

DISCIPLE

THE WAY OF JESUS

A Six-Week Guide to Following Jesus

“I worship the God of our ancestors as a follower of the way...”
-Acts 24:14

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From Information to Transformation

Somewhere along the way, many of us learned to measure our walk with Jesus by how much we know. Another sermon. Another Bible study. Another fact about God added to the pile. Knowing more about Jesus is good. It is not nothing. But it was never meant to be the finish line.

A disciple is not simply someone who has the right information. A disciple is someone who is actually being transformed, someone learning to live the way Jesus lived. Information can inform us without ever changing us. Jesus did not call his first disciples to merely memorize facts about him. He called them to follow him, to be with him, to become like him, and to do what he did.

That is the shape of this six week series, and it is the shape of this booklet. Each week you will hear a message built around one of three movements. Be With Jesus. Become Like Jesus. Do As Jesus Did. On the page across from your sermon notes, you will find a simple guide connected to that week, with one practice to help you actually live what you heard, not just remember it.

This is not about adding another task to your week or another box to check. It is about becoming a doer of the word, and not a hearer only.

Be doers of the word, and not hearers only, deceiving yourselves. James 1:22

Not Just Transformation, Worship

Becoming like Jesus is what happens in us as we actually worship him and enjoy him. Every practice in this booklet, being with Jesus, becoming like him, doing as he did, is meant to lead you back to loving him more, not just improving yourself.

If we walk away from this series more disciplined but not more in love with Jesus, we will have missed the point. The aim is not simply to change your behavior.

The aim is to know him, delight in him, and worship him with your whole life.

Use the note pages to capture what God says to you on Sunday. Use the guide pages during the week that follows. And do not walk through this alone. Find a friend, spouse, or family member to walk through it with. Or even better, join a Way Group! *During the Disciple: The Way of Jesus series, we encourage you to join a small group of 4–5 people who will gather twice to talk about what you're learning, encourage one another, and take meaningful steps toward following Jesus.* You can find more information about these Way Groups on our website at www.grace-efc.org/event/discipleship-the-way-of-jesus or by scanning the QR code below.

***Be With Jesus.
Become Like Jesus.
Do As Jesus Did.***



Scan for
**MORE INFO on
Way Groups**

If you're interested
in joining a Way Group,
email Theresa at
theresa@grace-efc.org

Spiritual Health Check

Take a few minutes to think, pray, and write down your response to each of the following ten questions.

1. Are you experiencing increasing joy and satisfaction in Jesus Christ?

(John 15:11; Philippians 3:8)

2. Do you have a growing thirst and hunger for God?

(Psalm 42:1-2; Matthew 5:6)

3. Are you regularly immersing your life in God's Word and allowing it to shape you? *(Psalm 1:1-3; 2 Timothy 3:16-17)*

4. Is prayer becoming a more natural and meaningful part of your daily life? *(Luke 11:1-13)*

5. Are you becoming more like Jesus in your character, attitudes, and relationships? *(Romans 8:29; Galatians 5:22-23)*

6. Are you increasingly aware of God's presence and sensitive to the Holy Spirit's leading? *(John 14:16-17; Galatians 5:25)*

7. Do you grieve over sin and experience a growing desire for holiness?

(Psalm 51; Romans 7:24-25)

8. Are you actively living in Christian community and delighting in the church, the Bride of Christ? *(Acts 2:42-47; Hebrews 10:24-25)*

9. Are you investing in others by making disciples and helping people follow Jesus? *(Matthew 28:18-20; 2 Timothy 2:2)*

10. Do you have a person you are praying for and intentionally seeking to introduce to Jesus? *(Colossians 4:2-4; John 1:41-42)*

What Is the Discipleship Pathway?

The Discipleship Pathway is simply a picture of how we grow as followers of Jesus at Grace Church. Instead of thinking of church as a list of programs to pick from, we want to think of it as a path we walk together, one that moves us from showing up on Sunday to actually becoming mature disciples who make other disciples. This pattern comes directly from how Jesus did ministry in the Gospels. He taught large crowds, He gathered a group of twelve, and He poured Himself into just a few.

We see four levels in this path:

CONGREGATION. This is Sunday morning, gathering with the whole church family for worship and the preaching of God's Word.

COMMUNITY. These are smaller groups of 8 to 12 people who meet in homes throughout the week. This is what we call Life Groups, and it is the environment where relationships deepen and discipleship starts to take root.

CORE. These are D-Groups, a small group of 3 to 4 people who commit to going deeper together, being intentionally discipled and learning to disciple others.

CROWD. This is everyday life, the people you work with, live near, and do life alongside who need to hear the good news of Jesus from you.



Why Does This Matter for You?

Every believer is called to be a disciple who makes disciples. That is not a task reserved for pastors or staff. It is what Jesus commanded all of us to do in the Great Commission (Matthew 28:16 to 20), and it is what the earliest church actually practiced. Knowing the Discipleship Pathway matters because it shows you where you currently are and gives you a clear next step to take. Maybe that means committing to Sunday worship more consistently, maybe it means joining a Life Group for the first time, or maybe you are ready to go deeper in a D Group. Wherever you are, this series is meant to be one of those next steps, helping you move from simply knowing about Jesus to actually walking with Him, becoming like Him, and living the way He lived.

How This Guide Fits Our Discipleship Pathway

This six-week series is not meant to be a stopping point. It is meant to be an onramp onto our Discipleship Pathway: Congregation, Community, Core, Crowd. Sunday mornings meet you at Congregation. The Discipleship Guide and your Way Group move you a step further, into the kind of small, honest relationships that mirror Community and Core in Jesus' own ministry.

But a Way Group is only a taste of that rhythm. The long term way to keep growing after this series ends is to take the next step onto the Pathway yourself, by joining a Life Group and a D Group. Both are part of the Discipleship Pathway, and both are built to carry what you start here long after this series is over.

Do not let this be six good weeks that fade once the series ends. Let it be the step that leads you into a Life Group and a D Group, where being with Jesus, becoming like him, and doing as he did become the normal shape of your life, not just a six week experience.

THIS WEEK'S TRUTH

On the road to Emmaus, Jesus opened the Scriptures to two discouraged disciples, and their hearts burned within them. Scripture was never meant to just fill our heads with information. It is one of the places we actually meet Jesus.

Did not our hearts burn within us while he talked to us on the road, while he opened to us the Scriptures. Luke 24:32

BE WITH JESUS

This week's practice is slow reading of Scripture. The goal is not to finish a chapter or check a box. The goal is to actually be with Jesus in his word.

- Read Luke 24:13 to 35 slowly, all the way through, one time.
- Read it again. This time stop at whatever phrase catches your attention.
- Sit with that phrase for a minute. Do not rush past it.
- Pray something simple. Jesus, open my eyes to see you in this.

BECOME LIKE JESUS

Ask yourself:

- Where have I been reading about Jesus without actually meeting him?
- What would change if I came to Scripture expecting to encounter a person, not just gather facts?
- What phrase or moment from this passage stuck with me, and why?

DO AS JESUS DID

- Before next Sunday, spend ten unhurried minutes in one passage of Scripture, not to learn something new, but to be with Jesus.
- Tell someone, a friend, spouse, or your Discipleship Group if you are part of one, what stood out to you and why.

FOR PARENTS AND KIDS

Take a few minutes this week to talk through this practice with your kids, using questions like these.

- Has a Bible story ever made you feel excited or amazed? Which one?
- Why is it so important that we read and understand the Bible?

“Some people like to read so many Bible chapters every day. I would not dissuade them from the practice, but I would rather lay my soul asoak in half a dozen verses all day than rinse my hand in several chapters. Oh, to be bathed in a text of Scripture, and to let it be sucked up in your very soul, till it saturates your heart!” - Charles Spurgeon

THIS WEEK'S TRUTH

Prayer is not a formality. It is a child coming to a good Father who delights to give good gifts.

Lord, teach us to pray. Luke 11:1

BE WITH JESUS

This week's practice is praying the Lord's Prayer slowly, phrase by phrase, filling in your own words as you go.

- Set aside five to ten minutes with no distractions.
- Read through the Lord's Prayer in Luke 11 one phrase at a time.
- After each phrase, pause and pray it in your own words before moving to the next.
- End by simply asking God for one specific thing you need.

BECOME LIKE JESUS

Ask yourself:

- Do I actually believe God is a good Father who wants to give me good things?
- What keeps me from praying boldly and specifically?
- What have I quietly stopped asking God for?

DO AS JESUS DID

- Pick one specific thing you need and ask God for it boldly every day this week.
- Share with someone what you asked for and why, a friend, spouse, or your Discipleship Group if you are part of one.

FOR PARENTS AND KIDS

Take a few minutes this week to talk through this practice with your kids, using questions like these.

- What is something you really want to ask God for right now?
- Why do you think Jesus wanted his friends to know how to pray?
- What is one thing our family can pray about together every day this week?

THIS WEEK'S TRUTH

Jesus assumed his disciples would fast. He was not concerned with whether they fasted, but with why. Fasting done for an audience is empty. Fasting done for God alone reveals what we are actually relying on besides him.

And when you fast, do not look gloomy like the hypocrites, for they disfigure their faces that their fasting may be seen by others. Truly, I say to you, they have received their reward. But when you fast, anoint your head and wash your face, that your fasting may not be seen by others but by your Father who is in secret. Matt 6:17-18

Fasting is not just an act of self control. It is an act of returning to God. Joel calls a hungry, distracted people back to God, and he is careful to say what that return actually requires. Not torn clothes or outward signs of grief, but a torn heart. The point of the hunger is not the hunger itself. It is what the hunger clears out of the way so that we can turn back to Him fully.

Yet even now, declares the Lord, return to me with all your heart, with fasting, with weeping, and with mourning. And rend your hearts and not your garments. Return to the Lord your God, for he is gracious and merciful, slow to anger, and abounding in steadfast love. Joel 2:12-13

BE WITH JESUS

This week's practice is a simple fast. Choose one meal this week and skip it, using that time to pray instead of eat.

- Pick one meal this week to skip.
- When you feel the hunger, let it remind you to pray instead of reaching for food.
- Use the time you would have spent eating to be with God instead.
- Do this quietly. This is between you and your Father.

BECOME LIKE JESUS

Ask yourself:

- What did I turn to instead of food when I felt the hunger?
- What does that reveal about what I actually lean on besides God?
- What would it look like to let physical hunger sharpen my hunger for God?
- Joel says to rend your heart, not your garments. Is there a part of my heart that has drifted from God that this fast is meant to bring back?

DO AS JESUS DID

- Choose your day and meal now, before the week gets busy.
- Afterward, share with someone what the experience revealed to you, a friend, spouse, or your Discipleship Group if you are part of one.

FOR PARENTS AND KIDS

Take a few minutes this week to talk through this practice with your kids, using questions like these.

- Has there ever been something you gave up for a little while? How did it feel?
- Why do you think Jesus said not to make a big deal about fasting in front of others?
- What is something small our family could give up together this week to remember God?

THIS WEEK'S TRUTH

The early church devoted themselves to the apostles teaching, to fellowship, to breaking bread, and to prayer. Discipleship was never meant to happen alone. We become like Jesus best in the company of other believers.

And they devoted themselves to the apostles teaching and the fellowship, to the breaking of bread and the prayers. Acts 2:42

BE WITH JESUS, WITH OTHERS

This week's practice is showing up fully for the believers around you, not just physically, but with your guard down. If you are part of a Way Group, that is a natural place to practice this. If you are not, look for another small circle, family, friends, coworkers who share your faith, where you can be known.

- Before your group gathers, reach out to one person in your group.
- Come to your gathering ready to actually share how you are doing, not just how things look on the surface.
- Listen well when others share. Do not just wait for your turn.
- Pray for one another before you leave.

BECOME LIKE JESUS

Ask yourself:

- What keeps me from being known by other believers?
- When has God used community in my life before, for better or worse?
- What would it cost me to be more honest with my group this week?

DO AS JESUS DID

- This week, be fully present with a small circle of believers, whether that is your Discipleship Group, your family, or a few close friends.
- If you are not in a Life Group, now is the time! Contact Pastor Blair to get connected.

FOR PARENTS AND KIDS

Take a few minutes this week to talk through this practice with your kids, using questions like these.

- Who are the people who help you follow Jesus?
- Why do you think the first Christians liked to eat and pray together so much?
- Who is someone new we could get to know together as a family this week?

THIS WEEK'S TRUTH

Jesus is the vine, and we are the branches. Fruit does not come from straining harder. It comes from abiding, remaining, staying connected to him. Apart from him, we can do nothing.

Abide in me, and I in you. As the branch cannot bear fruit by itself, unless it abides in the vine, neither can you, unless you abide in me. John 15:4

BE WITH JESUS

This week's practice is a rest block. Set aside a real chunk of time to stop producing and simply abide.

- Choose a block of at least two hours this week, longer if you can.
- Turn off your phone and step away from work or tasks for that time.
- Do something that lets you rest in God's presence, a walk, quiet time, unhurried time with family.
- Before you begin, pray and meditate on John 15:4.

BECOME LIKE JESUS

Ask yourself:

- Where am I striving to produce fruit in my own strength?
- What would it look like to simply remain in Jesus instead of working harder for him?
- What did I notice in myself during this time of rest?

DO AS JESUS DID

- Put your rest block on the calendar now, before the week fills up.
- Tell someone what got in the way of rest, and what helped, a friend, spouse, or your Discipleship Group if you are part of one.

FOR PARENTS AND KIDS

Take a few minutes this week to talk through this practice with your kids, using questions like these.

- What do you think it means to stay connected to Jesus, like a branch on a vine?
- What is one thing we could do this week to slow down and rest together?

"The first and most basic thing we can and must do is to keep God before our minds... This is the fundamental secret of caring for our souls. Our part in thus practicing the presence of God is to direct and redirect our minds constantly to Him. In the early time of our practicing, we may well be challenged by our burdensome habits on dwelling on things less than God (that is, will be constantly distracted by a million other things). But there are habits-not the law of gravity-and can be broken. A new, grace-filled habit will replace the former ones as we take intentional steps toward keeping God before us. Soon our minds will return to God as the needle of a compass constantly returns to the north... If God is the great longing of our souls, he will become the polestar of our inward beings." -Dallas Willard

THIS WEEK'S TRUTH

Jesus sends his disciples out with his authority and his presence to make more disciples. Following Jesus was never meant to end with us. It was always meant to reach someone else.

Go therefore and make disciples of all nations. And behold, I am with you always, to the end of the age. Matthew 28:19-20

BE WITH JESUS, FOR OTHERS

This week's practice is praying for someone by name who does not yet know Jesus, and looking for a chance to say something true about him.

- Write down the name of one person you know who does not follow Jesus.
- Pray for that person by name every day this week.
- Ask God for one natural opportunity to talk with them about your faith.
- If the opportunity comes, take it, even if it feels small.

BECOME LIKE JESUS

Ask yourself:

- What fear or hesitation holds me back from talking about Jesus?
- What would obedience actually look like for me this week, specifically?
- How has this six week series changed the way I think about following Jesus?

DO AS JESUS DID

- Have one real conversation about Jesus with the person you prayed for, or invite them to church or your group.
- Share with someone what happened, even if it felt uncomfortable, a friend, spouse, or your Discipleship Group if you are part of one.

FOR PARENTS AND KIDS

Take a few minutes this week to talk through this practice with your kids, using questions like these.

- Who is someone you know who might not know about Jesus yet?
- Why do you think Jesus told his friends to go and tell others about him?
- What is one kind thing we could do this week to show someone Jesus' love?

Keep Walking the Way of Jesus

Six weeks is not the finish line. It was never meant to be. Being with Jesus, becoming like him, and doing as he did are not a season you complete and move past. They are the shape of a whole life.

As this series ends, remember the Discipleship Pathway: Congregation, Community, Core, Crowd. Sunday mornings and this booklet met you at Congregation. If this series gave you a taste of Community, do not let it end here. Take the next step onto the Pathway by joining a Life Group and a D Group. Both are built to carry what you started in these six weeks long into the future.

Wherever you are on the Pathway, keep going. Keep being with Jesus. Keep becoming like him. Keep doing as he did. Your spiritual journey does not end when this booklet does.



To make progress on The Discipleship Pathway, which includes Life Group and D Groups, please contact Pastor Blair at blair@grace-efc.org.