



Coaching Guide

Disciple Making Cycle



Own a cynical approach

“In order to develop to develop a framework, it is necessary to be clear about what you are trying to accomplish; what are identifiable traits of loving God, loving others and making disciples. You need to start with the big picture.”

As You Go... Make Disciples by Colin Noyes

Our goal is to inspire you to utilize a disciple making cycle to accelerate the reproduction of more and better disciples.

Christians agree that Jesus taught His followers to go make disciples who will then make more disciples. There are countless ways to help a person along their journey of faith. How we make disciples will look different for each follower of Christ. What we have is agreement. What is missing? Action!

Before we begin this journey to introduce the nuanced progression from a disciple to a disciple coach here are our basic definitions:

- The disciple, by definition, is a follower of Jesus.
- The disciple shifts, ever so slight, when they become a disciple maker.
- The disciple maker shifts, by adopting a coach approach, to multiply disciples.

Overview

In Jesus' ministry he always started wherever people were on their journey of faith. Before He asked his disciples to follow Him, each disciple was at a different, particular place... which is exactly where Jesus met them. Take Peter: he had just pulled an all-nighter, dropping his nets in the Lake of Gennesaret. Though he was tired, Jesus asked him, "Put out into deep water, and let down the nets for a catch." (Luke 5:4). Jesus fills Peter's nets with fish, tells him he will no longer fish for fish, but for men. From that point on, Peter follows Jesus. So, when did Peter begin his discipleship journey? When his net was filled with fish? When he first accepted Jesus as the Son of God? Or did it begin as soon as he was approached by Jesus? Or was it the first time he heard about Jesus that peaked his curiosity?

You have your own story of following Jesus, unique to who God designed you to be; when did your journey of faith begin? It's hard to say exactly – but we can agree that it began before you were made aware. The point is Jesus began making disciples in the Harvest.

We can also see clearly Jesus had a method in his mission to make disciples. The methodology included:

- STEP 1 - "I do - you watch."
- STEP 2 - "You do - I watch."
- STEP 3 - "You do - someone else watches."

Robert Coleman does an excellent job describing how Jesus made disciples in his book, "The Master Plan of Evangelism". We will not elaborate here except to say you will find this book fascinating reading on the topic. What we do want to encourage here, is the idea of streamlining your disciple making journey to accelerate the reproduction process - the final step in Jesus' method.

Jesus required obedience and He never compromised the truth. When His disciples struggled He either waited patiently, rebuked their disobedience or moved on. Three things we can all agree on, are the priorities He gave to three non-negotiables: loving God, loving your neighbor and making disciples.

Imagine a helix when describing the disciple making journey. The helix is cyclical. It has a clear trajectory in an upward direction. As disciples of Jesus become more and more obedient the longer they follow Him the more they become like Christ.

Most disciple making journeys are linear and follow a prescribed process. They have a clear start and end point. In reality, the disciple making journey of the first disciples is cyclical. Each disciple's journey is unique but obedience to the Holy Spirit results in fruitfulness and progress, moving the disciple one step further on their journey.

Cycle	Process
<ul style="list-style-type: none">● Cyclical● Based on disciple's agenda● Relies on obedience	<ul style="list-style-type: none">● Linear● Based on a pre-determined agenda● Relies on acquiring knowledge

Our challenge for you is to consider how to streamline your disciple making journey. Obedience is the accelerator. The key indication of an obedient disciple are other disciples who are making disciples.



Real-life Journey

As my accountability partners and I became more aware of, and committed to, developing relationships with people who don't yet have a spiritual connection with Christ, we were thrilled to see people growing in faith and being added to our discipleship group. It was exciting to see this progress, yet although this process was reproducible, our efforts were only additive.

We shifted our approach to the framework of a "cycle" and are now seeing our efforts multiply. For example, one of our initial group members is branching out to start a Hispanic discipleship team, reaching a group of people that would be almost impossible for me to reach. It is exciting to see where the multiplication effect takes us next!

Reflect

Take 20 minutes of alone time and walk through the Reflection Questions below by writing out your answers on a piece of paper. Most of us resist writing our answers down, but please take the extra several minutes to do so.

1. Develop a comprehensive disciple-making cycle that you believe in and will use.

- Who have you shared your disciple-making cycle with in the last 90 days?
- If you haven't shared your disciple-making cycle recently, what is getting in the way?
- What changes do you need to make to your disciple-making cycle?

2. Develop a comprehensive disciple-making cycle that is reproducible.

- How transferable is your cycle?
- Who have you discipled that is using your cycle with other disciple coaches?
- What elements need to be refined further or added to make your cycle more transferable?



Act

Take 20 minutes of alone time and review your disciple-making cycle.

- Take several minutes and mentally walk through your disciple making cycle. Ask yourself if it has these basic components:
 - STEP 1 - "I do - you watch."
 - STEP 2 - "You do - I watch."
 - STEP 3 - "You do - someone else watches."
- Now take 10 minutes to first account for what percentage of your discipleship time you spend in each step. Remember there is no right answer. Spend the remainder of this time praying and asking the Holy Spirit to confirm where you are at and show you what your next steps need to be.
- Take 5 minutes and write out what you heard and what you are going to do. Finish this exercise by adding a time frame and by what date you will share this information with an accountability partner.

Discover

Jesus used a simple method to make disciples who made disciples. He understood that everything He did was reproduced in the lives of His disciples. Jesus's mission was to catalyze disciple making movements through his disciples. He modeled the inner work of being a disciple and the outer work of making disciples. Jesus used a simple, transferable cycle.

- Sometimes when we get to this point, discipleship can seem overwhelming. When the burden seems heavy, we tend to avoid discomfort and not complete the cycle.
- Take time to examine what in your personal ministry is making this cycle difficult and burdensome.
 - Read the two verses at the end of the coaching guide. They promise that with Christ we have all authority and that His yoke is easy, and His burden is light.
- What will you change to experience making disciples as an enjoyable adventure?



Going Deeper

Consider using this framework to ensure you are addressing each step of the disciple making journey
[CLICK HERE](#)

Quotes:

"In order to develop a framework, it is necessary to be clear about what you are trying to accomplish; what are the identifiable traits of loving God, loving others and making disciples. You need to start with the big picture."

- As You Go... Make Disciples by Colin Noyes

Verses:

"And Jesus came and said to them, "All authority in heaven and on earth has been given to me. Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, teaching them to observe all that I have commanded you. And behold, I am with you always, to the end of the age."

- Mathew 28:18-20

"Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light."

- Matthew 11:29-30

What book, video, podcast, coaching, webinar or additional support do you need to simplify your disciple making cycle to make it reproducible?

