

In the Great Commission, Jesus stated the ultimate goal in our discipling of one another: “*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.”* Ask: What is Jesus’ ultimate goal for discipleship?

The ultimate goal of discipling and being disciplined is loving obedience to the glory of God. Discipling is not about imparting information or modifying behavior. It is about *changed hearts that love truth that leads to changed lives*. Ask: Why is obedience so important to Jesus?

First, we glorify God by our obedience. Through our lives and service, we display the glory of the very God we praise: Matthew 5:16 says, “*Let your light so shine among men that they may see your good deeds and give glory to your Father in heaven.*” 1 Peter 2:11-12 says,

Beloved, I urge you as sojourners and exiles to abstain from the passions of the flesh, which wage war against your soul. Keep your conduct among the Gentiles honorable, so that when they speak against you as evildoers, they may see your good deeds and glorify God on the day of visitation.

We display the character of God and witness to the world with our holiness. That means we lie about God when we live unholy lives. Look at another verse. Philippians 1:9-11:

And this is my prayer: that your love may abound more and more in knowledge and depth of insight, so that you may be able to discern what is best and may be pure and blameless until the day of Christ, filled with the fruit of righteousness that comes through Jesus Christ—to the glory and praise of God.

Ask: Why is Paul so eager for their love for Christ to abound? “*So that*” they can discern between good and evil (choose the good and refuse the evil) and be holy. Before going further,

let me define holiness for us: Holiness means being set apart for God to live godly lives by pursuing *personal* and *interpersonal* spiritual disciplines (*Personal*: bible reading, prayer, fasting, etc.; *Interpersonal*: baptism, the Lord's Supper, fellowship, family worship, etc.).

Ask: What goal does Philippians 1:11 say our holiness achieves? "*The glory and praise of God!*" Our holiness and fruits of righteousness bring glory and praise to God! The glory and praise of God bring us joy. So, our joy increases when we and those we disciple glorify God by our holiness: "*I have no greater joy than to hear that my children are walking in the truth.*" (2 John 4).

Second, obedience is the evidence and fruit of love for Christ. Obedience springs from love, and love expresses itself in obedience. Look at John 14:15: "*If you love me, you will obey what I command.*" Christ links our love *for* him with our obedience *to* him, and this link is unbreakable. Love is a commitment that delights supremely in God by obeying him. That means no one can say they love Christ while doing everything he hates. 1 John 1:6 says, "*If we claim to have fellowship with him yet walk in the darkness, we lie and do not live by the truth.*" On the contrary, Galatians 5:6 says, "*For in Christ Jesus neither circumcision nor uncircumcision counts for anything, but only faith working through love.*" Faith and love are the sources of our holiness and obedience.

Instead, true Christians desire to do God's will. Discipling others requires teaching and helping them to obey Jesus because that obedience will allow them to *grow* and *show* their love for God. If the ultimate goal of discipling and being disciplined is loving obedience, the discipler must pursue holiness in their own lives and those they disciple.

1st. Holiness in the Discipled.

The discipler should be pursuing holiness. God often uses our discipleship of others to encourage *our own growth*. And as you grow, God will make you a positive example to those you are discipling. Consider these texts:

- John 13:15, “*I have set you an example that you should do as I have done for you.*”
- I Corinthians 11:1, “*Follow my example, as I follow the example of Christ.*”
- Philippians 3:17, “*Join with others in following my example, brothers, and take note of those who live according to the pattern we gave you.*”
- 1 Thessalonians 1:6, “*You became imitators of us and of the Lord; in spite of severe suffering, you welcomed the message with the joy given by the Holy Spirit.*”
- 2 Timothy 1:13, “*What you heard from me, keep as the pattern of sound teaching, with faith and love in Christ Jesus.*”

We must not wait until we are perfect examples to disciple others. God gives grace to us in our weaknesses and uses these discipling relationships for *the disciplers’ sanctification too*. Moreover, younger Christians need repentance and faithfulness through weakness modeled for **them!** When we sin, we show the younger Christian how to handle that sin. So, being an example does not mean you will always make the right decision or do the best thing. It means growing *together* as disciples of Jesus.

Ask: What are some ways to ensure that we remain holy?

- Regular attendance at church
- Regular personal time with the Lord
- Regular reading about the character of God in his Word
- Regular accountability to other Christians in your church
- Regular effort to serve others

Your holiness is as essential as the holiness of those you disciple. How do we encourage holiness in the life of someone we are discipling?

2nd. Holiness in the Disciple.

No one starts growing in holiness by *their own “doing.”* Instead, we begin with what *Christ has done.* We cannot be holy apart from Christ and being born again by his Spirit. When the Holy Spirit regenerates a person, they are no longer what or where they once were. The Holy Spirit brings them into union with Christ, and the believer enjoys a new holy (set apart) status in him. *The believer is positionally holy.*

However, their sinful habits do not suddenly vanish. Even after we are Christians, our sinful nature still wars against us (Rom. 6; Gal. 5:16-17). However, as Christians, we have the power of the Holy Spirit to defeat sin (Rom. 8:13), so we must expect to see God’s Spirit defeating bad cravings and habits. *Nevertheless, this will happen over time.* For instance, Romans 5:3-4 tells us that God *develops* character over time through our faith and suffering. This developmental process is called “*Progressive Sanctification.*” It refers to our gradual conformity to Christ and becoming like him.

So, how do we encourage holiness in the lives of those we disciple?

3rd. How to Effectively Train the Head, Heart, Hands, and Habits in Holiness.

Remember: *Personal discipling means intentionally helping others follow Jesus by providing them with personal instruction from God’s Word and being a person for them to imitate.* This means we will help our people understand sound doctrine (*head*). But we do not desire just to fill heads with knowledge. We impart truth to their minds so that, by God’s power, they experience transformation and love Jesus and others with their *hearts*. Then, we desire individuals to utilize their gifts and maturity, by the power of the Spirit, in service of the mission

of Christ (*hands*). Finally, by God's grace, help them develop *habits* that keep them in their Bibles and prayer and keep them deeply connected in the body of Christ and his mission. [How do we accomplish this?](#)

First, you must pray. God must give you his wisdom and power. **Second, teach them the Scriptures and how to apply them** (forthcoming class). 1 Peter 2:2 says, "*Like newborn infants, long for the pure spiritual milk, that by it you may grow up into salvation.*" One must understand the Bible's teachings to be faithful to God. So, sit down and review Biblical material with them. [We grow in holiness by placing our attention on the things of God.](#) The more we meditate on and love God's Word, the more we will grow in holiness.

Third, help them fight sin. Confront them gently and in love with your spiritual concerns. We must help them surgically remove sinful habits, affections, and behaviors. [Martyn Lloyd-Jones said we need to dig down to the roots. If we merely mow over weeds, they grow back and spread. Instead, we must dig the weeds out by the roots.](#) To dig our sin out by the roots, we must ask, "*What promise does this sin make?*" and replace faith in these false promises with faith in God's faithful promises. The goal is not for them to merely avoid sin but to glorify God and enjoy him.

Fourth, disciple them under the authority and with the help of the local church (forthcoming class). Discipler and disciple should (generally) be in the same weekly gatherings and under the same authority structures. The local church provides the accountability structure for the discipling relationship.

Fifth, build the spiritual disciplines in their life by doing them with the person (forthcoming class). For example, teach them about the Bible and how to study it. Then, model it before them and do it with them until they can study independently and teach others to do likewise. Do the same for prayer, evangelism, local church involvement, etc.

Handout and Review the Document Below.

How to Train the Head, Heart, Hands, and Habits Effectively

Personal discipling means intentionally helping others follow Jesus by providing them with personal instruction from God's Word and being a person for them to imitate. This means we will help our people understand sound doctrine. But we do not desire just to fill heads with knowledge. We impart truth to their minds so that, by God's power, they experience transformation in their hearts. Then, we desire them to utilize their gifts and maturity, by the power of the Spirit, in service of the mission of Christ (hands). Finally, by God's grace, help them develop habits that keep them in their Bibles and prayer and keep them deeply connected in the body of Christ and his mission. How do we accomplish this? By Prayer and Surrender and Instruction and Imitation.

Pray and Surrender

Principle: Only God brings growth in his way and in his time. Spend regular time in prayer and evaluation for yourself and those you teach. The goal of discipling is to love God with all our hearts and love one another.

Key: Dependence; Ask: Where are you taking them? 2. Where are they now? 3. What are the next steps?

Instruction

Pattern: 1. I teach; you learn; 2. I teach; you help; 3. You teach; I help; 4. You teach; someone else learns; 5. Repeat and Reproduce

Tell Them Why

Principle: A person must be convinced of the need or importance of something in their lives from the Bible

Key: Motives

Teach Them Content

Principle: To be faithful to God, a person must understand the Bible's teachings and directives about the topic. Sit down and review material with them.

Key: Instruction

Show Them How

Principle: A person needs skills to apply principles to their life practically. Give time for explicit instruction on "how" to do something.

Key: Skills

Imitation

Pattern: 1. I do; you watch 2. I do; you participate; 3. You do; I watch 4. You do; someone else watches; 5. Repeat and Reproduce

Model It Before Them

Principle: A disciple needs to see it lived out before them. Create opportunities for them to "catch" you practicing the topic

Key: Example

Do It With Them

Principle: A person must have experience, supervision, and feedback for maximum understanding.

Key: Involvement (see the pattern listed above)

Keep Them Going and Reproducing

Principle: Thenceforth, they can consistently practice the disciplines without you and on their own. The disciple personally owns the vision of reproducing discipleship, and the leader and disciple commit to training someone new.

Keys: Accountability and Multiplication