

CROSSWINDS church

Great Commission

“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.”

Matthew 28:18-20



Discipleship Tools

This manual is for training believers in relational one on one or one on two. We feel it is best relationally not to exceed one to three ratio. The booklet is not designed for a small group bible studies. This resource instead is a collection of training materials for giving loving accountability to disciples follow Jesus and become fishers of men. Teaching is when you are talking; training is when they are doing. Our goal is to keep things simple and duplicatable so that disciples can quickly learn to be disciples and multiply and train others. Below are the tools we use.

3 Thirds

4T's

7 Commands Of Christ

The 4 fields

The 3 Circles

The 15-Second Testimony

Red, Yellow, Green - Response

Oikos Mapping

7 Commands Lesson Sheets

3 Thirds Outline

This is how to structure your time with your disciples for each session which lasts 1 to 1.5 hours

Look Back (care)	Look Up	Look Forward
<p>How was your week?</p> <p>How was this week following Jesus?</p> <p>How was fishing this week?</p> <p>Take time to pray for each person individually.</p>	<p>Tell story or have a disciple tell story.</p> <p>Read story</p> <p>Discuss story using sword questions</p>	<p>Options:</p> <ul style="list-style-type: none">• Vision casting/Goal setting• Practice telling story• Develop oikos map• Practice Gospel reps• Practice 15-second testimony

4T's

These are the objectives for your time together:

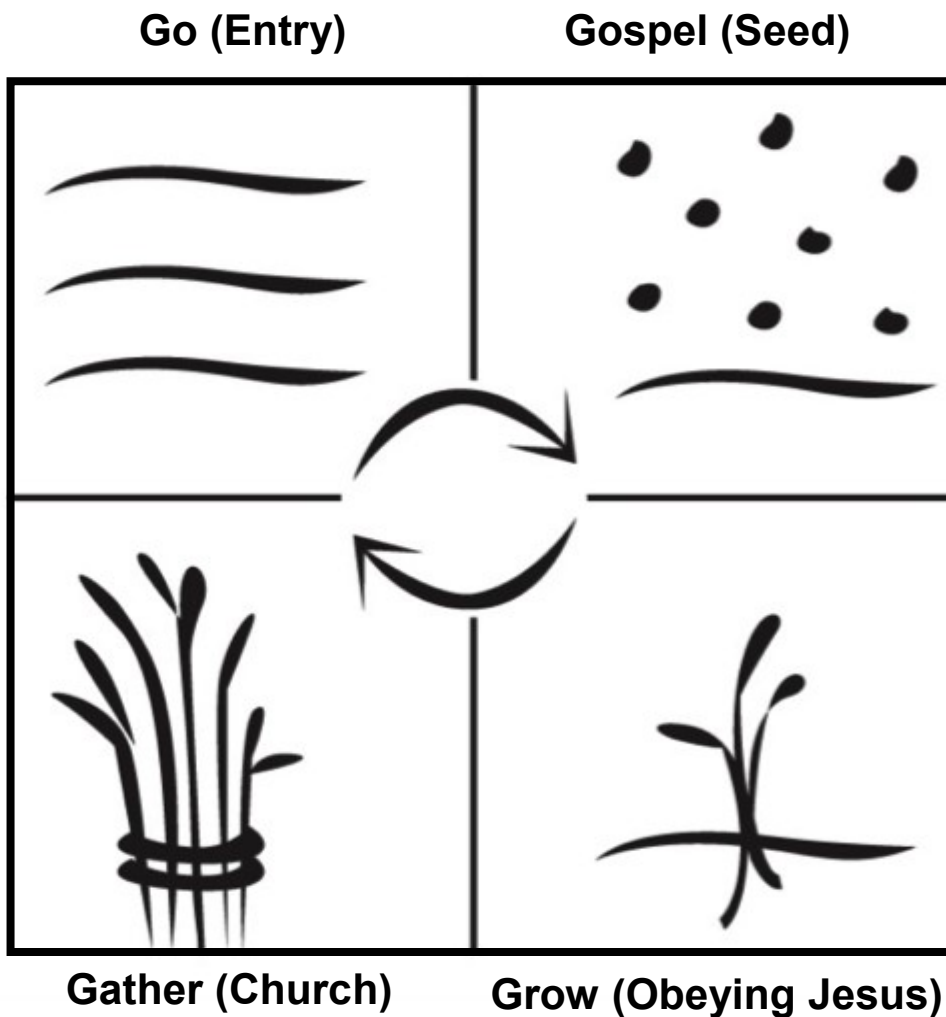
- **Teach** - Teach biblical truth each week and your experience as a disciple
- **Train** - Train a skill each week
- **Task** - Give goals each week
- **Track** - Loving accountability

Four Field Strategy

The Parable of the Growing Seed

²⁶ And he said, "The kingdom of God is as if a man should scatter seed on the ground. ²⁷ He sleeps and rises night and day, and the seed sprouts and grows; he knows not how. ²⁸ The earth produces by itself, first the blade, then the ear, then the full grain in the ear. ²⁹ But when the grain is ripe, at once he puts in the sickle, because the harvest has come."

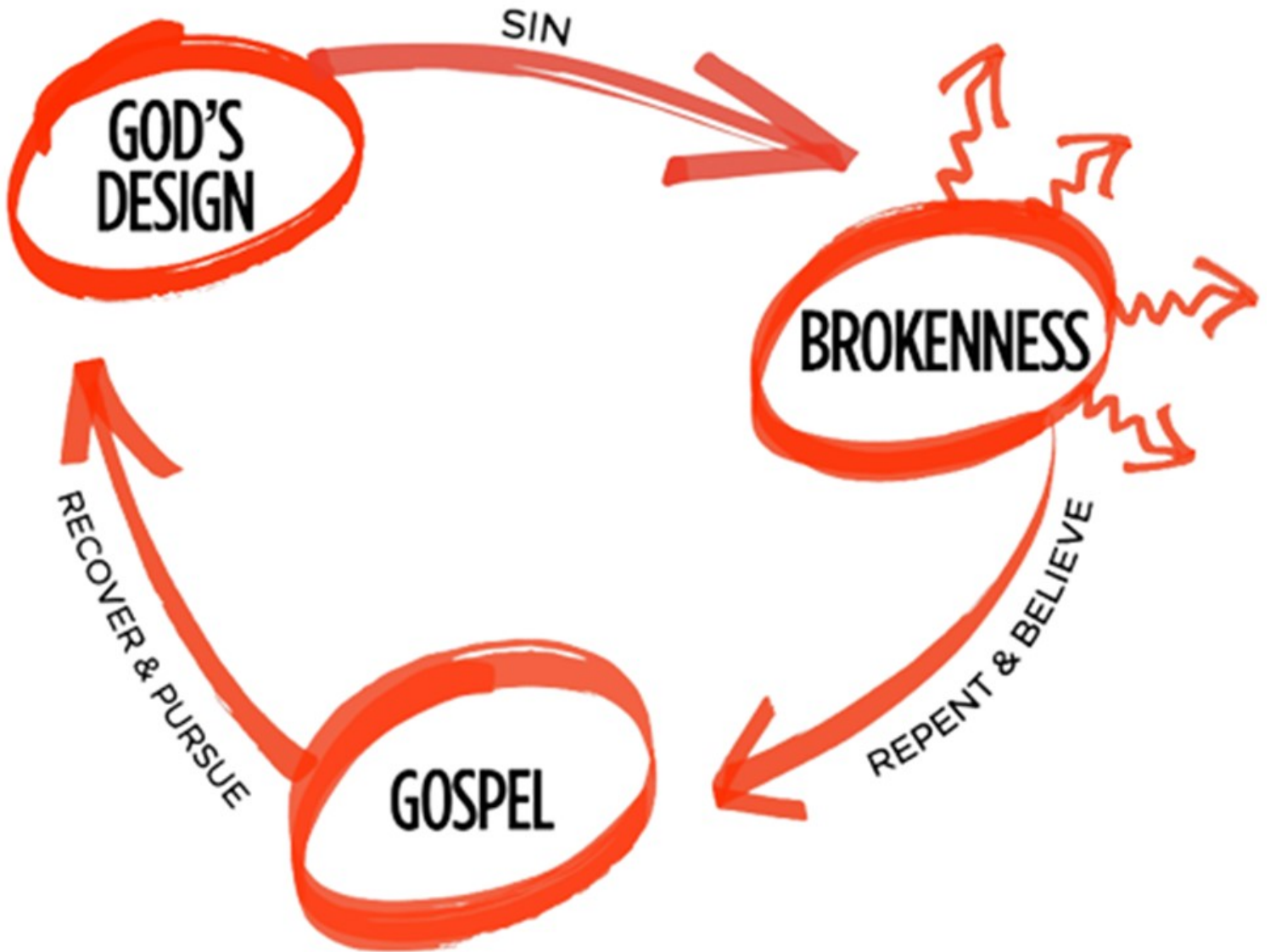
Mark 4:26-29



Give overview of process when starting your disciple. Depending on maturity of disciples, build a lesson based on Luke 5:1-32 having them put verse numbers that fit the action of the field that match the action of Jesus and disciples in strategy in your 3rd or 4th session.

Seed Sowing Tools

3 Circles Gospel Conversation

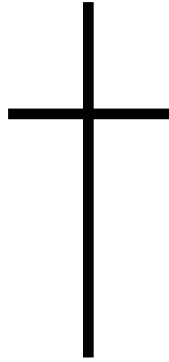


15 Second Testimony

Intro

There was a
time in my life
when...









“Do you have a
story like that?”

Green Light Response

Sample Prayer:

“God, I know I’m a sinner. Please forgive me and make me clean on the inside. I need You to heal the broken places in my life. I believe Jesus died on the cross and rose from the dead. I’m repenting of my sins and believing in Jesus. Help me recover and pursue Your design for my life.”

Book a time of discipleship with 7 Commands or the next step.

Yellow Light Response

“You mentioned you need to think about this some more and I think that’s a great idea. When can we get together to talk some more?”

Book a time of discipleship to share the 1st story in 7 Commands.

Or

“I get together with some friends regularly to talk about life and God. We would love to have you join us.” Would you be able to join us?

Invite them to your life group. Offer to go together if possible.

Red Light Response

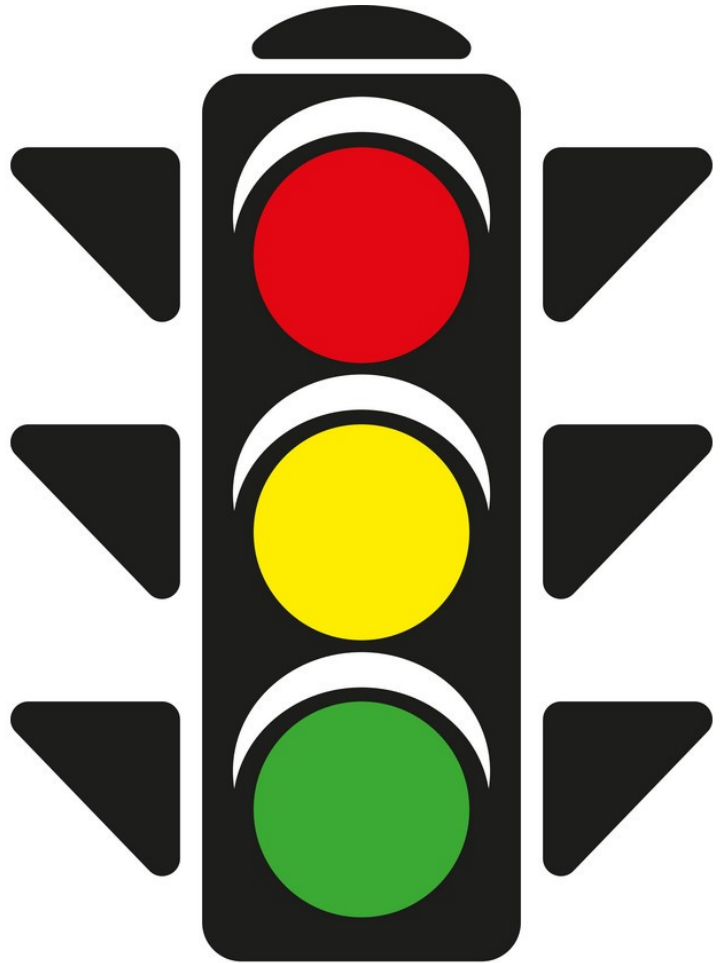
“Thank you for listening to me. If you ever find yourself in a place of brokenness, please remember our conversation and that God has made a provision for you through His Son, Jesus.”

Extra Activity

Green Light: Write your own theologically accurate prayer. Consider “A.B.C.”

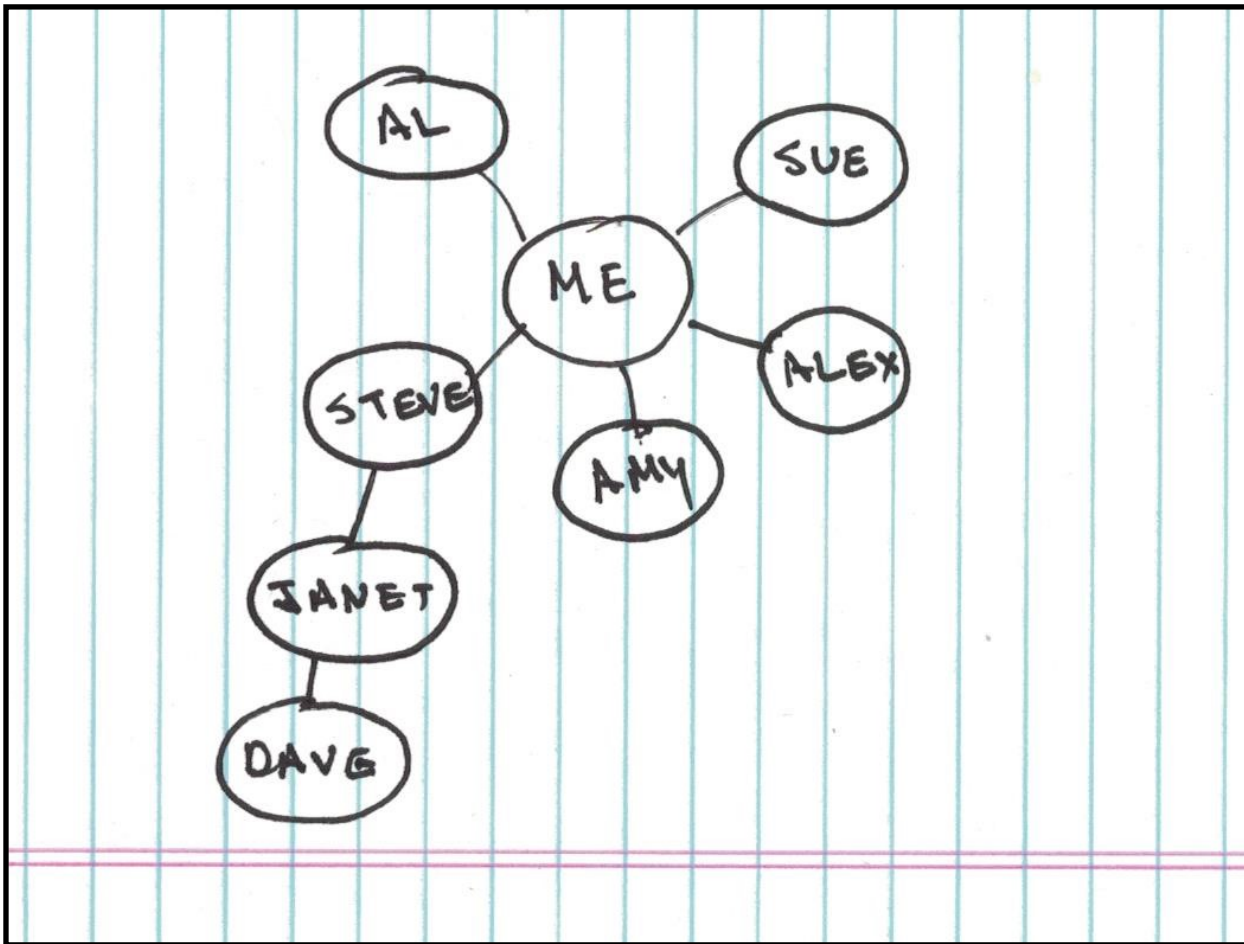
Yellow Light: Write your response. Make sure to book the next step.

Red Light: Write your response. Continue to connect and pray for that person



Oikos Mapping

Have your disciple create a simple Oikos Map to track progress and set goals.



Oikos = Greek word for “sphere of influence.”

In each outer circle list the names of people you know who are:

- People you know who are far from God
- People you know in your network of relationships
- People you see every day as you go through your day

- **First Place Relationships:** Friends and Family
- **Second Place Relationships:** Workplace/School
- **Third Place Relationships:** Places where people gather such as coffee shops, libraries, bars, clubs, schools, etc...

Command #1

Repent and Believe

Look Back

- How are you doing?
- How was your week following Jesus?
- Fishing?
- Pray for each other.

Look Up

Command: Mark 1:15 ESV, and saying, “The time is fulfilled, and the kingdom of God is at hand; repent and believe in the gospel.”

- Tell the story
- Read the story
- Ask sword questions

Luke 7:36-50 (ESV)

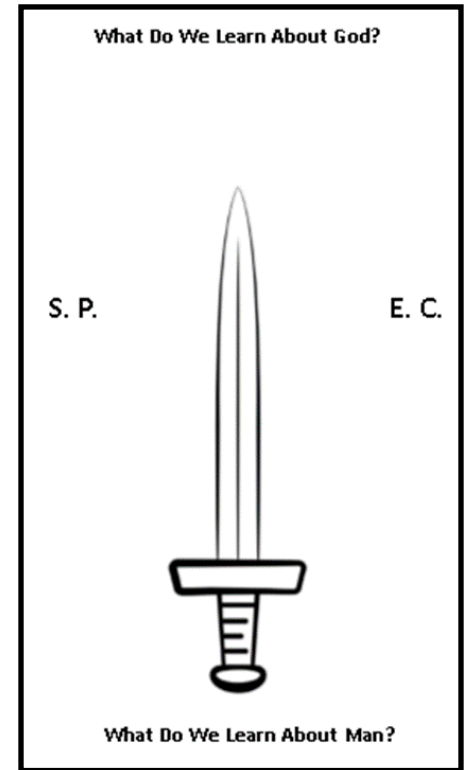
A Sinful Woman Forgiven

³⁶ One of the Pharisees asked him to eat with him, and he went into the Pharisee's house and reclined at table. ³⁷ And behold, a woman of the city, who was a sinner, when she learned that he was reclining at table in the Pharisee's house, brought an alabaster flask of ointment, ³⁸ and standing behind him at his feet, weeping, she began to wet his feet with her tears and wiped them with the hair of her head and kissed his feet and anointed them with the ointment. ³⁹ Now when the Pharisee who had invited him saw this, he said to himself, “If this man were a prophet, he would have known who and what sort of woman this is who is touching him, for she is a sinner.” ⁴⁰ And Jesus answering said to him, “Simon, I have something to say to you.” And he answered, “Say it, Teacher.”

⁴¹ “A certain moneylender had two debtors. One owed five hundred denarii, and the other fifty. ⁴² When they could not pay, he cancelled the debt of both. Now which of them will love him more?” ⁴³ Simon answered, “The one, I suppose, for whom he cancelled the larger debt.” And he said to him, “You have judged rightly.” ⁴⁴ Then turning toward the woman he said to Simon, “Do you see this woman? I entered your house; you gave me no water for my feet, but she has wet my feet with her tears and wiped them with her hair. ⁴⁵ You gave me no kiss, but from the time I came in she has not ceased to kiss my feet. ⁴⁶ You did not anoint my head with oil, but she has anointed my feet with ointment. ⁴⁷ Therefore I tell you, her sins, which are many, are forgiven—for she loved much. But he who is forgiven little, loves little.” ⁴⁸ And he said to her, “Your sins are forgiven.” ⁴⁹ Then those who were at table with him began to say among^[a] themselves, “Who is this, who even forgives sins?” ⁵⁰ And he said to the woman, “Your faith has saved you; go in peace.”

Look Forward (optional activities)

- Have disciples practice telling the story with you or other disciples.
- Look for an opportunity to tell someone this story this week.
- Report back by text within 48 hours that you have told the story.
- Have disciple practice doing a gospel rep.
- Read 2-4 Chapters per day in the book of Mark.



Command #2

Baptism

Look Back

- How was this week following Jesus?
- How was fishing?
- Pray for each other!

Look Up

Command: Matthew 28:19 ESV, 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,

- Tell the story
- Read story

Acts 8:26-39 (ESV)

Phillip and the Ethiopian Eunuch

²⁶ Now an angel of the Lord said to Philip, “Rise and go toward the south^[a] to the road that goes down from Jerusalem to Gaza.” This is a desert place. ²⁷ And he rose and went. And there was an Ethiopian, a eunuch, a court official of Candace, queen of the Ethiopians, who was in charge of all her treasure. He had come to Jerusalem to worship ²⁸ and was returning, seated in his chariot, and he was reading the prophet Isaiah. ²⁹ And the Spirit said to Philip, “Go over and join this chariot.” ³⁰ So Philip ran to him and heard him reading Isaiah the prophet and asked, “Do you understand what you are reading?” ³¹ And he said, “How can I, unless someone guides me?” And he invited Philip to come up and sit with him. ³² Now the passage of the Scripture that he was reading was this:

“Like a sheep he was led to the slaughter
and like a lamb before its shearer is silent,
so he opens not his mouth.

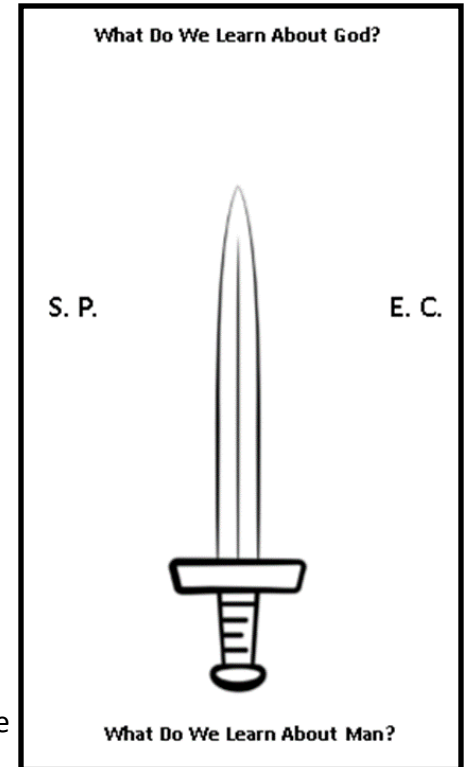
³³ In his humiliation justice was denied him.
Who can describe his generation?
For his life is taken away from the earth.”

³⁴ And the eunuch said to Philip, “About whom, I ask you, does the prophet say this, about himself or about someone else?” ³⁵ Then Philip opened his mouth, and beginning with this Scripture he told him the good news about Jesus.

³⁶ And as they were going along the road they came to some water, and the eunuch said, “See, here is water! What prevents me from being baptized?”^[b] ³⁸ And he commanded the chariot to stop, and they both went down into the water, Philip and the eunuch, and he baptized him. ³⁹ And when they came up out of the water, the Spirit of the Lord carried Philip away, and the eunuch saw him no more, and went on his way rejoicing.

Look Forward (optional activities)

- Have disciples practice telling the story with you or other disciples.
- Look for an opportunity to tell someone this story this week.
- Report back by text within 48 hours that you have told the story.
- Have disciple practice doing a gospel rep.
- Read 2-4 Chapters per day in the book of Mark.



Command #3

Gather

Look Back

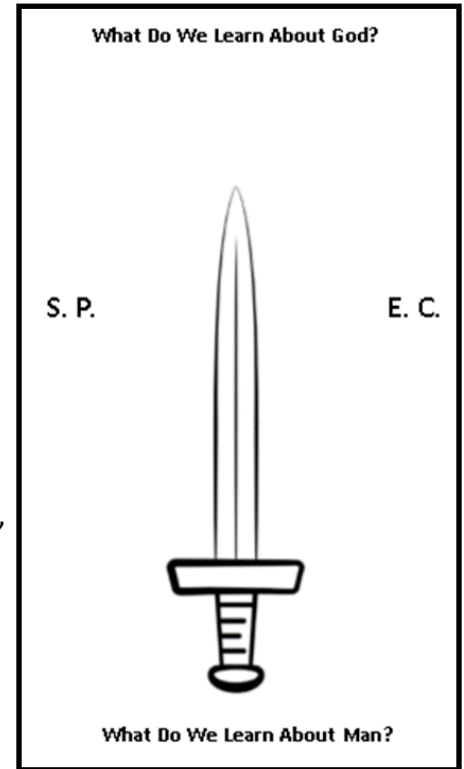
- **How was this week following Jesus?**
 - Personal worship
 - Personal obedience
- **Fishing?**
 - Did you enter
 - Did you have a gospel conversation
 - Did you give a 15-second testimony
- **Pray for each other**

Look Up

Command: Hebrews 10:24-25 ESV

And let us consider how to stir up one another to love and good works, not neglecting to meet together, as is the habit of some, but encouraging one another, and all the more as you see the Day drawing near.

- **Tell the story**
- **Read story**



Acts 2:41-47 English Standard Version (ESV)

⁴¹ So those who received his word were baptized, and there were added that day about three thousand souls.

The Fellowship of the Believers

⁴² And they devoted themselves to the apostles' teaching and the fellowship, to the breaking of bread and the prayers. ⁴³ And awe^[a] came upon every soul, and many wonders and signs were being done through the apostles.

⁴⁴ And all who believed were together and had all things in common. ⁴⁵ And they were selling their possessions and belongings and distributing the proceeds to all, as any had need. ⁴⁶ And day by day, attending the temple together and breaking bread in their homes, they received their food with glad and generous hearts, ⁴⁷ praising God and having favor with all the people. And the Lord added to their number day by day those who were being saved.

Look Forward (optional assignments)

- Learn and practice 15-second testimony.
- Read this story every day!
- Look for an opportunity to tell someone this story.
- Read 2-4 chapters per day in the one of the gospels.
- Do a gospel a practice gospel rep starting from brokenness or problem.
- Meet with someone from your oikos map this week and look for opportunity for a gospel rep or 15-second testimony

Command #4

Love Our Neighbors

Look Back

- **How was this week following Jesus?**
 - Personal worship
 - Personal obedience
 - How are your relationships going
- **Fishing?**
 - Did you enter
 - Did you have a gospel conversation
 - Did you give a 15-second testimony
- **Pray for each other**

Look Up

Command: *Matthew 22:37-39 ESV*, And he said to him, “You shall love the Lord your God with all your heart and with all your soul and with all your mind. ³⁸This is the great and first commandment. ³⁹And a second is like it: You shall love your neighbor as yourself.

- Tell the story
- Read story

Luke 10:25-37 (ESV)

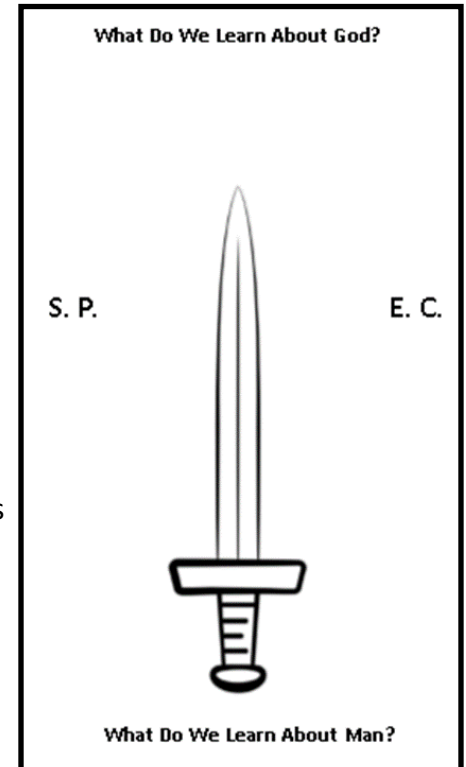
The Parable of the Good Samaritan

²⁵And behold, a lawyer stood up to put him to the test, saying, “Teacher, what shall I do to inherit eternal life?” ²⁶He said to him, “What is written in the Law? How do you read it?” ²⁷And he answered, “You shall love the Lord your God with all your heart and with all your soul and with all your strength and with all your mind, and your neighbor as yourself.” ²⁸And he said to him, “You have answered correctly; do this, and you will live.”

²⁹But he, desiring to justify himself, said to Jesus, “And who is my neighbor?” ³⁰Jesus replied, “A man was going down from Jerusalem to Jericho, and he fell among robbers, who stripped him and beat him and departed, leaving him half dead. ³¹Now by chance a priest was going down that road, and when he saw him he passed by on the other side. ³²So likewise a Levite, when he came to the place and saw him, passed by on the other side. ³³But a Samaritan, as he journeyed, came to where he was, and when he saw him, he had compassion. ³⁴He went to him and bound up his wounds, pouring on oil and wine. Then he set him on his own animal and brought him to an inn and took care of him. ³⁵And the next day he took out two denarii^[a] and gave them to the innkeeper, saying, ‘Take care of him, and whatever more you spend, I will repay you when I come back.’ ³⁶Which of these three, do you think, proved to be a neighbor to the man who fell among the robbers?” ³⁷He said, “The one who showed him mercy.” And Jesus said to him, “You go, and do likewise.”

Look Forward (optional assignments)

- Look for opportunity to do a random act of kindness
- Read this story every day!
- Look for an opportunity to tell someone this story
- Read 2-4 chapters per day in one of the gospels
- Practice gospel rep with your disciples



Command #5

Make Disciples

Look Back

- How was this week following Jesus?
- How was fishing?
- Pray for each other

Look Up

Command: Matthew 28:18-20 ESV, And Jesus came and said to them, “All authority in heaven and on earth has been given to me. 19 Go therefore and make disciples of all nations, baptizing them in[a] the name of the Father and of the Son and of the Holy Spirit, 20 teaching them to observe all that I have commanded you. And behold, I am with you always, to the end of the age.”

- **Tell the story**
- **Read story**

John 4:4-42 (ESV)

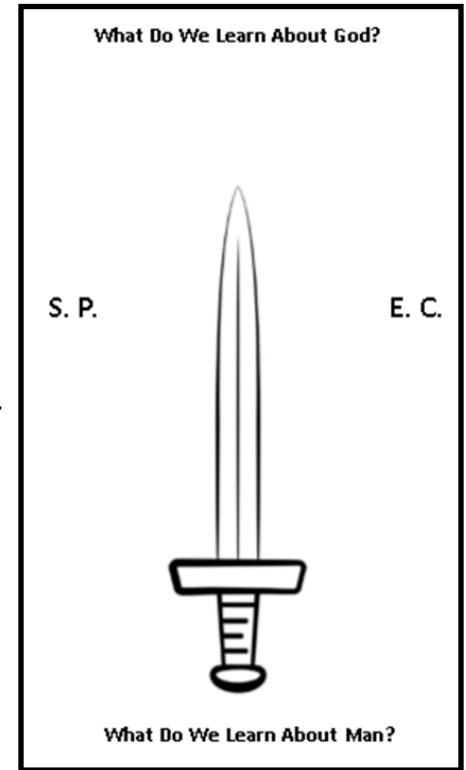
⁴ And he had to pass through Samaria. ⁵ So he came to a town of Samaria called Sychar, near the field that Jacob had given to his son Joseph. ⁶ Jacob's well was there; so Jesus, wearied as he was from his journey, was sitting beside the well. It was about the sixth hour.^[a]

⁷ A woman from Samaria came to draw water. Jesus said to her, “Give me a drink.” ⁸ (For his disciples had gone away into the city to buy food.) ⁹ The Samaritan woman said to him, “How is it that you, a Jew, ask for a drink from me, a woman of Samaria?” (For Jews have no dealings with Samaritans.)

¹⁰ Jesus answered her, “If you knew the gift of God, and who it is that is saying to you, ‘Give me a drink,’ you would have asked him, and he would have given you living water.” ¹¹ The woman said to him, “Sir, you have nothing to draw water with, and the well is deep. Where do you get that living water?” ¹² Are you greater than our father Jacob? He gave us the well and drank from it himself, as did his sons and his livestock.” ¹³ Jesus said to her, “Everyone who drinks of this water will be thirsty again, ¹⁴ but whoever drinks of the water that I will give him will never be thirsty again.^[b] The water that I will give him will become in him a spring of water welling up to eternal life.”

¹⁵ The woman said to him, “Sir, give me this water, so that I will not be thirsty or have to come here to draw water.” ¹⁶ Jesus said to her, “Go, call your husband, and come here.” ¹⁷ The woman answered him, “I have no husband.” Jesus said to her, “You are right in saying, ‘I have no husband’; ¹⁸ for you have had five husbands, and the one you now have is not your husband. What you have said is true.”

¹⁹ The woman said to him, “Sir, I perceive that you are a prophet. ²⁰ Our fathers worshiped on this mountain, but you say that in Jerusalem is the place where people ought to worship.” ²¹ Jesus said to her, “Woman, believe me, the hour is coming when neither on this mountain nor in Jerusalem will you worship the Father. ²² You worship what you do not know; we worship what we know, for salvation is from the Jews. ²³ But the hour is coming, and is now here, when the true worshipers will worship the Father in spirit and truth, for the Father is seeking such people to worship him. ²⁴ God is spirit, and those who worship him must worship in spirit and truth.”

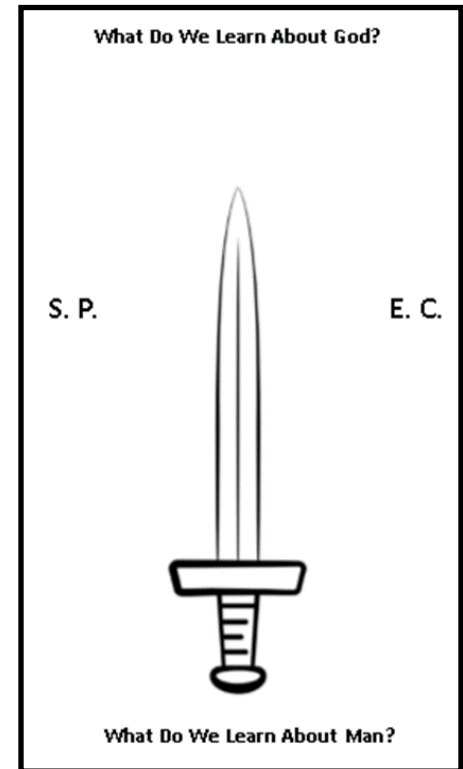


25 The woman said to him, "I know that Messiah is coming (he who is called Christ). When he comes, he will tell us all things." 26 Jesus said to her, "I who speak to you am he."

27 Just then his disciples came back. They marveled that he was talking with a woman, but no one said, "What do you seek?" or, "Why are you talking with her?" 28 So the woman left her water jar and went away into town and said to the people, ²⁹ "Come, see a man who told me all that I ever did. Can this be the Christ?" ³⁰ They went out of the town and were coming to him. ³¹ Meanwhile the disciples were urging him, saying, "Rabbi, eat." ³² But he said to them, "I have food to eat that you do not know about." ³³ So the disciples said to one another, "Has anyone brought him something to eat?" ³⁴ Jesus said to them, "My food is to do the will of him who sent me and to accomplish his work. ³⁵ Do you not say, 'There are yet four months, then comes the harvest'? Look, I tell you, lift up your eyes, and see that the fields are white for harvest. ³⁶ Already

the one who reaps is receiving wages and gathering fruit for eternal life, so that sower and reaper may rejoice together. ³⁷ For here the saying holds true, 'One sows and another reaps.' ³⁸ I sent you to reap that for which you did not labor. Others have labored, and you have entered into their labor."

³⁹ Many Samaritans from that town believed in him because of the woman's testimony, "He told me all that I ever did." ⁴⁰ So when the Samaritans came to him, they asked him to stay with them, and he stayed there two days. ⁴¹ And many more believed because of his word. ⁴² They said to the woman, "It is no longer because of what you said that we believe, for we have heard for ourselves, and we know that this is indeed the Savior of the world."



Look Forward (optional assignments)

- Read this story every day!
- Look for an opportunity to tell someone this story.
- Report back within 48 hours that you have told the story.
- Read 2-4 chapters per day in the one of the gospels
- Do a gospel rep with someone this week.
- Talk over Red, Yellow, Green

Command #6

Pray

Look Back

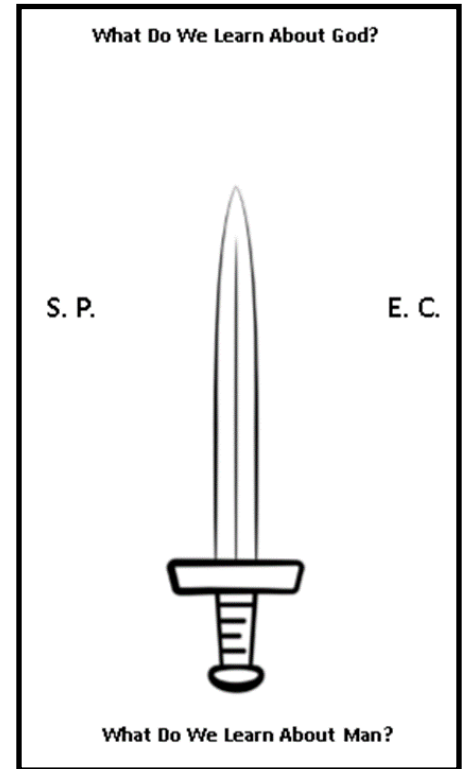
- **How was this week following Jesus?**
 - Personal worship?
 - Personal obedience?
 - Relationships?
- **Fishing?**
 - Did you enter?
 - Did you have a gospel conversation?
 - Did you give a 15-second testimony?
- **Pray for each other**

Look Up

Command: Matthew 6:9-13, ESV

Pray then like this: "Our Father in heaven, hallowed be your name. 10 Your kingdom come, your will be done, on earth as it is in heaven. 11 Give us this day our daily bread, 12 and forgive us our debts, as we also have forgiven our debtors. 13 And lead us not into temptation but deliver us from evil.

- **Tell the story: Matthew 6:5-15**
- **Read story**



Matthew 6:5-15 English Standard Version (ESV)

The Lord's Prayer

⁵“And when you pray, you must not be like the hypocrites. For they love to stand and pray in the synagogues and at the street corners, that they may be seen by others. Truly, I say to you, they have received their reward. ⁶But when you pray, go into your room and shut the door and pray to your Father who is in secret. And your Father who sees in secret will reward you.

⁷“And when you pray, do not heap up empty phrases as the Gentiles do, for they think that they will be heard for their many words. ⁸Do not be like them, for your Father knows what you need before you ask him. ⁹Pray then like this:

“Our Father in heaven,
hallowed be your name.^[a]

¹⁰Your kingdom come,
your will be done,^[b]
on earth as it is in heaven.

¹¹Give us this day our daily bread,^[c]

¹²and forgive us our debts,
as we also have forgiven our debtors.

¹³And lead us not into temptation,
but deliver us from evil.^[d]

¹⁴For if you forgive others their trespasses, your heavenly Father will also forgive you, ¹⁵but if you do not forgive others their trespasses, neither will your Father forgive your trespasses.

Look Forward (optional assignments)

- Read this story every day!
- Practice gospel reps with your disciples
- Read 2-4 chapters per day in one of the Gospels
- Do a gospel rep with someone.

Command #7

Persevere

Look Back

- **How was this week following Jesus?**
 - Personal worship
 - Personal obedience
 - Loving your spouse
- **Fishing?**
 - Did you enter
 - Did you have a gospel conversation?
 - Did you give a 15-second testimony?
- **Pray for each other**

Look Up

Command: John 16:33 (ESV)

³³ I have said these things to you, that in me you may have peace. In the world you will have tribulation. But take heart; I have overcome the world."

- **Tell the story**
- **Read Story**

Luke 22:39-47 (ESV)

Jesus Prays on the Mount of Olives

³⁹ And he came out and went, as was his custom, to the Mount of Olives, and the disciples followed him. ⁴⁰ And when he came to the place, he said to them, "Pray that you may not enter into temptation." ⁴¹ And he withdrew from them about a stone's throw, and knelt down and prayed, ⁴² saying, "Father, if you are willing, remove this cup from me. Nevertheless, not my will, but yours, be done." ⁴³ And there appeared to him an angel from heaven, strengthening him. ⁴⁴ And being in agony he prayed more earnestly; and his sweat became like great drops of blood falling down to the ground. ^[a] ⁴⁵ And when he rose from prayer, he came to the disciples and found them sleeping for sorrow, ⁴⁶ and he said to them, "Why are you sleeping? Rise and pray that you may not enter into temptation."

Betrayal and Arrest of Jesus

⁴⁷ While he was still speaking, there came a crowd, and the man called Judas, one of the twelve, was leading them. He drew near to Jesus to kiss him,

Look Forward (optional assignments)

- Read this story every day!
- Look for an opportunity to tell someone this story, report back within 48 hours
- Read 2-4 chapters per day in one of the Gospels
- Look at your oikos maps together and talk about who they plan to start discipling.
- Make a decision on whether to continue on to 7 Hopes or have disciple start discipling others.

