



# discipleX

“Go make disciples...”

BY ERIK FISH

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## What is discipleX?

Multiplication of disciples is the best and fastest way to reach a school, campus, city, or people group. Many Christians find the process of making disciples complex and elusive. DiscipleX was created to give you fun and simple ways to grow disciple-making movements.

### **AN ADVENTURE WITH JESUS...**

With a little initiative and some simple tools to help, making disciples won't be a burden – it will become a rewarding and fun adventure with Jesus.

### **THE TOOLS**

DiscipleX will equip you to repeat four patterns for effective disciple making: Pray, Go, Gather, and Guide. The specific *way* you implement these patterns will be totally up to you and the Holy Spirit!



**PRAY** for more laborers for God's harvest



**GO** to a specific people you hope to disciple



**GATHER** to discuss scripture



**GUIDE** people through seven key experiences with Jesus



## The Vision

What we're reaching for is a disciple-making movement.

A movement happens when one disciple makes another who makes another... and so on.

### **GROWING BY ADDITION VS. MULTIPLICATION:**



1 person discipled 1 person = 2 disciples



But if these 2 disciples take others through the same experience...



And then continue this pattern...

After 10 generations... 1,024 disciples

After 20 generations... 1,048,576 disciples!

It will take a multiplication movement to reach our cities and the world with the gospel.

It's important to start your disciple-making adventure with the most important aspect that fuels ALL disciple-making movements: Prayer!



## Pray

What did Jesus tell us?

“Those who remain in me, and I in them, will produce much fruit.” (John 15:5, NLT)

“The harvest is ripe. The laborers are few. Pray therefore to the Lord of the harvest – ask Him to send out more laborers for His fields.” (Luke 10:2)

“What the Church needs today is not more machinery or better, not new organizations or more and novel methods, but men whom the Holy Spirit can use – men of prayer, men mighty in prayer. The Holy Spirit does not flow through methods, but through men. He does not come on machinery, but on men. He does not anoint plans, but men – men of prayer.”

– E.M. Bounds, *Power Through Prayer*

**LET’S PRAY TOGETHER NOW.**



discipleX



Why make disciples?

“Models should be held loosely, and Jesus should be held tightly.” – Ed Stetzer

“We cannot franchise Jesus, or reduce him to a method or a model.”

– Floyd McClung

“I have been given all authority in heaven and on earth. Therefore, go and make disciples of all the nations, baptizing them in the name of the Father and the Son and the Holy Spirit. Teach these new disciples to obey all the commands I have given you. And be sure of this: I am with you always, even to the end of the age.”

– Jesus, Matthew 28:18-20, NLT

Jesus made disciples. He told us to do the same!

**BASED ON JESUS' WORDS, WHAT IS “DISCIPLE-MAKING”?**

**DISCIPLE-MAKING IS:**

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Books, programs, and lectures don't disciple people. People disciple people – toward following Jesus!

# discipleX

## Gather



Discussing scripture in a fun, interactive way.

### **WHAT IS A DISCOVERY GROUP?**

A discovery group consists of two or more people who are reading and discussing Scripture in a safe atmosphere where people can discover for themselves the person of Jesus. You can use almost any story from the Bible.

### **THE SEVEN SIGNS OF JESUS**

The “Seven Signs of Jesus” is one of the simplest, yet powerful, tools you can use in a discovery group.

“But these are written that you may believe that Jesus is the Christ, the Son of God, and that believing you may have life in His name.” (John 20:31)

The book of John describes seven miracles or signs Jesus performed:

1. Changing water into wine (John 2:1-11)
2. Healing the royal official’s son (John 4:46-54)
3. Healing the paralytic at the pool (John 5:1-18)
4. Feeding over 5,000 with fish and loaves (John 6:1-14)
5. Walking on the water (John 6:15-25)
6. Healing a man born blind (John 9:1-41)
7. Raising Lazarus from the dead (John 11:1-46)



The purpose of these miracles or signs is for those who read them to believe that Jesus is the Christ. Each time I meet with a non-Christian(s), we read one of the passages in John where Jesus performs a miracle. I ask three simple questions:

1. What does this tell us about people?
2. What does this tell us about Jesus?
3. How does this encourage you or apply to your life?

### **HELPFUL TIPS**

- If meeting with non-Christians, consider printing out the passage of Scripture on pieces of paper and hand them out so everyone can read along and get involved.
- Ask each person in the group to take turns reading a few verses out loud until everyone finishes the story. Then discuss each of the questions above.
- Affirm that there are no right or wrong answers. The group is simply a safe place to connect with each other and learn insights about God that might personally encourage us.
- Don't be "preachy." Focus on interaction more than information. Give people space and time to discover Jesus for themselves.
- Be involved in the discussion, but focus on leading others to read the Scriptures and let the Holy Spirit give them insights.
- Ask each time when they would like to meet again.

This method of reading and applying the Scriptures together forms a precedent for the group as it grows into a group of disciples. Sometimes people recognize this new group of disciples as a "seed church" or "simple church." Time and time again, I'm amazed at how powerfully the Holy Spirit will speak to non-Christians who are reading Jesus' words for the first time.



## Guide



What is *Pocket Disciple*?

*Pocket Disciple* is an experiential guide for teaching people to follow Jesus' basic commands with a group of friends.

### **HOW DO I USE *POCKET DISCIPLE*?**

*Pocket Disciple* works like a Discovery Group. You simply read through each page aloud. Then facilitate discussion from prompts like these:

#### **DISCUSS**

- *What words or phrases caught your attention?*
- *How did Jesus speak about change in this story?*
- *What Good News do you see?*

### **NOTES ON *POCKET DISCIPLE* EXPERIENCES**

Anyone can make start making disciples by leading others through seven experiences with Jesus.

Each chapter is about six pages and takes around 30 minutes to go through. There are questions at the beginning and end of each experience that prompt people to respond personally. They'll also ponder what other friends and family would benefit from hearing what they experienced. This encourages an "evangelism" mindset and instills a pattern of obedience to Jesus.

By the end of seven experiences, you have laid a pattern for reproducing disciples who make other disciples!

## 7 Experiences

REFLECT ON EACH EXPERIENCE. ADD THOUGHTS ON HOW TO FACILITATE THESE EXPERIENCES WITH OTHERS.



[1. change]

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[2. water]

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[3. fire]

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[4. tell]

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[5. love]

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[6. gather]

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[7. go]

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# Disciple-Making Action Plan [dMAP]



## **PRAYER ACTION PLAN**

“Those who remain in me, and I in them, will produce much fruit.” (John 15:5, NLT)

When will I set aside time to spend with God?

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Who will I ask to join me in praying for the harvest?

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“The harvest is great, but the workers are few. So pray to the Lord who is in charge of the harvest; ask him to send more workers into his fields.” (Luke 10:2, NLT)

In your own words, write a prayer asking God to send more laborers for His harvest:

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**GO ACTION PLAN**

“He sent them ahead in pairs to all the towns and places he planned to visit.”  
(Luke 10:1 NLT)

Who would be a good person for me to partner with to go make disciples? (Ask them)

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Who/Where do I sense Jesus wanting to visit? (Think about your school, campus, family, city, etc.)

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What are some natural ways I could meet these people and get to know them?

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**GATHER ACTION PLAN**

“Now go. I am sending you... Whenever you enter someone’s home, say, ‘May God’s peace be on this house’... Stay in one place, eating & drinking what they provide.” (Luke 10:5-7)

“Cornelius was waiting for them and had called together his relatives and close friends.” (Acts 10)

Brainstorm fun/creative ways to gather people together to discuss Scripture. (e.g.: host a dinner, wine tasting, sports, games, hobbies, etc.)

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My target date/location for gathering to discuss stories about Jesus is:

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Where might this group feel most comfortable discussing a story about Jesus?

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What might I say when inviting someone to discuss a story about Jesus (hint: keep it natural and authentic):

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### GUIDE ACTION PLAN

“Teach them to obey all that I’ve commanded you...” (Matthew 28:18-20)

What might I say when inviting someone to go through *Pocket Disciple* with me (again, think natural):

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My goal is to lead a group (or an individual) through 7 Experiences with Jesus using *Pocket Disciple* by this date:

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*(You can come back to fill this section out after you start a group)*

Names of people in my disciple group:

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People I am mentoring to lead other disciple groups:

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Circle each discipleship experience when you’ve completed it:

**CHANGE    WATER    FIRE    TELL    LOVE    GATHER    GO**



## Tips for Leading a Great Group *by Erik Fish*

Anyone can lead a fun and interactive group. Here are a few tips I've learned over the years to lead a life-changing group for making disciples.

### **DO**

- Make it fun! Meet in a setting that's comfortable for new people (coffee shop, house, pub, etc.)
- Have food or drinks. Keep it simple and casual as a model for others to repeat.
- Use ice breaker questions to start the meeting.
- Focus on interaction more than information. Nobody likes a "know it all."
- Encourage everyone to participate.
- Keep the discussion going. Use the phrase, "Let's move on..."
- Keep the meetings short: 30-45 minutes is a good place to start.
- Encourage people to share what they've experienced with friends and family.
- Spend time with people outside the meeting times. Effective groups grow via authentic relationships.
- Encourage people to start other groups to share what they've experienced.
- Keep it focused on encountering Jesus!

### **DON'T**

- Let one person dominate the discussion.
- Be the "Bible Answer Man/Woman." (Show others a model for leading a group they can repeat.)
- Allow judgmental attitudes toward pre-believers who may have sinful lifestyles or differing beliefs.
- Be quick to invite people to "church" or outside religious activities.
- Let meetings drag on for hours.
- Allow "rabbit trail" conversations to get too far off track.
- Let a "meeting agenda" substitute for the necessity of genuinely loving people and following the Holy Spirit's leading.



## Helpful Resources

### CREATIVE DISCIPLE-MAKING IDEAS – SENT RIGHT TO YOUR PHONE

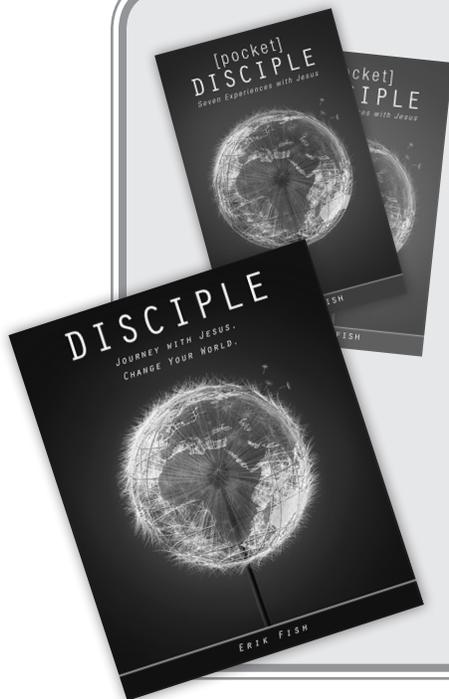
- Weekly encouragement
- View your disciple-making progress online
- See how others from your DiscipleX are doing
- Stay encouraged toward reaching your personal dMAP goals
- Reply with your prayer requests, to share testimonies, or to request a Skype appointment with Erik anytime



Text “**JOIN** \_\_\_\_\_” to 408.868.2434

Text “**HELP**” to request a Skype or phone meeting

Text “**STOP**” anytime to stop receiving messages



### SHARE THE EXPERIENCE

Order more copies of *Pocket Disciple*:  
[ErikFish.com](http://ErikFish.com) (bulk rates available)

### READY TO DIG DEEPER?

For a more in-depth  
discipleship experience, order:

***DISCIPLE:***  
***Journey with Jesus. Change Your World.***

Available through:  
**ErikFish.com & Amazon.com**



## 25 Simple Ways to “GO” to Your Neighbors\*

It can be helpful to have practical ideas to start engaging the people around us. Most of the things on this list are normal, everyday things that many people are already doing.

The hope is that we would do these things with Gospel intentionality. This means we do them:

- In the normal rhythms of life, pursuing to meet and engage new people
- Prayerfully watching and listening to the Holy Spirit to discern where God is working
- Looking to boldly, humbly, and contextually proclaim the Gospel in word and deed

Below is a list that might help. Not all of these are for everyone, but hopefully there will be several ideas on the list that God will use to help you engage your neighbors.

1. Stay outside in the front yard longer while watering the yard
2. Walk your dog regularly around the same time in your neighborhood
3. Sit on the front porch and let kids play in the front yard
4. Pass out baked goods (fresh bread, cookies, brownies, etc.)
5. Invite neighbors over for dinner
6. Attend and participate in HOA functions
7. Attend the parties invited to by neighbors
8. Do a food drive or coat drive in winter and get neighbors involved
9. Have a game night (yard games outside or board games inside)



10. Art swap night – bring out what you're tired of and trade with neighbors
11. Grow a garden and give out extra produce to neighbors
12. Have an Easter egg hunt on your block and invite neighbors to use their front yards
13. Start a weekly open meal night in your home
14. Do a summer BBQ every Friday night and invite others to contribute
15. Create a block/ street email and phone contact list for safety
16. Host a sports game watching party
17. Host a coffee and dessert night
18. Organize and host a ladies artistic creation night
19. Organize a tasting tour on your street (everyone sets up food and table on front porch)
20. Host a movie night and discussion afterwards
21. Start a walking/running group in the neighborhood
22. Start hosting a play date weekly for other stay at home parents
23. Organize a carpool for your neighborhood to help save gas
24. Volunteer to coach a local little league sports team
25. Have a front yard ice cream party in the summer

*\*Adapted from Josh Reeves, as presented at [www.vergenetwork.org/2011/08/23/25-simple-ways-to-be-missional-in-your-neighborhood](http://www.vergenetwork.org/2011/08/23/25-simple-ways-to-be-missional-in-your-neighborhood)*



## 30 Simple Ways to “GO” to Your Workplace\*

Many times it’s difficult to find practical ways to be a blessing in your workplace. Rapid pace, mounting deadlines, or co-worker conflict can often derail even the best of intentions to say and show the love of Jesus at work.

Here are 30 simple ways to be intentional at your workplace:

1. Instead of eating lunch alone, intentionally eat with other co-workers and learn their story.
2. Get to work early so you can spend some time praying for your co-workers and the day ahead.
3. Make it a daily priority to speak or write encouragement when someone does good work.
4. Bring extra snacks when you make your lunch to give away to others.
5. Bring breakfast (donuts, burritos, cereal, etc.) once a month for everyone in your department.
6. Organize a running/walking group in the before or after work.
7. Have your missional community/small group bring lunch to your workplace once a month.
8. Create a regular time to invite coworkers over or out for drinks.
9. Make a list of your co-workers birthdays and find a way to bless everyone on their birthday.
10. Organize and throw office parties as appropriate to your job.
11. Make every effort to avoid gossip in the office. Be a voice of thanksgiving not complaining.
12. Find others that live near you and create a car pool.
13. Offer to throw a shower for a co-worker who is having a baby.
14. Offer to cover for a co-worker who needs off for something.



15. Start a regular lunch out with co-workers (don't be selective on the invites).
16. Organize a weekly/monthly pot luck to make lunch a bit more exciting.
17. Ask someone who others typically ignore if you can grab them a soda/coffee while you're out.
18. Be the first person to greet and welcome new people.
19. Make every effort to know the names of co-workers and clients along with their families.
20. Visit coworkers when they are in the hospital.
21. Bring sodas or work appropriate drinks to keep in your break room for coworkers to enjoy. Know what your co-workers like.
22. Go out of your way to talk to your janitors and cleaning people who most people overlook.
23. Find out your co-workers favorite music and make a playlist that includes as much as you can (if suitable for work).
24. Invite your co-workers in to the service projects you are already involved in.
25. Start/join a city league team with your co-workers.
26. Organize a weekly co-working group for local entrepreneurs at a local coffee shop.
27. Start a small business that will bless your community & create space for mission.
28. Work hard to reconcile co-workers who are fighting with one another.
29. Keep small candy, gum, or snacks around to offer others during a long day.
30. Lead the charge in organizing others to help co-workers in need.

*\* Adapted from Josh Reeves, as presented at [www.vergenetwork.org/2011/08/23/25-simple-ways-to-be-missional-in-your-workplace](http://www.vergenetwork.org/2011/08/23/25-simple-ways-to-be-missional-in-your-workplace)*

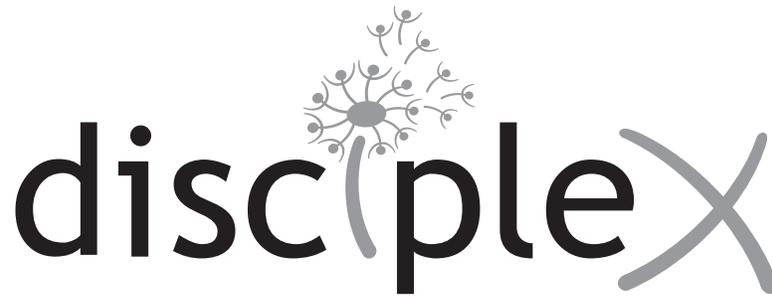




### **SAMPLE SCHEDULE**

- 9AM WELCOME
- 9:15 INTRO TO DISCIPLEX
  - DISCIPLE MAKING MOVEMENT [ VIDEO ]
  - PRAY, GO, GATHER, GUIDE
  - PRAY: FUELING THE MISSION
  - GO: WHY MAKE DISCIPLES?
- 9:45 GATHER: DISCUSSING SCRIPTURE
- 10:20 GUIDE: 7 EXPERIENCES WITH JESUS
  - EXPERIENCE #1 CHANGE
  - GREAT COMMISSION IN 37 YEARS [ VIDEO ]
- 10:55 BREAK
- 11:05 EXPERIENCE #2 [ WATER ]
- 11:40 EXPERIENCE #3 [ FIRE ]
- 12:15 LUNCH - EXPERIENCE #6 [ GATHER ]
- 12:50 EXPERIENCE #4 [ TELL ]
- 1:25 EXPERIENCE #5 [ LOVE ]
- 2:00 EXPERIENCE #7 [ GO ]
- 2:35 Q&A
- 2:50 DISCIPLE MAKING ACTION PLAN [ dMAP ]
  - THIS IS DISCIPLING [ VIDEO ]
  - TEXT MESSAGING
- 3:45 SENDING EXPERIENCE
- 4:00 START THE ADVENTURE!





## Pass It On!

Now that you've experienced DiscipleX, share it with others!

Permission given to copy and distribute these workbook materials.

### **HOW TO HOST YOUR OWN DISCIPLEX TRAINING (See sample schedule on page 20):**

- Gather a group of people together to be trained
- Get *Pocket Disciples* for each person ([www.ErikFish.com](http://www.ErikFish.com))
- Print out DiscipleX Workbooks for each person ([www.ErikFish.com](http://www.ErikFish.com))
- Share your personal story for why you're passionate about making disciples
- View some disciple making videos together. A Google search for videos using the text below will lead you to the right resources (or simply click on the link):
  - [Great Commission in 37 Years](#)
  - [Disciple-Making Movement](#)
  - [This is discipling – this is church](#)
  - [What is a Simple Church? \(Erik Fish\)](#)
- Teach people how to lead an interactive discussion of Scripture (Discovery Group)
  - Have them do it in small groups
  - Talk about how it went
- Teach people how to do the seven experiences of *Pocket Disciple*
  - Have them do each experience in small groups
  - Talk about how it went
- Ask them to fill out their dMAP
- Have fun!