1-7. Listen to Carl Gulley's 'Relational Remedy: Dating.' Read 'Sacred Marriage,' by Gary Thomas. If he/she is interested in dating, ask God, "Do you want me to be dating right now? Is this the person you want me to date?" If your disciple is dating/engaged/married, challenge him/her to seek counsel from a married couple.

Action Point: Continue to ask God about dating. Read the Bible. Seek counsel. Read books. Listen to Sermons. Report back what God speaks.

Submit to Authority - Submitting to the leaders God has put in our life is a way of submitting to God Himself.

Submission is not restriction, it's protection.

Hebrews 13:17. Share Biblical stories - David and Saul (1 Samuel 24 and 1 Samuel 26) Moses and Korah (Numbers 16).

Ask God, "Is there any way I have not been submitting to my authorities? How can I better support them?" Challenge your disciple if you've noticed hints of rebellion.

Action Point: Continue to pray about your heart attitude towards your leaders. If necessary, repent. Practice encouraging your leaders this week. Report back.

Lifestyle of Prayer and Intercession - Prayer acknowledges God as the One who has everything we need. Prayer acknowledges God as the One who can do all things. Prayer is the work of ministry; people who pray worry less and accomplish more.

2 Chronicles 7:14; Matthew 6:5-13; Philippians 4:6-7; 1 John 5:14-15. Model prayer by bringing your disciple with you to Early Morning Prayer or Pre-Church Prayer. Teach your disciple about praying in the secret place. Fast and pray together for a day. Prayer-walk together around campus or neighborhoods. Model intercession by praying for lost friends and family members.

Action Point: Pray daily for lost family members and friends. Consider attending Early Morning Prayer or prayer-walking regularly. Report back.

God's Heart for the Lost, Poor, Broken, and Lonely - Jesus did not come for the healthy; he came for the sick. He came for the broken and hurting because the broken and hurting recognize how much they need Him.

Luke 4:14-20; Matthew 9:9-12. Read 'Compelled by Love,' by Heidi Baker. Pray to God, "Break my heart for what breaks Yours. Help me see people the way you do." Teach your disciple that beneath a rough exterior is someone needing love. Model evangelism among the homeless.

Action Point: Continue asking God to give you His heart. Pray for the broken people you know. Buy a meal for someone who is homeless. Report back.

God's Heart for the Nations and Church Planting - It has always been God's intention to bless the nations of the Earth. Ultimately, the everlasting Kingdom will be represented by people from every tribe, nation and tongue.

Genesis 12:1-3; Revelation 5:8-10; Revelation 7:9-10. Pray to God, "Help me to love the nations the way you do." Spend time together praying for the nations. Read "Church Planting Movements" by David Watson. Challenge your disciple to go on a short-term overseas trip.

Action Point: Pray for a nation every day this week. Pray about a short-term trip. Report back how it went.

Supernatural Lifestyle - Jesus commanded his disciples to do supernatural things. He even said that we would do greater things than He did. God uses miracles to show people who He is and how much He loves them.

Matthew 9:35-36; Matthew 10:1,7-8; John 14:11-12; Acts 1:8. Read the Gospels and the book of Acts together. Read 'When Heaven Invades Earth,' by Bill Johnson. Pray together for the filling of the Holy Spirit. Model a supernatural lifestyle by treasure hunting and praying for the sick. Challenge your disciple to participate in outreaches.

Action Point: Pray daily for God to fill you with His Spirit. Pray for at least one person to be healed this week. Report back how it went.

Antioch Community Church

Discipleship Resources

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Appendix A - Character of God

Discover who God Is. The more you know who He is, the more you will trust Him.
God Is...

Divine Nature

1. Immortal (He will not cease to exist) - 1 Timothy 1:17
2. Infinite - 1 Kings 8:27; Romans 11:33
3. Eternal - Psalm 90:2; 2 Peter 3:8
4. Incomprehensible - Psalm 145:3; Isaiah 55:8-9
5. Omnipresent (He is present everywhere) - Jeremiah 23:23-24; Psalm 139:7-10
6. Omnipotent (He is all-powerful) - Matthew 19:26; Jeremiah 32:17,27
7. Omniscient (He is all-knowing) - Psalm 139:4; 1 John 3:20
8. Sovereign - Psalm 135:6; Isaiah 14:24
9. Unchanging - Malachi 3:6; James 1:17; Hebrews 13:8
10. Spirit - John 4:24; 2 Corinthians 3:17
11. Living and True - Jeremiah 10:10; 1 Thessalonians 1:9
12. Life (source and sustainer) - Psalm 36:9; Acts 17:25

Moral Nature

1. Holy (clean and pure) - Isaiah 6:2-3; 1 Peter 1:15-16
2. Just - Psalm 119:137; 1 Peter 1:17
3. Good - Exodus 33:19; Psalm 145:9
4. Righteous - Psalm 19:9; Jeremiah 9:24
5. Truthful - 1 Samuel 15:29; Proverbs 3:5

Personal Nature

1. Accessible - Deuteronomy 4:29; Jeremiah 29:13
2. Personal - Exodus 33:11; Psalm 139:13-15
3. Outgoing - 1 John 1:3; Revelation 3:20
4. Loving - Romans 5:8; 1 John 4:16
5. Joyful - Psalm 16:11; Hebrews 1:9
6. Merciful - Psalm 103:17; Ephesians 2:4-5; Hebrews 4:15-16
7. Gracious - Exodus 34:6; Ephesians 1:7
8. Faithful - 1 Thessalonians 5:24; 1 Corinthians 1:9
9. Patient - Romans 2:4; 2 Peter 3:9
10. Dependable - Psalm 25:2-3; Psalm 26:4
11. Kind - Hosea 11:4; Titus 3:4-5
12. Gentle - Matthew 11:28-30
13. Generous - Matthew 7:9-11; 2 Corinthians 9:8,10

Appendix B - Identity in Christ

In Christ...

I am Accepted

John 1:12	I am God's child
John 15:15	I am Christ's friend
Romans 5:1	I have been justified
1 Corinthians 6:17	I am united with the Lord and am one spirit with Him
1 Corinthians 6:19-20	I have been bought with a price. I belong to God
1 Corinthians 12:27	I am a member of Christ's body.
Ephesians 1:1	I am a saint
Ephesians 1:5	I have been adopted as God's child
Ephesians 2:18	I have direct access to God through the Holy Spirit
Colossians 1:14	I have been redeemed and forgiven of all my sins
Colossians 2:10	I am complete in Christ

I am Secure

Romans 8:1-2	I am free forever from condemnation
Romans 8:28	I am assured that all things work together for good
Romans 8:31	I am free from any condemning charges against me
Romans 8:35	I cannot be separated from the love of God
2 Corinthians 1:21-22	I have been established, anointed and sealed by God
Colossians 3:3	I am hidden with Christ in God
Philippians 1:6	I am confident God will complete in me the work He has begun
Philippians 3:20	I am a citizen of heaven
2 Timothy 1:7	I have not been given a spirit of fear but power, love and sound mind
Hebrews 4:16	I can find grace and mercy in time of need
1 John 5:18	I am born of God, and the evil one cannot touch me

I am Significant

Matthew 5:13-14	I am the salt and light of the Earth
John 15:1-5	I am a branch of the true vine, a channel of His life
John 15:16	I have been chosen and appointed to bear fruit
Acts 1:8	I am a personal witness of Christ
1 Corinthians 3:16	I am God's temple
2 Corinthians 5:17	I am a minister of reconciliation for God
2 Corinthians 6:1	I am God's coworker
Ephesians 2:6	I am seated with Christ in the heavenly realm
Ephesians 2:10	I am God's workmanship
Ephesians 3:12	I may approach God with freedom and confidence
Philippians 4:13	I can do all things through Christ who strengthens me

Appendix C - The Holy Spirit

The Holy Spirit is:

- God (Gen. 1:2; Acts 5:3-4)
- The Comforter (Jn. 16:7 KJV)
- The Counselor (Jn. 16:12-15)
- The Empowerer (Acts 1:8)
- The Sealer (Eph. 1:13-14)
- A Person (Rev. 22:17)
- The Convictor (Jn. 16:8)
- The Teacher (Jn. 14:26)
- The Presence of Jesus in the here and now (Matt. 28:20)

The Holy Spirit is not:

- a mystical fog (Isa. 11:2)
- a spirit of fear (Rom. 8:15; 2 Tim. 1:7)
- an impersonal power source to make meetings better (Jn. 15:26)
- Casper the Friendly Ghost (Acts 5:1-11)
- A power to be used for your own selfish gain (Acts 8:9-25)

The Holy Spirit is described as:

- a dove (Matt. 3:17; Luke 3:22)
- wind (Jn. 3:8; Acts 2:2)
- oil (Heb. 1:9)
- fire (Matt. 3:11)
- water (Jn. 7:37-39)
- wine (Acts 2:13)
- a “down payment” guaranteeing our salvation (2 Cor. 1:21-22)
- a sensitive entity that can be quenched or grieved because of sin (Eph. 4:29-30; 1 Thess. 5:18-19)

You receive the Holy Spirit upon accepting Jesus...

The Holy Spirit seals you -- He puts the imprint of God upon you, securing your salvation and depositing in you various gifts and revelations of Jesus Christ. These are a down payment for everything you will receive when you are raised from the dead (Eph. 1:13-14). You know you are “sealed” in the Holy Spirit when you exhibit faith in Jesus and a love for other Christians (Eph. 1:15).

But there is more...

The baptism or infilling of the Holy Spirit is more than a one-time experience. In the early church, the same disciples:

- received the Holy Spirit when Jesus breathed on them (Jn. 20:22)
- were filled with the Holy Spirit on the day of Pentecost (Acts 2:4)
- were filled with the Holy Spirit after prayer (Acts 4:31)

*Paul viewed the baptism of the Holy Spirit as a necessary qualification for walking out the Christian life. He commands the Ephesian Christians to be filled with the Holy Spirit (Eph. 5:18).

What does the Baptism of the Holy Spirit do?

- He forms Christ’s character in you (Isa. 11:1-5; Gal. 5:22-23)
- He clothes you with Christ’s power to do the works that Christ did, and even greater ones (Isa. 61:1-3)
- He increases your faith (Jude 20)
- He enables you to pray...
 - continually (1 Thess. 5:17)
 - when you don’t know what to pray (Rom. 8:26-27)
- He allows you to receive spiritual gifts (1 Cor. Chapters 12-14)
- He allows you to operate in specialized spiritual functions (Rom. 12:4-8; 1 Cor. 12:27-31; Eph. 4:11-13)
- He fulfills the prophecy of Joel 2:28-32 (see Acts 2:16-21)

How did the first Christians receive the Holy Spirit?

In the New Testament, it never happened the same way twice:

- Jesus received the Holy Spirit as a dove descending on Him, and heard the voice of God declaring His favor on Him (Matt. 3:16-17).
- The first Christians were filled with the Holy Spirit as they waited on the Lord in prayer and worship. They did this in accordance with Jesus' instructions (Luke 24:49; Acts 1:8).
- A blinded and humbled Saul was filled with the Holy Spirit when Ananias laid his hands on him. Saul received back his sight, arose, and was baptized (Acts 9:17, 19). Saul later became Paul.
- Cornelius' household spontaneously received the gift of the Holy Spirit when Peter preached the gospel to them. They received the Holy Spirit before they were baptized in water (Acts 10:44-48).
- Peter and John laid their hands on believers who had been baptized but had not yet received the Holy Spirit. For these Christians, getting saved and receiving the Holy Spirit were two separate experiences (Acts 8:14-17; note verse 16).
- Paul laid his hands on men who had just been saved, and they received the gift of the Holy Spirit. These men told Paul, "We have not even heard whether there is a Holy Spirit" (Acts 19:1-7).

Though the manner was different, each person receiving the gift of the Holy Spirit manifested at least one of five things:

- Boldness: the ability to do the will of the Lord in the face of fear (Acts 4:31)
- Joy: real joy based on a knowledge of God, not on feelings or circumstances (Acts 13:52)
- Tongues: other languages, both natural and supernatural in dialect (Acts 2:4-11; Acts 10:46; I Cor. 14:2)
- Supernatural power: the ability to do the miraculous works of Christ (Acts 4:33-35; Mk. 16:17-18)
- Prophecy: speaking the thoughts of God in love (Acts 19:6; 1 Cor. 14:3)

How do I receive the Holy Spirit?

- Cultivate a hunger and thirst for righteousness (Matt. 5:6)
- Cultivate an eager desire for spiritual gifts (1 Cor. 14:1)
- Confess your sins and drop every wall of fear (Rom. 8:15; 2 Tim. 1:6-7)
- Have someone lay hands on you and pray (Acts 8:17; Acts 19:6; 2 Tim. 1:6)
- Trust that God eagerly desires to give you the Holy Spirit when you ask Him (Lk. 11:9-13)
- Ask and receive (Matt. 7:7-11)
- Look to God and begin with praise and thanksgiving (Eph. 5:18-20)
- You receive the Holy Spirit by faith, just as you walk with the Lord by faith (Gal. 3:2,14; Rom. 1:17)

*As a general rule, the Holy Spirit will not forcibly compel you to do anything. You have to eagerly desire to be filled with the Holy Spirit. As the Holy Spirit responds to your hunger, you respond to His presence in faith and with a sincere heart.

Appendix D - Brokenness

Understanding Pride/Insecurity. Cultivating True Humility - Nancy Leigh DeMoss

Manifestations of Pride (Rooted in Arrogance and/or Insecurity)

a focus on the failures of others.

self-righteous; a critical fault-finding spirit. look at your own life/failures with a telescope but others with a microscope.

look down on others.

independent; a self-sufficient spirit.

maintain control; must have your way.

must prove you are right.

claim personal rights.

a demanding spirit.

self-protective of time, rights, reputation.

a desire to be served.

a desire to be a success.

a desire for self-advancement.

driven to be recognized and appreciated; wounded when others are promoted and you are overlooked.

think "the ministry is privileged to have me."

think of what you can do for God.

feel confident in how much you know; task people with your own knowledge of something.

self-conscious.

keep people at arm's length.

quick to blame others.

unapproachable.

defensive when criticized.

concerned with being respectable.

concerned about what others think.

maintain image and protect reputation.

difficulty sharing spiritual needs with others.

difficulty moving at deep levels of grace, mercy, love.

want to be sure no one finds out about your sin.

a hard time saying, "I was wrong. will you forgive me?" wait for the other party to come and ask forgiveness in a conflict.

deal in generalities when confessing sin.

concerned about the consequences of your sin; remorseful for being caught.

compare yourself with others and feel deserving of honor.

blind to your true heart condition.

don't think you have anything of which to repent.

don't think you need revival (but think everybody else does).

Evidences of Humility (Rooted in Authentic Brokenness)

overwhelmed with your own spiritual need.

compassionate; have a forgiving spirit; look for the best in others.

esteem others better than yourself.

a dependent spirit; willing to let others help.

surrender control.

willing to yield the right to be right.

yield personal rights.

a generous/giving spirit.

self-denying.

motivated to serve and bless others.

a desire to be faithful to make others a success.

a desire to promote others.

eager for others to get the credit; rejoice when others are promoted

thrilled to be used at all. think "I don't deserve to serve in this ministry."

know that you have nothing to offer God.

humbled by how much you have to learn; know that true wisdom is worked through humility.

lose yourself as you focus on God and others.

vulnerable; take the risk of loving intimately. risk being misunderstood.

accept personal responsibility; can see where you were wrong.

easy to be entreated/challenged/rebuked.

receive criticism with a humble, open heart.

concerned with being real/genuine/authentic.

know all that matters is what God knows.

die to your own reputation.

willing to be transparent with others.

exhibit the fruit of the spirit; a safe place for someone in need.

willing to be exposed; know once broken, you have nothing to lose.

quick to admit fault and seek forgiveness.

deal in specifics when confessing sin.

grieved over the root of your sin; see God's discipline as His love.

compare yourself with the holiness of God and feel desperate for mercy.

walk in the light; invite others to watch your blind spots.

a continual heart attitude toward repentance.

continually sense your need for a fresh encounter with the Holy Spirit.

Appendix E - Fruit of the Spirit

“But the fruit of the Spirit is...” (Galatians 5:22-23)

Love: ¹²My command is this: Love each other as I have loved you. ¹³Greater love has no one than this: to lay down one’s life for one’s friends. (John 15:12-13)

Joy: ²Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, ³because you know that the testing of your faith produces perseverance. ⁴Let perseverance finish its work so that you may be mature and complete, not lacking anything. (James 1:2-4)

Peace: ⁶Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. ⁷And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. (Philippians 4:6-7)

Patience (Forbearance): ¹²Therefore, as God’s chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience. ¹³Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you. (Colossians 3:12-13)

Kindness: ³¹Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. ³²Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you. (Ephesians 4:31-32)

Goodness: ²⁷“But to you who are listening I say: Love your enemies, do good to those who hate you, ²⁸bless those who curse you, pray for those who mistreat you.... ³²If you love those who love you, what credit is that to you? Even sinners love those who love them. ³³And if you do good to those who are good to you, what credit is that to you? Even sinners do that. ³⁴And if you lend to those from whom you expect repayment, what credit is that to you? Even sinners lend to sinners, expecting to be repaid in full. ³⁵But love your enemies, do good to them, and lend to them without expecting to get anything back. Then your reward will be great, and you will be children of the Most High, because he is kind to the ungrateful and wicked.” (Luke 6: 27-28, 32-35)

Faithfulness: ¹⁰Each of you should use whatever gift you have received to serve others, as faithful stewards of God’s grace in its various forms. ¹¹If anyone speaks, they should do so as one who speaks the very words of God. If anyone serves, they should do so with the strength God provides, so that in all things God may be praised through Jesus Christ. To him be the glory and the power for ever and ever. Amen. (1 Peter 4:10-11)

Gentleness: ¹As a prisoner for the Lord, then, I urge you to live a life worthy of the calling you have received. ²Be completely humble and gentle; be patient, bearing with one another in love. ³Make every effort to keep the unity of the Spirit through the bond of peace. (Ephesians 4:1-3)

Self-Control: ¹¹For the grace of God has appeared that offers salvation to all people. ¹²It teaches us to say “No” to ungodliness and worldly passions, and to live self-controlled, upright and godly lives in this present age, ¹³while we wait for the blessed hope—the appearing of the glory of our great God and Savior, Jesus Christ. (Titus 2:11-13)

Appendix F - Interpersonal Competencies

Flexibility - Welcomes new possibilities and copes effectively with ambiguity, change and stress.

Compatible Behaviors

- Adapts well to new situations or circumstances
- Responds to reversals and setbacks in a constructive manner
- Is willing to experiment with others' ideas

Incompatible Behaviors

- Loses patience quickly
- Becomes upset when things don't go his/her way
- Is unable to encourage and accept new or different ideas

Like-ability - Is friendly, pleasant, and attractive to others.

Compatible Behaviors

- Communicates warmth and personal interest with strangers
- Is tactful when dealing with difficult situations
- Is consistently enjoyable to be with

Incompatible Behaviors

- Frequently demonstrates feelings of irritation and resentment
- Is not gentle or understanding with those who are struggling

Emotional Stability - Maintains emotional balance; patient and sincere; able to laugh at him/herself.

Compatible Behaviors

- Is comfortable in his/her own skin
- Copes with stress calmly
- Sees problems as opportunities for growth

Incompatible Behaviors

- Is confrontational or defensive
- Handles problems with impatience and irritation
- Handles mistakes/failures/disappointments with a sense of injured ego

Sensitivity - Demonstrates love and kindness to all people. Is sensitive to the hurts and pains of others.

Compatible Behaviors

- Is aware of the hurts and pains of others
- Provides support to those inside and outside the faith community
- Is understanding towards "difficult" people

Incompatible Behaviors

- Refers hurting people to others instead of offering immediate personal help
- Is judgmental of people who are "different"
- Disregards or avoids "difficult" people

Appendix G - Suggested Readings and Additional Resources

Devotional Life and Bible Study

FaceTime Packet - All Peoples Church - see www.antiochtempe.org/resources

Understanding the Bible in 30 Days - Max Anders

Inner Healing and Freedom

Seven Steps to Freedom - see www.antiochtempe.org/resources

The Holy Spirit

Spiritual Gift Assessment - Antioch Ministries International - see www.antiochtempe.org/resources

Abiding in Christ

Practicing His Presence - Brother Lawrence and Frank Laubach

Humility/Integrity

Humility: The Journey Toward Holiness - Andrew Murray

Disciplined Lifestyle

Seven Habits of Highly Effective People - Stephen Covey

Creating a Personal Mission Statement

Power of a Focused Life - Mike Bickle - see www.antiochtempe.org/resources

Discipleship

Changing the World Through Discipleship - Robert Herber

Local Church

The Church Can Change the World - Jimmy Seibert

Leadership

Spiritual Leadership - J. Oswald Sanders

Courageous Leadership - Bill Hybels

Guy/Girl Relationships and Dating

Relational Remedy: Guys and Girls - Carl Gulley - see www.antiochtempe.org/resources

Relational Remedy: Dating - Carl Gulley - see www.antiochtempe.org/resources

Prayer and Fasting

Fasting Packet - All Peoples Church - see www.antiochtempe.org/resources

God's Chosen Fast – Arthur Wallis

God's Heart for the Broken and Lonely

Compelled by Love - Heidi Baker

Supernatural Lifestyle

When Heaven Invades Earth - Bill Johnson

Lifegroup Leading

Multiply – Drew Steadman